

# STREAK

VOLUME V  
NUMBER 2  
APRIL 1983



## ANNAPOLIS STRIDERS

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

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U.S. POSTAGE

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Permit No. 526  
ANNAPOLIS, MD.

Non-Profit Organization



Mo. Day Yr.

Grid for date joined

Date Joined

# Annapolis Striders

## MEMBERSHIP APPLICATION & RENEWAL FORM

Mail To  
(Send no cash)

MEMBERSHIP  
Annapolis Striders, Inc.  
P.O. Box 187  
Annapolis, MD 21404

Last Name, First Name, Initial, Birth Date (Mo. Day Yr.), Sex (Male Female)

Mailing Address, Street (Include Apt. No.), City, State

Zip Code, Area Code, Business Phone, Area Code, Home Phone, Membership Renewal (Yes No), Address Change (Yes No)

Occupation, Signature X

### AS A VOLUNTEER, I'D LIKE TO WORK ON THE FOLLOWING COMMITTEE(S)

Grid for volunteer committees: Race/Runs, News-letter, Property/Awards, Membership, Publicity, Clinics/Training

### DUES:

Individual (\$8), Family (\$12), Fulltime Student (\$4)

Today's Date

### INCLUDE FAMILY MEMBER INFORMATION HERE

Grid for family member information: First Name, Initial, Birth date (Mo. Day Yr.)

### ORDER FORM FOR T-SHIRTS

Grid for T-shirt orders: S, M, L, XL. MEN'S, WOMEN'S, CHILD'S. \$6.00 each, postpaid

### ORDER FORM FOR TANK-TOPS

Grid for tank-top orders: S, M, L. ONE STYLE. \$8.50 each, postpaid

- Shirts are also available at Strider runs and at the Athlete's Foot, 121 Main St., Annapolis, where we maintain an events and entry form bulletin board.
- Call for information on coming events and to leave messages 24 hours a day: (301) 268-1165.
- When requesting information by mail, include a long, self-addressed, stamped envelope.
- Please allow 2 weeks for processing this application. You will be sent a membership card good for discounts on running gear at selected area stores.
- The Annapolis Striders, Inc. is a non-profit, charitable organization. Your tax-deductible donation is welcome.

# 268-1165

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

## CHANGE OF ADDRESS

The Streak is mailed by bulk mail and cannot be forwarded by the post office. If you are planning on a move, please notify our Membership Chairman, Mike Long, P.O. Box 187, Annapolis, MD 21404.

# STREAK

# ANNAPOLIS STRIDERS

volume V number 2

april 1, 1983

## OFFICERS

		Home	Work
President	Don Waddington	956-2061	(202) 692-7287
Vice-President	Ken Thorn	263-9549	263-9549
Secretary	Gerte Spadone	841-6894	841-6894
Treasurer	Jan Stone	544-0087	647-7727

## CHAIRMEN

Race Runs	Bill Wandel	672-3164	974-9120
Publicity	Mike Van Buren	263-8125	263-8125
Newsletter	Yvonne Aasen	647-0879	647-0879
Membership	Mike Long	263-3028	269-3351
Property/Awards	Winnie Hittle	798-0637	224-3300 ext 264
Training/Clinics	John Butterfield	267-7688	(202) 692-7287
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Annapolis Run	John Gudas	263-9664	

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	Lee Turowski	757-4793	
	Jamie Haars	268-5164	
	Jan Stone	544-0087	647-7727



The purpose of this running club is to improve the physical fitness and mental well-being of its members through the promotion and encouragement of long distance running. --from Article II, By-Laws of the Annapolis Striders

The STREAK, published bi-monthly, is the official newsletter of the Annapolis Striders, PO Box 187, Annapolis, Maryland 21404. Letters to the editor, as well as other articles, are welcome. Permission is hereby granted to reprint any article appearing herein provided the source is acknowledged. Permission cannot be extended for material from a copyrighted source.



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# DON'S DAWDINGS

As most of you probably know by now, I have agreed to accept the nomination for President of the Annapolis Striders. Lord knows what makes all of you think that I'm a leader, however, I do appreciate your confidence in me. In any case, I'm willing to give it my best shot, even though the leadership qualities demonstrated by Ron Fisher, Dick Hillman and Mike van Beuren have set a standard that is going to be a real challenge to maintain.

Looking back over the past year, it's very gratifying to note the increase in the number of members willing to accept the responsibility of organizing a race, chairing a committee, or working a race. I think we all should remember that we are an organization of volunteers. Nothing happens unless someone volunteers to do it. The more who pitch in, the less strain on those who are trying to keep things moving. If you are available to help in any way, call the Hot-Line and volunteer.

On February 27 an Annapolis Striders team successfully defended last year's record in the RRCA Ten Mile Challenge Race. The final team standings are as follows (low score wins):

<u>Team</u>	<u>Score</u>
Howard County Striders	470
Frederick Steeplechasers	1046
DC Road Runners Club	1149
Queen City Striders	1348
Baltimore Road Runners Club	1413
Montgomery County Road Runners Club	1448
Annapolis Striders	1473
Westminster Road Runners Club	1919

Congratulations to all who participated.

The 1983 Club Championship Series got off to a great start on February 26 with a 5K race directed by Ben Matthews. Ninety-seven (97) runners completed the race which took place on a rather cold, blustery day. Number 2 in the Series will be the Cherry Pit 10-Mile on March 27.

The Striders have advanced a long way during the last four years, but to keep headed in the right direction we need to know the kind of events that interest the members. Let us know what interests you. It does not have to be running related. There are a number of members who bike, swim, hike, etc. If you let us know what you want, we'll try to accommodate. Keep in mind that the purpose of this club is to improve the physical fitness and mental well being of its members. Running is a very good way, but not the only way to do this (some of us nuts even do triathlon).

See you on the road.

*Don Waddington*  
Don Waddington

## EDITORS REMARKS

**CLUB CHAMP SERIES:** I am going to make a real effort to compete in the Strider's Club Championship series this year. There are eight races and I have to run five to contend seriously. If I run all eight my final score will be my best five finishes. The lowest score in the age group wins. Only seven women ran enough club races last year to be eligible for awards. The men's age group 30-34 had the largest number competing. Does that mean they're the most serious runners?

**DON'T MISS THIS 10K:** Want to run a 10K with Jim Ryun on hand to pass out the awards? Ryun is a former world record holder in the one-half mile, mile, and 1500 meters. The race starts at 10:30 A.M. on April 9. The entry fee is rather high, \$10, but it includes a luncheon along with the Maranatha Challenge T-shirt. Better get started right away if you want to go—its in Ellendale, North Dakota.

**MY FAVORITE RACE:** I hope there is a Valentine Twosome Relay scheduled again next year. The turnout was sparse on February 19, probably because of the snow and postponement. But it sure was fun. The race director was enthusiastic John Butterfield assisted by his good-natured wife, Priscilla. He had prizes for everyone. Even my husband, the only spectator, received a prize. We all celebrated after the relay with doughnuts and water. Keep it in mind to invite a beginning runner next year; the competition is fun and low-key.

(continued on next page)



I only heard one negative comment about the Valentine Twosome. The Streaking Couple apparently felt they could have won if there had been an age handicap. Their age totaled up to 81 years and they competed against mere youngsters in their 70s and under. But they were good sports and didn't complain. They admitted that the Rolling Stones were a very agile couple.

AGE NO BARRIER: Alma Alben and John Wall, 71 and 69 respectively, finished the Washington's Birthday 5K; which proves that age is no barrier to pursuing fitness. It is, in fact, of great importance at any age.

INVITATION: Notice the benefit for Strider, Deirdre Wagner. Its hosted by her sponsor, Armadillo's at the Dock, to raise funds to send her to the Hawaiian Ironman World Championship on October 22. Our young, talented triathlete won't be able to go (financially) unless she has help.

NEWSLETTER: We received one letter and one phone call from people who did not get their November Streak. The letter was easy enough to remedy; unfortunately, I did not take the name of the man who called. Whoever you are out there—I have an extra copy if you still want it.

Jan Stone finally agreed to let me name her an a new assistant editor along with Jamie Haars. Welcome to the Streak staff.

Thank you again, this issue, for all the articles and letters from our readers. The deadline for the June issue is May 10.

*Yvonne Aasen*  
Yvonne Aasen



"She placed in a race, but it was no big deal. She even had to go out and buy her own trophy."



INVITATION

BENEFIT NIGHT  
for  
DEIRDRE WAGNER

April 12, 7:00 P.M., 1983  
ARMADILLO'S AT THE DOCK IN ANNAPOLIS  
FEATURING FILM, SPEAKER  
HORS D'OEUVRES  
DOOR PRIZES

Donation: \$15.00 (Proceeds to send Deirdre to Hawaiian Ironman World Championship)

Meet Captain John Collins, original founder of Ironman Triathlon, who participated the first year. Also Mayor Richard Hillman and other dignitaries. Film: "Ironman" narrated by Bruce Dern.



Cartiature by Irv Finifter

DEAR STRIDERS

RACE RESULTS REQUESTED

Dear Yvonne:

My daughter, Carla D'Andrea Williams, age 18, was a participant in the race sponsored by Annapolis Striders at the US Naval Academy on 2 January, 1983. Carla won the race in her age division.

If names and time results were published in a subsequent issue of your terrific newsletter, Streak, will you please send me two copies? Carla runs cross-country at her college, and her coach likes to receive results of all races entered, especially if the kids win.

Thanks.

Yours truly,

*Domenica B. D'Andrea Williams*  
Domenica G. D'Andrea Williams  
Ft. Meade, Maryland

Editor's Note: Congratulations to Carla. Best wishes in both her college and running careers. We sent the February Streak copies. And thank you for the compliment—it deserves to be shared with our assistant editors.

# MONEY NEWS

## B&A CITES COLORFUL HISTORY

Dear Striders,

Since 1979 the Annapolis Striders have played an integral part in the B&A 10K Run which is sponsored by the Severna Park Jaycees. Without your run planning expertise, equipment, and participation, our annual event would be hard-pressed to succeed. The Jaycees, an organization founded on volunteerism, greatly appreciates your willingness to assist us in our effort. On Sunday, April 24, 1983, the Severna Park Jaycees are sponsoring the 5th Annual B&A 10K Run, and once again we encourage the Striders to come pound the pavements of Severna Park.

The B&A 10K Run is an abbreviated version of the original title, "The Baltimore & Annapolis Railroad 10K Run." The title of the run was selected because the course parallels portions of the abandoned B&A Railroad through Severna Park. Since the mid-seventies, the Jaycees have been maintaining a seven mile length of the abandoned railroad embankment as a hiking trail. We also encouraged Anne Arundel County officials to purchase the 15 mile right-of-way extending from Glen Burnie to Annapolis and develop it into a linear park. We were elated when the county recently purchased the right-of-way, and plans are underway to develop several portions of the abandoned tracks. The focal point of the proposed linear park is intended to be an eight-foot wide hike, bike, and jogging trail. The proceeds of the run for the last four years have been devoted to funding our numerous community involvement projects, but proceeds from this year's event will be donated to the Muscular Dystrophy Association.

Once again, the Severna Park Jaycees thank the Striders for their greatly appreciated assistance in organizing our event and we encourage you to start "training" for the B&A Railroad 10K.

Sincerely,

*Douglas Nauman*  
Douglas Nauman



elected on March 12, 1983

President: Don Waddington  
Vice President: Ken Thorn  
Secretary: Gerte Spadone  
Treasurer: Jan Stone



## TREASURER'S REPORT

### ANNAPOLIS STRIDERS, INC. CASH FLOW STATEMENT FOR JANUARY, 1983

Income	\$ 761.51
Expenses	<u>465.92</u>

Excess of Income over Expenses \$ 295.59

Balance at Beginning of Month \$ 2693.19

Balance at End of Month \$ 2989.05

Monetary Assets end of January

Savings Account	\$1250.94
Checking Account	<u>1738.11</u>

\$2989.05

### STATEMENT OF INCOME AND EXPENSES JANUARY, 1983

#### INCOME

Membership	\$ 270.00
Race-15K	265.51
T-Shirts (Sweatshirts)	<u>226.00</u>

\$ 761.51

#### EXPENSES

General Office-Bulk Rate	\$ 50.00
Membership-bounced checks	16.00
Race-Van Buren	62.37
General Office-Hittle	1.05
RRCA-Membership Dues	313.80
Race-Severna Park 5M	21.00
General Office-Vogenitz	<u>1.70</u>

\$ 465.92

#### PEOPLE



Bill Wandel has been appointed Race Runs Chairman; he will be assisted by Bill Law. Bill Vogenitz has volunteered to compute results of the Club Championship Series.

IN  
THE NEWS

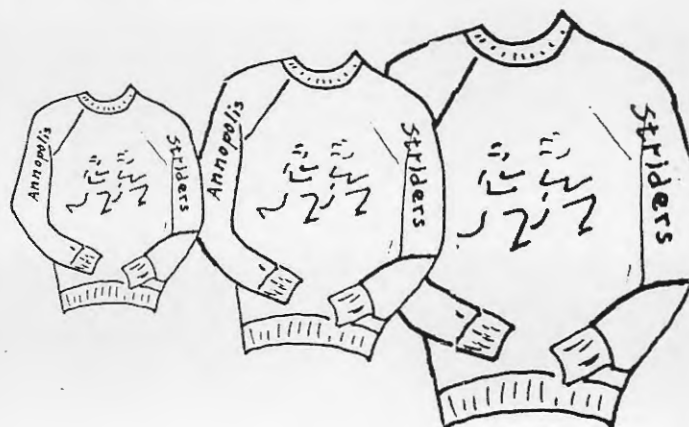
# SWEATSHIRT

THE NEW 1983 ANNAPOLIS STRIDER  
SWEATSHIRTS  
ARE AVAILABLE FOR YOU NOW!

Going Fast So Get Yours Soon!!! You may pick  
one up at the Athlete's Foot on Main Street or  
order by sending \$10.00 (plus \$1.00 for postage)  
to:

Sweatshirt  
Annapolis Striders  
P.O. Box 187  
Annapolis, MD. 21404

(Available in sizes: S, M, L, and XL)



WELCOME TO THOSE WHO HAVE  
RECENTLY JOINED THE STRIDERS

- |                     |                         |
|---------------------|-------------------------|
| Norman R. Alton     | Thomas J. Hoffman       |
| Winfried A. Battke  | Al Kubeluis             |
| Linda S. Bechielli  | Michael W. Mayer        |
| Joseph Bechielli    | Donald B. McKone        |
| Steven A. Bechielli | E. Lee Meadows          |
| Buddy Chiapparelli  | Stacey Murdock          |
| Kit Chiapparelli    | Stephen W. Porter       |
| Lauren Chiapparelli | Ronald Gary Schumann    |
| Liz Cunningham      | Choe Bonig-Sim Schumann |
| Traci K. Davis      | Frederick G. Tompkins   |
| Kathleen B. Gebauer | Eric Tompkins           |
| Barry G. Hill       | Paula L. Velgos         |

## OLD RAG

NANCY'S HIKE  
SUNDAY, MAY 15

I would like to invite "walking" Striders to join me on this year's hike-picnic. This year I plan to hike Old Rag Mountain in Shenandoah National Park. This is a seven-mile circuit hike with wonderful vistas at the top where we will picnic on the boulders and enjoy the view.

Plan to meet at the Annapolis Mall. Departure time will be 7:30 am. Wear sturdy shoes or hiking boots if you have them; however, I have done this with my running shoes before. Also, plan to use a backpack to carry liquid and your picnic items.

Call Nancy Waddington (after 6:00 pm) at 956-2061.



## RUNNING SHORTS

PAVLOV'S WHAT?

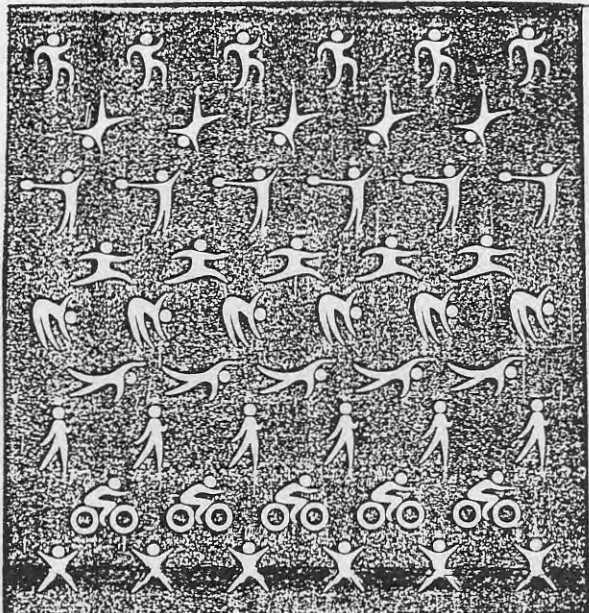
by Allen D. Stallings

Like many morning runners I was tired that Tuesday in February, so I went to bed early—a little after 10:00 P.M. My clock radio went off at the usual 5:30 A.M. Boy it comes fast. I got up, got dressed, did my exercises and hit the road.

It seemed a little darker than usual, but it looked like rain. As my run progressed I noticed more cars on the road, and lights were on at houses that were normally dark in the morning. The sun didn't come up. My six mile run was finished and the sun was still not up! "Something is weird," I thought. I dialed TIME and the magic lady said, "The time is 12:32 A.M."

Wow, maybe I won't run tomorrow.

-Allen, who lives in Annapolis, attributes his strange behavior to an electric power outage. At least that's what he told us.



# WHAT IS A WORKOUT?

■ A workout is 25 percent PERSPIRATION and 75 percent DETERMINATION. Stated another way, it is one part physical exertion and three parts self-

discipline. Doing it is easy once you get started.

■ A workout makes you better today than you were yesterday. It strengthens the body, relaxes the

mind, and toughens the spirit. When you work out regularly, your problems diminish and your confidence grows. ■ A workout is a personal

triumph over laziness and procrastination. It is the badge of a WINNER - the mark of an organized, goal-oriented person who has taken charge of his, or her, destiny.

■ A workout is a wise use of time and an INVESTMENT in excellence. It is a way of

preparing for life's challenges and proving to yourself that you have what it takes to do what is necessary. ■ A workout is a key that helps unlock the door to OPPORTUNITY and SUCCESS. Hidden within each of us is an extraordinary force. Physical and

mental fitness are the triggers that can release it. ■ A workout is a form of REBIRTH. When you finish a good workout, you don't simply feel better. **YOU FEEL BETTER ABOUT YOURSELF.**



*George W. Allen*  
Chairman of the  
President's Council on  
Physical Fitness and Sports



This poster, reproduced from the 17x22-inch original, is signed by George W. Allen, Chairman of the President's Council on Physical Fitness and Sports. For an original see John Butterfield who served on the Council.

## TRAINING TIPS

Random Thoughts From Your Training/Clinics Chairman

--by John Butterfield

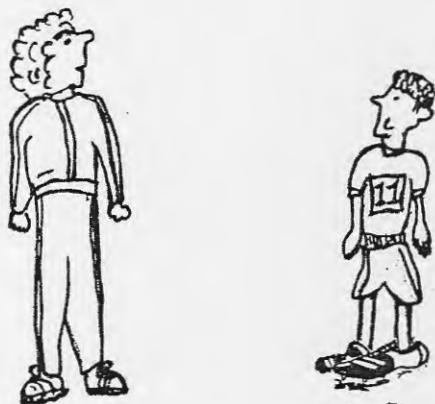
### BEND 'n STRETCH

Take it from an older, broken-down long distance runner, who went on far too long thinking he was a 'Superman', that he could run through all the aches and pains, and that he could forgo a lot of that warmup, stretching, cool down, flexibility routine -- *You need a flexibility program!!*

Stretching is a foundation for movement. It helps prevent injuries and soreness due to activity. It increases flexibility which elongate muscle fibers, thus allowing more fibers to exert a pulling force during contraction.

Running strengthens the muscles on the back of the leg (and lower back) and causes them to tighten. To counter this, you should have a regular routine of stretching exercises for those muscles involved. It is also necessary

(continued on next page)



"Well, what did you expect, Mom, they're track shoes!"



### Training Tips continued

to strengthen the muscles on the front of the leg (and the stomach) to counter-balance the over-strength of the running muscles.

The latest theory is that post-running stretching may be the best time for stretching. The muscles and joint tissues are warmest, most elastic, and most conducive to being lengthened. Stretching should be performed slowly, and held in the desired position, and gradually returned to the relaxed position. Get a copy of *Everyday Stretches* by Anderson; consult a good book on 'Yoga'; or include exercises you are familiar with that work on the hamstring, calf, and achilles, back, stomach, quadriceps, and heel muscles throughout the feet.

#### **WANT TO BE FIT, STAY LOOSE, REMAIN INJURY FREE?**

Run only three or four times a week, using a slow jog as a warm-up (after some stretching), and then getting your heart rate up to a recommended level (approx. 60% of max) for about thirty minutes. You do not need to take your pulse or get involved in any higher math; when your shoulders heave occasionally to take a good breath, and you still can talk occasionally - - you're OK. You don't have to run til your tongue is on your toes. Then on the in-between or "off-running" days, pick up other sports or exercises which will work on other muscle groups; give your body rest from running; and keep your mind refreshed in its attitude toward running. An aerobics dance program, jazzercise, slimnastics, racquetball, tennis, swimming or bicycling efforts in-between running should prolong your running career, keep it fun, and keep you flexible. Don't forget to stretch after every workout. This varied program is particularly recommended for older runners, or those who happen to be tighter and less flexible. Try it - - I think you'll like it!

#### **RUNNING IN THE WARM WEATHER**

I will comment more in the next issue, but refresh yourself on heat stroke, heat exhaustion, and muscle cramping. Fabrics that are porous will enhance sweat evaporation. 'Tis better to wear a shirt (which acts as a blotter) than to run without one. Remember to drink plenty of fluids. If it is over 95 degrees, watch out; and if the humidity is up, consider a day off or plan your workout in the cool of the morning or evening.

Now as I close, I say to myself, "Do as you just have said!" (It is difficult.)

*John A. Butterfield*

## MY FAVORITE RACE

**STRANGE SIGHTS APPEAR AT HANGOVER CLASSIC**  
by  
Winnie Hittle

On New Year's Day, four Annapolis Striders started 1983 off to a running start by participating in the annual "Ed Barron Hangover Classic," held in East Potomac Park. Mike van Beuren, Bill Miller, Bill Law and I showed our

creativity as we appeared on the scene in the latest running attire, from bartenders and waiters to the first baby of 1983--who, by the way, was the talk of the race!

A hangover is not a requirement for this 10K happening, although there were quite a few in the field of nearly one thousand. Starting at 12:00 noon on a beautiful spring-like day, we ran from the park out on Hain's Point and back.

Although not one of us set a PR, we all had a great time. I strongly suggest to anyone looking for an exciting way to start the New Year, try the Hangover Classic in 1984!



Winnie Hittle and Bill Law make a hit at the Hangover Classic.

## MY FAVORITE RACE

*Maybe Not My Favorite Races--But Definitely Interesting*

by Benjamin F. Mathews

Though not necessarily my favorites, I would like to tell you about two interesting marathons I have run within the past three years. They are the *Yonkers Marathon* and the *Empire State Games Marathon*.

The Yonkers Marathon has a very interesting history. This year, 1983, will be the 47th consecutive running of this historic race. For many years it was the AAU's (TAC) annual championship race for the marathon. Johnny Kelley, the younger, still holds the course record of 2 hours and 20 minutes which he set back in the early 60's. Johnny Kelley, the older, also ran the race many times and won twice. The

(continued on next page)

event has lost much of its prestige over the last few years because of the emergence of the New York City Marathon and because the TAC decided to hold its championship marathon elsewhere.

The marathon is held in May over a very hilly course. The maximum number of runners over the past few years has been about 500. Most runners in the New York area are reluctant to run the race because of the hilly terrain. The time of year, May, also makes the weather very unpredictable. In 1979 the temperature at race time was 65 degrees; in 1980 it was 45 degrees at the starting time. Quite a difference!

My impression of the race is that it is a real home town affair. Most of the runners know each other and continue to run the race year after year despite its difficulties. One gentleman, who was introduced at the awards ceremony, had run the race 37 consecutive years. Quite an accomplishment! The Yonkers Marathon may have lost some of its prestige over the years, however, it remains part of running history in America. If you want to be a part of marathon history, travel to the city of Dolly Levi and run the 47th Annual Yonkers Marathon.

The Empire State Games Marathon is held in August each year at Liverpool, New York, a suburb of Syracuse. The Marathon is held in conjunction with the Empire State Games, an annual track and field championship for New York State residents only. Now it is open to everyone.

I ran the Marathon in 1980 along with a hardy group of about 100 runners. The race starts at 7:00 AM because the heat factor in upper New York State is a cause for concern. The first five miles of the race circle a beautiful lake which is in the middle of a very attractive municipal park. The rest of the race is traversed on country roads cut through the middle of corn fields. The course has a series of gently rolling hills, none of any significance. The aid stations are situated at strategic locations to meet the runners' needs. One problem I had was that after ten miles the runners get stretched out so far that I ran by myself for about nine miles. Some, however, like this type of race.

In 1980 there were only six women entrants. The winning womens' time was about 3:02. The mens' winning time was about 2:32, and entitled the winner to a gold medal. I ran the course in 2:53, good enough for 19th place and second masters. Only three awards are given out. They are for first, second, and third place overall. The race director told me that the awards are given the same as the international olympics.

Overall, its not a bad race. Don't expect any crowds to cheer you through the 20 mile mark, and don't expect any awards. However, if you want tranquility in a marathon, run the Empire State Games Marathon. Its a nice change from the crowded races of today.

## THE BEGINNING JOGGER

### BEGINNER NOTES MILESTONE

by Yvonne Aasen

When I finished my run that morning I knew I had passed a milestone. Like all beginning runners my early efforts were ordeals of intense concentration. Every yard covered by my feet was accompanied by strict supervision from my mind: "Start slow; why does my knee hurt; don't stop; 'Lord, help me up this hill'; pull, pull, pull; straighten up; breathe with your abdomen....."

On it would go through the length of my route.

My milestone day run had begun as usual when something different happened. My mind inadvertently wandered to the topic of the eviction of my oldest son. Wyatt had graduated from college and taken his first job in the South. I often wondered if his choice had something to do with the housing available because the move enabled him to share a comfortable townhouse with one of his college friends, Herb. Herb was the kind of a guy who washed his car twice a week whether it needed it or not, and always had perfect creases in his whites. Herb was a welcome change from Wyatt's college roommate, Mike. Now I know there are many neat Mikes, but this particular Mike made one wonder how such a personable, charming, young man could emerge from such an "Oscar-like" environment.

Anyway, the arrangement with Herb worked very well. Herb and Wyatt would arrive home after work and spend an hour or two, working as fast as possible, cleaning their bachelor townhouse. It was spotless. There was only one flaw in their idyllic scene—they had a defective smoke detector. "Beep," it would warn. The first beep would be followed by two more short beeps before the final and lasting "Beeeeeeeeeeep!" This usually happened once a month in the middle of the night. They could prevent the blasting beeeep if they rushed downstairs at the sound of the first beep and pulled the circuit breaker. It was a flaw in their domestic scene, but a minor one.

Then came the eviction. Oh, it was a friendly enough eviction. Herb was getting married and Wyatt was forced to find other accommodations.

Herb carried Sandra, his bride, over his immaculate threshold. They lived happily in Herb's townhouse until one night Sandra awakened Herb in the middle of the night. "I think I heard a burglar downstairs," she whispered urgently. "Oh, I know what that is," Herb replied. He tore downstairs and frantically pulled the circuit breakers before the third beep sounded. Then he replaced the circuit breakers in the dark. He had to make sure the refrigerator was running so he threw the kitchen light switch. It worked. That was when he saw the roach. Now anyone who has ever lived in the South knows one lone roach, who found a crack to come in from outdoors, is not that big of a deal. But you can imagine what an effect it had on Herb, meticulous housekeeper that he was. He tried to swat it but it escaped behind the refrigerator. He finally gave up, vowing to move the refrigerator and hunt it down in the morning. Herb went back to bed. Not wanting to worry Sandra, he didn't mention the roach. Herb promptly fell asleep. But newlywed Sandra was still awake. Playfully she walked her fingers across his arm, across his shoulder and up his neck. Herb suddenly sat bolt upright in bed slapping frantically at his neck! "A roach, there's a roach on me!" he shouted.

Herb finally calmed down and went back to sleep, but not Sandra. She was so shaken by the incident that she spent the rest of the night sleeping on the floor.

I couldn't believe it! I had completed my entire three-mile route without any effort. I hadn't once thought about running. Was it possible? Could it be that I had become one of the elite who appeared to eat up their miles with effortless grace? Somehow I knew I had passed a milestone that day.

-None of the names in the above story have been changed to protect the innocent.



# WHATS COMING UP



1983 ANNAPOLIS STRIDER AND RRCA EVENTS CALENDAR  
THRU JULY

(ANNAPOLIS STRIDER\* SCHEDULED EVENTS ARE UNDERLINED)

<u>Date</u>	<u>Time</u>	<u>Race - Run - Distance</u>	<u>Location</u>	<u>Director</u>
April 10 Sunday	10:30 AM	Baltimore's Maryland Marathon	Memorial Stadium (old course)	Les Kinion MD Marathon Commission
April 16 Saturday	9:00 A.M.	<u>Maryland Conference Run for Social Concern 10K</u>	Patternon Park East Side	Carol Morrow 225-0600
April 16 Saturday		Byron Kaufman 10K	BRRRC	Mike Pierre
April 17 Sunday		Fritsbe's Pike Race 10K	MCRRC	John Sissala
April 18 Monday		Boston Marathon	BAA	617/236-3322
April 24 Sunday	9:00 A.M.	B&A 10K	Severna Park High	Doug Nauman 544-0385
April 24 Sunday		Bel Air Town Run 5K	RASAC	Joe Lacetera
May 1 Sunday		Clyde's American 10K	HCS/Columbia, MD	Warren Ohlrich
May 8 Sunday		Bonne Belle 10K (Women Only)	Hains Point	Carole Herrick 703/768-5221
May 15 Sunday	7:30 A.M.	<u>SHENANDOAH HIKE/PICNIC</u>	Appalachian Trail	Nancy Waddington 956-2061
May 21 Saturday	8:00 AM	<u>BIATHLON - 10K Run 20M Bike</u>	South River High. Edgewater, MD	Don Waddington 956-2061
May 29 Sunday		Constellation 10K	BRRRC/Inner Harbor	Mike Pierre
June 4 Saturday		Hecht's 10 Mile	DCRRC/Carter Barron Ampitheater-Rock Creek	Susie Cooper
June 11 Saturday	8:00 A.M.	<u>Annapolis Fine Arts Foundation Run For The Arts 10K</u>	Maryland Hall Annapolis Constitution Hall & Greenfield St.	Rick Rohrbach 268-9074
June 11 Saturday		Cumberland 10 Mile	QCS	Don McCreary

(continued on next page)

<u>Date</u>	<u>Time</u>	<u>Race - Run - Distance</u>	<u>Location</u>	<u>Director</u>
June 15 Wednesday	6:00 PM	<u>Truxtun Park Series</u> 1 Mile/4 Mile	(10 consecutive Wed. eves. Truxtun/Spa Cove)	Mike van Beuren 263-8125
June 19 Sunday	8:00 AM	<u>Father's Day 10K</u> CLUB CHAMPIONSHIP #3	Loch Haven Rec. Area Edgewater, Md.	Orv Pratt 798-4126
June 22 Wednesday		TRUXTUN PARK SERIES #2	(see June 15)	
July 3 Sunday	7:30 AM	<u>Annapolis Ten Mile</u> Training Run #1	Annapolis Mall Route 450	Don Waddington 956-2061
July 4 Monday		Fourth of July 4-Mile	RASAC	Joe Lacetera
July 6 Wednesday		<u>TRUXTUN PARK SERIES #3</u>	(see June 15)	
July 13 Wednesday		<u>TRUXTUN PARK SERIES #4</u>	(see June 15)	
July 16 Saturday	6:30 PM	<u>STRIDER MILE</u> CLUB CHAMPIONSHIP #4	Annapolis Senior High Riva Road	Peter Shaw 268-1165
July 17 Sunday		<u>Annapolis Ten Mile</u> Training Run #2	(see July 3)	
July 23 Saturday	8:00 AM	<u>WOMEN'S DISTANCE FESTIVAL</u> 5K (Women Only)	USNA Sailing Center	Pam & Marvin Andersen 267-0524
July 20 Wednesday		<u>TRUXTUN PARK SERIES #5</u>	(see June 15)	
July 27 Wednesday		<u>TRUXTUN PARK SERIES #6</u>	(see June 15)	
July 31 Sunday		<u>Annapolis Ten Mile</u> Training Run #3	(see July 3)	
August 28 Sunday	7:30 AM	<u>8th Annapolis 10-Mile Run</u>	Navy/Marine Corps Stadium	John Gudas 263-9664

\* Club Codes explained; send a long, self-addressed, stamped envelope for more information.

BRRC = Baltimore Road Runners Club, 1259 Meridene Drive, Baltimore, MD 21239  
 DCRRC = D. C. Road Runners Club  
 MCRRC = Montgomery County RRC, John Sissala, 120 Evans Road, Rockville, MD 20805  
 HCS = Howard County Striders, Dave Tripp, 6175 Campfire, Columbia, MD 21045  
 QCS = Queen City Striders, Tim Travis, 1423 Church Street, Cumberland, MD 21502  
 RASAC = Renaissance All Sports Athletic Club, 1006 Whitaker Mill Rd., Joppa, MD 21085  
 WRRC = Westminster Road Runners Club, Art Webster, 4404 Carroll Park Ct., Sykesville, MD

Many Entry Forms are available at the Annapolis Strider Bulletin Board, The Athlete's Foot, 121 Main St., Annapolis. For Annapolis Strider race entry forms, send your SASE to: Annapolis Striders, P. O. Box 187, Annapolis, MD 21404.

The 1983 ANNAPOLIS STRIDER CLUB CHAMPIONSHIP SERIES includes eight races. Anyone can run in these races, but to be scored in the series you must be a Strider. Your best five finishes count towards an age group award. Completion of four races makes you eligible for an award.

Club Championship

1983 DATES:

- 5K - February 26
- 10M - March 27
- 10K - June 19
- 1 Mile - July 16
- 5 Mile - September
- 26.2K - October
- 20K - November
- 15K - New Year's Day

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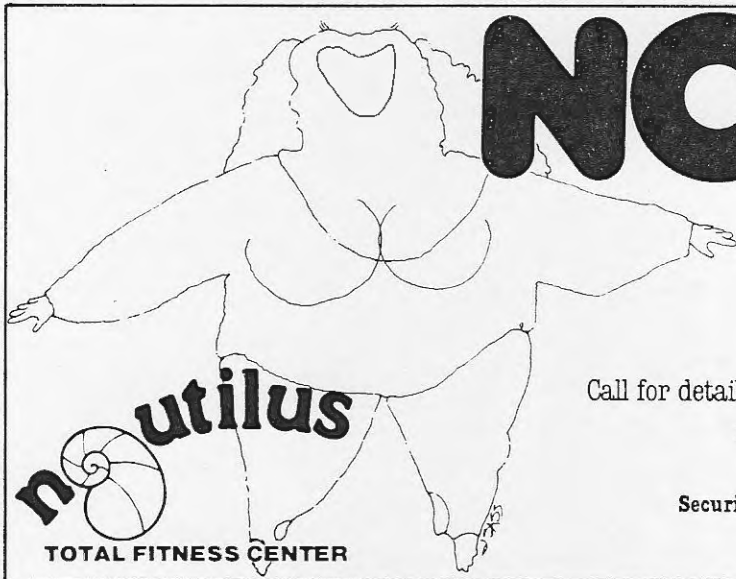
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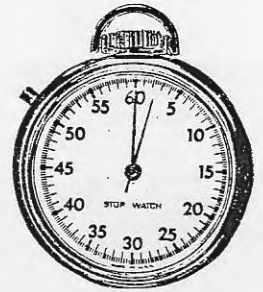
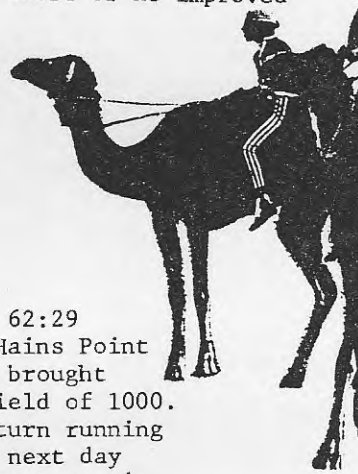
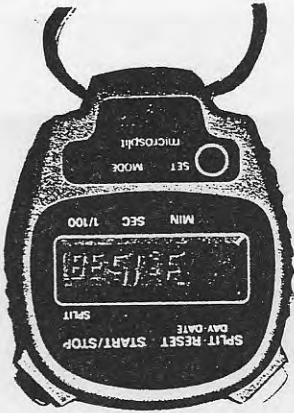
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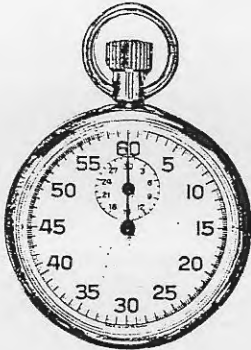
# TIMES OF OUR LIVES

Torben Hansen ran the Predicto Fun Run in Saudi Arabia on December 17. He guessed his 5K time at 22:30—about 7:15 minutes per mile, but actually ran it in 20:12—about 6:30 minutes per mile. Either the course was short or he improved markedly.



Jan Stone rolled to a 62:29 finish in the Avon 15K at Hains Point on March 5. Her 6:41 pace brought her in 57th overall in a field of 1000.

Larry Stone took his turn running the Bethesda Chase 20K the next day on March 6. Although his race wasn't nearly as elegant as Jan's he timed a respectable 79:42.



Call in your times to one of the Streak editors, call the Hot Line, or write us.

## ERIC PELTOSALO

ATTORNEY AT LAW

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# RACE RESULTS

## RESULTS -- VALENTINE TWOSOME RUN

February 19, 1983

1. <i>The Rolling Stones</i>	<i>Jan Stone</i>	30
	<i>Larry Stone</i>	42
		39:39
2. <i>The Odd Couple</i>	<i>Mary Watras</i>	15
	<i>Ed Purpura</i>	29
		40:56
3. <i>The Streaking Couple</i>	<i>Yvonne Aasen</i>	51
	<i>Mike van Beuren</i>	30
		43:49
4. <i>The Even Couple</i>	<i>Laura Helgeman</i>	15
	<i>Tom Yanus</i>	16
		45:09
5. <i>The No Name Couple</i>	<i>Laurie Middleton</i>	22
	<i>Don Waddington</i>	50
		46:03
6. <i>The Over-the-Hill-Gang</i>	<i>Anne Chamberlain</i>	38
	<i>Mike Chamberlain</i>	39
		46:49

(Total Distance run by each team was a 10K -- 6.2 miles)



## RRCA TEN MILE CHALLENGE RACE February 27, 1983

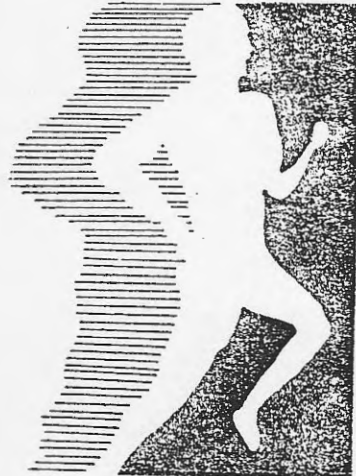
7	Mike van Beuren	54:13
29	Ray Harrison	58:24
30	Eric Peltosalo	58:43
35	Tor Lokrheim	59:23
59	Ben Matthews	61:50
88	Larry Stone	63:50
90	David Wandel	63:59
110	Gary Chidester	65:52
111	Bill Wandel	65:56
127	Joe Duffy	66:58
144	Don Waddington	68:34
147	Doug Pond	68:41
148	Don Kennedy	68:48
163	Al Kubelius	70:18
164	Jan Stone	70:22
188	Will Scott	74:17
202	John Major	76:01

## STRIDER'S HANDICAP 10K

March 12, 1983

	<u>Time</u>	<u>(Start) Handicap Time</u>
1. Bill Parkinson	75:06	22 minutes
2. Yvonne Aasen	75:10	20
3. Larry Brosan	75:23	22
4. Pam Andersen	76:18	9
5. Jim Sandison	76:19	8
6. Margaret Johnston	77:46	16
7. Winfried Battke	78:15	37
8. Arnie Henderson	78:19	34
9. Mike van Beuren	79:04	43
10. John Butterfield	79:15	39
11. Bill Wandel	79:24	39
12. Michael Mayer	79:27	33
13. Marvin Andersen	79:38	23
14. Brannin Thorn	79:46	39
15. Steve Rogers	75:54	34
16. Will Scott	80:02	36
17. Joe Ryan	80:49	28
18. Dale Vogel	81:03	34
19. Mark Yerkes	81:10	43
20. Ken Thorn	81:24	34
21. Pat Hoffman	82:39	26
22. Bill Hoffman	83:08	33
23. Guy Riccio	83:47	26
24. John Wall	86:54	0
25. Alan Wycherley	86:56	33
26. Christy Fiedler	88:18	22

Marcus, the only Canine, finished with Christy Fiedler.





# WASHINGTONS BIRTHDAY



## WASHINGTON'S BIRTHDAY 5K

### OVERALL WINNERS

February 26, 1983

Place	Name	Age	Time
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#### Men

1.	Mike van Beuren	30	16:27
2.	Bill Conroy	39	16:59
3.	Eugene Ferguson	18	17:04

#### Women

36.	Jan Stone	30	20:39
55.	Mary Watras	15	23:49
59.	San Chastain	51	24:34

#### Thanks to:

Ron Fisher	Mike Klos
Chuck Brady	Linda Lewis
Don Waddington	Bill Law
Amy Matthews	Gerte Spadone

1.	Mike van Beuren	30	16:27
2.	Bill Conroy	37	16:59
3.	Eugene Ferguson	18	17:04
4.	Nut Hall	25	17:23
5.	Eric Peltosalo	37	17:33
6.	Bob Leo	30	17:55
7.	Antone Jordan	16	18:10
8.	Joe Deak	35	18:16
9.	Tom Yanus	16	18:29
10.	David Wandel	15	18:35
11.	Joe Smaldone	37	18:39
12.	Branin Thorn	16	18:48
13.	Al Kubeluis	40	18:49
14.	Bill Wandel	39	18:53
15.	Douglas Joyce	44	18:57
16.	Gary Chidester	35	19:08
17.	Ted Haynie	33	19:16
18.	Norman Alton	36	19:21
19.	Joe Duffy	41	19:25
20.	Herb Alban	40	19:27
21.	Christopher Taylor	30	19:33
22.	Don Kennedy	35	19:39
23.	Mike Chamberlain	39	19:43
24.	Robert Myers	32	19:45
25.	Sean Sweeney	47	19:47
26.	Michael McGuire	30	19:51
27.	Pete Mekkelson	44	20:05

Place	Name	Age	Time
28.	Doug Pond	43	20:07
29.	Dan Wood	36	20:12
30.	Arnie Henderson	46	20:15
31.	Will Scott	33	20:19
32.	Eric Fredland	40	20:21
33.	Bandit		20:30
34.	Scott McAusland	15	20:31
35.	Scott Basley	16	20:32
36.	Jan Stone	30	20:39
37.	Bert L. Rice	46	20:47
38.	Steve Rogers	29	21:13
39.	Al Herman	37	21:38
40.	Jim Stoney	42	21:41
41.	Dale Vogel	52	21:45
42.	John De Greck	37	21:59
43.	Ken Thorn	47	22:03
44.	Mike McAusland	47	22:28
45.	Harold Hunt, Jr.	14	22:32
46.	Joe Carrier	46	22:34
47.	Eric Haars	60	22:51
48.	Tom Sharp	38	22:57
49.	Neil Donnelly	39	23:10
50.	Earl Scott	43	23:16
51.	Alan Wycherley	40	23:24
52.	Jonas Legum	34	23:25
53.	Allen Stallings	48	23:31
54.	Robert Hunton	53	23:42
55.	Mary Watras	15	23:49
56.	C. E. Morris	46	24:01
57.	Chuck Herds	47	24:13
58.	Bandit		24:27
59.	San Chastain	51	24:34
60.	Carolyn Coffey	16	24:47
61.	Lee Meadors	53	24:54
62.	Tom Donlin	32	24:57
63.	Patricia Major	30	25:04
64.	Dick Tucker	53	25:09
65.	Art Strissel	35	25:13
66.	Joy Donlin	32	25:16
67.	Larry Richman	45	25:17
68.	Yvonne Aasen	51	25:25
69.	Mike Schlegel	38	25:29
70.	Laurie Middleton	22	25:33
71.	Guy Riccio	62	25:43
72.	Martha Kinsinger	49	25:44
73.	Renee De Lisle	28	25:52
74.	Ginger Aben	36	25:55

Place	Name	Age	Time
75.	Robert Savin	63	26:02
76.	Louise Zeitlin	38	26:03
77.	Anne Chamberlain	38	26:05
78.	Carol Huddy	45	26:23
79.	Nancy Spear	26	26:25
80.	Martin Wolff	47	26:32
81.	Jerry Aben	42	26:51
82.	Dolores Strissel	35	27:23
83.	Robert Smith	20	27:26
84.	John Shaw	9	27:41
85.	Joe Berchielli	37	28:36
86.	Jim Sandison	45	28:44

#### MEN

##### Age 15-19

3.	Eugene Ferguson	17:04
7.	Antone Jordan	18:10
9.	Tom Yanus	18:29

##### Age 20-29

4.	Nut Hall	17:23
38.	Steven Rogers	21:13
83.	Robert Smith	27:26

##### Age 30-34

1.	Mike van Beuren	16:27
6.	Bob Leo	17:55
16.	Gary Chidester	19:08

##### Age 35-39

2.	Bill Conroy	16:59
5.	Eric Peltosalo	17:33
8.	Joe Deak	18:16

##### Age 40-44

13.	Al Kubeluis	18:49
15.	Doug Joyce	18:57
19.	Joe Duffy	19:25

##### Age 45-49

25.	Sean Sweeney	19:47
30.	Arnie Henderson	20:15
37.	Bert Rice	20:47

##### Age 50 and Over

41.	Dale Vogel	21:45
47.	Eric Haars	22:51
54.	Robert Hunton	23:42

Place	Name	Age	Time
87.	R. J. Goodman	35	28:52
88.	Neal Kinsinger	48	29:00
89.	Linda Bercheilli	34	29:37
90.	Paul Yates	59	29:40
91.	Judy Vogenitz	37	29:41
92.	Bill Vogenitz	35	29:42
93.	Barbara Brooke	16	29:43
94.	Sue Arvo	17	30:07
95.	Bandit		
96.	Alma Alben	71	43:25
97.	John Wall	69	45:00

#### WOMEN

##### Age 15-19

55.	Mary Watras	23:49
60.	Carolyn Coffee	24:47
93.	Barbara Brooke	29:43

##### Age 20-29

70.	Laurie Middleton	25:33
73.	Renee De Lisle	25:52
79.	Nancy Spear	26:25

##### Age 30-34

36.	Jan Stone	20:39
63.	Patricia Major	25:04
66.	Joy Donlin	25:16

##### Age 35-39

74.	Ginger Aben	25:55
76.	Louise Zeitlin	26:03
77.	Anne Chamberlain	26:05

##### Age 40-44

72.	Martha Kinsinger	25:44
78.	Carol D. Huddy	26:23

##### Age 45-49

No Runners

##### Age 50 and Over

59.	San Chastain	24:34
68.	Yvonne Aasen	25:25
96.	Alma Alban	43:25



## HOW TO BUY A PAIR OF RUNNING SHOES

Damien Howell

The Indiana University Runners Clinic

1. Buy a shoe designed for running, a good quality running shoe. Expect to spend between \$30.00 and \$100.00 for a pair of good running shoes. Bear in mind, however, that the most expensive does not necessarily mean the best shoe for you.
2. Find the right store. Choose a specialty sports store, that is one which is owned and operated by a runner. The next best choice is a general sports store which sells a variety of sports equipment. The least appropriate place in which to buy running shoes is a regular shoe store or a department store.
3. Find the right salesperson. Look and ask for a knowledgeable salesperson who has running experience. Avoid salespeople who try to hurry you, or the inexperienced salesclerk.
4. Ask the salesperson for a training shoe, not a racing shoe.
5. When you try on the shoes, wear socks of the thickness that you will wear when running. If you forget to bring your running socks, ask the salesperson for a "loaner" pair of socks.
6. If you have any special problems, describe them to the salesperson and ask for special help. Some examples of problems that the proper shoes can help control are: unusual widths; flat feet; rigid, high arch feet; excess body weight; and toe shape. Avoid shoes with a wedge unless you have an identified need for a wedge.
7. It is wise to look at more than one pair of shoes.
8. Choose a pair of shoes that fits both feet while you are standing. Ask if you can try running in the shoes on a non-carpeted surface. Some stores will allow a short test run.
9. Inspect the shoes closely and carefully for quality control. It is **not** unusual for at least one shoe in a pair to be poorly constructed, and to be put on the market without proper inspection. Some things you might look for are as follows:
  - a) Place the shoe on a flat surface and examine the heel from behind to see if the heel cup is perpendicular to the sole of the shoe, as it should be.
  - b) Pull on the upper part of the shoe and see if it separates from the sole. It should not.
  - c) Feel the seams inside the shoe to make sure they are uniform, smooth and well-stitched.
  - d) Loose threads or extra glue spots are usually signs of a poorly-constructed shoe.
  - e) If you compare one shoe to another, or one pair to another pair, you can usually find defects.
  - f) If you find a defect, ask for another pair if available. If you cannot find what you want, you can still go to another store.
10. The running shoe industry is changing very rapidly. New technology in shoes is described in fairly objective evaluations found in the October issues of running magazines. Other runners' advice regarding shoe selection can be helpful. But, be careful not to be misled. Body type and running stride may differ.

