

STREAK

VOLUME V
NUMBER 5
OCTOBER 1983



ANNAPOLIS STRIDERS

ANNAPOLIS STRIDERS, INC.
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STREAK

ANNAPOLIS STRIDERS

volume V number 5

october 1, 1983

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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 DAWDLINGS

Another Annapolis Ten Mile Run is history. And this latest run continued the trend of making each race better than the year before. While there is always room for improvement, this was the smoothest and best run Annapolis Ten to date. John Gudas and all the volunteers who worked the race take a bow. Without each and every one of you doing your part, this race could not happen. But it does go on and in a manner that makes others take note. Perhaps Joe Gross said it best in his review column when he said, "John Gudas and a crack Annapolis Strider team showed just how well a running event can be conducted." We (Striders) take pride in running quality races, and the Annapolis Ten epitomizes that "quality race." You can all be proud of the part you played because lacking any one of you the end results would not be the same.

Twenty Striders recently enjoyed a weekend social gathering that included twenty-four hours of speed work. For the second consecutive year, Annapolis was well represented (two teams) at the Fort Meade 24-Hour Relay. The geriatrics team of Buck Cadell, Fletcher Hanks, Bill Law, Dick Manasserri, Bill Miller, Doug Pond, Earl Scott, Don Waddington, Bill Wandel and Ron Wolfe completed 219 miles 1290 yards in 24 hours for a ninth place finish (out of 20 teams). The open team of Norm Alton, Carol Huddy, Betty Impellizzeri, Don Kennedy, Delma Miller, Ann O'Brien, Norm O'Brien, Pat O'Brien, Mike van Beuren and Louise Zeitlin was close behind with 200 miles 440 yards in twenty-four hours. Individual awards went to Mike van Beuren--second overall, Bill Wandell--second 40 to 49, Don Waddington--first 50 and over, Fletcher Hanks--fourth 50 and over, and Bill Law--fifth 50 and over. Congratulations to all participants. As in past years, more than one have told me that their speed increased just by participating in this event. Anyone ready for next year?

The merry band of Moore's Marines is well into the marathon training program. If your goal is to run a marathon this year, you would be hard pressed to find a better program for running a first time marathon. Your time may not be world class, but you will finish and enjoy yourself in the process. Join Ben and his group Saturday mornings at the Annapolis Mall at 7:30 a.m.

The picnic at Bart Rohrbach's place was a smashing success in spite of the heat. A large number of Striders (too large for me to count) turned out to enjoy volleyball, the pool, beer, soft drinks, and just socializing. Judging from the activities, it appears that this event is worth repeating. Bart has indicated he is willing to host it again next year. If you have any suggestions for next year's event, pass them along to Randy Fox.

See you on the road.

Don Waddington

Don Waddington

EDITORS REMARKS

EDITING: Articles submitted are usually accompanied with the admonition to edit if necessary. I thought long and hard about red-penciling Pat O'Brien's "Insanity." I questioned, "Will women be good natured about humor applied to their anatomy?"

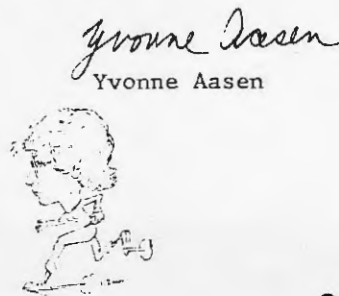
Actually, Pat, its just not fair—you should have given equal space to jock strap humor.

VARIETY: Jamie Haars word processor has given us some neat even margins in this issue. And your articles have given us variety. Thanks for your talented contributions.

But I'm always looking for new material: Do you have a recipe you would like to share? Or how about an anecdote? There must have been hundreds of funny little stories in a big race like our Annapolis 10-Mile Run. I heard there are 70 runners training with Moore's Marines; someone must be preparing to run their first marathon...The possibilities are endless.

COLLATING TEAM: Thanks to Bob and Blanche Hunton, Lee Turowski, Delma Miller, Bill Law, Nancy Waddington, Ann Beach, Alice Weathersbee, and Marvin Aasen for working on a hot summer evening to collate the August Streak. Anyone who would like to help please give me a call. It only takes a couple hours at my home in Severna Park.

DEADLINE: The deadline for the December (last one of the year) Streak is November 8.



WE GOOFED!

CORRECTION

The August Streak issue that went out in the mail listed an incorrect date on the Events Calendar for the Key School 10-K Run. The correct date is October 23. You can still enter—the cut-off date is October 15. The Streak regrets the error.

MONEY NEWS



TREASURER'S REPORT

ANNAPOLIS STRIDERS, INC.
Cash Flow Statement
Month of July, 1983

Cash balance as of July 31, 1983	
Cash and checks	\$ 478.00
Checking account	425.48
Savings account	3522.88
	<u>\$4426.36</u>
Income month of July	\$ 478.00
Expenses month of July	485.43
Excess expenses over income	<u>\$ 7.43</u>
Cash balance June 30, 1983	\$4433.79
Cash balance July 31, 1983	4426.36
Decrease in cash	<u>\$ 7.43</u>

STATEMENT OF INCOME AND EXPENSES

Income: Memberships	\$ 382.00	
T-shirts	96.00	
Total	<u>478.00</u>	
Expenses: <u>Streak</u>	318.00	
Strider Mile	19.75	
Repairs to ans. machine	54.47	
Telephone	10.21	
Postage--bulk rate	60.00	
G. Spadone	20.00	
General office Gert Spadone	3.00	
	<u>\$485.43</u>	
Excess expenses over income	<u>7.43</u>	

ANNAPOLIS STRIDERS, INC.
Cash Flow Statement
Month of August, 1983

Cash on hand 8/31/83		\$3522.88
Savings account		2077.19
Checking account		<u>\$5600.07</u>
Income for August	\$1217.35	
Expenses for August *	43.64	
Excess income over expenses	<u>\$1173.71</u>	
Cash balance end of July	\$4426.36	
Cash balance end of August	5600.07	
Net increase in cash	<u>\$1173.71</u>	

*Note: \$563.58 is due to Athlete's Foot for T-shirts purchased for the Annapolis 10.

ANNAPOLIS STRIDERS, INC.
Statement of Income and Expenses
Month of August, 1983

Income:		
Membership	\$ 120.00	
<u>Streak</u> ads	20.00	
Women's Distance Festival (net of expenses)	372.35	
T-shirts (includes sales at Annapolis 10 *)	701.00	
Misc. (Truxtun Park)	4.00	
Total income	<u>\$1217.35</u>	
Expenses:		
Phone	\$ 15.17	
Answering machine tape	4.47	
Postage (J. Stone)	5.00	
Postage (Overstreet from 1982 T-shirts)	19.00	
Total expenses	<u>\$ 43.64</u>	
Net income over expenses	<u>\$1173.71</u>	

* \$563.58 is due to Athlete's Foot for T-shirts purchased for the Annapolis 10.



Doug Pond has just been appointed Property/Awards chairman.

DEAR STRIDERS

RACE SCHEDULE SCRUTINIZED

Dear Editor,

My major reason for joining the Striders was to get easy access to race information. The Streak, of course, has done a fine job in doing so. However, upon studying the race schedule carefully, I discover, time after time, that most of the races are on Sunday.

This has been a disappointment to me. Sunday is the day of worship to me and other runners. We choose to spend Sunday mornings in church rather than on the roads.

I'm told that the major reason for races mostly on Sundays is the number of Striders who work on Saturdays. I don't wish to downplay the need or worth of Sunday races, but are there not enough runners who would prefer to race on Saturdays rather than Sundays?

Any comment from the decision-makers?

Bob Topp

Editor's Note: Amen. I empathize with you. The Board responded with several members saying they also preferred Saturday races. One suggested Sunday afternoon races, and another a desire for more evening races. This has come up before and an effort had been made to try to strike a balance. Your request will be given consideration at the next Race/Runs committee meeting to plan the 1984 schedule.

One reason so many races are held on Sunday mornings is because there is less traffic at that time. The B&A Railroad Run was originally held on a Saturday, but was changed at the insistence of the County Police because they considered it safer. One Board member also pointed out that major races are often scheduled on Sunday so people traveling long distances can get to the race.

I think the issue could, ironically, be more complicated if someone asked for Sunday races because Saturday was their Sabbath day.

Thanks, Bob, for writing and expressing your feelings. I look for Saturday races too.



WELCOME TO THOSE WHO HAVE
RECENTLY JOINED THE STRIDERS

Abodeely, Richrd	Hawkins, Mary Lou
Adams, B. Kimbrly	Hawkins, Russ
Anderson, Eddie	Johnson, Brent
Barnabae, Carol	Mailey, Jan
Bradley, Virginia	Mailey, Joseph
Cain, Yvonne	Maryland, Ron
Champney, Mark	Naditch, Phyllis
Clifford, Gertrude	OMalley, Harria
Collyer, Leona	Peeters, Donovan
Collyer, Ronald	Pierpoint, Krista
Dobbyn, Beff	Pierpoint, Peter
Dodson, Dianne	Pierpoint, Vicki
Earll, Elizabethy	Pierpoint, Peter, Jr.
Ferris, Jacqueline	Rood, Homer
Gehrke, Terri	Steele, Cindy
Gemmell, Patricia	Walsmith, Joseph
Hawkins, Jennifer	Walsmith, Sheila
Hawkins, Kriss	

DEAR STRIDERS

YOU GET AN A+

Dear Yvonne,

Thanks for the Streak you sent. I read it from cover to cover. It really is an outstanding newsletter. It was interesting to see the ages of the participants in the races (and congratulations on taking third place in the 50 and over group). Old Rag would be my speed. The writers of the articles do an outstanding job also. That "Danger on the Run" article was very informative—for runners and also non-runners.

Louise Bobzin

Editor's Note: The above was an unsolicited comment—even though the writer is my sister.



TRESPASSERS
Shall Be
FORGIVEN





ANNAPOLIS STRIDERS
WOMEN'S GET-TOGETHER

Saturday, October 22, 1983
1:00 P.M.

Please RSVP to Liz Kisenwether
Home: 721-7550
Work: 459-8655

WOMENS RACING TEAM

TEAM BECOMES BONNA FIDE AUXILLARY

by Liz Kisenwether
(a.k.a. Liz Cunningham)

The latest count of women interested in representing the Annapolis Striders as part of a running team is now up to approximately 14. We can now easily field one or two full teams at any 10k race, and do very well too!

But, please note: This competition overtone should not scare any women from joining the group. If you're at all interested in meeting other Strider women, please keep October 22 at 1:00 P.M. open on your calendar. I'll be having an informal get-together at my home to kick off the Strider's women's group. Please call me at home (6 pm-8 pm) or at work to RSVP. Topics we'll toss around: team singlet, long run/track get-togethers, phone number exchange, team name and general good conversation. When you call, I'll give you directions, or will send a map on request.

One last note: the latest update on address and name (I was married to Jim Kisenwether on September 3, and he's a Strider too!):

Liz Kisenwether
1574 Bandury Ct.
Crofton, MD 21114

Editor's note: Congratulations and best wishes from all the Striders. May you both run happily ever after.



ANNAPOLIS STRIDERS
WOMEN'S GET-TOGETHER

Saturday, October 22, 1983
1:00 P.M.

(Please RSVP to Liz Kisenwether)
Home: 721-7550
Work: 459-8655

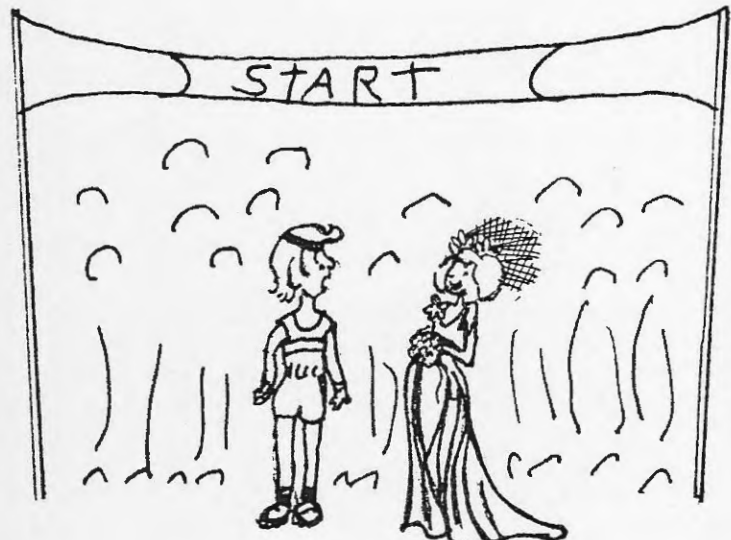
RUNNING SHORTS

OVERKILL

"People are starting to park in the DNR parking lot and we're not supposed to use it! Can you run up there and block the entrance?" Don Waddington asked as the parking lots filled up and Annapolis 10 race time was rapidly approaching.

I trotted over and was surprised at how assertive I was at signaling people past the entrance. No one went past me without my approval (a few people merely wanted to turn around). One woman, however, appeared equally assertive in trying to get in. I resolutely blocked her way. She was not pleasantly compliant. In fact she was mad. Scowling angrily she rolled her window down and hissed, "I work here!"

-A Race Worker

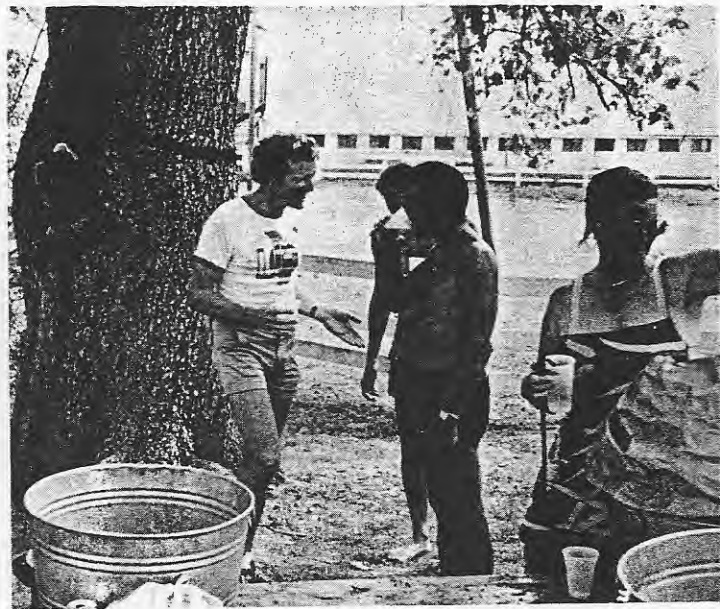


"I'm getting married as soon as I finish this race."

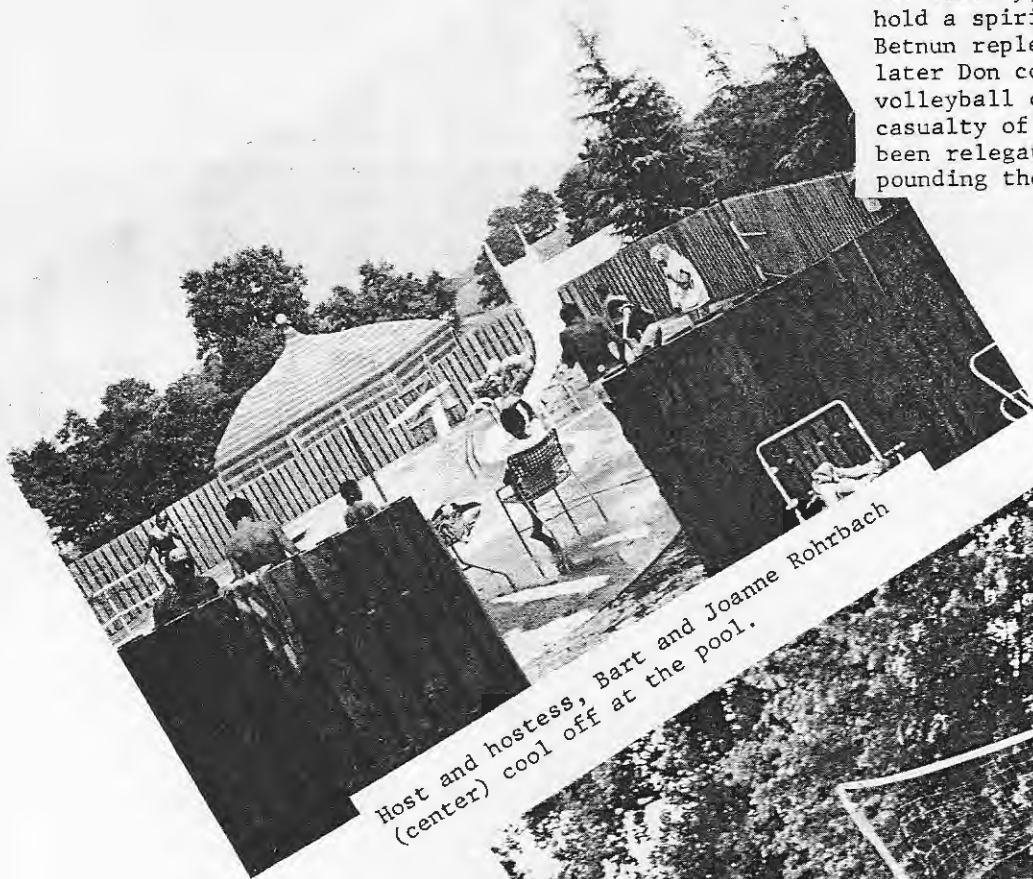
FAMILY PICNIC FUN DAY

September 11, 1983

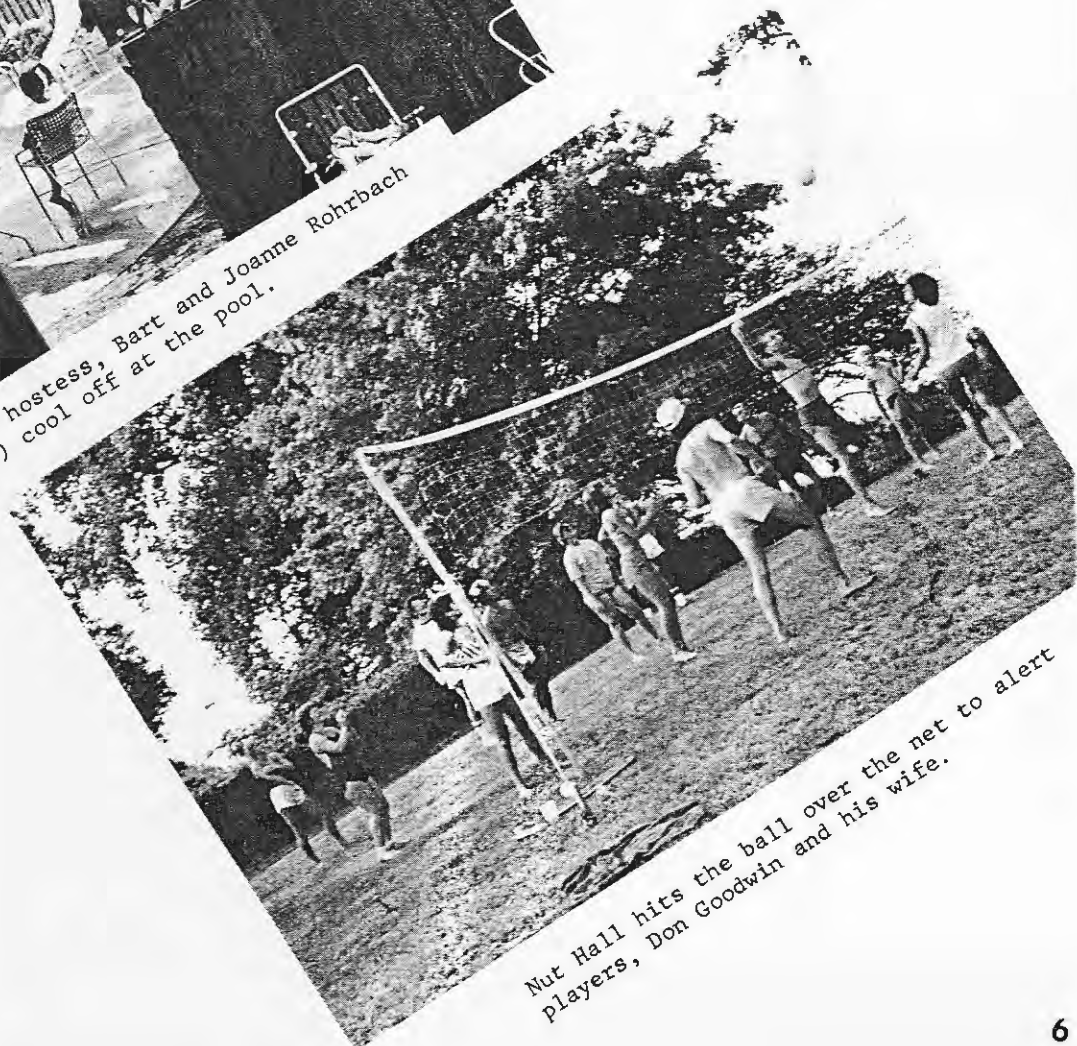
Striders and their families turned out at least 100 strong at Rick Rohrbach's farm to celebrate summer in 101 degree weather. The children enjoyed the pool, and the adults enjoyed a continuous game of volleyball. Camera buff, Joe Walmsmith, snapped photos all afternoon:



Joe Clorety, Nate Betnun, and Don Waddington hold a spirited conversation while Helaine Betnun replenishes her ice supply. Minutes later Don collided with Rick Rohrbach on the volleyball court and suffered the only casualty of the day, a broken big toe (he's been relegated to riding his bike instead of pounding the pavement ever since).



Host and hostess, Bart and Joanne Rohrbach (center) cool off at the pool.



Nut Hall hits the ball over the net to alert players, Don Goodwin and his wife.



8th Annapolis Run Sunday, August 28, 1983 7:30 a.m.

John Gudas, Race Director
54 Southgate Avenue
Annapolis, Maryland 21401
(301) 263-9664

Dear Striders:

The 8th Annapolis Run is now history. Gary Siriano continued his domination of the men, and Sue Crowe led the women this year. We finished over 2,000 runners again, even under conditions of heat and very high humidity. This was my second year as Race Director of this event, and as I move on to other Strider activities, I would like to comment on what the Annapolis Run means to me.

This year, in particular, the Annapolis Run was a club-wide event. During the trophy presentation, the stands and field were filled with red-shirted volunteers. Most of these volunteers sacrificed their opportunity to run, and I want each to know that his efforts were very much appreciated. I feel that the Striders have turned the corner and see the Annapolis Run as an opportunity to return something to the local running community, and in the process, spread growth and activity within the club.

Organizing this race is truly a joy. It means working with Marti Betz to design the printed material and promote our image as a first rate event. It means planning and budgeting with Dan Spadone, and thus being assured that the tremendous number of transactions are being handled professionally. The Annapolis Run means asking Mike van Beuren to coordinate the invited runners, then take on publicity, then arrange a site for the race-eve activities. In his spare time, Mike also assisted in registration through final scoring. Directing this race includes catching Dick Hillman on the fly and convincing him that processing 260+ volunteers is a fun job, then seeing his efforts pay off in an orderly assignment of these volunteers. The Annapolis Run is Gert Spadone and her disciples registering and then assisting in scoring all of the entrants and many rejections. I'll miss Gert's phone calls which always end with the phrase, "Don't worry--it's getting done."

The greatest pleasure in organizing the Annapolis Run is working with new faces. Don Goodwin joined the committee this year and engineered the most popular shirt in the history of this run, as well as a thoroughly professional job with the trophies. Giff and Kathy Munger jumped into the event in July and organized a cadre of medical personnel which met the challenge of the heat. The action in the medical area was heavy, and the interest showed by Giff and Kathy was very much appreciated by the runners in need.

This year, again, the Annapolis Run means Nancy Jordan (and family) in the form of slides and more slides. The race-eve show was an artistic triumph drawing applause from the hundreds of runners who watched. The Annapolis Run is Betty Impellizzeri again professionally dispensing the race numbers and shirts. Betty and her helpers meet each and every runner, and do the most to enhance the image of our club.

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8th Annapolis Run Sunday, August 28, 1983 7:30 a.m.

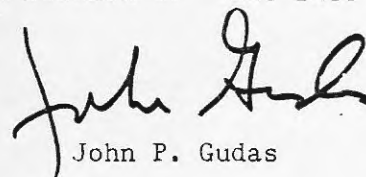
John Gudas, Race Director
54 Southgate Avenue
Annapolis, Maryland 21401
(301) 263-9664

The Annapolis Run is watching Walt Eilers organize St. John's College to provide the best race-eve arrangements in our history, not to mention three different spaghetti sauces.

After all this preparation, the Annapolis Run is a very good road-race. It means that Ron Jarashow is up at 3:00 a.m. placing no-parking signs, and working closely with the police jurisdictions to control traffic. It means that all stadium activities revolve around Fred Betz. This includes the rental and return of all equipment, and the cradle-to-grave attention to detail required at registration, the start, the finish and all post-race activities. The Annapolis Run means seeing Don Waddington again manage the course and train the many volunteers to do the right job at the right time. This year, Don was everywhere, and set up a communication system which allowed us to follow the runners and problems throughout the course. The Annapolis Run means John Butterfield masterfully controlling the start, and exciting all of us with his call of the hundreds of finishers. Finally, the Annapolis Run is Bill Law and his dozens of volunteers who handle the finish and scoring. Very few people in the club understand how he does it, but Bill has set up a system which is the centerpiece of our race, and is indeed a committee-within-a-committee.

Over the past eight years, the Annapolis Run has grown and reflected the special focus of the race directors. We saw Randy Fox take the race from inception to the point of an established event, with a history and great expectations. Walt Eilers then guided this event through growth and radical change, to the point where it became the centerpiece of the Strider activities. My interest in following these individuals was to consolidate their efforts, and build this race--not in size, but in quality. I also hoped to continue to establish its reputation in the minds of all area runners. We have intentionally avoided change the past two years, and I feel that my personal goals were met.

In the future, I hope that all Striders continue to see the Annapolis Run as a special event. The relationships I developed with many good people the past two years are special to me. I look forward to this race as a continuing source of pride to us all.



John P. Gudas



TRAINING TIPS

--by John Butterfield

Training 'n Helpful Hints from your Clinic Chairman

Here's a potpourri of thoughts and ideas which may help you in your running, racing, and fitness program. It may prolong your injury-free periods and keep your running fresh 'n fun, safe 'n sound.

COLLAPSE POINT--what is that? Here is one explanation worthy of your consideration: do you begin to "feel bad" the last six miles of a marathon, or do you hurt the last 20 miles?

You can usually race a distance equal to three days' mileage...or 1% of your past year's mileage. By slowing down one or two minutes a mile you can usually double your collapse point.

Example: Last year you trained hard and put in ten miles a day. You can race the 50 kilometers (31 miles) on about 3,000 miles. But if you only put in five miles a day you can jog the same race. If you try to race beyond your collapse point, you will "hit the wall" and actually collapse. If you use the "two month" formula (divide 60 days' mileage by 20) you have a "muscle collapse point" that is limited by fuel tank, minerals, electrolytes, etc. If you race beyond your 1% annual collapse point, you hit a collagen limit and have symptoms of bone, joint or ligament "collapse."

To be safe: Use both formulas and watch for both sets of "collapse" symptoms.

Training: Jog a little every day and occasionally twice a day to get your total mileage high enough to race.

REMEMBER THE HARD-EASY PRINCIPLE!

Most of us can not take a steady diet of hard days, day after day, and double workouts every day may wear you down...so vary your training schedule and program...and don't try to maintain a high level of effort 12 months of the year. Give your body a break.

BATTLE SCARS

Folks who have gotten into the jogging/running scene...and the transition usually is thought to occur when one drops from 8 to 8-1/2 minutes per mile to less than 8 as the average pace for a serious training session or race...some may think it occurs, that they have now become a runner, when they discover the first blackened toenail...**YEAH!**...I made it!...now what do I do? The following may be of help, and interest:

TOENAILS. Another problem commonly faced is toenails that turn black. This is chiefly caused by tight fitting shoes which press on the toenails. The black discoloration is simply dry, old blood.

The best solution is to cut the toe box of the shoe with a knife. Often there is a leather strip over the toe cap; slicing through the cap allows the shoe to spread during toe-off, thus relieving pressure on the toes. Another solution is to buy a shoe with nylon uppers. This places less pressure on the toes themselves.

ANNOUNCING



marathon

clinic

~~WEDNES~~ ^{TUES}DAY, NOVEMBER ¹~~2~~
7:00 P. M.

CHAUVENET HALL
Room 116
UNITED STATES NAVAL ACADEMY
ANNAPOLIS, MD

Purpose: Get everyone psyched up
for Marine Corps Marathon

Featuring: Harry Cordellos, famous
blind marathoner to
speak and show a short
film

Harry Cordellos, from San Francisco, is an old friend of Training/Clinics chairman, John Butterfield. They ran the Marine Corps Marathon together last year.

COLD WEATHER NOTIONS

1. Adequately protected, man can withstand a wide range of cool environmental temperatures. We imitate animals by increasing our insulation by adding layers of clothing. These again should be natural fiber and multilayered to allow evaporation of sweat by air circulation between the layers.
2. Thickness of clothing should be maintained at comfort level for the wearer by adding or decreasing layers rather than putting on thick clothes.
3. Heat protection by man is related to work loads. The heavier the exercise, the more heat you produce, hence the less protection you will need.
4. Exercise and keep warm is a good motto if it is not prolonged over long periods of time and if adequate food is available to replenish the energy stores. In positions of survival do as little work as possible and conserve your body's energy.
5. Swimming in cold water significantly drains you of body energy and should be curtailed if you begin to shiver while exercising.
6. Wind chill is a significant factor when jogging and must be accounted for by increased protective clothing. The wearing of a ski mask and gloves are recommend.

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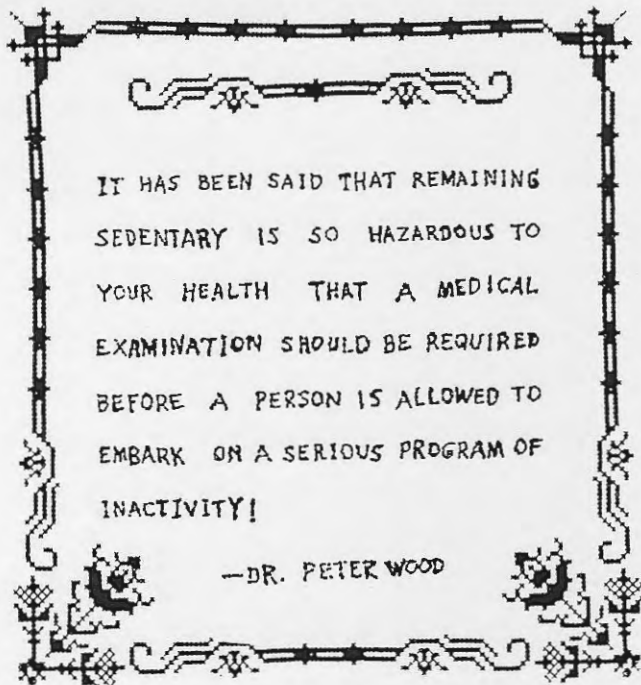
TRAINING TIPS continued

CURE FOR STALENESS...OR HOW TO FIGHT THE BLAHS

At the first sign of this slow killer, be it lack of enthusiasm, irritability, persistent difficulty in sleeping, chronic muscle soreness or other minor complaints, discouraging performances, or any combination of these symptoms:

1. Become a degenerate and take at least two days off.
2. Do something exciting: stay up past your bedtime (sorry, this is a family publication).
3. Entertain or go out with some non-runner friends.
4. If you feel the need for physical activity do something other than running--canoeing, swimming, tennis, hiking, X-C skiing, or have a pillow fight.
5. Get out of town for the weekend--this might be a good time to get that trip to the in-laws out of the way, although this would hardly qualify under the first part of #2 above.

REMEMBER, if you voluntarily knock off for two to four days, you can start in again at will, and be back to a full training load within seven days--most likely running much better than if you had kept pounding the pavement. If you insist on "mucking through," at best your racing won't get worse. The other possibility is an injury which will force a period of rest, the duration of which will be indeterminate. If you haven't "sweated out" a period of forced inactivity, wondering when you will be able to run again, consider yourself very fortunate and take a breather now.



BLISTERS

Blisters form when the layers of skin separate due to friction, and liquid consequently accumulates. The following is a brief discussion of the most common causes and cures of blisters.

We all know the problems that occur when you wear the wrong type of socks. Tight socks can cause rubbing on toes and toe blisters, just as loose, ill-fitting socks knot up under the ball of the foot or in the arch and cause disabling blisters. (People who are allergic to dyes in socks may develop a contact dermatitis; these athletes should wear all-white socks.)

The sock ought to fit the foot well and yet allow for about 1/8" between the end of the toes and the sock so the toes can breathe. And the sock should be made of a combination of synthetic and natural materials so that it wears well and absorbs shock.

One of the functions of socks is to allow for friction to occur between the sock and the shoe instead of between the foot and shoe. This cannot be accomplished if the sock is too loose. In fact, the sock will act as a foreign body in the shoe and cause problems. Likewise, if the sock is too tight, it may constrict tissue and even impede return of fluid from the foot to the rest of the body.

Another function of the sock is to absorb moisture or sweat. Socks should be changed often, and foot powder, which also absorbs moisture, can also be used.

Another common cause of blistering is a tight shoe with a very narrow toe box. When chronic blistering occurs over the second toe, for instance; split the toe box lengthwise with a knife to relieve the pressure. This may also have to be done over the fifth toe. I find that shoes should be about 1/8"-1/4" longer than the foot, allowing for proper mobility and breathing space for the toes.

If you wear orthotics or arch supports and blistering occurs under the arch itself, you may need to adjust the support. Covering the support with moleskin or Spenco will greatly decrease the chance of blistering. Some people have problems in their running shoes because they fail to remove the small arch 'cookie.' These rubber arch 'cookies' often interfere with foot support or orthotic function and should be removed.

Often runners get heel blisters due to a tight shoe counter or a counter which is too low and digs into the back of the heel. Solutions to these problems include: 1) placing a felt lift inside the shoe, over the heel, to lift the foot out of the counter area; 2) removing a portion of the insoles so that the heel sits further down into the shoe counter; or 3) using a leather softener on the shoe counter and softening the shoe with your hands before wearing it.

If you tend to develop heel blisters, apply moleskin to the heel prior to workouts. I have also successfully used shoe stretch spray or liquid to reduce friction and blisters on toes, heels, bunions, and other bony areas.

When blisters do form, I prefer to lance them and allow the fluid to escape. The foot should first be washed with soap and water, then swabbed with alcohol. Leave the skin intact after lancing and put a small amount of tincture of benzoate, Merthiolate, or iodine on the blister. Apply moleskin or tape directly over the blister and leave it alone for the next four to five days while the blister heals.

MY FAVORITE RACE

MY MOST MEMORABLE RACE
by Bob Topp

"Relatively speaking you make me who I am
I need you exactly like the ocean needs
the land
I need you like sunshine needs the shadows
and the night
I need you the way love needs a savage,
hurtful fight"
-John Denver, Relatively Speaking

The songwriter seems to understand that if we are to revel in the high points of life, we must suffer the contrasting lows. I felt the wisdom of this observation after running a Truxtun Park four-mile fun run.

Echoes of two races from last summer, completed in PR time and per mile pace, spurred me to the race from my air-conditioned apartment on a warm August evening. What made those races so successful for me slipped my mind.

I stepped gingerly through the brush and over the roots that seemed to form steps up and down the hills of the forest that gave setting to the first mile. My 6:55 split was where I'd hoped, but wariness of the footing resulted in the feeling of having held back too much. Pavement, and civilization, signaled the second mile and my chance to overtake a few runners. My quadriceps were equal to the challenge of the uphill grades, providing the confidence needed to persevere.



The racer's greatest enemy began to surface at the midpoint of the race. A side stitch slowly began to turn me into a respiratory cripple. My per-mile pace at three miles was 20 seconds slower than my first mile. Surviving the last mile made me a candidate for the Purple Heart, to be awarded by the American Lung Association.

The missing ingredients from the race were a sufficient mileage base and speed work on the track. My mileage the week before the race was cut in half by a sore arch. The time that should have been spent on the track was spent scrubbing the bathroom floor.

After telling myself, "I told you so," or, "You should have known better," or something like that, it occurred to me that I should enjoy and appreciate the effort and desire and planning that goes into training, i.e. peaking, for a race that I choose to run.

"Relatively speaking the contrast makes it go
Every action taken is related in the flow"

Tonight, I think I'll start planning my training for my next race...or write a fan letter to John Denver.

MY FAVORITE RACE

24 HOUR RELAY

INSANITY

-by Pat O'Brien

Something told me that I was in for an extraordinary experience when Mike van Beuren appeared on the scene wearing "punk" sunglasses and modeling his latest creation in tank top fashion--an old rib-knit tee shirt sporting the logo "INSANITY-24-hour relay." At the same time, in the opposite corner of the tent, Ann O'Brien sat quietly absorbed in the task of making floral head wreaths. These two scenes proved to be only the first of countless zany revelations which occurred over the next twenty-four hours.

We came to the race as a collection of two ten-man teams: a well-seasoned Masters group, and a "coed" collection of assorted shapes, sizes, sexes, and running prowess. The common bond among us, strangely enough, was not our insatiable desire to run for the next twenty-four hours, but our ability to find humor in such a masochistic indulgence.

(continued on next page)

It would be a bore to give you a mile-by-mile chronicle of the event. With temperatures as well as humidity in the nineties, even that first mile was painful for the most of us. If it was said once, it was uttered 2,000 times, "Boy, it's some kinda hot out there!" Each successive mile varied only in the degree of pain produced. Even Delma Miller, who runs her twentieth as steadfastly as her first, was seen to have some wisps of hair falling out of place and a few beads of perspiration decorating her determined brow. Nonetheless, "Poopsie," at the insistent cajoling of her "better half," kept bookin' it, mile after mile.

As a newcomer to the Striders, and not a joiner by nature, I was reticent about getting involved in a group effort such as this. My fears subsided quickly, however, when I saw such renowned figures as Fletcher Hanks sitting on an old cooler munching boiled russets to ease pre-race tensions. Or Ron Wolfe, carefully sorting through his twenty or more pair of socks destined to be worn as virgin footwear for the next twenty-four hours.

Then there was Norm Alton, reclining in a lawn chair, sawing Zs in anxious anticipation of the day and night to come. Why, I could already tell, I was going to fit right in with this group of misfits.

When you are sleep-deprived yet burdened with the responsibility of running a mile with each hour's passing, the human mind draws on its ability to cope by distorting reality. So it came to pass with our crew. The baton, which resembled a 10-inch stick lifted from a child's tinker toy set, became the focus of our altered state. This "stick" conjured up all sorts of connotations depending upon who had it, who was trying to grab it, and who was in the immediate vicinity when one was trying to get rid of it! Why, Betty Impellizzeri could set a PR for any given lap around the track if Fletcher's stick made contact with her "buns" (ahem).



Mike van Beuren had problems passing off his stick to Louise Zeitlin because she was afraid she might drop it--he was coming so fast! Despite this high level of stress, Louise remained cool, calm and collected--she had on her Mitch.

Doug Pond sure wanted to use his stick on the gal who clipped past him, delivered a token "nudge," and then sailed on while whispering "Nice pace, fella!" Even Bill Miller, who could be heard through the night dutifully cheering his team on with the awesome "book it," was at a loss for words when asked to comment on such a flagrant display of feminist expertise.

Every now and then, uproarious mayhem would turn to serious conversation, as when Don Kennedy announced in a quiet and resolute manner that he'd had a dream turned nightmare the night before. Seems he dreamt he was ^{to} Dolly Parton his ini

CENSORED!

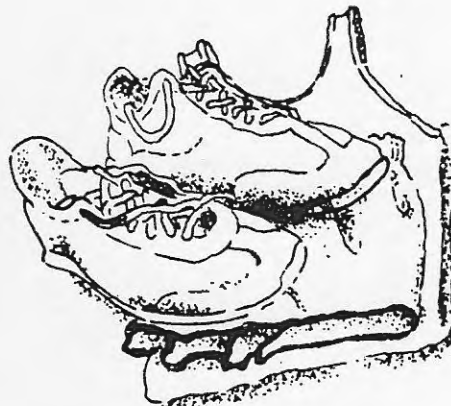
Ron Wolfe took pity on an amply endowed female runner (not a member of our group) who could be seen bouncing around the track. He and Buck designed a "chest support"...two tractor trailer inner tubes and forty-eight inches of heavy duty hemp rope. The remaining details escape me, but Ron should recall the specifics.

A central theme we commiserated about non-stop was the fact that none of us were foolhardy enough to come back next year for a repeat performance. The reasons varied: Betty Impellizzeri said that this was her third year and after three strikes you're out, doesn't matter whose team you're on. Doug Pond said he'd never had so much fun in all his life and he wasn't about to look for an experience to rival this one. Dick Manasseri squeezed enough pain out of this year's race to last him for many years to come. I still marvel at his ability to be "bookin' it" around the track one minute and then be seen the next lying on his lounge chair in a near comatose state. Norm O'Brien, with his easy ten-foot stride, had the pleasure of running through stitches at two o'clock in the morning. No way will he be set up for a repeat performance of that experience next year.

Sleep was something foreign to the most of us. Bill Law, between his hourly sprints, could be found in the dark recesses of the tent enthusiastically engaged in a conversation about bike helmets. He may laud Fletcher as an "amazing man," but I say it takes one to know one. They're both my idols.

As for my own feelings? Well, Pres. Don is still sitting on the fence as far as I'm concerned. You see, as a seasoned vet of this torturing pastime, he all but guaranteed that the end result of such ignominy would be PRs left and right in the forthcoming races. If he's right then Bill Wandell and Earl Scott ought to be burning up the courses because those two boys did some "bookin'" for twenty-four hours.

As I sit here, two days after the fact, the brutal reality of the event has already been tempered by the healing moments of time. Even if I don't run any faster in the weeks to come, I can still find merit in having endured the event. Never have I shared so much laughter and pain with so many uniquely zany people in such a wild and crazy setting!



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The Streak accepts advertising from interested companies or persons. The rates per issue are:

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Half page \$35
Full page \$50

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If you are interested in placing an ad, please call Yvonne Aasen at 647-0879. If you have an ad that is ready for press, mail to: Editor, P.O. Box 187, Annapolis, MD 21404

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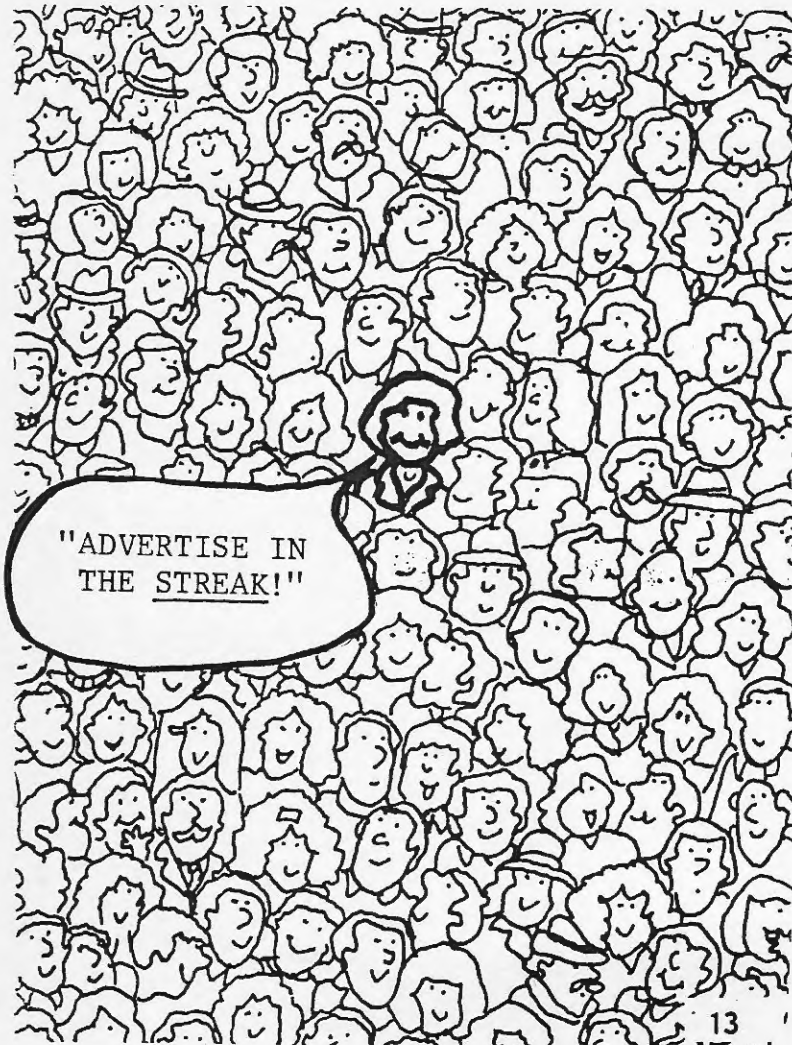
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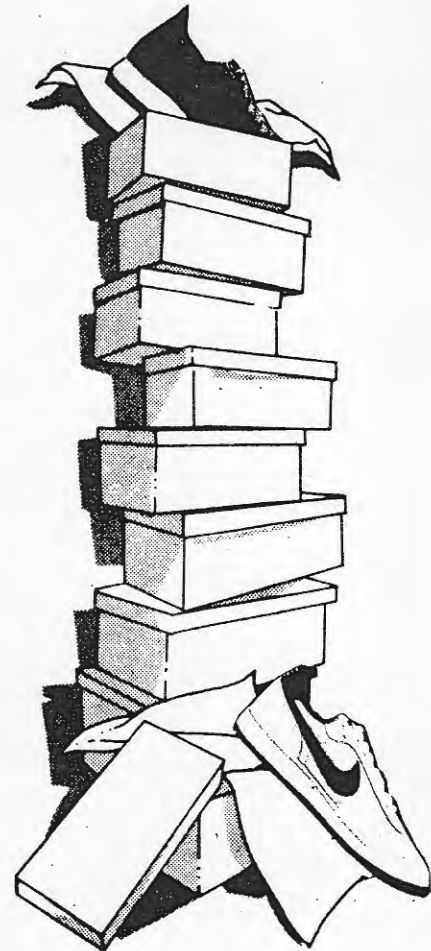
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WHATS COMING UP

1983 ANNAPOLIS STRIDER EVENTS CALENDAR THRU DECEMBER

(All official Striders events are underlined)



<u>Date</u>	<u>Time</u>	<u>Race - Run - Distance</u>	<u>Location</u>	<u>Director</u>
Saturdays until Marine Corps Marathon on November 6	7:00 A.M.	<u>Marathon Training Runs with Moore's Marines</u>	Annapolis Mall & Route 450	Ben Moore 268-3832
Sundays until M. Marathon	7:30 A.M.	<u>Ten-Mile Marathon Training Runs with Moore's Marines</u>	Navy/Marine Corps Stadium	Ben Moore 268-3832
Sunday October 2	8:00 A.M.	Cystic Fibrosis Run For Breath 10K	South River High School Rt. 214, Edgewater	Robert Saunders 269-1388
Sunday October 9	8:30 A.M.	<u>Metric Marathon 26.2K (16.4 miles) #6 Club Champ Series 1 and 2 mile Fun Runs</u>	Southern Senior High School Harwood, MD	Will Scott 267-8013
Sunday October 23	9:00 A.M.	Key School 10K (6.2 miles)	Key School 534 Hillsmere Dr Annapolis	Ann Beach 263-9231 day 269-0985 evening
<i>TUES</i> Wednesday November 7	7:00 P.M.	<u>Marathon Clinic Harry Cordellos (blind marathoner) Speaker/Film</u>	Chauvenet Hall Room 116 U.S. Naval Academy Annapolis, MD	John Butterfield 267-7688
Sunday November 6	9:00 A.M.	Marine Corps Marathon	Washington, D.C.	
Sunday November 13	9:00 A.M.	Turkey Trot 5 mile, 1 mile, 100 yards	Downs Memorial Park Pasadena, MD	Tom Donlin 987-9600
Sunday November 27	10:00 A.M.	<u>Cold Turkey 20K (12.4 mi.) 1 mile Fun Run #7 Club Champ Series</u>	South River High School Rt. 214, Edgewater	Ken Thorn 263-9549
Saturday December 17	8:00 A.M.	<u>Shirt-Off-Your-Back Fun Run (5 miles) Donate used clothing and running gear</u>	Salvation Army Parking Lot Hilltop Lane, Annapolis (adjacent to Truxtun Park)	Mike van Beuren 263-8125
Saturday December 31		<u>Anniversary Run 15K (9.3 miles) #8 and last Club Champ Series</u>	United States Naval Academy	

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 long, self-addressed, stamped envelope 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.

Some Club Champ races do not have an entry form...come to the race early and sign up. There will be a small entry fee.

CLUB CHAMPIONSHIP SERIES 1983 DATES

5K	February 26	✓
10 Mile	March 27	✓
10K	June 19	✓
1 Mile	July 16	✓
5 Mile	September 11	✓
26.2K	October 9	
20K	November 27	
15K	December 31	

RACE RESULTS AND STANDINGS

TRUXTUN PARK SUMMER SERIES

PARTICIPATION AWARDS FOR ATTENDING 7 OR MORE
OUT OF 10 FUN RUNS IN THE SERIES

- | | |
|------------------|------------------|
| Will Scott | Karen Clark |
| Louise Zeitlin | Shannon Donnelly |
| Mike Chamberlain | Neil Donnelly |
| Robert Pastrana | Scott Bailey |
| Lee Collyer | John Shaw |
| Ron Collyer | Alex Shaw |
| Orvid Pratt | Tom Donlin |
| David Pratt | Pat Donlin |

Approximately 100 people participated.



FORT MEADE 24 HOUR RELAY

ANNAPOLIS STRIDERS' MASTER TEAM
August 6-7, 1983

	BUCK CADELL	FLETCHER HANKS	BILL LAW	DICK MANASSERI	BILL MILLER	DOUG POND	EARL SCOTT	DON WADDINGTON	BILL WANDEL	RON WOLFE
1	6:54	6:24	6:20	5:57	5:50	6:09	6:12	6:11	5:40	6:11
2	7:01	6:23	6:24	5:53	5:54	6:07	6:05	6:20	5:40	6:15
3	6:54	6:27	6:20	5:52	5:59	6:07	6:13	6:27	5:41	6:29
4	6:59	6:27	6:36	5:54	6:01	6:09	6:09	6:31	5:46	6:26
5	7:09	6:26	6:37	6:08	6:07	6:10	6:12	6:30	5:51	6:28
6	6:58	6:39	6:36	6:22	5:54	6:11	6:17	6:32	5:47	6:43
7	7:05	6:27	6:46	6:21	5:58	6:18	6:18	6:21	5:54	6:43
8	7:03	6:35	6:34	6:07	6:16	6:17	6:23	6:34	5:47	6:41
9	7:06	6:44	6:27	6:13	6:00	6:25	6:30	6:23	5:50	6:36
10	7:11	6:35	6:32	6:08	6:05	6:20	6:24	6:35	5:52	6:45
11	7:15	6:37	6:39	6:07	6:12	6:23	6:27	6:33	5:57	6:46
12	7:26	6:38	6:47	6:08	6:20	6:27	6:30	6:36	5:57	6:43
13	7:30	6:43	6:43	6:09	6:19	6:26	6:35	6:36	6:03	6:50
14	7:34	6:43	6:53	6:06	6:16	6:26	6:33	6:39	5:59	6:46
15	7:32	6:45	7:05	6:15	6:20	6:33	6:33	6:38	6:02	6:45
16	7:33	6:44	7:10	6:16	6:18	6:50	6:31	6:39	6:00	6:44
17	7:21	6:54	7:19	6:23	6:14	6:51	6:36	6:44	6:12	6:50
18	7:40	6:51	7:19	6:21	6:20	6:46	6:49	6:49	6:19	6:54
19	7:56	7:00	7:26	6:35	6:33	6:54	6:32	6:45	6:22	6:53
20	7:59	7:32	7:33	6:26	6:29	6:54	6:38	6:53	6:41	6:56
21	7:52	7:16	7:29	6:37	6:31	6:44	6:37	6:53	6:42	6:48
22	7:46	7:09	8:01	6:31	6:17	6:11	6:35	6:30	6:30	*

AVERAGE MILE TIME FOR TOTAL MILES RUN

7:21	6:43	6:53	6:13	6:11	6:26	6:30	6:34	6:01	6:40
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*Ran 1290 yards

(continued on next page)

24 HOUR RELAY

ANNAPOLIS STRIDERS' COED TEAM
August 6-7, 1983

	NORM ALTON	CAROL HUDDY	BETTY IMPELLIZZERI	DON KENNEDY	DELMA MILLER	ANN O'BRIEN	NORM O'BRIEN	PAT O'BRIEN	MIKE VAN BEUREN	LOUISE ZEITLIN
1	5:39	7:50	7:21	6:03	6:59	8:04	6:21	6:24	4:49	7:10
2	6:01	7:52	6:47	5:44	6:59	8:00	6:22	6:10	4:55	7:09
3	5:53	8:05	7:01	6:11	7:01	8:02	6:15	6:14	5:07	7:21
4	6:12	7:59	7:22	6:04	7:13	8:13	7:32	6:25	5:13	7:22
5	6:29	8:05	7:25	6:11	7:10	8:14	6:36	6:26	5:10	7:23
6	6:19	8:12	7:41	6:18	7:08	8:18	6:39	6:34	5:28	7:25
7	6:21	8:20	7:56	6:15	7:05	8:30	6:46	6:24	5:22	7:29
8	6:06	8:24	7:33	6:16	7:20	8:33	6:37	6:25	5:01	7:49
9	6:23	8:35	7:42	6:16	7:20	8:24	6:42	6:23	5:02	7:35
10	6:10	8:59	8:17	6:18	7:16	8:18	6:51	6:31	5:16	7:35
11	7:03	9:09	8:11	6:22	7:26	8:26	6:33	6:35	5:48	7:46
12	6:07		8:12	6:18	7:28	8:55	6:36	6:38	5:23	7:53
13	6:43		8:20	6:29	7:32	9:11	6:34	6:45	5:09	8:08
14	6:51		9:10	6:35	7:42	9:10	7:12	6:52	5:09	8:56
15	6:50		8:35	6:26	7:47	9:29	7:02	6:48	5:12	7:59
16	7:51		9:27	6:37	7:51	9:51	7:22	6:50	5:12	7:57
17	6:56		9:52	6:37	7:47	10:11	7:12	7:00	5:13	8:35
18	6:55		8:08	6:39	7:37	10:15	6:49	6:56	5:12	9:02
19	6:37		9:49	6:47	7:41	11:20	6:50	6:54	5:08	9:17
20	7:10		8:48	6:39	7:49	10:41	6:54	6:42	5:09	8:13
21	7:07		9:38	6:06	7:29	11:04	7:01	6:39	5:00	8:15
22	*									

AVERAGE MILE TIME FOR TOTAL MILES RUN

6:33	8:19	8:15	6:20	7:25	9:07	6:47	6:36	5:11	7:54
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* Ran 440 yards





WOMEN'S DISTANCE FESTIVAL

July 23, 1983

WINNERS BOX

OVERALL		30 - 39	
1. Laura Hinkly	18:11	1. Pat O'Brien	19:13
2. Jennifer Amyx	18:28	2. Susan Patton	21:26
19 & UNDER		40 - 49	
1. Kris Kavetski	18:44	1. Susan Lind	24:15
2. Kirsten Carter	21:09	2. Martha Kinsinger	24:25
20 - 29		50 & OVER	
1. Julie Caprio	19:05	1. Betty Moore	24:33
2. Deirdre Wagner	19:56	2. Yvonne Aasen	26:30

ANNAPOLIS STRIDERS CELEBRATE WOMEN'S DISTANCE RUNNING

On July 23, 1983 the Striders again joined approximately 100 other chapters of the Road Runner's Club of America in celebrating distance running for women by hosting a Women's Distance Festival. The festivals are traditionally low-fee, short distance races which provide an opportunity for the beginning runner to race and to call attention to the fact that there will be no 5k or 10k events for women at the 1984 Olympic games in Los Angeles.

The Striders Festival was a 5k held on the Naval Academy grounds. This year, following a vote of the members at the November race meeting, it was open only to women. There were 116 runners between the ages of 13 and 60, many of whom were first time racers. There were several mother-daughter runners even though there were no team or pair prizes given.

I'd like to thank all of the Striders who helped at the race and the following merchants for donating prizes and refreshments:

Annapolis Athlete's Foot	Annapolis Nautilus
Carol's Creek Cafe	Coca Cola Bottling of Annapolis
Computer Workshop	Harbor House Restaurant
Head Sportswear	Kitchin Drugs
Les Survivor	Merritt Racquetball Club of Annapolis
Mill Bros. Wine & Spirits	Moving Comfort
Nike	Old Town Books and Records
Running Times	The Crate Cafe

Name	Age	Time	Name	Age	Time
1. Laura Hinkly	22	18:11	59. Wendy Foose	24	17:05
2. Jennifer Amyx	13	18:28	60. Marie Dulaney	44	27:10
3. Kris Kavetski	19	18:44	61. Helaine Betnun	38	27:11
4. Julie Caprio	22	19:05	62. Evelyn H. Dombroski	52	27:16
5. Patricia O'Brien	35	19:13	63. Rita Dombroski	32	27:17
6. Deirdre Wagner	27	19:56	64. Jane Andrews	25	27:18
7. Kirsten Carter	16	21:09	65. Linda Simpson	40	27:19
8. Joanne Salvio	23	21:12	66. Linda Krawczyk	23	27:41
9. Susan Patton	35	21:26	67. Unknown Runner	--	27:48
10. Jaimie Edney	19	21:45	68. Cindy Steele	35	27:49
11. Laura LeCornu	19	21:46	69. Rita Kingery	38	27:58
12. Kelley West	30	21:49	70. Terese McDonald	32	28:03
13. Kim Adams	19	22:13	71. Denise Williamson	24	28:04
14. Diane Landis	18	22:19	72. Jamie Stanek	36	28:11
15. Susan Pziedzic	34	22:23	73. Mernie Watham	29	28:25
16. Erin King	18	22:26	74. Allie Bird	35	28:28
17. Joan Wood	30	22:52	75. Lyn Enright	35	28:32
18. Laurie Cavey	25	22:53	76. Susan Steele	37	28:46
19. Judith C. Schafer	25	22:57	77. Wendy Alders	21	28:47
20. Diane Donnelly	14	23:09	78. Joane Radice	36	28:48
21. Mary Watras	16	23:11	79. Karen Vorous	35	28:49
22. Allyson McCormick	24	23:12	80. Susan Klein	34	28:50
23. Kathy Collins	35	23:15	81. Shelley Morse	29	28:54
24. Sylvia M. Rafels	23	23:35	82. Patricia Hughes	33	28:59
25. Anne Allsopp	39	23:40	83. Carole Simpson	24	29:02
26. Merrilyne Hendrickson	35	23:42	84. Julie Greene	40	29:03
27. Joy Doulin	33	23:43	85. Diane Dodson	42	29:05
28. Susan Kluth	39	23:44	86. Lucia Robson	40	29:07
29. Ginny Leonard	38	23:45	87. Elizabeth Enright	19	29:34
30. Cindy Fee	29	23:49	88. Joyce Ford	45	29:33
31. Cynthia Novak	24	23:56	89. Imelda Carter	34	29:41
32. Virgie Hagman	36	23:59	90. Alice Marquess	34	30:05
33. Shirley Morris	22	24:02	91. Nancy Walkons	29	30:06
34. Claudia Kenny	18	24:11	92. Mary Skinner	42	30:21
35. Susan Lind	41	24:17	93. Fran Enright	25	30:22
36. Leon Collyer	--	24:21	94. Glenda Wagner	34	30:28
37. Kathleen Conroy	34	24:22	95. Kathy Kaplan	38	30:34
38. Jan Bennett	30	24:23	96. Sarah Hall	30	30:35
39. Martha Kinsinger	49	24:24	97. Shelly Dairyple	25	30:37
40. Betty Moore	54	24:33	98. Unknown Runner	--	30:38
41. Bug Mead	37	24:37	99. Donna Stottlemeyer	15	30:47
42. Carol Huddy	45	24:50	100. Norma Stottlemeyer	41	30:48
43. Eileen Keeney	26	24:56	101. Peggy O'Donnell	23	31:37
44. Robin Pomerance	15	25:04	102. Patricia Winters	24	31:38
45. Ann Hockenber	22	25:09	103. Prescilla Prescott	29	31:46
46. Kelley Keating	16	25:12	104. Baru Rosenblatt	29	31:54
47. Marilyn Baldwin	40	25:19	105. Andrea DiMartini	22	31:58
48. Rose Jean Goodman	35	25:20	106. Judy DiMartini	49	31:59
49. Liz Barclay	32	25:57	107. Genny Baldwin	14	32:10
50. Lydia Iddings	36	25:58	108. Romaine Tacyosky	34	32:28
51. Margaret Johnston	32	26:22	109. Susan Healey	15	33:14
52. Patricia M. Kelly	35	26:26	110. Louise Healey	35	33:15
53. Patty Panneton	25	26:30	111. Penny Johnson	40	33:16
54. Yvonne Aasen	51	26:31	112. Mary Kent Norton	60	34:06
55. Merrily O'Hara	44	26:49	113. Sue Kopen	28	34:21
56. Jody Dennis	21	26:53	114. Judy Smith	46	34:31
57. Cynthia Botten	22	26:56	115. Cheryl Cook	33	34:32
58. Frannie Coleman	24	27:01	116. Rebbie Siehl	40	34:46

CLUB CHAMPIONSHIP SERIES

MEN (19 AND UNDER)	5K	10M	10K	1M	5M	15K	26K	20K	MINUS	TOTAL
DAN FRATINO	35	1	1	35	2				70	4
DAVID WANDEL	1	3	3	35	1				38	5
BRANIN THORN	2	35	35	2	35				70	39
SCOTT BAILEY	3	2	35	35	35				70	40
JOE DONNELLY	35	35	4	6	35				70	45

MEN (20-29)	5K	10M	10K	1M	5M	15K	26K	20K	MINUS	TOTAL
MARK YERKES	35	2	1	1	2				37	4
STEVE ROGERS	2	4	3	35	35				70	9

MEN (30-34)	5K	10M	10K	1M	5M	15K	26K	20K	MINUS	TOTAL
MIKE VAN BEUREN	1	1	1	1	1				2	3
ERIC FELTOSALO	2	35	2	35	2				70	6
WILL SCOTT	7	5	9	3	5				16	13
JONAS LEGUM	8	8	13	5	7				21	20
MICHAEL SMITH	35	35	11	4	6				70	21
TOM DONLIN	9	35	12	6	35				70	27
ROBERT MYERS	5	35	3	35	35				70	43
KEITH HARVEY	35	35	7	2	35				70	44
BOB LED	3	35	35	35	4				70	42
BOB TRESMOTT	35	35	4	35	38				70	42

MEN (35-39)	5K	10M	10K	1M	5M	15K	26K	20K	MINUS	TOTAL
BILL CONROY	1	35	35	1	1				70	3
JOE DEAK	2	1	1	35	35				35	4
NORMAN ALTON	6	3	3	3	2				9	8
BILL WANDELL	4	2	6	7	3				13	9
MIKE CHAMBERLAIN	8	4	5	5	4				13	13
DON FENNEDY	7	35	4	4	35				35	15
BOB HALPIN	35	8	7	9	5				44	20
BILL VOGENITZ	15	10	9	6	7				25	22
NEIL DONNELLY	11	35	10	35	8				70	29
JOHN DEGREEK	9	9	13	35	35				35	31
MIKE SCHLEGEL	13	13	35	11	35				35	37
JOE SMALDONE	3	35	35	2	35				35	40
DICK MANASSERI	35	5	35	8	35				35	48

MEN (40-44)	5K	10M	10K	1M	5M	15K	26K	20K	MINUS	TOTAL
JOE DUFFY	3	2	3	1	4				7	6
DOUG FOND	5	4	1	5	2				10	7
LARRY STONE	35	1	35	3	3				70	7
AL LUBELUIS	1	5	6	2	7				13	8
DOUGLAS JOYCE	2	3	4	4	35				39	9
ORV PRATT	35	6	5	35	5				70	16
FETE MEKELSON	4	35	7	6	10				45	17
ERIC FREDLAND	6	35	8	35	8				70	22
EARL SCOTT	8	8	12	8	13				25	24
JIM STOREY	7	35	11	7	11				46	25
ALAN WYCHERLEY	9	10	13	9	12				25	28
JOE CLORETY	35	35	2	35	6				70	43
DON POTTER	35	9	35	35	15				70	59

MEN (45-49)	5K	10M	10K	1M	5M	15K	26K	20K	MINUS	TOTAL
SEAN SWEENEY	1	1	2	35	35				35	4
JOHN BUTTERFIELD	35	35	1	1	2				70	4
ARNIE HENDERSON	2	2	3	4	6				4	7
BERT RICE	3	2	35	2	4				35	7
BOB PHILLIPS	35	35	4	3	3				70	10
MIKE MCAUSLAND	4	3	8	6	8				8	13
JIM FRATINO	35	5	7	5	5				42	15
ALLEN STALLINGS	6	4	10	8	7				18	17
KEN THORN	3	35	9	7	35				35	19
JIM SANDISON	9	7	15	10	11				15	26
LARRY RICHMAN	8	35	11	35	9				70	28
TYLER SHORES	35	35	13	9	10				70	32
BUCK CADELL	35	6	12	35	35				35	53
NEIL KINSINGER	10	35	14	35	35				35	59

MEN (50-59)	5K	10M	10K	1M	5M	15K	26K	20K	MINUS	TOTAL
DALE VOGEL	1	1	2	3	2				5	4
REN MOORE	35	35	3	1	3				70	7
ROBERT HUNTON	2	2	4	4	35				39	8
JOSEPH RYAN	35	3	5	6	7				42	14
LEE MEADOWS	3	35	8	5	35				70	16
DICK GUCKER	4	35	7	7	6				42	17
DON WADDINGTON	35	35	1	2	35				70	38

MEN (60 AND OVER)	5K	10M	10K	1M	5M	15K	26K	20K	MINUS	TOTAL
JOHN WALL	3	1	2	2	1				5	4
GUY RICCIDO	2	35	1	35	35				70	38

WOMEN (19 AND UNDER)	5K	10M	10K	1M	5M	15K	26K	20K	MINUS	TOTAL
LISA FRATINO	35	1	2	35	35				70	38

WOMEN (20-29)	5K	10M	10K	1M	5M	15K	26K	20K	MINUS	TOTAL
NANCY SPEAR	1	1	35	35	35				70	37

WOMEN (30-39)	5K	10M	10K	1M	5M	15K	26K	20K	MINUS	TOTAL
FAT O'BRIEN	35	35	1	1	1				70	3
JAN STONE	1	1	35	2	2				37	4
JOY DONLIN	3	4	8	3	6				14	10
GINGER ABEN	4	3	5	35	3				40	10
LOUISE ZEITLIN	5	35	4	4	5				40	13
ANNE CHAMBERLAIN	6	5	6	5	4				12	14
R.J. GOODMAN	8	35	10	6	7				45	21
PATRICIA MAJOR	2	2	35	35	35				70	39
JUDY VOGENITZ	6	35	35	35					70	51

WOMEN (40-49)	5K	10M	10K	1M	5M	15K	26K	20K	MINUS	TOTAL
DELHA MILLER	35	1	1	1	1				36	3
MARTHA KINSINGER	1	2	2	3	35				38	5
CAROL HUDDY	2	3	35	2	35				70	7

WOMEN (50 AND OVER)	5K	10M	10K	1M	5M	15K	26K	20K	MINUS	TOTAL
SAN CHASTAIN	1	1	1	35	35				70	3
BETTY MOORE	35	35	2	1	1				70	4
YVONNE AASEN	2	2	3	35	2				38	6