STREAK

VOLUME VI
NUMBER 1
February 1984

ANNAPOLIS STRIDERS

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

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ROAD RUNNERS CLUB
R·R·C·A
of AMERICA

Annapolis Striders

MEMBERSHIP APPLICATION & RENEWAL FORM

Mail To: (Send Check or Money Order)

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

Is This A Membership Renewal ☐ Yes ☐ No

Address Change ☐ Yes ☐ No

Signature X _____

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

Today's Date _____

☐ Race/Runs ☐ News-letter ☐ Property/ Awards ☐ Member-ship ☐ Publicity ☐ Clinics/ Training

DUES: Individual ☐ $8 Family ☐ $12 Fulltime Student ☐ $4

INCLUDE FAMILY MEMBER INFORMATION HERE

First Name	Sex M/F	Initial	Birth date Mo.	Day	Yr.

268-1165

AREA CODE 301

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

- 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.

ORDER FORM FOR T-SHIRTS

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☐ ☐ ☐ ☐
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NAME _____ PHONE _____

ADDRESS _____

_____ ZIP _____ AMOUNT ENCLOSED _____

STREAK ANNAPOLIS STRIDERS

volume VI number 1 february 1984

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Assistant Editors	*Lee Turowski*	*757-4793*	

Annapolis Striders

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.

ROAD RUNNERS CLUB R·R·C·A of AMERICA

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DON'S DAWDLINGS

It's a new year and time to renew or establish new resolutions. Perhaps your resolution is to get back in shape or just to stay in shape. Maybe it's a goal of completing an event such as a run of some given distance, or a different type of event such as a biathlon or triathlon. I believe goals are a great motivator and setting your sights on the completion of an event is a great way to get in shape. But, let me suggest another type of resolution: Each of our Strider events is conducted by a group of volunteers. One of the jobs of the director, or leader of the group, that requires a lot of time is locating volunteers. I suggest that each runner resolve to work at least a couple of races in 1984. If you are available to work, call the race director. Don't wait for him to find you. It takes twenty or more workers to conduct most races. It may take a hundred or more phone calls to locate those twenty workers. If you would like to try your hand at directing a race give Bill Wandel a call. Or if you'd like to head up a committee for the Annapolis Ten-Mile Run talk to Mike van Beuren.

On November 19, 1983, twenty-five Annapolis Striders along with four other Annapolis area runners and a friend from Lincoln, Nebraska, completed the John F. Kennedy 50-Mile Run. The remarkable thing is that all Annapolis runners who started also finished. No one dropped out. If you're thinking of this race as your 1984 goal you might want to read "My Favorite Race" in this issue. It must be the favorite of some—for Fred Wandel this was number twelve. Bill Law completed number ten. Two Striders should be singled out for their accomplishments in the JFK 50. Joe Walsmith carried a camera and took a series of pictures while running. The amazing part is most of them are clear. Also, that he negotiated the Appalachian trail without breaking his neck while snapping pictures on the run—an amazing feat. And, saving the best for last, Pat O'Brien completed the 50.2 mile run in under nine hours. This will place her within the top ten all-time women's best for this race. This was just an incredible effort.

Nineteen-eighty-three ended with a couple of very successful races. Both the Cold Turkey 20K and the Anniversary 15K went very well. The Annapolis races seem to be attracting an increasing number of runners from Washington and Baltimore. Since both areas have a large number of runs to select from, we must be doing something right. However, let us not ever lose the desire to improve. Let's make 1984 a better year than 1983.

See you on the road.

Don Waddington

Don Waddington

EDITORS REMARKS

DENIAL FACES REALITY: "I can't believe this is happening to me!" was my only thought as I "hit the dirt." My dog, Cooper, and I had been running on a narrow road. A car was coming and we moved off the roadway. The next thing I knew I was rolling on the ground. I was unhurt—except for my ankle. I had turned my ankle on the rounded edge of the blacktop. We made it home, but I denied to myself that the injury could be serious because I could still walk. So I applied an Ace bandage and continued my chores. By 4:00 P.M., however, the pain had suddenly become so great I couldn't put any weight on my foot. With just five days before Christmas I envisioned all our children coming home for Christmas and seeing me on crutches. "Mother!" they would say.

"I saw a half-dozen of these a day when I was in the Army," my sympathetic podiatrist commented the next morning. After an examination including x-rays he gave me the news:

"It's just a sprain," he said. I made a remarkable recovery after that. Now after three weeks I'm running again—weather permitting—without pain.

In case you need a review for first aid for an injury of this type remember ICE. Ice, compression, and elevation (get the limb above the heart level).

DISTANCE AND INJURY EDITION: Judging from the articles I could call this our high mileage and injury edition. Those of you who are new to running, please don't feel intimidated! (Better to call it our injury prevention edition—we include lots of practical advice on running injury free). Just get out there and do your thing—whatever distance it is.

ANNAPOLIS STRIDER'S NEWSLETTER

1984 STREAK SCHEDULE

The Streak is published six times a year. This is the deadline schedule for 1984. The first column indicates dates for copy to be in the hands of the editor; the second column lists the issue date.

DEADLINE DATE	ISSUE DATE
January 10, 1984	February 1, 1984
March 6	April 1
May 8	June 1
July 10	August 1
September 10	October 1
November 6	December 1

Bring copy to Strider's Board Meetings; Mail to Annapolis Striders, P.O. Box 187, Annapolis, MD 21404; or mail to Editor, Yvonne Aasen, 13 Sunset Drive, Severna Park, MD 21146.

OLD FRIEND OF THE STRIDERS: I was surprised to receive in the mail the article from Steve Hull. I was surprised because I had been thinking of writing to him and asking for a view of running from out West. Steve began running seriously during his association with the Striders (and has maintained his membership). In his farewell letter of June 14 in the August 1981 Streak Steve praised the Annapolis Striders. He made one statement, however, that might still be of interest to the "Where Are We Going" committee: "Of course, there are still many areas that need attention, particularly I believe, in the organization of formal activities for the truly novice runners (those who have never run before), and for children up through age 12." Are you listening, Committee?

In the present Steve had something nice to say: "I continue to enjoy the Streak. I belong to the two largest running clubs in the intermountain west and neither of them have a publication that approaches the quality of the Streak. Keep up the good work." He also said he had intended to keep his article short, but soon discovered he could have written much more. Hope you enjoy his "Favorite Race."

COLLATING: "I didn't realize it was such a big job!" exclaimed Louise Zeitlin when she saw the eight big mail bags of newsletters (831 copies prepared for mailing out of 900 collated). "Who takes them to the post office?" she asked. "I do," I replied. "The boys help me when they're home."

My thanks to the December issue collating team: Bill Law, Carol Huddy, Miriam Ferris, Delma Miller, Louise Zeitlin, Jim Woodcock, and Marv Aasen. Some of these people had completed the JFK 50-Miler and the rest of us were awed at their ability to still walk, fold, and staple.

THE STREAK BEGINNINGS: It was a chilly November evening in 1980 when Alice Weathersbee, Bill Smith, Lee Turowski, Cathie Hall, and I met at the Arundel Center to prepare the first issue of the Streak in it's present form. Alice, who had called us together at the request of Dick Hillman, was elected to volunteer for editorship because she was the only one with real newsletter experience (except Bill who inspired the graphic layouts).

Later Cathy resigned; still later I moved up to editor, and we added Jamie Haars and Jan Stone as assistants.

Now it appears that more changes will be made. Jamie Haars enthusiastically went into the real estate business (she asked me if I wanted to list our house). Jan Stone is moving to Virginia. Alice is immersed in other commitments but will stay on the collating committee.

Lee Turowski is studying for her CPA, and Bill Smith is building a house (its amazing what Striders do in their spare time). Neither has been able to help, and can't until the pressure is off.

Can you help? Please save me from burnout! We need a volunteer with an office size typewriter or word processor. We need an artist. Thanks to your response we're building a collating committee—we can still use more names on the list.

Call me: Yvonne Aasen, 647-0879.

DEAR STRIDERS

APPRECIATION NOTED

September 16, 1983

To the Editor:

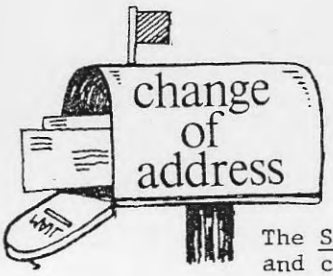
Well deserved congratulations are in order for Mike van Beuren. He organized an excellent Truntun Park Series this past summer. The twenty or so regulars had a new four-mile course which nicely balanced road and trail sections. And the guest speakers—courtesy of John Butterfield—were informative and helpful.

Despite the sometimes miserable Annapolis weather, everyone seemed to have a good time this year. No doubt the watermelon after the races helped. Next year I hope that even more Striders will turn out for this well-run series.

Will Scott

Will Scott
Annapolis, MD

Editor's note: We're sorry this letter is so late. It was lost for a while. But we're happy to print it, better late than never.



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 van Beuren, P.O. Box 187, Annapolis, MD 21404. Or call the Hot Line 268-1165.

ERIC PELTOSALO
ATTORNEY AT LAW

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(301) 269-1109
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Advertisement

MONEY NEWS

TREASURER'S REPORT

ANNAPOLIS STRIDERS, INC.
Cash Flow Statement
November 1983

Cash Balance 11/30/83			
Checking		$ 437.23	
Savings		3522.88	
			3960.11
Income for November		171.00	
Expenses for November		258.06	
Excess expenses over Income			87.06
Balance 10/31/83		4047.17	
Balance 11/30/83		3960.11	
Decrease in Cash			87.06
Income			
Shirts		24.00	
Cold Turkey 20K		147.00	
			171.00
Expenses			
Membership Reminder Notices		28.80	
Cold Turkey (Alley Cat)		189.20	
Postage			
Mike van Beuren	8.00		
Doug Pond	2.01	10.01	
2-Mile Race—B. Vogenitz		30.05	
			258.06
Excess Expenditures over Income			$87.06

ANNAPOLIS STRIDERS, INC.
Cash Flow Statement
December 1983

Cash Balance 12/31/83		
Checking	$ 229.29	
Savings	3522.88	
		$3752.17
Income for December	1155.75	
Expenses for December	1363.69	
Excess Expenses over Income		207.94
Cash Balance 11/30/83	3960.11	
Cash Balance 12/31/83	3752.17	
		207.94
Income for December		
Memberships	576.00	
Cold Turkey 20K	386.00	
Shirts	123.75	
Streak Ads	70.00	
Total		1155.75
Expenses for December		
Shirts	539.56	
Membership-Computer Services	401.80	
Streak Vol 5, #6	403.20	
Postage	14.42	
Miscellaneous Office	4.71	
Total		1363.69
Excess Expenses over Income		$207.94

BULLETIN BOARD

COUPLES

RUN THE VALENTINE TWOSOME RELAY

SATURDAY, FEBRUARY 11, at 2:00 P.M.
ANNAPOLIS SENIOR HIGH SCHOOL ON RIVA ROAD

1 MALE + 1 FEMALE = TWOSOME TEAM

EACH TEAM MEMBER RUNS A 5K (3.1 MILE) LEG ON ROADS—FROM ANNAPOLIS HIGH OUT TRUMAN PARKWAY AND RETURN

TOTAL TIME FOR TEAM'S 10K DETERMINES ORDER OF FINISH

AWARDS FOR CLEVER TEAM NAMES AND TOP TEAMS

"HAVE A HEART...FIND A PARTNER OR COME OUT AND TAKE POTLUCK...A SWEETHEART OF A RUN-FOR-FUN!"
-JOHN BUTTERFIELD, RACE DIRECTOR 267-7688

BE AN RRCA CHAMP

The MD/DC RRCA 10-Mile Team Championship Race will be held on Sunday, February 26, at 10:00 A.M. in Columbia, MD. (Car pool from Annapolis Mall). Men and women invited. Call Bill or David Wandel to sign up (672-3164).

BEN MOORE NEEDS A CREW

Call Ben Moore, committee chairman, 268-3832, to volunteer to help with timing of the contestants at the Naval Academy Women's Indoor Track Meets. There are other fairly simple jobs, besides timing, such as determining the distance of shot puts and broad jumps. The Naval Academy is generous to the Striders—its an opportunity to do something for them in return. Call Ben or the Hotline for dates: Early ones are February 4 at 1:00 P.M.; February 10 at 7:30 P.M.; February 18 at 4:00 P.M. Come one-half-hour early. Your contribution of time will be 1 1/2 to 2 hours for any one meet.

PEOPLE IN THE NEWS

APPOINTMENT ANNOUNCED

Striders express their thanks to John Gudas and Mike Long for their several years of time and energy to the Striders as Annapolis Ten-Mile Run Race Director and Member-Ship Chairman, respectively. They have been replaced by a computer. No, wait! The man punching the keyboard is Mike van Beuren... Congratulations Mike!

TRAINING TIPS

—by John Butterfield

STRETCHING PAVES THE ROAD TO FITNESS

One theme which I have mentioned in most of my columns is the importance of stretching, and a goal of improving one's flexibility. I was reminded of how remiss I was (i.e. preaching and not practicing) but more important, how good at it Bart Rohrbach was. He should be an example for runners to follow. Bart has been running faithfully for more than twelve years, and it has virtually been injury-free, and I am sure one of the big reasons is that for about one-half hour each day, usually early in the morning, he stretches, using a yoga-type approach to his program. Bart was relating his experiences, his stretching suggestions, and his positive approach to years of enjoyable running. It may not be too late to include a regular stretching program in your New Year's Resolution of Running.

(continued on next page)

Training Tips continued

If you are like me, not only have you been remiss about flexibility, but probably over the holidays, you put on a few pounds. Yoga-exercises can help there also, but it takes a multi-faceted approach to get down to your 'fighting" (running) weight, and be ready to run like a fresh young thing in the Spring. There is no magic answer, no "free lunch," no instant fitness fad—and packing in lots more miles is not the best solution for most folks. Maybe the following few words will help you, or a friend:

"Everyone wants to be physically fit. The problem is that not everyone is willing to work out several times a week, sweat, get winded and put up with an occasional ache. Some people don't look good in shorts or a sweat suit and are reluctant to be seen so attired in public.

"Others start a physical fitness program in good faith but quit after a few sessions. Those first two weeks of exercise are often the toughest since your body has to get used to physical activity after being neglected for so long. If you get through the first few sessions you will find that you start seeing improvement in endurance, strength and in many other areas.

"But, a great many people are looking for a "free lunch"; they're looking for a way to get rid of fat and get into good physical condition without having to work at it. Even though it can't be done, millions of people buy or use quick and easy products or services each year. You can, of course, get rid of excess fat by going on a sensible program in which you reduce your caloric intake; however, getting rid of excess fat is not the same as getting into good physical condition.

"Since most of the general public really doesn't understand the scientific and physiological principles having to do with physical fitness, they might try a quick and easy way in good faith. Unfortunately, there are no quick and easy methods.

"Years ago, various vibrating devices were the fad for many people looking for an easy way to get rid of fat. There were vibrating beds, chairs, couches and belts. There were even stationary electric bicycles—you just sat on them and they did the work. Studies of the effects of vibration belts found that to lose one pound of fat, you would have to vibrate for eight solid hours.

"Then there were the various rubber belts, suits and other devices that promised weight loss. Such rubber items can cause you to lose water as you sweat, but that water and weight are replaced as you replace the fluids you have lost. Rubber suits can also be very dangerous since they don't allow your body's natural cooling system to operate.

"There have even been promises of fat loss and physical fitness through special types of massages. Squeezed fat does not disappear; neither does fat that is struck, stroked or vibrated.

"Good physical fitness results from physical work. Fat loss results from expending more calories than you take in by eating and drinking. There are no pills, potions or machines that will do it for you."

SAFETY CAN'T BE STRESSED TOO MUCH

Here are a few reminders, or "rules of the road":

1. Use the sidewalks, bike paths, trails, paths, safe 'n wide shoulders.
2. Avoid those areas, routes and places where the preceeding are not available.
3. Drive to a safe area if you have to—it's worth it in the long run.
4. Run defensively. And ladies may have to consider carrying a large hatpin or some appropriate device to discourage would-be partners of not the run-for-fun variety.
5. If you must run in the dark, wear clothing or some visible marking which glows in the dark or is very reflective—or at a minimum white or bright apparel.
6. Remember you must not assume every driver can see you.
7. When running with a partner, or a group, don't let the conversation, fun and possible inattention interfere with your longevity as a long-distance runner. ALWAYS BE ALERT!
8. Observe cross-walks, lights, stop signs... Run in place if necessary.
9. When making turns, look behind you and get back over to the safe side of the road, pathway, or shoulder.
10. Do not strike oncoming cars (or ones trying to scare you, coming up from behind) or attempt to intimidate or provoke a driver in any way—there are too many crazies around, and you may not be able to outrun them all. Its best to take a license number and get the car description; that should be one of the first reactions.
11. Do the things a sensible pedestrian should do:
    a. cross at cross-walks
    b. look both ways before crossing
    c. cross only on proper signal
    d. watch for turning cars
    e. never go into the roadway from between parked cars
12. Think about using signals, to fellow runners and to cars/drivers so there is no doubt about your intentions.

"What was that runner shouting about back there?"

FOOT NOTES

RUNNER'S BUNIONS

by Joe Bramante, Jr., D.P.M.

Athletics whether performed at a recreational or professional level subject our feet and lower extremities to stresses that can magnify a variety of structural or functional deformities.

Hallux valgus, or bunions, are no exception to this and with the additional stress of running can be painful enough to halt ones participation in this sport and even make normal gait a disabling venture.

Simply, a bunion means a bony protuberance or prominence which generally refers to the first metatarsal phalangeal joint or big toe joint of the foot. It is actually the head of the first metatarsal bone that bulges towards the midline of the body while the big toe drifts in the other direction toward the lesser toes.

The size of the bunion and extent of the deformity at the joint can be the result of a number of factors such as certain systemic diseases, neuromuscular diseases, trauma and definite inherited bony and muscular imbalances.

Most runners will discover that the primary cause of their bunions is an unstable, hyperpronated, hypermobile foot type. The foot during the normal gait cycle is responsible for undergoing a series of movements designed to make the foot an efficient adaptor or "shock absorber" over the terrain we run on. If the foot remains in this "loose" or unstable position longer than it should it results in chronic stresses and strains not only to all parts of the foot including the first metatarsophalanjeal joint, but up the entire extremity and supporting skeletal structures. Symptoms which may be nonexistent during normal gait may present themselves running or with increasing weekly mileage due to the additional stresses involved.

It is a well known fact that while running three to four times the body weight of the individual is transmitted to each foot which must alternate in supporting the load. This, along with the fact that running changes the normal forward progression of each foot strike causing an increased tendency towards hyperpronation, will certainly cause an increase in instability at the big toe joint leading to an increase in pain and disability.

The specific problems one encounters when dealing with a bunion center around the joint itself, the big toe or hallux, and even the adjacent long bones or metatarsals.

The condition can cause chronic ingrown toenails of the hallux due to the positional change of the toe in usually too narrow a toe box. This can lead to chronic infections and considerable pain.

With the instability of the first metatarsal or hypermobility, it fails to bear its normal share of the weight during toe-off phase of gait thus placing additional load responsibility to the lesser metatarsals, especially the second which can lead to callus formation under the head of the second metatarsal and often a painful underlying bursitis.

The most common problem is pain and inflammation at the bunion site itself caused by local irritation and friction leading to an inflammed bursal sac and nerve that both lie between the skin and bony prominence.

If the deformity is severe enough and continues to progress, the most serious of all the changes and complications can be pain within the joint itself. With a long standing history and often times with a history of trauma to the area, definite and marked arthritic changes may be seen at the head of the first metatarsal and base of the big toe involving deterioration of the smooth joint cartilage and build up of osseous spurs leading to a marked decrease in ability to move the joint and in increased disabling pain.

The runner who presents with any or all of these physical findings or symptoms can find relief with prompt and specific treatment. Conservative measures are usually effective and employed first in treating both specific problems and especially the underlying hyperpronation and instability of the foot at foot strike.

This sometimes can be accomplished by simple wedging or supports that limit the excessive rolling in or hyperpronation that eventually leads to the eventual abnormalities. Where simple control does not suffice, the use of orthotics or sporthotics, biomechanically balanced devices tailored to each individual runner, can be of tremendous benefit in preventing a progression of structural and functional problems and eliminate not only pain and disability but perhaps also the need for future surgical correction.

(continued on next page)

"For the life of me, I can't understand why they say running is losing its popularity!"

They accomplish this task by working intimately with the foot during foot strike and eliminating excessive motion and making the foot a more efficient adapter and propulsive tool.

Footgear is also very important whereby changes in the last design, attention to toe box accomodation, and rearfoot stability can all eliminate local irritation at the bunion site and help control an unstable foot type. This along with padding of the bunion area, use of anti-inflammatory drugs such as aspirin, application of ice to acutely inflammed areas and small amounts of injectable cortisone to acutely inflammed bursa can all eliminate pain, cessation of running and need for surgery.

If the bunion pain and associated problems should not resolve with appropriate and thorough conservative treatment, then surgical evaluation may be necessary if one is to attempt to resume his activities without pain. Surgery should not be taken lightly as there are associated risks and potential complications, especially with such a vital joint as the first metatarsophalangeal joint and with an athlete who must or will subject his feet to additional stresses.

However, if a thorough clinical and x-ray examination is performed, followed by appropriate surgery designed to meet the specific deformity in question, the runner can expect to resume his activities following a normal post-operative course including physical therapy and the use of orthotics to control the underlying cause.

-Joe Bramante runs five miles a day, four days a week to keep in shape for other sports which include competitive softball, racquetball, and golf. He is a practicing Annapolis podiatrist.

WELCOME TO THOSE WHO HAVE RECENTLY JOINED THE STRIDERS

Brenda Brown
William Lannin
Jonathan Asher
Clair Garman
John Broderick
Robert Biddle
Maureen Lamb
Rick Smith
Marian Turcotte
Patricia Bembe
Robert Donald
Jim Knorr
Elaine Shereika
Leslie Perrica
Michelle Novack
Sandra Moodispaw
William Longwell
Wayne Bussard
Michael Betnun
Miriam Betnun
Marilyn Hoffman
William Hoffman
Leigh Hoffman
Douglas Hoffman
Beth Gordon
Gregory Holochwost
William Trabue
Lee Patrick
Evan Thomas
Lloyd-Ellen Thomas
Jeremy Thomas
Andrew Thomas
Charles Weaver
Donald Fadler
Marvin Terawaki
Joseph Harrington
Annice O'Doherty
Leslie Stack
Fletcher Hanks
Ronald Thompson
Herb Alban
Barney Simpson
Elaine Simpson
Katie Simpson

MY FAVORITE RACE

SURVIVAL OF THE FITTEST REQUIRES PLANNING
by Don Waddington

Some races require total concentration and maximum physical effort from start to finish. These are the short races. For longer races the runner must use some strategy to establish an early pace that will delay burnout in the last stages of the race and produce the best overall results. The longer the race the more critical this strategy becomes. My favorite race is an ultramarathon known as the John F. Kennedy 50-Mile Hike/Run. This run is unique, even among ultramarathons and requires a strategy all its own.

The race administrators provide a mimimum of services. They fire the starting gun, provide check points along the course, and record your time at the finish. They do not provide aid stations or water stops. The runner must provide his own support.

The first phase of the race contains an eleven-hundred-and-ninety-foot rise in elevation in the first five miles, and thirteen miles of nature trail that is so rough it is indescribable. Let it suffice to say that the easiest way to pass another runner in this section is to wait for him to fall down. The starting gun goes off promptly at seven A.M. at the Boonsboro High School. From the very start the runner must set a pace that will conserve energy (this is tough to do while climbing a mountain) and negotiate the trail hazards so as to arrive at Weverton Cliffs (mile sixteen) without breaking something. The first mile-and-a-half is highway with rolling hills. This permits an easy jog to the base of the mountain. Here it is advisable to start a walk/run routine. Mile three is where you leave the highway and continue the climb on the trail. It is also the last time you will see your support crew until just before mile ten. The top of the mountain marks mile five. This is where the trail gets a little rough. Running is impossible, walking is difficult, and crawling is recommended.

(continued on next page)

But cheer up, it's down hill. The trail from five to sixteen miles will test the ability of the most nimble. Rocks and logs over which you must jump require constant attention. The scenery is beautiful but if you must look, stop first. No one explained it earlier—but, if and when you find yourself with no other runner to follow, there are paint marks on trees that mark the trail. If the paint is a color other than white, you're lost.

Mile sixteen aid station marks a welcome relief from the obstacle course and the start of a twenty-six-mile flat, dirt road with a river on one side and a canal on the other. Here the runner should establish a walk/run routine and stick to it. This helps keep the mind occupied. The support crew has access to the trail approximately every four miles which helps break it up. But otherwise, the bends in the river endlessly repeat themselves. In this phase the runner also meets his old friend, the wall. Usually this happens around thirty-five to forty miles into the run. The runner should think of this as ten to fifteen miles to go. For example, after mile twenty-five each mile should be counted back down to zero. There is a marker every mile along the canal to help in this regard. And it helps psychologically to stay away from big numbers.

At Dam #4 the third phase of the run begins. This is where you leave the towpath for the highway. Eight-plus miles of rolling highway to the finish at Williamsport. Here there are no mile markers so it helps to have the support crew stop at every mile to track the progress. If the wall was overly friendly in phase two, rigor mortis becomes a real pest in this section. Muscle cramps just don't want to leave you alone. But cheer up, the fifty-mile point is not far away. The problem is that when you get there the finish line is still two-tenths of a mile away. I grarantee it is the finish line you will enjoy seeing the most. Anyone ready to try it in 1984?

MY FAVORITE RACE

50-MILER MEMORIES
by Pat O'Brien

The day after the JFK 50-MILER I sat down to record a few thoughts about the "ordeal" and planned to share them with fellow Streak readers. The original version went something like this: "Ten Nightmarish Reasons Why I'll Never Run The 50-Miler Again."

Now, more than six weeks later, as I read those ten recorded oaths I find that the magical workings of time have dulled my memory of the pain and embellished the few good thoughts I was able to salvage from the experience. The element of humor can now be found in what once was only a tale of human torture.

For example, I can laugh rather than wince with pain as I recall the "thud" of yet another runner who has succumbed to the rocky terrain of that first sixteen miles. Dick Manasseri exhibited such graceful maneuvers dancing across those wet rocks on the Appalachian Trail. This Italian Barishnakov provided some of the livelist entertainment of the day!

I can still see Bill Miller barrelling his way through that first section with the sure-footed grace of a "young mule." It was later that his groaning groin would provide the background music for the marathon along the C&O Canal. At times, we even had a little duet going—my groin groaning louder than his. I can still taste the panic that came when Bill mater-of-factly said, "We just gut it out from here on." Good grief, we had twenty-eight miles ahead!

The weak laughter that followed would have quickly deteriorated to frank hysteria had it not been for Bill Law running by about then. He flashed us his million-dollar grin and said, "Boy, it really does feel good to run now that we're out of the mountains." I certainly didn't have the nerve to dampen that kind of spirit by belaboring the trivial aspects of pain. I kept reminding myself that Bill had survived this thing nine times in the past; so surely, I could do it once. Believe me, there were numerous silent battles with doubt that we fought as our feet pounded out the miles.

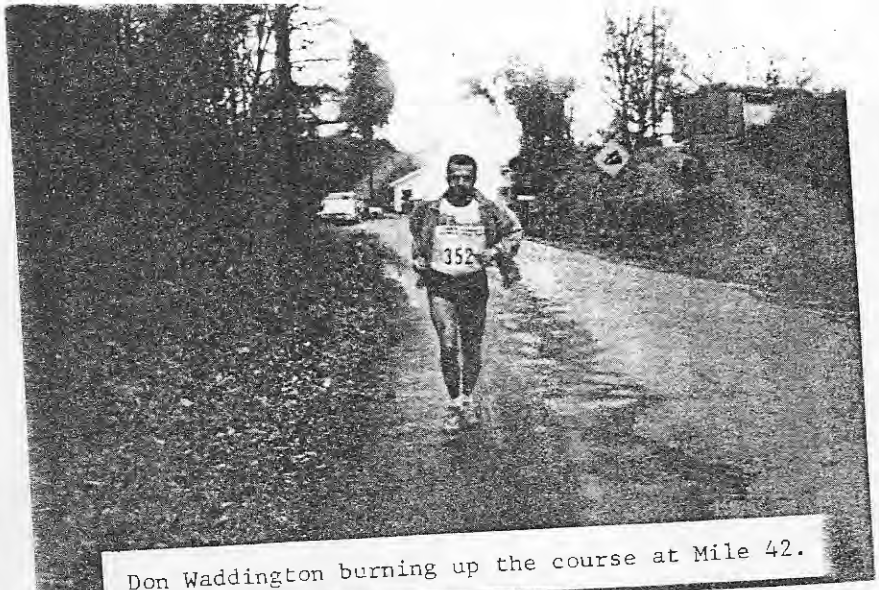
A final recollection is that of Steve Dilling trying to negotiate the threshold of his front door much later that night. He looked like a wounded soldier returning from battle. All we could do was stand there and laugh at his predicament. Fatigue had long ago robbed us of the energy to problem-solve. We had just run fifty miles together, and though our bodies were dragging, our spirits were soaring. Why, we could afford to laugh at anthing that night, even ourselves! It wasn't until the next day, as I sought the assistance of my husband in performing the simple task of dressing, that I lost sight of the humor.

In a more serious vein I found the 50-Miler to be a humbling experience in many respects. For example, feeling totally dependent upon your support group not just to satisfy physical needs, but to provide the extrasensory nourishment that would carry you through to the next stop. Our support, Dale Vogel and Ruth Schelhaus, had the magical potion that kept each of us from "coming unglued." It was the effort of Dale and Ruth that pushed us through to the finish, not running prowess.

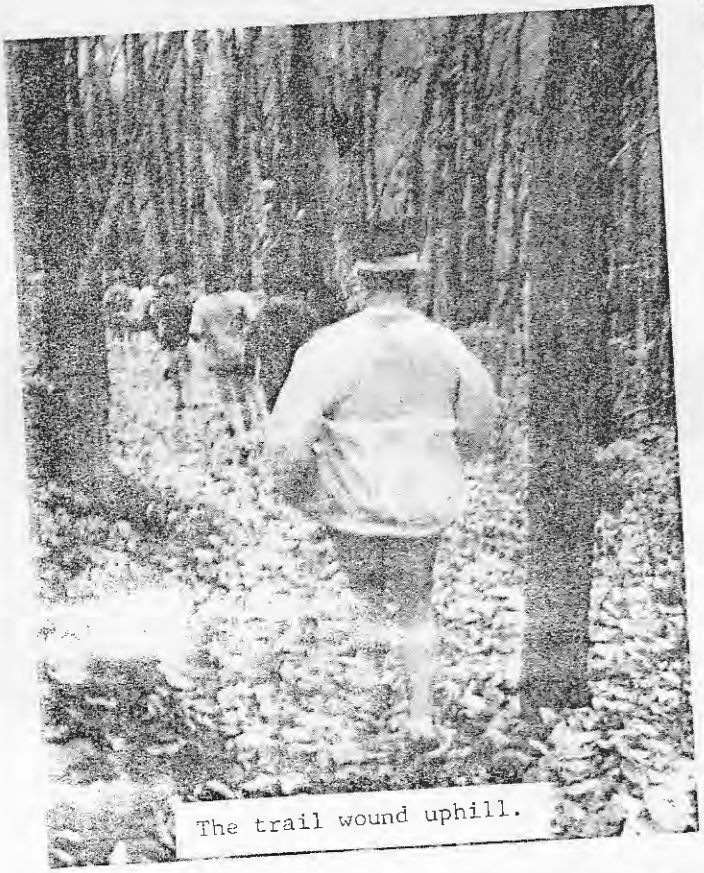
I'm grateful for the case of "runner's amnesia" that I was stricken with shortly after the 50-Miler. It has enabled me to have a genuinely positive memory of the experience. But for the record, I still resolve to never, ever run that race again!

JFK 50-MILE
Memories

-Photo credits Joe Walsmith



Don Waddington burning up the course at Mile 42.

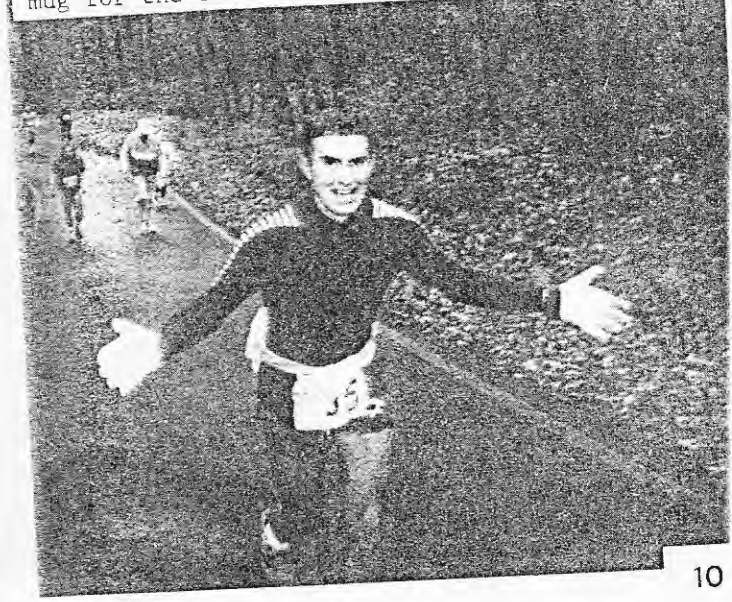


The trail wound uphill.

And the trail wound downhill.

Water stops were a welcome sight. This one was at mile 9.7.

Larry Stone has enough energy on the upgrade to mug for the camera.



TIMES OF OUR LIVES

John W. Winkert, 54, of Bowie set some sort of record by completing a running streak of 7 marathons in 7 weeks in the fall of 1983:

Oct. 3	Atlantic City	5 hr:15 min.
Oct. 10	State College, Penn.	4:58
Oct. 11	Roanoke Star City	5:29
Oct. 23	New York	4:53
Nov. 6	Marine Corps	4:52
Nov. 20	Maryland	4:57
Nov. 28	Philadelphia	4:53

While John tenaciously pursued his goal his sons Tom, 19, and Dan, 15, won first place in the Nike Partners Race in D.C. and had the pleasure of winning $100 for their effort.

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

ANNAPOLIS STRIDERS COMPLETING JFK 50-MILE RUN/HIKE

November 19, 1983

PLACE	RUNNER	TIME
48	Bart Rohrbach	8:21
66	Larry Stone	8:35
88	Pat O'Brien	8:59
91	Steve Dilling	9:02
108	Bill Law	9:26
109	Bill Miller	9:26
110	Nate Betnun	9:26
111	Dick Manasseri	9:26
122	Keith Harvey	9:35
137	John Astle	9:48
155	Joe Walsmith	10:07
158	Don Kennedy	10:10
162	Bob Bridges	10:13
166	Don Waddington	10:26
189	Norm Alton	10:46
235	Bob Pastrana	11:55
244	Delma Miller	12:15
245	Norm O'Brien	12:15
246	Buck Cadell	12:15
247	Nancy Waddington	12:15
268	Earl Scott	13:09
269	Bill Vogenitz	13:09
271	Betty Impellizzeri	13:10
272	Ben Moore	13:10
273	Louise Zeitlen	13:10

NON-STRIDER ANNNAPLIS RUNNERS

10	Bruce Truog	7:13
12	John Holt	7:18
270	Bob Clark	13:10
	Fred Wandel*	13:25

*Bill Wandel's uncle

206	Gary Hill*	11:05

*From Lincoln, Nebraska (ran with Annapolis Striders)

ADVERTISING

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

Business card	$10
Quarter page	$20
Half page	$35
Full page	$50

Yearly rates available

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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Eric Peltosalo, Attorney at Law

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WOMEN'S RACING TEAM

Women's Team Logo

STRIDER WOMEN OFF AND RUNNING
by Liz Kisenwether

The responses are still coming in from the STRIDER WOMEN'S QUESTIONAIRE in the December issue of the Streak. One of the pleasant surprises: eleven of the thirteen responses were from Strider women who had not contacted me before. (Thank you to everyone!) The responses indicate enthusiasm on everyone's part. For example:

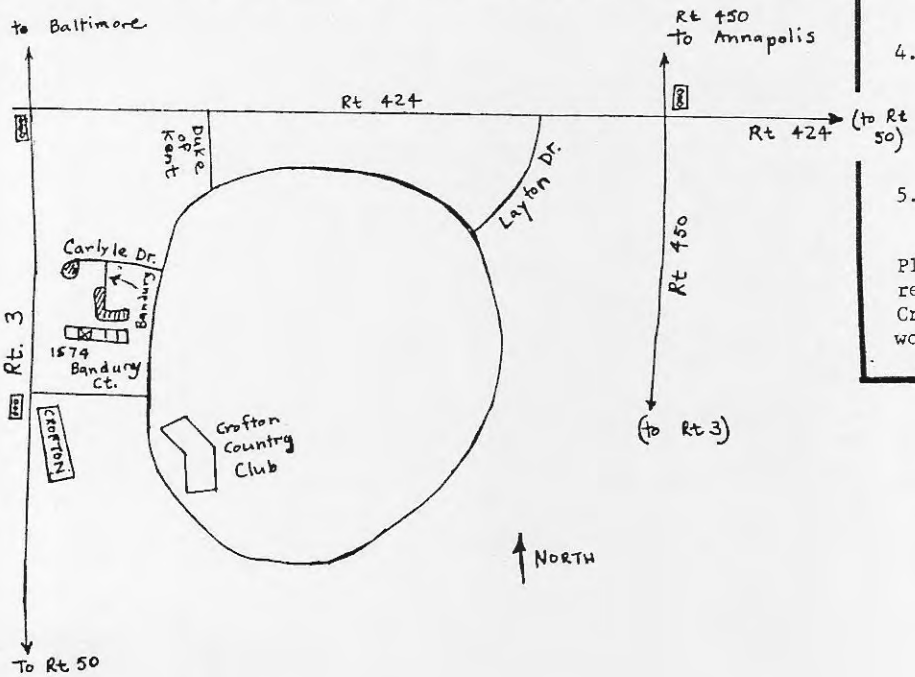
* Most women want to form a long run group for either Saturday or Sunday morning runs. Distances for the run varied from 5 to 20 miles, with weekly or biweekly meetings.

* New as well as experienced runners want to do track workouts. The opinions varied widely on the day of week and workout time. Perhaps both a weekday and Saturday or Sunday can be selected for track workouts to meet more people's schedule.

* Several women (including myself) want another women's group meeting scheduled.

To satisfy the last request, and begin to give firm days and times for the long runs and track workouts, the next meeting will be:

Saturday, February 25, 1984
1 pm—5 pm
at Liz Kisenwether's
1574 Bandury Ct.
Crofton, MD 21114 (see map)
721-7550



Please plan to attend the get-together if you want to have input to long run and track workout scheduling, or want to help get the group "rolling." Feel free to contact me with any questions or suggestions. For those who missed the last questionaire, it's printed following on a short form. Please answer on a separate sheet of paper. Questionaires will also be available at the meeting.

I'm looking forward to 1984 as a good running year. See you February twenty-fifth!

STRIDER WOMEN'S QUESTIONAIRE

Name_____
Address_____
Phone_____

1. Would you be interested in doing track workouts? These would be organized to start in early spring. What day of the week would you prefer? What time of day? (Track workouts can do wonders for leg speed, and can actually be a little fun! As a reward for our hard work we would probably get together after the workout.)

2. Would you be interested in doing longer runs with other women? What distance? What day of the week? What time, morning/afternoon/evening? How often would you join a long-run group, every week/every two weeks/every third week?

3. Some logo ideas are included here. If you like one, point it out. If you have any ideas for logos, send them, or describe them.

4. Do you prefer cotton, nylon, or mesh singlets? Should the logo be available so it can be placed on the shirt/singlet of your choice, or should we imprint the logo on one team singlet?

5. General suggestions and goals for the Strider Women's Team:

Please answer on a separate sheet of paper and return to Liz Kisenwether, 1574 Bandury Ct., Crofton, MD 21114. Phone: Home, 721-7550; work, 459-8655.

ANNAPOLIS
STRIDERS

Women's Team Logo

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MEDICAL GRADE SORBOTHANE II

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- Medical grade Sorbothane comes in 2 grades of softness
- Medical grade Sorbothane is blue in color
- Medical grade Sorbothane was tested to 2 million impacts without appreciable loss of effectiveness or shape
- Medical grade Sorbothane is available now in insoles and heels at:

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Advertisement

MY FAVORITE RACE

COMING BACK

by Steve Hull

Runners are special people. Despite the cliches and the commonality that tie all of us together in certain aspects, we are probably more different than we are alike. What follows is a personal narrative of my favorite race, the one completed after battling back from long-term injury. My purpose in doing so is not to solicit respect, awe, or symapthy, but to simply tell a story. Those of you who possess that non-quantifyible "love" of running and have been forced by injury to abstain know well the anger and frustration that accompanies such injury. My odyssey may provide some perspective and insight on how one person coped, and failed to cope with adversity. Hopefully, should the misfortune of long term injury strike you, my experience may provide some guidance.

In leaving Annapolis for the wilds of Wyoming and a new civilian career two-and-a-half years ago, I remember mentioning to one of my running colleagues that I probably would revert from a "serious runner" status to that of a "weekend jogger." I had enjoyed running marathons and racing but felt that the demands of a new career and lifestyle would preclude the pursuit of training 50-75 miles each week. I discovered, however, that running at that level had become an enjoyable and personally important outlet. The trite platitudes about running being an important reliever of stress, a physiologically addictive activity, and a psychological necessity had for me been true. Soon I was again running high milage weeks. This continued on into the summer. Job demands, night school, and moving into a new house conspired to rob me of valuable sleep and rest time. One morning in July (1982) I went for an easy 5-mile run. At the conclusion I felt a dull pain and noticed some mild swelling around the second digit of my right foot. I ran easily for two more days and then could not run anymore. The pain was now unbearable and my foot quite swollen. I was angry (incensed would be more appropriate to describe my emotions). I had never been injured before. This wasn't really

(continued on next page)

My Favorite Race continued

happening to me. Oh sure, other people I knew had been injured—Don Waddington and his persistent Achilles tendinitis in the winter of 1981, and John Butterfield and his mysterious hip ailment the previous fall. But this was Steve Hull, only seven weeks away from his best marathon, in the best shape of his life.

In fact it was me, I was hurt, and I intended to get help. In retrospect, a series of rather comical events transpired. A sincere, hardworking local posiatrist diagnosed the problem as extensor tendinitis, prescribed orthotics, and sent me on my way. Spirits buoyed, I began running in three weeks, and even raced once. But the pain persisted. The podiatrist then recommended a toe operation. At this point I was determined to avoid the knife and to find an equally sincere, but more sports medicine minded medical professional. A 215-mile trip east brought me to the office of the orthopedic specialists that provide services to the University of Wyoming's athletic teams, and to several members of the Denver Broncos and Denver Nuggets. My confidence in the foot specialist immediately waned when he informed me that I had degenerative arthritis in the injured toe, would have to quit running, and would probably be on medication for the rest of my life. I informed him that I knew he was wrong, the injury had been sudden, and had been related to intense training. He smiled, said come back in two weeks, wished me luck, and left.

By now October leaves were falling and the hope of a marathon PR was a vanishing dream. I was at the basic survival level, trying now to get an accurate diagnosis in light of what I knew about how my particular injury had accurred. In desperation I called Dr. Steven Subotnick's office in California. A noted running podiatrist (a runner himself), author of two books on running injuries, and a frequent contributor to Runner's World, I hoped he could recommend a competent sports medicine medical professional living in the intermountain region. If not, I was determined to go see him next. Surprisingly his office was quite helpful. They had a referral list that encompassed the entire country, and soon I was on my way west 200 miles to Salt Lake City. The podiatrist I had been referred to was a runner himself. He patiently listened while I described the circumstances surrounding the injury and then hypothesized several causes. After an X-ray he confirmed one of the hypothesis—a stress fracture of the proximal phalanx (posterior end of the second phalange). He prescribed three weeks of further rest and properly fitted a new orhtotic for the right foot. In three weeks I began running again, five months after the original injury.

My dream of a marathon PR began again to drive my training with 1982 coming to a close. I purchased a new, more stable training shoe (Nike Tailwind), and now ran with full Sorbothane inserts. Four months and 1100 miles later a neuroma in the right foot forced another three-week hiatus from running. Contrary to the published information, my neuroma made itself known suddenly—literally one step it wasn't there and the next step it was. A between-the-toes shot of celestone and rest allayed the pain enough for me to run a marathon in May. Slowly the pain returned, and then increased. By July (1983), I could not walk without gritting my teeth. This time surgery was unavoidable. By late August I was running again, dreaming of that elusive marathon PR in October. I had worked hard bicycling and lifting weights while recuperating from surgery and had kept my weight down. This time I would make it to the starting line. Fall has always been my favorite running season, particularly for marathons. The crispness of a 50 F. clear morning, the concentrated excitement and energy of thousands of fellow runners coming together, and my own knowledge through experience of what each individual must do in order to prepare for a 26.2 mile run combine to give me a unique emotional high.

Two weeks before the marathon I was beset by two new maladies—a virus and a sore hip. With the help of the Salt Lake podiatrist the hip problem is nearly solved. and the virus finally subsided two weeks ago. And I now look forward to running my favorite race—the one marking a return to running free from major injuries.

-When injured running seek out the best available medical professionals who are knowledgable about running injuries. Their fees are normally similar to other medical professionals. If necessary, take a sick day at work and travel, if you must, to obtain such help.

-Running hard on less than eight hours of sleep over a long period of time is my personal recipe for serious injury, when coupled with a demanding job and family responsibilities. An imperceptible physical wearing down takes place. Recognize that even for those of us claiming indestructibility, there are physiological limits.

-Buy quality footwear and don't try to stretch the life of a pair of shoes to save money. My initial stress fracture was in part caused by a tired pair of "shoe-gooed" New Balance 420s. My advice is to forget the goo and dump the shoes after 500 to 800 miles.

-Buy shoes that accomodate your gait (running style). Are you a pronator or a supinator? A forefoot runner or a "heavy on the heel" runner? How much do you weigh? What features of a shoe are useful to you and which are merely Madison Avenue gimmicks? Pronators are more common than supinators (a more appropriate definition of a "pronator" is one who over pronates or rolls the ankle to far inwards on the foot plant. A supinator is better described as an "under pronator" or one whose ankle doesn't rotate inward enough on the foot plant. Buying the best shoe for you may require some time and effort and some assistance from a knowledgeable friend or store clerk. How important is it? My neuroma troubles were to a large degree caused by crowding my foot into a shoe that lacked sufficient forefoot flexibility. I have discovered that a relatively inexpensive (and unpopular) Adidas model, the Oregon, best suits my gait and training requirements.

-Learn as much as you can about injury recognition, care, and prevention. Self-diagnosis and care are vital in minimizing the amount of time lost running due to injury. For example, there has been a debate for years on the merit of stretching and injury prevention: Those in favor of and against stretching have made claims that their way reduces the liklihood of injury, but neither has used physiological basis as supportive evidence. I am

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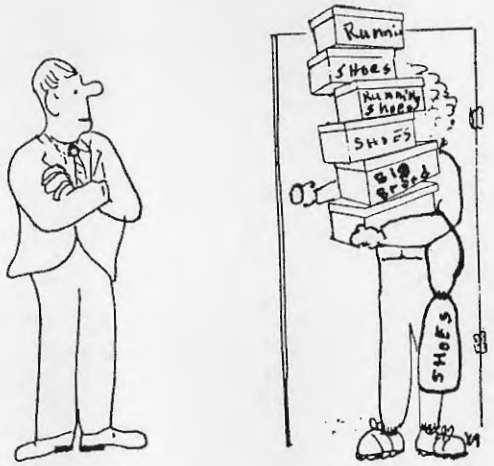

"Ever see a sale you couldn't resist?"

My Favorite Race continued

convinced, after recently studying the controversy, that stretching at the right time, and properly, is a physiologically sound way of reducing the opportunity for injury. A number of excellent books are available that allow laymen to easily obtain an understanding about common athletic injuries. The two best, in my opinion, are The Sports Medicine Book by Gabe Mirkin and Marshall Hoffman (1978—about $11.00), and Sports Health: The Complete Book of Athletic Injuries by William Southmayd and Marshall Hoffman (1981—about $15.00).

-Develop a running program that accomodates your lifestyle, abilities, and aspirations. The running media barrages us with running programs guaranteeing improvement. Philosophically I believe Bill Dellinger's approach is the soundest (see chapter one of his Winning Running). When it comes to actual programs, however I haven't seen one yet that didn't require some significant modifications to suit my needs. One of the biggest challenges I have found is to develop a program that assimilates the best aspects of a broad range of available programs that contain items useful to me.

-Learn what your limits are. I have achieved my best performances (with no injuries) on 60 miles a week. Once over that I tend to physically break down. I believe that a realization of what these limits are, coupled with a philosophy of moderation, provides an equation for long-term, injury free running. Despite my own cognizance of this equation, I personally find it difficult to accept the concept of attaching limits to what I intend to achieve in running. I would imagine many of you experience the same difficulty. Will, or can I follow my advice in the future? The best answer I can give is "Do as I say, not as I do."

In closing I would emphasize that despite the discouragements, miscalculations, and errors in judgement I discovered that there was (and is) no obstacle that I cannot challenge and in someway overcome. Running satisfies many diverse personal needs for me as it probably does for you. Contrary to the last eighteen months of my own running history, I do not believe, as some critics charge, that runners possess inherently self-destructive tendencies. Runners are achievers and goal setters. Unfortunately the mind, in pursuit of these goals, sometimes drives the body too far and injury results. I have found my running life to be a microcosm of the optimum full life that I attempt to lead each day. That is; pursue excellence, strive for goals that aren't always seemingly achievable, learn from failure, and continue searching for new challenges. Its now time to close. This is the second day of training for the race I truly hate, but feel most satisified when I have completed it—the comeback race.

RACE RESULTS AND STANDINGS

ANNAPOLIS STRIDERS

COLD TURKEY 20 K RUN

NOVEMBER 27, 1983

TOP WINNERS

First overall
Stan Fletcher 68:54

First Woman
Betty Blank 85:51

Men under 20
1. David Wandel 80:01
2. Scott Baker 81:53

Men 20-29
1. Mark Norton 72:28
2. Mark Yerkes 75:38
3. Patrick Carr 76:55

Men 30-39
1. Stan Fletcher 68:54
2. Eric Peltosalo 71:37
3. Doug Heagy 73:29

Men 40-49
1. Dick Hipp 72:43
2. Bill Conroy 75:59
3. Ian Rowe 78:07

Men 50 and over
1. Thomas McKee 90:00
2. Joe Walsmith 95:06

Women under 20
1. Karen Muench 125:40

Women 20-29
1. Julie Caprio 86:20
2. Marie Stevenson 98:48

Women 30-39
1. Betty Blank 85:51
2. Pat O'Brien 86:51

Women 40-49
1. Eleanor Clift 99:46
2. Delma Miller 110:29

Women 50 and over
1. Rachel Bourn 101:30

	Name	Age	Time
1.	Stan Fletcher	30	68:54
2.	Eric Peltosalo	34	71:37
3.	Mark Norton	24	72:28
4.	Dick Hipp	44	72:43
5.	Doug Heagy	32	73:29
6.	Harry Smith	35	73:29
7.	Dennis Baker	31	73:51
8.	Mike van Beuren	31	75:28
9.	Mark Yerkes	28	75:38
10.	Bill Conroy	40	75:59
11.	Patrick Carr	29	76:55
12.	Mark Grummer	33	77:25
13.	James Anderson	23	77:55
14.	Ian Rowe	42	78:07
15.	Ben Matthews	46	78:18
16.	David Wandel	15	80:01
17.	John Butterfield	46	80:05
18.	Scott Baker	15	81:53
19.	Michael Novel	28	82:09
20.	Albert McKim	25	82:25
21.	B.G. Topper	37	82:29
22.	Doug Pond	44	82:37
23.	?		83:12
24.	Bruce Dalton	40	83:36
25.	Joe Duffy	42	83:54
26.	Stephen Cornell	17	84:27
27.	Branin Thorn	17	84:47
28.	Eddie Anderson	20	84:58
29.	Winnie Hittle	31	85:20
30.	Myron Leightman	35	85:47
31.	Joe Dobrosielsky	35	85:50
32.	Betty Blank*	30	85:51
33.	John Jaynes	28	85:54
34.	Donald Keith	34	86:14
35.	Julie Caprio*	35	86:20
36.	Ron Schumann	38	86:25
37.	Larry Stone	37	86:32
38.	Ed Klebe	44	86:37
39.	John Broderick	14	86:47
40.	Pat O'Brien*	36	86:51
41.	Bob Leo	31	87:02
42.	Don Workman	37	87:37
43.	Bob Phillips	47	87:47
44.	Arnie Henderson	47	88:44
45.	Brad Leonard	49	89:13
46.	Paul van Cleef	32	89:46
47.	Thomas McKee	55	90:00
48.	Frank Hammel	36	90:23
49.	Bill Wandel	40	90:27
50.	Orv Pratt	44	90:44

(continued on next page)

Cold Turkey 20K continued

51.	Earle Myers	34	90:58
52.	Dave Gomme	18	91:17
53.	Norman Alton	37	91:39
54.	Tom Brazaitis	43	91:40
55.	Jim Storey	42	91:42
56.	Bart Rohrbach	44	91:52
57.	Jan Stone*	31	91:52
58.	Joe Broderick	45	93:10
59.	Alan Johnson	17	93:12
60.	Pete Mekkelson	44	93:32
61.	Den Lyons	43	93:36
62.	Armstrong	30	94:05
63.	John Seely-Gant	29	94:46
64.	Will Scott	33	94:55
65.	Mike Chamberlain	39	94:56
66.	Joe Walsmith	53	95:06
67.	Claude Taylor	29	95:12
68.	Brian Garner	16	95:12
69.	Ben Chaney	36	95:44
70.	Beth Baynes*	37	96:01
71.	Joe Padula	25	96:39
72.	Oliver Payne	31	97:03
73.	John Cheek	36	97:35
74.	Rob Donald	44	97:45
75.	Ron Briston	43	97:48
76.	Jame Wright	33	98:00
77.	Alan Rosenstein	47	98:10
78.	Dale Vogel	53	98:16
79.	Paul Moler	31	98:28
80.	Jim Kasik	42	98:38
81.	Maura Stevenson *	26	98:48
82.	David Stevenson	26	98:48
83.	George Nislein	43	98:49
84.	John McKim	34	99:34
85.	Bob Bohan	38	99:42
86.	Eleanor Clift *	41	99:46
87.	Dick Manesseri	40	100:15
88.	Mike Long	43	100:25
89.	Joe Morbeto	42	100:26
90.	Annette Conlon *	27	100:36
91.	Rachel Bourn *	54	101:30
92.	Jack Freimoth	33	102:01
93.	Edward Scott	45	102:36
94.	Dan Lincoln	44	103:00
95.	Beth Kipping *	24	103:46
96.	David Abbott	33	104:17
97.	Clair Garman	44	104:26
98.	Katie Glose *	24	106:46
99.	J. Kretschmer	39	107:16
100.	Jim Fratino	50	107:28
101.	Charlotte Head *	24	108:28
102.	Mike Smith	33	109:01
103.	Andrea Anderson *	35	109:03
104.	Eddie Belloff	14	109:24
105.	Bill Cohen	23	110:15
106.	Joseph Harrington	46	110:28
107.	Delma Miller *	41	110:29
108.	Robert Hunton	54	110:35
109.	Joseph Ryan	58	110:53
110.	Martha Kensinger *	49	111:00
111.	Earl Scott	43	111:06
112.	Rick Schiesz	34	111:33
113.	Jonas Legum	35	112:57
114.	Ginger Aben *	37	113:45
115.	Arnold Galiano	62	114:12
116.	Chris Zahn	15	114:14
117.	Bill Wooldridge	46	114:16
118.	Sue Mekkelson *	44	114:27
119.	Buck Cadell	49	115:28
120.	Preston Smith	37	115:28
121.	Carole Rivera *	29	118:54
122.	Betty Moore *	55	119:17
123.	Ben Moore	58	119:18
124.	Rae Jean Goodman *	35	120:09
125.	Wayne Edwards	32	120:12
126.	Carol Huddy *	46	120:49
127.	Bill Vogenitz	35	120:49
128.	Harry Youngling		122:31
129.	?		123:06
130.	Karen Muench *	17	125:40
131.	David Edwards	14	125:59
132.	Susan Freeland *	34	127:55
133.	Jacquie Ferris *	31	127:58

* denotes women runners

Annapolis Striders

5th ANNIVERSARY RUN — 15K

December 31, 1983

DIVISION WINNERS

MEN

19 and under

1.	David Wandel	59:04
2.	Joe Esterling	59:32
3.	Thomas Wenz	59:32

20-29

1.	William Dill	55:40
2.	Geoffrey Mason	55:49
3.	Reese Laughlin	56:03

30-39

1.	John Zakotnik	56:22
2.	Gary McGuffin	57:32
3.	Eric Peltosalo	58:54

40-49

1.	David Worthen	55:56
2.	James Black	56:03
3.	Lou David	56:26

50 and over

1.	Milton Taylor	61:25
2.	Dave Shenkenberg	63:12
3.	Joseph Rutkowski	67:38

WOMEN

19 and under

1.	Kim Colvin	65:01
2.	Monica Grillo	73:27

20-29

1.	Carey Hill	60:12
2.	Ruth Joyner	60:31
3.	Terri Gehrke	62:47

30-39

1.	Jenifer Maldein	63:11
2.	Ellen Feldmann	67:43
3.	Jan Stone	70:30

40-49

1.	Cindy Dalrympl	60:10
2.	Delma Miller	78:03
3.	Martha Kinsinger	83:00

50 and over

1.	Betty Moore	85:06
2.	Kitty Chandler	91:12

	Name	Age	Time
1.	William Dill	23	55:40
2.	Geoffrey Mason	20	55:49
3.	David Worthen	47	55:56
4.	Reese Laughlin	21	56:03
5.	James Black	46	56:03
6.	John Zakotnik	31	56:22
7.	Lou David	42	56:26
8.	Ben Mathews	45	56:31
9.	Bill Conroy	40	56:42
10.	Nut Hall	25	57:29
11.	Gary McGuffin	35	57:32
12.	Chuck Smillie	21	58:24
13.	Eric Peltosalo	34	58:54
14.	David Wandel	16	59:04
15.	Nick Lakis	33	59:06
16.	Sandy Quillen	32	59:16
17.	Mark Yerkes	28	59:19
18.	Joe Esterling	16	59:32
19.	Thomas Wenz	16	59:32
20.	Michael Morton	29	60:03
21.	Rick Smith	32	60:07
22.	Cindy Dalrymple *	41	60:10
23.	Carey Hill *	25	60:12
24.	Jim Maldeis	41	60:15
25.	R. W. Moore	45	60:18
26.	Ruth Joyner *	20	60:31
27.	Larry Stone	43	60:32
28.	Aubrey Poset	29	60:56
29.	John Butterfield	46	61:06
30.	Dick Manasseri	40	61:19
31.	Milton Taylor	50	61:25
32.	Warren Pitts	45	61:40
33.	Brian Beck	24	61:54
34.	Eddie Anderson	20	62:00
35.	Doug Pond	44	62:00
36.	Joe Duffy	36	62:05
37.	Ron Steele	30	62:13
38.	David Herlocker	43	62:30
39.	Algeron Moore	35	62:32
40.	Terri Gehrke *	25	62:47
41.	Donald Kennedy	36	62:48
42.	Joe Clorety	41	63:02
43.	Jett Harvey	43	63:04
44.	Bert Rice	46	63:10
45.	Jenifer Maldein *	31	63:11
46.	Dave Shenkenberg	54	63:12
47.	Quentin Maddox	15	63:35
48.	Mike Chamberlain	39	64:12
49.	Bruce Dalton	40	64:31
50.	Mark Gilbreath	17	64:35
51.	Sam Wilson	36	64:37
52.	Kim Colvin *	18	65:01
53.	Alan Johnson	17	65:02
54.	Ted Haynie	34	65:15
55.	Mark Shaw	35	65:26
56.	Norm Alton	37	65:28
57.	Branin Thorn	17	65:43
58.	Lisah Fite	23	65:52
59.	Orv Pratt	44	65:59
60.	Ted Shields	28	66:08

(continued on next page)

ANNIVERSARY RUN 15K continued

	Name	Age	Time
61.	Kurt Weiss	16	66:20
62.	Lynn Burkhart *	22	66:30
63.	Michael Sullivan	29	66:47
64.	Harry McCambridge	43	66:47
65.	Michael McGuire	30	66:57
66.	Joe Peacock	16	67:05
67.	Earle Myers	34	67:08
68.	J. Busse	47	67:18
69.	O. Payne	31	67:19
70.	Walt Stroud	39	67:20
71.	Dick Shea	33	67:30
72.	Joseph Rutkowski	54	67:38
73.	Ellen Feldmann *	31	67:43
74.	George Duncan	32	67:43
75.	Dave Gomme	18	67:45
76.	David Eisenstat	32	67:47
77.	Arnie Henderson	47	67:50
78.	Bruce Soyars	33	67:52
79.	Kevin Rogan	29	67:56
80.	John Martin	31	68:08
81.	Chris Gregor	34	68:10
82.	Michael Sullivan	38	68:10
83.	Jim Flynn	49	68:13
84.	Roger Bultman	37	68:18
85.	Jim Fratino	50	68:33
86.	Bill MIller	43	68:37
87.	David Bonior	38	68:40
88.	Fred Betz	34	68:55
89.	Greg Holochwost	41	68:57
90.	Joel Sanders	40	69:01
91.	Mitch Stanfield	34	69:05
92.	Pete Mekkelson	44	69:09
93.	Ken Thorn	48	69:15
94.	Robert Spencer	46	69:23
95.	Mike Dixon	36	69:38
96.	John Strumsky	43	69:41
97.	Bill Law	55	69:42
98.	Stan Scper	33	69:55
99.			70:17
100.	Michael Marano	37	70:21
101.	James Wright	33	70:22
102.	Jan Stone *	31	70:30
103.	Chuck Smillie	52	70:49
104.	Christopher Grover	30	71:01
105.	Doug Nauman	32	71:02
106.	Daniel Arant	44	71:23
107.	Ken Lyons	44	71:34
108.	Kenneth Roney	46	71:54
109.	Dan Lincoln	44	72:20
110.	Harry Kleinman	60	72:27
111.	Jeff Jacobsin	21	72:42
112.	Harmon Miller	41	72:42
113.	Richard Miller	49	72:45
114.	Edward Mansfield	36	72:51
115.	Ronald Messer	55	72:56
116.	Walt Eilers	40	73:06
117.	Monica Grillo *	19	73:27
118.	Jeanne Grillo *	22	73:34
119.	Will Scott	33	73:43
120.	Frank Horsmon	34	73:55
121.	Bob Bohan	38	73:56
122.	Julie Smiddy *	26	73:59
123.	Michael Smith	33	74:04
124.			74:06
125.	Keith Donald	34	74:09
126.	Robert Donald	44	74:09
127.	Paul Moler	31	74:27
128.	Thomas Sharp	39	74:30
129.	Barbara Stroud	38	74:35
130.	Ron Jarashow	34	74:40
131.	Les Kinion	47	74:44
132.	Edwart Scott	49	74:50
133.	Carl Wright	45	74:51
134.	John Dooley	46	74:57
135.	George Nislein	43	75:13
136.	B. J. King	38	75:16
137.	Bruce McLean	37	75:16
138.	Benjamin Steward	30	75:19
139.	Stephen Goodell	44	75:19
140.	Andrea Anderson *	35	75:26
141.	Donald Potter	41	76:30
142.	Jennifer Boyd	20	76:35
143.	Rick Schiesz	35	76:46
144.	Rick Novak	28	76:59
145.	John de Greck	38	77:05
146.	Linda Rogers *	33	77:14
147.	Suzi Beck *	22	77:18
148.	Geoffrey Cant	46	77:45
149.	Alan Wycherley	41	77:53
150.	Delma Miller *	41	78:03
151.	Ben Moore	58	78:20
152.	Pete Connell	46	78:22
153.	Fred Haab	40	78:24
154.			78:41
155.			78:41
156.	Earl Scott	43	78:48
157.	Joe Ryan	58	79:34
158.	Batiste De Luca	44	79:38
159.	Don Ewing	35	80:14
160.			80:20
161.	John Williams	41	80:20
162.	Bob Dean	58	80:40
163.	Patrick Hoffman	40	81:01
164.			81:09
165.	Eddie Belloff	14	81:30
166.	Mike Impellizzeri	41	81:57
167.	Thomas McCarthy	31	82:07
168.	Danny Connell	15	82:16
169.			82:22
170.	Jonas Legum	35	82:24
171.	Berbard Polley	33	82:26
172.	David Jatlow	36	82:30
173.	Ginger Aben *	37	82:49
174.	Louise Zeitlin *	39	82:52
175.			82:57
176.	Ginny Leonard *	38	83:00
177.	Martha Kinsinger *	49	83:00
178.	Buck Cadell	49	83:02
179.	Ron Thompson	36	83:05
180.	Guy Riccio	63	83:46
181.	Jeff Cleveland	24	83:51
182.	Jeffrey Blair	30	83:59
183.	Don Goodwin	42	84:00
184.	Jeanne Burke *	38	84:36
185.	Richard Abodeely	42	84:36
186.	Evan Thomas	42	84:56
187.	David Edwards	14	85:04
188.	Lee Patrick	40	85:05
189.	Betty Impellizzeri *	39	85:06
190.	Betty Moore *	55	85:06
191.	Nancy Waddington *	45	85:15
192.	Sue Mekkelson *	44	85:15
193.	Joseph Harrington	46	85:32
194.	Geroge Pospolita	32	85:36
195.	Holly Knox *	37	85:36
196.	Wayne Edwards	32	85:48
197.			85:49
198.			85:49
199.	Anne Chamberlain *	39	85:52
200.	Marvin Terawaki	26	86:18
201.	John Kurpjuweit	38	86:21
202.	Carl Nelson	33	86:27
203.	Jay Cox	51	86:32
204.	Bruce Hansen	32	86:39
205.			87:28
206.	Carol Huddy *	46	87:50
207.	Dotty Esher *	37	88:02
208.	Steve Leonmey	30	88:24
209.	Mark James	31	88:26
210.	Carole Tamini *	45	88:32
211.	Dick D'Amato	41	90:03
212.	Amy Rivera *	21	90:48
213.	Charles Burns	29	90:57
214.	Kitty Chandler *	54	91:12
215.	Kathy Armbruster *	27	91:12
216.	Doug Chandler	30	91:12
217.	Pat David *	40	91:31
218.	Dave Corley	31	91:37
219.	Pete Johnstone	26	91:37
220.	Harry Holland	35	92:13
221.	Cynthia Kelly *	31	93:36
222.	Charlie Weaver	44	94:11
223.	John Winkert	54	95:08
224.	Kathy Maithgs *	24	95:25
225.			104:13
226.	Relford Patterson	56	105:21

WORKER'S RUN

Mike van Beuren	63:54
Pat O'Brien	64:53
Bill Wandel	64:53

CLUB CHAMPIONSHIP SERIES

FINAL RESULTS FOR 1983

WOMEN (19 AND UNDER)
NONE

WOMEN (20-29)	5K	10M	10K	1M	5M	26K	20K	15K	MINUS	TOTAL
NONE										

WOMEN (30-39)	5K	10M	10K	1M	5M	26K	20K	15K	MINUS	TOTAL
PAT O'BRIEN	35	35	1	1	1	1	1	1	71	5
JAN STONE	1	1	35	2	2	2	2	2	39	8
GINGER ABEN	4	3	5	35	3	4	3	5	45	17
LOUISE ZEITLIN	5	35	4	4	5	3	35	6	76	21
JOY DONLIN	3	4	8	3	6	35	35	35	105	24
ANNE CHAMBERLAIN	6	5	6	5	4	35	35	8	78	26
R.J. GOODMAN	8	35	10	6	7	35	4	35	105	35

WOMEN (40-49)	5K	10M	10K	1M	5M	26K	20K	15K	MINUS	TOTAL
DELMA MILLER	35	1	1	1	1	35	1	1	71	5
MARTHA KINSINGER	1	2	2	3	35	35	2	2	73	9
CAROL HUDDY	2	3	35	2	35	35	4	4	105	15

WOMEN (50 AND OVER)	5K	10M	10K	1M	5M	26K	20K	15K	MINUS	TOTAL
BETTY MOORE	35	35	2	1	1	1	1	1	72	5
YVONNE AASEN	2	2	3	35	2	35	35	35	105	44

MEN (19 AND UNDER)	5K	10M	10K	1M	5M	26K	20K	15K	MINUS	TOTAL
DAVID WANDEL	1	3	3	35	1	1	1	1	41	5
BRANIN THORN	2	35	35	2	35	35	2	2	105	43

MEN (20-29)	5K	10M	10K	1M	5M	26K	20K	15K	MINUS	TOTAL
MARK YERKES	35	2	1	1	2	35	2	2	72	8

MEN (30-34)	5K	10M	10K	1M	5M	26K	20K	15K	MINUS	TOTAL
MIKE VAN BEUREN	1	1	1	1	1	1	2	3	6	5
ERIC PELTOSALO	2	35	2	35	2	2	1	1	72	8
WILL SCOTT	7	5	9	3	5	8	6	9	25	27
JONAS LEGUM	8	8	13	6	7	35	9	12	59	38
MICHAEL SMITH	35	35	11	4	6	35	8	10	105	39

MEN (35-39)	5K	10M	10K	1M	5M	26K	20K	15K	MINUS	TOTAL
BILL CONROY	1	35	35	1	1	1	1	1	71	5
NORMAN ALTON	6	3	3	3	2	35	4	6	47	15
BILL WANDELL	4	2	6	7	3	9	3	5	22	17
DON KENNEDY	7	35	4	4	35	3	35	3	105	21
MIKE CHAMBERLAIN	8	4	5	5	4	35	5	4	48	23
BOB HALPIN	35	8	7	9	5	5	35	35	105	34
BILL VOGENITZ	15	10	9	6	7	10	8	35	60	40
NEIL DONNELLY	11	35	13	10	8	6	35	35	105	48
DICK MANASSERI	35	5	35	8	35	35	7	2	105	57
JOHN DEGREEK	9	9	12	35	35	35	35	13	105	78

MEN (40-44)	5K	10M	10K	1M	5M	26K	20K	15K	MINUS	TOTAL
DOUG POND	5	4	1	5	2	1	1	3	14	8
JOE DUFFY	3	2	3	1	4	4	2	4	12	11
LARRY STONE	35	1	35	3	3	6	3	2	76	12
AL KUBELUIS	1	5	6	2	7	5	35	35	77	19
ORV PRATT	35	6	5	35	5	35	4	6	105	26
PETE MEKKELSON	4	35	7	6	10	7	7	8	52	32
JIM STOREY	7	35	11	7	11	35	5	35	105	41
EARL SCOTT	8	8	12	8	13	11	11	14	38	47
DOUGLAS JOYCE	2	3	4	4	35	35	35	35	105	48
JOE CLORETY	35	35	2	35	6	2	35	4	105	49
ALAN WYCHERLEY	9	10	13	9	12	35	35	13	83	53

MEN (45-49)	5K	10M	10K	1M	5M	26K	20K	15K	MINUS	TOTAL
JOHN BUTTERFIELD	35	35	1	1	2	35	2	2	105	8
ARNIE HENDERSON	2	3	3	4	6	2	4	4	14	14
BOB PHILLIPS	35	35	4	3	3	1	3	35	105	14
BERT RICE	3	2	35	2	4	35	35	3	105	14
JIM FRATINO	35	6	7	5	5	35	5	5	77	26
ALLEN STALLINGS	7	5	10	8	7	3	35	35	80	30
MIKE MCAUSLAND	5	4	8	6	8	35	35	35	105	31
BUCK CADELL	35	7	12	35	35	4	6	8	105	37
JIM SANDISON	10	8	15	10	11	5	35	35	85	44
KEN THORN	4	35	9	7	35	35	35	6	105	61

MEN (50-59)	5K	10M	10K	1M	5M	26K	20K	15K	MINUS	TOTAL
DALE VOGEL	1	1	2	3	2	1	2	35	40	7
BEN MOORE	35	35	3	1	3	4	5	2	75	13
ROBERT HUNTON	2	2	4	4	35	35	3	35	105	15
JOSEPH RYAN	35	3	5	6	7	3	4	3	48	18
JOE WALSMITH	35	35	9	35	4	2	1	35	105	51
DICK GUCKER	4	35	7	7	6	35	35	35	105	59

MEN (60 AND OVER)	5K	10M	10K	1M	5M	26K	20K	15K	MINUS	TOTAL
JOHN WALL	3	1	2	2	1	35	35	35	105	9

1984 CLUB CHAMPIONSHIP SERIES

RULES FOR THE 1984 CLUB CHAMPIONSHIP SERIES

1. YOU MUST BE A MEMBER IN GOOD STANDING TO SCORE FOR AN AGE GROUP AWARD, YET WE ENCOURAGE EVERYONE TO PARTICIPATE IN THESE RACES.
2. THERE WILL BE TEN RACES IN THE SERIES: 5K, 10M, 2M, 10K, 1M, 8K, 5M, 26.2K, 20K, 15K.
3. YOUR AGE AS OF THE FIRST RACE OF THE SERIES WILL DETERMINE YOUR AGE GROUP PLACEMENT FOR THE ENTIRE SERIES.
4. POINTS WILL BE AWARDED FOR YOUR ORDER OF FINISH WITHIN YOUR AGE GROUP. NO SHOWS WILL RECEIVE 35 POINTS OR THE LAST PLACE IN THEIR AGE GROUP, WHICHEVER IS HIGHER.
5. YOUR FINAL SCORE IS DETERMINED BY ADDING UP YOUR BEST SIX FINISHES. LOWEST SCORE WINS! IF NO ONE IN YOUR AGE GROUP COMPLETES SIX RACES, YOU MUST HAVE COMPLETED AT LEAST FIVE TO BE ELIGIBLE FOR AN AWARD. ANYONE WHO COMPLETES THE ENTIRE SERIES OF TEN RACES, HOWEVER, WILL WIN AN AWARD.
6. THE AGE GROUPS ARE:
   FOR MEN AND WOMEN; 13 and under, 14-19, 20-29.
   FOR WOMEN; 30-39, 40-49, 50 and over.
   FOR MEN; 30-34, 35-39, 40-44, 45-49, 50-59, 60 and over.
7. THREE AWARDS WILL BE GIVEN IN EACH AGE GROUP BUT THIS NUMBER MAY BE DECREASED IF THERE IS LIMITED PARTICIPATION IN A PARTICULAR AGE GROUP.
8. SERIES STANDINGS WILL BE PUBLISHED PERIODICALLY IN THE STREAK.
9. 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.
10. CALL BILL VOGENITZ AT 974-1998 FOR MORE INFORMATION

CLUB CHAMPIONSHIP SERIES 1984 DATES

5K	March 3
10 Mile	April 1
2 Mile	April 14
10K	June 17
1 Mile	July 14
8K	August 12
5 Mile	September
26.2K	October
20K	November
15K	December

WHATS COMING UP

1984 ANNAPOLIS STRIDER EVENTS CALENDAR THRU JULY

(All official Striders events are underlined)

Date	Time	Race - Run - Distance	Location	Director
Every Saturday	7:00 A.M.	Informal Training Runs	Annapolis Mall & Route 450	Hot Line 268-1165
Every Sunday	7:30 A.M.	Informal Training Runs	Navy/Marine Corps Stadium	Hot Line 268-1165
February 11 Saturday	2:00 P.M.	Valentine Twosome Relay (couples) 5K each runner	Annapolis Senior High Riva Road, Annapolis	John Butterfield 267-7688
February 26 Sunday	10:00 A.M.	MD/D.C. RRCA TEAM 10-Mile Championship	HCS/Howard County C.C. Columbia, MD	All runners invited to run on team; Car pool from Mall Bill or David Wandel 672-3164
March 3 Saturday	2:00 P.M.	Washington's Birthday 5K Club Championship #1	Anne Arundel Community College Arnold, MD	Ben Mathews 301/997-0557
March 10 Saturday	1:00 P.M.	Membership Meeting 10K Handicap Run and Pot Luck Supper	To be announced	Hot Line 268-1165
March 11 Sunday	9:00 A.M.	Jean Conroy Memorial 10K	Crofton Country Club	Bill Conroy 301/721-9327
April 1 Sunday	2:00 P.M.	CHERRY PIT 10-MILE Club Champ #2	South River High Edgewater, MD	Hotline 268-1165
April 14 Saturday	8:00 A.M.	2-MILE TRACK RACE Club Champ #3	Broadneck High School (off College Parkway) Arnold, MD	Bill Vogenitz 974-1998
May 5 Saturday		BIATHLON 10K Run, 20-Mile Bike	South River High School Edgewater, MD	Don Waddington 301/956-2061
May 12 Saturday		SHENANDOAH HIKE	Appalachian Trail	Nancy Waddington 956-2061
May 19 Saturday		TRIATHLON		
June 13 Wednesday	6:00 P.M.	TRUXTUN PARK SERIES 1-Mile/4-Mile	Truxtun Park Spa Cove, Annapolis	
June 16 Saturday		Annapolis Fine Arts Foundation Run For The Arts 10K	Maryland Hall, Annapolis Constitution Hall & Greenfield St.	Rick Rohrbach 268-9074
June 17 Sunday		10K Club Champ #4	Loch Haven Recreation Area	
June 20 Wednesday	6:00 P.M.	Truxtun Park Series	Truxtun Park	
July 1 Sunday	7:30 A.M.	Annapolis 10-Mile Training Run	Annapolis Mall Route 450	
July 6 Wednesday	6:00 P.M.	Truxtun Park Series	Truxtun Park	

(continued on next page)

ANNAPOLIS STRIDERS

1984 CALENDAR CONTINUED

Date	Time	Race - Run - Distance	Location	Director
July 11 Wednesday	6:00 P.M.	Truxtun Park Series	Truxtun Park	
July 14 Saturday	6:30 P.M.	1-Mile Track Race Club Champ #5	Annapolis High School Riva Road, Annapolis	
July 15 Sunday	7:30 A.M.	Annapolis 10-Mile Training Run	Annapolis Mall & Route 50	
July 18 Wednesday	6:00 P.M.	TRUXTUN PARK SERIES	Truxtun Park	
July 21 Saturday	8:00 A.M.	WOMEN'S DISTANCE FESTIVAL 5K (Women only)	United States Naval Academy	Pam Andersen 263-8855
July 22 Sunday		10-MILE RELAY 2 runners to a team		Bill Vogenitz 974-1998
July 25 Wednesday	6:00 P.M.	TRUXTUN PARK SERIES	Truxtun Park	
July 29 Sunday	7:30 A.M.	Annapolis 10-Mile Training Run		
August 12 Sunday		8-Kilometer Race Club Champ Series #6		
August 26 Sunday	7:30 A.M.	9th ANNAPOLIS 10-MILE RUN	Navy/Marine Corps Stadium	Mike van Beuren 263-8125

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