

STREAK

VOLUME VI
NUMBER 4
august 1984



ANNAPOLIS STRIDERS

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

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Annapolis Striders

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

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Last Name	First Name	Initial	Birth Date Mo. Day Yr.	Sex Male Female
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Mailing Address	Street (Include Apt. No.)	City	State
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Zip Code	Area Code	Business Phone	Area Code	Home Phone	Is This A Membership Renewal	Address Change
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No

Signature **X** _____

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

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Race/Runs	News-letter	Property/Awards	Member-ship	Publicity	Clinics/Training

DUES:	Individual	Family	Fulltime Student
	<input type="checkbox"/> \$8	<input type="checkbox"/> \$12	<input type="checkbox"/> \$4

Today's Date _____

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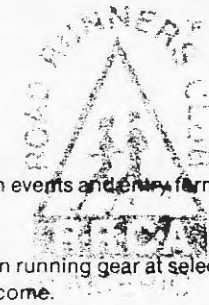
First Name	Sex M/F	Initial	Birth date Mo. Day Yr.
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268-1165

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

S	M	L	XL	ONE
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	STYLE
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$6.00 each

Add \$1.00 for mailing

ORDER FORM FOR TANK-TOPS

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	STYLE
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$8.50 each

Add \$1.00 for mailing

ORDER FORM FOR SWEATSHIRTS

S	M	L	XL	ONE
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	STYLE
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$11.50 each

Add \$1.00 for mailing

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ADDRESS _____

AMOUNT ENCLOSED _____

ZIP _____

STREAK

ANNAPOLIS STRIDERS

volume VI number 4

august 1984

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Don Waddington
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Home

956-2061
647-5015
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263-9549

Work

(202) 692-7287

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Race Runs, Co-Chr.

Bill Wandel
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267-0374
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269-1796
841-6853
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269-1796

(301) 268-1121

(301) 268-1165

(202) 376-7573

(301) 268-1165 Hotline

Publicity
Newsletter
Membership

Property/Awards

Training/Clinics

Annapolis 10-Mile Run

STREAK STAFF

Editor
Layouts & Graphics
Assistant Editor

Yvonne Aasen
Bill Smith
Lee Turowski
Carolyn Downing

647-0879
757-5398
757-4793
674-5188



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

EDITORS REMARKS

Its that time of the year when the heat and humidity make each workout a lot tougher than normal. If your work schedule does not permit running during the cool morning hours, try working out by swimming or riding a bike. Either one will help maintain your physical fitness while experiencing far less problems than running in hot weather.

The Annapolis Ten-Mile Run is fast approaching. If you are available to work on August 26 call the Hot Line. It takes a lot of volunteers to make this the high quality race that everyone has come to expect in Annapolis. Without you this will be just another ten-mile run. Lets continue to set the standard for conducting a race.

Its also the time for that group known as the CRAZIES to start getting their act together. The Twenty-Four-Hour Relay will be held at Port Meade on August 4-5. The Two Bridges Thrity-Six Mile Run is Mid-October, and the JFK Fifty-Mile Run will be held around the third weekend in November. If you're planning any of these you might want to schedule a marathon or two as warm-up runs.

Is anyone interested in a club picnic? Last year's event was so well attended that I think we should do it again. Betty Impellizzeri has offered to let us use her place. There is no pool but you'll have plenty of chances to break a toe playing volleyball.

How about a long leisurely bike ride on a Saturday or Sunday morning. If you're interested, talk to Nancy Waddington. At various times, groups have met to ride the Easton-Oxford-Belleveu Loop. Or, to ride from South River High School to either Deale or North Beach for breakfast. Bike at your own pace, the front riders wait to re-form the group when there is a change in direction.



See you on the road,

Don Waddington
Don Waddington

Editor's Note: As we go to press Betty is arranging to reserve a pavilion in Truxtun Park for the Strider's Picnic where there is even more room to break a toe.



Caricature by Irv Finifter

WE'RE GOING TO PRINT EARLY: We are trying to rush to press this issue to bring you details of the 24-Hour Relay and 8K Race which were not available earlier. Hope we make the deadline.

THE CASE OF THE MISSING NEWSLETTERS: Some Striders mainly in the Arnold zipcode area reported they did not receive their June Streak. If your dues are paid, your address is correct, and you did not receive your Streak, please report it to the Post Office.

DEARTH OF FAVORITE RACES: Doesn't anyone have time to write about their favorite, or most unfavorable race. "My Favorite Race" is one of my favorite columns and I miss it this issue. How about writing about your first race, or your most challenging—there are no end of possibilities

NEW ASSISTANT EDITOR: We welcome Carolyn Downing to the Streak staff. She can type 100 words-per-minute and, get this, she has a home computer.

GETTING THE STREAK TOGETHER: We had all ages here to help collate the June issue. Zachary O'Brien and Timothy Fry represented the youngest age division. Being only 3, they mostly played with the tractors and trucks. You'll have to check the race results to learn the ages of the others. They were: Carol Huddy, Louise Zeitlin, Betty Impellizzeri, Pam Andersen, Jim and Liz Kisenwether, Bob O'Brien, Steve Dilling, Don Waddington, Guy Riccio, Tom Fry, and Marv Aasen. Thanks to all.

DEADLINES DON'T TAKE VACATIONS: Get your news for the October newsletter to me or an assistant editor by September 10, please.

—Yvonne Aasen



APPOINTMENT ANNOUNCED

Diminutive Pat O'Brien has taken on a big job with her appointment to Training/Clinics Chairman. Congratulations Pat.

BULLETIN BOARD

MARATHONING TIPS

All would-be or seasoned marathoners are invited to a Marathon Clinic to be conducted by Ben Moore at the 8K Championship Race on Sunday, August 12, at Anne Arundel Community College. The race starts at 7:30 A.M. and the clinic starts after the race while race results are being compiled.

#7 CLUB CHAMP SERIES

Don't miss the Five-Mile Run to be held at 8:00 A.M. on Sunday, September 2, at Severna Park Senior High School in Severna Park, Maryland. Come early to sign up. There will be a small fee (probably 50¢ or \$1). Directions: From Annapolis take Route 2 to Severna Park. Turn left on Robinson Road. The school is on the right about one-eighth mile at the intersection of Robinson and Benfield Roads. Call Hotline 268-1165 for more information.

CLUB DIRECTORY POSSIBLE

The Club is exploring the possibility of publication of a directory of our members, listing the names and addresses (no phone numbers). If you have strong objections to your name appearing or suggestions/comments/questions, please call the Hotline and leave a message. Or drop a postcard to PUBLICITY, Annapolis Striders, P.O. Box 187, Annapolis, MD 21404.

News Flash

FAMILY PICNIC FUN DAY

All Striders and their families are invited to Truxtun Park for:

Volleyball

Horseshoes

Grills Provided

Drinks Provided

but

PLEASE BRING YOUR OWN FOOD

For more information and confirmation of location call Betty Impellizzeri 757-5857.

DATE: September 9, 1984 TIME: 1-6 P.M.

DON'T LET THE MOST PRESTIGIOUS STRIDER'S EVENT SLIP BY!!!

HELPERS NEEDED FOR

9TH ANNAPOLIS 10-MILE RACE

SIGN UP IF YOU WANT A WORKER T-SHIRT

VOLUNTEER NOW

UNLIMITED JOB OPPORTUNITY

BE AN ELITIST

CALL: Allen D. Stallings
Annapolis 10 Coordinator
Work-301-269-3324
Home-301-266-5328
or the Hot Line 301-268-1165

SIGN UP FOR TEAM TRIATHLON
We've found a triathlon that has both individual and team entries:

Betterton Beach Team Triathlon
Saturday, September 22, 1984, 10 AM
Chestertown, Maryland

Swim 1 mile
Bike 30 miles
Run 10K

Entry deadline: Sept. 8
\$30 Team entry fee
\$15 Individual entry

Entry forms may be obtained at the Athlete's Foot in Annapolis, or by contacting Betty Impellizzeri (757-5857). Individuals will be responsible for organizing their own teams. Why not select the leg you feel the best doing and team up with two others (with strong but different legs) and go for it!

(continued on next page)

YOU CAN RUN FASTER

How many times have you stood in awe watching the winners of a race accept their awards and mumbled to yourself, "I wish I could run that fast!" Running fast is a very relative thing, subject to the influence of age, sex, natural ability and training. What often is overlooked by those of us who engage in delusions of grandeur is the amount of time the greyhounds in the field have spent on the track. This aspect of training, the quality workout, is essential in trimming those PR's we're always chasing.

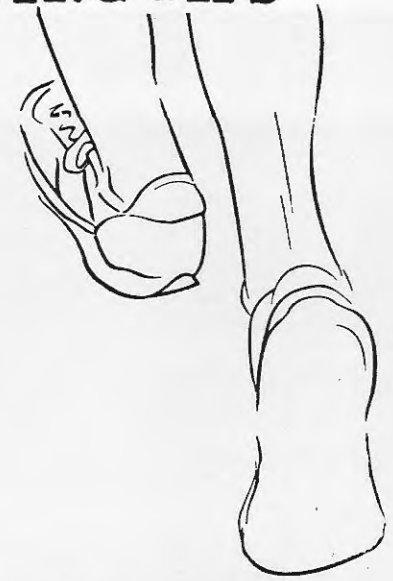
If you find that you're one of those who would like to develop the "fast-twitch" in those quads, Earl Scott has some tips that you won't want to miss. A faithful trackster himself, Earl has some pointers that you'll find useful in planning the track work necessary for optimal racing at short, medium and long distance events. This clinic is meant to appeal to anyone, but the enthusiastic novice might be especially interested.

The plan is to meet at the track of Anne Arundel Community College, have a brief sharing of information, and then put the pointers to the test by doing some interval work on the track.

Bring a towel, some water (or other liquid refreshment) and, by all means your racing shoes. See you there rain or shine!

Place: AACC Track, College Parkway, Arnold MD
Date: 6:00 p.m., Thursday, August 9, 1984

-Pat O'Brien



HELP:
I NEED HELP

by Pat O'Brien

Recently I volunteered (?) to chair the Training/Clinics Committee and now find myself in desperate need of help -- in the form of committee member volunteers. The task at hand is to define the goals of this committee and then brainstorm about their instrumentation.

Three persons are needed, but anyone who steps forward will be welcomed with open arms! If you find that the spirit moves you to join a group dedicated to serving the needs of its running community, please call me at 757-0462.

In order to get our "feet moving" in this regard, I've compiled a checklist of topics in which various Strider members have indicated an interest.

The manner in which the subjects are dealt with depends upon just how much imagination we have. Surely, we can come up with something that appeals to everyone.

Please check the topic(s) below that you would like to learn more about. Should you have more than one selection, prioritize them by number: 1 (most), 5 (least). Any additional suggestions would be gladly welcomed. We on the committee will use this information in our attempts to meet your needs.

Thanks so much.

- Tips for the Beginner Runner
- The Nuts and Bolts of Directing a Race
- Special Nutritional Needs for the Physically Active
- Injuries (Indicate the specifics)
- Exercise and Stress Management

Your ideas/comments:

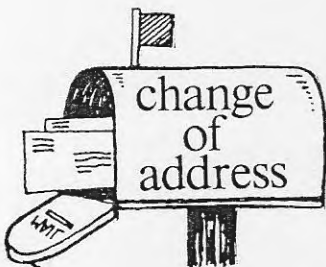
Mail or give to: Pat O'Brien
807 Chestnut Tree Drive
Annapolis, MD 21401

ATTENTION TRAVELING STRIDERS

People in other places like to know about our club activities. When you are planning to travel to a race, even in Baltimore or Washington, please call the Strider Hotline (268-1165) to tell us when and where you're going and how we can get in touch with you before you go. Then, we might ask you to take some race entry forms or other materials with you for distribution.

Don't forget to phone the Hotline or a Streak editor with your race results immediately upon your return.

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.



MONEY NEWS



TREASURER'S REPORT

ANNAPOLIS STRIDERS, INC.
Cash Flow Statement
Period ending May 31, 1984

Cash Balance as of May 31, 1984		
Checking	\$ 540.95	
Savings*	<u>245.20</u>	
		786.15
* \$800 transferred to checking		
Cash Balance April 30	<u>1122.61</u>	
Decrease	<u>(336.46)</u>	
Income		
Shirts	36.00	
Biathlon - includes shirts	705.50	
Triathlon	592.00	
Dues	505.25	
Correction	<u>.50</u>	
		1839.25
Expenses		
S.R. High School Track Club (Cherry Pit)	296.45	
C&P Telephone	23.77	
Printing Streak	388.85	
Shirts	406.12	
Printing - letterhead/envelopes	209.50	
Printing Dues Notice	74.00	
Stamps & Mailing	35.00	
Computer use	121.11	
Insurance - Bi/Tri	430.00	
Trophies - Bi/Tri	<u>190.91</u>	
	<u>2175.71</u>	
	<u>336.46</u>	

Cash Flow Statement
Period ending June 30, 1984

Cash balance as of June 30, 1984		
Checking	\$1078.69	
Savings	<u>245.20</u>	
		1323.89
Cash balance May 31	<u>786.15</u>	
Increase	<u>537.74</u>	
Income		
Shirts	24.50	
Equipment Rental	100.00	
Dues	628.00	
Bank correction	<u>7.25</u>	
		759.75
Expenses		
C&P Telephone	32.11	
New Member List & Labels (MVB)	36.60	
Biathlon/Triathlon Awards	50.00	
J&J Silkscreening(Bi/Tri)	103.30	
	<u>222.01</u>	
	<u>537.74</u>	

WOMEN'S RACING

AGRESSIVE RUNNING PLACES TEAM

This spring saw the first appearance of the Annapolis Striders' Women's Teams. Yes, that is a plural...teams. We had two teams at the Bonne Bell 10km Race at Hain's Point on May 13th. The team size could be from three to five runners, with the first three finishers scoring. Since six women showed interest in the Bonne Bell, the Striders had an "A" and "B" team (only for lack of a better term).

We were all pleasantly surprized with the results:

	Place	Time
Liz Kisenwether	15th	39:01
Chari McLean	18th	39:33
Pat O'Brien	23rd	40:26
Elaine Shereika	46th	42:27
Linda Buttner	90th	44:09
Maureen Lamb	126th	45:14

The Bonne Bell race had 1848 official finishers-meaning all the Strider women finished in the top 10%!

Pat, Chari and I formed the "A" team, finishing 2nd in the team competition behind the Rock Creek Striders...the perennial powerhouse team. The Bonne Bell showed the potential and talent that exists within the Annapolis Striders - as I had suspected. It showed you shouldn't be afraid to go out and enter a race as a team member: we were all pleased with the results, especially since the Bonne Bell is one of the largest women's races in the East.

Thanks again to Maureen, Linda, Elaine, Pat and Chari - you're all to be congratulated!

FOOTNOTE: With the help of Doug Pond, we've ordered 18 women's singlets (blue or aqua nylon with white mesh on the bottom half). More singlets can be ordered, depending on demand. The singlets are similar to the men's singlets, with ANNAPOLIS STRIDERS across the front. I will contact everyone, probably by a phone call and in the Streak, when the singlets come in...hopefully by the Annapolis 10 Miler!

-Liz Kisenwether



RUNNING HEALTHY

ON THE ROAD: IT'S EAT AND RUN

Competition runners realize the importance of proper nutrition as a major ingredient in athletic performance and most follow a well-planned training regimen.

But that regimen can break down when a runner travels to another city to compete in an important race or marathon. Suddenly, meals are grabbed on the run, probably chosen from a hotel or coffee shop menu. In these circumstances, getting the foods needed for peak performance and endurance can require some planning.

Dr. Nathan J. Smith of the University of Washington's Department of Sports Medicine and author of Food For Sport says meals taken away from home can be a major problem for competing athletes.

"An athlete must make sure he has enough to eat and drink before competition. If a runner doesn't eat properly, he'll under-perform," says Dr. Smith.

Smith recommends a daily intake of 55-60 percent complex carbohydrates, 25-30 percent fat and 15 percent protein, and believes that athletes should increase their carbohydrate consumption for three or four days before competition. He maintains that there's no need for dietary supplements if a diet is chosen from a variety of foods.

Carbohydrates are the chief and most efficient source of fuel for the muscles and, especially, the brain. During light to moderate exercise, the body draws 40-50 percent of its energy from glucose as fuel. But as exercise prolongs and increases in intensity, the body switches to fat for as much as 75 percent of the energy demand. Glycogen, the muscle sugar made from carbohydrates serves as a fuel during long periods of maximum muscle contractions.

Dr. Smith says, "Athletes need abundant muscle carbohydrate stores when they are sent into competition. Studies show that muscle glycogen and carbohydrate depletion are directly related to fatigue."

As for protein, it may be the most over-rated food on an athlete's menu. The average American eats two-to two-and-a-half times his recommended daily allowance of protein and some athletes consume three to five times as much as is needed. Most of the excess ends up as stored fat or is excreted.



"They serve well balanced meals here, and they'refast too."

"High protein diets are losing favor. We can no longer say protein increases performances and it's expensive. Starches and grains are inexpensive and healthier than foods with high fat contents," says Dr. Smith.

TIPS FOR A HIGH ENERGY DIET

Here are some suggestions for foods that conform to the guidelines outlined by sports medicine specialists and that are readily available in most coffee shops or restaurants:

Breakfast:

- o Fresh whole fruits, e.g., grapefruit, banana, orange OR freshly squeezed orange or grapefruit juice OR cantaloupe.
- o Hot cereal with skim milk.
- o Soft-boiled or poached egg on whole wheat toast.
- o Cold whole-grain cereal with skim milk.
- o Peanut butter on enriched English muffin or toast

Lunch:

- o Pineapple juice, sandwich made with chicken or lean beef slices on whole wheat bread, lettuce wedge with 1 tablespoon of dressing, sponge or angel food cake.
- o Water-packed tuna or salmon on whole wheat or enriched white bread, fresh fruit salad with 1 tablespoon dressing, sherbet.
- o Low-fat cottage cheese, fresh fruit, whole wheat toast.
- o Split pea soup, enriched roll, tossed salad, applesauce.
- * If fast-food is all that's available, opt for pizza. A typical slice has 15 percent protein, 27 percent fat and 58 percent carbohydrate. Pick up a fresh apple or pear to supplement.

Dinner:

- o Broiled fish, e.g., sole, halibut, red snapper, cod; rice, steamed green vegetables, mixed green salad with 1 tablespoon dressing, bran muffin or enriched bread with 1 pat butter or margarine, fruit compote.
- o Small broiled veal chop, steamed vegetable, baked potato with 1 pat butter, a slice of whole wheat bread, fresh fruit.
- o Broiled scallops with lemon, rice, green vegetable, bread, small tossed salad and fruit.
- o Broiled chicken, baked potato, green peas, cole slaw, bread or enriched roll, fruited gelatin.
- o Lasagna, mixed green salad with dressing, whole wheat or enriched white bread, sherbet or fresh fruit cocktail.

Snacks:

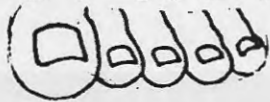
- o Fresh fruits, juices, Graham crackers.

Dr. Smith says competing away from home can present another pitfall: "The surest way to compromise one's well-being and ability to perform muscle work is to eat alone under irregular and unplanned circumstances.

"The quality of the diet is directly proportional to the environment in which it is eaten. Athletes must be urged to plan their meals so that they can be enjoyed in pleasant surroundings with nice people."

—Elaine Benvenuto

FOOT NOTES



HEEL PAIN IS A PAIN IN THE HEEL

by Joseph L. Bramante, Jr., D.P.M.

Not a day goes by that a busy podiatry office, especially one treating athletic injuries, does not see a patient with a chief complaint of heel pain.

Heel pain is a general term and may involve any area of the heel bone itself and vary widely as to the specific cause. Many inflammatory diseases including different forms of arthritis and numerous disease states may exhibit themselves in part as heel pain. Fortunately, however, most of the typical heel pain or plantar fasciitis or heel spur syndrome that one sees is not caused by a serious illness or disease, but rather the cause is a biomechanical or structural problem that can usually be diagnosed and treated with a minimum amount of "down" time to the patient or runner.

The most common symptom or complaint is one of pain on the bottom and inside part of the heel bone, especially painful with the first step or two out of bed in the morning or after sitting long periods of time. The pain may range from exquisite tenderness to a dull ache. Generally, there is no history of trauma or arthritis and often no visible signs of swelling or redness in spite of the pain. This is the classic heel bursitis or plantar fasciitis and is actually caused by a traction or pulling of the long supporting strap or plantar fascia from its attachment on the bottom of the heel bone. Because living bone is very rich in blood and nerve supply, there will be bleeding at the location causing inflammation or irritation of the lining around the bone and the fascia itself. Over a period of months or years this localized bleeding or inflammation may calcify forming the plantar heel spur. Fortunately the spur itself is not generally the cause of the pain, only an x-ray finding that indicates chronic stress, therefore rarely requiring surgical removal.

The primary cause for this pulling effect is a foot that rolls in or pronates beyond the normal limits thus unlocking the foot and causing an unstable foundation at heel strike.

Other contributory factors may include stress from lack of shock absorption due to hard running surface, lack of sufficient warm up, overuse, an overweight runner, and often poorly constructed or worn out shoes.

Diagnosis involves a thorough general and lower extremity examination with particular attention paid to the location of the pain and history that the patient relates. X-ray exam is sometimes performed to rule out possible stress fracture, bone cysts or lesions or possible systemic causes.

Treatment may involve a variety of different regimes or alternatives. With particularly painful cases, rest and ice massage may prove beneficial as well as a course of aspirin or other oral non-steroidal antiinflammatory medications.

Injections with local anesthetics and steroidal medication are also employed for particularly painful or resistant cases generally in conjunction with a physical therapy modality such as ultrasound. Also included are strappings, various heel wedges and shock absorption materials to limit hyperpronation and control impact stress.

Again proper fitting shoes with good heel support or control and shock absorption potential is essential for those cases where heel pain is present.

Cases where simple wedging does not properly or completely control any foot imbalances, custom orthotic devices work well to further relieve the symptoms associated with hyperpronation.

As with all running injuries, long layoffs can be avoided with early recognition and treatment and close attention to equipment and a well planned and sensible running program.

—Joe Bramante is an athlete and practicing Annapolis podiatrist.

OVERHEARD AT THE RACES



"I was heartened when I ran Clyde's, I could have qualified for an age division award. Yeah, 'Women Over Fifty.'"



WELCOME TO THOSE WHO HAVE
RECENTLY JOINED THE STRIDERS

Joseph Pesce
Bill Burlison
Timothy Blewett
David Nelson

James Shell
Warren Cooper
Lynne Skallos

TRAINING TIPS

by Pat O'Brien

MOORE'S MARINES CALLS FOR VOLUNTEERS

Ben Moore has once again volunteered his talents and time in assuming the leadership of Moore's Marines for the fifth year. Anyone who has participated in this training regimen can attest to the effort and patience required of its leader -- our Colonel Moore does it like no other!

This year Ben has some personal goals he'd like to achieve that will limit the time he can devote to the Marine Corps Marathon training. One of these includes running the Berlin Marathon in September. Because we want to afford Ben some freedom to pursue these goals, yet still have the privilege of his direction during the three month training schedule, the need for volunteer assistance arises.

Specifically, we are looking for individuals who will assist Ben in accomplishing some of the "busy work" associated with the training protocol. Tasks that will require volunteer time and effort include: persons to put out water along the training course; persons to man the water stops; participants who would "substitute" for Ben during his absence.

Anyone moved by the spirit of "helping those who help themselves" please contact Ben Moore (268-3832). Let's give him the kind of response we can all be proud of!

Following are Ben's "standing orders" for marathon training along with a daily training schedule and an alternative every other day schedule. (Newcomers please note, LSD is the abbreviation for long, slow distance. RP is race pace.)

MOORE'S MARINES V

MARATHON TRAINING '84

By Ben Moore

When should one begin training for a marathon?

There are two equally important factors to be considered in answering this question. The first consideration should be the physical conditioning plateau one has reached. The second factor is a mental commitment -- a desire to complete a marathon -- and a willingness to do the training. So, it takes a mental and physical toughness to train for and successfully complete a marathon.

What training base should I have before starting training to run a marathon?

Let's assume two things. This is your first marathon and you are just interested in completing the marathon -- enjoying the run and not hurting yourself physically. That is a good goal for a first marathon.

If one has a good running base of 4-5 miles daily without feeling any ill effects, one can begin a 3 month training cycle and compete in a "first" marathon. A 4-5 mile base is generally attainable after 1-2 years of a regularly scheduled running program. A base of only 2 miles is simply not enough and I would not advise anyone to try even the training program for a marathon. The individual is the only one who truly knows his own limits. But we all know that limits can be changed and stretched and increased and most folks can run a marathon if they really want to make that commitment.

What kind of a training program should I follow?

Start at your own base level. One should plan to improve that base over the three month period. A gradual increase in mileage is recommended. Consistency in your training program is important. First timers need reminding -- don't push too hard too soon. Be patient. Large mileage isn't needed to accomplish that initial marathon goal. You might find that your body needs a recovery day between long (6-8 miles or longer) runs. Everyone must do the long slow training runs. And these LSD (long, slow distance) runs must also be gradually increased over the 3 month cycle to give one several runs of 16-18, maybe a 20 mile training effort at least 2 weeks before race date.

If one is aiming to run a 4 hour marathon and that's a reasonable goal, one must do some training runs at a faster pace than that pace which one plans to run the race. Then the race will be easy and pleasant and an enjoyable event. Figure out what pace you need to run a 4-4 1/2 hour marathon. Don't forget the 8 water stops! When the cannon goes boom, start out at that pace and just stay there. Keep your cool, enjoy your first one and you'll enjoy others even more!

Where will the Striders ("Moore's Marines") start training for the Marine Marathon?

The first training run (an 8 mile LSD) will begin on 28 July (Saturday at 7:00 a.m.). The meeting place is the usual vicinity -- Equitable Bank at Annapolis Mall -- Intersection of Rt. 450 & Defense Highway. Sunday runs are scheduled for 7:30 a.m. from the Navy Stadium -- the Annapolis 10 mile course.

A schedule is outlined below. This daily program must be modified to fit your own schedule and adjusted to accommodate your body's response.

To run faster, one must train at a faster pace. And if one is shooting for a 3 hour marathon, a completely different look at training must be taken. Rest and recovery is an important aspect of any program. Don't be afraid to take a day off and go swimming, biking or just "briskly" walking. Be rested for your long runs on Saturday. Take Sundays off and recover! Running can change your body and give one a new outlook on life and it can be enjoyable. Don't let it become a "tyrant"!

See you on 450!

Oooh Rah!

(continued on next page)

MARATHON TRAINING SCHEDULE

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY (1984)	
JULY	22		23		24		25		26	4E (EASY)	27	JULY	28
SUNDAY'S RUN OPTIONAL		4H (HARD) *		6E (EASY) *		4H (HARD)		6E (EASY)		-REST- (RUN OPTIONAL)		8 L.S.D. = 32 (LONG SLOW DIST)	
	29		30	JULY	31	AUG.	1		2		3	AUG	4
8 L.S.D.		4H		6E		4H		6E		4E		10 L.S.D. = 42	
AUG.	5		6		7		8		9		10		11
10 L.S.D.		4H		6E		4H		6E		4E		10 RACE PACE (R.P.) = 44	
	12		13		14		15		16		17		18
10 L.S.D.		5H		6E		5H		6E		5E		12 R.P. = 49	
AUG.	19		20		21		22		23		24	AUG	25
10 L.S.D.		5H		6E		5H		6E		5E		10 ANNA. 10 MI. WORKERS RUN = 47	

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
AUG.	26		27		28		29		30	AUG.	31	SEPT	1
ANNAPOLIS 10 MI.		6H (HARD)		8E (EASY)		6H (HARD)		8E (EASY)		(4E) REST		12 RACE PACE = 54	
SEPT.	2		3		4		5		6		7		8
10 L.S.D.		6H		8E		6H		8E		4E		14 R.P. = 56	
	9		10		11		12		13		14		15
10 L.S.D.		6H		8E		6H		8E		4E		16 R.P. = 58	
SEPT.	16		17		18		19		20		21	SEPT.	22
10 L.S.D.		6H		8E		6H		8E		4E		16 R.P. = 58	

* H = 15-30 SEC./MI. FASTER THAN R.P. E = 15-30 SEC./MI. SLOWER THAN R.P.

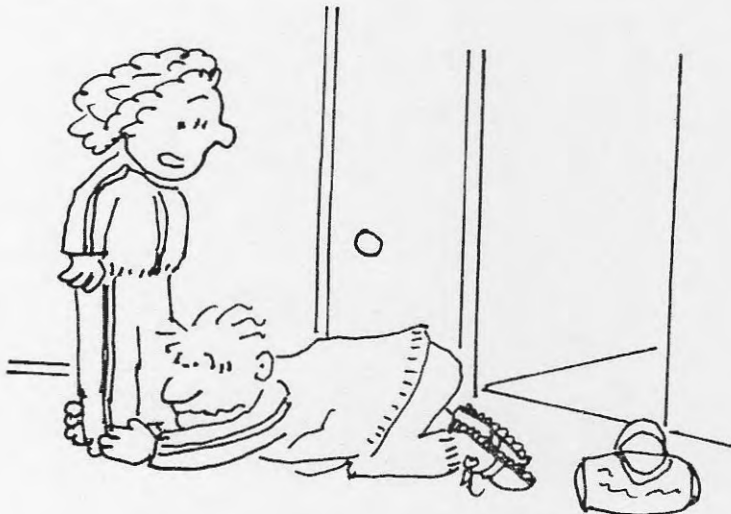
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY (1984)	
SEPT.	23		24		25		26		27	6E (EASY)	28	SEPT	29
10 (OPTIONAL)		6H (HARD)		8E (EASY)		6H (HARD)		8E (EASY)		-REST- (RUN OPTIONAL)		18 RACE PACE = 62	
SEPT.	30	OCT	1		2		3		4		5	OCT	6
10 L.S.D.		6H		8E		6H		8E		6E		18 RP = 62	
BERLIN MARATHON													
OCT	7		8		9		10		11		12		13
10 L.S.D.		6H		8E		6H		8E		6E		20 RP = 64	
	14		15		16		17		18		19		20
10 L.S.D.		6H		8E		6H		8E		6E		20 RP = 64	
OCT.	21		22		23		24		25		26	OCT.	27
10 L.S.D.		6H		8E		6H		8E		6E		18 RP = 62	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OCT. EY SCHOOL 10K (REST) 28	29	30	OCT. 31	NOV. 1	2	NOV. 3
N.Y. MARATHON	8H	6E	4E	2E	REST STRETCH	REST STRETCH = 26
NOV. 4	5	6	7	8	9	10
USMC MARATHON	REST	2E	4E	4E	4E	REST = 14
11	12	13	14	15	16	17
REST	4H	6E	4H	6E	REST	10 LSD = 30
18	19	20	21	22	23	24
REST	4H	6E	4H	REST THANKSGIVING	REST	NOV. 14 RACE PACE = 28
NOV. 25	26	27	28	29	30	1
10E	4H	6E	4H	6E	REST	DEC 16 RACE PACE = 46

AN ALTERNATE—EVERY OTHER DAY SCHEDULE

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
July 22-28	Rest	B/S/W	6 mi.	B/S/W	6 mi.	Rest	8 LSD
29-Aug. 4	Rest	B/S/W	6 mi.	B/S/W	6 mi.	Rest	10 LSD
Aug. 5-11	Rest	B/S/W	6 mi.	B/S/W	6 mi.	Rest	10 R.P.
12-18	Rest	B/S/W	6 mi.	B/S/W	6 mi.	Rest	12 R.P.
19-25	Rest	B/S/W	6 mi.	B/S/W	6 mi.	Rest	10 mi. Worker's Run
26-Sept. 1	Annap. 10 mi. run	B/S/W	8 mi.	B/S/W	8 mi.	Rest	12 R.P.
Sept. 2-8	Rest	B/S/W	8 mi.	B/S/W	8 mi.	Rest	14 R.P.
9-15	Rest	B/S/W	8 mi.	B/S/W	8 mi.	Rest	16 R.P.
16-22	Rest	B/S/W	8 mi.	B/S/W	8 mi.	Rest	16 R.P.
23-29	Rest	B/S/W	10 mi.	B/S/W	10 mi.	Rest	18 R.P.
Sept. 30-Oct. 6	Rest	B/S/W	10 mi.	B/S/W	10 mi.	Rest	18 R.P.
7-13	Rest	B/S/W	10 mi.	B/S/W	10 mi.	Rest	20 R.P.
14-20	Rest	B/S/W	10 mi.	B/S/W	10 mi.	Rest	20 R.P.
21-27	Rest	B/S/W	10 mi.	B/S/W	10 mi.	Rest	18 R.P.
28-Nov. 3	Key School 10K	B/S/W	8 mi.	B/S/W	4 mi.	Rest	Rest
Nov. 4	MARATHON!						

B/S/W = Bike/Swim/Walk
or just calisthenics and stretching - 60 min.



"Did you enjoy marathon training, Dear?"

THOUGHTS ON RACE DIRECTING

by Pat O'Brien

WHAT YOU GIVE:

- ...time for planning
- ...a little effort to instrument
- ...a pinch of skill (bargaining for prizes and volunteers)
- ...a handful of luck

WHAT YOU RECEIVE:

- ...a generous measure of satisfaction
- ...watching others enjoy the fruits of your labors

My personal thanks to those who helped make the One-Mile Track Race "run" so smoothly: Don Waddington, Bob Walters, Doug Pond, Bill Wandel, Winnie Hittle, and Susan Bonner.

COOKIN' ON THE RUN

Carolyn Downing brought this granola recipe with her from "Bay to Breakers" land, San Francisco. It packs a punch of energy.



CAROLYN'S 'YOUTH IN A BOWL'

Buy 1/2 cup of the following and put into large baking pan:

Coconut, almonds, filberts, walnuts, cashews, pumpkin seeds, barley flakes, wheat flakes, rye flakes, oat flakes, bran, wheat germ, sesame seeds, sunflower seeds and anything else you like from your healthy food store.

Melt together:

1/2 cup oil, 1/2 cup turbino sugar,
2/3 cup honey, 1/2 cup water.

Stir above mixture into this Ambrosia. Bake at 225° for 1 hqr, stirring every 10 min. When cool add 1/2 cup raisins and 1/2 cup dates.

Eat plain or with milk. Prepare to become addicted.

24 HOUR RELAY

WHEN THE GOING GETS TOUGH...

Last year the Striders had two teams, a men's masters and a co-ed team at the 24-Hour Relay. How many said "Never Again!?" If that is the case we need an infusion of new blood. It requires the endurance to run some 22 or so separate miles over the 24 hour period. You don't have to be a hot shot, you just have to be persistent. Everyone promises that after you recover you will be a faster runner.

The famous 24-Hour Relay starts at noon Saturday, August 4, and ends at noon Sunday, August 5. It will be held on Mullins Field Track at Ft. George G. Meade. Showers are available during the whole event for participants and tents are set up for shelter.

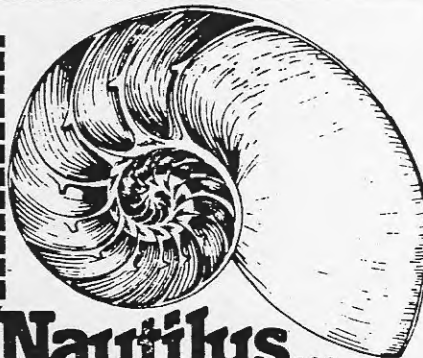
Don Waddington is going to head up the Striders men's masters team of 40-year-olds and older. To sign up call him at 956-2061. To sign up for the co-ed team (all ages) call Bill Vogenitz 974-1998.

Volunteers are vitally needed to record each runner's time. Timers work two-hour shifts. If you can help, get in touch with one of the above. If you can't run you can get a vicarious pleasure out of timing and watching. You will say, "I've never seen anything like it before," since other events are being run at the same time.



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4TH ANNUAL

FATHERS DAY

10K

June 17, 1984



RACE RESULTS

MEN

Place	Name	Age	Time
1.	Bob Oberti	36	34:13
2.	Mike Van Beuren	31	34:48
3.	Matthew Mace	23	34:56
4.	Don Anderson	32	35:48
5.	Eric Peltosalo	34	35:55
6.	Jim Kisenwether	26	35:59
7.	Terry Eplee	30	36:27
8.	Bill Conroy	40	37:08
9.	Demetrios Fotos	28	37:34
10.	Louis Carvalho	15	37:38
11.	Jim Woodcock	40	38:07
12.	Ben Mathews	46	38:19
13.	Rick Smith	32	39:16
14.	Doug Pond	45	39:37
15.	Pramod Reheja	15	39:42
16.	Liz Kisenwether	28	39:51
17.	Dennis Gott	24	39:58
18.	Bill Wandel	40	40:00
19.	Milton Taylor	51	40:01
20.	Robert Muzzuco	37	40:01
21.	Richard Wein	42	40:36
22.	Mike Chamberlain	40	40:42
23.	Bob Phillips	47	40:53
24.	Don Kennedy	36	40:59
25.	Donald Henderson	46	41:01
26.	Bob Leo	32	41:16
27.	Dick Shea	33	41:41
28.	Bob Walters	34	41:53
29.	Krista Pierpont	15	42:20
30.	Will Scott	34	42:48
31.	William Bracero	26	43:46
32.	Jim Fratino	50	43:51
33.	Norman Alton	37	44:07
34.	Eric Fromm	38	44:09
35.	Earle Myers	34	44:10
36.	Jim Storey	43	44:20
37.	Arnie Henderson	47	44:30
38.	Paul Herman	39	44:40
39.	Andre Sandison	16	44:41
40.	Emil Markulis	45	45:02
41.	John Logis	45	45:48
42.	John Sherwood	42	45:52
43.	Ken Thorn	49	45:53
44.	Jeff Beatty	37	46:00
45.	Robert Shaffer	35	46:35
46.	Molly Sinclair	20	46:42
47.	Ronald Jones	34	47:08
48.	Bill Vogenitz	36	47:28
49.	Earl Scott	44	47:32
50.	Allen Stallings	49	47:37

Worker's Run

Nancy Waddington - Time: 56:45

Division Winners

WOMEN

Overall
Liz Kisenwether 39:51

15 - 19
Krista Pierpont 42:20

20 - 29
Liz Kisenwether 39:51
Molly Sinclair 46:42
Nancy Novak 55:20

30 - 39
Louise Zeitlin 48:12
Susan Bonner 48:54
Jody Roberts 49:56

40 - 49
Delma Miller 52:32
Puddie Littlehales 58:40

50 and over
Martha Kinsinger 50:35
San Chastain 51:10
Yvonne Aasen 53:48

Overall
Bob Oberti 34:13

14 and under
Andrew Thomas 48:10
Billy White 54:00
John Straub 57:38

15 - 19
Louis Carvalho 37:38
Pramod Reheja 39:42
Andre Sandison 44:41

20 - 29
Matthew Mace 34:56
Jim Kisenwether 35:59
Demetrios Fotos 37:34

30 - 39
Bob Oberti 34:13
Mike Van Beuren 34:48
Don Anderson 35:48

40 - 49
Bill Conroy 37:08
Jim Woodcock 38:07
Ben Mathews 38:19

50 and over
Milton Taylor 40:01
Jim Fratino 43:51
Ben Moore 48:13

TIMES OF OUR LIVES



MOTHER/SON SET PRs



"I think I created a monster," Louise Zeitlin said in describing her 10-year old son, David's first 10K. "He loved it and he's ready to do another one." David had never run over 3 miles at a stretch before. He kicked it in, ahead of his mother, at 60 minutes at the Run for the Arts 10K. "He wears his tee-shirt with pride," said Louise.

Next day at the Father's Day 10K Louise kicked in a PR of 48:12. She attributes this unique accomplishment to Ben Moore's helpful pacing. "I had never run so fast in my life," Louise concluded.

STRIDER'S MILE

1-MILE TRACK RACE
JULY 14, 1984

Heat #1: "Kids" 14 and under

1. Joe Aben	5:32
2. Andrew Thomas	6:17
3. Chris Fromhey	6:18
4. John Straub	7:16
5. David Zeitlin	7:16
6. Anne-Marie Radice	8:36
7. Susan Radice	9:39

Heat #2: Men 50 and over

1. Milton Taylor	5:41
2. John O'Hara	5:43
3. Ben Moore	5:54
4. Dale Vogel	6:30
5. Eric Haars	6:37
6. Leo Meadows	6:51
7. Joe Ryan	7:05
8. Don Waddington	7:07
9. Guy Riccio	7:11
10. Arnold Galiano	7:14
11. John Wall	11:51

Heat #3: Women 15 and over

1. Pat O'Brien	5:36
2. Betty Impellizzari	6:29
3. Delma Miller	6:33
4. Susan Bonner	6:44
5. Louise Zeitlin	6:45
6. Joy Donlin	6:46
7. Rae Jean Goodman	6:57
8. San Chastain	6:59
9. Yvonne Aasen	7:08
10. Anne Chamberlain	7:11
11. Martha Kinsinger	7:14
12. Nancy Spear	7:17
13. Betty Moore	7:27
14. Joanne Radice	7:41
15. Bobbie Darwick	9:54

Heat #4: Men 15-29

1. Nut Hall	4:41
2. Charlton Archard	4:43
3. James Goodman	4:46
4. Jeff Long	4:49
5. Matthew Mace	4:57
6. Tony Carvalho	4:59
7. Mark Yerkes	5:00
8. Demetrios Fotos	5:00
9. David Wandell	5:07
10. Bruce Holt	5:08
11. Eddie Anderson	5:16
12. Hank Jiles	5:31
13. Stephen Davis	6:09

Heat #5: Men 30-39

1. Lou Chosla	4:51
2. Tor Lokrheim	4:52
3. Eric Peltosalo	4:55
4. Norm Alton	5:09
5. Dick Shea	5:30
6. Rick Smith	5:31
7. Will Scott	5:43
8. Earle Meyers	5:44
9. Howard Beard	5:51
10. Mike Blackstone	6:10
11. Michael Smith	6:14
12. Ron Lyst	6:23
13. Jonas Legum	6:30

Heat #6: Men 40-49

1. Bill Conroy	4:57
2. Jim Woodcock	5:16
3. Joe Clorety	5:18
4. Bob Phillips	5:26
5. Mike Chamberlain	5:28
6. Bill Wandel	5:31
7. Doug Pond	5:34
8. Bert Rice	5:35
9. Mike Long	5:51
10. Earl Scott	5:58
11. John Logis	6:13
12. Allen Stallings	6:22
13. Alan Wycherley	6:25
14. Evan Thomas	6:27
15. Lee Patrick	6:50

ANNAPOLIS STRIDERS TRIATHLON



SATURDAY, MAY 19



Place	Name	Age	Times			Change	Bike	Total
			Swim	Change	Run			
1	Richard Shinnick	18	22:25	2:34	49:39	0:55	53:08	2:08:42
2	Reginald Hohme	38	25:24	1:36	53:42	0:59	52:26	2:14:05
3	Don Anderson	32	26:19	3:02	52:14	1:09	55:22	2:18:07
4	John Mickley	23	28:26	1:56	52:06	0:43	57:46	2:20:57
5	Carl Brown	30	32:42	2:38	50:20	1:16	54:50	2:21:46
6	David Morrison	28	28:34	2:08	51:57	0:35	59:45	2:22:45
7	Tad Heinz	26	30:51	3:37	55:45	1:20	57:18	2:28:52
8	deindre Wagner (F)	28	31:00	3:03	60:35	2:03	59:47	2:36:27
9	Kevin Quigley	31	27:20	3:09	59:37	3:07	63:29	2:36:42
10	Bob Walters	34	28:21	2:25	61:13	0:47	64:55	2:37:41
11	Ray Rondall	40	30:08	3:37	64:36	2:57	58:36	2:39:53
12	Liz Kisenwether (F)	28	35:54	3:10	56:20	1:02	63:54	2:40:19
13	Jack Esrey	50	35:42	2:25	62:50	0:37	59:26	2:41:05
14	Jeff Saccele	20	40:42	2:04	63:00	1:37	60:33	2:47:56
15	George John	51	35:31	3:57	67:49	0:39	62:03	2:47:58
16	Pete Costello	40	42:50	3:39	62:03	1:57	62:44	2:52:13
17	Moureen Lamb (F)	22	32:52	3:42	65:29	1:59	69:42	2:53:44
18	Brad Lenoard	50	41:42	4:19	60:41	1:29	68:26	2:56:55
19	Benny Gamblin	42	41:11	6:43	62:00	2:46	64:17	2:56:57
20	Dale Price	33	39:02	9:08	64:52	2:31	62:35	2:57:07
21	Lynn Kristianson (F)	33	34:21	5:59	70:45	0:49	65:57	2:57:50
22	Edward Abramic	51	40:15	5:19	69:34	3:42	64:08	3:02:05
23	Stephen Porter	28	43:56	6:10	60:12	0:53	71:34	3:02:43
24	Rodney Fru	27	38:56	3:31	69:23	1:45	70:29	3:04:03
25	Roland Horn	33	41:34	2:17	66:20	1:58	73:34	3:04:44
26	John Join	20	41:59	5:55	61:59	1:57	74:10	3:05:51
27	John Church	37	41:34	5:39	64:48	2:29	71:35	3:06:03
28	Patricia Pallas (F)	35	34:43	3:19	69:29	2:24	79:45	3:09:39
29	Richard Michell	26	40:29	3:57	75:23	4:17	68:17	3:12:22
30	William McMonagle	38	49:13	8:40			78:36	3:13:36
31	Dan Folk	31	60:34	4:06	68:18			3:14:27
32	Neil Fox	34	46:17	3:16	69:21	1:21	77:21	3:17:36
33	Eddie Anderson	20	62:51	3:28	64:03			3:31:00
34	Clay Stevens	24	58:52	5:18				3:36:17
35	Joann Lindblade (F)	25	40:23	3:10	78:13	1:43	92:49	3:36:18

SORRY, RESULTS OF THE BIATHLON WERE NOT AVAILABLE





WHAT'S COMING UP

1984 ANNAPOLIS STRIDER EVENTS CALENDAR THRU DECEMBER

(All official Striders events are underlined)



PLEASE CALL HOTLINE OR RACE DIRECTOR TO CONFIRM TIME AND PLACE
HOTLINE (301) 268-1165

<u>DATE</u>	<u>TIME</u>	<u>RACE - RUN - DISTANCE</u>	<u>LOCATION</u>	<u>DIRECTOR</u>
July 28 Saturday	7:00 A.M.	<u>Moore's Marines Marathon</u> <u>Training begins to Nov. 4</u>	Annapolis Mall Rt. 450 & Defense Hwy.	Ben Moore 268-3832
July 29 Sunday	7:30 A.M.	<u>Marathon Training Runs</u>	Navy/Marine Corps Stadium, Annapolis	Ben Moore 268-3832
2nd Monday of each month	7:30 P.M.	<u>Annapolis Striders</u> <u>Board Meeting</u>	Arundel Center Annapolis	Gerte Spadone 841-6894
August 1 Wednesday	6:00 P.M.	<u>Truxtun Park Series</u> <u>1 & 4-Mile Fun Runs</u>	Truxtun Park Spa Cove, Annapolis	Mike van Beuren Hotline 268-1165
August 4-5 Saturday & Sunday	12 noon to 12 noon	Twenty-Four Hour Relay	Ft. George G. Meade Mullins Field Track	Don Waddington 956-2061 Bill Vogenitz 974-1998
August 8 Wednesday	6:00 P.M.	<u>Truxtun Park Series</u> <u>1 & 4-Mile Fun Runs</u>	Truxtun Park Spa Cove, Annapolis	Mike van Beuren Hotline 268-1165
August 9 Thursday	6:00 P.M.	<u>Speed Workout Clinic</u> <u>by Earl Scott</u>	Anne Arundel C. College College Pky, Arnold, MD	Pat O'Brien 757-0462
August 12 Sunday	7:30 A.M.	<u>8K Race (4.97 miles)</u> <u>#6 Club Champ Series</u> <u>and Ben Moore's Marathon Tips</u>	Anne Arundel Com. College Arnold, Maryland	Pat O'Brien 757-0462
August 15 Wednesday	6:00 P.M.	<u>Concluding Truxtun Park</u> <u>Series 1 & 4-Mi. Fun Runs</u>	Truxtun Park Spa Cove, Annapolis	Mike van Beuren Hotline 268-1165
August 25 Saturday	7:00 A.M.	<u>WORKER'S RUN FOR</u> <u>9th ANNAPOLIS 10-MILE RUN</u>	Navy/Marine Corps Stadium	Nate Betnun 263-8512
August 26 Sunday	7:30 A.M.	<u>9th ANNAPOLIS 10-MILE RUN</u> <u>(Entries closed)</u>	Navy/Marine Corps Stadium	Mike van Beuren 301/268-1165
September 2 Sunday	8:00 A.M.	<u>Five-Mile Run</u> <u>#7 Club Champ Series</u>	Severna Park High School Benfield & Robinson Rds.	Hotline 268-1165
Sept. 9 Sunday	1:00 to 6:00 P.M. or later	<u>Striders Family Picnic/</u> <u>Fun Day</u> <u>ALL STRIDERS AND THEIR</u> <u>FAMILIES INVITED</u>	Truxtun Park Annapolis (Call Hotline or Betty to confirm place and/or get directions)	Betty Impellizzeri 757-5857
Sept. 23 Sunday	8:00 A.M.	Severn River Run 15K (Benefit Heart Fund)	Annapolis City Dock Annapolis	Jim Katcef 224-2393
October 6 Saturday	8:30 A.M.	Cystic Fibrosis Run For Breath 10K & 2-Mile Fun Run	Truxtun Park Annapolis	Bob Saunders Balt. 269-1388 Wash. 261-4969
October 14 Sunday	8:00 A.M.	<u>Metric Marathon 26.2K</u> <u>(16.2 miles)</u> <u>#8 Club Champ Series</u>	Southern High School Harwood, MD	Will Scott 267-8013
October 28 Sunday	9:00 A.M.	Key School 10K (6.2 miles)	Key School 534 Hillsmere Dr. Annapolis	Ann Beach 263-9231 day 269-0985 evening

(continued on next page)

ANNAPOLIS STRIDERS

1984 CALENDAR CONTINUED

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

<u>Date</u>	<u>Time</u>	<u>Race - Run - Distance</u>	<u>Location</u>	<u>Director</u>
November 4 Sunday	9:00 A.M.	9th Annual Marine Corps Marathon (26 miles, 385 yards)	Washington, D.C. SASE Marine Corps Marathon, P.O. Box 188, Quantico, VA 22134; or Athlete's Foot	Entry forms:
November 10 Saturday	9:00 A.M.	Turkey Trot 5-Mile Race 1-Mile Fun Run & 100-Yard Tot Trot	Downs Memorial Park Pasadena, MD	Tom Donlin 987-9600
Nov. 25 Sunday	10:00 A.M.	<u>Cold Turkey 20K (12.4 miles)</u> <u>#9 Club Champ Series</u>	South River High School Rt. 214, Edgewater, MD	Ken Thorn 263-9549
December 30 Sunday		<u>Anniversary Run 15K (9.3 mi.)</u> <u>#10 and last Club Champ Series</u>		Bill Wandel 672-3164

CLUB CHAMPIONSHIP SERIES 1984 DATES

ANNAPOLIS STRIDERS 1984 CHAMPIONSHIP SERIES: Five of the ten series races have been run. You only need to run five of the ten championship races to be eligible for an award. You must be a member of the Annapolis Striders. Your best six race finishes count towards your total score. Your worst four championship race finishes are not included. The object is to participate—you receive 35 points for any race that you miss or did not finish. If you have participated in any of the five races and do not see your name in the results, please contact Bill Vogenitz at 974-1998.

5K	March 3 ✓
10 Mile	April 1 ✓
2 Mile	April 14 ✓
10K	June 17 ✓
1 Mile	July 14 ✓
8K	August 12
5 Mile	September 2
26.2K	October 14
20K	November 25
15K	December 30

ADVERTISING

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

Business card....\$10	Half-page.....\$35
Quarter-page.....\$20	Full-page.....\$50

Yearly rates available

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ANNAPOLIS STRIDERS

questionnaire

* * * * *
Your help is needed if the ANNAPOLIS STRIDERS are to continue to provide a schedule of quality running events and races. We need both race directors and race day workers. If every active ANNAPOLIS STRIDERS member would volunteer to work just one race during the year, we would have no shortage of help.

Also, the Race Committee would like to get your comments on the kinds of running events and races we should schedule. We have scheduled more shorter races to balance the number of longer races. We have scheduled some Saturday races in addition to our Sunday races. Please let us know your preference. After all, this is YOUR club!

Therefore, the following questionnaire is being presented to allow you the opportunity to both volunteer to work the race of your choice and to help determine which running events and races we should schedule. Please review the questionnaire and CIRCLE your choices. Space has been left for your comments, which are always welcome.

1. What is your favorite race distance?
 - A. 1 or 2 miles
 - B. 3 to 5 miles
 - C. 6 miles or 10K
 - D. 7 miles to 15K
 - E. 10 to 13.1 miles
 - F. 15 to 20 miles
 - G. 26.2 miles/marathon
 - H. Greater than 26.2 miles
 - I. Other:
2. What is your favorite race day and time of day?
 - A. Saturday morning
 - B. Saturday afternoon
 - C. Saturday evening
 - D. Sunday morning
 - E. Sunday afternoon
 - F. Sunday evening
 - G. Other:
3. Would you like our races to have more or fewer prizes and awards?
 - A. More prizes and awards (higher entry fees)
 - B. Fewer prizes and awards (smaller entry fees)
 - C. Other:
4. What type of other events would you participate in?
 - A. 24 hour relay
 - B. 2 person/10 mile relay
 - C. Biathlon (run and bike)
 - D. Triathlon (swim, run and bike)
 - E. Tetrathon (4 events: 440-880-1 mile-2 miles)
 - F. Fun runs
 - G. Other:
5. Do the ANNAPOLIS STRIDERS schedule enough running events?
 - A. Schedule more events
 - B. Schedule fewer events
 - C. Schedule is satisfactory as is
6. Additional comments please:
*
*
*
*
7. Yes, I would like to volunteer to be a race director for the following race or event:
*
*
8. Yes, I would like to volunteer to be a race day worker for the following race(s):
 - A. 5K race (Feb./March)
 - B. 10 mile Cherry Pit (March/April)
 - C. 2 mile track (April)
 - D. 10K Father's Day (June)
 - E. 1 mile track (July)
 - F. 8K race (August)
 - G. 5 mile SPSHS (Sept.)
 - H. 26.2K Metric Marathon (Oct.)
 - I. 20K Cold Turkey (Nov.)
 - J. 15K Anniversary Run (Dec.)

NAME:
TELEPHONE:

Please fill in your NAME and TELEPHONE number and send to:

Bill Vogenitz
1187 Highview Drive
Annapolis, MD 21401