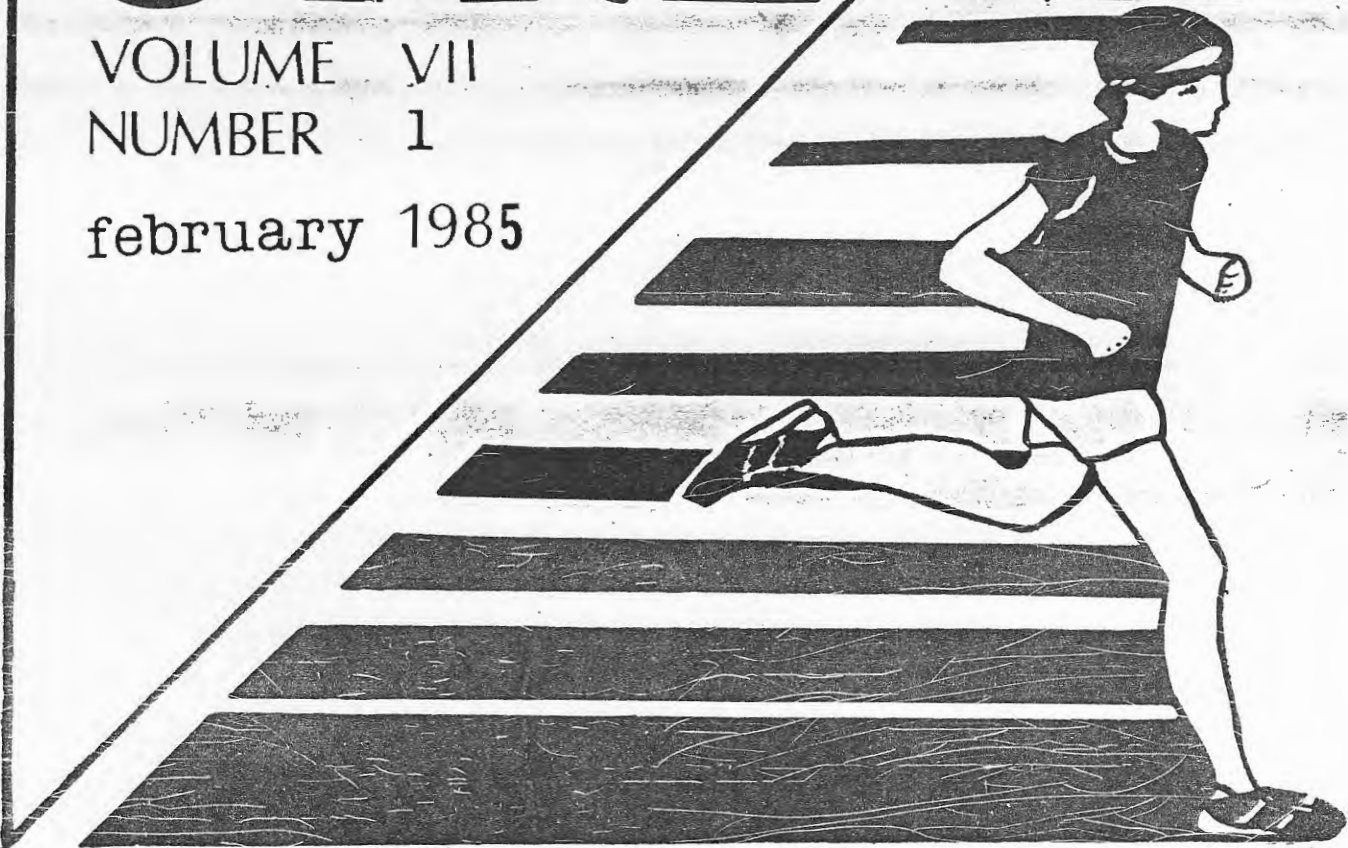


# STREAK

VOLUME VII

NUMBER 1

february 1985



## ANNAPOLIS STRIDERS

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

BULK RATE  
U.S. POSTAGE

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Non-Profit Organization



# STREAK

# ANNAPOLIS STRIDERS

volume VII number 1

february 1985

## OFFICERS

		Home	Work
President	Don Waddington	956-2061	(202) 692-7287
Vice-President	Bill Law	647-5015	
Secretary	Gerte Spadone	841-6894	
Treasurer	Ken Thorn	263-9549	

## CHAIRMEN

Race Runs, Co-Chr.	Bill Wandel	672-3164	
	Bill Vogenitz	974-1998	
Publicity	Eric Peltosalo	261-5484	(301) 268-1121
Newsletter	Yvonne Aasen	647-0879	
Membership	Mike van Beuren	269-1796	(301) 268-1165
Property/Awards	Doug Pond	841-6853	(202) 376-6544
Training/Clinics	Pat O'Brien	757-0462	
Annapolis 10-Mile Run	Mike van Beuren	269-1796	(301) 268-1165 Hotline

## STREAK STAFF

Editor	Yvonne Aasen	647-0879
Layouts & Graphics		
Assistant Editor	Lee Turowski	757-4793
	Carolyn Downing	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 DRAWINGS

It's the start of a new year, and that means it is time for the annual meeting and the election of a new slate of officers. I have enjoyed serving as your President for the past two years. The job is easy when you are supported by hard-working members of the Board of Directors. And you can be sure that the efforts of each member is deeply appreciated. I do not plan to run for President this year. I feel it is time for someone new to take over. I do plan to continue serving the club by sharing my experiences and by assisting others to direct races, run ultra-marathons, or just start running. After all, how many have started over as many times as I have?

Depending on your point of view, you could say that 1984 was just not my year. Being operated on twice for the removal of malignant tumors can sure put a crimp in anyone's running program. However, I feel that I am a very lucky individual. You see, in both cases, it is only because of my running that the problem was found in the early stages. In the first case, a long run aggravated the condition causing bleeding. In the second case, a trace of blood in the stool, which runners can have, but the case is unknown, started an investigation which led to the discovery of a growth in the liver. There is no connection between a growth in the liver and blood in the stool. As things stand, I have a good chance of a total cure. Who can guess what additional time, with corresponding disease progress, it would have taken for either problem to manifest itself if I were not a runner. You can bet I am back running.

For anyone who would like to obtain a more healthful supply of food, Organic Farms in Beltsville, MD is a wholesale supplier of organically grown food. That is, food grown without chemical fertilizers, insecticides, herbicides, fungicides, fumigants, etc. They supply large groups such as co-ops, but will sell to the public on Saturdays from 10 a.m. to 4 p.m. If you're interested, let me know. I have their catalog listing vegetables, nuts and seeds, grains, fruit, cereal, beans, juices, etc. If there is enough interest, perhaps we can start our own co-op.

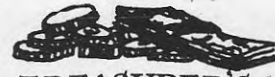
The Striders were well represented at the JFK 50 mile Run with Pat O'Brien setting the pace for a finishing time of 7 hours, 48 min. Of seventeen Striders only one did not finish. Finishing times for all Striders are in this issue.

The first Bay Bridge Run will take place on April 21. If you are not able to run and are interested in working the race, contact Mike Van Beuren. See you on the road!

*Don Waddington*



# MONEY NEWS



## TREASURER'S REPORT

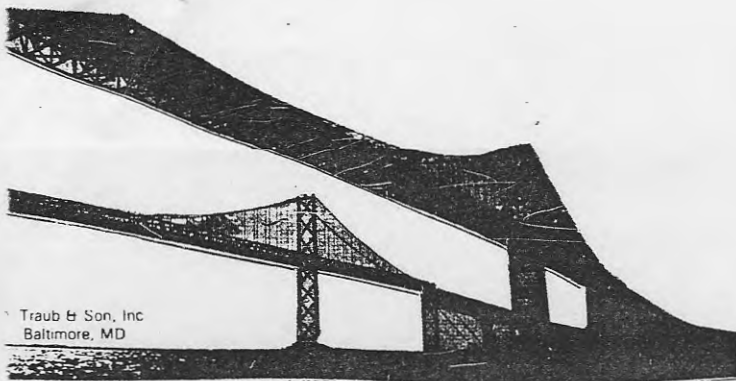
ANNAPOLIS STRIDERS, INC.  
Cash Flow Statement  
Period Ending November 30, 1984

Cash balance 11/30		
Checking	\$2220.00	
Savings	245.30	
		<u>2465.30</u>
Cash balance 10/31		2783.34
Decrease		<u>318.04</u>
Income		
Dues	349.50	
Cold Turkey	196.00	
Metric Marathon	67.46	
Shirts - Cold Turkey	95.00	
Streak Ads	105.00	
Equip. Rental - Rugby Club	75.00	
Bank Adjustment	14.00	
		<u>901.96</u>

Expenses		
Cold Turkey Shirts (3 years)	547.70	
P.O. Box rent	26.00	
Mailing permit	60.00	
Fitness Assn. Membership (P.O'Brien)	20.00	
Telephone	19.67	
Printing Streak	484.50	
Equip. Storage (1 month)	48.00	
Cold Turkey Supplies	14.13	
		<u>1220.00</u>
		<u>\$318.04</u>

ANNAPOLIS STRIDERS, INC.  
Cash Flow Statement  
Period Ending December 31, 1984

Cash balance 12/31		
Checking	\$2333.29	
Savings	245.30	
		<u>2579.59</u>
Cash balance 11/30		2465.30
Increase		<u>113.29</u>
Income		
Dues	507.00	
Cold Turkey Run	15.00	
Merchandise	14.50	
Streak Ad - Sport Tours	50.00	
Equip. Rental - Key School	125.00	
		<u>711.50</u>
Expenses		
Membership List - Van Beuren	66.00	
Printing Streak	467.02	
C&P Telephone	17.19	
Mini Warehouse Storage	48.00	
		<u>598.21</u>
		<u>\$113.29</u>



Traub & Son, Inc  
Baltimore, MD

## THE GOVERNOR'S BAY BRIDGE RUN

CELEBRATE THE BAY!

The Annapolis Striders proudly announces the addition of a new 10 Kilometer road race to its race schedule!

The Governor's Bay Bridge Run will be held Sunday, April 14th at 8:00 A.M. This event was conceived with the idea of celebrating the many new initiatives to clean up and maintain the Chesapeake and is being put on under the auspices of the Governor's office and the Maryland Department of Natural Resources. The race will be run across the older span of the Chesapeake Bay Bridge from the Eastern Shore to Sandy Point State Park. A run of this kind is a dream come true for many area runners.

Held on the same day as the annual Bridge Walk, this race is bound to be extremely popular. Please be advised that there is limited entry to this event: 3,000 runners, first come first served. If you want to run this race, mail in the entry form found elsewhere in this issue as soon as possible. Get copies of this form to your friends quickly.

We are also looking for race volunteers for this effort. Many jobs are available, including some which will allow you to run in the race too! All race workers who sign up in advance will get a special commemorative T-shirt. Sign up today by calling Kathy Fitzpatrick at 269-2787 (daytime) or the Strider Hotline, 268-1165 (24 hrs.) Please leave your name, phone numbers, and address.

-Michael van Beuren,  
Race Director

## EDITORS REMARKS

**WHAT A TEAM:** Emily and Bruce Morse, Carol Huddy, Guy Riccio, Marv Aasen and I put the Streak together, all bundled and labeled for the December mailing. What a team! And thanks to Lee Turowski for making phone calls.

**MY FAVORITE RACE:** I wasn't prepared. I was determined, however, to finish even though I hadn't had time to train properly for the Anniversary Run 15K held on the Naval Academy grounds. It was the last race of the Club Champ Series. I knew I was in trouble when I felt as if I would have heat stroke in the unseasonable 80-degree weather on December 29. I probably looked bad too because I noticed Bill Ammon hovering nearby on his bike offering an extra drink of water. The cool breeze off the river felt good. I struggled on. I knew I was a serious contender for last place when a tourist stopped me and asked directions to the chapel...

**DEADLINE:** The deadline for the April newsletter is March 12. You're welcome to mail copy to my home address: 13 Sunset Drive, Severna Park, MD 21146. Thanks for all contributions.

-Yvonne Aasen



Caricature by Irv Finifter



WELCOME TO THOSE WHO HAVE  
RECENTLY JOINED THE STRIDERS

Michael Rubb  
Brenda Callahan  
William McGranahan  
Christopher McGranahan  
Michael McGranahan  
Tom Sandusky  
David Newman  
Martin Valenstein  
Kathleen Valenstein  
Brian Palmer  
Victoria Blasser  
Darlene Dabbs  
Orvid Pratt  
Gale Cromwell  
Peter Buckley  
Curtis Aasen  
Mark Rosasco  
Leo Paszkiewicz  
Doris Paszkiewicz  
Michael Paszkiewicz  
Laura Paszkiewicz  
Andrea Jacoby  
Mark Jacoby  
Debbie Kinner  
Terrie Kinner  
Giles Kinner III  
Julie Katcef  
Robert Savage  
Dayton Trubee

David Williams  
William Shaughnessy  
Thomas Williamsen  
Barry Fitz-James  
Sue Rice  
Jim Wick  
Joan Leanos  
Christine Kamenoff  
Alan Lupfer  
Judith Lupfer  
Jeffrey Lupfer  
Kristin Lupfer  
Lorene Lupfer  
Eric Lupfer  
Denton Muzzuco  
Richard Profozich  
Larry Noll  
Thomas Mark  
Frederick Carson  
Joseph Handleman  
Barbara Riddle  
Lisa Lewis  
Jim Lewis  
Bridget Lewis  
Scott Jay  
Chris Jay  
Kirk Jay  
Laura Hutchinson  
Todd Hutchinson

BULLETIN BOARD

The MD/DC RRCA 10-MILE CHAMPIONSHIP RACE will be held Sunday, February 24, at 9:00 A.M. in Columbia, MD. Last year we had our largest team ever—twenty-six deep (15 required to qualify) and placed fifth instead of last among eight running clubs competing. Both men and women of all ages are invited to run. Call Bill Vogenitz to sign up (974-1998). Carpool from the Annapolis Mall.

NEED A CARPOOL? NEED A RUNNING PARTNER? Leave your message on the Striders Bulletin Boards at The Athlete's Foot, 121 Main Street, Annapolis; or the new Athlete's Foot in the Annapolis Mall next to Pennys. Please date your ad or take it down yourself when it is no longer valid.

Many entry forms are available at the Annapolis Strider Bulletin Boards, The Athlete's Foot, 121 Main St., Annapolis, or The Annapolis Mall next to Pennys. For Annapolis Strider race entry forms, send your long, self-addressed, stamped envelope to: Annapolis Striders, P.O. Box 187, Annapolis, MD 21404. Call the Hotline 268-1165 for confirmation on place, date, and time of races.

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

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.

INDEX OF ADVERTISERS

Best Impressions  
Eric Peltosalo, Attorney at Law  
Universal Physical Conditioning Equipment  
The Athlete's Foot

PEOPLE



IN  
THE NEWS

Bob Wheeler has been working hard the last six months computerizing the Club Championship Series. Thanks Bob. If you have any questions call him at 674-5188.

# BULLETIN BOARD

## NAVY WOMEN'S TRACK MEETS

The schedule for the U.S. Naval Academy Women's Indoor Track Team for the remainder of the '85 indoor season is:

Date	Time	Place
Sat. 2 Feb. '85	6:00 P.M.	Halsey
Sat. 9 Feb. '85	1:00 P.M.	Fieldhouse,
Sat. 16 Feb. '85	5:00 P.M.	U.S.N.A.
Sat. 2 March '85	1:00 P.M.*	"

\* ECAC DIVISION II CHAMPIONSHIPS

Assistance is needed to help the Academy run these meets: finish judges, timers, field officials. The Academy has been generous to the Striders, let's return the favor and help the Navy Track Program. We could use at least 10 finish judges and 8 timers. The more who volunteer, the easier it is to run the meet.

If you can attend and help please call Ben Moore (268-3832) or show up 30 minutes before the meet starts at the Field House.

Keep in mind that we can use the same help for the outdoor track season—schedule will be published later. Check the Bulletin Board at the Athlete's Foot for the indoor and outdoor schedules.

DON'T FORGET THE 10K RACE CLINIC WHICH STARTED ON JANUARY 20 (the coldest day of the year). The weekly track workout will be held as scheduled on Saturdays at 1:00 P.M. at Old Annapolis Sr. High. Its not too late to join the group—all 10K rookies invited as well as veterans. Contact Pat O'Brien for more information (757-0462).

Pat O'Brien & Her Kind:  
I survived the Canal only to find that they put a \*@#\* mountain at the 42-mile mark! When reduced to crawling up the grade, I wished I had died along the C&O. And to think my friends told me about this wonderful race, the JFK!  
-Doug Pond

Doug Pond:  
Your stellar performance in the JFK has qualified you to participate in the ultra dream, the Saint Mary's Marathon. (We've noticed how the 50-Miler had such an impact on you that you've given to fantasizing about the Old Dominion 100.)  
-Pat O'Brien



We don't mean to bug you but...

## STRIDERS' HELP NEEDED

A 10K run will be held by the YWCA in early spring. Since they are putting on their first run, they will need lots of assistance. Anyone interested in being a member of the committee to help organize the event, or anyone who would like to help on race day, please call Mary Simmons at the "Y" at 268-5093 or Louise Zeitlin at 757-1407.



## RUNNERS INTO CROSS TRAINING: TRIATHLON TRAINING CLINIC

Deirdre Wagner, world class triathlete, will conduct a TRIATHLON TRAINING CLINIC on Saturday, March 2, 1985, from 12:30 to 3:30 P.M. in Room 110 at the Arundel Center, Annapolis, MD. She will cover eight topics for both beginners and experienced ranging from, "Is the triathlon for you," to, "What equipment should I buy," with time for questions and answers. Cost: \$5 per person, please—to help cover clinic expenses—pre-registered or at the door. Brochures available at area sport stores or send stamped, self addressed envelope to Triathlon Training Clinic, 239 Hanover St., Annapolis, MD 21401. Phone Deirdre Wagner at 269-1796.

THE SAINT MARY'S MARATHON IS SET FOR Sunday, March 3. This 26.2 mile course is both scenic and gentle—a marathoners delight. The route is well monitored with adequate support and you'll not be slowed by massive numbers of runners—last year's field was less than 100. The sponsoring Elks put on a first class race including a post-race gathering with lots of awards. There is already a group of Striders training for the event. Join us and train through the winter. Come spring you'll be all set to tear up the course on some of those early 10Ks. Call for more info.  
-Pat O'Brien  
757-0462

# Thinking Ahead. . .



## CHANGE OF COMMAND

by Pam Andersen

The March winds blow in a fury of activity in the Strider organization! Not only do we elect new officers, but the various committees are also re-staffed with willing and able volunteers. In an attempt to make you more aware of what the tasks and responsibilities of the many positions involve, we have compiled a brief summary of the responsibilities of each office and committee.

The officers will be elected at the general membership meeting to be held at 7:00 P.M. on March 9, 1985 in the main dining hall of St. John's College. (The awards banquet will follow the meeting. It is not necessary to purchase a banquet ticket in order to attend the general membership meeting.) The nominating committee, appointed by the president, will present a slate of officer candidates. Nominations will also be taken from the floor. If you are interested in holding an office please contact any member of the nominating committee: Pat O'Brien, 757-0462; Doug Pond, 841-6853; Pam Andersen, 267-0524.

If you are interested in serving on any of the committees please contact the newly elected president or call the nominating committee now and we will pass your name on to the new president. The chairpersons of each committee are appointed by the president. The committees described below are committees currently in existence. The president may abolish committees, appoint new ones, or change the duties of existing committees. If you are interested in forming a new committee please contact the president.

### OFFICERS

**President:** Appoints committee chairpersons, presides at general membership meetings and monthly executive meetings; represents the Striders at all public functions and in all contacts or communications with other running clubs or organizations; is responsible for overall running of the Striders in accordance with the by-laws.

**Vice-President:** Presides at meetings in the absence of the president; provides assistance as requested by the president.

**Treasurer:** Responsible for managing and reporting on the financial affairs of the Striders, including: recording and depositing all income; recording and paying all authorized bills; maintaining and balancing the Strider's checking and savings accounts; preparing a monthly cash flow statement for each executive meeting; preparing an annual statement of income and expenses for the annual meeting; advise the officers and committee chairpersons of the availability of funds for proposed expenditures.

**Secretary:** Keeps the minutes and records of all meetings; picks up mail and distributes it; issues membership cards; answers all inquiries to the Striders; excerpts information from monthly executive meetings for printing in the Streak.

### COMMITTEES

**Race/Runs Committee:** Maintains a schedule of events; obtains race directors for each race or run; obtains permission from the Anne Arundel County Parks and Recreation Department to use county school facilities for Strider events; works with individual race directors to ensure an accurate course, permission to use facilities, sufficient help and race workers and anything else necessary to ensure a good, well-managed race.

**Training and Clinics Committee:** Functions as a resource for club members desiring help or information germane to the sport of running; producing articles for the Streak about training tips; sponsoring clinics on selected topics that enhance individual as well as club goals.

**The Streak Committee:** The editor is responsible for publishing the Strider's newsletter, the Streak, six issues a year; supervising committee members help with typing, lay-outs, graphics, collating, mailing, soliciting written articles, photographs, and selling ads.

**Membership Committee:** Maintains a computer listing of members; prints mailing labels; sends out renewal notices; plans membership drives; designs and maintains a supply of membership forms.

**Historian Committee:** Responsible for compiling and keeping all Striders course and race records.

**Publicity Committee:** Maintains a press mailing list; writes press releases; maintains contacts with all local and regional newspapers; coordinates all publicity efforts.

**Mailing Committee:** Responsible for all of the Striders bulk mailings.

**Property and Awards Committee:** Maintains a supply of Strider wearing apparel; fills mailed-in orders for shirts; sells shirts at Strider runs and races; orders awards for Championship Series winners; obtains prices and other information about new equipment purchases.

**Long Range Planning Committee:** Reviews Striders past accomplishments and goals and formulates recommend new goals; studies problem areas and recommends policy and practice changes to overcome the problems.

—COMPILED BY THE  
NOMINATING COMMITTEE

### PEOPLE



IN  
THE NEWS

**Bill Law** volunteered to become our bulk mailing chairman. He will need plenty of help so he's going to inherit the list of names and phone numbers from the Streak editor. Better vet, here is his phone number to get your name on his list: 647-5015.

# AWARDS BANQUET AND GENERAL MEMBERSHIP MEETING

IT'S TIME ONCE AGAIN TO PRESENT AWARDS AND RECOGNITION TO WINNERS OF THE CHAMPIONSHIP SERIES AND OTHER RUNNERS AND PERSONALITIES WHO HAVE MADE OUTSTANDING CONTRIBUTIONS TO THE STRIDERS OR THE SPORT OF LONG DISTANCE RUNNING. THIS YEAR THE STRIDERS WILL HOST AN AWARDS BANQUET TO TOAST AND ROAST AWARD WINNERS AND THE OUTGOING AND INCOMING OFFICERS. PLEASE COME AND JOIN THE CELEBRATION. (THIS MAY BE YOUR ONLY CHANCE TO SEE YOUR FELLOW RUNNERS IN STREET CLOTHES!)

THE BANQUET WILL BE HELD IN THE MAIN DINING HALL AT ST. JOHN'S COLLEGE ON MARCH 9, 1985. IT WILL START AT 8:00 P.M. BANQUET TICKETS ARE \$10 EACH.

AT 7:00 P.M. THERE WILL BE A GENERAL MEMBERSHIP MEETING (WITH COCKTAILS). IT IS NOT NECESSARY TO PURCHASE A BANQUET TICKET IN ORDER TO ATTEND THE GENERAL MEMBERSHIP MEETING.

TO PURCHASE A BANQUET TICKET PLEASE SEND YOUR CHECK MADE PAYABLE TO THE ANNAPOLIS STRIDERS AND THE FOLLOWING RESERVATION FORM TO: BANQUET, ANNAPOLIS STRIDERS, BOX 187, ANNAPOLIS MD 21404. YOU WILL NOT RECEIVE A TICKET IN THE MAIL, INSTEAD, A LIST OF RESERVATIONS WILL BE KEPT AT THE DOOR. NO BANQUET DAY ENTRIES: YOU MUST HAVE A PAID-IN-ADVANCE RESERVATION. DEADLINE FOR RESERVATIONS IS MARCH 1.



**BANQUET**  
FARE: BUFFET WITH

- Roast Beef
- Fried Chicken
- Zucchini Parmesan
- Two Vegetables
- Salad
- Rolls & Butter
- Wine & Beer
- Beverage
- Blueberry Pie



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## BANQUET RESERVATIONS

Reservations are \$10 per person. Make checks payable to Annapolis Striders. Mail by March 1 to: Banquet, Annapolis Striders, P.O. Box 187, Annapolis, MD 21404.

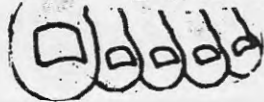
NAME: \_\_\_\_\_

NUMBER OF RESERVATIONS DESIRED: \_\_\_\_\_

Phone numbers: Day \_\_\_\_\_ Evening \_\_\_\_\_



# FOOT NOTES



BABY, IT'S COLD OUTSIDE!

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

As winter has set upon us, so do all the usual aches and pains and inconveniences of running or "playing" in all types of inclement weather. For the grizzled veterans, winter provides a time to perhaps pick up a few steps on a competitor who is more of a fair weather fan of running. But besides the occasional pulled muscle or wet feet or cold hands, there is occasionally and hopefully rarely a more serious potential hazard to winter training.

Cold injuries can be grouped in two main types: non-freezing injuries such as immersion or trench foot, or pernio, both non-freezing type injuries. The other type is an acute freezing injury which is frostbite. Frostbite is the result of exposing the body part to freezing temperatures which cause the actual freezing of the fluid in and between the cells that make up that body part.

This results in a series of complications primarily involving the circulation to the body part leading to eventual cell death.

How quickly all this happens depends on the outside air temperature, coupled with the wind chill factor and whether or not the person has gotten wet. At temperatures of (-25° C) the skin temperature can fall below freezing within a minute. The hands and feet especially exhibit pain with some loss of sensation and stiffness. In a classic case of frostbite, prior to thawing, the part is stiff, cold, pale and pain-free. This can often times mask the severity of the problem. After the part is rewarmed, it becomes red and painful with a return of some of the feeling. Often there will be swelling and blisters may form after a few hours or days. There are actually 4 stages of frostbite ranging from some initial swelling and redness to actual death of the tissues leading to gangrenous changes. Treatment of a cold weather injury should be sought if one suspects damage has taken place if there is blister formation and partial loss of skin.

Treatment will usually consist initially of rewarming the part utilizing whirlpool baths at specified temperatures to minimize the amount of tissue damage. Depending on the degree of injury, treatment may include rest, elevation, analgesia continued hydrotherapy and medication to decrease the changes caused by circulatory compromise to the affected part.

Immersion foot, one of the non-freezing types of injury results from exposing the feet to cold water for extended periods of time. The longer the exposure and the colder the water, the more serious the consequences. Initially this produces coldness, tingling and numbness after rewarming. The skin will have a black and blue appearance, local swelling and pain. This stage can last a few days and is then followed by a period where the pain will increase, skin becomes red and dry with blister formation. This may last for months.

Pernio or chilblains is a condition common in cold wet climates where the top of the hands and front surface of the legs, especially in women are affected because of the occasional lack of protection in that area. After rewarming, the typical signs are a black and blue appearance of the skin, slight swelling and itching and burning. With recurrence in chronic conditions, the symptoms may be more severe with blister formation.

As with most injuries, prevention is of primary importance. The December issue of The Streak presented a good set of sensible guidelines to running in cold wet conditions. Common sense is the key. Protection of body parts is essential. In severe conditions, be on the lookout for problem areas -- specifically the face hands and feet. Call it quits on those days where the potential hazards outweigh the gains.

—Joe Bramante is an athlete and practicing Annapolis podiatrist



## 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

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"/>	\$8.50 each

Add \$1.00 for mailing

## ORDER FORM FOR BUMPER STICKERS

USA ♥ OUR RUNNERS  
Annapolis Striders 268-1165

\$2.00 each

Add 50¢ for mailing

NAME \_\_\_\_\_

PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

AMOUNT ENCLOSED \_\_\_\_\_

ZIP \_\_\_\_\_

The STREAK February 1985

# TRAINING TIPS

by Pat O'Brien

## TO RUN OR NOT TO RUN

During the past months the running community has been deluged with stories by the news media relating how running fits into the picture of heart disease, fitness and risk of sudden death. Any of these might be considered "controversial subjects" because hard-core scientific data are simply not available to substantiate much of the information being published.

Most of us who are runners will continue to indulge in the sport despite the fact that many (probably chair-warmers) view this as self-destructing or at least of questionable value to our health. Nonetheless, knowledge of some of the facts pertaining to heart disease and cardiovascular fitness might serve to clarify existing misconceptions and if appropriate, reinforce the need to alter certain aspects of our lifestyle.

The American Heart Association has defined several risk factors which can increase one's chance of having a heart attack. The three major risk factors are hypertension (high blood pressure), high blood cholesterol levels and cigarette smoking. The others include: stress, family history of heart attack in middle age, diabetes, lack of exercise, high intake of animal fat and obesity.

Statistical studies have demonstrated that having only one of the major risk factors doubles one's chance of a heart attack, and having two quadruples the risk. An individual having all three major risk factors increases his risk to greater than eight times that of a person with no risk factors.

Because of the impact that the major risk factors have on one's potential for developing heart disease, let's examine each of them a little more closely. Hypertension can be broken down into mild, moderate or severe depending upon the actual values of the systolic and diastolic pressures. Readings between 140/90 to 159/94 are considered mild hypertension (120/80 is normal). As the values continue to rise, the severity of the hypertension also increases. Remember that the task of the heart is to circulate blood in a closed system of channels, the blood vessels, and as the pressure in the system rises, the "pump" has to work harder to circulate the blood.

Over time, this persistent increased workload on the heart weakens the muscle and eventually the pump can fail.

The only way to know if you have hypertension is to have your blood pressure taken. If you have been diagnosed as hypertensive, then control via salt restriction, weight loss, and/or medication is paramount. Most often, a treatment modality can be prescribed and if the individual adheres to it, the blood pressure can be maintained in the normal range.

It seems unnecessary to devote much time or space to an explanation of why cigarette smoking is a major risk factor. With respect to the cardiovascular system, smoking increases the pulse rate and simultaneously constricts the blood vessels. The combined effect of the two significantly increases the workload of the heart. In addition, it has been found that "atherosclerosis" or the clogging of blood vessels with fatty deposits is more severe and extensive in smokers.

The role that elevated cholesterol plays in the scenario of heart disease is less easily defined. Cholesterol is a fat that is found in the blood and is derived from a combination of two sources. The foods that we eat account for one source of cholesterol, especially the foods high in saturated fats. For specifics in this category refer to Table I. Not all of the body's cholesterol, however, comes from what we eat. A significant portion is synthesized by the body and has an important place in normal body function. For example, cholesterol is essential in nervous system activities and it is also used by the body in the production of certain steroids, of which the sex hormones are included.

It is excess cholesterol that seems to predispose us to heart disease and hence, the need arises to modify the source over which we have control - our diet. Normal values of blood cholesterol should not exceed 250 mg/dl, however, there is some controversy surrounding this because many of the experts feel that our "normal range" is too high. The trend in the literature of late is to advocate reducing the acceptable norm to 100-150 mg/dl.

The concept of blood cholesterol becomes a little more complex because this substance is linked with another group of compounds called the lipoproteins. Because cholesterol is a fat it will not dissolve in blood which is a water-base medium. In order to circulate through the body cholesterol must first link up with a protein forming a complex called a lipoprotein. The two types of lipoproteins that we most commonly hear about are the high-density lipoproteins (HDL) and the low-density lipoproteins (LDL). HDL appears to be a "good" form of cholesterol because it is believed that this substance scavenges the bloodstream for cholesterol, picks it up, and then takes

(continued on next page)

### HEALTH FAIR FEATURES CORONARY RISK PROFILE

A Health Fair sponsored by Anne Arundel General Hospital will be held at the Annapolis Mall on Saturday, March 9, from 10:00 A.M. to 3:00 P.M. Many different types of health screens will be provided but there are a few that might be of particular interest to runners. For example, there will be a booth featuring a Coronary Risk Profile which is a blood test to determine cholesterol, triglyceride, and high and low density lipoprotein levels. In order for the test results to be valid a 12-hour fast from food and drink is required (water is allowed). You will be charged \$15 to cover lab fees. This is a genuine bargain at 1/3 the price charged by most medical facilities. It also provides a convenient way to obtain this useful information. Considering the data reviewed in the Training Tips article many of us should be motivated to "run" right over to the mall for this health screen.

In addition to the Coronary Profile the Health Fair will feature an interesting variety of tests all of which are free. A partial list includes: blood pressure checks, lung capacity determinations, diabetes screen, and evaluation of orthopedic and foot problems.

Why not take advantage of this unique opportunity to get involved in your health? For additional information please contact Lisa Hillman at 267-1373.

it back to the liver where it is broken down and eventually excreted from the body. The LDL's, on the other hand, do not seem to have this capacity. Consequently, the absolute value for blood cholesterol might be a little ambiguous, and researchers feel that the ratio of LDL:HDL is a more meaningful indicator of the risk factor.

There are many factors which seem to influence the blood cholesterol levels, some of which are not well understood. It is known that the amount of cholesterol contained in one's diet does influence blood cholesterol levels. At present, the American Heart Association is recommending that people limit their daily cholesterol intake to 300 mg.

In the April Streak we will explore the other risk factors and look at the role that exercise plays in cardiovascular fitness. Meanwhile, work on modifications in your diet and lifestyle, if appropriate, and continue running with a "healthy heart"!

### CHOLESTEROL CONTENT OF COMMON FOODS\*

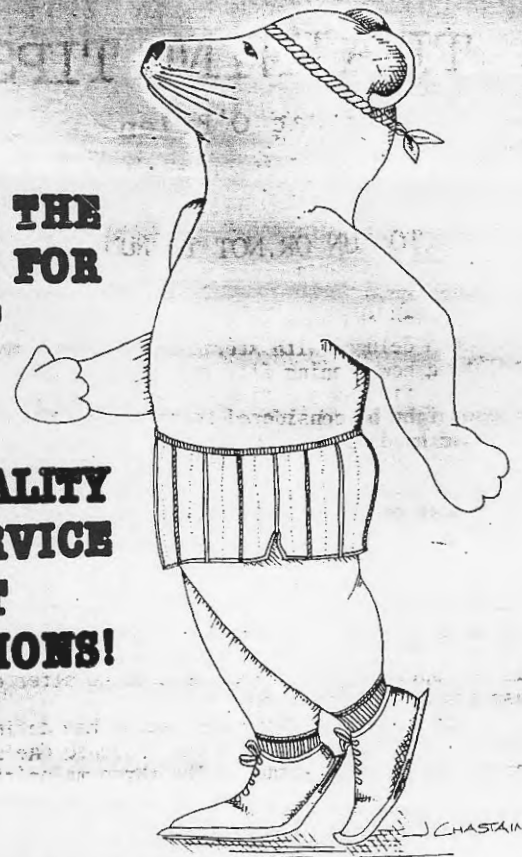
Table I

Foods	Cholesterol (mg)
Beef, cooked, 3 oz.	55-80
Butter, 3½ oz.	250
Cheese, 3½ oz.	
American	87
cheddar	84
cream	120
gouda	33
hoop	1
parmesan	75
Swiss	90
Chicken	
½ breast, no skin, baked	63
drumstick, baked	39
Eggs	
1 egg yolk	240
1 egg white	0
Fish	
fish fillet, 3 oz., broiled	34-75
flounder, 3½ oz., broiled	50
tuna, 3 oz., packed in water	51
Lamb, 3 oz., broiled	83
Milk, 8 oz. serving	
buttermilk	14
skim	2
whole	32
Mutton, 3½ oz., broiled	77
Organ meats	
brains, raw, 3½ oz.	2,000
kidney, raw, 3½ oz.	375
liver, raw, 3½ oz.	320
sweetbreads, 3½ oz.	250
Pork, 3 oz., broiled	70
Shellfish, 3½ oz.	
clams	120
crab	120
lobster	84
oysters	160
scallops	160
shrimp	150
Turkey, 3½ oz., baked	
dark	96
light	61
Veal, 3 oz., broiled	90

\* The American Heart Association recommends a maximum daily cholesterol intake of 300 milligrams for men and 225 milligrams for women.

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**MARCH 9**

**7:00 P.M.**

**ST. JOHN'S COLLEGE  
MAIN DINING HALL**

**Elections**

# MY FAVORITE RACE

## MAYBE NEXT YEAR

by Jonas D. Legum

It seems sort of strange to be writing for the "My Favorite Race" column of the Streak about an event I've never run and, having seen some of the finishers, probably never will. I'm referring to the 22nd Annual JFK 50-Mile Run (50.2 miles for you purists) which was held on Saturday, November 17, 1984.

The race began at the Boonsboro High School at 7:00 a.m., with contestants allowed 14 hours to finish. The weather was cold and windy, but the sun was out and the ground was dry. Approximately 250 ~~runners~~ (sorry about that) brave and hardy souls, of which around 20 were Annapolis Striders, began the race. I was there with Don Kennedy to provide aid and moral support for any Strider who wanted it—as we had not made arrangements with any particular runner.

The first 16 miles were the most difficult, geographically speaking, as the runners had to go up and over several mountains on narrow, winding paths through the woods. Everyone looked so good at Crampton Gap (9.7 miles), that I got excited and started thinking, "maybe next year?" They finally came out of the mountains at Weaverton Cliffs (15.9 miles), where they then began running along the C&O Canal. Many runners thought that this part was the toughest mentally, as the scenery for the next 26.2 miles consists of a relatively flat, straight dirt road with nothing but trees on either side. Finally, at Dam #4 (42.1 miles), the runners leave the Canal, and run the last 8.1 miles on asphalt roads to Williamsport High School, where the race mercifully ends. Even though this final part of the race is on good surface, it is mostly uphill. However, all the Striders who made it to the end of the Canal—although exhausted—were determined to finish, which they did.

Doug Pond and Pat O'Brien had been psyching themselves up for weeks to race against each other. The mind games and verbal "abuse" during this time reminded me of the Army/Navy rivalry. During the race, they basically stayed together until Snyder's Landing (34.6 miles), when Pat began to pull away. I knew Doug was in trouble at this point, as he wasn't saying a word! Pat was hurting but still running well. I volunteered to meet her at the 42-mile mark and run to the finish with her, figuring to keep her going, and also to get in a good workout at what I figured to be a 9:00-minute-per-mile pace. Was I in for a surprise as Pat came off the Canal at a 7:45-per-mile pace! I had to drop out at the 47 mile mark, exhausted and with a bleeding foot. It's a good thing that D.K. also met Pat with me, as he was able to run with her to the finish. Pat was the second female finisher and was 23rd overall. Incredibly, Pat and Doug ran the whole fifty miles!

The best way to finish this race is to follow a predetermined run/walk schedule and to follow it right from the beginning of the race. Old veterans of this race like Don Waddington and Bob Bridges did this, and they looked as good at the finish as at the start (comparatively speaking, of course). Don even went out for dinner later, without showing any ill effects.

Bill Law and I walked the last part with Delma Miller and Betty Impellizzeri, who "blistered" the last mile in 30 minutes. Betty said repeatedly, "I will never, ever run this race again. Never!"

Congratulations to all of the runners who participated. The runners also wish me to offer many thanks to all the people who worked support—as their help was vital.

## TIMES OF OUR LIVES

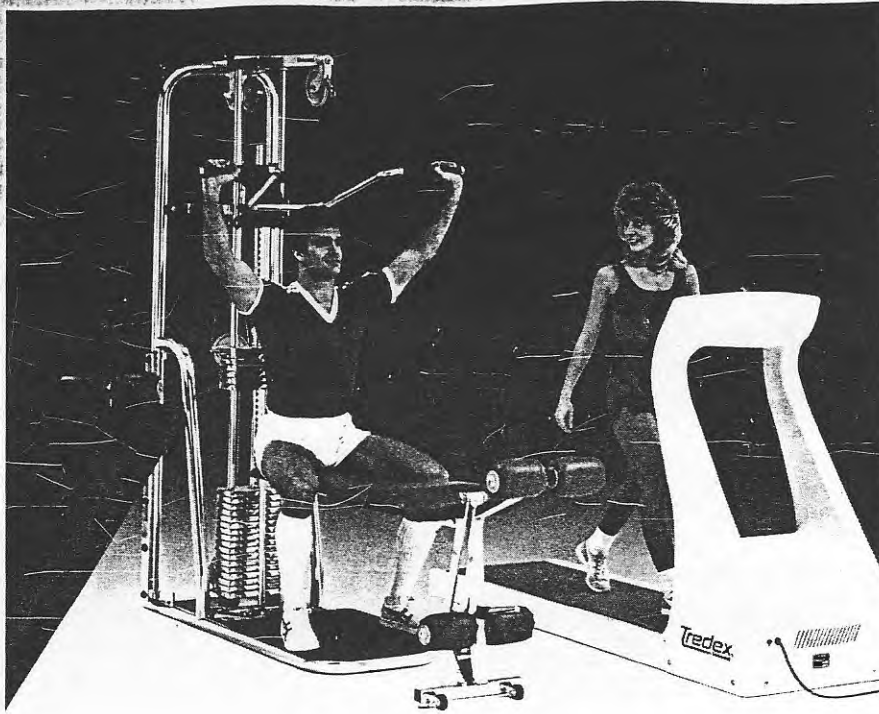
### J.F.K. 50-MILE RUN

Place	Name	Time
19	Mike Adams	7:38:48
23	Pat O'Brien	7:47:34
38	Doug Pond	8:03:10
67	Steve Dilling	8:59:16
85	Don Waddington	9:24:34
86	Joe Walsmith	9:24:34
129	Gary Hill*	10:18:36
138	Chris Ramsey	10:34:11
139	Keith Harvey	10:34:11
155	Bob Bridges	10:48:47
156	Ron Bowman	10:48:59
162	Earl Scott	10:56:04
188	Tom Williamson	11:38:17
193	Luanne Turrentine	11:41:43
194	Bill Wandel	11:43:12
195	John Hall	11:43:19
207	Delma Miller	12:26:51
208	Betty Impellizzeri	12:26:52

\* Our friend from Lincoln, Nebraska



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# COLD TURKEY 20K RUN

NOVEMBER 25, 1984

# RACE RESULTS AND STANDINGS

1.	Joe Pesce	31	70:33
2.	Nut Hall	26	70:33
3.	Mark Rosasco	25	74:08
4.	Bill Conroy	41	74:12
5.	Greg Hill	19	75:36
6.	Mark Yerkes	29	76:25
7.	Steve Rosasco	27	76:55
8.	Terry Eplee	30	78:44
9.	Bill Turrentine	36	79:33
10.	Joe Clorety	42	79:38
11.	Tony Carvalho	16	80:50
12.	Dave Kelble	27	81:14
13.	Ed Anderson	21	81:35
14.	Bob Phillips	48	82:11
15.	Rick Smith	33	82:47
16.	Don Kennedy	37	82:54
17.	Brett Stauts	21	82:56
18.	Branin Thorn	18	83:19
19.	Scott Baker	17	83:20
20.	David Shoemaker	17	83:20
21.	Pat O'Brien (F)	37	83:50
22.	John Grillo	21	84:57
23.	Tom McKee	56	85:37
24.	John Rivard	29	85:52
25.	John Guala	37	86:19
26.	Ron Schumann	39	86:44
27.	Joe Peacock	17	86:49
28.	Brad Leonard	50	87:57
29.	Julie Caprio (F)	24	88:22
30.	Tillman Johnson	42	88:39
31.	Rill Rosser	35	89:22
32.	Dan Clark	44	89:44
33.	Tom Reading	41	90:06
34.	Jim Storey	43	90:46
35.	Milton Taylor	51	91:01
36.	Henry Whitsel	44	91:10
37.	Bill Law	56	91:53
38.	Earl Myers	35	91:54

39.	Dick Shea	37	92:12
40.	Will Scott	34	92:27
41.	Mike Chamberlain	40	92:28
42.	Krista Pierpont (F)	16	92:31
43.	Bob Halpin	41	92:32
44.	Kirk Taylor		93:27
45.	Douglas Murphy	25	93:33
46.	Michael McGuire	31	93:56
47.	Carole Simpson (F)	25	94:08
48.	Ron Jarashow	36	94:29
49.	Robert Donald	45	95:30
50.	Howard Beard	48	96:57
51.	Norman Alton	38	97:20
52.	Page Riddleberger	41	97:20
53.	Ben Moore	59	97:26
54.	Eldon Hawley	43	97:34
55.	?		97:39
56.	?		98:14
57.	Web Chamberlain	53	98:28
58.	Paul Moler	32	98:40
59.	Arnie Henderson	48	98:42
60.	Linda Rogers (F)	34	98:47
61.	Pam Haley (F)	35	99:46
62.	Cathy Frantom (F)	26	100:11
63.	Esther Weisman (F)	53	100:46
64.	George Nislein	44	101:00
65.	Bob Bridges	39	101:58
66.	Thomas Sandusky	40	102:17
67.	Evan Thomas	43	102:51
68.	Jeanne Grillo (F)	23	103:01
69.	Monica Grillo (F)	20	103:01
70.	Michael Smith	34	103:09
71.	Jennifer Peterson (F)	22	103:59
72.	Martha Kinsinger (F)	50	104:14
73.	Buck Cadell	50	104:14
74.	Marilyn Schultz (F)	28	104:56
75.	Mike Impellizzeri	42	105:01
76.	Andrea Anderson (F)	36	105:27
77.	Larry Brandt	41	105:40
78.	Pat Hoffman	41	106:34
79.	Katie Golse (F)	25	107:15
80.	John Hall	37	108:07
81.	Marty Rosenberg	40	108:25
82.	Barbara Kerr (F)	47	108:31
83.	Lori Rose (F)	45	109:24
84.	?		109:40
85.	Joseph Handelman	46	110:18
86.	John Kurpjuweit	39	110:29
87.	Lisa Lowe (F)	26	111:06
88.	Nancy Spear (F)	27	113:23
89.	San Chastain (F)	52	114:18
90.	Jonas Legum	36	114:41
91.	Tom Cann	52	116:32
92.	Marie Hresko (F)	50	117:37

## DIVISION WINNERS

### FIRST WOMAN

Pat O'Brien 83:50

### Women under 20

1. Krista Pierpont 92:31

### Women 20-29

1. Julie Caprio 83:22

2. Carole Simpson 94:08

### Women 30-39

1. Pat O'Brien 83:50

2. Linda Rogers 98:47

### Women 40-49

1. Barbara Kerr 108:31

### Women 50 and over

1. Esther Weisman 100:46

## FIRST OVERALL

Joe Pesce tie 70:33  
Nut Hall

### Men under 20

1. Greg Hill 75:36

2. Tony Carvalho 80:50

### Men 20-29

1. Nut Hall 70:33

2. Mark Rosasco 74:08

3. Mark Yerkes 76:25

### Men 30-39

1. Joe Pesce 70:33

2. Terry Eplee 78:44

3. Bill Turrentine 79:33

### Men 40-49

1. Bill Conroy 74:12

2. Joe Clorety 79:38

3. Bob Phillips 82:11

### Men 50 and over

1. Tom McKee 85:37

2. Brad Leonard 87:57



# ANNAPOLIS STRIDERS 6th ANNIVERSARY RUN

DEC. 29, 1984



Name	Age	Time
1. Stan Fletcher	31	51:25:44
2. Mark Rosasco	25	54:43:43
3. Bill Conroy	41	54:47:02
4. Tom Pollak	25	55:46:92
5. Scott Baker	17	57:03:06
6. Tony Carvalho	16	57:03:51
7. Graham Bartholomew	26	57:52:04
8. Eric Peltsalo	35	59:06:88
9. Don Kennedy	37	59:41:75
10. Eddie Turrentine	21	59:46:99
11. Bill Turrentine	36	1:00:05:41
12. Matt Vace	24	1:01:48:04
13. Bill Moore	39	1:02:07:41
14. Norm Saunders	42	1:02:21:50
15. Pat O'Brien	37	1:02:22:82 (F)
16. Larry Stone	44	1:03:07:75
17. Joe Duffy	43	1:03:18:22
18. Thomas McKee	56	1:03:26:32
19. Joe Peacock	17	1:03:33:00
20. Dick Manasserl	41	1:03:54:51
21. John Harris	28	1:03:59:15
22. Manual Debus	36	1:04:47:79
23. Scott Spear	24	1:04:50:84
24. Doug Pond	45	1:04:52:01
25. Jeanne Grillo	23	1:04:54:47 (F)
26. Al Kubelisa	42	1:05:19:21
27. Mike Schofield	28	1:06:05:96
28. Ken Thorn	49	1:06:11:27
29. Bill Rosser	35	1:06:20:98
30. Jan Stone	32	1:06:35:93 (F)
31. Sean Sweeney	49	1:06:39:96
32. Will Scott	34	1:07:10:73
33. Unknown		1:07:21:24
34. Ted Haynia	35	1:07:38:36
35. Edward Klebe	45	1:07:39:41
36. Krista Pierpont	16	1:07:56:36 (F)
37. Jim Storey	43	1:08:22:00
38. Robert L. Spencer	47	1:08:23:24
39. Susan Kardanian	25	1:09:10:24 (F)
40. Jim Fratino	51	1:09:12:46
41. Eugene Karol	51	1:09:26:25
42. Earle Myers	35	1:09:45:36
43. Norm Alton	41	1:09:46:42
44. Bill Wandel	41	1:10:07:25
45. Unknown		1:10:26:76
46. Rex Myers	33	1:10:27:85
47. Bandit		1:10:43:25
48. Bandit		1:10:43:74
49. Steve McClure	43	1:10:50:70
50. Carole Simpson	25	1:11:24:14 (F)
51. Rick Smith	33	1:11:26:63
52. Susan Bonner	35	1:12:43:83 (F)
53. Greg Holochuost	42	1:12:47:74
54. Unknown		1:13:10:48
55. Paze Riddleberger	41	1:13:21:26 (F)

56. Tom Williamsen	37	1:13:23:31
57. Greg Greene	33	1:13:23:62
58. Andrea Anderson	36	1:13:31:77 (F)
59. Henry Whitesel	44	1:13:38:77
60. Eric Haars	62	1:13:57:08
61. Tim George	24	1:14:01:61
62. Don Ewing	36	1:14:03:11
63. Joe Walsmith	55	1:14:29:94
64. Rick Novak	29	1:14:44:02
65. Cathy Frantom	26	1:14:49:02 (F)
66. Maureen Lamb	23	1:14:57:74 (F)
67. Tom McCarrier	35	1:14:58:43
68. Jennifer Peterson	22	1:15:10:84 (F)
69. Tim Blewett	39	1:15:23:66
70. Bob Bohan	39	1:15:44:47
71. Marie Petrillo	29	1:16:11:11 (F)
72. Howard Beard	38	1:16:22:13
73. Geoffrey D. Cant	47	1:16:26:93
74. Linda Rogers	34	1:17:09:22 (F)
75. Mark Frazer	43	1:17:11:32
76. Tom Wheat	38	1:17:34:56
77. Luanne Turrentine	35	1:17:53:82 (F)
78. James Mylander	44	1:18:07:00
79. Mike Impellizzeri	42	1:18:51:79
80. Bruce Sponster	31	1:18:52:20
81. Brad Baker	46	1:18:52:71
82. Mike McAusland	49	1:19:34:97
83. Dan Fratino	21	1:19:55:08
84. Bill Law	56	1:20:00:71
85. Pete Williams	42	1:20:07:37
86. Delma Miller	42	1:20:07:85 (F)
87. Louise Zeitlin	39	1:20:08:82 (F)
88. Dennis Williams	41	1:20:25:51
89. Bandit		1:20:39:49
90. Darlene Dabbs	30	1:20:49:31 (F)
91. George Nislein	44	1:21:29:95
92. Earl Scott	44	1:23:11:20
93. Buck Cadell	50	1:23:11:84
94. Bandit		1:23:31:60
95. Guy Riccio	64	1:24:07:72
96. Robert Donald	45	1:25:49:52
97. Neil Donnelly	41	1:25:56:67
98. Jennifer Crawford	21	1:25:59:39 (F)
99. Steve Overton	27	1:26:01:68
100. Ron Bowman	34	1:27:42:42

Name	Age	Time
101. Anne Chamberlain	40	1:27:43:08 (F)
102. Betty Impellizzeri	40	1:27:45:87 (F)
103. Nancy Soesar	27	1:27:52:74 (F)
104. Alan Wycherlev	42	1:29:23:04
105. Betty Moore	56	1:29:24:55 (F)
106. Ben Moore	59	1:29:23:05
107. Jonas Legum	36	1:31:20:94
108. Bandit		1:32:21:46
109. Nancy Rick	30	1:33:01:72 (F)
110. Unknown		1:33:01:72
111. Unknown		1:33:25:88
112. Unknown		1:33:30:72
113. Diane Dodson	43	1:33:34:28 (F)
114. Harry Youngling	43	1:33:41:28
115. Yvonne Aasen	53	1:33:43:43 (F)
116. John Winkert	55	1:42:53:59

Men

1. Stan Fletcher 57:03 Pat O'Brien 1:02:23

19 & Under

1. Scott Baker 57:03 Krista Pierpont 1:07:56  
2. Tony Carvalho 57:04  
3. Joe Peacock 1:03:22

20-29

1. Mark Rosasco 54:43 Jeanne Grillo 1:04:54  
2. Tom Pollak 55:46 Susan Kardanian 1:09:10  
3. Graham Bartholomew 57:53 Carole Simpson 1:11:24

30-39

1 Eric Peltsalo 59:07 Jan Stone 1:06:36  
2 Don Kennedy 59:42 Susan Bonner 1:12:44  
3 Bill Turrentine 1:00:05 Andrea Anderson 1:13:22

40-49

1 Bill Conroy 54:47 Delma Miller 1:20:08  
2 Norm Saunders 1:02:22 Anne Chamberlain 1:27:43  
3 Larry Stone 1:03:08 Betty Impellizzeri 1:27:46

50-59

1 Thomas McKee 1:03:08 Betty Moore 1:27:46  
2 Jim Fratino 1:09:12 Yvonne Aasen 1:33:43  
3 Eugene Karol 1:09:26

60 & Over

1 Eric Haars 1:13:57  
2 Guy Riccio 1:24:08

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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.
- ADDITIONAL INFORMATION: 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. PLEASE USE THE SAME NAME ON ENTRY FORMS (THE SAME NAME YOU USED ON STRIDER'S MEMBERSHIP FORM) TO PREVENT NAME MIX-UPS.
- CALL BOB WHEELER AT 674-5188 FOR MORE INFORMATION.

### CLUB CHAMPIONSHIP SERIES 1985 DATES

5K	March 2
10 Mile	March 31
2 Mile	April 13
10K	June 16
1 Mile	July 13
8K	August 11
5 Mile	September 8
26.2K	October 13
20K	November 24
15K	December 29





# CLUB CHAMPIONSHIP SERIES

## RESULTS OF 1984 RACES

WOMEN UNDER 20	5K	10M	2M	10K	1M	8K	5M	25.2K	20K	15K	Less	TOTAL
Krista Flaront	1	35	35	1	35	1	35	35	1	1	140	40
Lisa Frattino	2	35	35	35	35	2	35	35	35	35	140	144
Quadra Rhrback	3	35	35	35	35	35	35	35	35	35	140	178
Anne Marie Straub	35	35	35	35	35	3	35	35	35	35	140	178

WOMEN 20 - 29	5K	10M	2M	10K	1M	8K	5M	25.2K	20K	15K	Less	TOTAL
Liz Kizenwether	1	35	1	1	25	1	1	35	35	35	140	9
Nancy Spear	35	35	35	35	1	3	35	35	10	6	140	23
Carole Simpson	35	2	35	35	35	35	35	4	2	2	140	89
Nancy Novak	35	4	35	3	35	35	2	35	35	7	140	85
Dyan Beall	2	3	35	35	35	35	35	35	35	35	140	145
Jean Grillo	35	35	35	35	35	35	35	3	4	35	140	147
Jennifer Peterson	35	35	35	35	35	35	35	35	6	4	140	150
Lisa Love	35	35	35	35	35	4	35	35	9	35	140	153
Jean Silverman	35	35	35	35	35	35	35	1	35	35	140	176
Julie Caprio	35	35	35	35	35	35	35	35	1	35	140	175
Molly Sinclair	35	35	35	2	35	35	35	35	35	35	140	177
Cindi Fox	35	35	35	35	35	35	35	2	35	35	140	177
Melisa McWethy	3	35	35	35	35	35	35	35	35	35	140	178
Cathy Frantom	35	35	35	35	35	35	35	35	3	35	140	178
Maureen Lamb	35	35	35	35	35	35	35	35	3	3	140	178
Donna Hooten	4	35	35	35	35	35	35	35	35	35	140	179
Sharon Jogle	35	35	35	4	35	35	35	35	35	35	140	179
Marian Turcotte	5	35	35	35	35	35	35	35	35	35	140	180
Robin Rogers	35	35	35	35	35	5	35	35	35	35	140	180
Monica Grillo	35	35	35	35	35	35	35	35	5	35	140	180
Marie Petrillo	35	35	35	35	35	35	35	35	35	5	140	180
Susan Jones	6	35	35	35	35	35	35	35	35	35	140	181
Marilyn Schultz	35	35	35	35	35	35	35	35	7	35	140	182
Katie Golse	35	35	35	35	35	35	35	35	8	35	140	183

WOMEN 30 - 39	5K	10M	2M	10K	1M	8K	5M	25.2K	20K	15K	Less	TOTAL
Pat O'Brien	35	1	35	35	1	35	1	1	1	1	140	6
Louise Zeitlin	2	5	2	1	4	35	5	35	35	6	111	19
Joy Donlin	1	35	3	5	5	3	35	35	35	35	140	25
Betty Impellizzeri	35	4	1	6	2	35	4	35	35	9	140	26
Rae Jan Goodman	4	35	4	7	6	4	6	35	35	35	140	91
Anne Chamberlain	5	6	5	8	7	35	7	35	35	8	140	38
Susan Bonner	35	35	35	2	3	1	35	3	35	3	140	47
Linda Rogers	35	3	35	35	35	35	2	2	4	4	140	50
Joanne Radice	6	35	6	35	6	35	35	35	35	35	140	125
Ginger Aben	3	7	35	35	35	35	35	35	35	35	140	150
Carlene Dobbs	35	35	35	35	35	35	5	35	35	7	140	152
Marta Solonick	35	35	35	35	35	1	35	35	35	35	140	176
Elaine Shereika	35	2	35	35	35	35	35	35	35	35	140	177
Kathy Munger	35	35	35	35	35	2	35	35	35	35	140	177
Jan Stone	35	35	35	35	35	35	35	35	35	2	140	177
Judy Roberts	35	35	35	3	35	35	35	35	35	35	140	178
Gale Cromwell	35	35	35	35	35	35	3	35	35	35	140	178
Pam Haley	35	35	35	35	35	35	35	35	3	35	140	178
Andrei Anderson	35	35	35	35	35	35	35	35	4	35	140	179
Laure Norton	35	35	35	35	35	35	35	35	35	35	140	180
Luanne Turrentine	35	35	35	35	35	35	35	35	35	35	140	180
Susan Ross	35	35	35	35	35	35	35	35	35	35	140	181
Victoria Capewell	35	35	35	35	35	6	35	35	35	35	140	181
Cathie Hall	7	35	35	35	35	35	35	35	35	35	140	182
Margaret Johnston	35	35	35	35	35	35	35	35	35	35	140	182
Elsine Brady	35	35	35	35	35	35	35	35	35	35	140	182
Patricia Bembe	35	35	35	35	35	35	35	35	35	35	140	183
Jan Berge	35	6	35	35	35	35	35	35	35	35	140	183
Chris Metz	9	35	35	35	35	35	35	35	35	35	140	184
Jane White	35	35	35	35	35	35	35	35	35	35	140	184

WOMEN 40 - 49	5K	10M	2M	10K	1M	8K	5M	25.2K	20K	15K	Less	TOTAL
Delma Miller	35	1	1	2	1	1	1	35	35	1	127	6
Martha Kinsinger	2	35	2	1	2	2	3	35	1	35	100	10
Carol Huddy	3	35	35	35	35	4	35	35	35	35	140	115
Ruddie Littlehales	35	35	35	3	35	3	5	35	35	35	140	116
Bobbie Darwick	4	35	35	35	3	35	35	35	35	35	140	147
Vicki Pierpont	1	35	35	35	35	35	35	35	35	35	140	176
Nancy Waddington	35	2	35	35	35	35	35	35	35	35	140	177
Bonnie Denner	35	35	35	35	35	35	2	35	35	35	140	177
Barbara Kerr	35	35	35	35	35	35	35	35	2	35	140	177
Diane Dodson	35	35	35	35	35	35	35	35	35	2	140	177
Lori Rose	35	35	35	35	35	35	35	35	3	35	140	178
Rebbil Moon	35	35	35	35	35	5	35	35	35	35	140	180

WOMEN 50 AND OVER	5K	10M	2M	10K	1M	8K	5M	25.2K	20K	15K	Less	TOTAL
San Chastain	1	35	1	1	1	35	35	1	2	35	140	7
Yvonne Assen	3	3	3	2	2	1	35	35	35	2	103	13
Sue Greinke	2	1	2	35	35	35	35	35	35	35	140	110
Betty Moore	35	35	4	35	3	35	35	35	35	1	140	113
Margaret Cochran	4	2	35	35	35	35	35	35	35	35	140	146
Esther Weisman	35	35	35	35	35	35	35	35	1	35	140	176
Shelia Walsmith	35	4	35	35	35	35	35	35	35	35	140	179

MEN 18 AND UNDER	5K	10M	2M	10K	1M	8K	5M	25.2K	20K	15K	Less	TOTAL
Andrew Thomas	1	35	1	3	2	1	1	35	35	35	140	9
John Straub	3	35	3	2	3	2	2	35	35	35	140	15
David Zeitlin	4	35	35	35	4	25	35	35	35	35	140	148
Billy White	35	35	35	1	35	35	35	35	35	35	140	176
Joe Aben	35	35	35	35	1	35	35	35	35	35	140	176
Brian Kelley	2	35	35	35	35	35	35	35	35	35	140	177

MEN 19 AND UNDER	5K	10M	2M	10K	1M	8K	5M	25.2K	20K	15K	Less	TOTAL
Tony Carvalho	35	35	2	1	6	2	35	35	2	1	140	14
Jeff Long	1	1	1	35	4	1	35	35	35	35	140	43
Charlton Archard	35	2	3	35	2	35	35	35	35	35	140	112
Branin Thom	4	4	35	35	35	35	35	35	3	35	140	116
David Wandell	35	35	35	35	9	3	1	35	35	35	140	118
Chris Zahn	35	35	35	35	35	35	35	35	1	35	140	176
Greg Hill	35	35	35	35	35	35	35	35	1	35	140	176
Matt Schoener	2	35	35	35	35	35	35	35	35	35	140	177
Pramod Reheja	35	35	35	2	35	35	35	35	35	35	140	177
Seth Rosenberg	35	35	35	35	35	35	2	35	35	35	140	177
Brian Garner	35	3	35	35	35	35	35	35	35	35	140	178
Alan Johnson	3	35	35	35	35	35	35	35	35	35	140	178
Andre Sandison	35	35	35	3	35	35	35	35	35	35	140	178
Scott Baker	35	35	35	35	35	35	35	35	4	35	140	179
Bart Williams	35	35	5	35	35	35	35	35	35	35	140	180
David Shoemaker	35	35	35	35	35	35	35	35	5	35	140	180
Joe Pascock	35	35	35	35	35	35	35	35	6	35	140	181
Joe Donnelly	35	35	7	35	35	35	35	35	35	35	140	182

(continued on next page)

MEN 20 - 29

	5K	10M	2M	10K	1M	8K	5M	25.2K	20K	15K	Less	TOTAL
Nut Hall	1	1	1	35	1	1	1	6	1	35	77	6
Jim Kisenwether	9	2	2	35	35	2	9	35	35	35	140	14
Mark Yerkes	7	35	8	35	7	4	2	2	9	35	112	21
Eddie Anderson	4	4	4	35	11	3	35	35	35	3	140	29
Stephen Davis	9	6	5	8	19	6	35	35	35	35	140	47
Mark Rosasco	35	35	5	35	35	35	35	1	2	1	140	109
Matthew Mace	35	35	35	1	5	35	35	35	35	4	140	115
Demetrios Fotos	35	3	35	3	3	35	35	35	35	35	140	119
David Kelbe	35	35	35	35	35	35	35	3	5	35	140	148
Stefan Kessler	35	35	35	35	35	35	4	5	35	35	140	149
Dan Frattino	5	35	35	35	35	35	35	35	35	5	140	159
Mark Ramsey	35	35	35	6	35	5	35	35	35	35	140	151
Stephen Porter	8	5	35	35	35	35	35	35	35	35	140	153
Charles Green	35	35	35	7	35	35	7	35	35	35	140	154
Bob Biddle	2	35	35	35	35	35	35	35	35	35	140	177
Tom Pollack	35	35	35	35	35	35	35	35	35	2	140	177
Dennis Gott	35	35	35	4	35	35	35	35	35	35	140	179
Michael Silverman	35	35	35	35	35	35	4	35	35	35	140	179
Steve Rosasco	35	35	35	35	35	35	35	4	35	35	140	179
William Bracero	35	35	35	5	35	35	35	35	35	35	140	189
Ted Shields	6	35	35	35	35	35	35	35	35	35	140	181

Ed Anderson	35	35	35	35	35	35	35	6	35	35	140	181
Ken Haas	35	35	35	35	35	35	35	35	35	35	140	182
Brett Staubs	35	35	35	35	35	35	35	7	35	35	140	182
Wayne Godwin	35	35	35	35	35	35	35	35	35	35	140	182
John Grillo	35	35	35	35	35	35	35	35	35	35	140	182
Jim Hind	35	35	35	9	35	35	35	35	35	35	140	184
John Rivad	35	35	35	35	35	35	35	35	35	35	140	184
Marvin Terawaki	10	35	35	35	35	35	35	35	35	35	140	185
Alan Peltman	35	35	35	10	35	35	35	35	35	35	140	185
Douglas Murphy	35	35	35	35	35	35	35	10	35	35	140	185
Ralph La Barge	11	35	35	35	35	35	35	35	35	35	140	186

MEN 30 - 34

	5K	10M	2M	10K	1M	8K	5M	25.2K	20K	15K	Less	TOTAL
Eric Peltosalo	9	9	35	9	9	1	35	1	35	2	189	12
Rick Smith	35	9	35	5	6	2	9	35	9	7	112	22
Will Scott	5	5	9	9	7	4	5	35	7	4	58	26
Esrie Myers	7	35	4	10	8	35	6	8	5	5	83	35
Michael Smith	9	35	6	35	11	9	10	14	11	35	119	56
Dick Shea	35	35	2	7	5	35	5	5	6	35	140	60
Winnie Hittle	35	4	35	35	3	4	2	35	35	140	83	83
Don Anderson	1	35	1	2	35	35	35	35	35	35	140	189
Terry Eplee	35	35	35	4	35	35	1	35	2	35	140	112
Steve Rogers	35	35	5	35	35	5	7	35	35	35	140	122
Bill Trepp	35	35	35	35	35	7	9	6	35	35	140	127
Ron Jarashow	35	6	35	35	35	8	35	35	9	35	140	128
Stan Fletcher	35	1	35	35	35	35	35	35	1	140	142	142
Mike Van Beuren	2	35	35	1	35	35	35	35	35	35	140	143
Bill Rosser	35	35	35	35	35	35	35	35	4	3	140	147
Bob Leo	4	35	35	6	35	35	35	35	35	35	140	150
Ron Bowen	35	35	35	35	35	35	35	35	35	35	140	155
Steve Klakring	11	7	35	35	35	35	35	35	35	35	140	158
Paul Moler	35	35	35	35	35	35	35	9	10	35	140	159
Jeff Blair	35	35	35	13	35	35	35	15	35	35	140	168
Joe Pesce	35	35	35	35	35	35	35	1	35	140	176	176
Larry Hackley	35	35	35	35	35	35	2	35	35	35	140	177
Greg Romanorsh	35	35	35	35	35	35	35	3	35	35	140	178
Bruce Soyars	35	35	35	35	35	35	4	35	35	35	140	179
Ed Puzura	6	35	35	35	35	35	35	35	35	35	140	181
Warren Cooper	35	35	35	35	35	6	35	35	35	35	140	181
Rex Myers	35	35	35	35	35	35	35	35	35	6	140	181
Mark Parkhurst	35	35	35	35	35	35	7	35	35	35	140	182
Michael McGuire	35	35	35	35	35	35	35	35	35	35	140	183
Tom Donlin	8	35	35	35	35	35	35	35	35	35	140	183
Bob Walters	35	35	35	8	35	35	35	35	35	35	140	183
Jim Wright	35	35	35	35	35	35	10	35	35	35	140	185
Bob Metz	10	35	35	35	35	35	35	35	35	35	140	185
Bob Dowd	35	35	35	35	35	35	11	35	35	35	140	186

Ronald Jones	35	35	35	11	35	35	35	35	35	35	140	186
Chris Ramsey	35	35	35	35	35	35	35	12	35	35	140	187
Richard Nelson	35	35	35	12	35	35	35	35	35	35	140	187
Michael Hannon	35	35	35	35	35	35	35	13	35	35	140	188
P. B.	35	35	35	35	35	35	35	15	35	35	140	191
J.W. Flickering	35	35	35	35	35	35	35	17	35	35	140	192

MEN 35 - 39

	5K	10M	2M	10K	1M	8K	5M	25.2K	20K	15K	Less	TOTAL
Lou Chesla	2	1	1	35	1	1	1	35	35	35	140	7
Norm Alton	2	2	2	4	4	35	6	35	6	4	82	20
Howard Beard	35	35	35	9	9	35	8	35	5	9	140	46
Mike Blackstone	12	10	10	35	10	5	9	35	35	35	140	53
Jonas Legum	11	11	8	10	13	6	11	15	10	10	50	55
Don Kennedy	35	35	35	35	35	35	5	35	2	1	140	61
Joe Deak	35	35	35	35	35	35	4	35	35	35	140	83
Bill Tarrentine	35	35	35	35	35	35	2	1	2	140	110	
Ron Schumann	6	35	35	35	35	35	3	4	35	140	118	
Eric Fromm	10	6	35	5	35	35	35	35	35	35	140	129
Tim Blewett	35	35	35	35	35	7	12	35	35	7	140	131
John Kumpiweit	35	35	35	35	35	11	35	17	9	35	140	142
Gary McGuffin	1	3	35	35	35	35	35	35	35	35	140	144
Joe Swalbone	35	35	35	35	35	2	2	35	35	35	140	144
Bill Ammon	35	35	35	35	35	2	3	35	35	35	140	145
Dave Bartosevich	7	35	5	35	35	35	35	35	35	35	140	152
Bob Bridges	35	35	35	35	35	35	10	7	35	140	157	
Bob Oberti	35	35	35	1	35	35	35	35	35	35	140	176
Darrell Deen	35	35	35	35	35	35	1	35	35	35	140	176
Tom Lohrheim	35	35	35	2	35	35	35	35	35	35	140	177
Robert Muzzucco	35	35	35	2	35	35	35	35	35	35	140	177
John Guala	35	35	35	35	35	35	35	35	3	35	140	178
Manual Debus	35	35	35	35	35	35	35	35	35	3	140	178
Richard Protozich	35	4	35	35	35	35	35	35	35	35	140	179
Richard Dugan	4	35	35	35	35	35	35	35	35	35	140	179
Bob Trescott	35	35	35	35	35	4	35	35	35	35	140	179
Jon Asher	35	35	35	35	35	35	4	35	35	35	140	179
Steve Dunning	35	35	35	35	35	35	3	35	35	35	140	180
Tom Williamson	35	35	35	35	35	35	35	35	35	5	140	180
Lou Kaluzinski	35	6	35	35	35	35	35	35	35	35	140	181
Paul Herman	35	35	35	6	35	35	35	35	35	35	140	181
Frank Morris	35	35	35	35	35	35	6	35	35	35	140	181
Don Ewing	35	35	35	35	35	35	35	35	35	6	140	181
William Trabue	35	7	35	35	35	35	35	35	35	35	140	182
Jeff Beatty	35	35	35	7	35	35	35	35	35	35	140	182
Milt Sniegowski	35	35	35	35	35	35	7	35	35	35	140	182
Rick Schiese	35	35	35	35	35	35	7	35	35	35	140	182
Ken Utton	8	35	35	35	35	35	35	35	35	35	140	183
Lee Pillsbury	35	35	35	35	35	8	35	35	35	35	140	183
Robert Schaffier	35	35	35	9	35	35	35	35	35	35	140	183
John Hall	35	35	35	35	35	35	35	35	35	8	140	183
Bob Bohan	35	35	35	35	35	35	35	35	35	8	140	183
Steve Van Rees	35	9	35	35	35	35	35	35	35	35	140	184
Rob Smith	35	35	35	35	35	9	35	35	35	35	140	184
Bill Vogenitz	35	35	35	9	35	35	35	35	35	35	140	184
Keith Harvey	35	35	35	35	35	35	9	35	35	35	140	184
Larry Sears	35	35	35	35	35	10	35	35	35	35	140	185
Michael Wiley	35	35	35	35	35	10	35	35	35	35	140	185
Bill White	35	35	35	11</								

MEN 40 - 44	5K	10M	2M	10K	1M	8K	5M	25.2K	20K	15K	Less	TOTAL
Bill Conway	1	1	1	1	1	1	1	1	1	1	4	6
Joe Clorey	2	2	3	35	3	3	5	2	2	35	78	14
Mike Chamberlain	4	5	35	6	4	2	2	35	8	35	113	23
Doug Pond	35	35	4	3	6	35	3	4	35	6	140	26
Jim Storev	9	35	7	7	35	35	8	35	6	7	140	44
Henry Whitsel	35	10	8	35	35	35	7	8	7	12	140	52
Steve Dilling	3	4	35	35	35	6	4	3	35	35	140	55
Bill Wandel	35	35	35	4	5	5	35	6	35	8	140	63
Alan Wycherly	11	22	10	11	9	13	12	35	35	20	112	66
Even Thomas	14	21	11	35	10	35	10	12	14	35	126	71
Earl Scott	12	16	9	9	8	35	35	35	35	18	140	72
Bob Halpin	6	9	35	35	35	8	35	9	9	35	140	76
Jim Woodcock	35	3	2	2	2	35	35	35	35	35	140	79
Neil Donnelly	35	18	12	35	35	12	13	11	35	19	140	85
Lee Patrick	17	19	13	14	11	14	35	35	35	35	140	88
Eric Fradland	8	35	3	35	35	7	6	35	35	35	140	94
Joe Duffy	35	7	35	35	35	35	5	35	3	140	120	
Dick Manasseri	35	35	35	35	35	4	9	35	35	5	140	123
George Nislien	15	35	35	35	35	35	13	12	17	140	127	
Dick Hillman	35	12	6	35	35	9	35	35	35	35	140	132
Al Kubalius	35	6	35	35	35	35	35	35	4	140	150	
Don Pottar	18	20	35	12	35	35	35	35	35	35	140	155
Mike Long	35	14	35	35	7	35	35	35	35	35	140	161
Page Riddleberger	35	35	35	35	35	35	35	35	10	11	140	161
Mike Impellizzeri	35	35	35	35	35	35	35	35	15	14	140	169
Pat Hoffman	35	35	35	16	35	35	35	35	17	35	140	173
M. Rosenber?	35	35	35	35	35	35	15	35	18	35	140	173
Norm Saunders	35	35	35	35	35	35	35	35	2	140	177	
Tillman Johnson	35	35	35	35	35	35	35	3	35	140	178	
Dan Clark	35	35	35	35	35	35	35	4	35	140	179	
Bruce Dalton	5	35	35	35	35	35	35	35	35	35	140	180
Richard Weh	35	35	35	5	35	35	35	35	35	35	140	180
Tom Reading	35	35	35	35	35	35	35	5	35	140	180	
Jim Connetta	35	35	35	35	35	35	7	35	35	140	182	
Charlie Weaver	19	23	35	35	35	35	35	35	35	35	140	182
Harb Alben	7	35	35	35	35	35	35	35	35	35	140	182
Daniel Arant	35	8	35	35	35	35	35	35	35	35	140	183
John Sherwood	35	35	35	8	35	35	35	35	35	35	140	183
Steve McClure	35	35	35	35	35	35	35	35	9	140	184	
Jack Freeman	35	35	35	35	35	35	10	35	35	140	185	
Robin Kelley	10	35	35	35	35	35	35	35	35	35	140	185
Gil Munger	35	35	35	35	35	10	35	35	35	35	140	185
Greg Holochoust	35	35	35	35	35	35	35	35	10	140	185	
Greg Lynn	35	11	35	35	35	35	35	35	35	140	186	
Tom Fry	35	35	35	11	35	35	35	35	35	140	186	
Woody Linton	35	35	35	35	35	11	35	35	35	35	140	186
Alan Wolf	35	35	35	35	35	11	35	35	35	140	186	
Eldon Hawley	35	35	35	35	35	35	11	35	35	140	186	
Bill Miller	35	13	35	35	35	35	35	35	35	140	188	
Ken Lyons	13	35	35	35	35	35	35	35	35	140	188	
Thomas Sandusky	35	35	35	35	35	35	35	13	35	140	188	
Mark Frazier	35	35	35	35	35	35	35	35	13	140	188	
George Harrington	35	35	35	35	35	35	14	35	35	140	189	
Ron Wolfe	35	35	35	14	35	35	35	35	35	140	189	
Jim Haas	35	35	35	35	35	14	35	35	35	140	189	
Harold Youngling	35	35	35	35	35	35	15	35	35	140	190	
Bart Rohrbach	35	15	35	35	35	35	35	35	35	140	190	
Fred Mav	35	35	35	35	35	35	15	35	35	140	190	
Pete Williams	35	35	35	35	35	35	35	35	15	140	190	
Robert Kames	16	35	35	35	35	35	35	35	35	140	191	
Larry Brant	35	35	35	35	35	35	35	16	35	140	191	
Dennis Williams	35	35	35	35	35	35	35	35	16	140	191	
Barney Simpson	35	17	35	35	35	35	35	35	35	140	192	

MEN 45 - 49	5K	10M	2M	10K	1M	8K	5M	25.2K	20K	15K	Less	TOTAL
Ecb Phillips	35	35	1	2	1	1	1	1	1	35	107	6
John Logis	9	3	2	6	3	3	3	35	35	35	114	20
Allen Stallines	7	5	3	8	4	35	5	35	35	35	140	32
Bert Rice	2	35	35	35	2	2	2	2	35	35	140	45
Ken Thorn	5	2	35	7	35	35	35	35	35	1	140	85
Neal Kinsinger	10	35	4	35	35	5	7	35	35	35	140	96
Arnie Henderson	3	1	35	4	35	35	35	35	35	35	140	113
Robert B. Donald	35	35	35	35	35	35	35	3	2	6	140	116
John Littlehales	35	35	35	11	35	4	4	35	35	35	140	124
Mike McAusland	8	35	35	13	35	35	35	35	35	4	140	130
John Butterfield	1	35	35	35	35	35	35	35	35	35	140	176
Ben Mathews	35	35	35	1	35	35	35	35	35	35	140	176
Sean Sweenv	35	35	35	35	35	35	35	35	35	2	140	177
Donald Henderson	35	35	35	3	35	35	35	35	35	35	140	178
Robert L. Spencer	35	35	35	35	35	35	35	35	35	3	140	178
Kirk Moir	35	4	35	35	35	35	35	35	35	35	140	179
Al Bressi	4	35	35	35	35	35	35	35	35	35	140	179
Bill Woodchidiger	35	35	35	35	35	35	4	35	35	140	179	
Arnie Henderson	35	35	35	35	35	35	35	4	35	140	179	
Emil Markulis	35	35	35	5	35	35	35	35	35	140	180	
Don Rizzo	35	35	35	35	35	35	5	35	35	140	180	
Joseph Handelman	35	35	35	35	35	35	35	5	35	140	180	
Buck Cadell	35	35	35	35	35	35	35	35	5	140	180	
Joe Carrier	6	35	35	35	35	35	35	35	35	140	181	
Tyler Shores	35	35	35	35	35	6	35	35	35	140	181	
Clair Morris	35	35	35	35	35	6	35	35	35	140	181	
Glenn Koors	35	35	35	35	35	35	6	35	35	140	181	
Ed Wimbush	35	35	35	35	35	8	35	35	35	140	183	
Joseph Harrington	35	35	35	10	35	35	35	35	35	140	185	
Larry Richman	35	35	35	12	35	35	35	35	35	140	187	

MEN 50 - 59	5K	10M	2M	10K	1M	8K	5M	25.2K	20K	15K	Less	TOTAL
Milton Taylor	1	1	1	1	1	35	35	35	1	35	140	6
Jim Fratino	3	2	3	2	35	1	2	1	35	1	76	9
Ben Moore	35	3	4	3	3	3	35	35	3	5	109	20
Joe Ryan	8	4	7	9	6	5	35	35	35	35	140	39
Bill Law	4	35	5	35	35	35	35	2	2	3	140	51
Dale Vogel	5	35	6	35	4	4	3	35	35	35	140	57
Lee Meadows	9	35	8	8	5	7	35	35	35	140	72	
Joe Walsmith	35	35	35	35	35	2	1	35	35	2	140	110
John O'Hara	2	35	2	35	2	35	35	35	35	140	111	
Buck Cadell	35	35	35	4	35	35	35	35	5	4	140	118
Doug Raper	6	6	35	35	35	35	35	35	35	35	140	152
Wheeler Stanfield	7	5	35	35	35	35	35	35	35	35	140	152
Ding Brannan	35	35	35	6	35	6	35	35	35	35	140	152
B. Burlison	35	35	35	5	35	35	35	35	35	35	140	180
Don Waddington	35	35	35	35	7	35	35	35	35	35	140	182
Jay Alders	35	35	35	35	35	8	35	35	35	35	140	183
Arnold Galliano	35	35	35	35	8	35	35	35	35	35	140	183
Jim Loftus	35	35	9	35	35	35	35	35	35	35	140	184
Web Chamberlain	35	35	35	35	35	35	35	4	35	140	184	
Tom Cann	35	35	35	35	35	35	35	6	35	140	184	
John Winkert	35	35	35	35	35	35	35	35	6	140	184	

MEN 60 AND OVER	5K	10M	2M	10K	1M	8K	5M	25.2K	20K	15K	Less	TOTAL
Eric Haas	2	35	35	1	1	1	1	35	35	1	140	7
Guy Ricco	3	2	1	2	2	2	2	35	35	2	75	11
John Wall	35	3	2	35	3	3	3	35	35	35	140	49
John Cochran	1	1	35	35	35	35	35	35	35	35	140	142
Rod Beach	4	35	35	35	35	35	35	35	35	35	140	179