

STREAK

VOLUME VII

NUMBER 2

april 1985



ANNAPOLIS STRIDERS

ANNAPOLIS STRIDERS, INC.

P.O. Box 187

Annapolis, Maryland 21404

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STREAK

ANNAPOLIS STRIDERS

volume VII number 2

april 1985

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

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



TABLE OF CONTENTS

Pond's Reflections	Training Tips II
Dear Striders	People in the News
Editor's Remarks	My Favorite Race
Money News	Running Vacations
Advertising	Running Trails
Welcome New Members	Best of the Streakers
Bulletin Board	Race Results
Awards Banquet Wrap-up	Times of Our Lives
New Officers	What's Coming Up
Race Clinic II	Club Championship Series
Training Tips I	Race Entry Forms
Clinical Study Volunteers	



POND'S REFLECTIONS

The Annapolis Striders owe a big thank you to Pam Andersen for arranging and staging the annual awards ceremony and banquet at St. John's College on March 10. It was a big change from the potluck dinners we used to have at the local schools. Over one-hundred people attended and Dick Hillman did a great job as master of ceremonies. His "roasting" of the outgoing president, Don Waddington, was especially well done and well received. I hope that the banquet will become an annual affair and if possible I would like to see the format expanded to include a longer time to socialize.

This past weekend I ran in a half-marathon in Sandy Spring, Maryland, sponsored by the DCRRC. The race was rated a 4 on a scale of 1 to 4. One being the easiest and 4 the hardest. It should have been rated a 10. It was the hardest 13.1 mile race I have ever run. (Of course it isn't harder than the first 16 miles of the JFK 50-Miler, but that's another story.) This course was just one hill after another; the person who laid out the course must be related to Don Waddington, he would love this course. Mike van Beuren and Greg Hill can verify this story, they also survived the run.

I hope that as many of you as possible will participate in the 10-Mile Cherry Pit race on March 31, and the 2-Mile Track Race on April 13.

Bill Law and I are still looking for more people to assist at the finish line of The Bay Bridge Run on April 14. I specifically need some people to help in the scoring room. Contact Bill or myself if you wish to help.

One personal note of thanks to Don Waddington for all he has done as president of the Striders and his kindness to me.

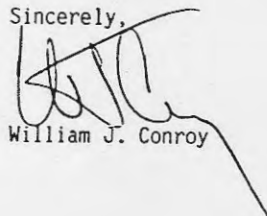
Doug Pond

DEAR
STRIDERS

Dear Yvonne:

Enclosed find the results of the 3/10/85 Jean Conroy Memorial 10K Run held in Crofton. On behalf of the American Cancer Society, I would like to thank the Annapolis Striders for their continued support of this fund raising affair - announcement in the Annapolis Strider Calendar, the race-day volunteer workers, and most of all, the many Striders who competed. Net proceeds of the race are in excess of \$1000, all benefitting the American Cancer Society.

Sincerely,


William J. Conroy



EDITORS REMARKS

THE STREAK REGRETS THE ERROR: The time for the Washington's Birthday 5K on March 2 was correct on the "Whats Coming Up" schedule but incorrect in the race entry form. (An old copy of the entry form was used with the time inadvertently not being updated.) The result was utter confusion and some justifiably irate calls on the Hot Line.

I, myself, showed up at 2 P.M. The error had been called to my attention at the Board meeting. The opinion of the Board was 2 P.M. But later the race director confirmed the 10 A.M. time.

The Race/Runs Chairman showed up to time the 5K run for those who showed up at 2 P.M. but some had already left before he arrived. There is still an opportunity to qualify for the 5K in the Championship Series, however. A motion was made and carried at the annual Striders business meeting to allow the 5K times of the Women's Distance Festival and the After the Girls 5K to qualify. These races will be held on July 20.

We learned from the experience: to guarantee that it won't happen again chr. of Training and Clinics, Pat O'Brien, has scheduled another race directors clinic with a special feature on entry form preparation. The date is April 23 at 7:30 P.M. in Room 110 at the Arundel Center in Annapolis.

Since one of the goals of the Streak is accuracy, the Streak regrets the error very much.

WE MISSED OUR BENEFACTOR: Due to circumstances beyond our control we missed the collating done by our benevolent benefactor. And we missed it a lot as we collated the February Streak the hard way by hand. Thanks to our workers: Lee Turowski, Laura Turowski, Carol Huddy, Bill Vogenitz, Guy Riccio, Louise Zeitlin, Bill Conroy, Michael Conroy, and Marv Aasen.

DEADLINE: The deadline for the June Streak is May 14. You're welcome to send copy to my home address: 13 Sunset Drive, Severna Park, MD 21146.

—Yvonne Aasen



Caristure by Irv Finifter

MONEY NEWS



TREASURER'S REPORT

ANNAPOLIS STRIDERS, INC.
Cash Flow Period Ending February 28, 1985

Cash balance 2/28			
Checking		\$1230.63	
Savings		<u>245.30</u>	
			1475.93
Cash balance 1/31			<u>1948.05</u>
Decrease			<u>- 472.12</u>
Income			
Membership		937.50	
Anniversary Run		285.64	
Valentine Run		107.00	
Merchandise		120.75	
<u>Streak ad</u>		<u>50.00</u>	
			1500.89
Expenses			
Annual Meeting—location/awards		500.48	
Valentine Run awards		71.82	
RRCA membership/insurance		939.64	
Telephone		19.08	
Mini warehouse storage		48.00	
Printing—runs		85.60	
Administration, misc.		272.39	
Silkscreen—merchandise		<u>36.00</u>	
			<u>1973.01</u>
			<u>- 472.12</u>

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
Race Pace
The Athlete's Foot



**WELCOME TO THOSE WHO HAVE
RECENTLY JOINED THE STRIDERS**

Marie Petrillo
 Thomas Wheat
 Rebecca Wheat
 Scott Wheat
 Leslie Mundle
 Bruce Mundle
 Paul Davis
 Elaine Davis
 Sharon Davis
 William Genda III
 Michael Linsenbigler
 Thomas Sullivan
 John Denney
 Margo Denney
 Kristen Denney
 Daniel Denney
 Jeffrey Beatty
 Julie Maggiore
 William Ferris
 Diane Depanfilis
 John Rose
 Virginia Allison
 John Schaum
 Linda Cox
 Joseph Jackowski

Philip Paul
 Joe Aben
 Stephen Mather
 John Mather
 Patrick Flyntz
 Joseph Trotto, Sr.
 Patricia Trotto, Sr.
 Joseph Trotto, Jr.
 Christina Trotto
 Michael Edwards
 Cathy Frantom
 Thomas Morales, Jr.
 Julia Bowen
 James Fox
 Lois Fox
 John Cole
 Alice Peek
 Mark Mallach
 Denise Terry
 Albert Konvicka
 Edwin Green, Sr.
 Sharon green
 Starla Green
 Jay Nauman *
 Barbara Donofrio

* Jay Nauman is only
six months old.



BULLETIN BOARD

MOORE'S MARINES LOOKING FOR RAW RECRUITS

We're planning on having a marathoners group of first time marathoners to train and run as a group in the Marine Corps... Marathon which is held early in October. Look for more information in the June issue.
 —Ben Moore

SAMPLE THE JFK 50-MILER

For anyone who is interested in finding out what it is like to run the JFK 50-MILER without running all those miles, here is your chance:
 DATE: May 18, 1985
 TIME: 6:30 A.M.
 PLACE: Annapolis Mall (for car pooling to Boonsboro, Maryland)
 DISTANCE: Thirteen miles along the Appalachian Trail (run or walk).
 If you have supported the JFK-50 runners and wondered what it would be like, now it's your turn. ALSO NEEDED: Veteran JFK runners to provide support, or to guide the group of runners through the mountains. If interested in either running or supporting, contact Don Waddington (956-2061) before May 10, 1985.

For Annapolis Strider race entry forms send a 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 race. Many entry forms are available at the Annapolis Strider Bulletin Board, The Athlete's Foot in the Annapolis Mall next to Pennys.

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 _____

BULLETIN BOARD

QUALIFY FOR 5K IN CHAMP SERIES

Those who didn't get to run the Washington's Birthday 5K can still qualify for the Striders Championship Series by running the Women's Distance Festival or the After the Girls 5K (for men) on July 20. If you have any questions call Race/Runs Chairman Joe Walsmith 956-4427.



HOLD IT...

The 2-Mile Track Race on April 13 will be run in heats (age divisions) starting at 8:00 A.M. until about 10:00 A.M. No restroom facilities available so... No entry form—sign up at the race. \$1 entry fee.

NAVY WOMEN'S OUTDOOR TRACK MEETS

Ben Moore is rounding up Striders help to assist with the Navy Women's Outdoor Track Meets. The more who volunteer, the easier it is to run the meet. Please call Ben Moore 268-3832, or show up 30 minutes before the meet starts at the outdoor track. (Actually, it would be helpful to Ben to know you're coming before the meet...) There are only two meets; here is the schedule:
Saturday 6 April, 2:00 P.M.
Saturday 20 April, 1:00 P.M.

Anyone interested in watching the Navy Men's Track Meets are invited to watch—observe, to learn officiating and cheer on the team. The men's meets are all on the outdoor track:

- 23 March 11:00 A.M. Junior Varsity
- 30 March 1:00 P.M. Varsity Track
- 6 April 11:00 A.M. Varsity
- 12 April 3:00 P.M. Varsity—this is the big Army/Navy meet
- 13 April 1:00 P.M. Junior Varsity
- 27 April 1:00 P.M. Junior Varsity

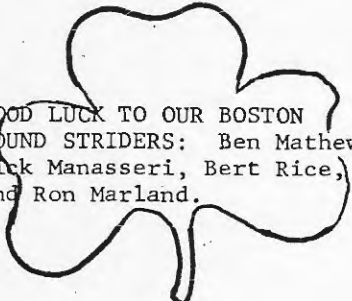
RACE NOTES

Sorry. Doug Nauman reports that the B&A Railroad Run 10K will not be held this year. Maybe next year...

The Annapolis Striders Triathlon scheduled for May 5 has been cancelled—no one volunteered to be race director.

The Striders Biathlon is scheduled for September 15 this year instead of May as in the past.

Look for the Washington's Birthday 5K race results in the June issue of the Streak; also the 1985 Club Champ standings.



GOOD LUCK TO OUR BOSTON BOUND STRIDERS: Ben Mathews, Dick Manasseri, Bert Rice, and Ron Marland.

10K RACE CLINIC UPDATE

Yes, it's true...runners older than college age and any experience level can find satisfaction in doing track workouts. On average, a dozen runners have been sweating it out together each Saturday at the Old Annapolis High School track under the kind and benevolent (?) Nut Hall. Granted, it's not always fun while you're doing the 8X440s or 6X880s. But it feels so good when you quit!

WHAT IS A TETRATHON?

A tetrathon is a 4 event track competition. Each participant runs a 440, an 880, 1 mile, and 2 miles. (440 is once around the track; 880, twice; 1 mile, 4 times; and 2 miles 8 times around). Run in heats, there is about one-half hour between heats.

You too can taste the competition of a tetrathon. Ours will be held Sunday, June 2, at 8:00 A.M. at Broadneck High School (off College Parkway), Arnold, MD.

No entry form—sign up at the race. \$2 entry fee. Refreshments, certificates. Open to all ages.

AWARDS BANQUET

PREMIERE AWARDS BANQUET

The Striders held its first ever Awards Banquet on March 9 at St. John's College with 106 persons attending. Catered by Saga Foods, the buffet and service were excellent. Thank you to Dan Eusibeo and his staff. It was a pleasure to work with them.

A special thank you goes to Chesapeake Bay Distributors for donating the beer and to Mills Wine and Spirit Mart for giving us a generous discount on the wine.

Following the meal, Dick Hillman, the Master of Ceremonies, announced the 1984 Championship Series award winners. President Don Waddington and Property/Awards Chairman Doug Pond presented each first place winner with a specially embossed ceramic mug. Second and third place winners received pewter mugs.

Jonas Legum, Will Scott and Bill Conroy received silver platters for completing every race in the series of ten.

Joe Walsmith was given a "Special Running Feats" award. Joe only began running in 1983 when he was in his fifties. Since then he has lost 50 pounds and completed 7 marathons in 1984 alone!

The Striders' special guests for the evening were Jim Katcef and San Chastain. Both were presented silver platters in appreciation for their outstanding contributions to the running community.

Jim directs and sponsors the annual Severn River Run. He put on the 1984 Olympic Torch Run and was the first to "buy" a kilometer of the Olympic torch bearers route. Katcef Bros. has been the generous sponsor of the Striders Truxtun Park Fun Run series.

San's business, Best Impressions, has printed the Streak for many years. Because she loves running and this was her way to promote it she printed the Streak at cost in its early, and skinnier, days and has continued to give the Striders a generous discount. She helps race directors design entry forms and other printed materials. San shows up consistently at Strider events and has encouraged women's distance running by donating the entry forms for the Women's Distance Festival.

Mike van Beuren was honored for an excellent job as 1984 Annapolis 10-Mile Run race director. He received a framed photograph of a scene from the 1984 run by Universal Design (Nancy Jordan).

Last but not least, Mike van Beuren presented Don Waddington with the Past Presidents Plaque (each past president is allowed to keep it until he is obligated to hand it on to his successor). Don was also presented a useful gortex running suit. Don worked tirelessly as president for the last two years and served as Race/Runs chairman for several years prior to that.



DICK HILLMAN "ROASTED" DON WADDINGTON.

The highlight of the evening was the "Don Waddington Show"—a special slide show narrated by Dick Hillman. Nancy Jordan provided slides of Don which truly captured the essence of his being. Dick told us all about Don's special talents and some of his shortcomings; everything from running on air, to paperwork avoidance. Don's earlier beardless years as a recent Bulgarian immigrant were memorialized and his secret beer can grip revealed.

Dick was a dynamic emcee and deserves our thanks. (So does his lovely wife, Lisa, for showing up with him even though he was wearing outdated racing flats and every medal and badge he'd ever won!)

I particularly want to thank Ann O'Brien for helping me with the flowers and Pat O'Brien, Doug Pond, Mike van Beuren and Maria Coughlin for helping me with everything.

—Pam Andersen

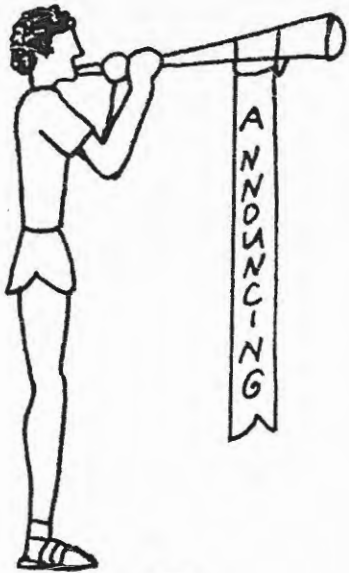
Editor's note: And we want to thank you, Pam, for a wonderful banquet. You worked very hard as banquet chr., and the results were a truly memorable evening.



elected on March 9, 1985

President: Doug Pond
Vice President: Gerte Spadone
Secretary: Pam Andersen
Treasurer: Ken Thorn

ANNOUNCING...



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WHAT: Race Directing Clinic (Part II)

WHEN: Tuesday April 23, 1985 7:30 pm

WHERE: Arundel Center Room 110

WHY: To give old, new and "maybe next year" race directors a chance to learn more about race day planning and strategy.

WHOM: DOUG POND will share his experience as a first time race director. MIKE VAN BEUREN will discuss tips useful in designing a race entry form. DON WADDINGTON will assist with troubleshooting course layout and monitoring. JOE WALSMITH will give historical data on club races in past years. PAT O'BRIEN will coordinate and provide munchies.



Please Join Us ...

All Are Welcome !!!



TRAINING TIPS

by Pat O'Brien

RUNNERS TAKE HEART OVERCOMING RISK FACTORS

In the February Streak we examined the impact of the major risk factors—hypertension, smoking and high cholesterol on the development of heart disease. In this issue we will look at the remaining risk factors and explore ways in which we can adapt our lifestyle to maximize cardiovascular fitness.

Diabetes, a complex disease, is a consequence of the body's inability to make proper use of carbohydrates (sugars and starches). Having diabetes more than doubles one's risk of developing coronary artery disease. This increased risk is due in part to the direct effect that diabetes has on the heart and blood vessels and also because the disease may lead to hypertension and high blood-fat levels. While the tendency toward diabetes is genetically determined (directly related to the number of diabetics in your family tree) factors such as obesity and physical inactivity play a role in whether or not it will become manifest.

A family history of heart disease during middle age also increases one's chance of developing the disease and is, therefore, a risk factor. If you recall the risk factors identified in Jim Fixx's case, a positive family history was one. His father had died of a heart attack in his forties.

Obesity, 15-20 percent over your ideal weight, is a very significant contributor to heart disease primarily through its influence on other risk factors. If you are fat you are more likely to have high blood pressure, diabetes and higher levels of cholesterol and fat in your blood. Life expectancy is significantly less for the obese when compared with their slender counterparts; higher insurance premiums for the obese are a direct consequence of their increased mortality rate at a younger age.

Through its harmful effect on the other risk factors, obesity becomes a significant threat in itself. If you lose weight, however, your blood pressure is likely to drop and you may also succeed in lowering your level of blood cholesterol and triglycerides.

The impact of stress on the development of heart disease has received increasing attention over the past decade. Because "stress" involves a complex array of psychological as well as physiological components it is difficult to quantify this risk factor.

Stress is often felt as tension and anxiety and causes an increase in both heart rate and blood pressure. In addition, stress can induce irregularities in the heartbeat—arrhythmias, and can alter the blood chemistry causing an increased deposition of plaque forming materials in the blood vessel walls (atherosclerosis).

There is also a correlation between stress and personality. Persons with the so called Type A personality have exaggerated feelings of time-urgency, drive and competitiveness. Twenty years ago researchers defined this coronary-prone behavior pattern Type A, and found that these people suffered two to three times more heart disease than their Type B counterparts. Type B exhibit a more relaxed, unhurried and satisfied profile.

If you have managed to digest what has been written thus far and are not overwhelmed by thoughts like, "I'm doomed, regardless of what I do,"—congratulations! Learning about the risk factors for heart disease can be disheartening because it seems as if there is no way to avoid them if you partake in the average American lifestyle.

For all you runners out there, the American Heart Association has some good news—"a sensible exercise program is one way of keeping a healthy heart." The reason for this is that exercise can help reduce or eliminate some of the risk factors. Consider the following:

High Blood Pressure. Regular exercise is associated with a lower blood pressure.

Cigarette Smoking. People who exercise vigorously and regularly are more likely to cut down or stop cigarette smoking.

Diabetes. People at normal weight are much less likely to develop diabetes. Exercise also decreases the diabetics insulin requirements.

Overweight. Exercise can help individuals lose extra pounds or stay at an ideal weight.

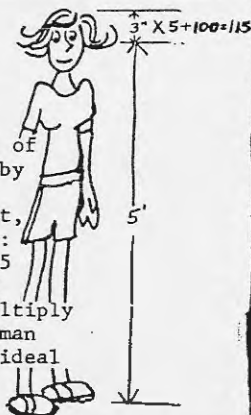
High Levels HDL. High levels of HDL (one of the cholesterol-carrying blood proteins) have been linked to a decreased risk of coronary artery disease. Recent studies have shown that regular exercise can significantly increase the levels of HDL.

Stress. Exercise produces an outlet for both mental and physical tension and, thereby, enhances our feelings of well being. (Author's note: I might come home from work "stressed out" by an unsolved problem; I'll go for a run and come back to find that I don't need a solution because I've lost the problem along the way.) In short, exercise can help us keep the daily onslaught of life's problems in a perspective that promotes mental as well as physical health.

(continued on next page)

An Easy Way to Calculate Your Desirable Weight

If you are a woman, take the number of inches of your height above five feet, and multiply it by five; then add 100 pounds. For example, an approximate ideal weight for a woman five feet, five inches tall would be calculated this way: 5 (number of inches above five feet) x 5 = 125 pounds. If you are a man, take the number of inches of your height above five feet, and multiply it by six; then add 106. For example, for a man five feet, ten inches tall, an approximately ideal weight would be 10 x 6 = 60 plus 106 = 166.





Aerobic exercises are rhythmic, dynamic exercises that use major muscles repeatedly, but at a steady level, below maximum capacity. To be aerobic, an exercise must steadily supply enough oxygen to the exercising muscles for as long as the exercise is continued.

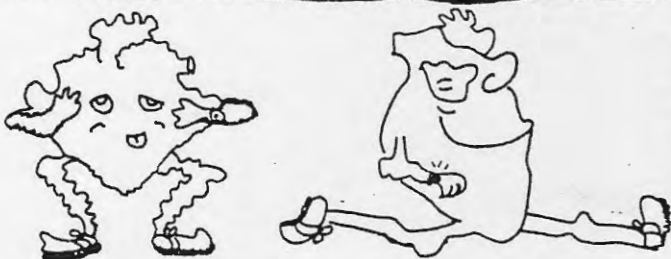
Let's look for a moment at a couple of theories regarding the effects of aerobic exercise on the heart. Many scientists believe that exercise stimulates the growth of new collateral blood vessels which can compensate to some extent for blocked ones. It seems that having a well developed collateral coronary circulation might decrease the likelihood of having a "massive" heart attack with a fatal outcome.

Another theory suggests that exercise enlarges the existing coronary vessels, thus allowing more oxygen rich blood to flow to the heart muscle, despite partial blockage caused by disease.

So it seems that aerobic exercise provides us with some degree of control over the risk factors for heart disease. But running isn't for everyone, nor is it the only acceptable form of exercise. Other types of aerobic activities that can provide the same advantages as running include: swimming, cycling, cross-country skiing and brisk walking, to name a few.

To achieve cardiovascular conditioning, aerobic exercise should be done at least three times a week, preferably on alternate days. A typical routine might include: a 5-10 minute warm-up of stretching, 10-20 minutes of aerobic exercise where you achieve a target heart rate, and then a cool down period of 5-10 minutes with tapering of activity and stretching. As you advance on the fitness scale the interval of aerobic activity can be lengthened. Remember the variety in aerobic exercise available to you:

running, biking, walking, etc.—combining often makes the road to fitness more flavorful and appealing.



Your maximal attainable heart rate is roughly 220 minus your age. Multiply the resulting figure by .70 and by .85, to get your target zone, that is, 60 to 80 percent of your maximal heart rate, which is the zone in which you want to maintain exertion during exercise.

Keep in mind that exercise alone will not provide you with an immunity to heart disease. It is essential that you identify which risk factors you have and then begin the task of reducing or eliminating them by making the necessary changes in your diet and lifestyle. Exercise is but one of the keys to the complex combination that opens the way to a healthy heart.

Bicycling 6 mph	240 cal.
Bicycling 12 mph	410 cal.
Cross-country skiing per hour	700 cal.
Jogging 5½ mph	740 cal.
Jogging 7 mph	920 cal.
Jumping rope per hour	750 cal.
Running in place per hour	650 cal.
Running 10 mph	1280 cal.
Swimming 25 yds/min for an hour	275 cal.
Swimming 50 yds/min for an hour	500 cal.
Tennis-singles per hour	400 cal.
Walking 2 mph	240 cal.
Walking 3 mph	320 cal.
Walking 4½ mph	440 cal.

Above are the average calories spent per hour by a 150-pound person. (A lighter person burns fewer calories; a heavier person burns more.) Since precise calorie figures are not available for most activities, the figures above are averaged from several sources and show the relative vigor of the activities. The calories spent in a particular activity vary in proportion to one's body weight. For example, for a 100-pound person, reduce the calories by one-third; for a 200-pound person, multiply by one-and-one-third. Exercising harder or faster for a given activity will only slightly increase the calories spent. A better way to burn up calories is exercising longer and/or covering more distance.

VOLUNTEERS SOUGHT FOR CLINICAL STUDY

The Johns Hopkins Hospital is seeking volunteers, runners preferred, male or female, ages 18 and up for PET scanning (of brain). The purpose of the program is to compile a normal data bank for comparison with data obtained from patient populations of Alzheimer's disease, Huntington's disease, schizophrenia, and other psychiatric and neurological disorders.

VOLUNTEERS MUST

1. Have no history of neurological, psychiatric illness, migraine headaches, or high blood pressure
2. Be in good physical condition
3. If female, no existing pregnancy or possibility of such during study
4. Be on no medication other than occasional aspirin
5. Have no allergies
6. Have flexible time schedule (study to be done weekdays between 8 a.m. and 5 p.m.)

STUDY INVOLVES

Physical exam and history
 CAT scanning
 Stress testing
 Brain imaging by PET scanning
 Injection of radioisotope
 Time: approximately 11-12 hours over a period of 2-3 weeks

PAYMENT

\$10.00 per hour from onset, plus any reasonable travel, parking or miscellaneous costs
 If you would like to participate call Pat O'Brien (757-0462). She can arrange for car pooling and an orientation at the hospital.

TRAINING TIPS

LOWER EXTREMITY FLEXIBILITY PROGRAM

by Lyle Modlin

Success in athletics can be achieved provided the athlete does not become injured. The ultimate goal of every serious sports participant is to improve one's performance while also protecting his or her health.

One of the most important areas in the prevention of injuries is the development of a sound stretching program. Muscle stretching is designed to increase one's flexibility. The more flexible an individual is the less prone he is for injury. Running, although an excellent form of exercise, does not increase one's flexibility. Running actually acts to tighten muscle groups. As muscles tighten and become shorter, changes are evident in one's running style, as the body compensates for this tightening. Consequently, the runner is more prone to muscle strains and related injuries.

Some stretching programs, however, can be harmful to the body. It is not desirable to stretch ligaments. These are supportive structures surrounding joints that aid in joint stability. Ligamentous laxity or looseness makes one more prone to injury. Careful consideration should be given to the type of exercise used. Improper flexibility programs may well produce undesired ligamentous looseness.

Injury can also be incurred if the exercises are done in an improper manner. The program of exercises recommended should be done in a passive manner. The stretching is accomplished in a relaxed fashion with no ballistic or bouncing type movement involvements. A ballistic stretch involves any forced movement that causes a bounce to occur at the point of tightness in the muscle. The recommended passive stretch requires the athlete going to the point of tightness, backing off slightly, and holding a stretch for a specific amount of time. Bouncing movements and forced stretches can cause joint injuries and ligamentous laxity.

It is not recommended to compare the amount of flexibility of one athlete to that of another. Each person is constructed differently and therefore will possess varying degrees of flexibility. Presented here are the minimum amount of flexibility exercises recommended for the lower extremities. This program can aid to help reduce the muscle tightness and soreness often felt after a workout or on the day after. Increased flexibility can be achieved as a result of safe and proper stretching.

Hamstring Group

There are three hamstring muscles. As you stretch the hamstring muscles, (Fig. 1-4) change the position of your feet as follows:

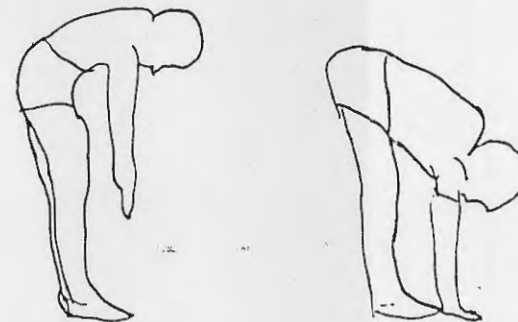
Feet turned in (pigeon toed); feet turned out (duck foot); feet straight ahead. By alternating the position of the feet all three hamstring muscles will be stretched.

Hamstring and Calf

In a standing position keep both legs straight, feet spread slightly. Bend over at the waist and try to touch the palms of your hands to the floor.

Hold the stretch for 10 seconds.

Repeat this exercise 5-10 times.



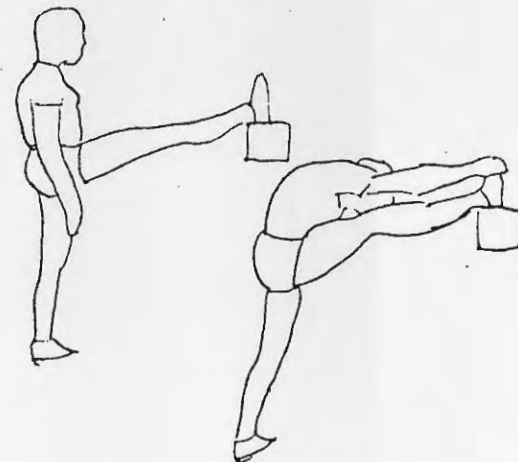
Hamstring

In a standing position, place one leg on an object which is higher than the waist. Keep both legs straight!! Try to grasp the ankle of the elevated leg and attempt to touch the nose to the knee.

Switch leg positions with opposite leg.

Hold each stretch for 10 seconds.

Repeat this exercise 5-10 times.

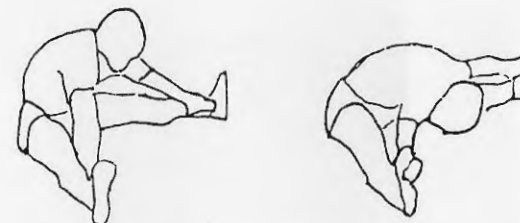


Groin and Hamstring

In a sitting position with the legs widely spread and feet pulled back toward your knees, grasp your ankles and attempt to touch your nose to the ground.

Hold the stretch for 10 seconds.

Repeat this exercise 5-10 times.



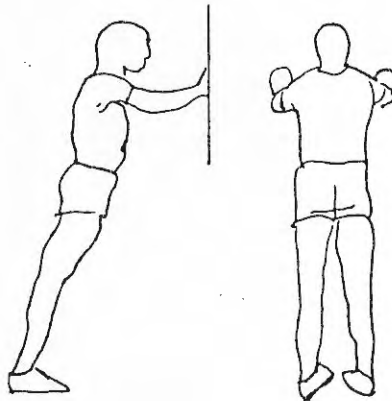
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Achilles

In a standing position with your feet in a pigeon toed position and keeping your heels on the ground, arch your back. Now try to move your chest towards the wall. If your heels leave the ground, move closer to the wall. If there is no stretch in the back of the calf, move further away.

Hold each stretch for 10 seconds.

Repeat this exercise 5-10 times.

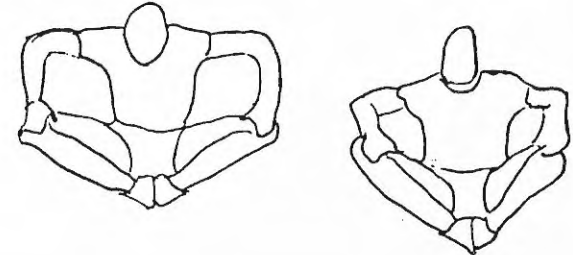


Groin

In a sitting position, keep the back straight and bend the knees, place the bottom of the feet together and pull the feet towards the groin. Place your hands on your knees and push the knees towards the floor.

Hold the stretch for 10 seconds.

Repeat this exercise 5-10 times.

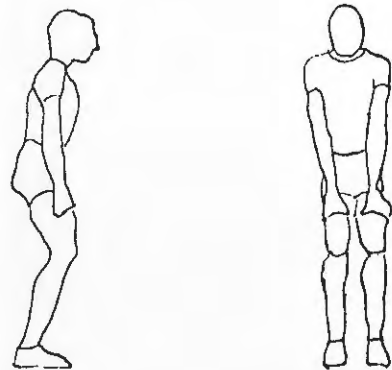


Achilles Tendon and Front of the Ankle

Keep your feet flat on the ground, approximately 6 inches apart. Keep your back straight, bend your ankles and bend your knees forward. Go down to the point of tightness and then hold this.

Hold this position for 10 seconds.

Repeat this exercise 5-10 times.

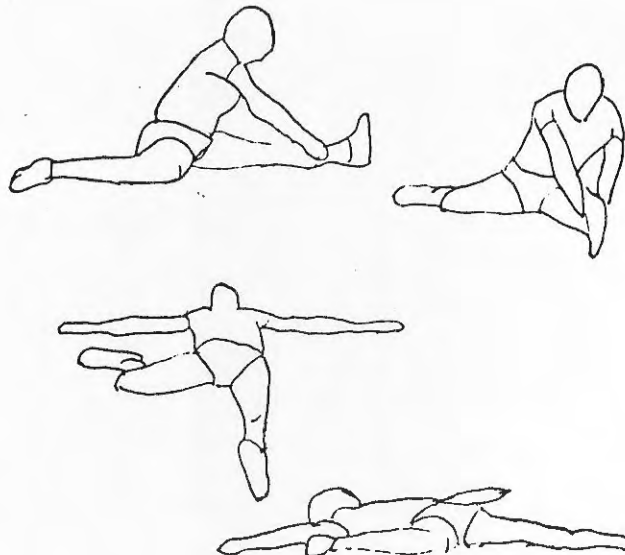


Quadriceps and Hamstrings

Sitting down in a hurdler's position with one leg extended forward and the other leg bent behind. Sit on your buttocks. Lean forward attempting to grasp the ankle and touch the nose to the knee. This position stretches the hamstring muscles.

Now lean back trying to lay down on your back. You will feel a stretch on the front of your bent leg. This stretches the quadriceps muscle group.

Hold position for 10 seconds and repeat 5-10 times each. Switch positions so that the bent leg is now the straight leg and the straight leg is bent. Repeat 5-10 times.



PEOPLE

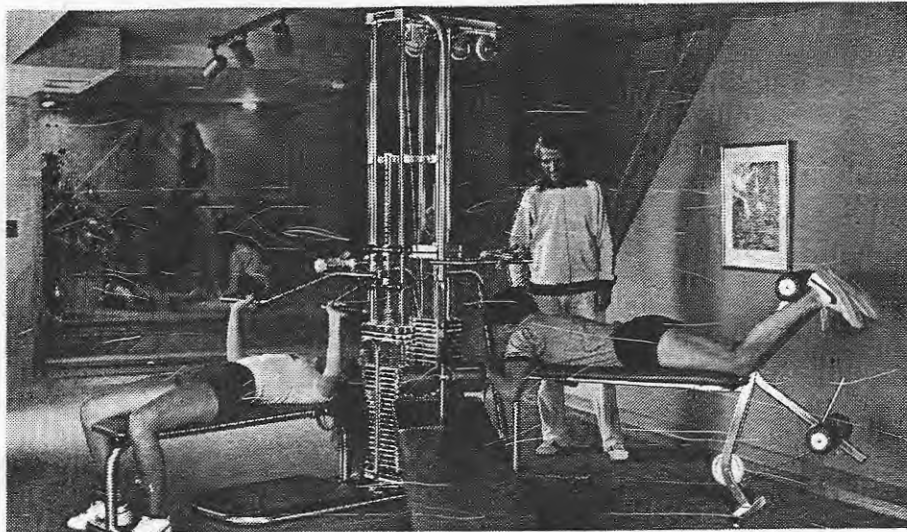


IN THE NEWS

APPOINTMENTS ANNOUNCED

DON WADDINGTON has been appointed chairman of the Long Range Planning Committee.

EVAN THOMAS is the new Property/Awards Chairman after Doug Pond graciously stepped down after being elected president (thanks for a job well done, Doug).



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MY FAVORITE RACE

running
vacations



MY KIND OF MARATHON

by Orv Pratt

Not sure about running a "marathon?" Try one in Mexico!

We were on vacation in Cancun, Mexico, the end of February. I ran each morning. It was absolutely perfect—clear, sunny and 70 to 80 degrees. The sixth day there, I entered a "marathon" sponsored by the Westin and Sheraton Hotels. The entry fee was 1,000 pesos to benefit the Cruz Rojo—the Red Cross.

There was much discussion and confusion, on my part, about the distance. All of their running is measured in kilometers and it turned out to be approximately 5.6 kilometers—my kind of marathon! There were about 100 entrants, ninety percent Mexican. Before the race, everyone was very friendly wishing each other good luck (buena suerte), shaking hands, and enjoying the pre-race atmosphere. It was here that I ran into Francisco, our waiter at the restaurant the night before. He was running along with his son and daughter. He spoke good English; they, none at all. While we were waiting for the start, they played Mexican disco music over loudspeakers. Everyone really seemed to enjoy the stretching and warming up.

There were four separate starts: the first for couples (the race was originally scheduled to be a Valentine's Day run, but was delayed because of lack of publicity. The second start



Orv and Francisco at the "marathon."

was for children—approximately five; the third was for women—approximately twelve; and the final start was for men. Each start was accompanied by the loud playing of the theme from "Rocky" and the sirens on the two Cruz Rojo ambulances that were leading and trailing the runners.

At the turnaround point, the runners had their hands stamped to insure that no one took a short cut. The finish was unusual—into the main entrance of the Sheraton, through the lobby and out onto the lush green lawn. The top three men were all Mexicans. The top woman was an American, now living in Cancun.

It was a fun experience. As with the rest of our vacation, the language barrier didn't matter at all, actually added to the fun of the trip. All the Mexicans are so friendly. As we drove to the airport, two days later, we passed Francisco—running along a deserted stretch of highway with his wife on a bicycle not far behind. Proximo ano, Francisco!

TO RUN WITH THE GREAT

by Jonas D. Legum

MIAMI ORANGE BOWL 10K

While vacationing in Florida, I ran in two 10K races, both of which attracted some big name runners. The first of these was the Miami Orange Bowl 10K, a strange name considering the fact that the race was run at Dade-South Community College in South Miami, which is miles away from the Orange Bowl. Another strange thing about this race, which was run on Saturday, February 2, was the fact that it started at four in the afternoon. It just so happens that on this day, it was sunny and hot, with an all-time Miami record for February 2 of 85 degrees at race time.

I had never run a 10K in which a male runner broke 30:00 or a female runner broke 34:00. In this race, thirteen men broke 30:00 and five women broke 34:00, in spite of the weather. Twenty-two Olympians, including eight medal winners, lined up with 1,600 other runners to begin the race. In addition, Simeon Kigen, who was removed from the Kenyan Olympic team for refusing to train in Kenya, was also entered. The race had a staggered start for men and women, with the two groups merging after one mile.

The men's race developed into a seven man race, which continued until the end. Simeon Kigen finally won the race in 28:38, beating both Mike McCleod (the silver medalist in the Olympic 10,000) and Sosthenes Bitok by one second. The other four members of the front pack all finished under 28:54. With the intense heat, the course record of 28:03, set by Alberto Salazar in 1983, was not threatened.

The women's race turned into a two woman race between Lyn Williams (the bronze medalist in the Olympic 3,000) and Grete Waitz (the silver medalist in the Olympic Marathon). Waitz led the race until the last half mile, when Williams passed her to win by ten seconds in 32:34. This was also not close to the course record of 31:33,

(continued on next page)

which is held by Waitz. Said Waitz about the race: "I felt so good I did the first two miles in 9:55—way too fast for this weather. I just died at the four-mile mark. I don't even want to know what I ran the last two miles in." In addition, she suffered from leg cramps after the race.

The race featured a world record in the female masters division. Priscilla Welch, age 40, who has only been running for five years, ran a 33:43, which was good for fourth place overall. Her time bettered the old record of 34:29, which had been established by Cindy Dalrymple.

This race is a first class race. It featured bands at the start and finish lines, plenty of aid stations during the race, medical attention at the finish (it looked like a M.A.S.H. unit because of the heat); and plenty of beer, apples, bananas, apple cider, donuts and cookies afterward. As hot as it was, the conditions were still not as bad as they usually are for our own Father's Day 10K. Everything considered, I was more than happy with my time of 51:38.

FLORIDA DERBY 10K

The second race I entered while on vacation was the Florida Derby 10K, which was run on Sunday, February 10, at the Gulfstream Race Track in Hollandale, Florida. The weather conditions were much improved for this race, with a temperature of 61 degrees recorded at the 8:00 A.M. starting time. This probably accounted for my improved time of 49:43, even though I was really psyched for the Orange Bowl 10K, and more or less just wanted to use this race as a training run.

Though the field of name runners was depleted because of the Gasparilla 15K, which was run in Tampa the day before, it still attracted ten top male runners and four top female runners along with 500 other entrants. Top runners included Mark Nenow (the world record holder for 10K road racing of 27:22), Goeff Smith (Boston Marathon winner), Bill Rogers, Priscilla Welch, and Jacqueline Gareau of Canada.

The men's race turned into a two man race between Ibrahim Hussein of Kenya, and Mark Nenow, with Hussein winning by two seconds with a time of 28:30. The women's race was one in name only, as Priscilla Welch led from start to finish, and beat Gareau, her nearest competition, by one minute and ten seconds. In addition, her winning time of 32:40 smashed her pending world record of 33:43 in the female master's division, which she had just set eight days earlier! Said Gareau of Welch: "Priscilla is something else. She has inspired me. Now I can't wait until I'm 40."

Two of the runners, Gareau and Bill Rodgers, who finished fifth in 29:27, ran in the Gasparilla 15K the day before. Gareau finished sixth in the Gasparilla with a PR of 50:10. Both runners felt the effects of running two races the same weekend. Said Gareau: "This is the first time I've done a double in one weekend, but it really didn't hit me until the last half mile, when I started to tighten up and feel the effects of yesterday." And Rodgers: "I figured I was coming to Florida, the weather was great, I might as well run two races. I'm beat. That was a dumb decision."

RUNNING TRAILS

7.2 MILE TRAIL OPENS IN GUNPOWDER FALLS STATE PARK

While we southerners await the coming of the running/hiking/biking/horse trail along the old WB&A right of way, Baltimore County has such a trail now open along the abandoned North Central Railroad corridor from Ashland north to Monkton Rd.

The trail follows the Gunpowder River and passes high bluffs, fields under cultivation and country estates. It is well packed with crusher stone and there are a few larger stone outcrops to watch for, but no cars! The trail never exceeds a 1% grade and is as close to a flat running surface as you can find in this area. Its a great location for walkers, horses, bicyclists and wheel chairs, as well as runners. Training on this course could get to be addictive.

According to the Baltimore Road Running Club the completed section is only Phase I of a long-range plan to complete the trail to Harrisburg, Pennsylvania. Phase II, under way now, involves clearing weeds and trash, erecting vehicular access barriers and repairing a bridge on the thirteen-mile segment from Monkton to the Pennsylvania line. Phase III, scheduled for completion this fall, will include applying crusher stone to the Monkton/PA line segment and Phase IV, scheduled for 1987, will consist of black topping the entire trail. All this is, of course, contingent on DNR approval and availability of funding.

Although the 7.2-mile segment was completed last December, the trail spent over four years as a political football. Some nearby residents were less than enthusiastic and many politicians became hesitant to act on it. In fact, Baltimore County did pull out of the project and it was left to the DNR (State Department of Natural Resources) to incorporate the trail in its Gunpowder Falls State Park District.

The project might still have died before the first abandoned car was hauled out of the Gunpowder River had it not been for vigorous and persistent support of a citizen's committee and several organizations comprised of potential users, including the Baltimore Road Runners Club, The Maryland Association of Bicycle Organizations, the Sierra Club, hiking clubs and handicapped groups. In order to galvanize public support for the project, these groups organized letter writing campaigns, pointing out that the right-of-way is a priceless scenic, recreational and historic trail. These efforts proved successful when supporters outnumbered the opposition 10-1 at a public informational meeting about the trail. As a result, the Board of Public Works approved the appropriations, and in the summer of 1984, work began.

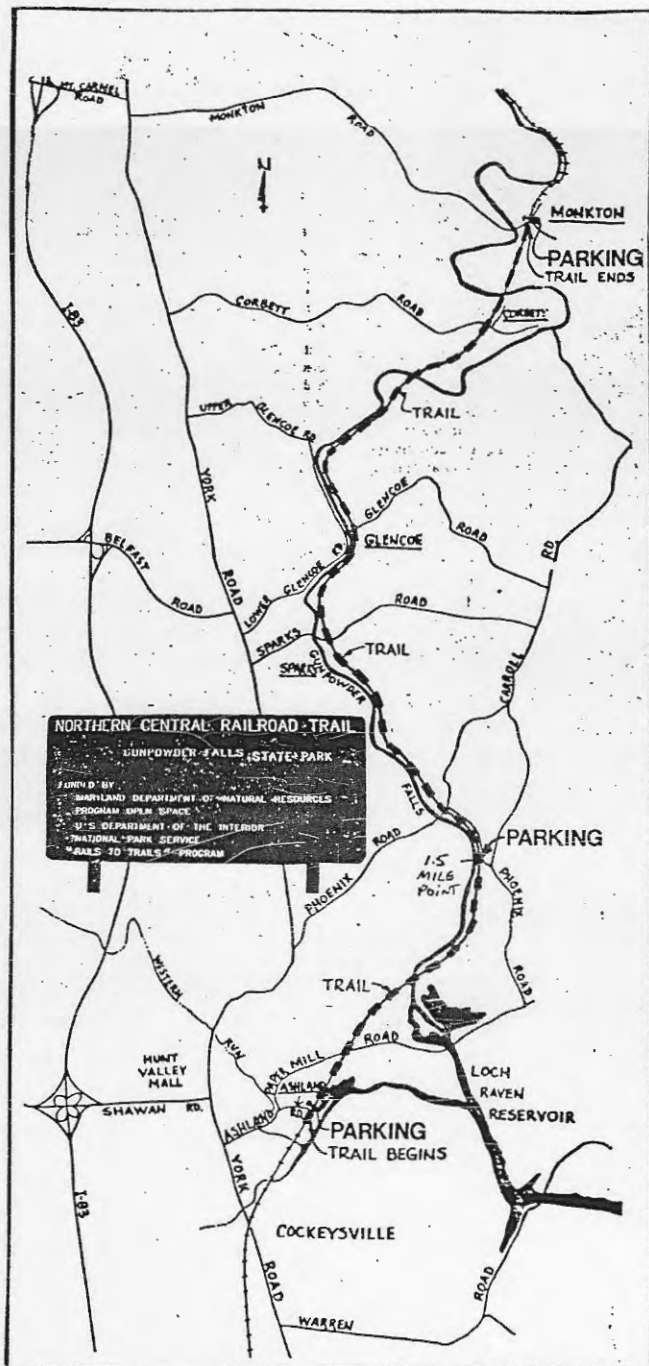
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So you owe it to yourself (and your feet) to make the trek to the trail. If you like what you find, write to Dr. Torrey Brown, Secretary of the DNR, Annapolis, MD 21401 to express your appreciation for the trail and to urge its completion. Also, voice your support for a similar trail for Anne Arundel County.

INFORMATION FOR TRAIL USERS

1. RULES
 - a. No motor vehicles are permitted on the trail.
 - b. Park only in designated areas, i.e. Phoenix Road north of Papermill Road at the 1.5 mile point on trail; Ashland Road and Monkton Road termini. Parking is also available along Papermill Road and at Sparks Elementary School on Sparks road one-fourth mile west of trail.
 - c. Take out what you bring in. Littering is prohibited.
 - d. Dogs must be leashed.
 - e. Report vandalism or other illegal activities to park rangers.
2. HOW TO GET THERE: To reach southern terminus, take I-83 north from the Baltimore Beltway to the Shawan Rd-Hunt Valley exit. Turn south (right) on York Road for 1/4 mile. Turn east (left) on to Ashland Road. Continue on until Ashland and Papermill Roads intersect—follow Ashland Road (right fork) 1/2 mile to parking lot.
3. DIMENSIONS: 7.18 miles long, 10 feet wide.
4. MILE MARKERS: BRRRC will install markers this spring.
5. WATER: None is available on the trail. Water will be available at the Sparks Elementary School parking lot this spring. For now, bring your own water.
6. SAFETY: Two full time rangers, Dave Davis and Chris Bushman, are on duty.
7. DOGS: Just north of Glencoe Road are a St. Bernard and a Beagle which bark a lot but no problems have been reported.

—Our thanks to Evan Thomas and the BRRC Newsletter for this article.



MAP SHOWING THE GUNPOWDER FALLS STATE PARK TRAIL.



Congratulations to Joe Walsmith who was appointed Race/Runs chairman. Our thanks for a job well done to outgoing chairman Bill Vogenitz who took over for Bill Wandel.

ERIC PELTOSALO
ATTORNEY AT LAW

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The Best of the STREAKers



GALE CROMWELL ON THE COMEBACK TRAIL.

CLOSE ENCOUNTERS OF THE CAR KIND

Gale Cromwell considered herself an average runner: she tried to be creative in keeping her mileage up, she never finished a race in the top ten, and her secret reason for running was probably to keep her weight down and gain self-confidence. Like a lot of other average runners Gale never ran in the morning until she met Ben Moore, our Moore's Marines Marathon training guru.

Gale was captivated with the group and Saturday morning runs became the focus of her week. Ben remembered her and always had a cherry greeting for her. She discovered in the camaraderie of running that she could make friends—a sometimes difficult prospect in the two years since she had returned to live in the area. She was assimilated into the group and trained faithfully.

Much to her chagrin, Gale was unable to finish the marathon. She felt angry at herself, a justifiable emotion after all that training. She blamed her failure on a lingering cough from bronchitis only a week before the race.

But hope springs eternal; Gale was offered an opportunity to redeem herself. Bill Law offered to run the Maryland Marathon with her. Surely she could succeed with an encouraging veteran to pace her. She threw herself into her training with enthusiastic abandon, combining her usual early morning run with an every-other-day evening run, ironically, to try to avoid running in heavy traffic.

For her morning run Gale would leave early for work in Baltimore. By 6 A.M. she would be

covering the old Constellation race route. It was a beautiful, neighborly scene with the sunrise over the city, rowers on the harbor, and construction workers and truckers to exchange "pleasantries." The last mile back to her workplace she would do 1 to 2 block intervals using the pedestrian lights to avoid traffic.

The one big disadvantage of her training logic became apparent in a split second on Light Street on November 7. It was there she waited for the pedestrian light to change, looked left to note no red-light-running-traffic and took off. She awoke to flashing ambulance lights, shaking chills, and body splints. Her sobbing request to not have her favorite long sleeved tee shirt cut from her injured limbs went unheeded by the rescue squad. They informed her she had collided with a car.

In the emergency room the police officer took her statement which she willingly gave to him. He then said the driver of the vehicle that had blasted her said he had not run a red light and that she had purposely run into his car. There were no witnesses.

You're lucky, Gale was told. No broken bones, only the left sleeve cut on her favorite tees. Initially her injuries appeared not so bad. But athletic people swell more and she was soon impressed with her left thigh contusion and right calf knee size and shape. She had excruciating pain in her left shoulder. She never saw the gash on her forehead; and she had a hard time for weeks keeping the horizon horizontal and herself vertical.

It was a terrible accident. After the shock and denial wear off the accident victim is faced with months and sometimes years of recuperation. Gale's left thigh abductors will always be weaker, but the under-the-skin-hole-that-stopped-at-the-bone is filling in and scaring down. The pockets of blood in calf and thigh are gone, as are the bruises and most of the swelling. Athletic people heal faster—after only a month she could finally put her right heel on the floor. Arthroscopy removed the torn cartilage in her right knee so she can straighten it out completely. "Neat surgery and not bloody at all," Gale said.

Perhaps harder to heal are the emotional scars: there is anger, withdrawal, anxiety and depression when one has been vandalized by a car.

Gale has been making progress in that area also. She has had a dream—picture this in slow motion—running along Defense Highway early in the morning with a group of friendly faces to share the experience, a minimum of traffic and lessening pain.

Said Gale, "my physical therapist, Richard Hinton alias Attila the Hun Hands, has been helping me attain that goal with ruthless massage, 'electrical' shock therapy, hydraulic weight workouts and dire warnings to do my prescribed exercise program at home. He has that pitiless attitude one finds in people who play rugby."

Gale learned to reach out to her friends, "my Strider friends encourage me more gently—

(continued on next page)

they have a better understanding of my tendencies to be a wimp." She especially credits Cathy Frantom, Bill Ammon and Earl Scott for boosting her morale.

Gale hopes to garner some advantages from the experience. "My pain tolerance has increased so perhaps...maybe...I might be able to run a little better than before, once I start running again."

She has learned a lot of new exercise modalities. And she has learned to laugh a lot—fears and limitations require a sense of humor. She set an exceptional time for her first mile, a PR of 55 minutes in which time she gamely fought off a neighborhood dog with her crutches.

Gale can well consider herself World Class on the Comeback Trail—something well above the average.

GALE'S TIPS FOR DEFENSIVE RUNNING

1. Don't trust any car, it will be the winner no matter what the outcome.
2. Run against traffic—you can't avoid the car you don't see.
3. Don't step off the curb until after you look for traffic.
4. Stretch at red lights.
5. Wear bright clothes; reflectors at dawn, dusk, and dark.

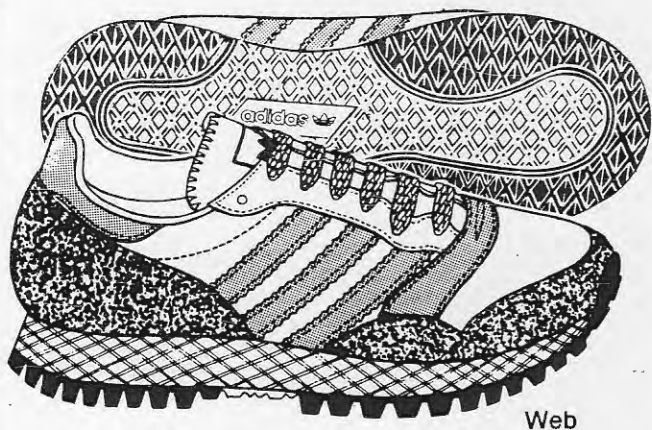
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RACE RESULTS



VALENTINE'S TWOSOME RELAY



February 17, 1985

Place	Age Group	Time	Team Name	Team Members
1	41-60	34:38	Armadillos	Beth Walt/Stan Fletcher
2	61-80	36:31	Footloose N'Fancy Free	Pat O'Brien/Joe Smalldone
3	41-60	38:02	The Sweaty Dorks	Erica Sahler/Bruce Truog
4	41-60	38:12	The Differentials	Mary Balch/Steve Hanson
5	61-80	39:10	Tri-Hards	Deirdre Wagner/Don Anderson
6	61-80	39:13	South County Striders	Susan Bonner/Eric Peltosalo
7	41-60	40:48	Spare Pair	Nancy Spear/Mike van Beuren
8	41-60	41:24	Tortoise & The Hare	Deanna Reiber/"Nut" Hall
9	61-80	41:28	The Odd Couple	Bill Ammon/Jonas Legum
10	61-80	41:41	—	Susan & Mark Lipsey
11	41-60	41:42	—	Cindi Fox/Bill Contarino
12	41-60	42:50	Sticky Buns	Linda Rogers/Will Scott
13	81-100	43:22	The Prof & the Profette	Anne & Mike Chamberlain
14	61-80	43:54	Surf N'Turf	Barbara Kerr/Edward Denny
15	41-60	44:13	—	Jennifer Peterson/Bruce Sponsler
16	81-100	44:14	B&M Express	Betty & Mike Impellizzeri
17	81-100	44:53	Heavy Weights	Delma Miller/Don Waddington
18	41-60	45:11	Sweet & Sour	Elizabeth & Bill Wandel
19	over 100	45:54	Slow Pokes	Nancy Waddington/Joe Walsmith
20	61-80	46:38	Major Motion	Pat & John Major
21	81-100	46:51	Cold Turkeys	Ann Gauzens/Ken Thorn
22	over 100	46:54	Has Ben & Betty	Betty & Ben Moore
23	61-80	47:36	Leisure Lovers	Joy & Tom Donlin
24	61-80	48:04	—	Carol Rubino/Bob DeYoung
25	81-100	49:04	Gross Natural Product	Rae Jean Goodman/Clair Morris
26	61-80	49:14	—	Beverly & Ronan Martin
27	41-60	49:36	Zippidy Z's	Louise & David Zeitlin
28	61-80	49:41	St. Valentines Day Massacre	Gale & Roy Edelstein
29	over 100	50:33	The Silver Streak	Yvonne Aasen/Guy Riccio
30	41-60	52:43	Sole Desire	Deborah Hensley/Keith Doport
31	41-60	53:00	Take Your Honey & Run	Mary White/Chris Flowers

BEST NAMES: Has Ben & Betty (Ben and Betty Moore), Major Motion (Pat and John Major), Gross Natural Product (Rae Jean Goodman and Clair Morris), Tri-Hards (triathloners Don Anderson and Deidre Wagner). Not to mention the award winners, The Silver Streak (Yvonne Aasen and Guy Riccio—whose age totaled 117).

Thanks to the following people for their assistance: Tom and Nick Mark; Bill Rosser, Branin Thorn, Aaron Fortier, Yael Fortier, Gale Cromwell, Earl Scott and Bob "The Timer" Walters. Special thanks to Bill Miller for measuring and marking the course.

Doug Pond, Race Director



TIMES OF OUR LIVES

WE'RE MOVIN' ON UP

The Annapolis Striders made their best showing to date in competition with other running clubs. Here are the results of the Howard County 10-Mile Challenge Run held on February 24, 1985:

TEAM	POINTS (low wins)
Baltimore Road Runners	457
Howard County Striders	482
Annapolis Striders	1021
Montgomery County RRC	1024
Frederick Steeplechasers	1782
Westminster RRC	2157

ANNAPOLIS STRIDERS

Place	Runner	Time
16	Joseph Pesce	57:00
23	Mike van Beuren	57:33
29	Brian Palmer	58:06
41	Mark Yerkes	58:58
42	Tony Carvalho	59:05
45	Bill Conroy	59:21
50	Eric Peltosalo	59:52
57	Nut Hall	60:31
73	Joe Smalldone	62:26
74	Jim Kisenwether	62:32
94	Eddie Anderson	63:38
96	Don Kennedy	63:56
129	Pat O'Brien	65:38
143	Norm Saunders	66:50
157	Milton Taylor	68:13
158	Charlton Archard	68:16
159	Joe Duffy	68:21
171	Mike Chamberlain	69:02
172	Bill Wandel	69:14
190	Rich Profozich	70:43
191	Liz Kisenwether	70:47
236	Deirdre Wagner	73:42
292	Don Waddington	82:08
324	Nancy Waddington	89:52





WHAT'S COMING UP

ANNAPOLIS STRIDER EVENTS CALENDAR FOR 1985
 (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>RACE DIRECTOR</u>
Every Saturday	7:00 AM	<u>Informal Training Runs</u>	Annapolis Mall Rt. 450 & Defense Hwy.	Hotline 268-1165
Every Sunday	7:30 AM	<u>Informal Training Runs</u>	Navy/Marine Corps Stadium, Annapolis, MD	Hotline 268-1165
2nd Monday of each month	7:30 PM	<u>Annapolis Striders Board Meeting</u>	Arundel Center Annapolis, MD	Pam Andersen 267-0524
March 31 Sunday	2:00 PM	<u>Cherry Pit 10-Mile Race</u> <u>#2 Club Champ Series</u>	South River High School Edgewater, MD	Mike Whitworth 721-0926
April 13 Saturday	8:00 AM	<u>2-Mile Track Race</u> <u>#3 Club Champ Series</u> <u>\$1 entry fee</u>	Broadneck High School (off College Parkway) Arnold, MD	Louise Zeitlin 757-1407
April 14 Sunday	8:00 AM	<u>The Governor's Bay Bridge</u> <u>Run 10K (entries closed)</u>	Sandy Point State Park	Mike van Beuren 301/268-1165
April 23 Tuesday	7:30 PM	<u>Race Directing Clinic</u> <u>Part II</u>	Arundel Center, Rm. 110 Annapolis, MD	Pat O'Brien 757-0462
April 27 Saturday	9:00 AM	First Annual YWCA Fundraiser 10K Run & 2-Mile Fun Run Men, Women, & Children invited	Anne Arundel County Fairgrounds, Crownsville Road, Crownsville, MD	Mary Simmons YWCA: 268-5093 Home: 263-6941
May 4 Saturday	8:30 AM	Fifth Annual May Day Race Against Cancer 10K	The Market Place Rt. 450 & Stoneybrook Dr., Bowie, MD	Chuck Gardner 301/262-0120
May 18 Saturday	6:30 AM	<u>JFK 50 SAMPLE APPALACHIAN</u> <u>TRAIL RUN (or walk) 13 Miles</u>	Annapolis Mall Car-pool to Boonsboro, MD	Don Waddington 956-2061
June 2 Sunday	8:00 AM	<u>Tetrathon: 440, 880,</u> <u>1 Mile, 2 Miles</u> <u>\$2 entry fee</u>	Broadneck High School (off College Parkway) Arnold, MD	Bill Vogenitz 974-1998
June 8 Saturday	8:00 AM	Run For The Arts 10K	Maryland Hall Constitution Ave. & Greenfield St. Annapolis	Lynne Davidson 267-0555
June 12 Wednesdays thru August 14 (10 weeks)	6:00 PM	<u>Truxtun Park Series Fun Runs</u> <u>1 Mile and 4 Miles</u>	Truxtun Park, Annapolis Meet at pine grove near the boat ramp	Mike van Beuren Hotline 268-1165
June 16 Sunday	8:00 AM	<u>Father's Day 10K</u> <u>#4 Club Champ Series</u>	Loch Haven Recreation Area, Edgewater, MD	Orv Pratt 798-4126
July 13 Saturday	8:00 AM	<u>1-Mile Track Race &</u> <u>Junior Medley for 10 & under</u> <u>#5 Club Champ Series</u>	Annapolis High School Riva Road, Annapolis	Pat O'Brien 757-0462
July 20 Saturday	8:00 AM	<u>Women's Distance Festival</u> <u>5K (women only)</u>	U.S. Naval Academy Annapolis, MD	Pam Andersen 301/267-0524
July 20 Saturday	9:00 AM	<u>Run After The Girls 5K</u> <u>(men only)</u>	U.S. Naval Academy Annapolis, MD	Eddie Anderson 301/956-3672

Annapolis Striders

1985 CALENDAR CONTINUED

July 24 Wednesdays Thru August 14	6:00 PM	<u>Truxtun Park Series Fun Runs</u> <u>1 mile & 4 Miles</u>	Truxtun Park, Annapolis Meet at pine grove near the boat ramp	Mike van Beuren Hotline 268-1165
July 27 Saturday	8:00 AM	<u>Two Person 10-Mile Relay</u> <u>(2 runners to a team)</u>	Broadneck High School (off College Parkway) Arnold, MD	Bill Vogenitz 301/974-1998
August 11 Sunday	8:00 AM	<u>8K Cross Country Race</u> <u>#6 Club Champ Series</u>	Anne Arundel Community College, Arnold, MD	Tim Blewett 301/721-9609
August 24 Saturday	7:00 AM	<u>Workers Run for Annapolis</u> <u>10-Mile Run</u>	Navy/Marine Corps Stadium, Annapolis, MD	Nate Betnun 263-8512
August 25 Sunday	7:30 AM	<u>Annapolis 10-Mile Run</u> <u>(10th Anniversary)</u>	Navy/Marine Corps Stadium, Annapolis, MD	Mike van Beuren 301/268-1165
September 8 Sunday	8:00 AM	<u>Severna Park 5-Mile Run</u> <u>#7 Club Champ Series</u>	Severna Park High School Benfield & Robinson Rds.	Delma Miller 268-7086
September 15 Sunday	8:00 AM	<u>Biathlon: 10K Run &</u> <u>20 Mile Bike</u>	South River High School Edgewater, MD	Don Waddington 301/956-2061
October 13 Sunday	8:00 AM	<u>Metric Marathon 26.2K</u> <u>(16.2 miles)</u> <u>#8 Club Champ Series</u>	Southern High School Harwood, MD	Will Scott 301/267-8013
November 24 Sunday	10:00 AM	<u>Cold Turkey 20K (12.4 miles)</u> <u>#9 Club Champ Series</u>	South River High School Rt. 214, Edgewater, MD	Ken Thorn 301/263-9549
December 29 (date to be confirmed)		<u>Anniversary Run 15K (9.3 mi.)</u> <u>#10 and last Club Champ Series</u>		

All official Striders events are underlined.

You don't have to be a Strider to run these races—all runners invited.

CLUB CHAMPIONSHIP SERIES

RULES FOR THE 1985 CLUB CHAMP SERIES

1. YOU MUST BE A MEMBER IN GOOD STANDING TO SCORE FOR AN AGE GROUP AWARD, YET WE ENCOURAGE EVERYONE TO PARTICIPATE IN THESE RACES.
2. THERE WILL BE TEN RACES IN THE SERIES: 5K, 10 MILE, 2 MILE, 10K, 1 MILE, 8K, 5 MILE, 26.2K, 20K, 15K.
3. YOUR AGE AS OF THE FIRST RACE OF THE SERIES WILL DETERMINE YOUR AGE GROUP PLACEMENT FOR THE ENTIRE SERIES.
4. POINTS WILL BE AWARDED FOR YOUR ORDER OF FINISH WITHIN YOUR AGE GROUP. NO SHOWS WILL RECEIVE 35 POINTS OR THE LAST PLACE IN THEIR AGE GROUP, WHICHEVER IS HIGHER.
5. YOUR FINAL SCORE IS DETERMINED BY ADDING YOUR BEST SIX FINISHES. LOWEST SCORE WINS! IF NO ONE IN YOUR AGE GROUP COMPLETES SIX RACES, YOU MUST HAVE COMPLETED AT LEAST FIVE TO BE ELIGIBLE FOR AN AWARD. ANYONE WHO COMPLETES THE ENTIRE SERIES OF TEN RACES, HOWEVER, WILL WIN AN AWARD.
6. THE AGE GROUPS ARE:
FOR MEN AND WOMEN: 13 and under, 14-19, 20-29.
FOR WOMEN: 30-39, 40-49, 50 and over.
FOR MEN: 30-34, 35-39, 40-44, 45-49, 50-59, 60 and over.

7. THREE AWARDS WILL BE GIVEN IN EACH AGE GROUP BUT THIS NUMBER MAY BE DECREASED IF THERE IS LIMITED PARTICIPATION IN A PARTICULAR AGE GROUP.
 8. SERIES STANDINGS WILL BE PUBLISHED PERIODICALLY IN THE STREAK.
- 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	