

# STREAK

VOLUME VII

NUMBER 3

june 1985



## ANNAPOLIS STRIDERS

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

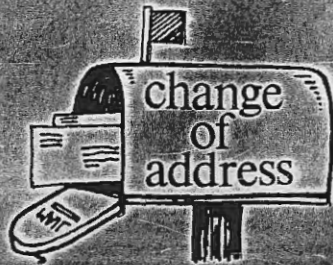
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# 268-1165

AREA CODE 301

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

**INCLUDE FAMILY MEMBER INFORMATION HERE**

First Name	Sex		Birth date		
	M/F	Initial	Mo.	Day	Yr.
<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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**ORDER FORM FOR T-SHIRTS**

	S	M	L	XL	
MEN'S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$6.00 each postpaid
WOMEN'S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
CHILD'S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

**ORDER FORM FOR TANK-TOPS**

	S	M	L	
ONE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$8.50 each postpaid
STYLE				



- Shirts are also available at Strider runs
- Call for information on coming events and to leave messages 24 hours a day: (301) 268-1165.
- When requesting information by mail, include a long, self-addressed, stamped envelope.
- Please allow 2 weeks for processing this application. You will be sent a membership card good for discounts on running gear at selected area stores.
- The Annapolis Striders, Inc. is a non-profit, charitable organization. Your tax-deductible donation is welcome.

**OFFICIAL USE ONLY**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Annapolis Striders

### MEMBERSHIP APPLICATION & RENEWAL FORM

Mail To:  
(Send Check or Money Order)

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

Last Name		First Name		Initial	Birth Date			Sex		
<input type="text"/>		<input type="text"/>		<input type="checkbox"/>	Mo.	Day	Yr.	Male	Female	
<input type="text"/>		<input type="text"/>		<input type="checkbox"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Mailing Address				Street (Include Apt. No.)				City		State
<input type="text"/>				<input type="text"/>				<input type="text"/>		<input type="text"/>
Zip Code	Area Code	Business Phone	Area Code	Home Phone		Is This A New Membership		Address Change		
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						Yes	No	Yes	No	
Occupation				Signature X						
<input type="text"/>				<input type="text"/>						

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

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

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

Today's Date

Today's Date



On the first weekend in May I represented the Annapolis Striders at the 28th annual convention of the Road Running Club of America in Atlanta, Georgia. The Striders are one of 446 clubs which make up the RRCA. The quarterly Footnotes publication each of you receive is published by the RRCA.

The meeting was held at the Powers Ferry Holiday Inn in the suburbs of Atlanta. The location was perfect for a runner because it was located one mile from the Chatahoochee River National Park. The Chatahoochee Road Runners Club hosted the convention and did a great job. At noon on Friday I participated in a 5K run in the Park which was the first official event of the convention.

In the afternoon I attended a seminar on club finances and learned what a neophyte I am concerning race finances. Later Sister Marion Irvine participated in a panel discussion; she did a great job—very charismatic.

Friday night there was a buffet and awards were given for the afternoon 5K fun run. Former Olympian Francie Larrien-Smith was the women's division winner; she was second overall.

On Saturday I participated in the business meeting which included election of new RRCA officers. There weren't any nominations from the floor and those nominated by the committee were unanimously elected.

Three seminars were presented which were of great interest to me: "Training and Conditioning" was conducted by Francie Larrien-Smith. Her husband, Jimmy Smith, conducted another on "Physiology and Conditioning." Another timely topic was "Club and Race Legal Concerns." Suits against running clubs are becoming a great concern and I was shocked at the magnitude of the problem. One of the benefits of belonging to RRCA is group liability insurance.

The highlight of the convention occurred Saturday night. After dinner the awards presentation took place. Sister Marion Irvine was there to receive her award as Outstanding Female Master Runner. Joan Benoit attended to receive the award as Outstanding Female Runner of the year. It was a thrill for me to see these two women in person that I have seen on TV and read so much about.

The RRCA National 10K Road Race was scheduled on Sunday. It was sponsored by the Chatahoochee Road Runners. The race started and ended about one-fourth mile from the Holiday Inn. The first mile was downhill and I ran fast (I love running down hill). It then took me three miles to recover. Since I broke 40 minutes I thought I might get an award—they were going 5 deep in 5-year increments. My two hour wait in the Georgia sun went unrewarded. I was two minutes from 5th place.

Next year I hope we can have more than one representative attend. The convention was not only informative, it was also fun.

I want to thank Mike van Beuren for the great job he did on the Governor's Bay Bridge Run. This was a wonderful race—everyone I have talked to loved it. Mike put a tremendous amount of work into this effort. On behalf of all the Annapolis Striders, Mike, "Thanks."

I was especially proud that two Annapolis Striders won the first Bay Bridge Run—Brian Palmer and Pat O'Brien. And that Bill Conroy was the first Master and Ray Harrison was the first person over fifty to cross the finish line.

-Doug Pond

# EDITORS REMARKS

REACTION: Is the Streak too benign? Do we ever evoke feelings of inspiration? Do we ever stir up passions of anger? Controversy? Do we ever arouse rebuttal?

I asked one of my sons to respond to the April Training Tips article on stretching by Lyle Modlin.

"The part on ballistics is really important—don't bounce when you stretch. Everything should be passive. You should go into the stretch slow and hold it. But 15-20 seconds is not long enough to hold a stretch. I learned that the muscle will resist a stretching force on them for 25 seconds—then they'll relax. At that point hold the stretch for 5 to 10 seconds longer and they'll stretch out.

"Most stretching doesn't do any good anyway. The best warmup is jogging at a very slow pace for one to one-and-a-half miles and then maybe doing some stretching for a few minutes. Stretching is not necessary except for injury prone areas such as the achilles, calves, and the shin muscle.

"Another good preventive measure is having good strong stomach muscles.

"But this doesn't mean you shouldn't stretch. On the other hand, Marty Liquori said stretching for distance runners is overrated. Period."

"Why don't you write a letter to the editor?" I asked.

"I don't want to hurt the guy's feelings," he replied.

THANKS TO THE TEAM: Emily Morse, Carol Huddy, Guy Riccio, Pat O'Brien, Bob Hunton, and Bill Law were the moving force in getting the April Streak mailing out. I'm looking forward to Bill Law taking over the entire operation...

A special thanks to Barbara Kerr for her art work in this issue.

DEADLINE: The deadline for the August issue of the Streak is July 9. You may mail copy to my home address, 13 Sunset Drive, Severna Park, MD 21146.

-Yvonne Aasen

## WE GOOFED!

### WASHINGTON'S BIRTHDAY 5K DROPPED FROM '85 CHAMPIONSHIP SERIES

Recent notification that there are no official times available for the multiple runnings of this race, added to the original confusion over its scheduling, prompted the race committee to recommend deleting the Washington's Birthday 5K from the 1985 Championship Series.

At its May meeting, the Annapolis Strider board voted to drop the event, shorten the series by one race, and, for awards consideration, reduce each completion requirement by one event. The board deeply regretted having to take this action. The consensus was that since there is now no way to evaluate runner performances, the only recourse is to eliminate consideration of all performances. The previously endorsed option of a make-up race was revoked, as no comparison of times is now possible. In the board's judgment, a new race would be unfair to those who completed the run in February and could not attend a new race.



## TO RUN IS TO WIN

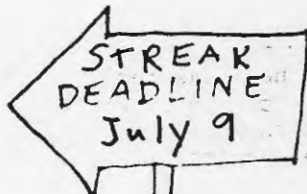
### DEAR STRIDERS

Sunrise, FL  
April 1, 1985

Dear Editor, How many times do I have to tell you, Mom, its the William Preston Lane, Jr. Memorial Bridge.

Love,  
Stu Aasen

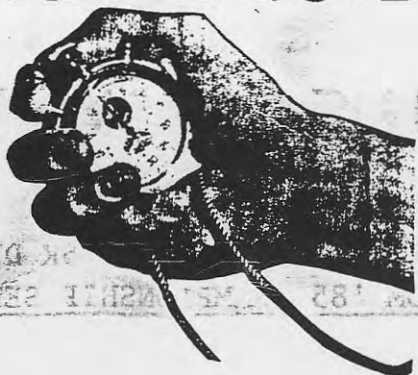
Editor's note: Stuart ought to know. he spent a summer, when he was in college, working on the Chesapeake Bay Bridge, uh, I mean the William Preston Lane, Jr. Memorial Bridge. I thought of him when I ran across it.



Caricature by Irv Finifter

# BOARD MINUTES

May 13, 1985



## MEMBERS WELCOME AT MEETINGS

A synopsis of Striders executive board meetings will appear in every issue of the Streak under a "Board Minutes" heading. Copies of the complete minutes and a full treasurer's report are available to every member upon request. Visitors are always welcome at Board meetings which are held at 7:30 P.M. on the second Monday of the month. Call the secretary to confirm the location.

April 8, 1985

\* Ken Thorn resigned as Treasurer because of new job commitments. President Doug Pond offered to find another person to fill the vacancy.

\* Joe Walsmith, Race/Runs Committee chairman, is writing a job description for his committee and welcomes suggestions. He is also soliciting information from the members about volunteering to help with races.

\* Evan Thomas, Property and Awards chairman, announced that he is devising a form for checking out equipment from the Strider's Mini-Storage and expects everyone to use it in order to keep track of equipment.

\* Don Waddington, Long Range Planning committee chairman, is prioritizing the Striders equipment purchasing list. Some of it may be purchased with funds from the 9th Annapolis 10. The committee will give its recommendation to the Board at the June meeting.

\* Bill Law, Bulk-Mailing chairman, reminded everyone that he needs several days advance notice to get a mailing out on time. He also needs committee members.

\* The Board voted to send the president to the RRCA National Convention in Atlanta and to give him \$350 from the club to defray his expenses.

\* A rousing discussion was held about how many and what type of races the Striders should help with or sponsor for others such as charitable organizations or for commercial enterprises. Joe Walsmith was appointed to draft a proposal about which Strider events are appropriate for commercial sponsorship and a policy will be developed in the future.

\* Earl Keicher was approved by the Board to be the new treasurer. Earl then announced that the balance of the checking account has increased this month.

\* The suggestion was made that perhaps the Striders need both a recording secretary and a corresponding secretary to pick up the mail and send out membership cards. The idea will be studied.

\* Joe Walsmith announced that there were no times available for the Washington's Birthday 5k so it was voted that the 5K will be withdrawn from the series.

\* Joe Walsmith presented his proposal for sponsorships for Striders races. It was decided that the Long Range Planning committee should consider his proposal and develop a policy for possible adoption by the Board.

\* Joe Walsmith announced that Joe Clorety has agreed to be the new Championship Series coordinator.

\* The Board voted that any check written for more than \$100 on the Striders account requires two officers signatures. Expenses over that amount should be approved by the Board prior to any member making the purchase or commitment. The limit had previously been \$50.

\* Eric Peltosalo, Publicity Chairman, asked for suggestions for additional locations for Strider's bulletin boards. The bulletin board was previously placed at the Athlete's Foot store on Main Street.

\* Mike van Beuren announced that the Striders will receive \$1000 for directing the Governor's Bay Bridge Run for the Maryland Department of Natural Resources.

\* Pat O'Brien, Clinics chairman, announced the successful completion of the race directing clinic. She hopes to make it an annual event. She also announced that Moore's Marines will be formed again this year. The main emphasis and attention will be given to first time marathoners.

Don Waddington has agreed to give a clinic on measuring race courses.

## PEOPLE



## IN THE NEWS

### APPOINTMENTS ANNOUNCED

Earl Keicher has stepped in to take the treasurer's job. Thanks to Ken Thorn for all the numbers he has logged in his stint.

Joe Clorety is our new Club Championship Series statistician taking over from Bob Wheeler.

# BULLETIN BOARD

## TRUCK ON DOWN TO TRUXTUN

Attention beginning runners!  
Attention young runners!  
Attention runners of all abilities!

The Annapolis Striders and the City of Annapolis are happy to again offer the Truxtun Park Summer Series to begin June 12, and continue for 10 consecutive Wednesdays thru August 14.

Arrive at 6:00 P.M. for the 1-mile fun run; the 4-mile run to go at 6:30 P.M. Run one or both. Those who run in 7 of the 10 series will receive special participation awards. Katcef Bros. Distributing Company is the sponsor.

Meet at the pine grove near the boat ramp on the south side of Spa Creek in Truxtun Park, Annapolis.

Refreshments will be served.

Entry fee 50¢.

Need more info? Call Mike van Beuren at 269-1796 or the Annapolis Striders Hot Line at 268-1165.

## INFORMAL TRACK WORKOUTS

For those interested in doing track work through the summer, groups will be meeting at the Anne Arundel Community College track (off College Parkway in Arnold) on Wednesday and Thursday evening between 5 & 6 p.m. (after work). There is no scheduled workout for these sessions; the goal is to provide interested members with an opportunity to do intervals with companion runners. Water fountain and portable toilets are located on the premises. Come on over and "sweat it out" with friends.

For more information call:

Wednesday  
Pat O'Brien 757-0462

Thursday  
Earl Scott 269-5013

## RACE WORKER QUESTIONNAIRE

A questionnaire, intended to update our information on people who would be willing to work at our running events, is included in this issue of the Streak, just before the race entry forms. Please fill it in and submit it, whether or not you are able to help. We badly need a current and complete set of records.

—Joe Walsmith

## THE 2-PERSON 10-MILE RELAY

The Two-Person Ten-Mile Relay will be held Saturday, July 27, at 8:00 A.M. at Broadneck High School, off College Parkway, Arnold, MD.

Sign up at the race. Entry fee \$2.

Refreshments. Certificates to all finishers.

Two runners to a team alternating miles.

Teams can be all combinations, such as male and female, all male, all female, different ages. Show up even if you don't have a partner—someone will be there looking for another team member. (Last odd person has to work the race).

Call Bill Vogenitz 301/974-1998 for details.



ATTENTION  
RACE  
DIRECTORS

### FOR RACE DIRECTORS ONLY

The Board has adopted a standard format for presenting Strider race results. Forms, to be filled in by Race Directors have been printed and will be in the hands of directors well before scheduled runs. Please send the completed forms to Joe Walsmith, 3708 Bay Drive, Edgewater, MD 21037.

It would also be helpful to note what went right; what went wrong; suggestions for race. Thanks.

—Joe Walsmith

## ANY TAKERS FOR THE 24-HOUR RELAY...

The 24-Hour Relay will be held this year at Fort Meade starting at noon, Saturday, August 3, and ending at noon, Sunday, August 4. So far we are not aware of any effort to field a Strider team. If anyone is interested please call Joe Walsmith at 956-4427. If you are willing to organize or support the group please let Joe know.

You wouldn't have to be a hot shot to run—you would just have to be persistent and tough enough to run some 22 or so separate miles over the 24-hour period. It is held on the Mullins Field track. Showers are available during the whole event and tents are set up for shelter. Anyone who couldn't run could get a vicarious pleasure in serving as a timer. Women run as well as men (all ages) and other events are being run at the same time. Its something to see.

# MOORE'S MARINES

## MOORE'S MARINES SEEKS ROOKIES

by Ben Moore



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

- |                       |               |
|-----------------------|---------------|
| Thomas Macrae         | Annapolis     |
| Andy MacPherson       | Crofton       |
| Christopher Little    | Annapolis     |
| Patricia Rzepkowski   | Pasadena      |
| Terry Eplee           | Annapolis     |
| John Miller           | Gambrills     |
| Charlotte Caruso      | Glen Burnie   |
| William Burns         | Shadyside     |
| Margaret Burns        | Shadyside     |
| Marie Dulaney         | Baltimore     |
| Jim Garthune          | Baltimore     |
| Martha Hardesty       | Annapolis     |
| Harold Michaels       | Crownsville   |
| Scott McAusland       | Arnold        |
| Margaret McAusland    | Arnold        |
| Gregory Glynn         | Annapolis     |
| Michael Mayer         | Annapolis     |
| Thomas Wilkinson, Jr. | Baltimore     |
| Judith Donovan        | Pasadena      |
| Leslie Bodziak        | Arnold        |
| William DeVault, Jr.  | Salisbury     |
| Thomas Smith          | Arlington, VA |
| Stuart Weinstein      | Annapolis     |
| Thomas Futch          | Annapolis     |
| Nancy Futch           | Annapolis     |
| Greg Futch            | Annapolis     |
| Will Futch            | Annapolis     |
| Janet Dickinson       | Millersville  |
| John Rice             | Annapolis     |
| Donna Savani          | Severna Park  |
| Daniel Parvis         | Severna Park  |
| Rosemary Parvis       | Severna Park  |
| Joseph Parvis         | Severna Park  |
| Matthew Parvis        | Severna Park  |
| Donald Kane           | Annapolis     |
| David Kane            | Annapolis     |
| Mark Kane             | Annapolis     |
| Kelly Kane            | Annapolis     |
| Marshall Kane         | Annapolis     |
| Samuel Whitmore       | Annapolis     |
| Nora Whitmore         | Annapolis     |
| Vivian Smith          | Annapolis     |
| Earl Smith            | Annapolis     |
| Camille Smith         | Annapolis     |
| Ashley Smith          | Annapolis     |
| Kathleen Smith        | Annapolis     |
| Robert Miller, Jr.    | Annapolis     |

Before you know it, the time for training for the Marine Corps Marathon will be here. The Marine Marathon will be held on 3 November.

Yes, we are going to have our annual training runs, with water stops, set up each Saturday morning on Route 450. The first Saturday will be July 27. Training schedules will be available at a later date.

The "veterans" will do their own training for pace and distance. But this year, I believe it is time to start a new, first time marathon group again—as we did in 1980.

For those of you who have an adequate running base (4 to 5 miles per day without ill effects), you can be trained to complete the Marine Marathon in about 4 hours and 20 minutes—without hitting a wall! You must be willing to follow our training schedule for 3 months—and you must have the time to do so; and here's the "big promise"—you must train as a group and run the marathon as a group. I promise you we will all cross the finish line together! Any volunteers? Call me (Ben Moore) 268-3832.

Saturday morning training runs start at 0700 from the Annapolis Mall/Equitable Bank area. Sunday morning training runs (the Annapolis 10-mile course) start at 0730 from the USNA Stadium. The Saturday and Sunday runs are going on now and generally all year round for those who want to start early on their long run endurance training.

## RUNNING SHORTS FOR BEGINNERS

### 'BELLY BREATHING'

Most of us breathe backwards: we suck in our stomachs as we take a breath. When we draw in our stomach it lessens the degree to which we can expand our lungs with a full deep breath. Learn how to belly breathe and you will be able to increase the capacity of your lungs and make more oxygen available to those exercising muscles. Hold your hand over your lower abdomen and, as you breathe in, concentrate on pushing your hand out with your belly (loosen up those tightly buckled belts). As you exhale, allow your belly to push your hand in as your stomach flattens. Improper breathing can result in inefficient oxygen uptake and can also cause the paralyzing side stitch. Belly breathing, on the other hand, maximizes the oxygen uptake by fully inflating the lungs. Practice this technique while standing sideways and looking in a mirror; then try it "on the run."

### ERIC PELTOSALO

ATTORNEY AT LAW

P.O. Box 1747  
166 WEST STREET  
ANNAPOLIS MD 21404

ANNAPOLIS (301) 268-1121  
BALTIMORE (301) 269-1109  
WASHINGTON (301) 261-1105

# SPECIAL FEATURE

# Governor's Bay Bridge Run

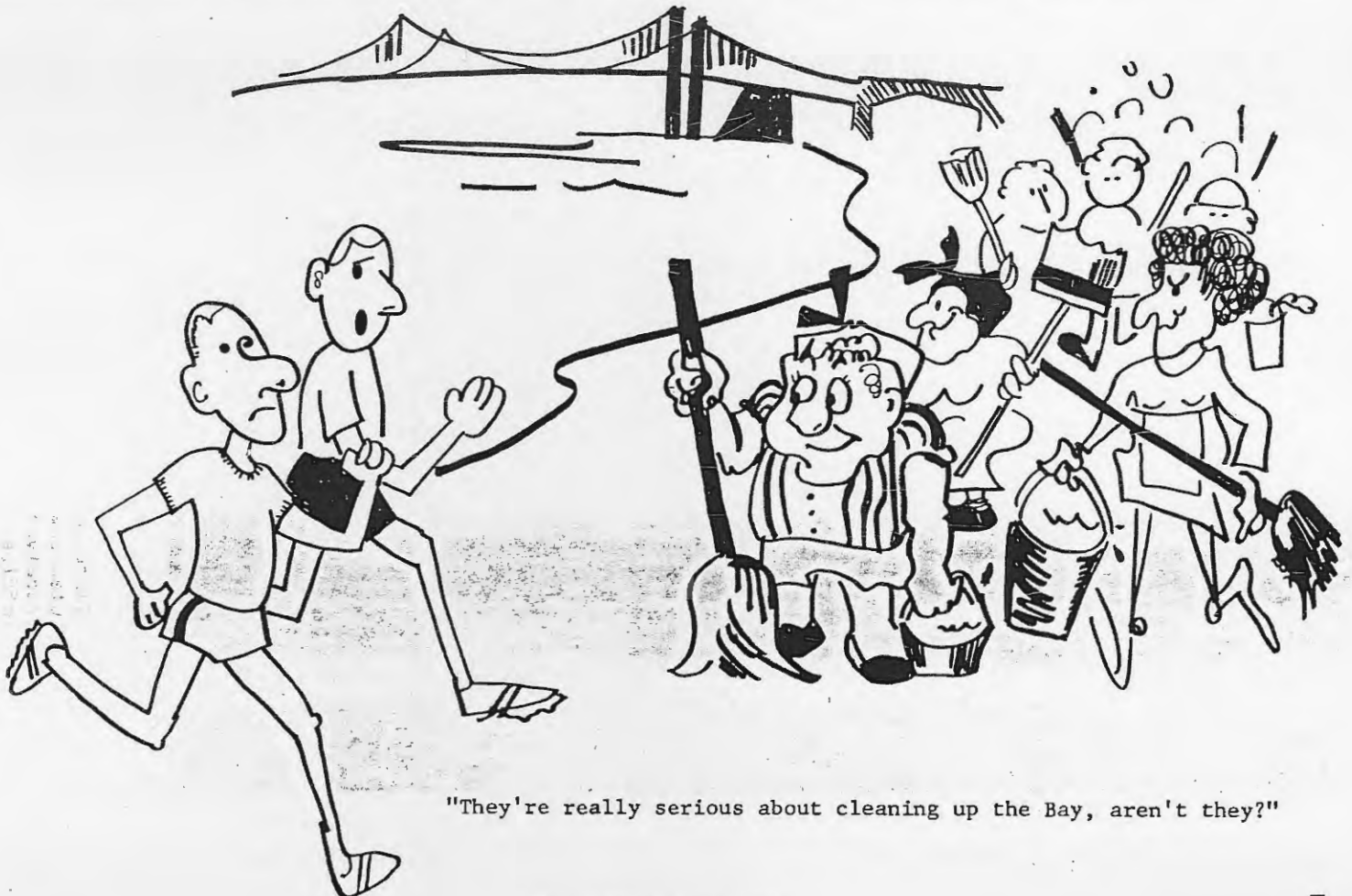
## BRIDGE RUN STARTS RIPPLES

There were a few tense moments, such as when 200+ cars were backed all the way out onto Route 50 at 7:15, just about the same time that we couldn't locate the stopwatches, but the largest run ever held in Annapolis got under way in fine form at 8, Sunday April 14. We had a cool, 50 degree, cloudy day and a light breeze which made the run comfortable. Banners were flapping, onlookers were clapping, while the race committee was tapping the kegs in Sandy Point as 2322 stormed across the Bay.

The race has been over for more than a month now and people are asking when training and clinics chairperson and women's winner, Pat O'Brien, is going to hold another 10k training clinic. It turned out that both she and men's winner, Brian Palmer, sharpened their speed and broke in their racing flats at the Strider 10k clinic during the winter. Many others in that group set PR's too (Measurement guru, Don Waddington, assures us we have an accurate course). Clinic "slavedriver", Nut Hall, finished in the top ten and then helped our finish line crew with their Herculean chores.

Organizers and runners are still quite excited about the success of this 10k and there are already hopes that we'll be able to have another run next year. We hope, too, that you will join the race committee in thanking the state authorities who made this event possible. The Governor, the Department of Natural Resources, and the Department of Transportation were the essential moving forces responsible for this race. Please feel free to write them at the addresses listed below. A few compliments would help ensure that we have a 2nd annual event.

The proceeds from the run will fund shore-line enhancement and wildlife restoration at Sandy Point State Park. These funds came from entry fees. Let us hope that in the future we can provide more resources for projects to restore the Chesapeake Bay.

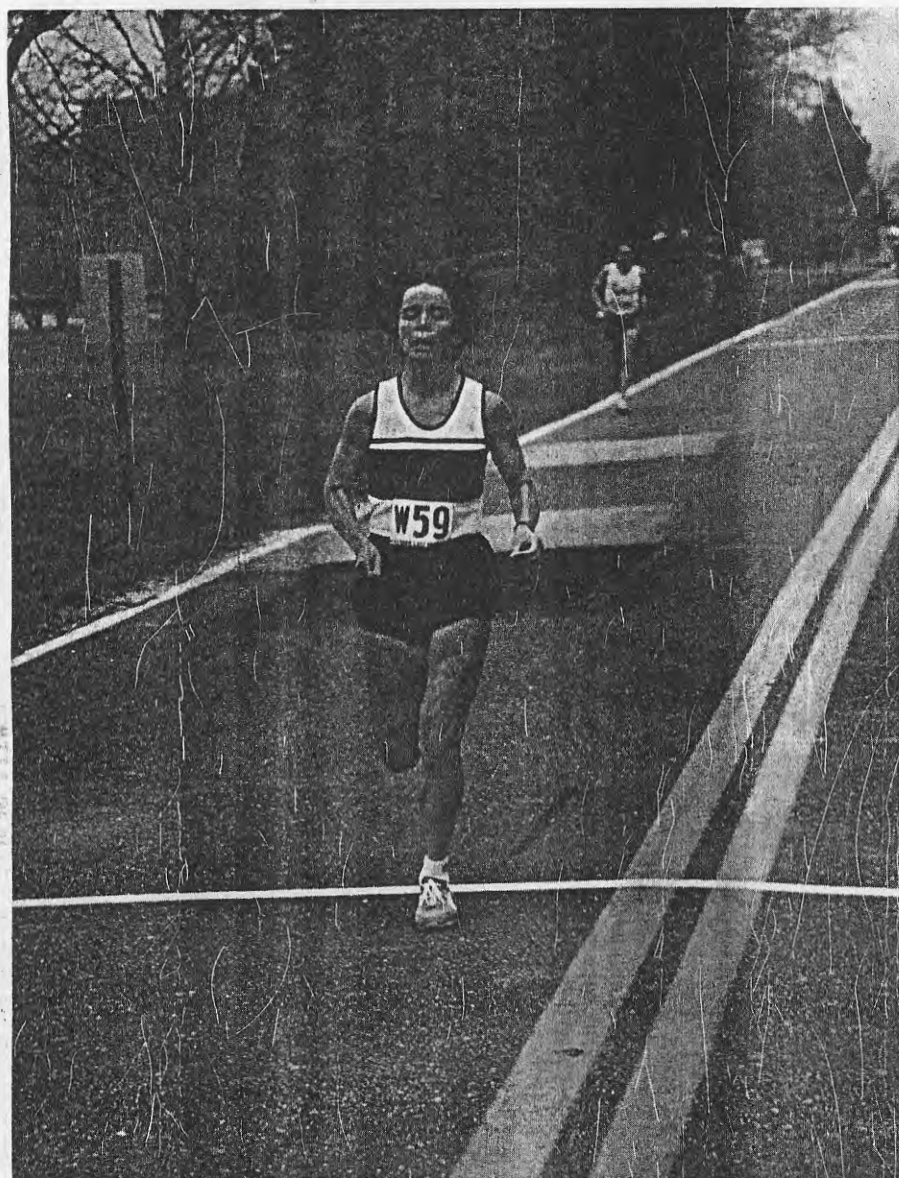


"They're really serious about cleaning up the Bay, aren't they?"





# GOVERNOR'S BAY BRIDGE RUN RACE COMMITTEE



-Photo by Nancy Jordan

Top Women's winner Pat O'Brien, concentrates intently as she crosses the finish line setting a record of 37:38 for the first ever Governor's Bay Bridge Run 10K.

Marsha Burden, Awards  
 Penela Andersen, Director \*  
 Mary Ellen Dore, Stage Manager  
 Dr. Robert Eden, Medical Director \*  
 Thomas & Joy Donlin, Finish Area \*\*  
 Robert Hall, Finish Line Mgt. \*  
 Louis Kelley, Toll Facilities  
 Bill Miller, Tag Collection \*  
 Karen Pushkar, Number Distribution  
 Bill Sieling, Course Monitors  
 Helen Stone, Art & Design  
 Donald Waddington, Course Director \*  
 Mike Whitworth, Water Stop \*

Maria Coughlin, Treasurer \*  
 Joe Deak, Scoring \*  
 Kathy Fitzpatrick, Volunteers  
 John Gudas, Starting Line \*  
 Charles Haines, Park Director  
 Nancy Jordan, Photography \*  
 Bill Law, Chute Captain \*  
 Doug Pond, Finish Line \*  
 John Seyffert, DNR liaison  
 M. Gerte Spadone, Registration \*  
 Helene Tenner, Publicity  
 Bob Walters, Timing \*  
 (\* indicates a Strider)

Write: Torrey C. Brown M.D., Secretary, MD Dept. Natural Resources, Tawes Bldg., Taylor Ave., Annapolis, MD 21401  
 William K. Hellmann, Secretary, MD Dept. of Transportation, PO Box 8755, BWI Airport, 21240  
 Hon. Harry Hughes, c/o Room 217 State House, Annapolis, MD 21401

## TOP WINNERS

MEN'S WINNER : BRIAN PALMER 32:31.7  
 WOMEN'S WINNER : PAT O'BRIEN 37:38

## DIVISION RESULTS

MEN		WOMEN	
10-19	STEVEN SMITH, Rockville MD JAMES GARNER, Crofton	35:03 36:14	BECKY ALLMON, Columbia 45:38 KERRY O'CONNOR, Annapolis 47:02
20-29	JOHN ROEMER, IV, Parkton KEITH BURNS, College Park	32:46 32:52	NELDA CASPER, Baltimore 41:03 ALLYSON MCCORMICK, Annap. 41:05
30-34	KEN MILLER, Baltimore EARL KEICHER, Annapolis	33:04 33:16	RITA TWIST, Linthicum 39:45 DEBORAH FUGAS, Vienna VA 43:09
35-39	EDWIN WEBB, Burke VA LEROY FOLMAR, Falls Church	35:02 35:35	ROSE MALLOY, Linthicum 39:38 DONNA AYCOth, Garwood NJ 43:01
40-44	WILLIAM CONROY, Crofton STEPHEN DILLING, Arnold	34:44 37:16	PEGGY SMITH-HITE, Stephens City VA 43:26 IRENE SMYTH, Bowie 43:56 (women age 40-49)
45-49	JAMES BLACK, Glen Burnie JOHN ELLIOTT, Columbia	34:55 36:05	
50-59	RAY HARRISON, Crownsville JOSEPH RUTKOWSKI, Dundalk	35:29 39:18	RACHEL BOURN, Fairfax VA 44:00 ESTHER WEISMAN, Severn 47:44 (women age 50 & over)
60+	FRANCIS KELLEY, Oakton VA WALT WASHBURN, Vienna VA	41:46 42:48	

Full results have been mailed to all finishers.

- Mike van Beuren  
Race Director

# TRAINING TIPS

by Pat O'Brien



## 10K CLINIC BREEDS HIGH PERFORMERS

The 10K Training Clinic got under way in the midst of howling winds, drifting snow, ice, and record breaking cold temperatures. Our goal was to assist aspiring runners to prepare for good performances in the Spring season 10K races. As we ran the prescribed 220's with Nut Hall bellowing out the splits it occurred to me that the idea of speed work in January was probably not a good one. What was an even more disturbing thought was that the dozen or so participants—many of them relative newcomers to the sport—would probably end up hating running as a result of this misery long before the first hint of spring arrived.

It's tough to focus on an April 10K in January, none-the-less, this nucleus of tracksters returned week after week for more interval training. During this time the weather proved unrelenting in its insult and fury. We joked a lot about the conditions while trying to catch our breath and thaw our fingers between fast laps, and it was this "group sense of humor" that enabled spirits to remain steadfast as gradually our paces quickened with the effort.

Four weeks into the program we got a break in the weather—rain. None-the-less, we sloshed around the track running right through the puddles and happy as "pigs in mud" (pardon the hyperbole).

With successive weeks the training regimen called for more demanding workouts and many of us acquired the skill of "making excuses" such as: but I ran 14 miles this morning...I think I might be catching a cold...I don't want to overtrain...etc. Nut took his "mean man" pill before each session and this enabled him to ignore our excuses and put us through our paces regardless of our pleas for mercy.

Now it's April, the clinic is over and all of us survived the experience and are still running as before—perhaps a little faster. It's hard to measure someone else's success but ponder some of these comments made by a few of our clinic participants:

Keith Cooper: I looked forward to the Saturday sessions. The group gave me the motivation to follow the training schedule during the week. (Note: Keith lost 20 pounds and completed his first 10K at the Governor's Bay Bridge Run.)

Carol Barnabae: I wanted to quicken my pace a little and gain some confidence so that I wouldn't be so hesitant about doing 10Ks. (Note: Carol "felt real good" as she crossed the finish at the Bridge Run. She's looking forward to her next 10K race.)

Will Scott: I wanted to get to the point where I could do a sub 40 10K. My PR at the Cherry Pit in March makes me confident that I can. (Note: Will is still waiting to do his first 10K of the season.)

Barbara Riddle: I dreaded coming out to the track most days, but after doing a hard workout I always left feeling better. (Note: Amazing what a little exercise-induced endorphin release can do for the mind!)

Brian Palmer: I thought the clinic was a great opportunity to run in a controlled atmosphere and it gave me a chance to do more than I normally would have on my own. (Note: Brian was the winner—of the whole race—at the Governor's Run and says he's now having to wear sunglasses when he goes out for a run—the hazards of stardom!)

Not only did many of the clinic participants become stronger runners through the training, but the weekly sessions also provided for social contacts that motivated some to become more involved in other Strider activities. Tom Ervin provided split times at the Bridge Run and Barbara Kerr is now involved in cartooning for the Streak. Indeed, the individuals as well as the club benefited from the 10K training clinic.

(A special thanks to Nut Hall for sharing his time and talents with the group. We'd never have gotten through the winter without ya! A thousand thank yous from each of us.)

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# TRAINING TIPS

## YES, RUNNER, THERE IS A PERFECT DRINK

by Liz Kisenwether

The days best described as hot, humid and sticky are on us again. For those of us who run in the summer, the weather can create a special problem: chronic dehydration. Hopefully, the following information will make the reader "dehydration-smart," resulting in better summer running.

Dehydration is defined as a negative imbalance in the body's natural water level, called homeostasis. The average person is about 57% water, with the actual percentage dependent on body fat content.

Several factors affect homeostasis; metabolism, heart rate, nervous activity, and brain hormones. It's the brain hormone ADH (anti-diuretic hormone) that's the "director of the show." ADH ensures the body's fluid level remains at the ideal levels of water and water-soluble substances.

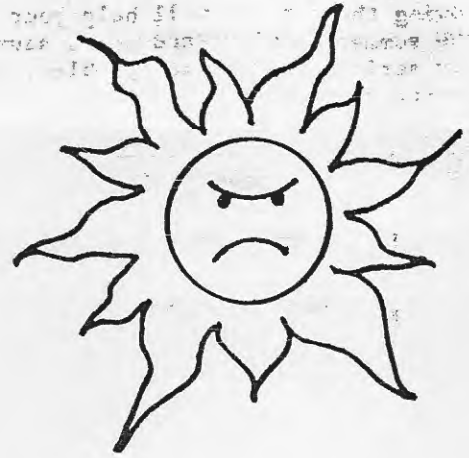
There are two examples of noticeable changes in homeostasis that all runners and active people are familiar with. First, on the day of a race (or any other major stress event) metabolism and nervousness increase above normal. The result: we must make repeated visits to the Bob-Johnies, restrooms (or bushes). The body is reacting to the stress by increased metabolism, resulting in higher urine output.

The second example illustrates the other change in homeostasis that occurs all summer: water loss due to excessive sweating. As the body temperature increases, there is a resulting nervous system stimulation of the sweat glands. As the level of body water drops, ADH is released to the kidneys. The kidneys effectively act as a sponge, absorbing water from the renal tubules, and releasing the water back into the blood stream. The body is reacting to the water loss by re-cycling the water available to maintain blood pressure. The result: after a run in hot weather, you may not need to urinate for hours.

Obviously, the maintenance of homeostasis is a complex body function. But the bottom line is this: for homeostasis to be maintained on a day-to-day basis, the water lost in a 24-hour period must be met by an equal intake of water. If not, chronic dehydration will develop within a few days unless steps are taken to reverse the trend.

Symptoms of dehydration include lethargy, headaches, nausea, cramps, overall fatigue, and a high resting pulse rate. For the runner, the effects of dehydration are seen in performance. Dr. David Costill, director of the Human Performance Lab at Ball State University, has found that if you decrease your body weight by 3 to 4 percent by sweating, you decrease your performance by 6 to 7 percent in a 5km or 10km race. (This translates to a 40:00 minute 10km runner struggling to finish in 42:20, or a 35:00 minute runner slowing to 37:10).

Note that it would be easy to drop your weight only 1 percent in each of 3 or 4 consecutive hot days of running, and go to a race dehydrated before the gun goes off!



What are some easy indicators of dehydration? There are three sure-fire ways to monitor your homeostasis:

1. Normal urine output per day is approximately 1.5 liters...or three or four full bladders. If you urinate less than this per day over a period of time, you may be headed for a serious dehydration problem.
2. Urine color isn't something you discuss at cocktail parties, but it should be something you monitor during high activity periods and during the hot summer months. Urine color should be clear or slightly yellow. Deep yellow urine is a certain indicator of dehydration.
3. Body weight is a good guide to dehydration level, but it is also influenced by diet, salt intake, and alcohol intake. Therefore, body weight can best be used as a "single-effort" indicator of dehydration. Weigh yourself before you run (preferably without clothes) then again after the run. If your body weight dropped more than 2 percent, you should make a conscious effort to drink water for the next few hours. There is a chart at the end of this article that shows a 2 percent weight loss in pounds for a variety of body weights.

What is the best remedy for dehydration? WATER, WATER, WATER...not beer (sorry, everyone) and not the electrolyte replacement drinks. The alcohol in beer acts as a diuretic, and actually hinders the body's attempts to regain homeostasis. Electrolyte replacement drinks (ERD) has been described by one researcher as "totally useless." These drinks have high concentrations of salts and minerals, and must be diluted with gastric water before it can be absorbed by the tissues. If you just can't pass up that beer, or like to have ERD at the finish line of a race, help your body out by alternating swigs of beer or ERD with a few good gulps of water.

As with many health issues, prevention of the problem of dehydration makes sense. To prevent chronic dehydration, increase your water intake at every opportunity you have. Stop at that water fountain at work whenever you can, drink water with meals, and chug down a glass of water before bedtime. After a long run or race, for the remainder of the day concentrate on drinking water or high water-content fluids.

Following these hints will help your body survive the summer running, and could save you from a very serious dehydration problem, heat exhaustion—or worse.

BODY WEIGHT	2% BODY WEIGHT*
100 lbs.	2 lbs.
120	2.4
140	2.8
160	3.2
180	3.6
200	4.0
220	4.4
240	4.8
260	5.2

\* If you lose 2% of your body weight in sweat during a run, the effects will show up with increased heart rate, increased core body temperature, and changes in the central nervous system (headaches, for example). Repeated drops in body weight due to excessive sweating should not be allowed!  
**DRINK WATER!!**

Whole grain cereal such as oatmeal, shredded wheat, farina, with skim milk.  
 Whole wheat or Seven Grain bread toasted, whole wheat bagels, or English Muffins.  
 Whole grain (e.g. Roman Meal) waffles, pancakes, or French Toast.

Lunch or Dinner

Kidney Bean & Corn Chili	Cream of Potato, Green Pea, or Bean Soup
Cornbread	Whole Wheat English Muffin with Apple Butter, Cole Slaw, Banana slices & Oranges
Tossed Salad	
Low Fat Dressing	
Bread Pudding	

Herbed Brown Rice & Beans	Macaroni & Cheese
Seven Grain Bread	Frozen Vegetable Blend
Fresh Fruit & Cottage Cheese	Bran Muffins
	Fresh Fruit

Spaghetti with Tomato-Mushroom sauce	Lentil Soup
Whole Wheat Garlic Rolls	Pumpnickel Bread
Tossed Salad featuring Romaine, Spinach, or other dark greens	Carrot-Pineapple Salad
Ice Milk	Rice Pudding with Raisins

Calcium Supplementation

Ongoing studies related to bone density indicate that the current recommendations for Calcium intake should be increased to 1200 mg. per day for premenopausal women and 1400 mg. per day in post menopausal women in order to prevent weak or brittle bones in older age or, during times of intense physical activity which caused cessation of menstrual periods. Building bone density is a lifetime activity, and shouldn't be left for a later time. Most women will not consume enough dairy products to meet the new Calcium requirements, and will probably need to use a supplement. Real food is always the best source of any nutrient, because food provides a wide variety of vitamins, minerals, and proteins at the same time. Therefore, it is probably a good idea to try to meet part of your Calcium needs by getting the equivalent of two glasses of milk each day (for example, one glass of milk has the same Calcium as one cup of yogurt, one ounce of cheese, 1 1/2 cups of cottage cheese) and supplementing the rest. Dr. Mona Shangold recommends any supplement which is made from Calcium Carbonate. Be aware, however, that Dolomite, bone meal, and supplements made from oystershells have often been found to contain lead and other heavy metals. Ask your pharmacist for guidance if you feel unsure of your ability to understand the labels. New studies indicate that, for a number of reasons, these supplements are best utilized when taken at bedtime.

# RUNNING HEALTHY

## COMPLEX CARBOS ARE 'IN'

by Colleen Pierre, R.D.

Nutrition information changes rapidly as new studies are completed and fresh facts become available. This month I would like to update changes in some familiar key areas.

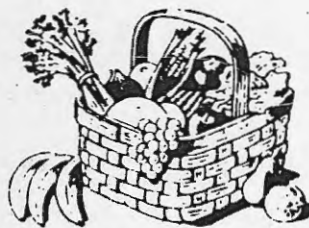
CARBOHYDRATE LOADING

By now, most runners and other endurance athletes are aware of the shift away from the depletion phase (high protein, high fat diet) of the carbo-loading technique. It is recognized by many researchers that depletion activity (running) along with a normal balanced diet (about 50% carbohydrate) is enough to set the stage for adequate carbo-loading. A more recently raised question has to do with the type of dietary carbohydrates that produce the largest carbohydrate load during the second phase. Sportsmedicine Digest reports on a study that indicates that loading on day 4 (Wednesday before a Sunday marathon) is equal regardless of the carbohydrate source, that is, whether the carbs are from refined sources (cake, candy, pie, soft drinks, fruit juice, white bread, jams and jellies, etc.) or from complex sources (whole grain breads and cereals, whole fresh fruits, vegetables, dried beans, peas, and lentils). However, muscles seem to store more glycogen on days five, six, and seven when the carbohydrates come from complex sources.

The following menus feature complex carbohydrates.

Breakfast

Fruit such as apple, orange, banana, pear, etc., rather than juice.



# MY FAVORITE RACE

## T O S R V

By Nancy Waddington

You may have heard that a group of runners had suddenly decided to become bikers this spring. Our goal was to ride in the Tour of the Scioto River Valley (TOSRV) which is a 210 mile ride that takes 2 days to complete. The ride starts at the Capital in Columbus, Ohio, and goes due south to Portsmouth, Ohio, for 100 miles and returns the next day. The course is flat with a few hills between miles 50 thru 65. I did not think the course was very interesting but the 4,300 other bikers were fascinating to watch.

You have the option of starting the ride anytime between 6:00 A.M. and 10 A.M. so there is no "starting line" as such. We started about 6:30 A.M. so lots of other bikers came by us all day long.

As with running our riders soon fell into different groups so you might see other Striders at the three food stations set up every 25 miles on the way to Portsmouth. There were so many bikers on the road that you were never alone the whole ride. Many of our Striders riders had lots of good competition for challenging riding thru out the day.

Pace lines of as many as 20 bikers or as few as six went by me all day long. They would call out, "On your left!" as they approached and passed you. There were many tandem bikes and even a bike with three riders. One family had a tandem bike each for mom and dad with a buggy attached for carrying their 5 children - all under the ages of 6! Biking does appeal to a wide range of people and we saw many riders who did not look as fit as a group of runners and yet were able to complete the TOSRV event without any trouble.

Luckily, we had good weather both days. This event is known for its winds and rains! The first day we had headwinds but on the return trip we had tailwinds which made the trip seem so much easier. The second day a few riders got caught in a thunderstorm and had to wait it out under cover; the last portion of my ride the roads were wet, but not bad riding.

When you finish the ride there is no banner or anything to tell you where to go for your certificate. It was only because I was with a group that knew what to do that I easily found my way to the finish area. Boy! what a difference from scoring a race finish.

I never felt any discomfort from riding either day. When I finished the second day I felt the "high" of having completed a marathon but I had none of the associated stiffness or cramping that a long run produces. Of course, not all our riders will agree with me and some were definitely glad to get off their bikes at the end.

Biking is certainly more hazardous than running as you might have heard tales of some of our escapades during training and a few falls were taken out in Ohio by members of our group. Riding can be fun but you must be more alert at all times; we have become more safety conscious and learned more bike etiquette as a result of our training and the trip.

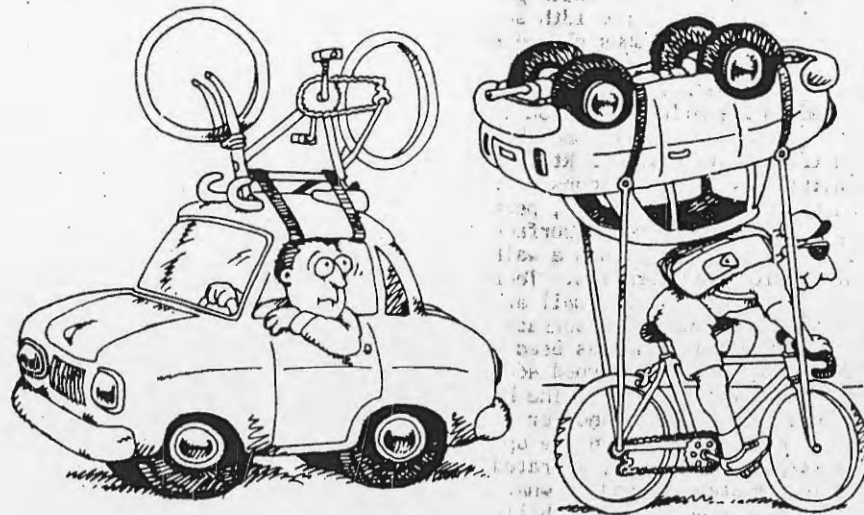
Now that the big event is over it is time to resume our regular running schedules in preparation for some of the local races coming up. My personal belief is that biking is great fun and can give you a good work out especially on hills but running is still harder and gives a better conditioning effect over the longer period of time. I'm a runner first but now I'm enjoying other sports because I have become fit enough to attempt other activities.

These eighteen Annapolis Striders made the trip to Columbus, Ohio for the TOSRV 1985 ride.

Nancy Waddington  
Betty Impellizzeri  
Delma Miller  
Sue Greinke  
Kathy Bridges  
Margit Eilers  
Dale Vogel  
Randy Fox  
Bob Walters

Don Waddington  
Mike Impellizzeri  
Bill Miller  
Bill Kassakatis  
Bob Bridges  
Bill Ammon  
Bill Law  
Sean Sweeney  
Doug Joyce

Completion times for the TOSRV ranged from six hours to eleven hours, for each days ride.



# MY FAVORITE RACE

## A BIKE RIDE

by Don Waddington

On May 11 and 12, eighteen Annapolis Striders joined forty-four hundred other cyclists on a bicycle Tour of the Scioto River Valley in Columbus, Ohio. This tour is an annual event that starts in Columbus, Ohio, and goes due south for 105 miles to Portsmouth, Ohio, and returns to Columbus via the same route on the second day. The event is very well managed with food stops approximately every 25 miles. These stops are arranged to handle a large number of cyclists with a minimum amount of waiting. Each cyclist's bedroll is transported to Portsmouth for the overnight stay and returned to Columbus the next day. The course was marked and well monitored with warnings given as cyclists approached hazardous locations. All eighteen Striders completed the Columbus to Ports-

mouth leg of the Tour. However, Bill Kassakatis experienced some knee problems so he and Sue Greinke did not make the return trip by bicycle. They missed the easy portion of the ride; although the winds were light, those headwinds on Saturday became tailwinds for the Sunday ride. The only Strider mishaps were when Betty Impellizzeri and Sue Greinke crossed a set of railroad tracks. They found out why bicycles should cross at right angles to the track. Also, Bill Miller let his attention stray for a second while in a pace line. His front wheel hit the rear wheel of the bike ahead and he went down. No serious injuries resulted from these falls. All in all it was a fun trip with most of the riders gaining a few pounds from all the food that was available.

Since the "TOSRV" course had so few hills in it, Bill Law and I decided to get some hill work in by riding our bikes home from Columbus, Ohio, to Annapolis, Md. While loading the bikes for the trip home we discovered that the tent had returned to Annapolis in Randy Fox's van. Since we had the tent fly and an extra ground cloth we could get by without the tent. The trip home started at 6:30 A.M. on Monday the 13th and we promptly proceeded to become lost. Our map of the city of Columbus showed Broad Street to be Route 40, when in fact Rt. 40 was one or two streets south of Broad Street. After crossing the Beltway and noting that we were on Rt. 16 headed northeast instead of Rt. 40 headed east, we made a 2 1/2 mile correction to get back on course. The first 20 miles of Rt. 40 was good biking with one short stretch under construction. Nearly all auto and truck traffic was on Rt. 70 which runs parallel to Rt. 40. The next 30 miles consisted of a highway construction project where the road surface had been roughed up by some machine, perhaps to provide a good bond for the next surface application. This rough surface produced a violent vibration in the bicycles at all speeds faster than a walk. Since the entire surface was rough, we just put up with the vibration. There were also hills in this section of the highway. These hills were small at first and larger as we went along. The problem was that the rough road surface did not permit good coasting so the energy used to peddle up one side was used by braking while going down the other side. At Zanesville, Ohio, we turned southeast onto Rt. 146 and got to use the granny gear for the first time. The hills were steep but short at first. The problem was one hill followed another with very little distance between and the down-hill seemed much shorter than the up-hill portion. We soon gave up rating the hills by steepness. Instead, we rated them by whether you could peddle up while sitting or standing and at what speed you could maintain momentum. Believe me, we met some stand-up 3 mph hills! We soon began to think that Ohioans like to live on top of hills where they get a good view. We would peddle up hill to the point of exhaustion, get a little reprieve with a short coast on the other side and do it all over again. We wondered when we would reach the tree line. But, in any case, we were having so much fun we could not wait to get to West Virginia where the real hills begin. At Cumberland, Ohio, we joined Rt. 340 and headed for the Wolf Run State Park camping area at Belle Valley, Ohio. On Tuesday morning we headed for West Virginia along Rts. 215, 147, 78, and 536. At Hannibal, Ohio, we stopped for refreshments and were told by some locals that they avoid the hills on Rt. 536 in their automobiles if they can. We crossed the bridge between Hannibal, Ohio, and New Martinsville, W. Va., at noon and headed

east on Rt. 7. The first 25 miles of West Virginia were disappointing because the road wound up the valley at a very gradual climb. It seems that unlike those in Ohio who tend to live on high ground with a view, West Virginians like to live in the valley where the only way to see anything is to look straight up. At Knob Park we met our first West Virginia hill which was a sit-down 4 mph'er. We stopped for a coke and were informed that there were three larger and steeper hills before we would reach Hundred, West Virginia, which was about 8 miles away. At Hundred, we inquired about campgrounds and were told there were none for at least 20 miles, so we checked into a motel for the night. On Wednesday morning we headed for Fairmont on Rt. 250 and discovered that we had 20 miles of continuous down-hill biking. At Fairmont we joined Rt. 310 and found a number of good hills on the way to Grafton, W. Va., where we stopped for lunch. During lunch I noticed a large outside thermometer that indicated 79°.

Since it felt comfortably cool, I could only guess at the Monday and Tuesday temperatures when it had been hot. As we mounted our bikes after lunch, huge black thunderheads were rapidly approaching. In a race with a thunderstorm, we headed east on Rt. 50. For a couple of miles we actually seemed to out distance the storm. Then we met the first of two mountains. While climbing Mt. Laurel, which rises continuously for 3 miles, the rain caught us. We put on rain gear and waited beside the highway for 3/4 of an hour. The rain eased somewhat so we continued up the mountain. The back side of Mt. Laurel turned out to be a 3 mile, 9% grade with pot holes and hair pin turns. If you want an experience, try it with a heavily loaded bike in the rain! I thought I would need new brakes at the bottom. At Erwin, W. Va., we started the climb up Mt. Cheat. This was a stand-up, 3 mph climb for 3 1/2 miles. At the top Bill declared that Red House, Md., would be our destination for the day. Since it had rained all afternoon we needed a motel again. At Red House we were told the nearest motel was at the top of the next mountain, but when we finally arrived the motel was full. We ate dinner while inquiring of places to stay and ways to get there. Finally, Bill got the phone number of a motel in Bayard and lined up a pickup truck lift for us as it was dark by then. This shortened our trip by about 4 miles. On Thursday morning the rain had stopped so we started out to climb Mt. Storm which was mild after Mt. Laurel and Cheat. From the top of Mt. Storm the days ride was mostly down hill. At Pleasant Date, West Virginia, we joined Rt. 29 north, then Rt. 127 east and Rt. 522 north to the Log Cabin Campground on Rt. 692. This gave us a chance to use some of the weeks' supply of food I was carrying and reduce the load somewhat. Due to restaurants and motels, the packs had not lost any weight since Tuesday morning. We hung all clothing out to dry because we had learned that none of the panniers were waterproof. At 3:00 A.M. on Friday morning it started to rain again and did not stop all day. At daybreak Bill decided he had had enough and went to call home for transportation.



I loaded my bike for the last leg of the trip. At Martinsburg, W. Va., I stopped for breakfast and then headed for Shepherdstown, W. Va., where I crossed the bridge over the Potomac River into the State of Maryland. From there to Point of Rocks, Md., I followed the C & O Canal Tow Path or the adjacent road. The tow path was a muddy quagmire in places because of the rain which made the going very rough. From Point of Rocks, Md., I followed many country roads across Maryland including Rt. 28, Barnesville Road, Old Baltimore Road, Warfield Road, Rts. 108, 198 and 175. Most of them were good, but Old Baltimore Road turned out to be packed gravel and even had a stream to ford. The trip ended at the Annapolis side of Fort Meade at 6 P.M. Friday, the 17th. Rush hour traffic was so heavy that in the heavy rain I decided not to take the risk of finishing the last few miles at that time.

In all, the ride covered 665 miles in 7 days, or more precisely in 57 hours of biking time for an average speed of 11.64 miles per hour.

There are things to be learned in any trip such as this and or this trip we found the following:

1. Due to a little accident I have side pull front brakes on the front of my bike and a cantilever rear brake. The side pull brake may be fine for bike and rider but the cantilever provides much better braking action for a loaded bike.
2. The Tailwind panniers offer less wind drag than most others and this can be significant on long trips. If you plan any bike camping, take a look at the Tailwind panniers.

The two participants on this event were Don Waddington and Bill Law.

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## TIMES OF OUR LIVES

### STRIDERS STRIKE AT MARLBORO 10K (ONE FRONT ONLY)

A small but lively group of Annapolis Striders turned out for the Marlboro 10K Country Run, May 11. Striders also walked away with a fair share of the honors. To no great surprise, at least to the Striders present, Pat O'Brien was the first woman finisher. Joe Clorety was fourth and Doug Pond was fifth in the men's 40-49 age category. John O'Hara was second and Joe Walsmith was third in the men's 50-59 age category. Don Kennedy sacrificed his normal brisk pace in favor of running the course twice (Don is training for Grandma's Marathon). A good run, and plenty of beer and banter were enjoyed by the lively group.

## RUNNING SHORTS

### I WAS JUST PASSING THROUGH

I did a double take and sat bolt upright when I heard her name. I had been relaxing after the race lying on the grass listening to the race director announce the names of the winners. I couldn't believe that I had heard a familiar name here in Moab, Utah, where I had stopped for a race while just passing through on a vacation trip. "Margaret Cochran," he said, and there she was as vigorous as ever winning top honors in the 60-and-over age division.

Margaret and her husband, John, were delighted to see a fellow Annapolis Strider although they are transplanted Striders—they now live in Moab.

Margaret sent her love and regards to fellow runners here—and be sure to look them up if you're just passing through Moab, Utah.

-Don Kennedy



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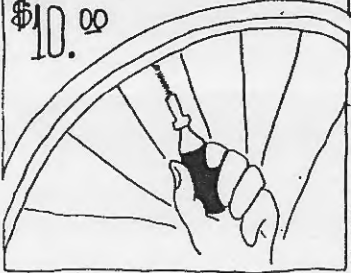
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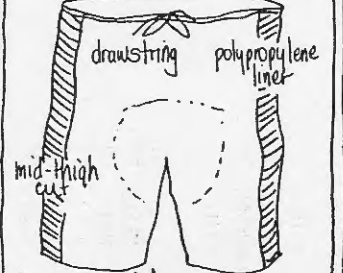
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