

# STREAK

VOLUME VII

NUMBER 4

august 1985



ANNAPOLIS STRIDERS

ANNAPOLIS STRIDERS, INC.

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Annapolis, Maryland 21404

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# STREAK

# ANNAPOLIS STRIDERS

volume VII number 4

august 1985

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President	Doug Pond	841-6853	202/376-7559
Vice President	Gerte Spadone	841-6894	
Secretary	Pam Andersen	267-0524	269-2251
Treasurer	Earl Keicher	266-6972	202/872-2604

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Newsletter	Yvonne Aasen	647-0879	
Membership	Mike van Beuren	269-1796	301/268-1165
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Training/Clinics	Pat O'Brien	757-0462	
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Mailing	Bill Law	647-5015	
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## STREAK STAFF

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

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

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



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# AUGUST

# SEPTEMBER



**RUNNING IS A HARD GAME:** On July 4, 1985, I went to Solomen's Island for a nice little 10K run. The course is two laps. You can run once and stop at 5K or go twice for 10K. I had decided to run behind Pat O'Brien at the start hoping to stay close and let her set the pace. That's what I did for one-and-one-half miles but Pat had picked up the pace and at 2 miles she was at least 100 to 200 yards ahead. There were many turns in the course and by the time I passed the 5K mark Pat was out of sight. After finishing the 10K race I went to look at the Finish Board and to my surprise there was Pat O'Brien's name as winner of the 5K race. The Motto: Make sure you know how far the race is before you start to run.

The 4th just wasn't my day; I was outsmarted by Pat and ambushed by my friend, Tom Komarek. I had no idea he would drive all the way to Solomon's Island from Washington on July 4 for a 10K race. However, one minute before the start there was Tom. I just wish I would have seen him hiding behind the bathroom waiting for the race to start...

The 24-Hour Relay is coming up on August 3 and 4 at Ft. Meade. The Striders will have at least one 10-person team. I will attempt to describe this particular piece of masochism in the next Streak.

On August 15, Don Waddington is going to be inducted into the State of Maryland Physical Fitness Hall of Fame at Memorial Stadium before the Orioles game. I hope that many Annapolis Striders can go to the game. Don has been one of the hardest working volunteers in the Striders for years and we all owe him a tremendous vote of thanks.

Part of the yearly fee paid by each Strider member goes to the Road Running Club of America. One of the benefits each member receives is a copy of the RRCA publication, Footnotes. If you are not receiving your copy of this publication, please drop me a note with your current address.

The fall season will soon be here and I hope to see you at the Mall on Saturdays at 7:00 or at the Navy/Marine Corps Stadium on Sunday at 7:30.

Doug Pond,  
President

## BOARD MINUTES

### ANNAPOLIS-10 BENEFITS TRUXTUN

June 10, 1985 Meeting:

- \* A motion was made and carried to donate \$3,000 from the 1984 9th Annapolis Run to the City of Annapolis to use on the trails at Truxtun Park. The club also plans to donate manpower to help restore the trails.
- \* Anyone checking equipment out of the Strider's ministorage facility must be accompanied by one of the following: Joe Walsmith, Evan Thomas, Doug Pond, Don Waddington, or Mike van Beuren.
- \* Dr. Marshall Steele and some of his Sports Medicine Center of Annapolis associates discussed the possibility of holding a fitness expo in conjunction with a Strider race. The expo would allow visitors to have their vital signs checked and have other health tests at minimal or no cost.

July 8, 1985 Meeting:

- \* Bill Vogenitz has been appointed special assistant to the president. One of his first projects will be developing a proposal and budget for the Daffodil Day Race in March.
- \* Gerte Spadone volunteered to take responsibility for the Striders Hotline beginning in October. It is presently manned by Mike van Beuren.

\* The Clinics Committee will coordinate training and support for Moore's Marines. A clinic on injuries will be held August 14 along with the last race in the Truxtun Park fun run series. A clinic on diet and nutrition is planned for a future date. Don Waddington will direct several small group clinics on course measurement.

\* New procedure adopted for payment of bills: invoices must be approved before the treasurer makes payment.

\* A motion was made and carried to donate some of the proceeds from the 10th Annapolis Run to the City of Annapolis to restore the trails in Truxtun Park.

\* The next Board meeting will be held August 5 instead of August 12. Contact Secretary Pam Andersen to confirm time and location. Board meetings are open to all Annapolis Strider members and they are always welcome to attend.

## EDITORS REMARKS

**TIMELY RUNNER'S INFORMATION:** We have had some very helpful Training Tips columns this year: Lyle Modlin's stretching manual; Liz Kisenwether's "Yes Runner, There is A Perfect Drink;" and don't miss this Streak's "Basic Ingredients Of A Training Program," by Pat O'Brien.

**VACATION ISSUE:** It was a treat to come back from vacation and find my copy of the June Streak in our pile of mail. It all happened while I was away: Lee Turowski picked the Streak up from the printers. Then Bill Law and his crew of collators took it from there. Only he forgot to write down the names so I could print them here. Thanks to all who helped.

Thanks to Barbara Kerr for her artwork in this issue. And to Nancy Bryde for proofreading this copy.

**DEADLINE:** The deadline for the October Streak is September 10. You may mail copy either to the Strider's box number or to my home address, 13 Sunset Drive, Severna Park, MD 21146.

\* -Yvonne Aasen



Cartiature by Irv Finifter

## ~~corrections~~ corrections

Nancy Jordan was given the credits for the photos of the Governor's Bay Bridge Run in the June Streak. But Nancy didn't snap them. Our thanks to the unsung photographers of the Bridge Run. As it is, Nancy has her hands full covering the Annapolis 10-Mile Run. (Go for it, Nancy!)

Evan Thomas' time was inadvertently omitted from the race results of the Strider's Two-Mile Race held on April 13. He finished in place 39 in 13:38. He should have been sandwiched between Milt Taylor and Tom Donlin. (Sorry about that, Evan.)

## DEAR STRIDERS

May 1985

Dear Striders,

I would like to thank all the Annapolis Striders who helped make our 1985 Bowie May Day Race Against Cancer a success. Even though we had a late start in organizing this year we still managed to raise over \$1,500 for CANCER RESEARCH. Thanks again.

John O'Hara  
Bowie, MD

July 16, 1985

Dear Editor,

We got the Streak and enjoyed it. The article by Colleen Pierre which included information on calcium supplementation was excellent. I found another interesting item about calcium in the St. Petersburg Times. It stated:

" 'It is best to take calcium at bedtime,' says Morris Notelovitz, M.D. who is a professor of obstetrics and gynecology at the University of Florida in Gainesville. He says, 'calcium has a diurnal type of cycle—it's stored during the day and lost at night. The reason it leaves the skeleton is that it is given up to maintain the blood level, where it is used for blood clotting and heart muscle contractions.'

" 'At night, when no food is being taken in, the skeleton is the only source of calcium. So by taking calcium supplements at night you are helping to normalize blood levels. Also, when you are sleeping, you are not taking in other foodstuffs that can interfere with the absorption of calcium.'

"On the other hand, calcium shouldn't be taken on an empty stomach, either. 'Have a glass of milk or some yogurt first,' says Notelovitz. 'The lactose in these products actually helps the body absorb calcium as well as being an additional source of the mineral.'"

As ever, your sister,  
Louise Bobzin  
Pinellas Park, FL

# BULLETIN BOARD

## PEOPLE NEEDED TO WORK ANNAPOLIS-10

Striders, do you have someone in your family who would be willing to work the race on August 25. Children, spouses, parents, aunts, uncles, or neighbors—we need them all to cheer on the runners while they serve as course monitors, or work a water stop. We need timers too. Experience isn't required. Anyone can do it. Call Joe Walsmith 956-4427, or Don Waddington 956-2061. Try the Hotline if you can't get them: 268-1165



## MARATHONING TIPS

All would-be or seasoned marathoners are invited to a Marathon Clinic to be conducted by Ben Moore at the DOG DAYS OF SUMMER 8K CROSS COUNTRY RACE on Sunday, August 11, at Anne Arundel Community College. The race starts at 8:00 A.M. and the clinic starts after the race while the race results are being compiled.

## JOIN THE TEAM!

Moore's Marines marathon training is about to start. With it comes the task of organizing a support crew to work the water stops for the weekly Saturday morning runs. The support efforts are being organized by the Training and Clinics Committee and we need volunteers! The commitment is minimal—one Saturday morning. Our goal is to solicit enough volunteers so that individuals need only work once during the entire three month training schedule.

The task is to set out water and cups at designated two-mile intervals along the Route 450 training course. You need not stay and spectate, although in the past, many workers have enjoyed the early morning solitude as well as the contact with the runners.

Please look over the Moore's Marines Training Schedule included in this Streak issue, decide on the Saturday you would most like to help, and call Pat O'Brien at 757-0462. Moore's Marines are counting on our support!

Note: The Saturday morning runners coming to the Mall from Bowie/Crofton via 450 could conveniently drop off water along the way. Please consider and call.

## HELP WANTED FOR ANNAPOLIS-10

We're looking for men or women willing to drive vans to deploy course monitors, water station workers, and timers to their places (it would be helpful to know the Annapolis 10-Mile course). Vans have been commandeered, uh, I mean volunteered—you don't have to bring your own van). Also, we need leadership type men or women to give volunteers their directions. You don't even have had to worked a race before—a meeting will be held to train you.

Call me, Joe Walsmith 956-4427, or Don Waddington 956-2061 now.



## CALL FOR QUESTIONNAIRES

If you haven't filled in your RACE WORKER QUESTIONNAIRE from the last Streak please take a moment to find another copy in this issue and complete it.

The hardest job for a race director is finding volunteers. Generally we know the few who are able to run the Chronomix/clock. But finding a small army of people occasionally willing to point out a turn or hand out water is much harder. Please do not hesitate because you may be new at it.

Participating and putting on a well organized event can be even more rewarding than running in one.

—Joe Walsmith

INJURY CLINIC to be held at the concluding Fun Run Series on Wednesday, August 14, at 6:00 P.M. at Truxtun Park in Annapolis.



# BULLETIN BOARD

## NOTES FROM THE PROPERTY LOCKER

Sizes. Shapes. Colors. Types. You name it, we might have it. Looking for a small or medium 1980 Annapolis-10 singlet? A small Striders 5th Anniversary T-shirt? One extra-large 1982 Annapolis-10 wind-breaker? One extra-large Annapolis sweat-shirt? Or a medium Striders Triathlon T-shirt? If you need one of these jewels to round out your collection give Evan Thomas a call and make a deal.

Other gems discovered during inventory:

- 6 child's medium (10-12) maroon Striders T-shirts
- 4 child's large (14-16) royal blue Striders T-shirts.
- 4 extra-small adult grey Striders singlets
- 2 (1 med., 1 lg.) Striders sweatshirts, royal blue
- 6 small Striders sweatshirts, maroon

We also have the regular supply of singlets and T-shirts (S/M/L/EX-L) in a variety of colors. So, just when you thought you had all the upper body covering you needed, this notice undoubtedly has created some doubt in your mind. For all the gory details (such as price) give Evan Thomas a call at home (760-9188).



## NEW MEMBERS

WELCOME TO THOSE WHO HAVE RECENTLY JOINED THE STRIDERS

- |                  |              |
|------------------|--------------|
| Linda Berchielli | Arnold       |
| Lelia Brobst     | Annapolis    |
| Karen Coffin     | Annapolis    |
| Paul Coffin      | Annapolis    |
| Donald Ewing     | Crofton      |
| Lori Frank       | Annapolis    |
| James Hall       | Annapolis    |
| Gary Hill        | Lincoln, NE  |
| Rodger Kalthoff  | Edgewater    |
| Thomas Kessler   | Ferndale     |
| Charles Lane     | Crofton      |
| James Langley    | Bowie        |
| Brent Lantry     | Arnold       |
| Bruce Lantry     | Arnold       |
| Ilse Lantry      | Arnold       |
| Janet Lantry     | Arnold       |
| Richard Lantry   | Arnold       |
| Judith Leichtman | Annapolis    |
| Charlie Lewis    | Severn       |
| Dawn Lewis       | Severn       |
| Denise Lewis     | Severn       |
| Elaine Lewis     | Severn       |
| Sheila Light     | Pasadena     |
| Bug Mead         | Arnold       |
| James Mead       | Arnold       |
| Scott Mead       | Arnold       |
| David Payne      | Severna Park |
| Leon Walters     | Millersville |

## DEAR STRIDERS

May 27, 1985

Mr. Donald Waddington  
432 Riverview Drive  
Edgewater, Maryland 21037

Dear Mr. Waddington,

Each year, the MARYLAND COMMISSION ON PHYSICAL FITNESS honors worthy individuals and organizations for two state honors- the Governor's Fitness Award and the Physical Fitness Hall of Fame Award. The commission is pleased to announce that you have been selected to receive the Physical Fitness Hall of Fame Award for 1985. This award is presented to individuals and organizations whose promotion, involvement and/or research has impacted on Maryland citizens.

The awards presentation will take place at the pregame ceremonies of the Orioles baseball game on August 15, 1985 at Memorial Stadium.

Congratulations are sent from everyone on the commission and a big thank you for helping us support healthier lifestyles for the citizens of Maryland.

Yours in fitness and health,

*Linda Vanderhoff*

Linda Vanderhoff,  
Executive Director  
MARYLAND COMMISSION ON PHYSICAL FITNESS



STATE OF MARYLAND  
COMMISSION ON PHYSICAL FITNESS

201 W. PRESTON STREET  
BALTIMORE, MARYLAND 21201  
(301) 383-4040

Editor's note: We can all feel vicariously honored with Don's award—for each of us who has run even one Striders race or fun-run has been touched in some way by Don's involvement and example in the Annapolis Striders. Congratulations Don! And congratulations Striders!

**Universal.**  
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**INTRODUCING CINDI FOX: SEMINAR PLANNED**

CINDI FOX is a representative for Nissen/Universal fitness equipment, covering Maryland, DC and Virginia. She received her undergraduate degree from Springfield College in Health Fitness. She is working toward her masters degree from American University in Fitness Management. Cindi is an active member of the Annapolis Striders, president of the Annapolis Bicycle Club, a marathoner and aspiring triathlete.

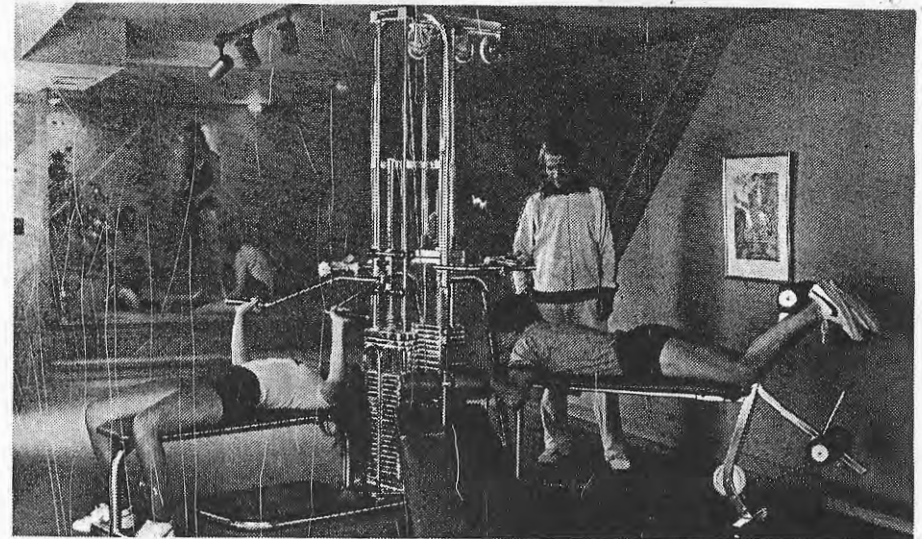
THIS FALL Cindi Fox is interested in holding a SEMINAR for those interested in WEIGHT TRAINING. She would like to know specific areas of interest in such a seminar. If you are interested please check the topics of sessions you would like to attend along with the day of the week and the time most suitable for you.

-----  
Name \_\_\_\_\_  
Address \_\_\_\_\_  
\_\_\_\_\_  
Phone \_\_\_\_\_

Mail to:  
Nissen/Universal  
Attn: Cindi Fox  
1993 Moreland Pkwy  
Suite 9  
Annapolis, MD 21401  
301-263-5691

**TOPICS OF INTEREST:**

- |   |  |
|---|--|
| <input type="checkbox"/> THE EFFECTS OF WEIGHT TRAINING ON THE MUSCLE |  |
| <input type="checkbox"/> WEIGHT TRAINING FOR RUNNERS                  | <input type="checkbox"/> TUESDAY 6:30  |
| <input type="checkbox"/> SETTING UP YOUR OWN PROGRAM                  | <input type="checkbox"/> THURSDAY 6:30 |
| <input type="checkbox"/> SETTING UP A HOME GYM                        | <input type="checkbox"/> TUESDAY 7:30  |
| <input type="checkbox"/> RESISTIVE TRAINING CONCEPTS                  | <input type="checkbox"/> THURSDAY 7:30 |
| <input type="checkbox"/> SUPER CIRCUIT TRAINING                       |  |
| <input type="checkbox"/> OTHER  |  |



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Striders bulletin board  
in back room.

-Advertisement

## ANNAPOLIS STRIDERS

\* \* \* \* \* *questionnaire* \* \* \* \* \*

### RACE WORKER QUESTIONNAIRE

We would like to update our information on people who would be willing to work at our running events. Please take a few moments to fill in the questionnaire even if you are already well recognized as a willing supporter. That will allow us to have current, complete records. New members are especially invited to respond—it's a timely way to get involved in the club. Please mail the completed questionnaire to Joe Walsmith, 3708 Bay Drive, Edgewater, MD 21037. Or you may turn it in at the next Striders race.

1. NAME: (Include other interested family members; if the answers to questions below vary among family members, please note applicable first names on the differing answers.)

2. ADDRESS:

3. HOME PHONE:

4. WORK PHONES:

5. Ability to help (check one):

- a. \_\_\_\_\_ Almost anytime
- b. \_\_\_\_\_ Reasonably often
- c. \_\_\_\_\_ Once in a while
- d. \_\_\_\_\_ Never

6. Type jobs (check any number):

- a. \_\_\_\_\_ Race director
- b. \_\_\_\_\_ Assistant race director
- c. \_\_\_\_\_ Overseeing course layout, measurement, and/or marking
- d. \_\_\_\_\_ Overseeing timing
- e. \_\_\_\_\_ Overseeing waterstops and course monitors
- f. \_\_\_\_\_ Providing transport of equipment and workers
- g. \_\_\_\_\_ Registration and tee shirts
- h. \_\_\_\_\_ Scoring
- i. \_\_\_\_\_ Helping at waterstops, course monitor, timing, finish line, etc.
- j. \_\_\_\_\_ Other

(over)



7. Would you like to progress through experience and occasional clinics to perform increasingly difficult functions?

\_\_\_\_\_ YES

\_\_\_\_\_ NO

8. Particular Strider runs that you would be interested in supporting:

- a. \_\_\_\_\_ Valentine Twosome
- b. \_\_\_\_\_ Cherry Pit 10
- c. \_\_\_\_\_ Two Mile Track Race
- d. \_\_\_\_\_ Governor's Bay Bridge 10K
- e. \_\_\_\_\_ JFK 50 Sample Trail 13 Mile Hike/Run
- f. \_\_\_\_\_ Tetrathon
- g. \_\_\_\_\_ Father's Day 10K
- h. \_\_\_\_\_ One Mile Track Race
- i. \_\_\_\_\_ Women's Distance Festival
- j. \_\_\_\_\_ Run After The Girls 5K
- k. \_\_\_\_\_ Two Person Ten Mile Relay
- l. \_\_\_\_\_ Dog Days of Summer 8K
- m. \_\_\_\_\_ Moore's Marines Saturday Training
- n. \_\_\_\_\_ Annapolis 10 Worker's Run
- o. \_\_\_\_\_ Annapolis 10 Mile Run
- p. \_\_\_\_\_ Severna Park 5 Mile Run
- q. \_\_\_\_\_ Biathlon
- r. \_\_\_\_\_ Metric Marathon
- s. \_\_\_\_\_ Cold Turkey 20K
- t. \_\_\_\_\_ Anniversary Run 15K
- u. \_\_\_\_\_ Washington's Birtchday 5K
- v. \_\_\_\_\_ Triathlon



9. Non-Strider runs that you might want to support:

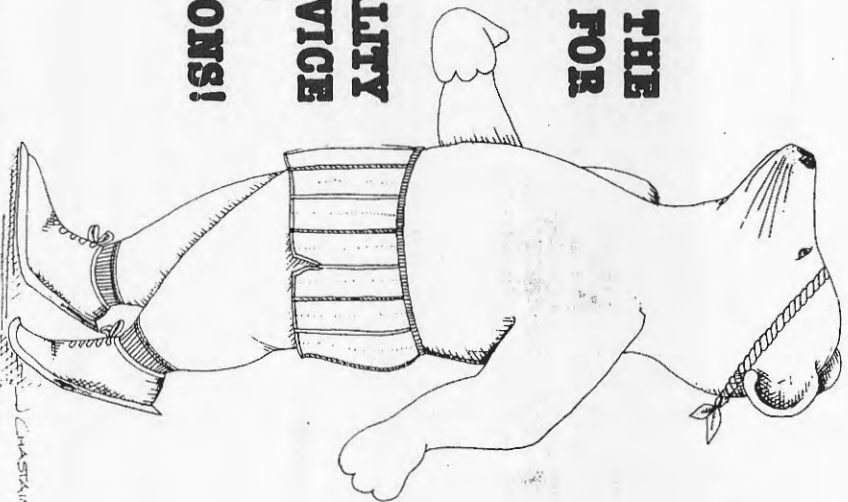
- a. \_\_\_\_\_ YWCA 10K
- b. \_\_\_\_\_ May Day Race Against Cancer
- c. \_\_\_\_\_ Jean Conroy Memorial 10K
- d. \_\_\_\_\_ Run For the Arts 10K
- e. \_\_\_\_\_ Key School 10K
- f. \_\_\_\_\_ other

Complete and mail to:

Joe Walsmith  
3708 Bay Drive  
Edgewater, MD 21037

Or turn in at the next  
official Strider's race.

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## 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  
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The Athlete's Foot  
The Sewing Closet  
Universal Physical Conditioning Equipment

# TRAINING TIPS

by Pat O'Brien

## THE BASIC INGREDIENTS OF A TRAINING PROGRAM

With many of us involved in preparing for some Fall distance events, it might be useful to discuss the components of a distance training program. Regardless of the individual training schedules you might have, there are certain basic principles which can serve as useful guidelines as you train. Three of the most important components of successful training are consistency, graded adaptation, and recovery.

Consistency is the most important ingredient in building a foundation of running. This means that you make a commitment to run and then incorporate running into your daily routine. Focusing on the goal of your training—a marathon, ultra, ten miler, whatever—makes it easier to get out there and pound the pavement even on the days when you don't feel like it. Running routinely, in all types of conditions and sometimes sharing the sport with others, can provide a host of unique and pleasurable experiences.

You may find it useful to keep a diary or training log. Many find this a tool helpful in maintaining the consistency of their program. The records you keep may include not only mileage and pace, but also anecdotal information about how you felt, what the conditions were like, memorable stories, favorite jokes, and other information.

It is important to not let yourself become a slave to your running schedule. Glover recommends that on days when you simply don't feel like running, cut back your mileage, but do make the effort to run a minimal amount in order to develop the habit of consistency. There are some legitimate reasons to take the day off—injury and illness heading the list, but these should cause only minimal disruptions in the consistency of your training. If your body simply craves a break from the routine, rather than taking the day off, substitute a bike or swim for the run.

The second important principle underlying a successful training regimen is graded adaptation. In fact, the training effect is nothing more than an increase in the body's ability to perform under stress as a result of repeated application of a stressor, such as running. As your heart, lungs, and muscles become stronger with your training, you will find that it takes less effort to log in the miles. Gradual application of the stress is a very significant point, however, as injury will result if the body becomes weakened due to overstress.

The best way to guarantee freedom from injury and maximize the training effect is to adopt a hard/easy schedule. This will give your body the time to rebuild after being stressed by a tough workout.

During the course of this graded adaptation to running, it is important to increase the effort you expend during training. This can be done by increasing distance, time and pace, but a little at a time, and one at a time.

Building a solid base of mileage will improve endurance. While working on this base, concentrate on gradually increasing the duration of your runs at a comfortable, conversational pace. This progressive rate of increase in your running should not exceed 10% of your total weekly mileage. There is no magic formula for the size of a running base. Rather, this will depend upon several variables; the distance of your goal event, how long you've been running, what your goal time is, etc. Ben Moore's training schedule included in this issue provides a good example of a base appropriate for the first time marathoner.

After building your endurance by improving your fitness level through longer runs, you can experiment with another form of increased effort—running at a faster pace. How fast should this increased pace be? For those who are tuned into numbers, this translates into 15-30 seconds per mile, or 4-6% faster than your comfortable, conversational pace. Remember, this is not a "fast as you can" run, it is a workout intended to condition your body to a higher level of effort.

Because these fast paced runs are more stressful, be careful not to incorporate too many of these runs into your weekly schedule. The experts recommend no more than 10% of your total weekly mileage should be in this form of fast running.

Another component of fast paced running is Speedwork in the form of fartlek or intervals. These sessions are run at faster than race pace and effectively increase leg speed as well as heighten your anaerobic threshold. You can discover your anaerobic threshold by noting at what pace your breathing can't seem to "keep up" with your body's demand for air. Struggling or gasping are two terms that come to my mind when I think about going anaerobic.

Fartlek, or speedplay, is an informal speed workout on the road. It may involve running all out for 90 seconds every 6-10 minutes in a training run, or covering the distance between two randomly selected points in a sprint. Intervals, on the other hand, usually are done on a track and focus on running measured distances such as 440, 880, 1 mile, in a specific time.

Both types of speed work, fartlek and intervals, have the potential to cause injury because of the increased amount of stress they place on the body. Here again, it is important to not become over zealous with speed training—a maximum of 5-10% of your total weekly mileage is adequate. Many runners prefer to participate in road races on a regular basis and accomplish their speed workout in that fashion rather than on the track.

Though speed work is important in developing racing stamina, the other contributor to stamina is endurance. The latter is obtained by logging in the miles and it is wise to avoid the speedwork until you have an adequate endurance mileage base. This approach requires patience but does offer protection from overstress and injury.

(continued on next page)

Recovery is another principle that governs success in a training regimen. Unless the body is provided with intervals free from stress, or at least low level stress (an easy, fun run) it will not achieve maximum benefit from the training process. Worse still, overstress due to insufficient recovery may lead to breakdown, injury and burnout (see box).

Some safe guidelines for guarantying adequate recovery include: alternate hard/easy days in your training schedule; be flexible with your workouts on a day to day basis; stay tuned in to the messages your body is giving you. Keep in mind that athletic performance can be affected by every facet of your lifestyle—many over which we may have little, if any control. A sense of humor to temper the work, boredom and discomfort that go with the sport of running can provide you with the ticket to success. Good Luck!

Note: portions of this article were excerpted from Beyond the Minimum, an AR&FA information pamphlet.

#### OVERTRAINING TROUBLE SIGNS

1. Persistent soreness and stiffness in muscles, joints, and tendons; a heavy-legged sensation
2. Fatigue; sluggishness
3. Nervousness; tension; depression
4. Unexplained drop in performance or sudden loss of interest in training
5. Frequent colds or sore throats; swelling of lymph glands in neck, underarm, and groin areas
6. Sore stomach; diarrhea; constipation; loss of appetite

#### '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."

## RUNNING SHORTS FOR BEGINNERS



#### THE SIDE STITCH

Few runners have been spared an encounter with the side stitch—an oftentimes disabling pain located in the region of the lower rib cage. Most often, the pain is on the right side and worsens with inhalations, but the discomfort can also occur in the left side or upper abdominal area.

The two most common causes of the side stitch are spasms of the diaphragm and abdominal cramping. Because of the role the diaphragm plays in breathing (recall the mechanics of belly breathing) faulty breathing techniques, such as hyperventilating in combination with weak abdominal muscles—can trigger a stitch.

Abdominal cramping, the other cause of the painful side stitch, happens when a runner eats or drinks liquids (other than water) too soon before exercise.

The following maneuvers have proven helpful in relieving the pain.

1. Slow down and concentrate on controlled, deep breathing, especially a forced exhalation. This can be accomplished by shouting "HA" as you breathe out. (Bill Law does this routinely while running.)
2. Stretch the arm on the affected side up over the head. Concentrate on straightening the elbow.
3. "Knead" the painful area with three or four fingers. In effect you are massaging the cramped muscle. (Mike van Beuren has been known to have bruises the day after a race where he kneaded out stitches.)
4. Bend forward as if trying to touch your chest to your thighs. This might be a little tricky performing on the run.

Usually, one can run through a stitch with the help of one or more of the above maneuvers. If the stitch persists, however, walking it out may be the best therapy.

# MY FAVORITE RACE

## A DREAM COME TRUE

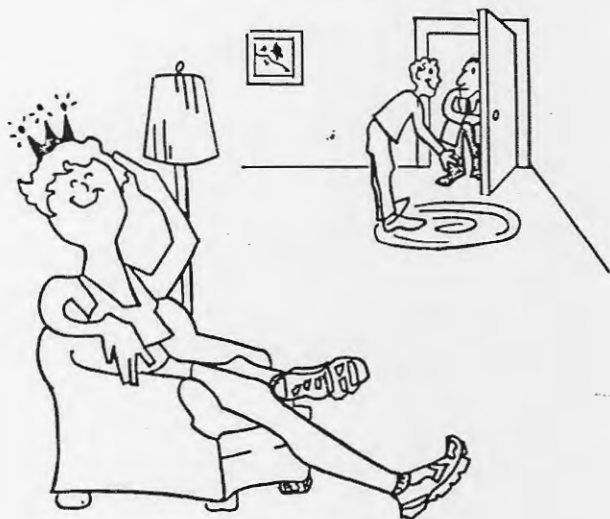
by Yvonne Aasen

I didn't dare pinch myself. At the moment I could only think this was a phantasy come true. At the age of 53 I was being awarded a 14-inch, marble based trophy for Women's First Place Overall in a 10K race. It was a dream come true for someone who had been deprived of running track in high school (because there wasn't a girl's track team) who had always wanted to run, and had only started the sport at age 47.

The odyssey began the night before. We were visiting relatives and someone pointed out a race entry form in a newspaper. We were on the road at 6:30 the next morning for the 90-mile drive to the Cass Clay Milk Run in Jamestown, North Dakota.

"Are you entering the 2-mile?" asked the nice young man at the plush YMCA. "No, the 10K," I replied as I noted his expression of surprise.

The weather was sunny, breezy and cool. Perfect for a 10K. The air quality was wonderful. I warmed up and took my place at the starting line along with the other runners. They appeared, generally, to be lean, hungry, and eager. "You can't get lost," the race director said. That was news I was glad to hear as I followed a man in a green shirt along a well-packed dirt road. The course was a loop passing part of the Jamestown College campus. Next we were on black-topped roads bordering lush, waving grain fields. Next we ran through a residential area dipping down several great inclines into the James River Valley. At mile 5 I overtook Green Shirt. I was almost sorry because as long as I kept him in sight I knew I wouldn't get lost. I shouted encouragement to no avail. He was fading. The road, however, was well-marked. There was only one steep up-hill near the finish line. I kicked it in to the sound of applause. What a thrill. I had placed first overall in the women's division as well as first in the 40 and over women's age group. My time was a respectable 53:41. I was the only woman in the race.



"Guess who came in first, Dad?"

The race results listed a field of 15. I had come in last (Green Shirt wasn't officially registered) and was also the oldest person in the race. Lap Ton at age 14 was the youngest finishing in 43:26. Top finisher was Steve Crupi, 20, at 35:19. The oldest man was Larry Knoblich, 49, at 42:18; and Ron Eagle, 31, was the last man at 48:00. Five, including me, had come 90 miles or more for the race. Race Director, Roger Peet, commented that there are so many races now it was hard to get a good turnout.

A Jamestown College student won the women's 2-mile run. I didn't get the 2-mile race results but I recall that the times were good. The girl's coach won the men's division. He asked if there was any Maryland talent I could direct to their running program.

The awards ceremony was followed by a sumptuous picnic lunch. I felt I had been given a very friendly reception.

## THE FROSTING ON THE CAKE

A week later we arrived back at Fargo to fly back to Maryland the next day. The first thing I did at West Acres shopping center was search out a running shoe store to find another race. What luck. Another Cass Clay Milk Run at 8:30 the next morning in Lindenwood Park.

Fargo and the Lake Agassiz Pacers (named after a glacial lake bed) has a typical running community. There were the seasoned, lean veterans; the college students; the dedicated race workers; and a smattering of Grandma's Marathon shirts. "Isn't this great," a smiling young woman said to me, "no rain, no wind, and no mosquitoes, even."

The 10K course was a flat out-and-back on the bike and running trails along the Red River. I was afraid to look back for fear of being last but at the turn-a-round I discovered I was not last. I overtook a young woman. We ran together for a while until I pulled ahead. Every time I did this she caught me again. We ran together the last mile or two. She made her move at mile six and sprinted toward the finish line. Try as I might I could not catch her and she beat me out at the finish line. Then she went over to a grassy area and threw up.

Later she told me she would not have run so well without me. She placed in the 40-49 age division. My time was 53:38. Much to my chagrin the awards ended abruptly after the women's age 40-49 awards. A man approached the race director. "Hey," he said, "what about the 60 and over?" I added, "Yeah, and what about the 50 and over?" A woman chimed in, "What about my daughter?" We received our awards but we missed out on the applause. I was unable to get the times of the top finishers but they were comparable to Strider times.\* There were about 150 in the 10K and almost as many in the 2-mile. I was glad to see that Green Shirt was there taking another stab at the 10K.

All in all, I was happy. To run two out-of-state races on vacation was the frosting on the cake.

\* The Lake Agassiz Pacers have their "big" race on August 3; the 11th Annual Red River Run 15K (and 5K) in which Mark Nenow holds the course record of 45:27 set in 1984.

# MY FAVORITE RACE

AN INSIDE VIEW OF FLAT 'N FAST \*

by Pat O'Brien

The one-mile race is now history for another year but a few extraordinary happenings during the course of the event will make this race a memorable one.

The Junior Medley was a new addition to the FAST 'N FLAT race and proved to be great fun for young and old alike. As a matter of fact, a bystander would find it tough to decide who was having the most fun—the kids or the collection of adults cheering them on. Thirty youngsters joined in the medley of events with the pre-schoolers launching the effort with a 100-meter dash. Few of us will forget that endearing ear-to-ear grin of two-year old Paul Miller as he toddled across the finish for last place slot.

Starla Green was the victor in the 200-meter contest and from the looks of her gazelle stride, she's a "natural." Wendy Vogenitz came back from a tumble at the start to finish strong, though a little shaken by the mishap.

Four eight and nine year olds appeared to be evenly matched at the starting point of the 400-meter but Jeff Herman finished first, Kathleen Chamberlain gamely brought up the rear, and Patrick Donlin and Roxanne Lyst were the "middle kids."

A familiar figure amongst the young Strider set, David Zeitlin, breezed to a first place finish in the 800-meter. He has been a regular at the Truxtun Park series for a couple of years now, and will be crowding out "Mama Louise" at the finish of future 10Ks.

High performance runs in the Chamberlain family, and on Saturday Jeff's 1200-meter contest was a family affair with Papa Mike running through the last lap with Jeff to bring him in for a 5:06 finish.

All of the Junior Medley participants were reminded that each and every finisher was a winner, and were given ribbons for their efforts. Age-group awards, Friendly Ice Cream gift certificates, and Bingo games from the Artist's Flat, were well received by the winners.

The adult version of FAST 'N FLAT was equally exciting but somewhere 'twixt two-and-twenty a runner loses that child-like enthusiasm and with it goes the endearing ear-to-ear winning grin we had seen earlier in the meet. What the big boys and girls lacked in audience appeal they made up for in displays of sheer gut determination by running their best mile despite adverse conditions of high heat and humidity. Even our patriarch race walker, John Wall, ran three laps of his mile.

The star greyhound was Kevin Sullivan blistering out the fastest mile of the day in a sizzling 4:33. Jeff Long almost placed second clocking in at 4:35.


Cindi Fox led the women's heat in a PR time of 5:51. It was great to see Gale Cromwell back on the track after months of rehabilitation—coming back from an accident.

Look over the list of finish times and note the stellar performances by many. Behind each one is a tale waiting to be told and one of the nicest things about this race is there's time between heats to share these tidbits of running lore. The spirit of camaraderie at the FAST 'N FLAT race was noted by many.

As race director I would like to thank all those workers whose time and skilled efforts made things run so smoothly. Helen Gilmer and Ed Green took charge of the Junior Medley and ran things like clockwork from start to finish. Pam Andersen and Jamie Haars took control of adult registration—and the results—and their efficiency was of key importance. The "clockwork" was ministered by my better half, Bob Walters, and his "better half" at the finish was Bill Vogenitz.

Hats off to the runners and workers alike for, once again, making this my favorite race. Note: a notable highlight for me was "pacing" our short strided president to his PR finish in the "older" mens heat!

\* See race results on page 15.



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## RUNNING SHORTS

ANNAPOLIS-10 NOSTALGIA:

I COULDN'T SHIFT

My son-in-law put me up to it. He and his brother entered me in the race. I had never even seen a race before. At age 51, with only one month of preparation, I was at the starting line of the 6TH ANNAPOLIS 10-MILE RUN. The year was 1981. I recall that I finished in about 85 minutes. From the finish line I walked up the stairs from the stadium and climbed into my pickup truck. I was so sore I couldn't shift gears. How did I get home? Very slowly. Somehow I pushed the clutch and shifted from first to third gear skipping second so I wouldn't have to move.

I quickly forgot the pain—I went to work the next day. And the experience got me hooked on racing. I still wear the running shorts I earned in the 6th Annapolis 10. I train in them for the 10th Annapolis 10.

—Bob Hunton

# MOORE'S MARINES

## MARINE CORPS MARATHON TRAINING SCHEDULE

by Ben Moore

### JULY-AUGUST '85

MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL
(4)	(4)	(4)	(4)	(4)	27 (8)	28 (8A)	28/3
29 (4F)	30 (4S)	31 (4F)	1 (4S)	2 (R)	3 (10)	4 (10A)	26/3
5 (4F)	6 (4S)	7 (4F)	8 (4S)	9 (R)	10 (10)	11 (10A)	24/3
12 (5F)	13 (5S)	14 (5F)	15 (5S)	16 (R)	17 (12)	18 (10A)	32/4
19 (5F)	20 (5S)	21 (5F)	22 (5S)	23 (R)	24 (10A)	25 (10A)	30/4
26 (5F)	27 (5S)	28 (5F)	29 (5S)	30 (R)	31 (14)		

### SEPTEMBER

						1 (10A)	34/4
2 (5F)	3 (5S)	4 (5F)	5 (5S)	6 (R)	7 (14)	8 (10A)	34/4
9 (6F)	10 (6S)	11 (6F)	12 (6S)	13 (R)	14 (16)	15 (10A)	40/5
16 (6F)	17 (6S)	18 (6F)	19 (6S)	20 (6F)	21 (R)	22 (15K)	30/3
23 (6F)	24 (6S)	25 (6F)	26 (6S)	27 (R)	28 (16)	29 (10A)	40/5
30 (7F)							

### OCTOBER

	1 (7S)	2 (7F)	3 (7S)	4 (R)	5 (18)	6 (10A)	46/5
7 (7F)	8 (7S)	9 (7F)	10 (7S)	11 (R)	12 (18)	13 (10A)	46/5
14 (7F)	15 (7S)	16 (7F)	17 (7S)	18 (R)	19 (20)	20 (10A)	40/5
21 (7F)	22 (7S)	23 (7F)	24 (7S)	25 (R)	26 (18)	27 (10A)	46/5

NOTE: The Group will not run on Route 450 on Saturday, 24 August, the day before the Annapolis 10-Mile Run

or

September 21, the day before the Annapolis Severn River 15K Run.

Sundays are very optional—family may dictate a "no run." These are make up runs, done with fun and join the gang for breakfast!

### OCTOBER-NOVEMBER '85

MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL
28 (7F)	29 (5S)	30 (4F)	31 (4S)	1 (R)	2 (R)	3 (11)	20/4
4 (R)	5 (R)	6 (2S)	7 (4S)	8 (2S)	9 (R)	10 (R)	
11 (5S)	12 (5F)	13 (5S)	14 (5F)	15 (R)	16 (14)	17 (10A)	34/4
18 (6S)	19 (6F)	20 (6S)	21 (6F)	22 (R)	23 (16)	24 (10A)	40/5
25 (7S)	26 (7F)	27 (7S)	28 (7F)	29 (R)	30 (18)		

### DECEMBER

						1 (10A)	46/5
2 (7S)	3 (5F)	4 (5S)	5 (4S)	6 (R)	7 (R)	8 (10A)	47.2
9 (R)	10 (R)	11 (2S)	12 (4S)	13 (R)	14 (R)	15 (R)	
16 (4S)	17 (4S)	18 (4S)	19 (4S)	20 (R)	21 (14)	22 (10A)	
23	24	25	26	27	28	29	
MERRY CHRISTMAS & A HAPPY							
30	31						
NEW YEAR!							

### LEGEND

- (4) - 4 miles at a slow pace—comfortable
  - (5F) - 5 miles at 15 sec/mile faster than you plan to run the marathon
  - (R) - Rest day; ride a bike, walk, swim, or just loaf
  - (10A) - Annapolis 10-Mile Run—a make-up; fun run, social run, not compulsory
- 40/50 - total mileage not counting Sundays  
total mileage including Sundays

If you want to shoot for faster times you must train faster and longer. The above schedule should get you in around 4 hours without hitting the wall.

A 3:30 time would mean adding, gradually, distance during the week to be averaging 9 miles per day at 7:30 min/mile pace for a 3:30.

If time is a problem, you can break your daily run into 2 runs. However, it is very very important that you get in your long runs on Saturdays—or substitute a 10K or 15K on Sundays.

Don't try to push too fast too soon—if you're just getting too tired—back off. Try alternating a bike or swim a couple days during the week.

SATURDAY MORNINGS AT 0700 AT ANNAPOLIS MALL—EQUITABLE BAND (MONTGOMERY WARD END)

SUNDAY MORNINGS AT 0730 AT EAST SIDE OF NAVY/MARINE FOOTBALL STADIUM

(continued on next page)

TRAINING SCHEDULE FOR ANY MARATHON

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	REMARKS
1	5 SLOW	4 FAST	5 SLOW	3 FAST	5 SLOW	10K RP	REST/28	<p>FAST IS AT LEAST A 7MIN/MI. RACE PACE SHOULD BE 8 TO 8 1/2 MIN PACE. SLOW PACE ABOUT 1 MIN. SLOWER THAN RACE PACE (RP)</p> <p>THIS SCHEDULE SHOULD PUT YOU IN SHAPE TO FINISH A MARATHON IN 3:30 TO 4:00</p> <p>SUBSTITUTE ANY AVAILABLE 10K &amp; 1/2 MARATHON &amp; 10 MILER RACES</p> <p>EXCEPT - DON'T MISS YOUR LONG DISTANCE RUNS YOU MUST DO THOSE — * RACE WEEK</p>
2	5 SLOW	4 FAST	5 SLOW	3 FAST	5 SLOW	7 RP	REST/29	
3	6 SLOW	5 FAST	6 SLOW	3 FAST	6 SLOW	8 RP	REST/34	
4	6 SLOW	5 FAST	6 SLOW	3 FAST	6 SLOW	8 RP	REST/34	
5	7 SLOW	6 FAST	7 SLOW	4 FAST	6 SLOW	10 RP	REST/40	
6	7 SLOW	6 FAST	7 SLOW	4 FAST	6 SLOW	10 RP	REST/40	
7	8 SLOW	6 FAST	8 SLOW	5 FAST	8 SLOW	12 RP	REST/46	
8	8 SLOW	6 FAST	8 SLOW	5 FAST	8 SLOW	12 RP	REST/46	
9	8 SLOW	6 FAST	8 SLOW	6 FAST	8 SLOW	14 RP	REST/49	
10	8 SLOW	6 FAST	8 SLOW	6 FAST	8 SLOW	14 RP	REST/49	
11	9 SLOW	6 FAST	9 SLOW	6 FAST	9 SLOW	16 RP	REST/54	
12	9 SLOW	6 FAST	9 SLOW	6 FAST	9 SLOW	16 RP	REST/54	
13	10 SLOW	6 FAST	10 SLOW	6 FAST	10 SLOW	18 RP	REST/59	
14	10 SLOW	6 FAST	10 SLOW	6 FAST	10 SLOW	20 RP	REST/61	
15	8 SLOW	4 FAST	8 SLOW	4 FAST	8 SLOW	18 RP	REST/50	
16	8 SLOW	4 FAST	6 SLOW	4 SLOW	2 SLOW	REST/24 RACE	RACE	

AN INCREASE IN "FAST" SPEED AND AN INCREASE IN MILEAGE TO AVG. ABOUT 80 MI. PER WEEK WILL GET YOU IN THE 3:00 CLASS. HOWEVER, IF YOU CAN ADD MORE QUALITY MILEAGE PER WEEK, YOU MIGHT GET IN THAT 3:00 CLASS ON THE ABOVE SCHEDULE.

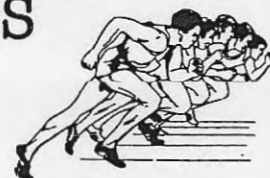
NOTE: MON & SUN SCH. MIGHT BE EXCHANGED, OR FRI & SUN SWITCHED.

\* - might want to do a 2-a-day work outs (Monday, Wednesday or Friday) starting here if not enough time to get in distance at one time.

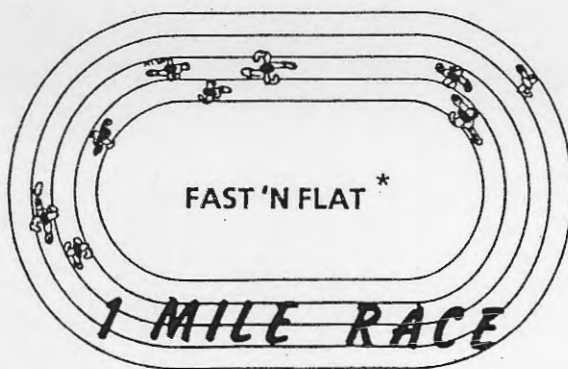
# RACE RESULTS AND STANDINGS

## TETRATHON

June 2, 1985



	NAME	AGE	440 YDS	880 YDS	1 MILE	2 MILES	TOTAL POINTS
1.	Mike van Beuren	32	1:00.11	2:10.63	4:49.14	10:07.31	274
2.	Pat O'Brien (F)	37	1:10.75	2:41.98	5:41.48	11:57.26	245
3.	Matthew Mace	24	1:00.20	2:16.08	4:59.13	10:38.34	244
4.	Joe Aben	12	1:02.63	2:28.86	5:35.32	13:17.14	221
5.	Joe Clorety	42	1:07.31	2:30.35	5:28.05	11:42.43	220
6.	Jim Hall	39	1:01.45	2:29.98	5:29.21	11:43.45	214
7.	Jim Fratino	51	1:07.91	2:44.22	6:03.88	13:21.96	198
8.	Howard Beard	38	1:06.22	2:37.98	5:43.60	12:28.24	194
9.	Dick Hillman	42	1:08.36	2:41.54	5:59.90	13:13.45	182
10.	Tim Blewett	39	1:07.34	2:42.38	6:08.84	13:21.36	172
11.	Yvonne Aasen (F)	53	1:35.88	3:33.41	7:28.71	16:08.86	164
12.	Anne Chamberlain (F)	41	1:29.56	3:27.49	7:15.79	15:25.20	140
13.	John Stromesky	45	1:21.40	3:02.24	6:41.90	14:04.74	133
14.	Doug Pond	46	1:10.13	2:39.98	DNF		90
15.	Thomas Newland	12	1:15.14	2:57.69	DNF		69
16.	Bruce Poppe	32	1:05.66	4:00.26	DNF		49



JULY 13, 1985

### MEN

#### Men 19 and under

	Age	Time
1.	Jeff Long	19 4:35
2.	Gary Miller	17 4:43
3.	Joe Aben	12 5:24
4.	Andrew Thomas	15 5:54
5.	Jeffrey Herman	9 7:23

#### Men 20-29

1.	Kevin Sullivan	20 4:33
2.	Mark Rosasco	26 4:38
3.	Nut Hall	27 4:38
4.	Matthew Mace	24 4:51
5.	Bill Contarino	27 6:14

#### Men 30-34

1.	Mike van Beuren	32 4:41
2.	Don Anderson	33 4:58
3.	Nick Lakis	34 5:03
4.	Bob Miller	30 5:04
5.	Butch Bente	31 5:22
6.	Tom Donlin	34 6:40

#### Men 35-39

1.	Eric Peltosalo	35 4:53
2.	Joe Smalldone	39 4:57
3.	Bill Ammon	39 5:02
4.	Bill Rosser	35 5:21
5.	Don Kennedy	38 5:23
6.	Ron Jarashow	35 5:29
7.	Howard Beard	39 5:31
8.	Tim Blewett	39 5:40
9.	Terry Clark	38 5:48
10.	Hugh Eckert	35 5:50
11.	Ron Lyst	38 5:56
12.	Will Scott	35 5:58
13.	Jeff Beatty	38 6:00
14.	Jonas Legum	37 6:28
15.	Tom Ervin	35 7:47

#### Men 40-44

1.	Bill Conroy	42 4:55
2.	Joe Clorety	42 5:14
3.	Steve Dilling	41 5:23
4.	Paul Herman	40 5:28
5.	Bill Wandel	42 5:29
6.	Mike Chamberlain	41 5:29
7.	Lloyd Abbot	42 5:31
8.	Evan Thomas	44 6:10
9.	Alan Wycherley	43 6:29
10.	Lee Patrick	42 6:49
11.	John Kurpjuweit	40 6:51

#### Men 45-49

1.	Doug Pond	46 5:30
2.	Henry Whitesel	45 5:32
3.	Bob Phillips	49 5:32
4.	Bert Rice	48 5:41
5.	Ken Lyons	45 6:01
6.	Arnie Henderson	48 6:06
7.	Earl Scott	45 6:10
8.	Mike Long	45 6:13
9.	Phil Barber	49 6:59

#### Men 50-59

1.	Jim Fratino	51 5:50
2.	Milton Taylor	52 5:50
3.	William McGranahan	51 7:43

#### Men 60 and over

1.	Eric Haars	63 6:49
2.	Joe Ryan	60 6:57
3.	Guy Riccio	64 7:13
4.	John Wall	71 12:44

### WOMEN

#### Women 14-19

1.	Kate Whitesel	15 6:59
2.	Cristie Lyons	16 8:04

#### Women 20-29

1.	Cindi Fox	29 5:51
2.	Carole Simpson	25 6:41

#### Women 30-39

1.	Pat O'Brien	37 5:32
2.	Susan Bonner	36 6:08
3.	Regina Rochez	35 6:28
4.	Gale Cromwell	31 6:29
5.	Joy Donlin	34 6:48
6.	Molly Broderson	33 7:04
7.	Rae Jean Goodman	37 7:12
8.	Charlotte Caruso	37 7:58

#### Women 40-49

1.	Mary Lou Hawkins	43 7:06
2.	Anne Chamberlain	41 7:07
3.	Barbara Kerr	48 7:23
4.	Louise Zeitlin	40 7:44

#### Women 50 and over

1.	Martha Kinsinger	51 7:09
2.	Yvonne Aasen	53 7:28

\* See MY FAVORITE RACE, page 12.

(continued on next page)



# Kids News

## JUNIOR MEDLEY - BOYS & GIRLS

### 100 METERS 5 and under

1. Mike Donlin	5	:23
2. Stephen Harvey	5	:26
3. Annamarie Lyst (F)	5	:27
4. Brendan Blewett	4	:28
5. Kerry Miller (F)	4	:29
6. Zachary Walters	4	:31
7. Matthew Vogenitz	4	:31
8. Albert Goodman	4	:33
9. Alex Lakis	4	:33
10. Caitlin Blewett (F)	3	:44
11. Paul Miller	2½	:47

### 200 METER 6-7 yrs.

1. Starla Green (F)	6	:46
2. Bobby Miller	7	:52
3. David Herman	6	:53
4. Sarah Goodman (F)	6	:56
5. Wendy Vogenitz (F)	6	1:09

### 400 METER 8-9 yrs.

1. Jeffrey Herman	9	1:25
2. Patrick Donlin	8	1:29
3. Roxanne Lyst (F)	9	1:32
4. Kathleen Chamberlain (F)	8	1:41

### 800 METER 10-11 yrs.

1. David Zeitlin	11	3:12
2. Jo-Anne Patrick (F)	10	3:32
3. Erin Clark (F)	10	3:46

### 1200 METER 12-13 yrs.

1. Jeff Chamberlain	12	5:06
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## FAST 'N FLAT

### DIVISION WINNERS

#### OVERALL WINNERS

1. Kevin Sullivan	4:33
2. Jeff Long	4:35
3. Mark Rosasco	4:38

#### Men under 20

1. Jeff Long	4:35
2. Gary Miller	4:43
3. Joe Aben	5:24

#### Men 20-29

1. Kevin Sullivan	4:33
2. Mark Rosasco	4:38
3. Nut Hall	4:38

#### Men 30-39

1. Mike van Beuren	4:41
2. Eric Peltosalo	4:53
3. Joe Smalldone	4:57

#### Men 40-49

1. Bill Conroy	4:55
2. Joe Clorety	5:14
3. Steve Dilling	5:23

#### Men 50-59

1. Jim Fratino	5:50
2. Milton Taylor	5:50
3. Bill McGranahan	7:43

#### Men 60 and over

1. Eric Haars	6:49
2. Joe Ryan	6:57
3. Guy Riccio	7:13

#### FIRST WOMAN

1. Cindi Fox	5:51
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#### Women under 20

1. Kate Whitesel	6:59
2. Christie Lyons	8:04

#### Women 20-29

1. Cindi Fox	5:51
2. Carole Simpson	6:41

#### Women 30-39

1. Pat O'Brien	5:32
2. Susan Bonner	6:08
3. Regina Rochez	6:28

#### Women 40-49

1. Mary Lou Hawkins	7:06
2. Anne Chamberlain	7:07
3. Barbara Kerr	7:23

#### Women 50-59

1. Martha Kinsinger	7:09
2. Yvonne Aasen	7:28

**ERIC PELTOSALO**  
ATTORNEY AT LAW

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"Hold on a minute—I can't find my shoes."

# FATHERS DAY



June 16, 1985

PLACE	NAME	AGE	TIME
1.	Kevin Sullivan	20	33:45
2.	Jeff Long	19	33:57
3.	Matthew Mace	24	34:05
4.	Jeff Scheffler	24	34:18
5.	Joseph Pesce	31	34:25
6.	Mike van Beuren	32	35:04
7.	Don Anderson	33	35:53
8.	Mark Rosasco	26	36:03
9.	Mark Yerkes	30	36:06
10.	Terry Eplee	31	36:26
11.	Jim Hall	39	37:16
12.	Louis Carvalho	16	37:19
13.	Bill Turrentine	36	37:45
14.	Eddie Anderson	21	37:46
15.	Thomas Hunter	29	37:54
16.	Bing Topper	38	38:32
17.	Stephen Dilling	41	38:39
18.	Bill Rosser	35	38:48
19.	Winnie Hittle	32	39:09
20.	Bill Ammon	39	39:16
21.	Thomas Mark	43	39:21
22.	Bill Wandel	41	39:37
23.	Lloyd Abbot	42	39:41
24.	Paul Bellow	36	39:44
25.	Rick Scherer	30	39:50
26.	Bill Cohen	25	40:06
27.	Doug Pond	46	40:35
28.	Bob Phillips	48	40:39
29.	Bob Walters	35	40:50
30.	Milt Taylor	52	41:46
31.	Ron Bowman	35	41:52
32.	Eric Fredland	42	41:56
33.	Tim Spurrier	25	41:58
34.	John Guala	38	42:03
35.	Dave Bartosevich	38	42:10
36.	Steve Crawford	14	42:28
37.	Dick Manasseri	41	42:29
38.	?(NO CARD)?		42:35
39.	Fred Shanklin	44	42:35
40.	Henry Whitsel	44	42:46
41.	Paul Herman	40	43:22
42.	Joe Walsmith	55	43:30
43.	Thomas Baxter III	20	43:30
44.	Tom Baxter	45	43:30
45.	Gary Vitto	40	43:37
46.	N. Jay Ellis	24	43:55
47.	Charles Nance	42	44:00
48.	Tim Blewett	39	44:04
49.	Ron Jarashow	35	44:12
50.	Joe Hall	45	44:18

51.	Tom Walters	18	44:55
52.	Arnie Henderson	48	45:03
53.	Anthony Dalton	15	45:15
54.	Bruce Dalton	42	45:16
55.	Greg Glynn	44	45:37
56.	Jim Storey	44	45:59
57.	Ray Glennon	34	46:05
58.	Carole Simpson (F)	25	46:06
59.	Harold Michaelis	55	46:06
60.	John Walter	40	46:14
61.	James Langley	36	46:35
62.	Don Waddington	53	46:36
63.	Alden Estep	15	47:06
64.	Elenor Elster (F)	34	47:17
65.	Mike McAusland	50	47:18
66.	Jack Bradley	41	47:20
67.	Bill Trepp	35	47:28
68.	Martin Paul	44	47:38
69.	Michael Sims	34	47:45
70.	Kyle Miklas	14	48:00
71.	Sue Michitsch (F)	24	48:06
72.	Donald Polvani	44	48:16
73.	Mike Edwards	34	48:47
74.	Jeffrey Beatty	38	48:52
75.	Steve Mullins	35	49:30
76.	Earl Scott	45	49:49
77.	Eric Haars	63	49:50
78.	John Kurpjuweit	40	49:53
79.	Gary Butterweie	32	50:02
80.	Maureen Lamb (F)	23	50:16
81.	Bob Biddle	26	50:16
82.	Guy Riccio	64	50:19
83.	Louise Zeitlin (F)	40	50:21
84.	Anne Chamberlain (F)	41	50:22
85.	Mike Chamberlain	41	50:23
86.	Jesse Fussell	43	50:37
87.	Mike Long	45	50:40
88.	Arch Holden	33	50:52
89.	Robert Ward	33	50:52
90.	Nancy Waddington (F)	47	51:09
91.	Barbara Kerr (F)	48	51:13
92.	Martha Kinsinger (F)	51	51:18
93.	Buck Cadell	51	51:18
94.	Greg Cislo	31	51:37
95.	Nancy Novak (F)	30	51:57
96.	Arthur Hartnett	42	52:06
97.	Allen Stallings	50	52:39
98.	Laura Fratino (F)	20	52:42
99.	Sabra Mauity (F)	33	52:56
100.	Clair Morris	49	53:06
101.	Molly Broderon (F)	33	53:50
102.	Alan Wycherley	42	53:55
103.	Bob Brillante	42	54:10
104.	Jonas Legum	36	54:25
105.	Don Goodwin	43	54:39
106.	Rae Jean Goodman (F)	37	55:19
107.	Margaret Johnston (F)	33	55:55
108.	Gale Edelstein (F)	34	56:01
109.	Nancy Spear (F)	28	56:12
110.	Pat Major (F)	33	56:20
111.	Robert Hogan	40	57:15
112.	Carol Huddy (F)	47	58:29
113.	Jeffry Herman	9	58:33
114.	Charlotte Caruso (F)	37	59:11
115.	Neal Kinsinger	50	59:19
116.	Tom Ervin	35	1:00:23
117.	Rodney Beach	61	1:00:32
118.	William McGranahan	51	1:06:48
119.	John Straub	12	1:09:29
120.	John Winkert	55	1:24:29
121.	John Wall	71	1:30:00

## DIVISION WINNERS

OVERALL MALE	TIME
Kevin Sullivan	33:45
<u>MEN UNDER 20</u>	
Jeff Long	33:57
Louis Carvalho	37:19
Steve Crawford	42:28
<u>MEN 20 - 29</u>	
Kevin Sullivan	33:45
Matthew Mace	34:05
Jeff Scheffler	34:18
<u>MEN 30 - 39</u>	
Joseph Pesce	34:25
Mike van Beuren	35:04
Don Anderson	35:53
<u>MEN 40 - 49</u>	
Stephen Dilling	38:39
Thomas Mark	39:21
Bill Wandel	39:37
<u>MEN 50 - 59</u>	
Milt Taylor	41:46
Joe Walsmith	43:30
Harold Michaelis	46:06
<u>MEN 60 AND OVER</u>	
Eric Haars	49:50
Guy Riccio	50:19
Rodney Beach	1:00:32
<u>OVERALL FEMALE</u>	
Carole Simpson	46:06
<u>WOMEN 20 - 29</u>	
Carole Simpson	46:06
Sue Michitsch	48:06
Maureen Lamb	50:16
<u>WOMEN 30 - 39</u>	
Eleanor Elster	47:17
Nancy Novak	51:57
Sabra Mauity	52:56
<u>WOMEN 40 - 49</u>	
Louise Zeitlin	50:21
Anne Chamberlain	50:22
Nancy Waddington	51:09
<u>WOMEN 50 - 59</u>	
Martha Kinsinger	51:18

# CLUB CHAMPIONSHIP SERIES 1985

## Men under 20

Jeffrey Herman	35	1	4	40
John Straub	35	2	5	42
Robbie Siebenhaar	1	35	35	71
Jeff Long	35	35	1	71
Richard White	2	35	35	72
Louis Carvalho	35	35	2	72
Anthony Dalton	35	35	3	73

## Men 20-29

Eddie Anderson	5	2	4	11
Mark Rosasaco	1	35	2	38
Nut Hall	3	1	35	39
Mark Yerkes	4	35	3	42
Matthew Mace	35	35	1	71
Brian Palmer	2	35	35	72
Stephen Davis	35	3	35	73
Mark Ramsey	35	4	35	74
Robert Biddle	35	35	5	75
John Jolly	6	35	35	76

## Men 30-34

Joseph Pesce	2	2	1	5
Terry Eplee	4	4	4	12
Ronald Bowman	11	6	6	23
Mike van Beuren	35	1	2	38
Don Anderson	35	3	3	41
Winnie Hittle	6	35	5	46
Rick Smith	8	5	35	48
Thomas Donlin	13	8	35	56
Robert Eden	1	35	35	71
Earl Keicher	3	35	35	73
William Bester	5	35	35	75
Nick Lakis	7	35	35	77
William Trepp	35	35	7	77
Michael Smith	35	8	35	78
Gregory Cislo	35	35	8	78
Wilford Scott	9	35	35	79
Oliver Payne	10	35	35	80
Kenneth Haas	12	35	35	82

## Men 35-39

Paul Herman	4	5	8	17
Timothy Blewett	7	8	9	24
Ronald Jarashow	8	7	10	25
Jeffrey Beatty	12	9	12	33
William Turrentine	1	35	1	37
Jonas Legum	14	10	13	37
Bing Topper	35	3	2	40
John Guala	2	35	6	43
William Rosser III	5	35	3	43
David Bartosevich	3	35	7	45
Eric Peltosalo	35	1	35	71
Joseph Smaldone	35	2	35	72
Donald Kennedy	35	4	35	74
William Ammon	35	35	4	74
Robert Walters	35	35	5	75
Courtney Trabue	6	35	35	76
J. Howard Beard, III	35	6	35	76
William Rourke	9	35	35	79
Thomas Sullivan	10	35	35	80
Thomas Wheat	11	35	35	81
Michael Edwards	35	35	11	81
Thomas Williamsen	13	35	35	83
Lee Pillsbury	15	35	35	85

## Men 40-44

Stephen Dilling	1	2	1	4
Bill Wandel	3	5	3	11
J. Lloyd Abbot	4	6	4	14
Henry Whitesel	8	10	7	25
Joe Clorety	2	4	35	41
Earl Scott	14	14	13	41
Thomas Mark	5	35	2	42
James Woodcock	6	3	35	44
John Fredland	35	7	5	47
Alan Wycherley	18	16	16	50
James Storey	35	9	10	54
Evan Thomas	10	12	35	57
Michael Long	12	35	15	62
Lee Patrick	17	15	35	67
William Conroy	35	1	35	71
Dick Manasseri	35	35	6	76
James Collins	7	35	35	77
Bruce Dalton	35	35	8	78
Richard Dugan	35	8	35	78
Gregory Glynn	35	35	9	79
Richard Hillman	9	35	35	79
Stephen McLure	35	11	35	81
Eldon Hawley Jr.	11	35	35	81
Jack Bradley	35	35	11	81
Martin Paul	35	35	12	82
Michael Impellizzeri	13	35	35	83
Mike Chamberlain	35	35	14	84
Alan Wolf	15	35	35	85
David Williams	16	35	35	86
Donald Goodwin	35	35	17	87

## Men 45-49

Douglas Pond	2	2	1	5
Robert Phillips	35	1	2	38
Arnold Henderson	35	3	3	41
Michael McAusland	5	35	4	44
Bert Rice	1	35	35	71
Ken Thorn	3	35	35	73
Joseph Harrington	4	35	35	74
Clair Morris	35	35	5	75
Donald Rizzo	6	35	35	76

## Men 50-59

Milton Taylor	1	2	1	4
James Fratino	2	1	35	38
Charles Cadell	3	35	5	43
Joseph Ryan	4	4	35	43
Joseph Walsmith	35	35	2	72
Harold Michaels	35	35	3	73
Eugene Humphrey	35	3	35	73
Donald Waddington	35	35	4	74
Allen Stallings	35	35	6	76
Neal Kissinger	35	35	7	77
William Mc Granahan	35	35	8	78

## Men 60 and over

Guy Riccio	1	1	2	4
John Wall	2	2	4	8
Eric Haars	35	35	1	71
Rodney Beach	35	35	3	73

## Women under 20

Laura Fratino	35	35	1	71
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## Women 20-29

Carole Simpson	1	1	1	3
Claudia McLure	35	2	35	72
Nancy Spear	35	35	2	72

## Women 30-39

Nancy Novak	7	3	1	11
Margaret Johnston	10	4	4	18
Molly Broderson	4	35	2	41
Joy Donlin	6	2	35	43
Rae Jean Goodman	9	35	3	47
Susan Bonner	35	1	35	71
Patricia O'Brien	1	35	35	71
Luanne Turrentine	2	35	35	72
Darlene Dabbs	3	35	35	73
Gale Edelstein	35	35	5	75
Cathy Quigley	5	35	35	75
Patricia Major	35	35	6	76
Charlotte Caruso	35	35	7	77
Leslie Mundle	8	35	35	78

## Women 40-49

Anne Chamberlain	4	1	2	7
Barbara Kerr	3	2	4	9
Carol Huddy	5	3	5	13
Nancy Waddington	6	35	3	44
Louise Zeitlin	35	35	1	71
Betty Impellizzeri	1	35	35	71
Delma Miller	2	35	35	72

## Women 50 and over

Martha Kinsinger	1	35	1	37
Yvonne Aasen	2	1	35	38

The 1985 Club Championship Series includes nine races (the 5K was dropped). Anyone is welcome to run in these races, but to be scored you must be a Strider. Your best five finishes count toward an age group award. Completion of four races makes you eligible for an award. Any questions—call Joe Clorety, 721-3362.

## CLUB CHAMPIONSHIP SERIES 1985 DATES

<del>5K</del>	<del>March 2</del>	✓
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	



# 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

DATE	TIME	RACE - RUN - DISTANCE	LOCATION	RACE DIRECTOR	Assistant Race Director
2nd Monday of each month	7:30 PM	<u>Annapolis Striders Board Meeting</u>	Arundel Center Annapolis, MD	Pam Andersen 267-0524	
Every Thursday	5:00 to 6:00 P.M.	<u>Informal Track Workouts</u>	AACC Track, Arnold, MD (off College Parkway)	Earl Scott 269-5013	
Every Saturday	7:00 A.M.	<u>Moore's Marines Marathon Training</u>	Annapolis Mall Equitable Bank Bldg	Ben Moore 268-3832	
Every Sunday	7:30 A.M.	<u>Moore's Marines Marathon Training</u>	Navy/Marine Corps Stadium, Annapolis, MD	Ben Moore 268-3832	
(Both Saturday and Sunday Training continues until Marine Corps Marathon on November 3)					
August 3-4	12 noon to 12 noon	24-Hour Relay	Mullins Field Fort Meade, MD	Joe Walsmith 956-4427	
August 11 Sunday	8:00 A.M.	<u>Dog Days of Summer 8K Cross Country Race</u> <u># 6 Club Champ Series</u> and Ben Moore's Marathon Tips	Anne Arundel Community College, Arnold, MD	Tim Blewett 301/721-9609	Pat Hoffman 268-6092
Wednesday August 14	6:00 P.M.	<u>Concluding Truxtun Park Series</u> <u>Fun Runs, 1 Mile, 4 Miles</u> <u>AND INJURY CLINIC</u>	Truxtun Park, Annapolis Meet at pine grove near the boat ramp	Mike van Beuren Hotline 268-1165	
August 24 Saturday	7:00 AM	<u>Workers Run for Annapolis 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> (entries closed)	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	Louise Zeitlin 757-1407
September 15 Sunday	8:00 AM	<u>Biathlon: 10K Run &amp; 20 Mile Bike</u>	South River High School Edgewater, MD	Don Waddington 301/956-2061	Gale Cromwell 647-4729
September 22 Sunday	8:00 A.M.	<u>Seyern River 15K Run</u> (Benefit Heart Fund)	Annapolis City Dock Annapolis, MD	Jim Katcef 301/224-2393	
October 13 Sunday	8:00 AM	<u>Metric Marathon 26.2K</u> (16.2 miles) <u>#8 Club Champ Series</u>	Southern High School Harwood, MD	Will Scott 301/267-8013	Earl Scott 269-5013
October 27 Sunday	9:00 A.M.	<u>Key School 10K</u> (6.2 miles)	Key School 534 Hillsmere Dr Annapolis, MD	Ann Beach 263-9231 day 269-0985 evening	
November 3 Sunday	9:00 A.M.	<u>Marine Corps Marathon</u> (26 miles, 385 yards)	Washington, D.C.	Ben Moore 268-3832	
November 9 Saturday	9:00 A.M.	<u>Turkey Trot 5-Mile Race</u> <u>1-Mile Fun Run &amp; 100-Yard Tot Trot</u>	Downs Memorial Park Pasadena, MD	Tom Donlin W: 301/987-9600 H: 301/268-0498	
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	Joe Walsmith 956-4427
December 29 (date to be confirmed)		<u>Anniversary Run 15K (9.3 mi.)</u> <u>#10 and last Club Champ Series</u>		Betty Impellizzeri 757-5857	Mike Impellizzeri 757-5857

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