# STREAK

VOLUME VIII
NUMBER I
FEBRUARY 1986

## ANNAPOLIS STRIDERS

ANNAPOLIS STRIDERS, INC.
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ROAD RUNNERS CLUB
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# STREAK ANNAPOLIS STRIDERS

## volume VIII number 1 february 1986


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


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

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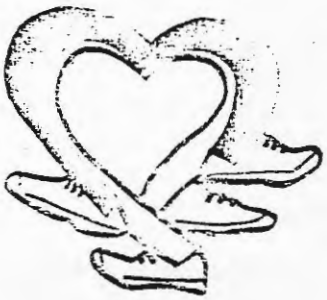


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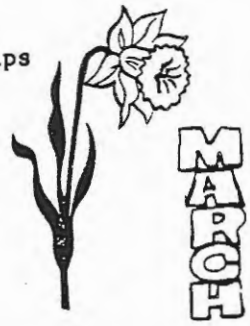

VOLUNTEER TALENT SOUGHT

In order to maintain the continuity and viability of the Annapolis Striders we need new volunteers each year. We especially need people who will accept responsibility in leadership roles. The Striders are fortunate to have many willing workers who will help in subsidiary jobs for our road races. However, many of the same people who have been involved with the Striders since our inception 10 years ago still carry a heavy burden of the administrative jobs of the club. Of our more than 800 members less than five percent are involved in the ongoing business of the club. We need people to be elected officials, race directors, assistant race directors, and committee chairpeople. If you can help, please contact either me or Gert Spadone.

Seven hardy runners suffered through wind, cold and ice in the Anniversary 15K Worker's Run. They were: Mike van Beuren, Pat O'Brien, Joe Clorety, Joe Walsmith, Bill Law, Sharron Hammond, and Guy Riccio. There was only one casualty that I know of—Joe Clorety's torn pants leg from falling on the ice. We attempt to have a worker's run for those who work the regular race.

Remember my favorite project this year—the RRCA Annual Conference to be held in Portland Maine, May 16-18, 1986. Henley Gibble, the RRCA Vice President for the East would like to see all the eastern clubs represented this year since the meeting is being held in our region. I hope we can rent a bus so a lot of Annapolis Striders can attend. Don't forget our Annual Awards Banquet to be held at St. Johns College on March 8, 1986.

Doug Pond,
President

# EDITORS REMARKS

## A SHORT STORY COMPLETE IN THIS COLUMN:

It was eerie. The streets in the late afternoon were deserted. Only an occasional car broke the chill silence, racing at top speed as if to reach a destination anywhere from the rain drenched solitude of the approaching gloom.

Not another person was visible. Even animals had responded to some ancient instinct to seek shelter—not a dog or even a cat—could be seen in spots usually frequented in their habitual rounds.

People were huddled in their homes. Gathered as if, at this time, they must have loved ones about. Facing the event to come alone would be to isolate themselves from all human warmth and companionship. At this time, humans sought the comfort and warmth of their living rooms and family rooms, fortifying themselves with sustaining food and drink.

On this scene only one person emerged. A runner. Alone. He ran as if pursued; as if possessed. The echoing "ping, ping, ping," of his measured footfalls added a surrealistic sound as he hurried up one empty street and down another, his breath trailing behind him in puffs of ethereal mist. His lonely state was only heightened as he observed the rosy light radiating from homes on the cold, damp streets. But he resolutely set his jaw and continued with a single minded purpose. Not even Super Bowl Sunday could deter him from running his appointed miles.

WE MADE FOOTNOTES: One of Barbara Kerr's cartoons was printed in the Winter 1985 issue of Footnotes. It appears on page 6 in Henley Gibble's column, "Not For Women Only." I was especially thrilled because I was the model in the cartoon from our August 1985 issue of the Streak.

"Guess who came in first, Dad?"

Henley Gibble is going to be the guest speaker at our annual Awards Banquet to be held March 8 at St. John's College. Doug Pond heard her speak at last year's RRCA National Convention in Atlanta. He said she is a lively and entertaining speaker for both men and women. All Striders and their families or special friends are invited.

BE CAREFUL WITH THAT KICK: Early one morning I aimed a powerful running kick at a beer carton lying on the road. It wasn't empty. Much to the amusement of my running partner, the impact resounded with the unmistakable sound of broken glass. The carton, in fact, was so heavy it required an additional shove to remove it from the road. "And I don't even drink beer," I said to my laughing partner.

THANKS DUE: Thanks, Best Impressions, for collating the December Streak. And thanks to Barbara Kerr for her graphics and cartoons for this issue.

DEADLINE: The deadline for the April Streak is March 11. By the way, I'm having problems meeting my own deadlines for this issue. If its very late, I'm sorry. I realize its time for me to ask for help. Anyone out there who would like to fill the role of assistant editor? Or can you help with typing, telephoning, or layouts? Please call me (647-0879).

—Yvonne Aasen

Cariature by Irv Finifter

# ADVERTISING

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

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|---|---|
| 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.

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Best Impressions
Eric Peltosalo, Attorney at Law
Union Memorial Sports Medicine Center

# BOARD MINUTES

December 9, 1985 Meeting

PRESIDENTIAL APPOINTMENTS

* Pat O'Brien, Evan Thomas, and Tim Blewett were appointed to the Nominating Committee to prepare a slate of nominees for election to serve as elected club officers for a period of one year.

* Mike van Beuren was officially appointed race director for the 11th Annapolis 10-Mile Run—and Tim Blewett assistant race director.

* Gale Cromwell was appointed chairperson of YOUTH RUNNING. It is a new committee with the purpose of involving more young people in club events and encourage their running.

* The name of the Long Range Planning Committee was changed to Community Outreach. Don Waddington is chairman of this committee.

* A new committee, Special Events, was named to be filled by the Vice President.

January 13, 1986 Meeting

* The Board agreed to an awards plan to award race patches to every participant in a championship series race. Each patch will carry the race logo. Race winners will have their place and division denoted on their patch.

* A slate of nominees for club officers was presented by Pat O'Brien, chairman of the nominating committee: President, Doug Pond; Vice-President, Gerte Spadone; Treasurer, Earl Keicher; Secretary, Nancy Waddington.

* The Board expressed approval for the President to appoint a Corresponding Secretary (under the Chairmen of committees heading) to assist the Recording Secretary (an elected officer).

ERIC PELTOSALO
ATTORNEY AT LAW

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# DEAR STRIDERS

NO SMOKING, PLEASE

January 30, 1986

Dear Striders,

Most runners do not like being exposed to tobacco smoke. If you fall into this category, you can do something about it now. The Maryland General Assembly, which is currently in session, is considering a bill that would control smoking in restaurants, retail stores and State Government owned facilities. This bill, if passed, would insure a healthier environment for all runners.

In order to help the passage of this bill, I recommend that you contact your State Senator and your 3 State Delegates and urge them to vote for passage of this legislation. Just tell them that you support House Bill number 792, The Clean Indoor Air Bill.

We especially need help in Anne Arundel County where many of your legislators are still living in the Nineteeth Century and are strongly influenced by the tobacco industry. Simply write a letter or call your Senator and Delegates at the addresses or phone numbers listed below.

If you have any questions, contact John O'Hara on 859-6821 (day) or 262-5867 (evening).

Sincerely,

John H. O'Hara
Bowie, Maryland

Senator Gerald Winegrad
James Senate Office Building
Annapolis, MD 21401

Delegates: John Astle
Robert Kramer
Elmer Hagner, Jr.
Lowe House Office Building
Annapolis, MD 21401

You can call your Senator and Delegates toll free by dialing 841-3000 and asking for their office.

Don't waste a minute getting your entry in the mail for the Washington's Birthday 5K...

# BULLETIN BOARD

## WE'RE MOVIN' ON UP

The MD/DC RRCA 10-Mile Club Championship Race will be held Sunday, February 23, at 8 AM in Columbia, MD. Last year we ran 24 deep (20 men and 4 women) and placed 3rd in competition with other area running clubs (up from last place a few short years ago ). We need 15 runners to qualify as a team. All ages and abilities invited. Call Doug Pond to sign up 841-6853. Carpools will leave from the Annapolis Mall.

## News Flash

### YOUTH ALERT

Efforts to organize a youth group of Striders is underway. Interested kids, parents and potential coaches should contact Gale Cromwell at 647-4729 (evenings) or 528-6790 (weekdays).

We are putting together a short summer program prior to the Maryland Commission on Physical Fitness' Governor's Meet in August. Suggestions are welcome.

## MESSAGE FOR RACE DIRECTORS

The chairman of the Race/Runs committee has submitted school use applications for all 1986 events needing them, except those at the Anne Arundel Community College, which must be handled personally by the applicable race directors. Race directors should get approvals through the mail at their home. If they don't arrive shortly after applying or appear to require some type of change, please let Joe Walsmith know.

## DATELINE PORTLAND, MAINE:

The president of the Maine Track Club, Bob Jolicoeur, is hard at work organizing and planning the Road Runners Club of America National Convention to be held May 16-18, 1986, in Portland. It promises to be EXCELLENT, and one you won't want to miss. There will be races, workshops, clinics, information exchanges, social events, and running celebrities to meet, as well as the convention itself. Last year the convention was held in the Southern Region and 58 of those clubs were represented (21 Eastern Region clubs). This year, since its in our region, lets try to beat that 58-club participation! Plan now to go. (Call Doug Pond for more information.)

## ELECTION DAY COMING UP

Annapolis Striders Election Day is fast approaching. On March 8 we will vote for officers: president, vice-president, secretary, and treasurer. A nominating committee was duly appointed by the president. They have been getting "telephone neck" recruiting nominees.

In addition to elected officers, committees are in need of volunteers willing to contribute time, energy, and talent toward making our club function and grow. Please consider getting involved. Rather than a lot of work, its a lot of fun.

Contact any member of the nominating committee for further information:

Pat O'Brien (757-0462)
Tim Blewett (721-9609)
Evan Thomas (760-9188)

WE CAN'T OPERATE WITHOUT YOU!

## ITS NOT TOO LATE TO JOIN

WHAT: TRACK WORKOUTS (8-week series)

WHERE: Broadneck Senior High School Track. Cape St. Claire, off College Parkway, Arnold, Maryland.

WHEN: Saturdays 11 A.M., February 15, 22, and March 1 (this one at AACC), 8, 15, 22, 29, and concluding on April 5.

HOW: See track workout schedule on page 9 . Sessions will last about an hour.

WHO: Runners of all ages/abilities. A mileage base of 20-25 miles per week is recommended.

SPECIAL ATTRACTION: After the workouts tracksters will have the opportunity to listen to tips on running/racing/training by John Wall on February 15; Mike van Beuren on March 8; and Ray Harrison on March 29.

REFRESHMENTS: will be available. For more information, call Pat O'Brien 757-0462.

WHATS COMING UP? RACE DIRECTOR'S CLINIC. Watch for details in the April Streak.

WELCOME TO THOSE WHO HAVE RECENTLY JOINED THE STRIDERS

| | |
|---|---|
| John Simpson | Pasadena, MD |
| Jeanne Quinn | Gaithersburg |
| John Coder | Annapolis |
| Charles Spink | Severna Park |
| Cease Ferri | Annapolis |
| Gerard Ferri | Annapolis |
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| Charles Floyd | Annapolis |
| James McCutchan | Millersville |
| Gillian Waynick | Annapolis |
| James Sharp | Alexandria, VA |
| Paula Dougher | Glen Burnie |
| Daniel Downer, Jr. | Annapolis |
| Joseph O'Boyle | Glen Burnie |
| Jim Brown | Salisbury |
| K. Brown | Salisbury |
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| Jean Snyder | Annapolis |
| John Broderick | Greenbelt |
| Robert Christian | Seabrook |
| Linda Christian | Seabrook |
| Therese Maccherone | Severna Park |
| Michael Finn | Bowie |
| Peter Tucker | Solomons |
| Gerard Fichtner | Annapolis |
| Laura McIntyre | Annapolis |
| Robert Jones | Annapolis |
| Arthur Henshaw | Annapolis |
| Robert White | Annapolis |
| Wayne Carstens | Vienna |
| Patrick Brown | Silver Spring |
| Marti Betz | Annapolis |
| Amy Betz | Annapolis |
| Robin Betz | Annapolis |
| Kevin Sullivan | Harwood |
| Mike Berrang | Easton |
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| Thomas Foley | Owings |
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| Kathleen Littmar | Glen Burnie |
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| Greg Duffy | Bowie |
| Terri Edwards | Edgewater |
| Robert Edwards | Edgewater |
| Amanda Lee Edwards | Edgewater |
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| Mark Moore | Stevensville |
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| Donna Van Horn | Annapolis |
| Mike Lester | Bowie |
| Donald Perkins | Severna Park |
| Lawrence Massimilla | Annapolis |
| William Buser | Riva |
| Vickie Huddell | Severna Park |
| Robert Quinn, Jr. | Fairfax Station, VA |
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| Gil Goodman | Annapolis |
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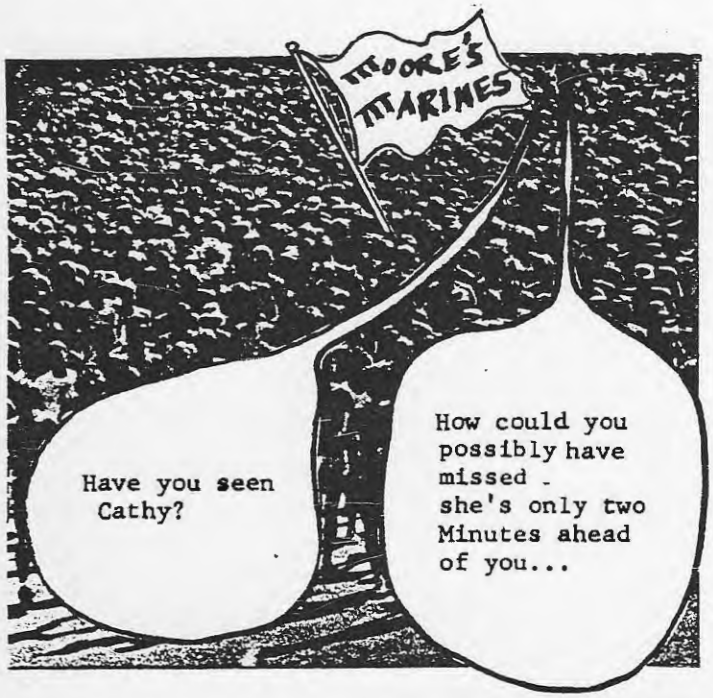
# TIMES OF OUR LIVES

The Marine Corps Marathon was Cathy Frantom's first ... and her finishing time was 3 hours and 32 minutes. She was in such good form after that that she won first place in the 20-29 age division of the Baltimore Symphony Run 10K in a soaring 40:20.



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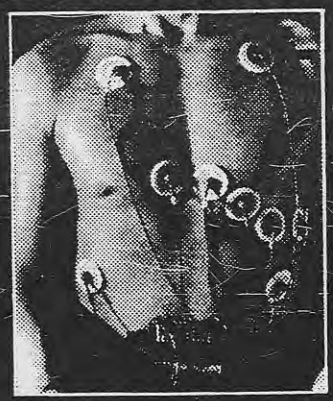

The Human Performance Lab is a division of
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# TRAINING TIPS

by Pat O'Brien

The following anecdote underscores the need for exercising good judgement when deciding to run in ice/snow:

## CLOSE ENCOUNTERS— A WINTER RUNNER'S KIND

Last winter I was picking my way through patches of ice on the road shoulder determined to run regardless of conditions. Though I felt in control of my footing, suddenly I realized that the cars passing by were not in control. They were skidding past in a hazardous fashion, unsuspecting victims of a road glazed with a micron thick sheet of ice. I watched with growing disbelief as one car after another did a 360 and spun off onto the shoulder—my territory!

Realizing that I was a likely target for the next careening car, I gave up the notion of running and prayed that I'd live through the "run" back to the refuge of home. Later, as I was riding the exercise bike (indoors) I realized just how foolish my running venture had been. The encounter with near fate taught me a valuable lesson: avoid running the roads in icy/snowy conditions—the risk (your life) far outweighs any of running's benefits.

When conditions such as these make road running unsafe, retreat to the indoors and exercise your mind with a good book!

## WINTER WHITE SPECIAL 10K TRAINING CLINIC

With only eight weeks to go until spring, the time has come to shake the dust from those New Year's resolutions already put aside, and gear up for the spring racing season. In an effort to help you do this, we are once again offering the 10K Training Clinics.

The Clinic consists of supervised interval workouts which will be held each Saturday at 11 A.M. at Broadneck Senior High track in Cape St. Claire. The series will last eight weeks beginning February 15, and run through April 5 with the workouts lasting about an hour.

Anyone is welcome to attend. However, we do not recommend that speed work be added to a training regimen until you have established a base of 25-30 miles per week. The reason: base training builds strength and endurance, without which the stress of speed work may cause injury.

The workouts will be run according to two schedules: A and B, with the major difference being the number of repetitions of the intervals. Refer to the guidelines given with the schedules to determine to which category you belong.

In addition to the track workout, the clinics will feature guest speakers—on occassion—who will lead informal discussions on topics such as how to train to run faster, training cycles, racing form, and mentally preparing for raceday effort. John Wall, Mike van Beuren and Ray Harrison will be three of the featured speakers. These discussions will be held in the Broadneck school library meeting room (adjacent to the track) and refreshments will be served.

We are looking forward to seeing you on the track! For additional information, contact Pat O'Brien 757-0462.

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(Training Tips, continued)

## ANNAPOLIS STRIDERS 8 WEEK TRACK WORKOUT FOR 10K RACES

WEEK 1 (Feb. 15)
GROUP A: Indian Running for 20 minutes or 2 miles
GROUP B: Indian Running for 20-30 minutes

WEEK 2 (Feb. 22)
A: 2x220, 2x440, 2x220
B. 2x220, 4x440, 2x220

WEEK 3 (March 1)
A: Washington's Birthday 5K; jog first half, then run second half hard. Time yourself.
B: Washington's Birthday 5K; use full distance as time trial

WEEK 4 (March 8)
A: 4-6x440
B: 8-10x400

WEEK 5 (March 15)
A: 3x880
B: 5x880

Week 6 (March 22)
A: 220, 440, 880, 880, 440, 220. Walk/jog for rest
B: 220, 440, 880, 1 mile, 880, 440, 220. Jog for rest

WEEK 7 (March 29)
A: 4x880. Use shorter rest period than used in WEEK 5
B: 6x880. Use shorter rest period than in WEEK 5

WEEK 8 (April 5)
A: 220, 330, 440, 660, 660, 440, 330, 220
B: 220, 330, 440, 660, 880, 880, 660, 440, 330, 220

WINTER SPECIAL

GUIDELINES:

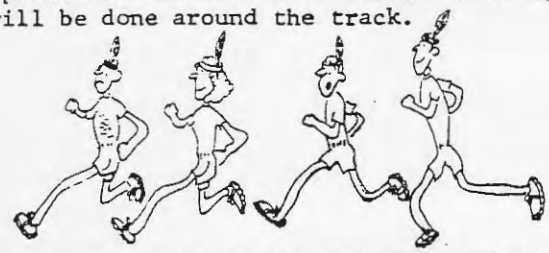
1. Schedule A is for the runner with a mileage base of 20-25 miles per week. Individuals in this group may have never run a race or have 10K race times of 50 minutes and over.

2. Schedule B is for the runner with a mileage base of 30-35 miles per week. Runners in this category have participated in at least a few 10K races and finish in the 40s (minutes).

3. Faster runners (sub 40 10Ks) are encouraged to attend. You can adapt schedule B to fit your needs by running additional repeats, if necessary.

4. During the week, alternate hard/easy days in your training schedule. For those adhering to the A schedule, try to work up to one weekly long jog of 8-10 miles. Schedule B runners should try to work up to a long easy run of 10-12 miles once a week.

5. Indian Running is running in tandem with the rear person sprinting to the lead, then settling into the pace of the pack. The next rear runner takes his/her turn doing the same "take the lead effort" and the running continues in this fashion for a specified time interval. Indian Running will be done around the track.



WINTER SPECIAL

## SO YOU WANT TO IMPROVE YOUR 10K TIME?...

by Liz Kisenwether

Ever pick up a pile of running magazines, and count the number of articles claiming this is the way to improve your 10K time? If we could shave the same number of minutes off our PR times as there are training articles in one year of Runner's World, we would all be training in Boulder, Colorado, with the Nike/Athletics West team.

This article isn't going to attempt to explain or expound on any particular training approach to help improve your 10K time. Instead, I'll mention some of the more tried and true ways to introduce some faster running in your routine.

First, if you haven't read the article by Pat O'Brien in this issue describing the track workouts that will start on February 15, do so. The program's goal is to improve your speed in eight weeks of progressively tougher track workouts. We look forward to seeing runners of all levels of running and racing experience to come.

For those who want some hints for maintaining your new found speed after the eight week period, read on. Below are a mixture of hints from high school and college coaches, guidelines learned after many miles of pounding the pavement, and ideas from running articles.

1. A basic guideline for the number of miles per week that can safely be done as speedwork is roughly 10% of your weekly mileage. This 10% does not include the walk/jog rests during track work...sorry folks! For example, if you consistently run around 35 miles per week, the maximum number of speedwork miles is 3.5.

2. If you want to increase your mileage, do so very gradually. Tom Dowling, the coach for high school running sensation Cathy Shapiro and former BAA coach recommends upping your

(continued on next page)

mileage only 1 to 2 miles per week. This may sound low, but gives your legs and cardiovascular system time to adapt slowly to the new workloads, reducing the risk of injury.

3. A speed or track workout is just that: a workout. Don't fall into the trap of making the speed session a race...you will eventually pay the price.

4. Quit your speed or track workout when you feel you could actually do 1 or 2 more repeats. Finish the workout feeling exhilarated, not exhausted.

5. Don't feel you have to do the identical workout week after week to gain running speed. Try many different workouts; choose 3 or 4 that you feel give you the most benefit, and use them. Be flexible.

6. Since most runners want to gauge their progress, choose one of your favorite workouts as your "benchmark" workout. Run it when you want a measure of your level of fitness.

7. Speedwork is not limited to trackwork. Fartlek, or speedplay, can be done during your typical training run. For example, run the distance between 4 to 6 lampposts hard, then settle back to a comfortable pace. Throw in another pickup when your breathing returns to normal. The fartlek mileage is part of your 10% speedwork miles.

8. Don't be discouraged if a speed workout goes poorly, or your times are slower than expected. It could be just a bad day, or your body may be trying to signal you to let up. If you feel dragged out for more than 3 days in a row, ease up! You're digging yourself into a state of fatigue; further hard training will gain you little. Drop back your number of miles and intensity, or even don't run. Let your body recover.

WINTER SPECIAL

## RUNNER'S KNEE, THE GREAT EQUALIZER

by Robert M. Verklin, Jr. M.D.

In recent years the popularity of running has dramatically increased. Runners represent a very healthy and intelligent segment of the population who demand a lot of themselves. Managing runner's problems requires patience and an understanding of the mental stress that can be associated with injury.

In assessing the injured runner, one has to keep in mind the goals of the individual participant. Runners can be classified into two basic groups: 1) The "jogger" who runs 2-4 miles/day usually 3-4 days/week. The jogger runs at a rate of 8-9 minutes/mile. 2) "Runners" run greater than 4 miles/day usually at least 5 days/week at a rate of 8 minutes/mile. The joggers' goals are modest as they try to maintain their program of physical fitness. To achieve a cardiovascular conditioning effect, the jogger must run at least 3 days a week for a minimum of 15 minutes each day. "Runners," on the other hand, tend to be competitive with themselves and others. They want to improve their times and distance in addition to enjoying the psychological "high" associated with a hard workout.

Some sense of running mechanics is useful in understanding runners injuries. Many of the injuries are related to the concept of "accumulated impact loading." For a 150 pound athlete, there are approximately 800-2000 strides per mile. With these facts in mind, it is no surprise that distance running stresses the lower extremity more than any other sport. The body's ability to withstand these repetitive forces, however, is limited. Consequently, the overhwhelming majority of runner's injuries are fatigue, overuse, or stress related. In today's segment we will deal with runner's knee injuries and focus particularly on two syndromes: 1) "Runner's knee or chondromalacia and 2) Iliotibial band syndrome.

(continued on next page)

(Training Tips, continued)

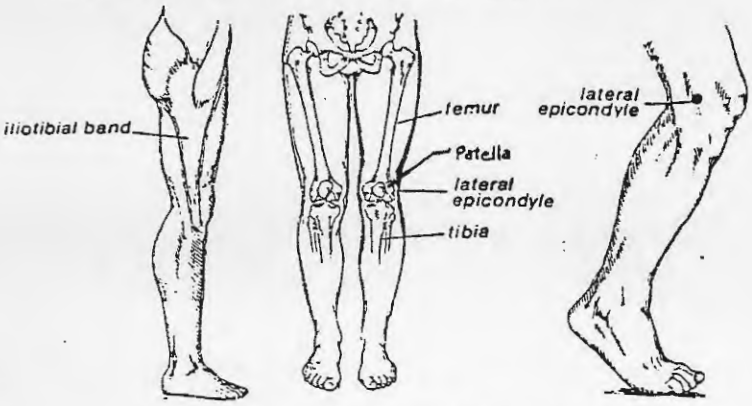
"Runner's knee" or chondromalacia of the patella is the most common knee problem seen. It is a difficult problem to understand but has a great deal to do with the mechanics of the kneecap. As the knee bends and straightens, the kneecap (patella) glides in a shallow groove at the end of the thigh bone. The normal patella has a smooth undersurface which permits gliding with limited friction. As the knee bends, there is greater contact between the kneecap and its underlying groove. The thigh muscles and the alignment of the knee joint control the "tracking" of the patella in this groove. With prolonged periods of knee bending (such as sitting in a car, running or kneeling) or with conditions that alter patellar tracking, excessive pressure can develop on the undersurface of the kneecap. This mechanical wear or overuse can be coupled with a tendency for the patella to move slightly off center from its seat in the groove. The result of these events is pain and frequently an inflamation of the joint surface.

The symptoms of this condition can include pain with stair climbing, prolonged sitting or with running on hills. It is usually described as a stiffness, a sense of "giving away," or deep aching in the front of the knee joint. Novice runners or runners who are trying to increase their mileage, seem to suffer most from this problem. One does not have to be a runner, however, to have experienced the discomfort associated with this condition. Vigorous adolescent females seem to have a predisposition to this syndrome, as do dancers, hikers, and jumping athletes.

How to treat this problem is an unanswered question in sports medicine and orthopaedics. All current managements include rest or relative rest. Pain is controlled with aspirin and the application of ice after exercise. Cortisone injections and surgery are rarely performed, especially in runners. A good flexibility program directed at the muscles in the front and back of the thigh is helpful, as are exercises that strengthen thigh muscles without overstressing the kneecap. Shoe modifications or orthotics which support the flattened arch of the so-called "hyper-pronator" may also contribute to a relative relief of kneecap stress. In certain cases, knee wraps, straps and a variety of braces can provide some benefit. None of these forms of treatment is universally successful. Those who modify their training habits and control excessive stresses are usually able to note some improvement but frequently symptoms will wax and wane in severity. Non-impact loading activities such as swimming, stationary bicycles and cross country skiing can relieve to some degree the repetitive wear of running and are viable alternatives to some runners.

Iliotibial band or "lateral function" syndrome is another common overuse injury. It is characterized by pain on the lateral or outer side of the knee which worsens with repetitive knee movement. The iliotibial (IT) band (see drawing) is a thick band of tissue that originates on the pelvis and courses along the outside of the thigh and then crosses the outer side of the knee to end at the top outer side of the shin bone (tibia). Just as it crosses the knee joint, it passes over a bony prominence known as the lateral epicondyle. As the knee bends and straightens, the IT band passes back and forth over this bony prominence and friction between the band and the underlying bone develops. If such friction becomes excessive, and inflammatory response or bursitis ensues.

The symptoms of this problem are pain on the outer aspect of the knee which usually developes gradually and frequently worsens with downhill running or long distances. Novice runners, bow legs, flat feet, worn-out outer soles of running shoes and excessive tightness of the IT band can certainly contribute to this syndrome. It is most frequently seen in the "downside" leg in those who run on the sides of the road.




Treatment for this condition is aimed both at the control of inflammation and the altering of its causes. Ice to the lateral epicondyle after running and anti-inflammatory medications containing aspirin are helpful in controlling pain and inflammation. The real key to this problem is stretching exercises to decrease the tightness of the IT band. Other preventative measures include decreasing stride length, replacing worn-out shoes, and avoiding both the sides of roads and hill running. Distances need to be increased gradually. Occasionally a lateral heel wedge, (orthotic) if added to the running shoe is helpful. Cortisone shots have been tried with limited success. Symptoms can take 4-6 weeks to disappear dispite relative and sometimes even complete rest. When there is no longer pain to pressure over the outside of the knee, training can be resumed gradually.

Injuries are rarely "minor" to a runner. To be unable to train at a level which will provide for peak performance or to simply be unable to maintain a significant aspect of one's daily existence can represent a true crisis. Unfortunately, many runners try to maintain their training program despite injuries. When this condition becomes chronic, it is far more difficult to treat and therein lies the challenge to the athlete and physician.

Editor's note: Dr. Verklin is an Orthopaedic surgeon and Sports Medicine specialist on staff at Anne Arundel General Hospital. He is one of the founders of the Sports Medicine Center of Annapolis. He is an avid skier, tennis and racquetball player.

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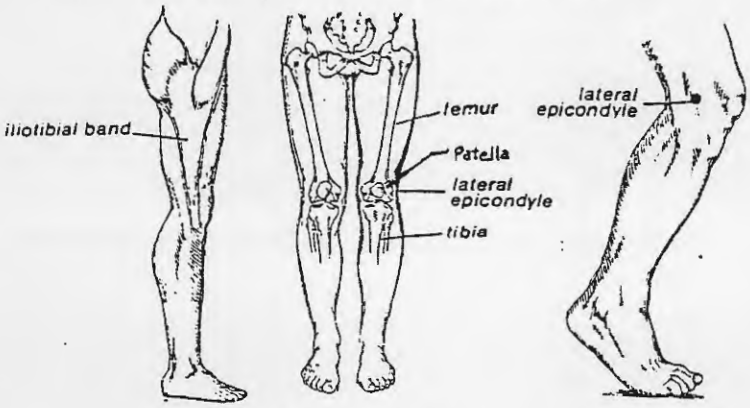


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# RUNNING HEALTHY

## 'CARBO-ING UP FOR THE FUN RUN, DEAR?'

by Colleen Pierre, R.D.

WHAT'S YOUR CARBOHYDRATE IQ? Just about every runner knows that carbohydrate loading before a marathon improves endurance. And many are beginning to catch on to the idea that carbohydrate re-loading after daily workouts improves training. But runners sometimes mistake foods which are high in fat for foods which are high in carbohydrate. Do this often enough and you could undermine your training program despite apparent dietary discretion. Take the following quiz to see how much and where you can increase the carbohydrate and decrease the fat in your diet.

IN EACH SET OF THREE ITEMS BELOW, CHECK OFF THE HIGH CARBOHYDRATE ITEM:

1. A. Roasted Almonds
   B. Chocolate Brownie
   C. McDonald's Apple Pie

2. A. Ice Cream
   B. Peanut Butter
   C. Corn Chips

3. A. Cheese Cake/Graham Crust
   B. Twinkie
   C. Almond Joy Candy Bar

4. A. McDonald's Hash Browns
   B. Croissant
   C. Cashews

5. A. Milk
   B. Chocolate Chip Cookies
   C. Sunflower Seeds

ANSWERS: Unhappy surprise! Every item listed in the Quiz provides less than half of its calories from carbohydrate. All are really high fat items, most providing 50% or more of their calories from fat in a variety of forms. The U.S. Dietary Goals recommend that Americans reduce their fat intake to 30% of total calories in order to help in the fight against cancer, heart disease, diabetes, and obesity. Use these items sparingly in your diet. Read labels. To determine the percentage of calories from fat, check the nutritional labeling. Multiply

| | | |
|---|---|---|
| Protein (grams) | X 4 = | calories from protein |
| Carbohydrate (grams) | X 4 = | calories from carbohydrate |
| fat (grams) | X 9 = | calories from fat |

LISTED BELOW ARE THE SOURCES OF CALORIES FOR THE FOODS IN THE QUIZ:

| | | Protein | Carb | Fat |
|---|---|---|---|---|
| 1. | A. Roasted Almonds | 12% | 12% | 83% |
| | B. Chocolate Brownie | 5% | 42% | 58% |
| | C. McD's Apple Pie | 3% | 47% | 42% |
| 2. | A. Ice Cream | 5% | 37% | 61% |
| | B. Peanut Butter | 17% | 11% | 78% |
| | C. Corn Chips | 5% | 38% | 61% |
| 3. | A. Cheesecake | 5% | 32% | 63% |
| | B. Twinkie | 6% | 46% | 49% |
| | C. Almond Joy | 4% | 49% | 47% |
| 4. | A. McD's Hash Browns | 5% | 45% | 50% |
| | B. Croissant | 8% | 44% | 48% |
| | C. Cashews | 12% | 21% | 73% |
| 5. | A. Milk | 21% | 30% | 49% |
| | B. Choc Chip Cookies | 5% | 59% | 40% |
| C | C. Sunflower Seeds | 17% | 14% | 76% |

COMPARE THESE ITEMS WITH SOME TRUE HIGH CARBOHYDRATE FOODS:
FOODS:

| | Protein | Carb | Fat |
|---|---|---|---|
| Skim Milk | 39% | 55% | 5% |
| Ice Milk | 11% | 63% | 28% |
| Kidney Beans | 25% | 73% | 4% |
| Brown Rice | 8% | 86% | 6% |
| Whole Wheat Bread | 17% | 80% | 12% |
| Pasta | 14% | 83% | 4% |
| Pretzels | 10% | 78% | 10% |
| Saltines | 8% | 56% | 35% |

TO CHANGE YOUR DIET FROM HIGH FAT TO HIGH CARBOHYDRATE FOCUS ON FRUITS, VEGETABLES, LOW FAT DAIRY PRODUCTS, AND WHOLE GRAIN BREADS AND CEREAL PRODUCTS INCLUDING WHOLE WHEAT BREAD, RICE, AND PASTA WITHOUT EXCESS ADDITIONAL FAT.

# RACE RESULTS AND STANDINGS

NOVEMBER 24, 1985

| AME | | AGE | TIME |
|---|---|---|---|
| 1. | Joseph Pesce | 32 | 1:08:36 |
| 2. | Robert Drysdale | 27 | 1:09:03 |
| 3. | Robbie White | 28 | 1:09:38 |
| 4. | Mark Yerkes | 30 | 1:14:13 |
| 5. | Bill Conroy | 42 | 1:14:35 |
| 6. | Chris Herrick | 25 | 1:14:50 |
| 7. | David Holmes | 44 | 1:16:16 |
| 8. | Bill Turrentine | 37 | 1:16:23 |
| 9. | Tom Foley | 39 | 1:16:42 |
| 10. | Terry Eplee | 31 | 1:16:54 |
| 11. | John Welsh | 40 | 1:18:42 |
| 12. | Tom James | 15 | 1:18:56 |
| 13. | Joe Clorety | 43 | 1:19:31 |
| 14. | Gayle Flynn | 36 | 1:19:48 |
| 15. | Chris Buchhsister | 22 | 1:20:03 |
| 16. | Stephen Dilling | 42 | 1:20:20 |
| 17. | Tom Prendki | 29 | 1:20:51 |
| 18. | Bing Topper | 39 | 1:21:33 |
| 19. | Peter Buckley | 30 | 1:21:43 |
| 20. | Randy Spencer | 24 | 1:21:56 |
| 21. | Dave Keible | 28 | 1:23:24 |
| 22. | Bill Cohen | 25 | 1:23:31 |
| 23. | Joel Galperia | 41 | 1:24:35 |
| 24. | Mark Prescott | 26 | 1:25:05 |
| 25. | Howard Beard | 39 | 1:25:28 |
| 26. | Al Dingley | 52 | 1:26:04 |
| 27. | Bert Rice | 48 | 1:26:12 |
| 28. | Dave Bartosevich | 39 | 1:26:19 |
| 29. | Ted Foley | 14 | 1:26:23 |
| 30. | Fred Shanklin | 44 | 1:26:26 |
| 31. | Cindi Fox-Contarino(F) | 24 | 1:26:43 |
| 32. | Thomas McKee | 57 | 1:27:07 |
| 33. | No Name | | 1:27:14 |
| 34. | John Guala | 38 | 1:27:23 |
| 35. | Don Kennedy | 38 | 1:27:31 |
| 36. | Mike Chamberlain | 41 | 1:27:40 |
| 37. | Tim Spurrier | 25 | 1:29:05 |
| 38. | George Libby | 34 | 1:29:08 |
| 39. | Al Kubellis | 43 | 1:29:25 |
| 40. | Mike Chovonec | 36 | 1:29:35 |
| 41. | Ron Jarashaw | 36 | 1:29:41 |
| 42. | Kenneth Lyons | 45 | 1:30:03 |
| 43. | Arnie Henderson | 49 | 1:30:26 |
| 44. | Butch Bente | 31 | 1:30:37 |
| 45. | Thomas Woosley | 37 | 1:30:47 |
| 46. | Will Scott | 35 | 1:31:05 |
| 47. | John Boyd | 34 | 1:31:56 |
| 48. | Joe Duffy | 44 | 1:32:11 |
| 49. | Jim Wright | 35 | 1:32:31 |
| 50. | Bill Law | 57 | 1:33:02 |
| 51. | Earle Myers | 36 | 1:33:15 |
| 52. | Rich Maloney | 44 | 1:33:54 |
| 53. | Bob Dust | 37 | 1:34:45 |
| 54. | Tom Kessler | 31 | 1:34:59 |
| 55. | Milton Taylor | 52 | 1:35:06 |
| 56. | Todd Harbour | 21 | 1:35:18 |
| 57. | Tim Blewett | 40 | 1:35:25 |
| 58. | Ginger Pratt (F) | 31 | 1:35:28 |
| 59. | Al Miller | 26 | 1:35:36 |
| 60. | Neal Hinkle | 48 | 1:35:49 |
| 61. | Evan Thomas | 44 | 1:35:49 |
| 62. | Paul Herman | 40 | 1:36:05 |
| 63. | Dave Bruce | 25 | 1:36:15 |
| 64. | Marty Paul | 44 | 1:36:20 |
| 65. | Pat O'Brien (F) | 38 | 1:36:22 |
| 66. | Fred Betz | 36 | 1:36:53 |
| 67. | John Gudas | 39 | 1:37:16 |
| 68. | Eleanor Elster (F) | 35 | 1:37:25 |
| 69. | Billy Greer | 35 | 1:37:39 |
| 70. | Luanne Turrentine (F) | 35 | 1:38:05 |
| 71. | Eldon Hawley | 44 | 1:38:22 |
| 72. | Martha Kinsinger (F) | 51 | 1:38:24 |
| 73. | Ben Moore | 60 | 1:38:40 |
| 74. | Bill Phillips | 36 | 1:38:50 |
| 75. | Richard Smith | 42 | 1:39:26 |
| 76. | Susan Bonner (F) | 36 | 1:39:52 |
| 77. | Jack McCaskill | 40 | 1:40:26 |
| 78. | Mike Long | 45 | 1:41:06 |
| 79. | A.J. Caponecchi | 48 | 1:41:15 |
| 80. | David Williams | 42 | 1:42:34 |
| 81. | Darlene Dabbs (F) | 31 | 1:43:40 |
| 82. | John Lockwood | 45 | 1:44:04 |
| 83. | Jack Bradley | 42 | 1:44:18 |
| 84. | Paul Duffy | 17 | 1:45:45 |
| 85. | Michael Finn | 46 | 1:45:58 |
| 86. | Ann Chamberlain (F) | 41 | 1:46:04 |
| 87. | Sharon Hammond (F) | 39 | 1:47:00 |
| 88. | Jim Fratino | 52 | 1:47:30 |
| 89. | John Helmbach | 52 | 1:47:50 |
| 90. | Jonas Legum | 37 | 1:48:28 |
| 91. | Latistia Mayne (F) | 20 | 1:48:38 |
| 92. | Esther Weisman (F) | 54 | 1:48:52 |
| 93. | Barbara Kerr (F) | 48 | 1:49:19 |
| 94. | Jack Nehis | 32 | 1:50:32 |
| 95. | Bill Burlison | 54 | 1:50:39 |
| 96. | Don Ewing | 37 | 1:50:45 |
| 97. | Maggie Donohue (F) | 26 | 1:51:01 |
| 98. | Elizabeth Mathason(F) | 26 | 1:51:02 |
| 99. | Molly Broderson (F) | 33 | 1:51:37 |
| 100. | Barbara Davis (F) | 23 | 1:51:49 |
| 101. | No name | | 1:52:36 |
| 102. | Paul Natishon | 32 | 1:53:12 |
| 103. | No name | | 1:59:06 |
| 104. | Lelia Brobst (F) | 35 | 2:05:25 |
| 105. | Patti Bembe (F) | 35 | 2:05:25 |
| 106. | Marie Hresko (F) | 51 | 2:11:49 |
| 107. | William Mcgranahan | 51 | 2:20:16 |
| 108. | John Wall, race walker | 72 | 2:40:00 |

## DIVISION WINNERS

**Overall Female**

| | |
|---|---|
| Cindi Fox-Contarino | 1:26:43 |

**Women 20-29**

| | | |
|---|---|---|
| 1. | Latistia Mayne | 1:48:38 |
| 2. | Maggie Donahue | 1:51:01 |
| 3. | Elizabeth Mathiason | 1:51:02 |

**Women 30-39**

| | | |
|---|---|---|
| 1. | Ginger Pratt | 1:35:28 |
| 2. | Pat O'Brien | 1:36:22 |
| 3. | Eleanor Elster | 1:37:25 |

**Women 40-49**

| | | |
|---|---|---|
| 1. | Anne Chamberlain | 1:46:04 |
| 2. | Barbara Kerr | 1:49:19 |

**Women 50-59**

| | | |
|---|---|---|
| 1. | Martha Kinsinger | 1:38:24 |
| 2. | Esther Weisman | 1:48:52 |

**Overall Male**

| | |
|---|---|
| Joe Pesce | 1:08:36 |

**Men Under 20**

| | | |
|---|---|---|
| 1. | Tom James | 1:18:56 |
| 2. | Ted Foley | 1:26:23 |

**Men 20-29**

| | | |
|---|---|---|
| 1. | Robert Drysdale | 1:09:03 |
| 2. | Robbie White | 1:09:38 |
| 3. | Chris Herrick | 1:14:50 |

**Men 30-39**

| | | |
|---|---|---|
| 1. | Mark Yerkes | 1:14:13 |
| 2. | Bill Turrentine | 1:16:23 |
| 3. | Tom Foley | 1:16:42 |

**Men 40-49**

| | | |
|---|---|---|
| 1. | Bill Conroy | 1:14:35 |
| 2. | David Holmes | 1:16:16 |
| 3. | John Welsh | 1:18:42 |

**Men 50-59**

| | | |
|---|---|---|
| 1. | Al Dingley | 1:26:04 |
| 2. | Thomas McKee | 1:27:07 |
| 3. | Bill Law | 1:33:02 |

**Men 60 & Over**

| | | |
|---|---|---|
| 1. | Ben Moore | 1:38:40 |
| 2. | John Wall | 2:40:00 |

# ANNAPOLIS STRIDERS
# 7th ANNIVERSARY RUN
## DEC. 28, 1985

## In Appreciation

THANKS TO THE TWENTY-PLUS WORKERS who turned out to work the race. Many of them are "old hands" who have long ago given more than their share. Thanks for going the extra mile.
—Joe Walsmith

ANNIVERSARY 15K WORKERS RUN: Seven determined runners huffed and puffed through cold, wind, a little snow, and a lot of ice to record their P.W.s (Personal Worsts):

| | |
|---|---|
| Mike van Beuren | 71:11 |
| Pat O'Brien | 71:11 |
| Joe Clorety | 71:11 |
| Joe Walsmith | 80:28 |
| Bill Law | 80:28 |
| Sharron Hammond | 83:49 |
| Guy Riccio | 83:49 |

| | NAME | AGE | TIME |
|---|---|---|---|
| 1. | Robert Oberti | 38 | 50:51 |
| 2. | Joseph Pesce | 32 | 51:42 |
| 3. | Nut Hall | 27 | 51:54 |
| 4. | Peter A. Mirones | 34 | 52:05 |
| 5. | Eric Peltosalo | 36 | 54:01 |
| 6. | Ed Webb | 40 | 54:42 |
| 7. | Earl Keicher | 32 | 54:51 |
| 8. | Bill Conroy | 42 | 55:13 |
| 9. | Tony Carvalho | 17 | 55:51 |
| 10. | Mike Naples | 40 | 56:16 |
| 11. | Graham Bartholomew | 27 | 57:21 |
| 12. | Terry Eplee | 31 | 57:49 |
| 13. | Rex Carrs | 32 | 58:01 |
| 14. | Gayle Flynn | 36 | 58:15 |
| 15. | Bing Topper | 39 | 58:23 |
| 16. | Joe Clorety | 43 | 58:45 |
| 17. | Steve Crawford | 15 | 59:08 |
| 18. | Larry Stone | 45 | 59:20 |
| 19. | Jim Sackett | 26 | 59:50 |
| 20. | No Name | | 1:00:06 |
| 21. | Milton Taylor | 52 | 1:00:19 |
| 22. | Peter Buckley | 30 | 1:00:21 |
| 23. | Joe Esterling | 17 | 1:00:31 |
| 24. | Jim Hall | 39 | 1:00:41 |
| 25. | Stephen Dilling | 42 | 1:01:27 |
| 26. | Rick Smith | 34 | 1:01:31 |
| 27. | Jim Woodcock | 42 | 1:02:36 |
| 28. | Cindi Fox-Contarino(F) | 25 | 1:03:15 |
| 29. | Joe Peacock | 18 | 1:03:54 |
| 30. | Krista Pierpont (F) | 17 | 1:04:09 |
| 31. | Dave Bartosevich | 39 | 1:04:31 |
| 32. | Mike Chamberlain | 41 | 1:04:44 |
| 33. | Joe Duffy | 44 | 1:04:59 |
| 34. | Randy Fox | 39 | 1:05:10 |
| 35. | Ted Foley | 14 | 1:05:21 |
| 36. | Tom Foley | 40 | 1:05:21 |
| 37. | Jan Stone (F) | 33 | 1:05:33 |
| 38. | Linda Cassell (F) | 36 | 1:06:10 |
| 39. | Bill Wandel | 42 | 1:06:52 |
| 40. | Will Scott | 35 | 1:06:56 |
| 41. | John DeGreck | 40 | 1:07:04 |
| 42. | Terrance Clark | 38 | 1:07:47 |
| 43. | Deborah Nielsen (F) | 27 | 1:08:06 |
| 44. | Earle Myers | 36 | 1:08:10 |
| 45. | Jim Fratino | 52 | 1:08:34 |
| 46. | John Gudas | 39 | 1:08:53 |
| 47. | Darron Hayes | 14 | 1:09:05 |
| 48. | Fred Jacoby | 44 | 1:09:07 |
| 49. | John Harris | 29 | 1:09:19 |
| 50. | No Name | | 1:09:19 |
| 51. | Ben Moore | 60 | 1:09:27 |
| 52. | Evan Thomas | 44 | 1:09:28 |
| 53. | Robert Quinn | 43 | 1:09:49 |
| 54. | Mike McAusland | 50 | 1:10:00 |
| 55. | Rex Myers | 34 | 1:10:02 |
| 56. | Al Kubeluis | 43 | 1:10:10 |
| 57. | Deborah Eads (F) | 27 | 1:10:31 |
| 58. | Paul Duffy | 17 | 1:10:40 |
| 59. | Jim Storey | 44 | 1:11:16 |
| 60. | Neal Hinkle | 48 | 1:11:59 |
| 61. | Gene Wright | 47 | 1:12:59 |
| 62. | Elenor Elser (F) | 35 | 1:13:01 |
| 63. | Dan Fratino | 22 | 1:13:19 |
| 64. | Earl Scott | 45 | 1:13:26 |
| 65. | Robert B. Donald | 46 | 1:13:46 |
| 66. | Paul Herman | 40 | 1:13:51 |
| 67. | John Lockwood | 45 | 1:14:00 |
| 68. | Rob White | 32 | 1:14:32 |
| 69. | Eldon Hawley | 44 | 1:14:33 |
| 70. | Mike Lester | 45 | 1:14:47 |
| 71. | Geoffrey Cant | 48 | 1:14:50 |
| 72. | S. Van Rees | 39 | 1:15:04 |
| 73. | S. Mylawder | 45 | 1:15:10 |
| 74. | Kevin Bartholomew | 20 | 1:15:13 |
| 75. | Dave Williams | 42 | 1:15:32 |
| 76. | Susan Bonner (F) | 36 | 1:16:20 |
| 77. | Mike Finn | 46 | 1:16:22 |
| 78. | John Kurpjuweit | 40 | 1:17:08 |
| 79. | Tom McCarriar | 36 | 1:17:49 |
| 80. | Kate Whitesel (F) | 16 | 1:19:57 |
| 81. | Dan Sandison | 15 | 1:20:02 |
| 82. | Chris M. Miller | 41 | 1:21:07 |
| 83. | Michael Engler | 41 | 1:22:20 |
| 84. | Jonas Legum | 37 | 1:23:13 |
| 85. | Nancy J. Novak (F) | 31 | 1:23:41 |
| 86. | Molly Broderson (F) | 33 | 1:24:11 |
| 87. | Barbara Kerr (F) | 48 | 1:24:40 |
| 88. | Anne Chamberlain (F) | 41 | 1:24:40 |
| 89. | Yvonne Aasen (F) | 54 | 1:24:40 |
| 90. | Russ Chauvenet | 65 | 1:25:46 |
| 91. | Gary Brobst | 37 | 1:27:25 |
| 92. | Lelia Brobst (F) | 35 | 1:27:26 |
| 93. | Bob Dean | 60 | 1:33:59 |
| 94. | Joe O'Boyle | 43 | 1:36:27 |
| 95. | No Name | | 1:37:00 |
| 96. | No Name | | 1:37:01 |
| 97. | John Wall (race walker) | 72 | 2:21:00 |

## DIVISION WINNERS

**Overall Male**

| | | |
|---|---|---|
| | Robert Oberti | 50:51 |

**Men under 20**

| | | |
|---|---|---|
| 1. | Louis Carvalho | 55:51 |
| 2. | Steve Crawford | 59:08 |
| 3. | Joe Esterling | 1:00:31 |

**Men 20-29**

| | | |
|---|---|---|
| 1. | Nut Hall | 51:54 |
| 2. | Graham Bartholomew | 57:21 |
| 3. | Jim Sackett | 59:50 |

**Men 30-39**

| | | |
|---|---|---|
| 1. | Robert Oberti | 50:51 |
| 2. | Joe Pesce | 51:42 |
| 3. | Peter Mirones | 52:05 |

**Men 40-49**

| | | |
|---|---|---|
| 1. | Ed Webb | 54:42 |
| 2. | Bill Conroy | 55:13 |
| 3. | Mike Naples | 56:16 |

**Men 50-59**

| | | |
|---|---|---|
| 1. | Milt Taylor | 1:00:19 |
| 2. | Jim Fratino | 1:08:34 |
| 3. | Mike McAusland | 1:10:00 |

**Men 60 and over**

| | | |
|---|---|---|
| 1. | Ben Moore | 1:09:27 |
| 2. | Russ Chauvenet | 1:25:46 |
| 3. | Bob Dean | 1:33:59 |

**Overall Female**

| | | |
|---|---|---|
| | Cindy Fox-Contarino | 1:03:15 |

**Women under 20**

| | | |
|---|---|---|
| 1. | Krista Pierpont | 1:04:09 |
| 2. | Kate Whitesel | 1:19:57 |

**Women 20-29**

| | | |
|---|---|---|
| 1. | Cindy Fox-Contarino | 1:03:15 |
| 2. | Deborah Nielsen | 1:08:06 |
| 3. | Deborah Eads | 1:10:31 |

**Women 30-39**

| | | |
|---|---|---|
| 1. | Jan Stone | 1:05:33 |
| 2. | Linda Cassell | 1:06:10 |
| 3. | Elenor Elser | 1:13:01 |

**Women 40-49**

| | | |
|---|---|---|
| 1. | Barbara Kerr | 1:24:40 |
| 2. | Anne Chamberlain | 1:24:40 |

**Women 50-59**

| | | |
|---|---|---|
| 1. | Yvonne Aasen | 1:24:40 |

# *1985* CLUB CHAMPIONSHIP SERIES

| Young Women 13 & under | | 10m | 2m | 10k | 1m | 8k | 5m | 26k | 20K | 15k | | Total |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Janet | Lintry | 35 | 35 | 35 | 35 | 1 | 35 | 35 | 35 | 35 | -140 | 141 |

| Women under 20 | | 10m | 2m | 10k | 1m | 8k | 5m | 26k | 20K | 15K | | Total |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Krista | Pierpont | 35 | 35 | 35 | 35 | 1 | 35 | 35 | 35 | 1 | -140 | 107 |
| Laura | Fratino | 35 | 35 | 1 | 35 | 2 | 35 | 35 | 35 | 35 | -140 | 108 |
| Katherine | Whitesel | 35 | 35 | 35 | 1 | 35 | 35 | 35 | 35 | 2 | -140 | 108 |
| Julie | Bowen | 35 | 35 | 35 | 35 | 35 | 1 | 35 | 35 | 35 | -140 | 141 |

| Women 20-29 | | 10m | 2m | 10k | 1m | 8k | 5m | 26k | 20K | 15K | | Total |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Carole | Simpson | 1 | 1 | 1 | 1 | 1 | 2 | 35 | 35 | 35 | -107 | 5 |
| Cindi | Fox-Contarino | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 1 | 1 | -140 | 107 |
| Debbie | Dudas | 35 | 35 | 35 | 35 | 35 | 1 | 35 | 35 | 35 | -140 | 141 |
| Nancy | Spear | 35 | 35 | 2 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 142 |
| Claudia | McLure | 35 | 2 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 142 |
| Deborah | Nielsen | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 2 | -140 | 142 |
| Sue | Briers | 35 | 35 | 35 | 35 | 2 | 35 | 35 | 35 | 35 | -140 | 142 |
| Leona | Collyer | 35 | 35 | 35 | 35 | 35 | 3 | 35 | 35 | 35 | -140 | 143 |

| Women 30-39 | | 10m | 2m | 10k | 1m | 8k | 5m | 26k | 20K | 15K | | Total |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Patricia | O'Brien | 1 | 35 | 35 | 1 | 1 | 1 | 1 | 1 | 1 | -72 | 5 |
| Susan | Bonner | 35 | 1 | 35 | 2 | 2 | 35 | 35 | 4 | 3 | -140 | 12 |
| Molly | Broderson | 4 | 3 | 2 | 6 | 8 | 5 | 5 | 7 | 6 | -27 | 19 |
| Nancy | Novak | 7 | 4 | 1 | 35 | 9 | 8 | 4 | 35 | 4 | -87 | 20 |
| Joy | Donlin | 6 | 2 | 3 | 5 | 4 | 6 | 35 | 35 | 35 | -111 | 20 |
| Eleanor | Elster | 35 | 35 | 35 | 35 | 35 | 2 | 3 | 2 | 2 | -140 | 44 |
| Luanne | Turrentine | 2 | 35 | 35 | 35 | 3 | 35 | 2 | 3 | 35 | -140 | 45 |
| Rae Jean | Goodman | 9 | 35 | 4 | 7 | 35 | 7 | 35 | 35 | 35 | -140 | 62 |
| Sharon | Hammond | 35 | 35 | 35 | 35 | 11 | 9 | 35 | 6 | 5 | -140 | 68 |
| Charlotte | Caruso | 35 | 35 | 8 | 8 | 13 | 13 | 35 | 35 | 35 | -140 | 77 |
| Margaret | Johnston | 10 | 5 | 5 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 90 |
| Gale | Cromwell | 35 | 35 | 35 | 4 | 35 | 3 | 35 | 35 | 35 | -140 | 112 |
| Darlene | Dabbs | 3 | 35 | 35 | 35 | 35 | 35 | 35 | 5 | 35 | -140 | 113 |
| Kathy | Finkelstein | 35 | 35 | 35 | 35 | 5 | 4 | 35 | 35 | 35 | -140 | 114 |
| Lelia | Brobst | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 8 | 7 | -140 | 120 |
| Sharon | Ault | 35 | 35 | 35 | 35 | 15 | 11 | 35 | 35 | 35 | -140 | 131 |
| Trudy | Linenberger | 35 | 35 | 35 | 35 | 14 | 12 | 35 | 35 | 35 | -140 | 131 |
| Regina | Rochez | 35 | 35 | 35 | 3 | 35 | 35 | 35 | 35 | 35 | -140 | 143 |
| Cathy | Quigley | 5 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 145 |
| Jan | Robosson | 35 | 35 | 35 | 35 | 6 | 35 | 35 | 35 | 35 | -140 | 146 |
| Gale | Edelstein | 35 | 35 | 6 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 146 |
| Patricia | Major | 35 | 35 | 7 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 147 |
| Merrilyne | Hendrickson | 35 | 35 | 35 | 35 | 7 | 35 | 35 | 35 | 35 | -140 | 147 |
| Leslie | Mundle | 8 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 148 |
| Patti | Bembe | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 9 | 35 | -140 | 149 |
| Sheila | Light | 35 | 35 | 35 | 35 | 10 | 35 | 35 | 35 | 35 | -140 | 150 |
| Darlene | Walters | 35 | 35 | 35 | 35 | 35 | 10 | 35 | 35 | 35 | -140 | 150 |
| Linda | Berchielli | 35 | 35 | 35 | 35 | 12 | 35 | 35 | 35 | 35 | -140 | 152 |
| Linda | Rawson | 35 | 35 | 35 | 35 | 35 | 14 | 35 | 35 | 35 | -140 | 154 |

| Women 40-49 | | 10m | 2m | 10k | 1m | 8k | 5m | 26k | 20K | 15K | | Total |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Anne | Chamberlain | 4 | 1 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | -10 | 7 |
| Barbara | Kerr | 3 | 2 | 4 | 3 | 3 | 4 | 3 | 2 | 1 | -14 | 11 |
| Nancy | Waddington | 6 | 35 | 3 | 35 | 4 | 35 | 2 | 35 | 35 | -140 | 50 |
| Carol | Huddy | 5 | 3 | 5 | 35 | 5 | 35 | 35 | 35 | 35 | -140 | 53 |
| Mary Lou | Hawkins | 35 | 35 | 35 | 1 | 1 | 1 | 35 | 35 | 35 | -140 | 73 |
| Louise | Zeitlin | 35 | 35 | 1 | 4 | 6 | 35 | 35 | 35 | 35 | -140 | 81 |
| Betty | Impellizzeri | 1 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 141 |
| Delma | Miller | 2 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 142 |
| Barbara | Watkins | 35 | 35 | 35 | 35 | 35 | 3 | 35 | 35 | 35 | -140 | 143 |

| Women 50 and over | | 10m | 2m | 10k | 1m | 8k | 5m | 26k | 20K | 15K | | Total |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Martha | Kinsinger | 1 | 35 | 1 | 1 | 1 | 1 | 1 | 1 | 35 | -72 | 5 |
| Yvonne | Aasen | 2 | 1 | 35 | 2 | 2 | 2 | 35 | 35 | 1 | -107 | 8 |

(continued on next page)

| Young Men 13 and under | | 10m | 2m | 10k | 1m | 8k | 5m | 26k | 20K | 15K | | Total |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Jeffrey | Herman | 35 | 1 | 1 | 2 | 2 | 35 | 35 | 35 | 35 | -140 | 41 |
| John | Straub | 35 | 2 | 2 | 35 | 3 | 35 | 35 | 35 | 35 | -140 | 77 |
| Joe | Aben | 35 | 35 | 35 | 1 | 35 | 1 | 35 | 35 | 35 | -140 | 107 |
| David | Zeitlin | 35 | 35 | 35 | 35 | 1 | 35 | 35 | 35 | 35 | -140 | 141 |

| Men 14-19 | | 10m | 2m | 10k | 1m | 8k | 5m | 26k | 20K | 15K | | Total |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Louis | Carvalho | 35 | 35 | 2 | 35 | 2 | 1 | 35 | 35 | 1 | -140 | 41 |
| Jeff | Long | 35 | 35 | 1 | 1 | 1 | 35 | 35 | 35 | 35 | -140 | 73 |
| Greg | Hill | 35 | 35 | 35 | 35 | 35 | 2 | 1 | 35 | 35 | -140 | 103 |
| Robbie | Siebenhaar | 1 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 141 |
| Andrew | Thomas | 35 | 35 | 35 | 2 | 35 | 35 | 35 | 35 | 35 | -140 | 142 |
| Dan | Sandison | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 2 | -140 | 142 |
| Anthony | Dalton | 35 | 35 | 3 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 143 |
| Joe | Parvis | 35 | 35 | 35 | 35 | 35 | 3 | 35 | 35 | 35 | -140 | 143 |
| Charlton | Archard | 35 | 35 | 35 | 35 | 3 | 35 | 35 | 35 | 35 | -140 | 143 |

| Men 20-29 | | 10m | 2m | 10k | 1m | 8k | 5m | 26k | 20K | 15K | | Total |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Mark | Rosasaco | 1 | 35 | 2 | 1 | 2 | 1 | 35 | 35 | 35 | -140 | 7 |
| Nut | Hall | 3 | 1 | 35 | 2 | 3 | 2 | 35 | 35 | 1 | -108 | 9 |
| Mark | Yerkes | 4 | 35 | 3 | 35 | 7 | 3 | 1 | 1 | 35 | -112 | 12 |
| Eddie | Anderson | 5 | 2 | 4 | 35 | 6 | 5 | 35 | 35 | 35 | -140 | 22 |
| Matthew | Mace | 35 | 35 | 1 | 3 | 4 | 35 | 35 | 35 | 35 | -140 | 78 |
| Brian | Palmer | 2 | 35 | 35 | 35 | 1 | 35 | 35 | 35 | 35 | -140 | 108 |
| Peter | Buckley | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 2 | 2 | -140 | 109 |
| Dave | Keible | 35 | 35 | 35 | 35 | 35 | 35 | 2 | 3 | 35 | -140 | 110 |
| Ron | Collyer | 35 | 35 | 35 | 35 | 35 | 6 | 3 | 35 | 35 | -140 | 114 |
| Robert | Biddle | 35 | 35 | 5 | 35 | 5 | 35 | 35 | 35 | 35 | -140 | 115 |
| Dan | Fratino | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 3 | -140 | 143 |
| Stephen | Davis | 35 | 3 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 143 |
| Mark | Ramsey | 35 | 4 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 144 |
| William | Contarino | 35 | 35 | 35 | 4 | 35 | 35 | 35 | 35 | 35 | -140 | 144 |
| Jim | Kisenwether | 35 | 35 | 35 | 35 | 35 | 4 | 35 | 35 | 35 | -140 | 144 |
| John | Jolly | 6 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 146 |
| William | Daywalt Jr. | 35 | 35 | 35 | 35 | 8 | 35 | 35 | 35 | 35 | -140 | 148 |

| Men 30-34 | | 10m | 2m | 10k | 1m | 8k | 5m | 26k | 20K | 15K | | Total |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Mike | van Beuren | 4 | 1 | 2 | 1 | 1 | 1 | 35 | 35 | 7 | -81 | 6 |
| Joseph | Pesce | 2 | 2 | 1 | 35 | 35 | 35 | 35 | 1 | 1 | -140 | 7 |
| Terry | Eplee | 5 | 4 | 4 | 35 | 35 | 2 | 1 | 2 | 3 | -79 | 12 |
| Wilford | Scott | 10 | 6 | 6 | 4 | 2 | 5 | 3 | 3 | 5 | -27 | 17 |
| Rick | Smith | 9 | 5 | 35 | 35 | 3 | 4 | 35 | 35 | 4 | -140 | 25 |
| Thomas | Donlin | 13 | 7 | 35 | 5 | 5 | 8 | 35 | 35 | 35 | -140 | 38 |
| Tom | Ervin | 35 | 9 | 35 | 6 | 6 | 11 | 35 | 35 | 35 | -140 | 67 |
| Don | Anderson | 35 | 3 | 3 | 2 | 35 | 35 | 35 | 35 | 35 | -140 | 78 |
| Winnie | Hittle | 7 | 35 | 5 | 35 | 35 | 3 | 35 | 35 | 35 | -140 | 85 |
| Earl | Keicher | 3 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 2 | -140 | 110 |
| Dick | Shea | 35 | 35 | 35 | 35 | 35 | 6 | 4 | 35 | 35 | -140 | 115 |
| Nick | Lakis | 8 | 35 | 35 | 3 | 35 | 35 | 35 | 35 | 35 | -140 | 116 |
| ED | Polk | 35 | 35 | 35 | 35 | 4 | 9 | 35 | 35 | 35 | -140 | 118 |
| William | Trepp | 35 | 35 | 7 | 35 | 35 | 7 | 35 | 35 | 35 | -140 | 119 |
| Paul | Natishaw | 35 | 35 | 35 | 35 | 35 | 10 | 35 | 5 | 35 | -140 | 120 |
| Robert | Eden | 1 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 141 |
| Bruce | Soyars | 35 | 35 | 35 | 35 | 35 | 35 | 2 | 35 | 35 | -140 | 142 |
| Tom | Kessler | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 4 | 35 | -140 | 144 |
| Rex | Myers | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 6 | -140 | 146 |
| William | Bester | 6 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 146 |
| Gregory | Cislo | 35 | 35 | 8 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 148 |
| Michael | Smith | 35 | 8 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 148 |
| Oliver | Payne | 11 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 151 |
| Kenneth | Haas | 12 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 152 |

| Men 35-39 | | 10m | 2m | 10k | 1m | 8k | 5m | 26k | 20K | 15K | | Total |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Eric | Peltosalo | 35 | 1 | 35 | 1 | 1 | 1 | 1 | 35 | 1 | -106 | 5 |
| William | Turrentine | 1 | 35 | 1 | 35 | 4 | 35 | 2 | 1 | 35 | -140 | 9 |
| Bing | Topper | 35 | 3 | 2 | 35 | 5 | 35 | 35 | 3 | 3 | -140 | 16 |
| William | Rosser III | 5 | 35 | 3 | 4 | 2 | 2 | 35 | 35 | 35 | -140 | 16 |
| David | Bartosevich | 3 | 35 | 8 | 35 | 8 | 35 | 4 | 5 | 5 | -113 | 25 |
| J. Howard | Beard, III | 35 | 7 | 35 | 8 | 7 | 5 | 3 | 4 | 35 | -113 | 26 |
| John | Guala | 2 | 35 | 7 | 35 | 35 | 7 | 6 | 6 | 35 | -140 | 28 |

(continued on next page)

| Men 35-39 | continued | 10m | 2m | 10k | 1m | 8k | 5m | 26k | 20K | 15K | | Total |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Paul | Herman | 4 | 5 | 9 | 6 | 12 | 9 | 7 | 12 | 10 | -43 | 31 |
| Ronald | Bowman | 8 | 6 | 6 | 35 | 11 | 8 | 6 | 35 | 35 | -116 | 33 |
| Ronald | Jarashow | 9 | 8 | 11 | 7 | 10 | 6 | 8 | 8 | 35 | -65 | 37 |
| Timothy | Blewett | 7 | 9 | 10 | 9 | 35 | 35 | 35 | 10 | 35 | -140 | 45 |
| Donald | Kennedy | 35 | 4 | 35 | 5 | 35 | 4 | 35 | 7 | 35 | -140 | 55 |
| John | Kurpjuweit | 16 | 12 | 14 | 14 | 15 | 10 | 12 | 35 | 12 | -80 | 60 |
| Jeffrey | Beatty | 13 | 10 | 13 | 12 | 13 | 35 | 35 | 35 | 35 | -140 | 61 |
| Jonas | Legum | 15 | 11 | 15 | 13 | 16 | 14 | 13 | 14 | 13 | -60 | 64 |
| Gayle | Flynn | 35 | 35 | 35 | 35 | 6 | 35 | 35 | 2 | 2 | -140 | 80 |
| Terry | Clark | 35 | 35 | 35 | 10 | 9 | 35 | 35 | 35 | 7 | -140 | 96 |
| Joseph | Smaldone | 35 | 2 | 35 | 2 | 35 | 35 | 35 | 35 | 35 | -140 | 109 |
| William | Ammon | 35 | 35 | 4 | 3 | 35 | 35 | 35 | 35 | 35 | -140 | 112 |
| Earle | Myers | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 9 | 8 | -140 | 122 |
| William | Rourke | 10 | 35 | 35 | 35 | 35 | 35 | 9 | 35 | 35 | -140 | 124 |
| John | Gudas | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 11 | 9 | -140 | 135 |
| John | Major | 35 | 35 | 35 | 35 | 3 | 35 | 35 | 35 | 35 | -140 | 143 |
| Jim | Hall | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 4 | -140 | 144 |
| Robert | Walters | 35 | 35 | 5 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 145 |
| John | DeGreck | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 6 | -140 | 146 |
| Courtney | Trabue | 6 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 146 |
| Bob | Bridges | 35 | 35 | 35 | 35 | 35 | 35 | 10 | 35 | 35 | -140 | 150 |
| Thomas | Sullivan | 11 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 151 |
| Edwin | Green | 35 | 35 | 35 | 35 | 35 | 11 | 35 | 35 | 35 | -140 | 151 |
| Ron | Lyst | 35 | 35 | 35 | 11 | 35 | 35 | 35 | 35 | 35 | -140 | 151 |
| Steven | Van Rees | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 11 | -140 | 151 |
| Robert | Pastrana | 35 | 35 | 35 | 35 | 35 | 35 | 11 | 35 | 35 | -140 | 151 |
| Clair | Morris | 35 | 35 | 35 | 35 | 35 | 12 | 35 | 35 | 35 | -140 | 152 |
| Michael | Edwards | 35 | 35 | 12 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 152 |
| Thomas | Wheat | 12 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 152 |
| Jack | McCaskill | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 13 | 35 | -140 | 153 |
| Henry | Garufi | 35 | 35 | 35 | 35 | 35 | 13 | 35 | 35 | 35 | -140 | 153 |
| Thomas | Williamsen | 14 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 154 |
| Leo | Paszkiewicz | 35 | 35 | 35 | 35 | 14 | 35 | 35 | 35 | 35 | -140 | 154 |
| Don | Ewing | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 15 | 35 | -140 | 155 |
| Ron | Thompson | 35 | 35 | 35 | 35 | 35 | 15 | 35 | 35 | 35 | -140 | 155 |
| Lee | Pillsbury | 17 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 157 |
| Bill | Bodziak | 35 | 35 | 35 | 35 | 17 | 35 | 35 | 35 | 35 | -140 | 157 |

| Men 40-44 | | 10m | 2m | 10k | 1m | 8k | 5m | 26k | 20K | 15K | | Total |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| William | Conroy | 35 | 1 | 35 | 1 | 1 | 35 | 35 | 1 | 1 | -140 | 5 |
| Stephen | Dilling | 1 | 2 | 1 | 3 | 2 | 1 | 1 | 3 | 3 | -11 | 6 |
| Joe | Clorety | 2 | 4 | 35 | 2 | 3 | 35 | 2 | 2 | 2 | -77 | 10 |
| Bill | Wandel | 3 | 5 | 3 | 4 | 5 | 3 | 4 | 35 | 7 | -52 | 17 |
| J.Lloyd | Abbot | 4 | 6 | 4 | 6 | 4 | 6 | 5 | 35 | 35 | -82 | 23 |
| Henry | Whitesel | 8 | 10 | 7 | 7 | 35 | 4 | 3 | 35 | 35 | -115 | 29 |
| Mike | Chamberlain | 35 | 35 | 15 | 5 | 6 | 35 | 10 | 4 | 5 | -120 | 30 |
| Evan | Thomas | 10 | 12 | 8 | 8 | 35 | 7 | 35 | 6 | 9 | -92 | 38 |
| James | Storey | 35 | 9 | 11 | 35 | 8 | 8 | 35 | 35 | 10 | -140 | 46 |
| Michael | Long | 12 | 35 | 16 | 10 | 35 | 35 | 9 | 9 | 35 | -140 | 56 |
| Earl | Scott | 14 | 14 | 14 | 8 | 35 | 10 | 35 | 35 | 11 | -119 | 57 |
| John | Fredland | 35 | 7 | 5 | 35 | 35 | 5 | 7 | 35 | 35 | -140 | 59 |
| Alan | Wycherley | 18 | 13 | 17 | 11 | 11 | 12 | 35 | 35 | 35 | -123 | 64 |
| Thomas | Mark | 5 | 35 | 2 | 35 | 35 | 2 | 35 | 35 | 35 | -140 | 79 |
| James | Woodcock | 6 | 3 | 35 | 35 | 35 | 35 | 35 | 35 | 4 | -140 | 83 |
| David | Williams | 16 | 35 | 35 | 35 | 35 | 9 | 35 | 10 | 13 | -140 | 83 |
| Joe | Duffy | 35 | 35 | 35 | 35 | 7 | 35 | 35 | 5 | 6 | -140 | 88 |
| Eldon | Hawley Jr. | 11 | 35 | 35 | 35 | 35 | 35 | 35 | 8 | 12 | -140 | 101 |
| Jack | Bradley | 35 | 35 | 12 | 35 | 10 | 35 | 35 | 11 | 35 | -140 | 103 |
| Lee | Patrick | 17 | 15 | 35 | 12 | 35 | 35 | 35 | 35 | 35 | -140 | 114 |
| Martin | Paul | 35 | 35 | 13 | 35 | 35 | 35 | 35 | 7 | 35 | -140 | 125 |
| Frank | Goetschius | 35 | 35 | 35 | 35 | 12 | 13 | 35 | 35 | 35 | -140 | 130 |
| Donald | Goodwin | 35 | 35 | 18 | 35 | 13 | 35 | 35 | 35 | 35 | -140 | 136 |
| R. | Moore | 35 | 35 | 35 | 35 | 35 | 35 | 6 | 35 | 35 | -140 | 146 |
| Dick | Manasseri | 35 | 35 | 6 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 146 |
| James | Collins | 7 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 147 |
| Richard | Dugan | 35 | 8 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 148 |
| John | Astle | 35 | 35 | 35 | 35 | 35 | 35 | 8 | 35 | 35 | -140 | 148 |
| Fred | Jacoby | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 8 | -140 | 148 |
| Robert | Simpson | 35 | 35 | 35 | 35 | 9 | 35 | 35 | 35 | 35 | -140 | 149 |
| Bruce | Dalton | 35 | 35 | 9 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 149 |
| Richard | Hillman | 9 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 149 |
| Gregory | Glynn | 35 | 35 | 10 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 150 |
| Stephen | McLure | 35 | 11 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 151 |
| Charles | Burton | 35 | 35 | 35 | 35 | 35 | 11 | 35 | 35 | 35 | -140 | 151 |
| Michael | Impellizzeri | 13 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 153 |
| Michael | Engler | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 14 | -140 | 154 |
| Alan | Wolf | 15 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 155 |


(continued on next page)

| Men 45-49 | | 10m | 2m | 10k | 1m | 8k | 5m | 26k | 20K | 15K | | Total |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Douglas | Pond | 2 | 2 | 1 | 1 | 35 | 1 | 1 | 35 | 35 | -107 | 6 |
| Bert | Rice | 1 | 35 | 35 | 3 | 1 | 3 | 2 | 1 | 35 | -108 | 8 |
| Arnold | Henderson | 35 | 3 | 3 | 5 | 2 | 35 | 35 | 3 | 35 | -140 | 16 |
| Robert | Phillips | 35 | 1 | 2 | 2 | 35 | 2 | 35 | 35 | 35 | -140 | 42 |
| Michael | McAusland | 6 | 35 | 4 | 35 | 3 | 35 | 35 | 35 | 1 | -140 | 49 |
| Robert | Donald | 35 | 35 | 35 | 35 | 35 | 35 | 3 | 35 | 3 | -140 | 111 |
| Neal | Hinkle | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 4 | 2 | -140 | 111 |
| Ken | Lyons | 35 | 35 | 35 | 4 | 35 | 35 | 35 | 2 | 35 | -140 | 111 |
| Richard | Lantry | 35 | 35 | 35 | 35 | 4 | 5 | 35 | 35 | 35 | -140 | 114 |
| Donald | Rizzo | 7 | 35 | 35 | 35 | 35 | 35 | 4 | 35 | 35 | -140 | 116 |
| Ken | Thorn | 3 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 143 |
| Joseph | Harrington | 4 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 144 |
| William | Derr | 35 | 35 | 35 | 35 | 35 | 4 | 35 | 35 | 35 | -140 | 144 |
| Clair | Morris | 35 | 35 | 5 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 145 |
| Joe | Handelman | 35 | 35 | 35 | 35 | 35 | 35 | 5 | 35 | 35 | -140 | 145 |
| Richard | White | 5 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 145 |

| Men 50-59 | | 10m | 2m | 10k | 1m | 8k | 5m | 26k | 20K | 15K | | Total |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Milton | Taylor | 1 | 2 | 1 | 2 | 2 | 1 | 35 | 2 | 1 | -41 | 6 |
| James | Fratino | 2 | 1 | 2 | 1 | 3 | 4 | 4 | 4 | 2 | -15 | 8 |
| Joseph | Ryan | 4 | 4 | 35 | 3 | 8 | 35 | 5 | 35 | 35 | -140 | 24 |
| Joseph | Walsmith | 35 | 35 | 3 | 35 | 5 | 2 | 35 | 35 | 4 | -140 | 49 |
| Bill | Law | 35 | 35 | 35 | 35 | 7 | 35 | 2 | 1 | 4 | -140 | 49 |
| Ben | Moore | 35 | 35 | 35 | 35 | 6 | 3 | 35 | 3 | 3 | -140 | 50 |
| William | Mc Granahan | 35 | 35 | 9 | 4 | 10 | 35 | 35 | 5 | 35 | -140 | 63 |
| Neal | Kissinger | 35 | 35 | 8 | 35 | 9 | 6 | 35 | 35 | 35 | -140 | 93 |
| Donald | Waddington | 35 | 35 | 5 | 35 | 35 | 35 | 1 | 35 | 35 | -140 | 111 |
| Charles | Cadell | 3 | 35 | 6 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 114 |
| Ray | Harrison | 35 | 35 | 35 | 35 | 1 | 35 | 35 | 35 | 35 | -140 | 141 |
| Eugene | Karol | 35 | 35 | 35 | 35 | 35 | 35 | 3 | 35 | 35 | -140 | 143 |
| Eugene | Humphrey | 35 | 3 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 143 |
| Leon | Johnson | 35 | 35 | 35 | 35 | 4 | 35 | 35 | 35 | 35 | -140 | 144 |
| Harold | Michaels | 35 | 35 | 4 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 144 |
| Dale | Vogel | 35 | 35 | 35 | 35 | 35 | 5 | 35 | 35 | 35 | -140 | 145 |
| Allen | Stallings | 35 | 35 | 7 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 147 |

| Men 60 and over | | 10m | 2m | 10k | 1m | 8k | 5m | 26k | 20K | 15K | | Total |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Guy | Riccio | 1 | 1 | 2 | 2 | 35 | 2 | 35 | 35 | 1 | -107 | 7 |
| John | Wall | 2 | 2 | 4 | 3 | 2 | 3 | 35 | 1 | 2 | -45 | 9 |
| Eric | Haars | 35 | 35 | 1 | 1 | 1 | 1 | 35 | 35 | 35 | -140 | 39 |
| Rodney | Beach | 35 | 35 | 3 | 35 | 35 | 35 | 35 | 35 | 35 | -140 | 143 |

# CLUB CHAMPIONSHIP SERIES

## RULES FOR THE 1986 CLUB CHAMP SERIES

1. YOU MUST BE A MEMBER IN GOOD STANDING TO SCORE FOR AN AGE GROUP AWARD, YET WE ENCOURAGE EVERYONE TO PARTICIPATE IN THESE RACES.
2. THERE WILL BE TEN RACES IN THE SERIES: 5K, 10 MILE, 2 MILE, 10K, 1 MILE, 8K, 5 MILE, 26.2K, 20K, 15K.
3. YOUR AGE ON THE FIRST DAY OF 1986 WILL DETERMINE YOUR AGE GROUP PLACEMENT FOR THE ENTIRE SERIES.
4. POINTS WILL BE AWARDED FOR YOUR ORDER OF FINISH WITHIN YOUR AGE GROUP. NO SHOWS WILL RECEIVE 35 POINTS OR THE LAST PLACE IN THEIR AGE GROUP, WHICHEVER IS HIGHER.
5. YOUR FINAL SCORE IS DETERMINED BY ADDING YOUR BEST SIX FINISHES. LOWEST SCORE WINS! IF NO ONE IN YOUR AGE GROUP COMPLETES SIX RACES, YOU MUST HAVE COMPLETED AT LEAST FIVE TO BE ELIGIBLE FOR AN AWARD. ANYONE WHO COMPLETES THE ENTIRE SERIES OF TEN RACES, HOWEVER, WILL WIN AN AWARD.
6. THE AGE GROUPS ARE:
   FOR MEN AND WOMEN: 13 and under, 14-19, 20-29.
   FOR WOMEN: 30-39, 40-49, 50 and over.
   FOR MEN: 30-34, 35-39, 40-44, 45-49, 50-59, 60 and over.
7. THREE AWARDS WILL BE GIVEN IN EACH AGE GROUP BUT THIS NUMBER MAY BE DECREASED IF THERE IS LIMITED PARTICIPATION IN A PARTICULAR AGE GROUP.
8. SERIES STANDINGS WILL BE PUBLISHED PERIODICALLY IN THE STREAK.

ADDITIONAL INFORMATION:

PLEASE USE THE SAME NAME ON ENTRY FORMS (THE SAME NAME YOU USED ON STRIDER'S MEMBERSHIP FORM) TO PREVENT NAME MIX-UPS.

CALL JOE CLOREY 721-3362 FOR MORE INFORMATION.

EDITOR'S NOTE: PLEASE NOTE RULE #3. IT IS A CHANGE FROM "YOUR AGE AS OF THE FIRST RACE OF THE SERIES," WHICH WAS THE POLICY IN THE PAST.

### 1986 CLUB CHAMPIONSHIP SERIES RACES

| | | |
|---|---|---|
| 1. | 5K | March 1 |
| 2. | 10-Mile | April 6 |
| 3. | 2-Mile | April 26 |
| 4. | 10K | June 15 |
| 5. | 1-Mile | July 12 |
| 6. | 8K | August 10 |
| 7. | 5-Mile | September 7 |
| 8. | 26.2K | October 12 |
| 9. | 20K | November 30 |
| 10. | 15K | December 27 |

# 1986 WHATS COMING UP Annapolis Striders

| DATE | TIME | RACE - RUN - DISTANCE | LOCATION | RACE DIRECTOR | ASSISTANT DIRECTOR |
|---|---|---|---|---|---|
| 2nd Monday of each month | 7:30 PM | Annapolis Striders Board Meeting | Arundel Center Annapolis, MD | Pam Andersen 267-0524 | |
| Every Saturday | 7:00 AM | Informal Training Runs | Annapolis Mall Rt. 450 & Defense Hwy. | Hotline 268-1165 | |
| Every Sunday | 7:30 AM | Informal Training Runs | Navy/Marine Corps Stadium, Annapolis | Hotline 268-1165 | |
| February 15 Saturday and every Saturday for 8 weeks | 11:00 AM | 10K Race Training Clinic | Broadneck High School (off College Parkway) Arnold, MD | Pat O'Brien 757-0462 | |
| February 16 Sunday | 2:00 PM | Valentine Twosome Relay Couples 5K (3.1 mi.) each runner, 10K total | Annapolis High School Riva Road Annapolis, MD | Doug Pond 841-6853 | Linda Rogers 798-1228 |
| February 23 Sunday | 8:00 AM | MD/DC RRCA Team Challenge 10-Mile Race | Howard County Community College Columbia, MD | Doug Pond 841-6853 Carpool from Annapolis Mall | |
| March 1 Saturday | 10:00 AM | Washington's Birthday 5K #1 Club Championship Series | Anne Arundel Comm. College, Arnold, MD | Earl Keicher 266-6972 | Evan Thomas 760-9188 |
| March 8 Saturday | 6:30 PM | Annual Awards Banquet And Membership Meeting | Randall Dining Hall St. John's College Annapolis, MD | Pam Andersen 267-0524 | |
| March 9 Sunday | 9:00 AM | Jean Conroy Memorial 10K | Crofton Country Club Crofton, MD | Bill Conroy 301/721-9327 | |
| April (to be announced) | | Race Director's Clinic | | Pat O'Brien 757-0462 | |
| April 6 Sunday | 2:00 PM | Cherry Pit 10-Mile Race #2 Championship Series | South River High School, Edgewater, MD | Nancy Waddington 956-2061 | Leon Johnson 956-4335 |
| April 13 Sunday | 8:00 AM | Governor's Bay Bridge Run 10K (6.2 miles) | Sandy Point State Park, Annapolis, MD | Mike van Beuren Hotline 301/268-1165 | |
| April 26 Saturday | 8:00 AM | 2-Mile Track Race #3 Championship Series | Broadneck High School (off College Parkway) Arnold, MD | Louise Zietlin 757-1407 | Delma Miller 268-7086 |
| April 26 Saturday | 10:15 AM | Queen Anne's 10K Footrace | Queen Anne's County High School Centreville, MD | Q.A. County Recreation & Parks (301)758-0835 or 778-4430 | |
| May 10 Saturday | 8:00 AM | Johnnie Boy Simms 5-Mile Run | Navy/Marine Corps Memorial Stadium Annapolis, MD | Sharon Watts 301/263-6534 | Edwin Green, Sr. 263-6534 |
| May (date to be scheduled) | | Truxtun Trail Work Day | Truxtun Park Annapolis | Pam Andersen 267-0524 | |
| May 25 Sunday | 8:00 AM | Triathlon: 1-mile swim, 8-mile run, 20-mile bike | South River H.S. Edgewater, MD | Bill Ammon 544-2082 | Don Waddington 956-2061 |
| June 1 Sunday | 8:00 AM | 1-Hour Track Run | Broadneck H.S. (off College Parkway) Arnold, MD | Bill Vogenitz 974-1998 | Sheila Walsmith 956-4427 |
| June 7 Saturday | 8:00 AM | Run For The Arts 10K | Maryland Hall Constitution Ave. & Greenfield St., Annapolis, MD | Lynne Davidson 267-0555 | |
| June 12 Thursday And every Thursday thru August 14 for 10 weeks | 6:00 PM | Truxtun Park Series Fun Runs: 1 mile & 4 miles | Truxtun Park Annapolis, MD Meet at pine grove near the boat ramp | Mike van Beuren Hotline 268-1165 | |

(continued on next page)

# Annapolis Striders 1986 CALENDAR CONTINUED

| DATE | TIME | RACE - RUN - DISTANCE | LOCATION | RACE DIRECTOR | ASSISTANT DIRECTOR |
|---|---|---|---|---|---|
| June 15 Sunday | 8:00 AM | Father's Day 10K #4 Club Championship Series | Loch Haven Recreation Area, Edgewater, MD | Orv Pratt 798-4126 | Jim Fratino 956-3507 |
| June 28 Saturday | 8:00 AM | Two Person 10-Mile Relay (2 runners to a team) | Broadneck H.S. Arnold, MD | Bill Vogenitz 974-1998 | Ron Bowman 757-0609 |
| July 12 Saturday | 6:30 PM (Juniors) 7:00 PM (Adults) | 1-Mile Track Race & Junior Medley for 10 & under # 5 Club Championship Series | Annapolis High School Riva Road Annapolis, MD | Pat O'Brien 757-0462 | Ed Greene 263-6534 |
| July 19 Saturday | 8:00 AM | Women's Distance Festival 5K Women only | U.S. Naval Academy Annapolis, MD | Joy Donlin 268-0498 | Pam Andersen 267-0524 |
| July 19 Saturday | 9:00 AM | Run After The Girls 5K Men only | U.S. Naval Academy Annapolis, MD | Eddie Anderson 956-3672 | |
| July 26 Saturday | 7:00 AM | Moore's Marines Marathon Training Begins | Annapolis Mall Equitable Bank | Ben Moore 268-3832 | |
| And every Saturday until Marine Corps Marathon on November 2 | | | | | |
| July 27 Sunday | 7:30 AM | Moore's Marines Marathon Training Begins | Navy/Marine Corps Stadium Annapolis, MD | Ben Moore 268-3832 | |
| (And every Sunday until Marine Corps Marathon) | | | | | |
| August 10 Sunday | 8:00 AM | Dog Days of Summer 8K Cross Country Race #6 Club Championship Series | Anne Arundel Community College Arnold, MD | Tim Blewett 721-9609 | |
| August 16 Sunday | | Annapolis 10-Mile Run Worker's Picnic | to be announced | Mike van Beuren Hotline 268-1165 | |
| August 23 Saturday | 7:00 AM | Workers Run for Annapolis Ten-Mile Run | Navy/Marine Corps Stadium, Annapolis, MD | Hotline 268-1165 | |
| August 24 Sunday | 7:30 AM | Annapolis Ten-Mile Run | Navy/Marine Corps Stadium Annapolis, MD | Hotline 268-1165 | |
| September 7 Sunday | 8:00 AM | Severna Park 5-Mile Run #7 Club Championship Series | Severna Park H.S. Benfield & Robinson Roads, Severna Park, MD | Delma Miller 268-7086 | Louise Zeitlin 757-1407 |
| September 14 Sunday | 8:00 AM | Biathlon: 10K Run & 20-Mile Bike | South River H.S. Edgewater, MD | Don Wadding-ton 956-2061 | Gale Cromwell 647-4729 |
| October 12 Sunday | 8:00 AM | Metric Marathon 26.2K (16.2 miles) #8 Club Championship Series | Southern High School Harwood, MD | Will Scott 267-8013 | Earl Scott 269-5013 |
| November 2 Sunday | 9:00 AM | Marine Corps Marathon (26 miles, 385 yards) | Washington, D.C. | Ben Moore 268-3832 | |
| November 30 Sunday | 10:00 AM | Cold Turkey 20K (12.4 miles) #9 Club Championship Series | South River H.S. Edgewater, MD | Pat Hoffman 268-6092 | Ken Thorn |
| December 7 Sunday | | Baltimore Marathon (Striders work mile 13 waterstop) | Baltimore, MD | Gerte Spadone 841-6894 | |
| December 27 Saturday | 11:00 AM | Anniversary Run 15K #10 Club Championship Series | U.S. Naval Academy Annapolis, MD | | |

(All official Striders events are underlined)

# ANNAPOLIS STRIDERS

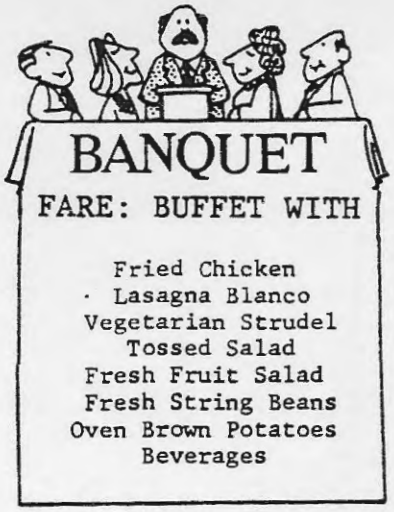
## AWARDS BANQUET AND GENERAL MEMBERSHIP MEETING

SATURDAY, MARCH 8, 1986

at

RANDALL DINING HALL
ST. JOHN'S COLLEGE
ANNAPOLIS, MARYLAND

COCKTAILS 6:30 P.M.
ANNUAL MEETING 7:00 P.M.
BANQUET 8:00 P.M.




HENLEY GIBBLE IS THE SPEAKER FOR THE BANQUET. SHE IS A DEDICATED RUNNER, NATIONAL COORDINATOR OF THE WOMEN'S DISTANCE FESTIVALS, ORGANIZER OF THE WASHINGTON RUNHERS, VICE-PRESIDENT EAST OF THE ROAD RUNNERS CLUB OF AMERICA, AND CURRENT CANDIDATE FOR RRCA PRESIDENT. SHE IS AN ENTERTAINING SPEAKER FOR BOTH MEN AND WOMEN.

AWARDS WILL BE PRESENTED TO THE WINNERS OF THE 1985 CLUB CHAMPIONSHIP SERIES AND TO SEVERAL OTHER SPECIAL PERSONS.

OFFICERS FOR THE 1986-87 TERM WILL BE ELECTED AT THE ANNUAL MEETING. THE CANDIDATES SELECTED BY THE NOMINATING COMMITTEE ARE:

| | |
|---|---|
| PRESIDENT: | DOUG POND |
| VICE-PRESIDENT: | GERTE SPADONE |
| TREASURER | EARL KEICHER |
| SECRETARY: | NANCY WADDINGTON |

NOMINATIONS WILL ALSO BE ACCEPTED FROM THE FLOOR.

THE COST FOR THE BANQUET IS $10 PER PERSON. COCKTAILS ARE COMPLIMENTARY. THE MEAL WILL BE SERVED BUFFET STYLE. THERE WILL BE AMPLE FOOD ON THE MENU FOR VEGETETARIANS. PLEASE RETURN THE RESERVATION FORM WITH THE FEE BEFORE MARCH 1. TICKETS WILL NOT BE SENT, INSTEAD, NAMES WILL BE TAKEN AT THE DOOR.

PARKING IS NOT ALLOWED ON ST. JOHN'S CAMPUS. YOU MAY PARK IN STATE LOTS C AND D ON ROWE BOULEVARD.

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BANQUET RESERVATIONS

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

NAME: _____

NUMBER OF RESERVATIONS DESIRED: _____

Phone numbers: Day _____ Evening _____