

# STREAK

VOLUME VIII

NUMBER II

APRIL 1986



## ANNAPOLIS STRIDERS

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

BULK RATE  
U.S. POSTAGE

**PAID**

Permit No. 526  
ANNAPOLIS, MD.

Non-Profit Organization



# STREAK

# ANNAPOLIS STRIDERS

## volume VIII number 2

## april 1986

### OFFICERS

		HOME	WORK
PRESIDENT	DOUG POND	841-6853	202-376-7559
VICE PRESIDENT	GERTE SPADONE	841-6894	
RECORDING SECRETARY	NANCY WADDINGTON	956-2061	
TREASURER	EARL KEICHER	266-6972	202-872-2604

### CHAIRMEN

CORRESPONDING SECRETARY	LOUISE ZEITLIN	757-1407	
RACE/RUNS	JOE WALSMITH	956-4427	301-688-6881
PUBLICITY	TIM BLEWETT	721-9609	
NEWSLETTER	YVONNE AASEN	647-0879	
MEMBERSHIP	MIKE VAN BEUREN	269-1796	301-268-1165 HOTLINE
PROPERTY/AWARDS	EVAN THOMAS	760-9188	301-269-6353
TRAINING/CLINICS	PATRICIA O'BRIEN	757-0462	
ANNAPOLIS 10-MILE RUN	MIKE VAN BEUREN	269-1796	301-268-1165
MAILING	BILL LAW	647-5015	
COMMUNITY OUTREACH	DON WADDINGTON	956-2061	202-692-7287
SPECIAL EVENTS	GERTE SPADONE	841-6894	
YOUTH PROGRAMS	GALE CROMWELL	647-4729	301-528-6790

### STREAK STAFF

EDITOR	YVONNE AASEN	647-0879	
LAYOUTS			
GRAPHICS	BARBARA KERR	757-3694	301-859-6709
ASSISTANT EDITOR			

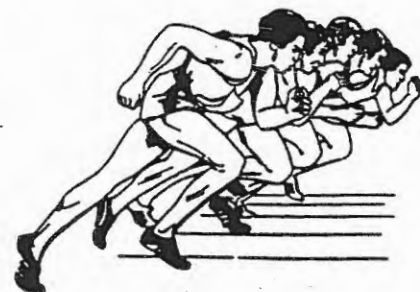
*The purpose of this running club is to improve the physical fitness and mental well-being of its members through the promotion and encouragement of long distance running. —from Article II, By-Laws of the Annapolis Striders*

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



## TABLE OF CONTENTS

Pond's Reflections	Training Tips II
New Officers	Clydes 10K Entry
Awards Banquet	My Favorite Race
RRCA Convention	Book Looks
Editor's Remarks	Club Champ Series
Welcome New Members	Times of Our Lives
Bulletin Board	Race Results
Advertising	What's Coming Up
Training Tips I	Race Entry Forms



# April

# MAY



I was very pleased with our second Awards Banquet held at St. John's College. Again this year Pam Andersen did a wonderful job of getting it all together. I am really going to miss her. She has done a great job as secretary in addition to tackling many other tasks such as the Women's Distance Festival and, coming up, coordinator for the Truxtun Park Work Day. Pam's husband, Marvin, deserves a vote of thanks for his assistance with the banquet and picking up our mail. Pam made my first year as president enjoyable and a lot easier. (Anyone want to volunteer to handle next year's banquet?)

It was an honor for the Striders to have Henley Gible, the RRCA Vice President for the East, as our guest speaker at the banquet. Henley is running for President of the RRCA. I hope that many Annapolis Striders would like to accompany me to the annual RRCA convention in May in Portland, Maine, where the election will be held. Give me a call for more information.

At the present time we do not have liability insurance. Our insurance has always been provided by the RRCA. However, this year the industry wide insurance problem has made negotiations between the RRCA and the insurance agents very difficult. Harold Tinsley, the RRCA president, is still negotiating and we hope to have insurance by April. If this insurance is not provided soon we may have to charge an additional amount for each race to cover the cost of individual race insurance. So far the Annapolis Striders have run two races without insurance. We can't continue to take this risk.

One of our members, state representative John Astle, has introduced House Bill 794 to legalize road racing on the streets of Maryland. This bill was introduced to satisfy the State Highway Police. The State Police have given us notice that after this year's Annapolis 10-Miler they won't close part of our course that is run on Maryland State road 648. Henley Gible, Mike van Beuren, Ron Jarashow, myself, and several other interested parties testified at a house judiciary committee on behalf of this bill on February 28, 1986. I hope that by the time you receive your Streak we will have sent you a special mailing concerning this problem. Please support this bill with calls and letters to your representatives and senators in the state government. Ron Jarashow has provided us legal advice and guidance on the matter and has expended many hours on our behalf. I want to thank John Astle and Ron for their help.

Welcome to Nancy Waddington as our newly elected secretary. I have appointed Louise Zeitlin to assist her with the mail.

I survived another 5K run along College Parkway. The traffic is terrible; we must find another course before someone gets injured. And no insurance! However, thanks to race directors Earl Keicher and Evan Thomas the race was a big success.

Doug Pond,  
President



Elected on March 8, 1986

President: Doug Pond  
Vice President: Gerte Spadone  
Secretary: Nancy Waddington  
Treasurer: Earl Keicher

# AWARDS BANQUET

# convention

## STRIDERS HONORED ON MARCH 8

### VOLUNTEER HALL OF FAME

Yvonne Aasen  
John Butterfield  
John Gudas  
Dick Hillman  
Ben Moore  
Gerte Spadone  
Mike van Beuren  
Don Waddington  
Nancy Waddington  
John Wall

### SPECIAL PEOPLE

Ben Moore  
Nancy Jordan

### VOLUNTEER OF THE YEAR

Joe Walsmith

### OUTSTANDING RUNNER OF THE YEAR

Pat O'Brien

### PARTICIPATION AWARDS-ALL 1985 CHAMP SERIES

Molly Broderson	Paul Herman
Anne Chamberlain	Jonas Legum
Barbara Kerr	Steve Dilling
Will Scott	Jim Fratino



## CHAMPIONSHIP DIVISION WINNERS

### WOMEN

20-29  
Carole Simpson

40-49  
Anne Chamberlain  
Barbara Kerr  
Nancy Waddington

30-39  
Patricia O'Brien  
Susan Bonner  
Molly Broderson

50 and over  
Martha Kinsinger  
Yvonne Aasen

### MEN

13 and under  
Jeffrey Herman

40-49  
William Conroy  
Stephen Dilling  
Joe Clorety

14-19  
Louis Carvalho

45-49  
Douglas Pond  
Bert Rice  
Arnold Henderson

20-29  
Mark Rosasco  
Robert Hall  
Mark Yerkes

50-59  
Milton Taylor  
James Fratino  
Joseph Ryan

30-34  
Mike van Beuren  
Joseph Pesce  
Terry Eplee

60 and over  
Guy Riccio  
John Wall  
Eric Haars

35-39  
Eric Peltosalo  
William Turrentine  
Bing Topper (tie)  
Bill Rosser



## ROAD RUNNERS CLUB OF AMERICA

Following are the initial details concerning the RRCA Convention to be held in Portland, Maine, from May 15 to 18, 1986.

Accommodations can be made at the Holiday Inn By The Bay. Rates are \$48 a night plus \$5 each for extra occupants.

The backup hotel is the Sonesta; \$58 a nite, up to 4 persons per room.

Delta Airlines offers the best rate and is the official carrier. The round trip rate is \$98 to Portland with a change in Boston.

A complete schedule of events can be obtained from Doug Pond (841-6853).

Friday highlights include workshops, a 5K fun run, a lobster bake, and an L.L. Bean tour.

Saturday is the Convention, workshops and the banquet.

Sunday morning you can run the RRCA National Championship 10K.

If you're interested in going please contact president Doug Pond at once (841-6853).

## EDITORS REMARKS

### THE EDITOR SPEAKS OUT FOR A CHANGE

I raced for the T-shirt. I can remember how intimidated I felt when I first joined the Striders. The organization, to my novice eyes, appeared dominated by elite, confident winners—the division winners—the front of the pack. How did I ever muster enough courage to race? What was my motivation? I wanted the T-shirt. I ran because there was a T-shirt waiting for me at the finish line. I was so proud of those shirts. In a few years I had a whole pile of them. (One day a friend of my son, Stuart, came to the house. While he was waiting for Stuart he asked if I was still running. I showed him my pile of shirts along with a detailed history of each one. He was a captive audience. After he left I said, "I wonder why I did that?")

Receiving an award was an encouragement. As I improved I was sometimes a division winner. I was always thrilled to receive something. Are we sensitive as a club to the needs of our members to receive encouragement and recognition? For starters, I applaud the decision of the Striders Board to award a patch to each finisher in each race of the Club Championship Series. I will be as proud of my collection of patches as I was of my pile of T-shirts. And I suspect this will be the feeling of many who never have the opportunity to win an award.

The Champ Series, in itself, offers an opportunity for achievement for those who are not necessarily the "elite" runners. Except in the most competitive of the men's age divisions, the award goes not necessarily to the fastest, but to the most persistent—by running the most races.

(continued on next page)

Runners can also receive an award by running every one of the 10 Champ Series races. In my opinion that is a tremendous accomplishment and I'm glad there is an award for it.

While we continue to nurture our elite, let's not forget beginning runners as well as middle and back-of-the-packers. They actually are the bread-and-butter of our races. Let's be sensitive to the purpose of our club: to improve the physical fitness and mental well-being of our members through the promotion and encouragement of long distance running.

We would like to hear from you; we need feedback from our members. How about it? Are we doing enough to encourage the average runner? Any suggestions? Call Doug Pond, Pat O'Brien, or myself. Or write a letter to the editor. Your opinions will receive careful consideration from the Board.

**BILL LAW'S TEAM:** Thanks to Bill Law and his good natured team for stapling, folding, addressing and bundling the February Streak for mailing. They were: John Wall, Don and Nancy Waddington, Betty Moore, Gale Cromwell, Louise Zeitlin, and Ginny Law. Anyone who can help with this sort of work, give Bill a call (647-5015).

**RESPONSE:** Thanks to Eleanor Elster for responding with help for the Streak. For this issue she called advertisers, collected ads, typed, and gave me moral support. Eleanor is a marathoner. She ran the Shamrock Marathon in Virginia Beach on March 15 in 3:45. It was hot and hard, she said; 70 degrees and a strong headwind after the turn-around. Grete Waitz was there—she ran the 5K in 25:22 breaking her 5K record by 19 seconds. But Eleanor didn't see Grete—the 5K was over and finished before the marathon start.

Please note that Barbara Kerr is formally listed on the Streak staff. Her cartoons and graphics brighten our newsletter as well as many entry forms.

**DEADLINE:** Please try to get your copy to me by May 6 for the June Streak. Some few selected Board members, however, have a week of grace until the Board meeting on May 12. Mail copy to the Strider's box number or to my home: 13 Sunset Dr., Severna Park, MD 21146.

—Yvonne Aasen  
647-0879



WELCOME TO THOSE WHO HAVE  
RECENTLY JOINED THE STRIDERS

Robert Montgomery  
Steve Crawford  
Hugh Eckkert  
Alan Greber  
Barbara Greber  
Deborah Greber  
Joseph Greber  
Scott Hall  
Jeffrey Harvey  
Nathan Harvey  
Edward Lutz  
Tom Lutz  
Christine Lyons  
Carol McCreary  
William McKeever  
Albert Miller  
S. Mohsberg, III  
Robert Morris  
Rob Pannell  
Michael Shupp  
Thomas Staff  
Donald Thomas  
David Webster  
Steve Wernle  
James Wright

Annapolis  
Edgewater  
Pasadena  
Severna Park  
Severna Park  
Severna Park  
Severna Park  
Churchton  
Annapolis  
Annapolis  
Annapolis  
Annapolis  
Annapolis  
Severn  
Bowie  
Annapolis  
Annapolis  
Annapolis  
Bowie  
Annapolis  
Ft. Meade  
Millersville  
Cambridge  
Bowie  
Riva

Correction from last issue: Vince Forgione is from Glen Burnie; Maric Miller is from Annapolis; Gill Goodman is from Reisterstown. The Streak regrets the errors.



Cartiature by Irv Finifter

**ERIC PELTOSALO**  
MEMBER OF THE BAR SINCE 1974  
**GENERAL PRACTICE OF LAW**  
CONFIDENTIAL & PERSONALIZED SERVICE

■ PERSONAL INJURY	■ BANKRUPTCY	■ CONSUMER LAW
■ ACCIDENTS	■ REAL ESTATE	■ ADMINISTRATIVE LAW
■ CRIMINAL	■ WILLS, ESTATES & TRUSTS	■ PRODUCTS LIABILITY
■ WORKERS COMP.	■ DIVORCE & SEPARATION	■ SOCIAL SECURITY DISABILITY
■ TRAFFIC D.W.I.		

**FREE INITIAL CONSULTATION**  
(LIMITED TO THE FIRST 30 MIN)

WEEKENDS &  
EVENINGS BY APPOINTMENT  
33 WEST ST ANNAPOLIS  
1/2 BLOCK FROM COURT HOUSE

**263-4559**  
BALTIMORE AREA TEL NO  
**269-7513**

SERVING  
AA. COUNTY - CENTRAL -  
SOUTHERN MD  
BALTO CITY & COUNTY  
HOWARD - MONT. - P.G. - CALVERT  
CHARLES - ST MARY'S COUNTIES

-Advertisement

# BULLETIN BOARD

## REGISTER ON RACE DAY FOR 2-MILER

The Two-Mile Track Race (#3 in the Club Champ Series) will be held at Broadneck High School on Saturday, April 26, starting at 8 A.M. It will be run in heats (age divisions). Come early to register (no pre-entry forms). \$2 for Striders; \$3 for non-Striders. Race logo patches for all finishers.  
FUN RUNS FOR KIDS: ONE-HALF MILE AND 200 METERS.

## NOTE SHORTER TRIATHLON

PLEASE NOTE THAT THE "What's Coming Up" race schedule and the entry form in this issue shows new distances and a new start time for the Triathlon to be held on May 25. The shorter distances are prompted both by expected cold water conditions and because many participants will use the event as a warmup for the Oxford Triathlon two weeks later. Registration and bike check will be conducted from 7:00 to 8:30 A.M. at South River High School. The swim will begin at Camp Letts at 9:00 A.M.  
—Joe Walsmith

## RED HOT NEWS

CALLING ALL RACE DIRECTORS, THEIR ASSISTANTS, AND ANYONE ELSE INTERESTED IN LEARNING HOW TO DIRECT A ROAD RACE

WHAT: THE ESSENTIALS OF DIRECTING A RACE

WHEN: SATURDAY MAY 24 1986 1-3 PM

WHERE: ARUNDEL CENTER ROOM 117 ANNAPOLIS, MD

WHY: THIS CLINIC WILL OUTLINE THE ELEMENTS OF PLANNING AND INSTRUMENTING A ROAD RACE. ALL OF THE IMPORTANT ASPECTS OF RACE DIRECTING WILL BE DISCUSSED. THIS IS A GOOD FORUM IN WHICH TO WORK OUT THE DETAILS OF YOUR UPCOMING EVENT

WHO: ESPECIALLY RECOMMENDED FOR THE RACE DIRECTORS AND THEIR ASSISTANTS WHO ARE INVOLVED WITH COORDINATING STRIDER RACES ON THE 1986 SCHEDULE. ANYONE INTERESTED IN THE TOPIC IS WELCOME TO ATTEND

CONDUCTED BY: JOE WALSMITH AND PAT O'BRIEN  
REFRESHMENTS WILL BE AVAILABLE

(for further information contact Joe at 956-4427 or Pat at 757-0462)

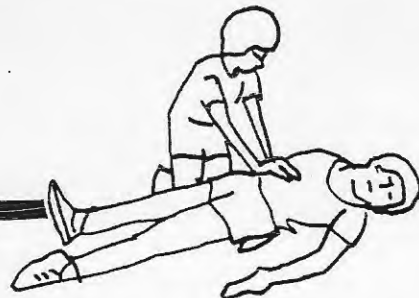
## RUN THE UNUSUAL; ONE-HOUR TRACK RUN

How far can you run in one hour? The One-Hour Track Run will be held at Broadneck High School, Arnold, MD, on Sunday, June 1, at 8:00 A.M.  
AWARDS: Medallions to all runners who run at least 6 miles in one hour.

ENTRY FEE: \$4 for Annapolis Striders members  
\$5 for non-members  
No pre-entry. Come early to register on race day.

All runners must provide their own timer to record their miles and mile times. Note: One person may record mile times for several runners.

Directions: From Rt. 2, turn right on College Parkway; left on Green Holly Dr.; follow signs on right to Broadneck High School.



## HELP SAVE A RUNNER'S HEART

I am planning a summer clinic on Basic Cardiac Life Support (CPR) for interested members in order to make this opportunity available to you it is necessary to have the needed number of volunteers to assist with the certification process. ANYONE who is a currently certified CPR instructor and would like to participate in a SAVE A RUNNER'S HEART SUNDAY (Heart Saver Course), please contact Pat O'Brien at 757-0462. The number of volunteer instructors will determine how many of our Strider members will be able to attend this LIFESAVING clinic. In the meantime, all of you CPR INSTRUCTORS out there, please get in touch with me—we need you!

—Pat O'Brien  
757-0462

(continued on next page)

# BULLETIN BOARD

POSTPONED: THE JONNIE BOY SIMMS 5-MILE RUN scheduled for May 10 has been cancelled. Look for it, however, in the future.

Did you include a SASE (long, stamped, self-addressed envelope) with your entry to the Governor's Bay Bridge Run? It was necessary for confirmation. Call the Hotline 301-268-1165 for an update.

## TWO-PERSON TEN-MILE RELAY

Practice passing that baton for the Two-Person Ten-Mile Relay to be held on Saturday, June 28, at 8:00 A.M. on the track at Broadneck High School off College Parkway, Arnold, MD. Two runners to a team, running alternate miles should give you a taste of what the 24-Hour Relay is like.

ENTRY FEE: \$4 for Annapolis Striders members  
\$5 for non-members  
No pre-entry forms; come early to register on race day.

PRIZES: Medallions to all teams that run ten miles in less than 90 minutes.  
Certificates to all finishers.  
Note: All teams must provide their own timer to record the team's individual mile times.  
One person may record mile times for several teams.

-Advertisement

## HIGH-PERFORMANCE ENGINES.



The NIKE Pegasus GX. A classic performance shoe featuring an Air-Wedge™ for cushioning.



10% DISCOUNT TO ANNAPOLIS STRIDERS ON ALL RUNNING SHOES



ANNAPOLIS MALL  
224-3455  
(near J.C. Penney)

## 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  
Jamie & Eric Haars, Realtors  
Eric Peltosalo, Attorney at Law  
Race Pace  
The Athlete's Foot  
Union Memorial Sports Medicine Center

JAMIE AND ERIC HAARS

Your Running Realtors

Please call us for your house buying or selling requirements

Home: 268-5164 Office: 266-0600



-Advertisement

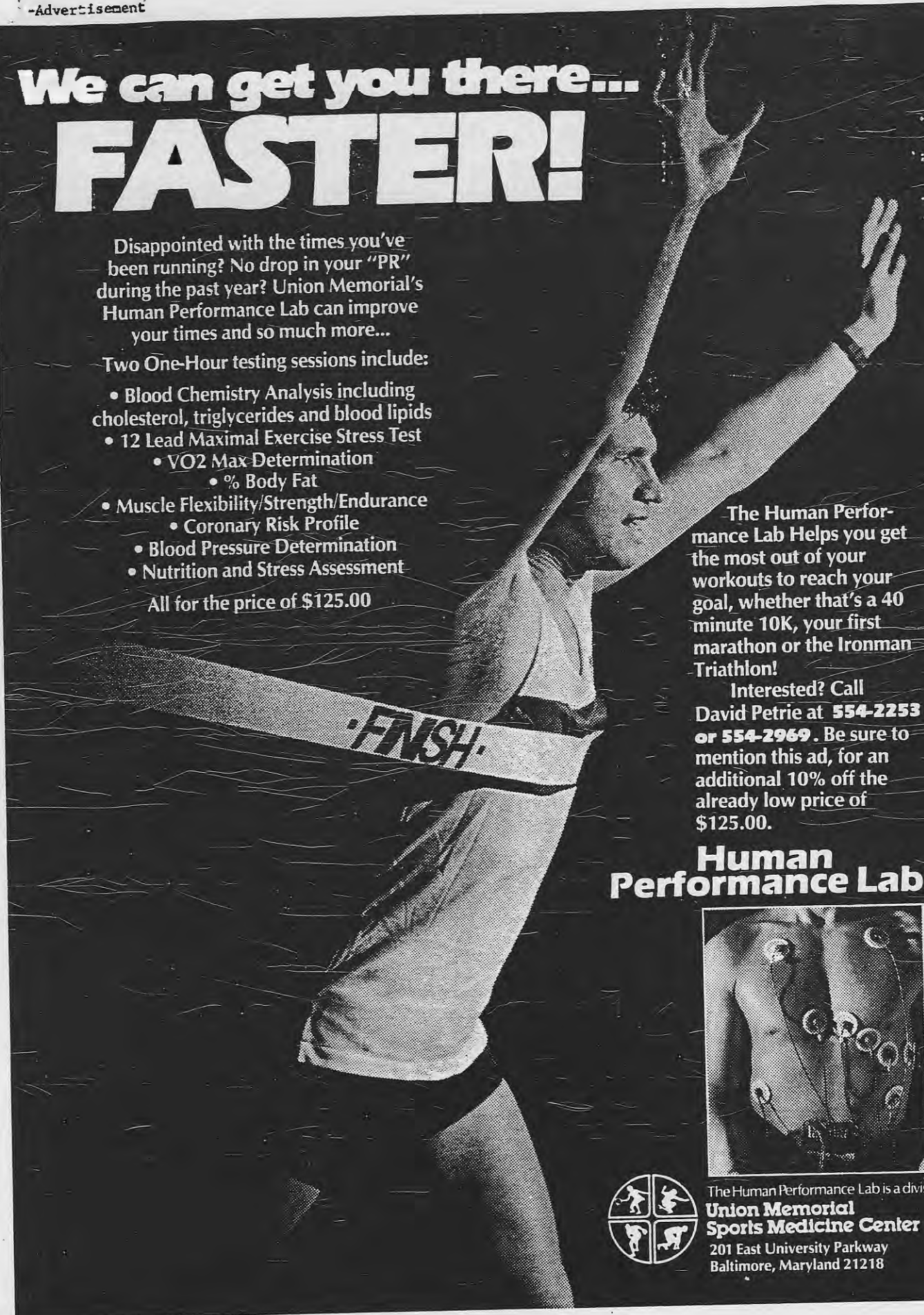
# We can get you there... **FASTER!**

Disappointed with the times you've been running? No drop in your "PR" during the past year? Union Memorial's Human Performance Lab can improve your times and so much more...

Two One-Hour testing sessions include:

- Blood Chemistry Analysis including cholesterol, triglycerides and blood lipids
- 12 Lead Maximal Exercise Stress Test
  - VO2 Max Determination
  - % Body Fat
- Muscle Flexibility/Strength/Endurance
  - Coronary Risk Profile
- Blood Pressure Determination
- Nutrition and Stress Assessment

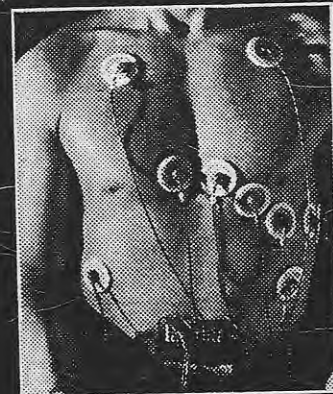
All for the price of \$125.00



The Human Performance Lab Helps you get the most out of your workouts to reach your goal, whether that's a 40 minute 10K, your first marathon or the Ironman Triathlon!

Interested? Call David Petrie at **554-2253** or **554-2969**. Be sure to mention this ad, for an additional 10% off the already low price of \$125.00.

## Human Performance Lab



The Human Performance Lab is a division of  
**Union Memorial Sports Medicine Center**  
201 East University Parkway  
Baltimore, Maryland 21218



# TRAINING TIPS

by Pat O'Brien

## SPRING UPDATE ON 10K TRAINING CLINIC

By the time this issue is published the 10K Training Clinic will be history. Nonetheless, I want to thank the 15-20 tracksters who were regulars at the sessions. Not only did the participants get faster, but they also got smarter—thanks to the valuable training/racing tips shared with the group by John Wall, Mike



van Beuren, and Ray Harrison. The members of the Training and Clinics Committee—Liz Kisenwether, Bill Conroy, Earl Scott, Joe Clorety and Pat O'Brien deserve a special thank-you for their time and effort. Stay tuned to the running stats in the next issue to measure just how successful our efforts were—we expect lots of PR performances in the month to come.

## HOW THE STRIDER ELITE WORK OUT

Recently there have been several interesting articles in the running literature profiling champion racers. My husband religiously studies the details and stats given in these stories and systematically files them away in his repertoire of running trivia. What has happened lately is that he's been asking me questions about the running vital statistics on some of our fast-paced Striders and we were both surprised at how little we knew about our own elite runners. This prompted me to conduct a series of interviews with a few of our members who are well endowed with fast twitch fibers—Brian Palmer, Tony Carvalho, Mike van Beuren, Scott Eden, Mark Rosasco, Bill Conroy and Nut Hall. I asked each of these runners to describe their running/training schedule 4-6 weeks prior to the goal race for which they were training. Take note of the fact that the goal race varies with the individual in some instances, and as a result the training regimen differs very significantly. In addition, these schedules are based on a training program that calls for a base building period (high Mileage) followed by a strength building phase (hill workouts in conjunction with the high mileage).

In addition to discussing the day-by-day workouts, the racers also shared some of their comments regarding peak performance, avoiding injury and staleness, and maximizing from the training effort.

## SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Goal Race	PR'S		
									10K	10M	Other
Brian Palmer	12 mi @ 7:30	9 mi @ 7:00	7 mi @ 6:30	10 mi fartlek X8	7 mi @ 6:30	6-10 mi @ 6:30-7:00	Track 12X440 @70	10K	32:30	54:30	
Nut Hall	10 mi @ 8:00	6 mi @ 7:00	Track 6X440 @72	5-7 mi easy	Track 10X220 @32	6 mi @ 7:30	10-12 mi @ 8:00	10K	31:48		2 mi 9:40
Tony Carvalho	6-8 mi @ 7:00	10X440 @ 70	40 X 220 @ 35	4 X 880 @ 2:25	5-6 mi @ 6:30	2X 1mi @ 5:00	10 mi @ 7:00	* 1 M	34:30	56:20	1 mi 4:29
Bill Conroy	10 mi easy	6 mi @ 7-7:30	6 mi @ 7-7:30 (am) Track (pm) 8X440 @70	6 mi @ 7-7:30	6 mi @ 7-7:30	6 mi @ 7-7:30	15 mi @ 6:50	10K to 10M	34:30	* 57:00	marathon 2:40
Mike van Beuren	12-16 mi @ 6:30	10 mi @ 6:45	5X440 @72 w/ 220 jog (2 sets)	5 mi easy (am) 8 mi @ 7:00(pm)	12 mi varied pace (hill, fartlek)	5X 1mi @ 5-5:15 or ladder 200/400/800/1M 35 75 2:30 5	Easy 3 mi(am) 5 mi(pm)	10K to 26.2M	*	31:58 52:00	2:26 marathon
Scott Eden	14 mi @ 6:00	8 mi @ 6-6:15	8 mi @ 6-6:15	220 @30 alternate 440 @67 X8 sets	8 mi @ 6-6:15	ladder 1mi @ sub5 3/4M @ 4:00 1/2mi @ 2:20 1/2mi @ 66	8 mi @ 6-6:15	10K to 10M	29:10	49:05	2:16 marathon
Mark Rosasco	10K-10M Race	9 mi @ 6:30	9 mi @ 6-6:15	16 X 440 @ 75	9 mi @ 6:30	9 mi @ 6-6:15	6 easy	26.2M	32:18	53:39	2:35 marathon

\* favorite race

(continued on next page)

## COMMENTS:

Brian: I think it's really important to train in cycles, allowing for easy periods between the training efforts. I definitely take a relaxed approach toward running for at least two months a year; then I can come back fresh for the next season.

Nut: It's really important to get in touch with your body while you're running. I use my moderately paced road miles to do this and then make adjustments in the other aspects of my training, if necessary.

Tony: Because I love competing, it's easy for me to get psyched for a race. Injuries are just a part of the game, but if I've had to lay off because of problems, then I'm even more geared up when I can compete again. (Pat's note: Isn't the enthusiasm of a youthful spirit wonderful?)

Bill: You are basically an experiment of one and have to decide what program works best for you. I think it's especially important for 40-year-olds to tune into their bodies because there are definite changes in what your body can do. I'm a big believer in consistency, running a little every day, and I find it useful to schedule my important training early in the day/week. This gives me the flexibility to re-schedule around interruptions when they occur.

Mike: I have some thoughts on things to do in your long runs to keep from getting stale.

Vary the pace of the distance run and run off the roads, especially if you're running more than 60 miles/week. Running on the grass forces you to run more slowly and causes a loosening type action in the muscles and joints. This can help to avoid injury and also break up the routine. (Pat's note: Bill also stressed this point. He runs his a.m. workout along a golf course.)

Scott: I think the major training error made by those new to the racing scene is to underdo the speedwork. Track workouts are painful, but to race faster times, track work is essential (after building an adequate base). If I can't make it to the track twice a week, then I'll substitute a fartlek workout on the roads.

Mark: Our whole family theory is medium brisk distance; we avoid the track and the long runs. I want to run for the rest of my life so its important to stay mentally fresh and I do this by taking rest periods after goal races. (Pat's note: Mark is 27 and has been running since 1972!)

## TRAINING TIPS

### ON THE RUN WITH KNEE TROUBLE

by Dr. Robert Verklin

(Part two of a two-part series on runner's knee.)

Regardless of whether you're a distance runner or neighborhood jogger, you may have experienced problems with your knees.

Our first article dealt with the problem of inflammation beneath the kneecap.

This week, we'll look at another common problem: pain along the side of the knee.

Technically, this is known as iliotibial band or "lateral function" syndrome.

It is characterized by pain on the lateral or outer iliotibial (IT) 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 and friction between the band and the underlying bone develops.

If such friction becomes excessive, an inflammatory response or bursitis ensues.

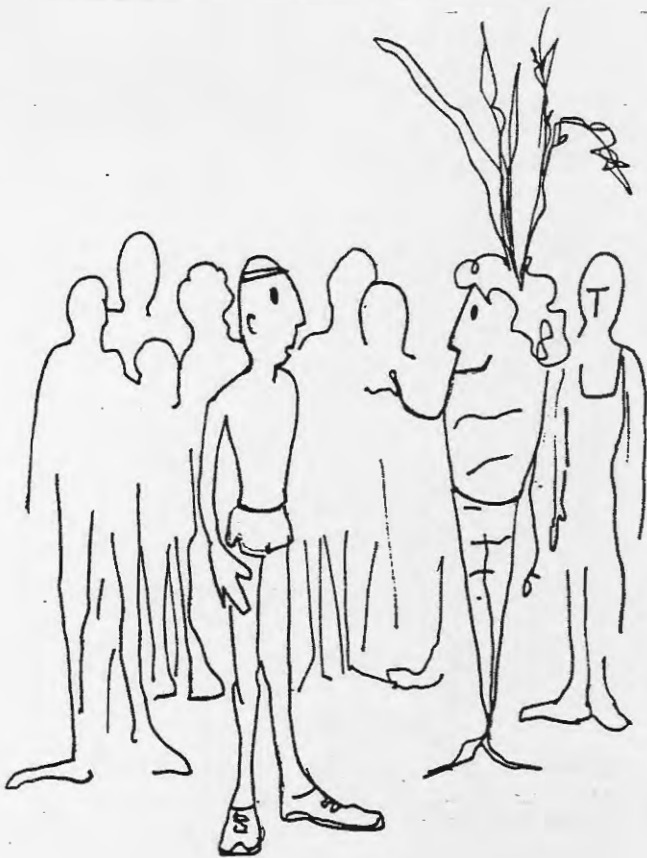
The symptoms of this problem are pain on the outer aspect of the knee which usually develops gradually and frequently worsens with downhill running or long distances.

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 control of inflammation and the altering of its causes.

(continued on next page)



"Are you seeded for this race?"

Ice to the lateral epicondyle after running and aspirin containing anti-inflammatory medications 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 four to six weeks to disappear despite relative and sometimes even complete rest.

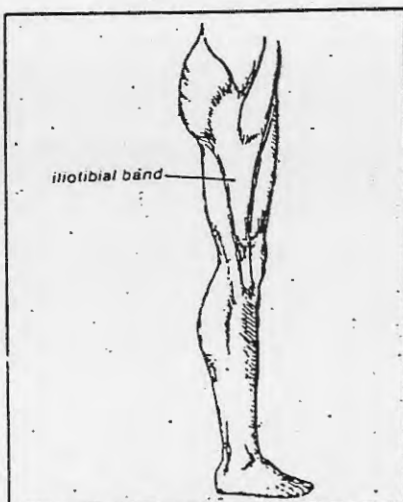
When there is no longer pain to pressure over the outside of the knee, training can be resumed gradually.

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 ones 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.



ILIOTIBIAL band syndrome

# MY FAVORITE RACE

MEMORIES ARE MADE AT TRIATHLONS

by Gale Cromwell

It seems not a day goes by that the importance of diversifying a runner's workout is mentioned by the press, fellow athletes and aching feet and knees. For those considering cross training in a serious fashion, don't be fooled for a minute into thinking this is a rosy path to improved running performance. Once you start biking and swimming, your natural tendency is to put it all together in a triathlon. I have seen runners take on sea nettles, currents and high waves, road burn, saddle blisters, and new and different excesses while competing in regional triathlons in the past year—all from the seemingly innocent beginning of cross training.

Long in my memory will be visions of ears coated with Chesapeake Bay slime, wet feet frantically struggling into uncooperative shoes, Winnie Hittle fist fighting in a losing battle against millions of stinging tentacles in the Severn River and Betty Impellizzeri's million dollar smile after she passed out on an Eastern Shore road. She lay entwined in her bike for 20 minutes throwing up and waiting patiently for aid. In general, cross training via participation in triathlons can be abusive.

For most, the 1985 triathlon season started at Oxford (2.4-mile swim, 20-mile run, 49-mile bike). The day was still, hot and stifling. Most of the participants either had good heat tolerance or a poor performance. Debbie Dudas, who had finally overcome stress fractures, finished strong although she was passed just at the end of the bike segment by Mr. Endurance, Randy Fox. (Using your toe clips would have helped, Deb.) She was the only person who enjoyed the flat-dull-sunny-humid-straight and monotonous run. Dr. of Aquatic Sciences, Bill (the Fin) Walters had a great swim but suffered from severe cramps throughout the rest of the race, even on the way to the hospital after the finish: No one could seem to

(continued on next page)

## Clyde's American 10 K

Official Use Only

Please Print:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Sex \_\_\_\_\_

Age \_\_\_\_\_

(on race day)

Best 10 K Time \_\_\_\_\_

Phone \_\_\_\_\_

In signing this entry, I hereby release Clyde, Inc., Clyde's of Columbia, the City of Columbia and the Howard County Striders from any claims or responsibility for any injuries suffered by me in this event.

Signature \_\_\_\_\_

Runner's signature

(If under 18, Parent or guardian must sign)

Entry will not be valid unless all information herewith is filled out and signed.

The STREAK April 1986

SUNDAY, MAY 4, 1986, at 8:30 a.m.  
 \$10 ENTRY FEE & LONG SAGE  
 Mail by April 26 to:  
 CLYDE'S AMERICAN 10 K c/o FEET FIRST  
 Wilde Lake Village Green  
 Columbia, Maryland 21044

stop the continuous visible cramps that Bill Ammon suffered. And we all were in awe that Ron Bowman had the courage and mental endurance to stick it out. Ron's comment: "The bike went on forever, the further along I got, the more I began to wonder if my medical plan covered the surgical removal of a bicycle."

For your interest and possible entertainment, here are some selected results:

OXFORD TRIATHLON June 9, 1985 228 participants

Place	Name	2.4-mi.	20-mi.	51-mi.	Overall
		Swim	Run	Bike	
1.	Scott Molina	55:15	2:06:10	2:15:40	5:22:03
29.	Daniel Adams	1:33:56	2:04:16	2:34:07	6:17:22
62.	Sunita Pandya	1:07:33	2:35:21	2:51:28	6:43:32
63.	Vicki Schultz	1:07:32	2:34:22	2:51:31	6:43:33
91.	Randy Fox	1:40:57	2:38:43	2:39:50	7:06:06
113.	Debbie Dudas	1:30:22	2:45:51	2:59:19	7:21:50
123.	Bob Walters	1:13:31	2:56:40	3:09:29	7:25:35
129.	Ed Webster	1:47:25	2:39:31	2:48:40	7:29:16
137.	Bill Ammon	1:44:28	2:50:57	2:52:13	7:36:58
225.	Ron Bowman	1:36:20	2:13:50	3:25:43	9:36:20

Betty Impellizzeri—did not finish, collapsed on bike

ANNAPOLIS CHALLENGE TRIATHLON: Much local talent put a big effort into this race and the results are still being tabulated (race date July 7, 1985). The only for sure result is that Don Anderson was 4th overall in 2 hours, 12 minutes for the 1-mile swim, 10K-run and 25-mile bike, out of over 300 participants. Many Striders participated in this race and we all hope Bill Beam gets a bit more organized for his next effort.

BALTIMORE USTS: This was perhaps the most competitive and well run local race (1.5 K swim, 40K bike and 10K run) held on June 30, 1985. The competition among the local women was close with Julie Caprio's strong 10K run putting her ahead and 4th in her age group. Bob Walters also had a fine performance with an 8th overall in his age group. The top 10 in each age group plus the top 50 male or female finishers qualified for the USTS National Championship held at Hilton Head, SC in September.

Results: 1045 finishers 879 men, 156 women

Place	Name	Swim	Bike	Run	Total
1.	Scott Molina	21:00	57:18	35:06	1:55:46
120.	Bob Walters	27:00	1:07:48	41:13	2:21:23
144.	Steve Kinney	35:20	1:06:19	38:17	2:23:44
152.	Ed Denny	21:33	1:13:37	43:42	2:24:22
242.	Randy Fox	33:50	1:07:48	43:43	2:30:51
771.	Ron Bowman	50:56	1:20:03	50:17	3:09:52
	Bill Ammon	33:00	Crashed—direct hit—traffic cone		
1.	Joanne Ernest	24:27	1:03:48	37:19	2:07:56
18.	Julie Caprio	32:19	1:12:44	43:17	2:32:01
31.	Deirdre Wagner	32:18	1:13:41	47:27	2:38:27
33.	Debbie Dudas	31:43	1:18:48	46:01	2:39:03
110.	Cynthia Fox	48:45	1:27:26	45:02	3:08:46

BETTERTON BEACH: This is perhaps my favorite Triathlon. A great race for teams or individuals, the band, food, beer, and small but friendly field make the day.

Team participants in a field of 129: Date: Sept. 21, 1985. Bob Walters, Debbie Dudas, Julie Caprio, Mandy Falk, Bill Ammon, Cindy Fox, Pam Johnson, Bill Miller, Gale Cromwell, and Linda Snyder.



On an individual basis, each person had a race they did well. From various comments and sources here are some anecdotes of the 1985 season:

Bill Ammon: "I love my bike." The rain during the Boston USTS triathlon was not a problem for Bill. He placed second in his age division in a field of over 1,000.

Don Anderson: "I do OK." Don made national press in US News and World Report. He placed fifth in the NYS Mighty Hamptons and second at Virginia Beach Sandman. He trains a lot.

Ron Bowman: "I didn't even know what a triathlon was..."

Julie Caprio: "I decided that Lancaster would be my 'peak' race. It was the only triathlon that I had also done last year and therefore could compare my improvement over the last year. Since I had gotten lost last year on the bike, I could do the same times this year for each event and as long as I didn't get lost I would finish better. I ran out of water 8 minutes faster, biked 15 minutes faster, I didn't get lost, and ran 1 minute faster to finish with a 35 minute overall improvement which was good enough to allow me a tenth place finish."

Debbie Dudas: "More fun than sailing."

Mandy Falk: "Can you believe how dirty this water is?"

Cindy Fox-Contarino: "I can do better."

Don Kennedy: "I don't think I'll do another one."

Deirdre Wagner: "I was plagued by injuries since March." However, she completed the Nice Triathlon in France 20th overall.

Bob Walters: "Great fun, nice people and I love it."



-Advertisement

WE'RE IN THE  
RUNNING FOR  
BEST

BEST QUALITY  
BEST SERVICE  
BEST  
IMPRESSIONS!



GRAPHICS, PRINTING, PUBLISHING  
8 RANDALL STREET ANNAPOLIS, MARYLAND 21401  
Washington 261-1156 Baltimore 269-0610 Annapolis 267-9339

**RACE  
RACE**

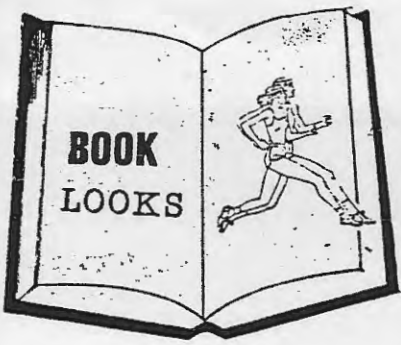
6600C Balto National Pike  
Catonsville Md 21228  
747-7878

Phil and I would like  
to take this opportunity to thank  
the members of the Annapolis Striders  
for their support the last two years.  
As we enter our third season we often  
mention to each other how many of  
our customers take the time to travel  
from Annapolis to shop at our store.

New products for '86

- Monarch Aerodyne helmets
- Aerolite Pedal system
- Oakley Eyeshades
- Guerciotti Bicycles
- Brancale shoes
- Dura Ace + 600 Shift Index System.
- Roller Blades
- Smooth tread clinchers + sew-ups
- + Many other new products.

ALEX OBRIECHT



yet (where, oh where, can you buy loose granulated fructose—I can only find it in pre-packaged packets). He features many complex carbs, such as pasta, beans, and veggies.

He also lists a complete bibliography and a helpful index. Most of all, I like Eat to Win because it introduced me to Butter Buds. I just couldn't calculate how many calories Robert saved me on my very favorite summer vegetable, corn-on-the-cob.

—Yvonne Aasen

Eat to Win. Dr. Robert Haas. Signet. 365 pages. Paperback, \$4.50.

I bought two copies of Eat to Win. My initial copy was on sale at the supermarket. Not one to pass up a bargain, at 20% off I felt it was a good buy. I had no sooner launched a vigorous campaign to clean out my arteries, when one of my boys asked if he could give the book to his girl friend at college since he couldn't find it anywhere at 20% off. (By the way, Curt, you still owe me for that!)

Then I haunted a store at the local mall where they routinely give 15% off on paperbacks, until they finally had it in stock.

This time I took a more critical approach to the "Sports Nutrition Bible," since I had read some criticism in the newspapers. The critique had warned that too little fat in the diet could hinder the absorption of fat soluble vitamins. The purported danger area would be Level One of his diet program. Really! No normal athlete in the good ol' U.S. of A. is going to break out with night blindness or rickets. I can think of no one who wouldn't sneak a bite, here and there, of something with fat in it. Besides, most normal livers will store enough vitamin A to last thru Level One. And everyone gets out in the sun for vitamin D.

Then too, Dr. Haas was roundly denounced for acquiring his credentials in biochemistry, or whatever, instead of dietetics. (He talks a lot about antioxidants and free radicals.) Here is where we can all exercise our own value judgements—we can easily skim over those pages if we consider them too boring.

Haas has 85 pages of recipes which I enjoyed reading. However, I haven't tried any of them

POSTSCRIPT: Virginia Aronson, R.D., M.S., a nutritionist at Harvard University, has this to say about Eat to Win: "Haas exaggerates the benefits of a high-carbohydrate, low-fat diet and his recommendations are too extreme. He not only prescribes dangerously low amounts of calcium and iron, but also suggests athletes eat Ginseng to prevent premature aging and provide a competitive edge. Ginseng has never been shown to help in this manner, can be toxic, and has been known to elevate blood pressure." Aronson recommends that athletes eat a more moderate diet than Haas suggests, emphasizing starchy, fibrous, "complex" carbohydrates (whole-grain breads and cereals, pasta, potatoes, rice, for example) and including a wide variety of other foods: low-fat meats, eggs, and legumes; low-fat milk and cheeses; and vegetables and fruits.



"Beans again. For once I'd like to Eat to Lose!"

**ORDER FORM FOR T-SHIRTS**

S M L XL ONE  
    STYLE  
     
    \$6.00 each

Add \$1.00 for mailing

**ORDER FORM FOR TANK-TOPS**

S M L XL ONE  
    STYLE  
     
    \$8.50 each

Add \$1.00 for mailing

**ORDER FORM FOR BUMPER STICKERS**

USA ♥ OUR RUNNERS  
 Annapolis Striders 268-1165

\$2.00 each

Add 50¢ for mailing

Mail order to: Annapolis Striders, P.O. Box 187, Annapolis, MD 21404

NAME \_\_\_\_\_

PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

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

ZIP \_\_\_\_\_

# CLUB CHAMPIONSHIP 1986 SERIES

## MD/DC CLUB TEAM RACE

WE PLACED IN BACK OF THE PACK

### THE 1986 CLUB CHAMPIONSHIP

SERIES includes 10 races. Anyone is welcome to run in these races, but to be scored you must be a Strider. Your best six finishes count toward an age group award. Completion of five races makes you eligible for an award. Anyone who completes all 10 races will win an award. Race logo patches will be given to all finishers. Any questions—call Joe Clorety 721-3362.

- |     |         |             |
|-----|---------|-------------|
| 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 |

Once a year running clubs in the area get together for a team competition called the RRCA 10-Mile Challenge. This year's race was held February 23 at Howard County Community College. The Baltimore Road Runners carried off top honors, with the Howard County Striders panting close at their heels. Annapolis Striders were at the back of the pack placing 7 out of 8 teams.

"We needed more depth," lamented Evan Thomas. He suggested announcing the race date as early as December to recruit a larger team for next year's race in February, 1987.

A total of 294 runners of all ages and both sexes compiled the 8 teams. Here are the Annapolis Striders team times:

Place	Name	Age	Time
59.	Mark Yerkes	30	61:07
84.	Eddie Anderson	22	63:36
99.	Joe Clorety	43	65:00
116.	Bill Wandel	42	66:29
125.	Bill Rosser	36	66:50
126.	Doug Pond	46	66:52
185.	Sean Sweeney	50	71:30
192.	Joe Duffy	44	72:15
203.	Thomas Mark	44	72:58
212.	Ron Bowman	36	73:44
216.	Arnie Henderson	49	74:25
218.	Tim Blewett	40	74:55
237.	Evan Thomas	44	77:03
240.	Ron Jarashow	37	77:18
279.	Will Scott	35	86:32
290.	Joe O'Boyle	43	95:46

## TIMES OF OUR LIVES

*Jean Conroy Memorial* March 9, 1986

### ORDER OF FINISH

PLACE	NAME	TIME	AGE
1	Kevin Sullivan	34:05	21
2	Brian Palmer	34:42	29
3	Lewis Carvallo	34:47	17
4	Robert Biddle	35:19	26
5	Mike Garner	35:34	18
6	Bill Ammon	37:13	40
7	John Major	37:13	37
8	Brian Wolford	37:31	16
9/1	Female Pat O'Brien	38:49	38
10	Joe Clorety	38:49	43
11	Barry Miller	39:07	39
12	Tom Prendki	39:13	29
13	Fred Shanklin	40:17	44
14	Howard Beard	40:36	39
15	William Jacobs	42:22	33
16	Thomas McKee	42:52	57
17	Jerry Clark	43:37	38
18	Evan Thomas	43:58	44
19	Tim Blewett	44:08	40
20/2	Female Julie Caprio	44:11	25
21/3	Female Maureen Lamb	44:27	24
22	Mike Matzko	45:52	15
23	Richard Hicks	46:35	49
24	Carl Weight	46:59	48
25	Jim Schraf	48:20	25
26	Steve Sutton	48:25	41
27	Dave Williams	48:41	42
28/4	Female Martha Kinsinger	50:19	51
29	George Nislein	50:26	45
30	Henry Garufi	51:09	40
31	Bill Woodbridge	51:28	48
32/5	Female Esther Weisman	52:56	54
33	Joe O'Boyle	53:03	43
34/6	Female Nancy Waddington	53:16	48
35	Bob Dean	53:23	60
36	Wayne Godwin	53:59	31
37	Bob Blum	54:32	44
38/7	Female Nancy Prue	54:37	31
39	Ray Daugherty	55:00	43
40	Bob Keller	55:03	48
41/8	Female Sue Owens	55:10	44
42/9	Female Cindy Tabor	55:11	36
43	Joe Trotto	56:30	38
44	Neal Kinsinger	57:08	51
45	Frank Staples	57:27	24
46	Tony Handler	58:01	46
47	Dick Wiltamuth	1:09:11	47
48	Khanh Vo	1:15:14	
49/9	Female Beth Chance	1:15:14	13



First flower of spring, the flower of hope.

### DIVISION WINNERS

#### MEN

1	Kevin Sullivan	34:05
2	Brian Palmer	34:42
3	Lewis Carvallo	34:47

#### WOMEN

1	Pat O'Brien	38:49
2	Julie Caprio	44:11
3	Maureen Lamb	44:27

#### 19 and Under

1	Louis Carvallo	34:47	1	Beth Chance	1:15:14
2	Mike Garner	34:34			

#### 20 To 29

1	Kevin Sullivan	34:05	1	Julie Caprio	44:11
2	Brian Palmer	34:42	2	Maureen Lamb	44:27
3	Bob Biddle	35:19			

#### 30 To 39

1	John Major	37:13	1	Pat O'Brien	38:49
2	Barry Miller	39:07	2	Nancy Prue	54:37
			3	Cindy Tabor	55:11

#### 40 To 49

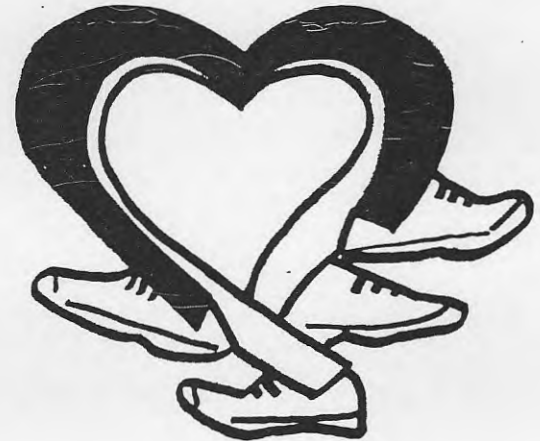
1	Bill Ammon	37:13	1	Nancy Waddington	53:16
2	Joe Clorety	38:49	2	Sue Owens	55:10

#### 50 and Over

1	Thomas McKee	42:52	1	Martha Kinsinger	50:19
2	Bob Dean	53:23	2	Esther Weisman	52:56

# valentine's twosome relay

COUPLES—5K EACH RUNNER February 16, 1986



I would like to give special thanks to my Assistant Race Director, Linda Roger's. She did a great job. Additionally I want to thank: Bill Rosser, Tom Mark, Winnie Hittle, Sean Sweeney, Randy Fox, Bill Miller (the Course Measurer) and as usual the wonderful Bob "The Timer" Walters. Without their assistance this race would not have been possible.

—Doug Pond, Race Director

PLACE	AGE GROUP	TIME	TEAM NAME	MEMBERS
1	41-60	36:49	-	Janet Walters(20:17) & Nut Hall(16:32)
2	81-100	36:59	Feverish Footwork	Pat O'Brien(18:57) & Joe Clorety(18:02)
3	81-100	38:10	-	Carol(19:08) & Bob Lasseter(19:02)
4	61-80	38:14	Fleet Footed Flirts	Carol Richardson(20:54) & Collins(17:20)
5	41-60	39:15	-	Erica Shaler(20:16) & Bruce Truog(18:59)
6	40 under	40:34	Cupid's couple	Wendy Durst(22:48) & Matt Boyd(17:46)
7	41-60	40:37	Cuff & Link	Cindi(19:53) & Bill Contarino(20:44)
8	61-80	41:30	Lonely Hearts	Susan Briers(23:52) & Jim Black(17:38)
9	41-60	42:02	-	Mary Beth(25:06) & David Webster(16:56)
10	61-80	43:03	Tortoise & Hare	Luantha Putnan(24:57) & Dennis Donehoo(18:06)
11	41-60	43:37	-	Betty Impellizzeri(25:44) & Carl Johnson(17:53)
12	41-60	43:52	Partners in Health	Wendy Jo Ballenger(23:40) & Robert Tinus(20:12)
13	61-80	44:08	Sue 'n Heal Team	Gale Cromwell(22:15) & Ron Jarashow(21:53)
14	41-60	47:59	Two Tired	Joanne Ingram(29:33) & Rick Smith(18:26)
15	Over 100	24:14	Double Trouble/Double W-Youse	Nancy(26:18) & Don Waddington(21:56)
16	81-100	48:25	The Standard Deviation	Rae Jean Goodman(24:43) & Clair Morris(23:42)
17	81-100	48:26	Flash & Dash/The Gortex Twins	Linda Jochan(26:45) & Evan Thomas(21:41)
18	61-80	48:30	Queen of Hearts	Sheila Light(24:20) & Jan Robosson(24:10)
19	41-60	48:47	Legal Eagles	Erica Fisher(27:39) & Scott Strickler(21:08)
20	61-80	48:57	-	Linda Rawson(32:09) & Frank Rawson(16:48)
21	61-80	48:58	Snuggle Bunnies	Lynn Hopkins(26:32) & Ron Bowman(22:26)
22	41-60	49:05	Scooby Scrappy	Becky(26:40) & Durrell Boyd(22:25)
23	81-100	49:13	Beauty & the Bald	Jeanne(24:16) & Jack Quinn(24:57)
24	41-60	49:23	Mother and Son	Louise(24:36) & David Zeitlin(24:47)
25	61-80	50:36	Slo Mo & Hot Foot	Virginia Allison(24:53) & John Schaun(25:43)
26	61-80	50:40	Two Left Feet	Mona(28:07) & Ken Levine(22:33)
27	61-80	51:38	Hearts a Bustin'	Carol Burke(26:56) & Anna Worsham(24:42)
28	41-60	52:59	Young & Restless	Joy(24:52) & Tom Donlin(28:07)
29	81-100	53:15	The Spies Who Went Out in the Cold	Barbara Kerr(25:34) & Ginn(27:41)
30	61-80	53:34	Pete & Repete	Nancy May(31:50) & Pete Valenza(21:44)
31	41-60	54:40	Cupids' Couriers	Mary Kelley(29:21) & Fred Jones(25:19)
32	61-80	55:36	-	Gale Rademacher(31:33) & Walter Bloss(24:03)
33	61-80	58:14	-	Cathie Hall(25:53) & Murray Korman(33:21)
34	61-80	58:17	-	Teri(31:51) & Tim Bond(26:56)

BEST NAMES: Beauty and the Bald/Jeanne and Jack Quinn capped first place. Pete & Repete/Nancy Moy and Pete Valenza were runners-up.

EDITOR'S CHOICES FOR HONORABLE MENTION: Sue 'N Heal/Gale Cromwell and Ron Jarashow, a nurse practitioner/attorney team; and for sheer simplicity, Mother & Son/Louise and David Zeitlin.

Actually, all the team names were clever. We thought some of them were occupation related, such as The Standard Deviation must certainly have something to do with computers or economics; and The Spies Who Went Out In The Cold could only have been.....

## RACE RESULTS



# WASHINGTONS BIRTHDAY

March 1, 1986



PLACE	NAME	AGE	TIME
1.	Kurt Kroemer	24	15:35
2.	Kevin Sullivan	21	15:37
3.	Stan Fletcher	32	16:32
4.	Louis Carvalho	17	16:36
5.	Brian Palmer	23	16:41
6.	Matt Mace	25	16:57
7.	Eric Peltosalo	36	16:59
8.	Bill Conroy	42	17:04
9.	Thomas Staff	24	17:19
10.	Nut Hall	28	17:25
11.	Don Anderson	34	17:27
12.	Bill Selby	28	17:30
13.	John Holzinger	29	17:50
14.	Eddie Anderson	22	18:05
15.	Rick Smith	34	18:11
16.	Bill Rosser	36	18:14
17.	Jim Hall	40	18:30
18.	Bill Ammon	40	18:31
19.	Pat O'Brien (F)	38	18:43
20.	Jim Kisenwether	28	18:52
21.	Scott Hall	25	18:55
22.	David Webster	33	18:58
23.	Tom Prendki	29	19:06
24.	Howard Beard	39	19:10
25.	Oliver Payne	33	19:18
26.	Steve Crawford	15	19:25
27.	Doug Pond	46	19:26
28.	Don Kreinbrink	23	19:29
29.	Jerry Haley	37	19:31
30.	Joe Amato	42	19:39
31.	Paul Cleaver	30	19:43
32.	Cindy Fox-Contarino (F)	25	19:49
33.	Richard Dugan	41	19:59
34.	Clay Stevens	26	20:04
35.	Monte Dzurenko	24	20:11
36.	Dan Sandison	15	20:11
37.	Neal Wolle	25	20:16
38.	Joe Duffy	44	20:18
39.	Ron Bowman	36	20:22
40.	William Jacobs	33	20:26
41.	John Jolly	22	20:42
42.	Bill McKeever	41	20:49
43.	Will Scott	35	20:52
44.	Rob Pannell	40	20:57
45.	James Woodcock	42	21:00
46.	Tom McKee	57	21:02
47.	Cease Ferri (F)	23	21:02
48.	Bill Contarino	27	21:06
49.	Dennis Williams	42	21:08
50.	Michael Mayer	38	21:09
51.	Don Kennedy	38	21:10
52.	Ron Jarashow	36	21:16
53.	Emmanuel Ross	25	21:18
54.	Jim Fratino	52	21:23
55.	John Coder	40	21:28
56.	Darren Hayes	15	21:33
57.	Mike McAusland	51	21:34
58.	Kim Adams (F)	21	21:35
59.	Don Waddington	53	21:44
60.	Charlton Archard	19	21:48
61.	Mike Impellizzeri	43	21:57
62.	William Daywalt	29	22:06

63.	Gale Cromwell (F)	31	22:14
64.	Darlene Dabbs (F)	31	22:25
65.	John Davis	24	22:37
66.	James Schraf	25	22:49
67.	Tom Donlin	35	22:54
68.	Paul Duffy	17	22:57
69.	John Lockwood	45	22:58
70.	Preston Tillman	45	23:02
71.	Eleanor Elster (F)	35	23:08
72.	Robert Donald	46	23:10
73.	Tom Sullivan	38	23:11
74.	Donnie Johns	18	23:13
75.	Regina Rochez (F)	36	23:14
76.	Dave Williams	42	23:17
77.	Bob Beck	42	23:20
78.	Charles Floyd	32	23:21
79.	Brian Haley	12	23:22
80.	James McCutcheon	42	23:23
81.	Martin Rosenberg	42	23:24
82.	Doug Burkhardt	48	23:26
83.	Pam Haley (F)	36	23:28
84.	Susan Bonner (F)	36	23:33
85.	Laura Lehr (F)	19	23:39
86.	Christina Coughlin (F)	16	23:44
87.	Earl Scott	45	23:45
88.	Mike Long	45	23:46
89.	Martha Kinsinger (F)	51	23:49
90.	Pat Hoffman	42	23:50
91.	Gif Munger	42	23:57
92.	Steve Klakring	33	23:59
93.	Kathy Finkelstein (F)	36	24:02
94.	Janet Lantry (F)	14	24:04
95.	Gerald Fichtner	48	24:04
96.	Richard Lantry	46	24:10
97.	Jan Robosson (F)	37	24:12
98.	Howard Berry	43	24:14
99.	C. E. Morris	50	24:20
100.	Wally Bloss	32	24:22
101.	Andrea Kay (F)	15	24:27
102.	Rae Jean Goodman (F)	38	24:34
103.	Tom Burton	41	24:37
104.	Katherine Whitesel (F)	16	24:38
105.	Esther Weisman (F)	54	24:40
106.	Dale Vogel	55	24:41
107.	Kevin Murnane	30	24:57
108.	John Kurpjuweit	41	25:02
109.	Mike Connaughton	42	25:10
110.	Kathy Munger (F)	40	25:28
111.	Brian Barnes	24	25:30
112.	Fred Paone	34	25:32
113.	Jonas Legum	37	25:34
114.	Joe O'Boyle	43	25:49
115.	Gene Humphrey	53	25:50
116.	Barry Hammond	42	25:52
117.	Barbara Watkins (F)	44	26:03
118.	J. C. Ryan	60	26:06
119.	Joseph McCann	30	26:08
120.	Jim Wick	49	26:20
121.	Bob Dean	60	26:23
122.	Bill Vogenitz	38	26:38
123.	Ray Chapman	38	26:47
124.	Neal Kinsinger	51	26:49
125.	Gerald Ferri	30	26:55
126.	Mike Schlegel	41	26:56
127.	Mary Lou Hawkins (F)	44	27:00
128.	Mike O'Boyle	17	27:05
129.	Yvonne Aasen (F)	54	27:21
130.	Joseph D'Andrea	42	27:23
131.	Mandy Falk (F)	36	27:23
132.	Alan Wycherly	43	27:46
133.	Lynn Hopkins (F)	32	27:49
134.	John Straub	13	28:19
135.	Nancy Prue (F)	31	28:20

136.	Tom Chapman	21	28:48
137.	Rod Beach	62	29:04
138.	Carol Huddy (F)	48	29:08
139.	Veronica McCann (F)	27	29:23
140.	Sharon Ault (F)	34	29:27
141.	Margaret Johnston (F)	34	29:29
142.	Bonnie Denner (F)	44	29:49
143.	Mark Mallach	31	30:48
144.	Thomas Ervin	36	30:49
145.	Julia Barnes (F)	24	30:50
146.	Bob Sponsler	54	40:26
147.	Bruce Sponsler	32	40:27
148.	John Wall (Race Walker)	72	46:07

### WORKERS' RUN

Earl Keicher	32	20:01
Evan Thomas	44	21:23

### Thanks

Thanks to those who helped with the Washington's Birthday 5K: Mary Ann Keicher, Lloyd-Ellen Thomas, Andrew Thomas, Sean Sweeny, John Wall and Joe Walsmith.

We still have the prizes for a few age group winners who were not present for the awards ceremony (Stan Fletcher, Jim Hall, and J.C. Ryan). To claim them please call me (760-9188).

Evan Thomas,  
Assistant Director

### OVERALL MALE

Kurt Kroemer 15:35

### MEN UNDER 20

1.	Louis Carvalho	16:36
2.	Steve Crawford	19:25
3.	Dan Sandison	20:11

### MEN 20 - 29

1.	Kevin Sullivan	15:37
2.	Brian Palmer	16:41
3.	Matt Mace	16:57

### MEN 30 - 39

1.	Stan Fletcher	16:32
2.	Eric Peltosalo	16:59
3.	Don Anderson	17:27

### MEN 40 - 49

1.	Bill Conroy	17:04
2.	Jim Hall	18:30
3.	Bill Ammon	18:31

### MEN 50 - 59

1.	Tom McKee	21:02
2.	Jim Fratino	21:23
3.	Mike McAusland	21:34

### MEN 60 AND OVER

1.	J. C. Ryan	26:06
2.	Bob Dean	26:23
3.	Rod Beach	29:04

### OVERALL FEMALE

Pat O'Brien 18:43

### WOMEN UNDER 20

1.	Laura Lehr	23:39
2.	Christina Coughlin	23:44
3.	Janet Lantry	24:04

### WOMEN 20 - 29

1.	Cindy Fox-Contarino	19:49
2.	Cease Ferri	21:02
3.	Kim Adams	21:35

### WOMEN 30 - 39

1.	Gale Cromwell	22:14
2.	Darlene Dabbs	22:25
3.	Eleanor Elster	23:08

### WOMEN 40 - 49

1.	Kathy Munger	25:28
2.	Barbara Watkins	26:03
3.	Mary Lou Hawkins	27:00

### WOMEN 50 - 59

1.	Martha Kinsinger	23:49
2.	Esther Weisman	24:40
3.	Yvonne Aasen	27:21



# WHATS COMING UP

ANNAPOLIS STRIDER EVENTS CALENDAR FOR 1986



All Official Striders Events Are Underlined

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

DATE	TIME	RACE -RUN - DISTANCE	LOCATION	RACE DIRECTOR	ASSISTANT DIRECTOR
2nd Monday of each month	7:30 PM	<u>Annapolis Striders Board Meeting</u>	Arundel Center Annapolis, MD	Nancy Waddington 956-2061	
Every Saturday	7:00 AM	<u>Informal Training Runs</u>	Annapolis Mall Rt. 450 & Defense Hwy.	Hotline 268-1165	
Every Sunday	7:30 AM	<u>Informal Training Runs</u>	Navy/Marine Corps Stadium, Annapolis, MD	Hotline 268-1165	
April 6 Sunday	2:00 PM	<u>Cherry Pit 10-Mile Race #2 Championship Series</u>	South River High School, Edgewater, MD	Nancy Waddington 956-2061	Leon Johnson 956-4335
April 13 Sunday	8:00 AM	<u>Governor's Bay Bridge Run 10K (entries closed)</u>	Sandy Point State Park, Annapolis, MD	Mike van Beuren Hotline 301-268-1165	
April 19 Saturday	9:00 AM	2nd Annual YWCA Fundraiser 10K & 2-Mile Fun Run	City Dock Annapolis, MD	Mary Simmons 263-6941	YWCA 268-5093
April 26 Saturday	8:00 AM	<u>2-Mile Track Race #3 Championship Series</u> Register on race day \$2 members; \$3 non-members <u>Runs for Kids</u>	Broadneck High School (off College Parkway) Arnold, MD	Louise Zeitlin 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	O.A. County Recreation & Parks (301) 758-0835 or 778-4430	
May 3 Saturday	8:30 AM	6th Annual May Day Race Against Cancer 10K	The Market Place Rt. 450 & Stoneybrook Dr., Bowie, MD	Irene Smyth 464-0516	Am. Cancer Society 864-7361
May (date to be scheduled)		<u>Truxtun Park Trail Work Day</u>	Truxtun Park Annapolis, MD	Pam Andersen 267-0524	
May 24 Saturday	1-3 PM	<u>Race Director's Clinic</u>	Arundel Center Room 117, Annapolis, MD	Pat O'Brien 757-0462	Joe Walsmith 956-4427
May 25 Sunday	9:00 AM	<u>Triathlon: 1/4-Mile Swim 3.5-Mile Run, 12-Mile Bike</u> (Please note change in time and distances from previous announcements)	South River H.S. Edgewater, MD	Bill Ammon 544-2082	Don Waddington 956-2061
June 1 Sunday	8:00 AM	<u>1-Hour Track Run</u> Register on race day: <u>\$4 Striders; \$5 non-members</u>	Broadneck High School (off College Parkway)	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	6:00 PM	<u>Truxtun Park Series Fun Runs: 1 mile &amp; 4 miles</u> And every Thursday thru August 14 for 10 weeks	Truxtun Park Annapolis, MD	Mike van Beuren Hotline 268-1165	
June 15 Sunday	8:00 AM	<u>Father's Day 10K #4 Club Championship Series 1/2-Mile Fun Run for Kids</u>	Loch Haven Recreation Area, Edgewater, MD	Orv Pratt 798-4126	Jim Fratino 956-3507

(continued on next page)

# Annapolis Striders

1986 CALENDAR CONTINUED

<u>DATE</u>	<u>TIME</u>	<u>RACE - RUN - DISTANCE</u>	<u>LOCATION</u>	<u>RACE DIRECTOR</u>	<u>ASSISTANT DIRECTOR</u>
June 28 Saturday	8:00 AM	<u>Two Person 10-Mile Relay</u> (2 runners to a team)	Broadneck High School Arnold, MD	Bill Vogenitz 974-1998	Ron Bowman 757-0609
Registration on race day: \$4 Striders; \$5 non-members					
July 4 Friday	8:00 AM	Choptank River Run 5 miles & 2-Mile Fun Run	Cambridge Creek Bridge, Maryland Ave. Cambridge, MD	David Webster 301-228-4211	
July 12 Saturday	6:30 PM (Juniors) 7:00 PM (Adults)	<u>1-Mile Track Race &amp; Junior</u> <u>Medley for 10 &amp; Under</u> <u>#5 Club Championship Series</u>	Annapolis High School Riva Road Annapolis, MD	Pat O'Brien 757-0462	Ed Green 236-6534
July 19 Saturday	8:00 AM	<u>Women's Distance Festival 5K</u> <u>(Women only) &amp; 1-Mile Fun</u> <u>Run for girls 15-17 and under</u>	U.S. Naval Academy Annapolis, MD	Joy Donlin 268-0498	Pam Andersen 267-0524
July 19 Saturday	9:00 AM	<u>Run After The Women 5K</u> <u>(Men only)</u>	U.S. Naval Academy Annapolis, MD	Eddie Anderson 956-3672	
July 26 Saturday	7:00 AM	<u>Moore's Marines Marathon</u> <u>Training Begins</u>	Annapolis Mall Equitable Bank	Ben Moore 268-3832	
And every Saturday until Marine Corps Marathon on November 2					
July 27 Sunday	7:30 AM	<u>Moore's Marines Marathon</u> <u>Training Begins</u>	Navy/Marine Corps Stadium, Annapolis, MD	Ben Moore 268-3832	
And every Sunday until Marine Corps Marathon on November 2					
August 2-3 Sat. & Sun.	12 Noon to 12 Noon	TWENTY-FOUR HOUR RELAY	Mullins Field Ft. Meade, MD	Bill Wandel 672-3164	
(to be confirmed)					
August 10 Sunday	8:00 AM	<u>Dog Days of Summer 8K</u> <u>Cross Country Race</u> <u>#6 Championship Series</u>	Anne Arundel Community College Arnold, MD	Tim Blewett 721-9609	
August 16 Saturday		<u>Worker's Picnic for</u> <u>Annapolis 10-Mile Run</u>	to be announced	Mike van Beuren Hotline 268-1165	
August 23 Saturday	7:00 AM	<u>Workers Run for Annapolis</u> <u>Ten-Mile Run</u>	Navy/Marine Corps Stadium, Annapolis, MD	Hotline 268-1165	
August 24 Sunday	7:30 AM	<u>Annapolis Ten-Mile Run</u>	Navy/Marine Corps Stadium, Annapolis, MD	Mike van Beuren 268-1165	Tim Blewett 721-9609
September 7 Sunday	8:00 AM	<u>Severna Park 5-Mile Run</u> <u>#7 Club Championship Series</u>	Severna Park H.S. Benfield & Robinson Roads, Severna Park, MD	Delma Miller 268-7086	Louise Zeitlin 757-1407
September 14 Sunday	8:00 AM	<u>Biathlon: 10K Run &amp;</u> <u>20-Mile Bike</u>	South River High School, Edgewater, MD	Don Waddington 956-2061	Gale Cromwell 647-4729
September 28 Sunday	8:00 AM	Dorchester County YMCA 10K Run & 2-Mile Fun Run	YMCA, Talbot Ave. Cambridge, MD	David Webster 301-228-4211	
October 12 Sunday	8:00 AM	<u>Metric Marathon 26.2K</u> <u>(16.2 miles)</u> <u>#8 Club Championship Series</u>	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	<u>Cold Turkey 20K (12.4 miles)</u> <u>#9 Club Championship Series</u>	South River High School Edgewater, MD	Pat Hoffman 268-6092	Ken Thorn
December 7 Sunday		Baltimore Marathon <u>(Striders work mile 13 waterstop)</u>	Baltimore, MD	Gerte Spadone 841-6894	
December 27 Saturday	11:00 AM	<u>Anniversary Run 15K</u> <u>#10 Club Championship Series</u>	U.S. Naval Academy Annapolis, MD		

PLEASE CALL HOTLINE OR RACE DIRECTOR TO CONFIRM TIME AND PLACE  
HOTLINE (301) 268-1165