

STREAK

VOLUME VIII

NUMBER IV

AUGUST 1986



ANNAPOLIS STRIDERS

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

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STREAK

volume VIII number 4

ANNAPOLIS STRIDERS

august 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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SEPTEMBER



PRESIDENT REPORTS ON ROAD RUNNERS CLUB OF AMERICA CONVENTION

I enjoyed the RRCA Convention held in Portland, Maine. It was especially nice to have nine other Striders with me.

Henley Gible, our speaker at our annual awards banquet in March, was elected president of the RRCA. She is the first female to hold this office. Henley was helpful in our successful effort to legalize road racing in Maryland. We are fortunate that Henley lives in Arlington, Virginia.

The National Championship 10K was run on Sunday May 18, the last day of the RRCA convention. The Striders had two award winners: Pat O'Brien and Yvonne Aasen. Don Waddington observed the finish line procedure. (Unfortunately, he had hurt his foot in a Friday fun run and couldn't participate in the 10K.) He was so impressed with the accuracy and speed that we have subsequently purchased the software. Mike van Beuren hopes to use this com-

puter system for the Annapolis 10-Miler. Those of you who ran the Father's Day 10K witnessed the effectiveness of this system.

I learned a great deal from members of other clubs. It is encouraging to know that we aren't alone in dealing with problems related to operation of a running club. For instance, our problems of handling 2500 runners at the Annapolis 10-Miler are minuscule compared to those that have been solved by the people in Spokane, Washington. They handle 80,000 runners in the Bloomsday Race.

One negative note was the information I received on the TAC insurance. The TAC (The Athletic Congress) official told the convention that member clubs couldn't see the policy. I was appalled at the arrogance displayed by the TAC people and, frankly, by the RRCA leadership on this issue. Apparently, this problem has been resolved and we can now actually see our insurance policy. The TAC insurance isn't the greatest deal; however, it is the only deal.

Next year we can all go to the RRCA Convention. It will be sponsored by the Montgomery County Road Runners Club and will be held in Rockville, MD. The Montgomery County people came well prepared and beat out a club in Boulder, Colorado, and one from Mississippi. The Fritsby's 10K will be the National Championship in 1987.

Doug Pond,
President

EDITORS REMARKS

'PLEASE HELP ME': The dog looked so forlorn as it approached us with a hopefully wagging tail. It had no collar and no identification. We observed red tinged marks on the fur of the dog's neck and ears. It looked as if it had been in a fight—and lost. It looked at us with pleading eyes as if begging us to do something to help it. It was a truly pathetic sight. A lost dog.

My running partner, Nancy, and I concluded that we just couldn't leave the animal there on the road, one of us would have to take it home. Nancy volunteered because she had a screened porch and I already had a dog.

Just then we heard a call and a whistle. The dog ran up the walk and disappeared in the doorway of a house.

To think that we were almost dognappers. It turned out that the dog lived there. Even though it was on medication for allergies it still scratched itself raw.

There must be a moral there somewhere.

MY FAVORITE RACE: Nancy ran the TWO-PERSON 10-MILE RELAY with me. Nancy hadn't raced for two years and this was her first Strider event. She was delighted to go home with a certificate and medallion. Her miles were uniformly consistent.

(continued on next page)

I was pleased too because I had always wanted to run that race—and I finally did it. To help eat up the miles I named each mile after one of my kids. Anna's mile was the fastest and Will's (the youngest) was the slowest. I felt the worst on Wyatt's mile and the best on Curtis. What can I say about Stuart's mile—he's the middle kid. It was the halfway mile. One thing I learned from the race—I can't possibly run the TWENTY-FOUR-HOUR RELAY—I don't have enough kids.



WELCOME TO THOSE WHO HAVE RECENTLY JOINED THE STRIDERS

SPEAKING OF FAVORITE RACES: "My Favorite Race" is my favorite column and we don't have a story for this issue. I know there is a wealth of interesting, humorous, and poignant stories out there. Please jot your favorite, or unfavorable, story down and send it to me. It doesn't have to be a perfect manuscript and it doesn't have to be typewritten.

WE COULD ALL IMITATE: Anne Chamberlain made a hobby of learning one new name each week on her training runs with Moore's Marines. We could each do well to imitate her and meet someone new at each race or run. It would go far to enhance the friendliness of our club.

THANKS TO THESE STRIDERS: Bill Law had the help of six efficient people to prepare the June Streak for mailing. They were Carol Huddy, Don Waddington, Ron Bowman, Gale Cromwell, Louise Zeitlin, and Kathy Bridges.

Bob Hunton, I convinced Bill that you really wanted to help, especially now that you have a running injury. He promised to call you next time. He usually calls people who live nearby. He usually has to call on very short notice too.

Thanks to Eleanor Elster for her great help with this issue. Her brother, Dave Ansel, contributed some art work, which was nice since Barbara Kerr said she's running out of ideas.

DEADLINE: The deadline for the October Streak is September 9.

—Yvonne Aasen
647-0879

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Robert Schnabel
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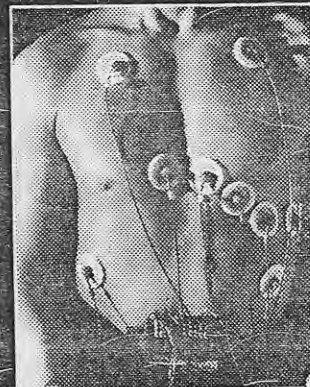
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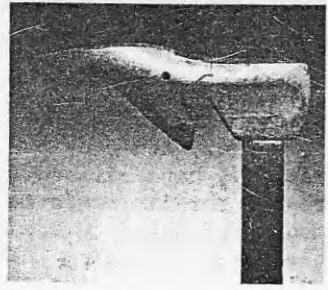


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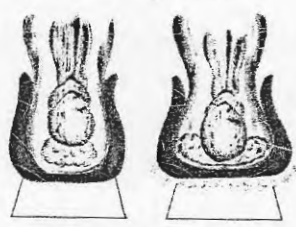
An ordinary form.



Turntec's form.

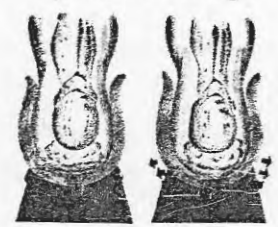


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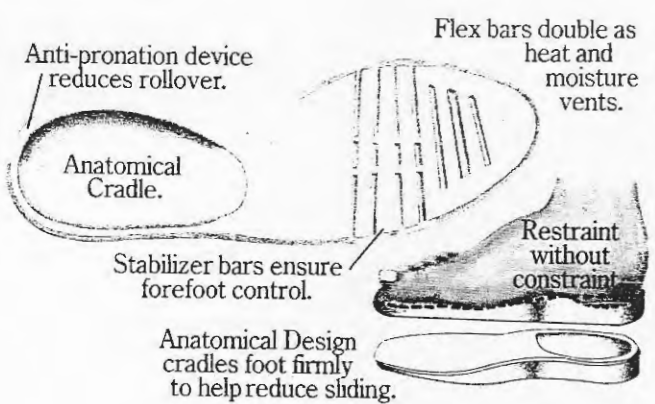


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TRAINING TIPS

by Pat O'Brien

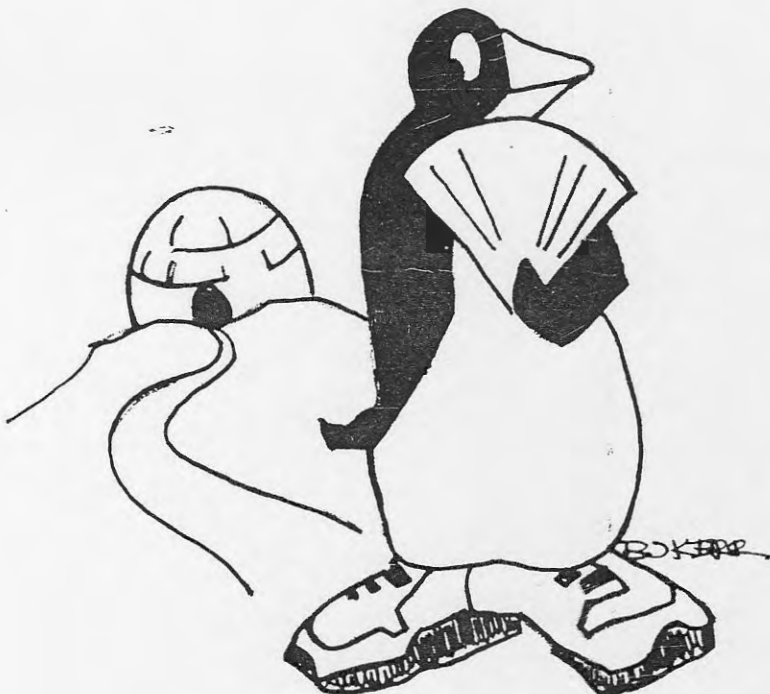
THE COOL DOWN (THE RACE DOESN'T END WHEN YOU CROSS THE FINISH LINE)

This article was adapted from the ideas and experience of Joe Parvis, a fellow Strider who runs track at Severna Park High School. Thanks Joe. We welcome Training Tips from any of our members.

How many times have you crossed the finish line in a road race and then spent the next hour standing around socializing? The price you pay for this post-race camaraderie is sore, stiff, tight legs later that evening and the next day. There's a way to avoid this racing "hangover"; it's called the post-race cool down, and it's as important to your racing strategy as the race itself.

Just as warming up before a race prepares the body for the stressful race pace effort, the cool down helps the body recover from the impact of the race. The key word to a proper cool down is easy.

The first part of the cool down consists of about ten minutes of an easy jog or moderate walk. The distance covered isn't important, it's the time spent in easy exercise of the muscles just used for racing.



After the ten minutes of jogging/walking, engage in an easy routine of stretching. The individual exercises should be the same as those used during the warm-up period. Remember to do static stretching (no bouncing) and to hold the stretched position for 7-10 seconds. If your muscles feel especially tight right after the race, do fewer stretches and don't force them.

What are the physiological benefits of the cool down? First, it will prevent sudden changes in your cardiovascular system which can result in light-headedness or even fainting. The key factor is to bring the heart rate down slowly.

Consider the fact that with race pace effort your heart rate may have climbed to 160-180. This increased cardiac performance circulated large amounts of blood to the lungs as well as the muscles used in racing. To abruptly end a run without a cool down may cause a sudden drop in the heart rate. This will interfere with the heart's ability to process the large volume of blood which was shunted to the lungs and legs during the race.

' THE COOL DOWN IS AN IMPORTANT '
' LAST STEP IN A HARD TRACK WORK- '
' OUT SESSION FOR ALL OF THE SAME '
' REASONS AS FOR RACING. '
! ----- !

This leads to the second reason for taking time to cool down after a race. If the blood pools in the leg muscles then the waste products which have accumulated as a result of your anaerobic effort will bathe the muscle tissue and leave them feeling sore, stiff and tight well into the next day or so. At the lung site, pooling of this blood can cause some congestion to occur and you may experience a productive cough and some discomfort with deep breathing.

Both of these unwanted side effects of racing can be avoided, or at least minimized, by a proper cool down. That ten minutes of easy jogging followed by stretching enables the heart to slow gradually from 160-180 to a rate below 100. This will allow time for the adaptive changes to take place in the circulatory pathways of the heart and lungs.

Additionally, easy exercising will cleanse the leg muscles of the accumulated waste products of racing. That easy jog keeps blood circulating through the muscles so that the lactic acid can be transported from the legs to the liver. there it is converted into a less harmful form and eventually eliminated in the urine produced by the kidneys.

(continued on next page)

Because the cool down should begin a few minutes after you've finished the race, save the post race socializing until after the cool down. In many instances you can combine the socializing with the cool down; an easy post-race jog with a fellow competitor provides a great opportunity for sharing racing lore.

Keep in mind that all of the changes that your body underwent in order to perform at race pace effort need to be reversed when the race is over. It is the cool down routine that provides for this very important recovery process. Don't forget that adequate recovery will provide you with insurance against injury so that you can continue to train and race according to plan.

TRAINING TIPS

SPORTS MASSAGE GAINS IN POPULARITY

by Mary Kent Norton

Sports massage and the routine practice of receiving massage is becoming increasingly accepted in this country where in Europe it has been eagerly advocated for a long while. The increasing science of proper movement and the use and care of muscles, tendons and ligaments of the musculoskeletal system is becoming well known and well documented.

Up to a few years ago massage was linked in this country with a kind of hedonism and had a questionable linkage in many minds with "massage parlors."

Today there is a new understanding of the therapeutic power of bodywork and massage. This includes many modalities from Swedish massage to Acupressure to Feldenkrais movement and Trager Psychophysical Integration Systems which is my particular preference. It is all a part of reducing stress, relaxing muscles, increasing the balance of the autonomic nervous system, and readying a person's whole psychophysical system to be freer and easier without straining and damaging the body.

For a number of years now I have been working with runners and triathletes in bodywork, movement, and massage, and am excited about the kinds of results that are happening for them.

Massage and the bodywork listed above can be an adjunct to training in several ways: by enabling the athlete to recover from injury more rapidly and completely with less likelihood of chronic problems by maintaining muscles at their best state of relaxation, flexibility and nutrition. And by reducing soreness, enabling the athlete to recover more quickly and to train at a higher level, thus pushing back the fine line between maximum training and over-training.

The therapeutic value of this massage and bodywork lies in its numerous and combined physiological and psychophysical effects. It improves the cardio-vascular and lymphatic flow which helps to increase cellular nutrition, reduces edema, helps with toxin removal. It decreases muscle soreness, pain and fatigue while increasing metabolism. It helps the whole muscular skeletal system for increased flexibility, decreasing spasms, adhesions, and pain, and aids in fracture healing while increasing overall body awareness.

The hope is that all athletes will begin to make some form of massage a routine part of training for just living and running well. So often we care for our cars routinely, whereas we run our bodies around and around without giving them the respect and proper "tune up" that they deserve. The field of massage and bodywork is expanding, and real breakthroughs are occurring just as records are being broken time after time in the sports arena.

As stated above my particular focus in this field is the Trager approach which involves gentle rocking and movement for releases of blocks in body and mind, and also Cranio-sacral techniques of non-intrusive yet profound work which balances and releases lesion patterns in the body.

There are a number of professional and certified body workers and massage therapists in the area. Among them are: Renee Anderson at the Studio Salon, 268-3430; Patricia Bentley 956-4163; Kathleen Daniels 923-3727; Linda A Ford 923-6350; Michele Lowman 974-0858; Mary Kent Norton 268-2322; Elsie Sears 268-2563; and Betty Worthington 757-6367.



MOORE'S MARINES

SAFETY

MOORE'S MARINES ARE DEFENSIVE RUNNERS

by Pat O'Brien

July 26 marks the start of Moore's Marines VII training for the 1986 Marine Corps Marathon. For the next twelve Saturdays runners of all ages and abilities will fortify their mileage base and build up their endurance through the "long, slow distance" run.

These early morning runs begin promptly at 0700 as runners leave the Equitable Bank parking lot next to the Annapolis Mall and Route 450. Come a few minutes early so that you can listen and loosen up as Col. Moore shares some practical training tips and leads the group through a stretching warm-up. Schedules for the twelve weeks of training for the November 2 marathon will be distributed before and after the training runs on Saturday.

We encourage you to join the ranks of runners aspiring to complete the marathon. Ben Moore has a very special expertise with "first timers" and will guide you through the increasing rigors of training with patience and confidence.

Moore's Marines has been conducting its training runs on Route 450 for the past six years and, thusfar, has had no catastrophic encounters with vehicular traffic. We would like to maintain this record of runner safety, and in order to do so it becomes necessary for you the runner, to assume some responsibility.

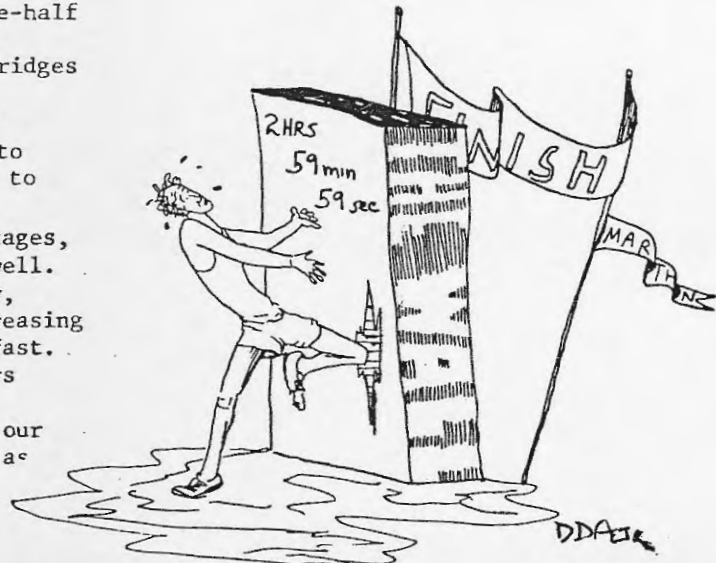
A few words about the course, for those of you who are new to it, will help to underscore the need for safety-wise running. The route is an out-and-back run along route 450, Defense Highway. The road is winding, moderately hilly, and has paved shoulders. There are mile markers painted on the shoulder at one-half mile intervals and water stops are located every two miles along the course. Kathy Bridges will tend the water stops again this year. Many a runner's dampened spirits have been lifted by the sight of Kathy—in addition to liquid refreshment, she has warmth and wit to offer.

Though running on 450 has many advantages, there are some distinct disadvantages as well. There are many curves with poor visibility, the shoulders are narrow, there is an increasing volume of traffic and the cars drive too fast. It is necessary, therefore, that we runners assume responsibility for our safety by exercising good judgement as we engage in our workout. Keep the following tips in mind as you run:

SAFETY TIPS FOR 450

1. Wait for a green light before crossing from the parking lot over to 450 at the start of the run (40 people haphazardly crossing the street is dangerous as well as foolish).
2. Always run within the confines of the road shoulder and be attentive to oncoming traffic. Keep in mind that vehicular traffic also uses the shoulders of the road.
3. The curve at the 3½-4-mile mark is very dangerous and cars routinely have two wheels in the shoulder when negotiating it. Look, listen and run defensively not only here but all along the route.
4. On mornings after a rain or heavy dew, the road surface is very slippery. Be especially tuned in to oncoming traffic in these circumstances and be ready to react, if necessary.
5. Take water (6 to 8 oz.) at each of the water stops.
6. Don't run alone.
7. Keep in mind that drivers are not expecting to encounter pedestrian traffic on 450. Relax and enjoy your run but remain aware of road traffic and be ready to react defensively.

See you out at 450—for an enjoyable and safe launch of Moore's Marines VII.
OOO-RAH!!!



SAFETY

SURVIVAL PRE-EMPTS PR

by Eric Fredland

I collapsed from heat exhaustion thirty yards before the finish line of the Fine Arts 10K on June 7. The paramedics carted me off to the hospital, giving me oxygen and IV fluids on the way. I was released less than three hours later, several hundred dollars poorer, but feeling fine—less tired and aching—than I often feel after a race. (I haven't yet received the hospital bill.)

There are two reasons for writing this article. First, I want to publicly thank Kathy and Gif Munger, Pat O'Brien, and all the others who ministered to me. Because of their knowledge of symptoms and treatment, and their diligent efforts, a serious—potentially even fatal—situation was instead just my most expensive T-shirt ever.

The second reason is to share lessons learned with those of you who may be interested in averting a like experience. Some things I already knew: I've trained in the heat of the day and I have certainly raced under worse conditions (remember the Dog Days of Summer 8K two years ago?), so I can't say I was ignorant of hot weather running. I also knew enough to drink fluids. I took a good slug of water before the race and stopped and drank a full cup at the water stop at three miles.

Here are the two pointers learned from the school of experience:

(1) I did not take the heat seriously. I knew the heat and humidity would slow me down. "No PR today," I thought to myself at the start. Still, I felt good—warmed up, strong and confident. I figured maybe I could be within about a minute of my best, and to give myself a push, I decided to see how long I could keep Doug Pond,



"I don't know where I went down."

whose 10K time is at least three minutes faster than mine, in sight. Questionable strategy under ideal conditions. Singularly stupid under the conditions at hand (low 70s and 95% humidity). I lost Doug before the third mile but I was under 20 minutes and only about 15 seconds off my PR. The next two miles were slower, but still under sevens. "When conditions are adverse, you just need to work a little harder," I thought. I don't remember the last half mile at all. I have no personal knowledge of where I went down. So the first lesson is that one must take the heat seriously. It is not just an obstacle to overcome, but a real danger.

(2) The second lesson is that I can't rely on signals from the body to tell me when I've had enough in a heat situation. I felt very tired and wished very much that there were a second water stop, but I didn't feel cramped and I had no nausea or headache. I remember wondering where the six mile sign was and I remember thinking that the race was almost over. And then I remember nothing. Amnesia is not unusual in that situation, I've been told. So, lesson two: slow down before you fall down.

Do I regret not finishing the race? Not a bit. I realize how lucky I was to have reached a point where there were people who saw what was happening and knew what to do. Next time I will plan my race carefully, and be much more alert to feeling tired, or any other symptom of heat stress.

HEAT STRESS. Heatstroke or sunstroke is a life-threatening condition that occurs when the body's temperature-regulating mechanisms fail. Sweating stops, skin appears red or mottled and dry, body temperature rises, the pulse is strong and rapid, the victim may become disoriented or lose consciousness. The National Safety Council advises that a victim be moved to a shaded spot and placed in cool water or sponged off. Mouth-to-mouth resuscitation may be necessary, and medical attention should be sought immediately.

EDITOR'S NOTE: Also see "Survival Strategies For Summer Running" by Pat O'Brien on page 9 of the June 1986 issue of the Streak. Call or write the editor for a reprint.

RACE RESULTS AND STANDINGS



1986 CLUB CHAMPIONSHIP SERIES

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 | |

Young Women 13 & under	5k	10m	2m	10k	Total
					0

Women under 20	5k	10m	2m	10k	Total
Christina Coughlin	1	35	35	1	72
Janet Lantry	2	35	1	35	73
Katherine Whitesel	3	35	2	35	75

Women 20-29	5k	10m	2m	10k	Total
Cindi Fox-Contarino	1	35	35	2	73
Suzanne Dalton	35	35	1	4	75
Allyson McCormick	35	35	35	1	106
Jennifer Fuller	35	35	2	35	107
Cease Ferri	2	35	35	35	107
Maureen Lamb	35	35	35	3	108
Nancy Hans	35	35	3	35	108

Women 30-39	5k	10m	2m	10k	Total
Nancy Frue	12	4	4	4	24
Eleanor Elster	4	35	2	1	42
Rae Jean Goodman	9	35	3	3	50
Margaret Johnston	14	3	35	5	57
Patricia O'Brien	1	35	1	35	72
Darlene Dabbs	3	1	35	35	74
Sharon Hammond	35	2	35	2	74
Gale Cromwell	2	35	35	35	107
Regina Rochez	5	35	35	35	110
Chris Kamenoff	35	35	5	35	110
Susan Bonner	6	35	35	35	111
Jean Snyder	35	35	6	35	111
Barbara Goldberg	35	35	35	6	111
Charlotte Caruso	35	35	35	7	112
Kathy Finkelstein	7	35	35	35	112
Jan Robosson	8	35	35	35	113
Kathy Munger	10	35	35	35	115
Mandy Falk	11	35	35	35	116
Sharon Ault	13	35	35	35	118

Women 40-49	5k	10m	2m	10k	Total
Anne Chamberlain	35	1	1	1	38
Barbara Watkins	1	2	35	35	73
Nancy Waddington	35	35	2	2	74
Carol Huddy	3	3	35	35	76
Mary Lou Hawkins	2	35	35	35	107
Jean Dwyer	35	35	35	3	108
Bonnie Denner	4	35	35	35	109

Women 50 and over	5k	10m	2m	10k	Total
Martha Kinsinger	1	1	1	1	4
Yvonne Aasen	2	2	2	2	8

Young Men 13 and under	5k	10m	2m	10k	Total
John Straub	1	35	1	1	38

Men 14-19	5k	10m	2m	10k	Total
Dan Sandison	3	35	1	2	41
Paul Duffy	5	2	35	1	43
Louis Carvalho	1	1	35	35	72
Steve Crawford	2	35	35	35	107
Charlton Archard	4	35	35	35	109

Men 20-29	5k	10m	2m	10k	Total
Brian Palmer	2	1	1	2	6
Matthew Mace	3	2	2	4	11
William Daywalt Jr.	13	6	35	7	61
Kevin Sullivan	1	35	35	1	72
Nut Hall	4	35	3	35	77
Tom Frenski	8	3	35	35	81
Clay Stevens	9	5	35	35	84
Neal Wolle	10	4	35	35	84
William Contarino	12	35	35	5	87
Robert Biddle	35	35	35	3	108
Eddie Anderson	5	35	35	35	110
Jim Kisenwether	6	35	35	35	111
Dan Fratino	35	35	35	6	111
Scott Hall	7	35	35	35	112
John Jolly	11	35	35	35	116
John Davis	14	35	35	35	119

Men 30-34	5k	10m	2m	10k	Total
Paul Cleaver	4	7	4	6	21
Earl Keicher	5	2	2	35	44
Mike van Beuren	35	35	1	1	72
Mark Yerkes	35	1	35	2	73
Rick Smith	2	5	35	35	77
Rick Woods	35	3	35	4	77
Bob Miller	35	35	3	5	78
Bob Jones	35	6	35	3	79
Steve Klakring	8	10	35	35	88
Wally Bloss	9	9	35	35	88
Don Anderson	1	35	35	35	106
Oliver Payne	3	35	35	35	108
Terry Eplee	35	4	35	35	109
William Jacobs	6	35	35	35	111
Charles Floyd	7	35	35	35	112
Robert Higginbotham	35	35	35	7	112
Tom Kessler	35	8	35	35	113
Gerald Ferri	10	35	35	35	115
Mark Mallach	11	35	35	35	116
Bruce Sponsler	12	35	35	35	117

(continued on next page)

Men 35-39		5k	10m	2m	10k	Total
Eric	Peltosalo	1	1	1	1	4
J. Howard	Reard, III	4	4	3	5	16
Donald	Kennedy	8	5	8	6	27
Ronald	Bowman	5	6	9	7	27
Wilford	Scott	6	10	11	8	35
Jim	Hall	3	35	4	2	44
Jonas	Legum	12	13	12	12	49
Terry	Clark	35	12	10	11	68
William	Turrentine	35	35	2	4	76
Thomas	Ervin	16	35	13	13	77
Gayle	Flynn	35	35	5	3	78
Ronald	Jarashow	9	35	7	35	86
John	Guala	35	8	35	9	87
John	Coder	10	11	35	35	91
William	Rosser III	2	35	35	35	107
John	Major	35	2	35	35	107
Robert	Walters	35	3	35	35	108
Nick	Lakis	35	35	6	35	111
Michael	Edwards	35	7	35	35	112
Michael	Mayer	7	35	35	35	112
Jonathon	Asher	35	9	35	35	114
William	Rourke	35	35	35	10	115
Thomas	Donlin	11	35	35	35	116
Barry	Hammond	13	35	35	35	118
Joseph	Trotto Sr.	35	35	35	14	119
Bill	Vogenitz	14	35	35	35	119
Ray	Chapman	15	35	35	35	120

Men 40-44		5k	10m	2m	10k	Total
Joe	Duffy	4	5	6	6	21
Evan	Thomas	7	6	4	5	22
William	Ammon	2	4	2	35	43
John	Kurpjuweit	16	11	8	9	44
William	Conroy	1	1	35	35	72
Mike	Chamberlain	35	2	35	3	75
Alan	Wycherley	20	35	11	10	76
Richard	Hillman	35	7	5	35	82
Timothy	Blewett	35	8	7	35	85
James	McCutcheon	10	35	35	8	88
Lee	Patrick	35	12	9	35	91
Howard	Berry	14	10	35	35	94
Tom	Burton	15	35	35	11	96
Mike	Schlegel	19	35	10	35	99
Tom	Foley	35	35	35	1	106
Joseph	Smaldone	35	35	1	35	106
Joe	Clorey	35	35	35	2	107
Richard	Dugan	3	35	35	35	108
John	Fredland	35	35	3	35	108
Bill	Wandel	35	3	35	35	108
Edward	Dwyer	35	35	35	4	109
James	Woodcock	5	35	35	35	110
Dennis	Williams	6	35	35	35	111
Marty	Faul	35	35	35	7	112
Michael	Impellizzeri	8	35	35	35	113
Hency	Garufi	35	9	35	35	114
Dave	Williams	9	35	35	35	114
Martin	Rosenberg	11	35	35	35	116
Pat	Hoffman	12	35	35	35	117
Ray	Randall	35	35	35	12	117
Gif	Munger	13	35	35	35	118
Mike	Connaughton	17	35	35	35	122
Joe	O'Boyle	18	35	35	35	123

Men 45-49		5k	10m	2m	10k	Total
Gerald	Fitchner	7	7	4	6	24
Douglas	Pond	1	35	1	1	38
Ken	Lyons	35	1	35	2	73
Orv	Pratt	35	2	35	3	75
Robert	Donald	3	35	3	35	76
Arnold	Henderson	35	35	2	4	76
William	Derr	35	6	35	5	81
Richard	Lantry	8	35	5	35	83
Clair	Morris	9	35	35	7	86
John	Lockwood	2	35	35	35	107
Ed	Lutz	35	3	35	35	108
Gregory	Glynn	35	4	35	35	109
Doug	Burkhardt	4	35	35	35	109
Earl	Scott	5	35	35	35	110
Michael	Finn	35	5	35	35	110
Michael	Long	6	35	35	35	111
Jim	Wick	10	35	35	35	115

Men 50-59		5k	10m	2m	10k	Total
Milton	Taylor	35	1	1	1	38
Donald	Waddington	3	35	2	2	42
Gene	Humphrey	5	5	35	5	50
James	Fratino	1	2	35	35	73
Bill	Law	35	3	3	35	76
Michael	McAusland	2	35	35	4	76
Neal	Kissinger	6	35	35	6	82
John	Brinton	35	6	35	7	83
Eugene	Karol	35	35	35	3	108
Leon	Johnson	35	4	35	35	109
Dale	Vogel	4	35	35	35	109

Men 60 and over		5k	10m	2m	10k	Total
John	Wall	3	2	2	3	10
Ben	Moore	35	35	1	1	72
Joseph	Ryan	1	1	35	35	72
Guy	Riccio	35	35	35	2	107
Rodney	Beach	2	35	35	35	107

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1-HOUR TRACK RUN

June 1, 1986

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Distance in 1 Hour</u>
1.	Mike van Beuren	33	10 miles 900 meters
2.	Eric Peltosalo	36	9 miles 1100 meters
3.	Rick Smith	34	8 miles 900 meters
4.	Ron Bowman	36	8 miles 700 meters
5.	James Wass	33	8 miles 200 meters
6.	Bob Gardner	45	7 miles 1300 meters
7.	Jim Black	32	7 miles 1200 meters
8.	John De Greck	40	7 miles 800 meters
9.	Jason Clendaniel	10	7 miles 200 meters
10.	Nancy Waddington (F)	47	6 miles 1200 meters
11.	Lee Patrick	43	6 miles 1100 meters
12.	Brenda Norman (F)	28	6 miles 900 meters
13.	Alan Wycherley	43	6 miles 800 meters
14.	Ann Wass (F)	34	6 miles 300 meters
15.	John Brinton	60	6 miles 200 meters



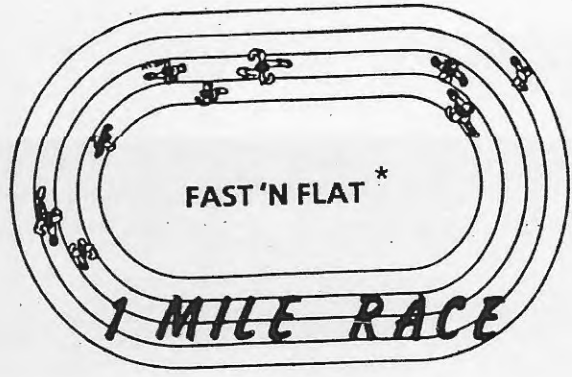
TWO-PERSON TEN-MILE RELAY

Broadneck High School



<u>Place</u>	<u>Name</u>	<u>Time</u>
1.	Joe Pesce & Mike Van Buren	50:50
2.	Larry Hackley & Earl Keicher	53:00
3.	Jim Black & Bob Gardner	1:01:40
4.	Eleanor Elster & Dave Ansel	1:02:07
5.	Evan Thomas & Tim Blewett	1:05:25
6.	Brenda Norman & Earl Scott	1:10:36
7.	Kate & Henry Whitesel	1:11:39
8.	Clair Morris & Allen Wycherley	1:14:58
9.	Andrea Kay & Christina Coughlin	1:16:06
10.	Nancy Hans & Pat Major	1:16:58
11.	Steven & Lee Patrick	1:17:38
12.	Nancy Bryde & Yvonne Aasen	1:18:59

WOMEN	AGE	TIME
1. Sue Bonner	37	6:11
2. Gale Cromwell	32	6:12
3. Angie Lyden	15	6:18
4. Eleanor Elster	35	6:21
5. Brenda Norman	28	6:37
6. Nancy Hans	29	6:58
7. Pat Major	34	6:59
8. Rae Jean Goodman	38	7:07
9. Andrea Kay	15	7:14
10. Sharon Hammond	39	7:17
11. Anne Chamberlain	42	7:18
12. Nancy Prue	31	7:27
13. Charlotte Caruso	38	8:35
14. Susan Stein	37	9:11
15. Lynn Hopkins	32	9:17



Age Groups Men
14-19
1. Frank Tippett
2. Ryan Fleming
20-29
1. Kevin Sullivan
2. Matthew Mace
30-34
1. Earl Keicher
2. Mike van Beuren
3. Mark Yerkes
35-39
1. Tim Moriarty
2. Ron Bowman
3. Don Kennedy

MEN	AGE	TIME
✓ Open Heat		
1. Kevin Sullivan	21	4:31
2. Earl Keicher	33	4:35
3. Mike Van Beuren	33	4:36
4. Matthew Mace	25	4:49
5. Mark Yerkes	31	4:53
6. Bill Conroy	43	4:56
✓ 14-39 Heat		
1. Tim Moriarty	36	5:03
2. Bob Miller	31	5:11
3. Ron Bowman	36	5:13
4. Howard Beard	40	5:14
5. Don Kennedy	39	5:15
6. Frank Tippett	15	5:20
7. Tom Delaney	38	5:24
8. Bill Rosser	37	5:31
9. Paul Cleaver	31	5:40
10. Will Scott	36	5:43
11. Tom Lyden	36	5:43
12. Ryan Fleming	14	6:17
13. Freeman Bagnall	39	6:25
14. Charles Floyd	33	6:53
15. Jonas Legum	38	6:57
16. Ray Chapman	39	7:01
17. Robert Maynard	34	7:13

MEN	AGE	TIME
✓ 40-49 Heat		
1. Joe Clority	43	5:22
* 2. Doug Pond	47	5:29:62
* 3. Mike Chamberlain	42	5:29:62
4. Harry Bell	40	5:41
5. Dave Poss	43	5:50
6. Marty Paul	44	5:52
7. Ken Lyons	46	5:57
8. Evan Thomas	45	5:59
9. Arnie Henderson	49	6:04
10. William Derr	47	6:07
11. Tom Komarek	46	6:12
12. Alan Wycherley	44	6:24
13. Gerald Fichtner	48	6:30
14. John Kurpjuweit	41	6:48
15. John Lockwood	46	6:49
16. Mike Schlegel	41	7:21
✓ 50 and over Heat		
1. Milton Taylor	53	5:53
2. Mike McAusland	51	6:36
3. Clair Morris	50	7:06
4. John Wall	72	12:25

40-44
1. Bill Conroy
2. Howard Beard
3. Joe Clority
45-49
1. Doug Pond
2. Ken Lyons
3. Evan Thomas
50-59
1. Milton Taylor
2. Mike McAusland
3. Clair Morris
60 and over
1. John Wall

Age Groups Women
14-19
1. Angie Lyden
2. Andrea Kay
20-29
1. Brenda Norman
2. Nancy Hans
30-39
1. Susan Bonner
2. Gale Cromwell
3. Eleanor Elster
40-49
1. Anne Chamberlain

FAST-n- FLAT BUT HOT-n-HUMID

STRIDER'S MILE

About 60 tracksters braved some miserable weather and turned out for the annual Fast-n-Flat One Miler at Annapolis Senior High. The thunderstorms which hit about 2 hours before the race started provided no relief from the oppressive weather. The extra moisture just made the hot-n-humid conditions downright steamy.

The competitive urges of those "toeing up" to the line quickly displaced any whimpy notions about the weather as many in the crowd turned in PR performances. Kevin Sullivan was the fastest greyhound of the night, clocking in a 4:31 mile. Earl Keicher and Mike van Beuren were right on his heels throughout the race and made it a very exciting finish.

The women's heat also proved to be a cliff-hanger as Sue Bonner, with her gargantuan stride, shut out Gale Cromwell on the home stretch. A complete list of all finishers and their times accompanies the article so you can read and compare stats until your heart's content.

As race director, I would like to thank all of those who participated in the race. Though

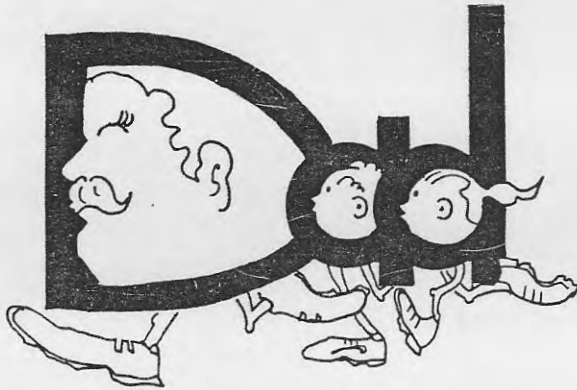
the number was down from last year, the enthusiastic effort of this year's group was a record breaker in my book. I'm not a spectator at many races, and watching each of you push through personal barriers was inspiring to witness.

A note of thanks to those businesses who generously donated goods to the race: Friendly's (ice cream certificates), Graul's (fruit), and Giant (lemonade).

The volunteers behind the scenes whose efforts made it a coordinated, smooth-running event deserve recognition and a hearty "thanks!" We couldn't have done it without: Bob Walters, Maria Coughlin, Tom and Joy Donlin, Tim Elliott, Joe Clority, and Bill Law. What more could a race director ask for but enthusiastic runners and hard-working volunteers? Thanks to you, the Fast-n-Flat One Miler had it all!

-Pat O'Brien, Race Director

FATHERS DAY 10K



June 15, 1986 8:00 A.M.

Weather: Sunny, 78 degrees

PLACE	NAME	AGE	SEX	TIME	PACE
1	KEVIN SULLIVAN	21	M	0:33:29	5:23
2	BRIAN PALMER	24	M	0:33:36	5:25
3	MIKE VAN BEUREN	33	M	0:34:44	5:36
4	ROBERT BIDDLE	26	M	0:35:29	5:43
5	SCOTT GINGRICH	18	M	0:35:52	5:46
6	MATTHEW MACE	25	M	0:35:56	5:47
7	ERIC FELTOSALO	36	M	0:36:00	5:48
8	MARK YERKES	31	M	0:36:04	5:48
9	TOM FOLEY	40	M	0:37:21	6:01
10	GIUSEPPE FELLASLEEP	33	M	0:37:36	6:03
11	JAMES HALL	40	M	0:37:47	6:05
12	CHRISTOPHER BURDETTE	16	M	0:38:24	6:11
13	GEORGE MILLER	35	M	0:38:51	6:15
14	TOMMY HUNTER	30	M	0:38:59	6:17
15	GAYLE FLYNN	37	M	0:39:07	6:18
16	TED FOLEY	15	M	0:39:11	6:18
17	ROBERT JONES	33	M	0:39:17	6:19
18	WILLIAM TURRENTINE	37	M	0:39:24	6:21
19	DAVID ANSEL	29	M	0:39:38	6:23
20	RICK WOODS	31	M	0:39:52	6:25
21	HOWARD BEARD	39	M	0:39:59	6:26
22	TYRONN SMITH	17	M	0:40:14	6:29
23	BILL COHEN	26	M	0:40:16	6:29
24	GREG LAIRD	36	M	0:40:27	6:31
25	JAMES PYLES	40	M	0:40:49	6:34
26	JOE CLORETY	43	M	0:40:56	6:35
27	WILLIAM MCKEEVER	42	M	0:41:13	6:38
28	DONALD KENNEDY	38	M	0:41:13	6:38
29	ALLYSON MCCORMICK	27	F	0:41:18	6:39
30	ROBERT MILLER	31	M	0:41:22	6:40
31	DOUGLAS POND	47	M	0:41:27	6:40
32	MIKE CHAMBERLAIN	42	M	0:41:33	6:41
33	EDWARD CREIGHTON	28	M	0:41:47	6:44
34	RON BOWMAN	36	M	0:41:50	6:44
35	TED HAYNIE	36	M	0:41:54	6:45
36	MILTON TAYLOR	53	M	0:42:17	6:48
37	EDWARD DWYER	42	M	0:42:24	6:50
38	WILFORD SCOTT	36	M	0:42:31	6:51
39	RICHARD SCHERER	31	M	0:42:44	6:53
40	TOM LYDEN	36	M	0:42:52	6:54
41	KENNETH LYONS	46	M	0:42:58	6:55
42	RICHARD WELSHANS	32	M	0:42:59	6:55
43	CINDI CONTARINO	25	F	0:43:02	6:56
44	FRED SHANKLIN	45	M	0:43:05	6:56
45	EVAN THOMAS	44	M	0:43:19	6:58
46	JOHN GUALA	39	M	0:43:25	6:59
47	OKV PRATT	47	M	0:43:32	7:01
48	DON WADDINGTON	54	M	0:43:49	7:03
49	LUKE HANNUN	29	M	0:44:02	7:05
50	EMMANUEL GAELA	42	M	0:44:20	7:08

Record: 31:40 by Kevin Amigh in 1982

PLACE	NAME	AGE	SEX	TIME	PACE
51	JOE DUFFY	44	M	0:44:27	7:09
52	JOSEPH PEACOCK	19	M	0:44:33	7:10
53	JOSEPH DIMISA	19	M	0:44:38	7:11
54	STEVE SETTLE	39	M	0:44:53	7:14
55	TOM BAXTER	46	M	0:44:53	7:14
56	PHIL WRIGHT	26	M	0:45:05	7:15
57	MAUREEN LAMB	24	F	0:45:22	7:18
58	JIM HUFFORD	52	M	0:45:25	7:19
59	PAUL CLEAVER	31	M	0:45:34	7:20
60	EUGENE KAROL	52	M	0:45:41	7:21
61	ARNOLD HENDERSON	49	M	0:45:44	7:22
62	WILLIAM CONTARINO	28	M	0:45:47	7:22
63	CHRISTOPHER GALLO	17	M	0:45:52	7:23
64	WILLIAM DERR	47	M	0:45:53	7:23
65	MARTY PAUL	44	M	0:46:02	7:25
66	MICKEY GALUSKI	37	M	0:46:07	7:25
67	DANIEL FRATINO	22	M	0:46:38	7:30
68	MARK HOOPER	24	M	0:46:42	7:31
69	WILLIAM DAYWALT JR.	30	M	0:46:49	7:32
70	RICH DENISE	30	M	0:46:51	7:33
71	KEVIN JACOBSON	30	M	0:46:55	7:33
72	PAUL DUFFY	18	M	0:47:04	7:35
73	JIM WILLIAMSON	25	M	0:47:13	7:36
74	JAMES MCCUTCHAN	42	M	0:47:19	7:37
75	RUTH SILVA	28	F	0:47:34	7:39
76	TIMOTHY NELSON	27	M	0:47:41	7:41
77	MICHAEL MCAUSLAND	51	M	0:47:47	7:42
78	RUDY SEIFERT	38	M	0:48:01	7:44
79	ELEANOR ELSTER	35	F	0:48:18	7:47
80	THOMAS BAXTER	21	M	0:48:39	7:50
81	BEN MOORE	60	M	0:48:45	7:51
82	JEFFREY ENGL	21	M	0:48:52	7:52
83	BENJAMIN HUSCH	39	M	0:48:56	7:53
84	BILL ROURKE	37	M	0:49:08	7:55
85	ANGIE LYDEN	15	F	0:49:19	7:56
86	CHRISTINA COUGHLIN	16	F	0:49:41	8:00
87	SUZANNE DALTON	25	F	0:49:51	8:02
88	DUN DELUDE	50	M	0:49:58	8:03
89	SAMMY SHUFFLE	44	M	0:50:18	8:06
90	ANNA WORSHAM	36	F	0:50:19	8:06
91	WILLIAM MYERS	36	M	0:50:20	8:06
92	SHARON HAMMOND	39	F	0:50:41	8:10
93	BRENDA NORMAN	28	F	0:50:44	8:10
94	DAN SANDISON	15	M	0:50:54	8:12
95	TERRANCE CLARK	39	M	0:51:25	8:17
96	BKENT JOHNSON	45	M	0:51:53	8:21
97	JOHN KURFJUWEIT	41	M	0:52:03	8:23
98	CALVIN BANKHEAD	30	M	0:52:09	8:24
99	MARTHA KINSINGER	52	F	0:52:13	8:24
100	ROBERT HIGGINBOTHAM	34	M	0:52:15	8:25
101	ANNE CHAMBERLAIN	42	F	0:52:37	8:28
102	DUNALD ZINDORF	41	M	0:52:57	8:31
103	RAE JEAN GOODMAN	38	F	0:53:04	8:33
104	GERALD FITCHNER	48	M	0:53:31	8:37
105	ALAN WYCHERLEY	43	M	0:53:35	8:38
106	GUY RICCIO	65	M	0:53:44	8:39
107	YVONNE AASEN	54	F	0:53:55	8:41
108	CHARLES BURTON	42	M	0:54:29	8:46
109	ROBERT MAYNARD	33	M	0:54:32	8:47
110	NANCY PRUE	31	F	0:54:39	8:48
111	GENE HUMPHREY	53	M	0:54:40	8:48
112	ROBERT NEALL	37	M	0:54:46	8:49
113	JANIE STANEK	39	F	0:54:49	8:50
114	NANCY WADDINGTON	48	F	0:55:08	8:53
115	JOHN STRAUB	13	M	0:55:10	8:53
116	DENNIS CLUNE	34	M	0:55:36	8:57
117	MARGARET JOHNSTON	34	F	0:55:47	8:59
118	CLAIR MORRIS	50	M	0:55:58	9:01
119	STEWART GINGRICH	41	M	0:56:09	9:02
120	JAMES LEWIS	46	M	0:56:16	9:04
121	BARBARA GOLDBERG	30	F	0:56:19	9:04
122	PRESTON SMITH	40	M	0:56:21	9:04
123	ANNETTE RICKOLT	16	F	0:56:22	9:04
124	JUNAS LEGUM	37	M	0:57:00	9:11
125	THOMAS ERVIN	36	M	0:57:17	9:13
126	JOSEPH TROTTO SR.	38	M	0:57:39	9:17
127	RAY RANDALL	42	M	0:57:55	9:19
128	NEAL KINSINGER	51	M	0:59:18	9:33
129	JEAN DWYER	41	F	0:59:22	9:33
130	JENNY SCOTT	14	F	0:59:32	9:35
131	JOHN BRINTON	60	M	0:59:48	9:38
132	ELIZABETH DUNNE	26	F	1:00:42	9:46
133	CHARLOTTE CARUSO	38	F	1:08:03	10:57
134	JOHN WALL	72	M	1:25:37	13:47

(continued on next page)

FATHERS DAY 10K

FEMALE AGE-GROUP RESULTS

Father's Day 10K, June 15, 1986

AGE GROUP: 14 and under		
1	JENNY SCOTT	14 0:59:39
Record: 48:50 by Amy Howe in 1981		
AGE GROUP: 15 - 19		
1	ANGIE LYDEN	15 0:49:19
2	CHRISTINA COUGHLIN	16 0:49:41
3	ANNETTE RICKOLT	16 0:56:22
Record: 42:20 by Krista Pierpont in 1981		
AGE GROUP: 20 - 29		
1	ALLYSON MCCORMICK	27 0:41:18
2	CINDI CONTARINO	25 0:43:02
3	MAUREEN LAMB	24 0:45:22
Record: 39:51 by Liz Kisenwether 1984		
AGE GROUP: 30 - 39		
1	ELEANOR ELSTER	35 0:48:18
2	ANNA WORSHAM	36 0:50:19
3	SHARON HAMMOND	39 0:50:41
Record: 41:51 by Patricia O'Brien in 1983		
AGE GROUP: 40 - 49		
1	ANNE CHAMBERLAIN	42 0:52:37
2	NANCY WADDINGTON	48 0:55:08
3	JEAN DWYER	41 0:59:22
Record: 47:23 by Anne Barnett in 1981		
AGE GROUP: 50 - 59		
1	MARTHA KINSINGER	52 0:52:13
2	YVONNE AASEN	54 0:53:55
Record: 51:18 by Martha Kinsinger in 1985		
AGE GROUP: 60 and over		
Record: 9:99:99 (no women finishers >60!)		

ONE-HALF MILE FUN RUN

Place	Name	Age	Time
1.	Nancy Hall	11	3:42
2.	Matthew Worsham	6	4:14
3.	Brendan Blewett	5	4:44
4.	Linda Hall	5	4:45
5.	Amanda Zindorf	6	5:36

BIATHALON CANCELLED

The Biathlon previously scheduled for September 14, 1986 has been cancelled.

DOG DAYS RACE DIRECTOR

In the expected absence of Tim Blewett Leon Johnson will be Race Director of the 1986 Dog Days of August Cross Country Race.

CANCELLATION: The September 28 DORCHESTER COUNTY YMCA 10K has been postponed. It will be rescheduled sometime in May when the new bridge is open. It will be billed as A BRIDGE RUN.

MALE AGE-GROUP RESULTS

Father's Day 10K, June 15, 1986

AGE GROUP: 14 and Under		
1	JOHN STRAUB	13 0:55:10
Record: 41:16 by Andre Sandison in 1982		
AGE GROUP: 15 - 19		
1	SCOTT GINGRICH	18 0:35:52
2	CHRISTOPHER BURDETTE	16 0:38:24
3	TED FOLEY	15 0:39:11
AGE GROUP: 20 - 29		
1	KEVIN SULLIVAN	21 0:33:29
2	BRIAN PALMER	24 0:33:36
3	ROBERT BIDDLE	26 0:35:29
Record: 31:40 by Kevin Amigh in 1982		
AGE GROUP: 30 - 39		
1	MIKE VAN BEUREN	33 0:34:44
2	ERIC PELTOSALO	36 0:36:00
3	MARK YERKES	31 0:36:04
Record: 33:55 by Steve Hull in 1981		
AGE GROUP: 40 - 49		
1	TOM FOLEY	40 0:37:21
2	JAMES HALL	40 0:37:47
3	JAMES PYLES	40 0:40:49
Record: 37:08 by Bill Conroy in 1984		
AGE GROUP: 50 - 59		
1	MILTON TAYLOR	53 0:42:17
2	DON WADDINGTON	54 0:43:49
3	JIM HUFFORD	52 0:45:25
Record: 41:26 by Dave Schenkenburg in 1981		
AGE GROUP: 50 - 59		
1	BEN MOORE	60 0:48:45
2	GUY RICCIO	65 0:53:44
3	JOHN BRINTON	60 0:59:48
Record: 48:31 by Eric Haars in 1984		

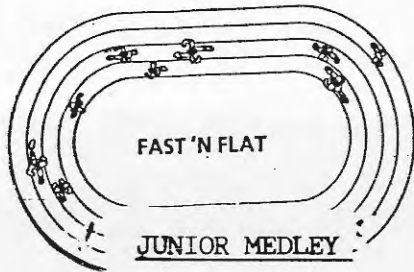
BULLETIN BOARD

MEMBERSHIP IS OPENED TO ANY ANNAPOLIS STRIDER and team uniforms are still available. A uniform of red shorts and red/white singlet with large white letters spelling Annapolis Striders can be purchased for \$13. Please call Evin Thomas (760-9188) or see him at either the Dog Days of August or the Annapolis 10 Mile Racewhere he will have a good supply on sale. If your size is unavailable we can order it for you.

LONG RANGE PLANNING PROPOSED

The following motion was made by Gerte Spadone and seconded by Gale Cromwell:

Whereas the Annapolis Striders Club faces new challenges with increased demands put upon its organizational structure and resources, the board requests the president revive a "long range planning" committee to examine issues which involve the future of the club. The board further requests the general membership be notified of this undertaking and solicited for volunteers to serve on the committee at the president's discretion.



JUNIOR MEDLEY - ANOTHER SUCCESS STORY

The second annual Junior Medley, held in conjunction with the Fast-n-Flat One Miler was a huge success as 60 young tracksters turned out for the event. This year the Optimist Club of Annapolis sponsored the race and made it possible for every finisher to take home a prize.

A race of this nature, coordinating 60 kids ranging from tots to teens, is a colossal undertaking. Praise and pats-on-the-back to Ed and Sharon Green and Helen Gilmer whose expert teamwork resulted in a first rate race. Without their efforts, and that special touch they have with the kids, we could have had a 3-ring circus (every race director's nightmare!)

The Junior Medley is proving to be as popular with the adults as the kids. Not only did some Moms and Dads play a crucial role in coaching the tots across the finish but all of them shouted and cheered heartily, and even cajoled when necessary, for each participant in all 5 races.

Even the adults who were waiting to run the mile following the Junior Medley couldn't resist getting caught up in the excitement. Who knows... perhaps the kids even inspired the older tracksters. Certainly one couldn't have witnessed more of an "all out" effort than that given by Jason Clendaniel in the 800 meters. Seeing Joe Aben, a year older and a foot taller, running with strength and good form made all of us swell with pride. And what about Starla Green, cruising with the speed and grace of a gazelle? Can't you imagine her in the year 2000 peaking for the Olympics? I guess that's what is so great about watching the kids put forth an athletic effort: it rejuvenates our spirits with hopefulness. These kids give us good cause to anticipate the future.

A complete list of all Junior Medley participants along with their event and time is included here. If any of the children were unable to stay for the awards, they may get them from Pat O'Brien (757-0462).

-Pat O'Brien
Race Director



100 meters (ages 5 and under) 200 meters (6-7 years)

- Boys**
1. Cameron Fawkes 21
 2. Zachary Walters 22
 3. Lee Scott 23
 4. Jed Groettum 25
 5. Ryan Fowler 29
 6. Jamey Wright 48
 - *7. Eric Elster 50

- Girls**
1. Kara Keicher 20
 2. Greta Chapman 21:52
 3. Erin Flaherty 21:87
 4. Kerry Miller 22:23
 5. Keyana Washington 22:59
 6. Erin Montgomery 23
 7. Allison Wise 24
 8. Jessica Beard 27
 9. Eran Clendaniel 30
 10. Suzanne Maynard 33
 11. Meagan Smith 38:60
 12. Lauren Butterwei 38:90

- Boys**
1. Chris Maynard 40
 2. Jimmy Coates 41
 3. Brandon Green 42
 4. Kyle Montgomery 43
 5. Michael Wise 44
 6. Neil Bourdelaise 45
 7. Mike Donlin 46
 8. Luke Burke 48
 9. Kevin Flaherty 49

400 meters (8-9 years)

- Boys**
1. Patrick Donlin 1:24
 2. Ryan Beard 1:31
 3. Nat Burke 1:32
 4. Tim Lyden 1:35
 5. Phillip Wargo 1:40
 6. Aaron Stein 1:45
 7. Adam Caruso 1:47
 8. Bobby Miller 2:03

- Girls**
1. Starla Green 39
 2. Lynn Dubette 43
 3. Abigail Clendaniel 45
 4. Hope Groettum 46:30
 5. Sarah Goodman 46:96
 6. Jessica Bagnall 47:35
 7. Marianne Gioffre 47:78
 8. Laurie Wright 48
 9. Krista Butterwei 57

- Girls**
1. Almeda Coates 1:33
 2. Cassie Wright 1:39
 3. Julia Flaherty 1:41
 4. Eliza Groettum 2:19

* youngest competitor (2)

800 meters (10-11 years)

- Boys and Girls**
1. Jason Clendaniel 2:40
 2. Michael Kirk 2:46
 3. Andre Palmer 2:56:39
 4. Peter Rowan 2:56:92
 5. Faythe Gay 3:26
 6. Erica Estep 4:08

1200 meters (12-13 years)

- Boys and Girls**
1. Joe Aben 3:54
 2. John Straub 4:45
 3. Heather Bagnall 5:23
 4. Lara Phillips 5:54



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.



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

<u>DATE</u>	<u>TIME</u>	<u>RACE -RUN - DISTANCE</u>	<u>LOCATION</u>	<u>RACE DIRECTOR</u>	<u>ASSISTANT DIRECTOR</u>
2nd Monday of each month	7:30 PM	<u>Annapolis Striders Board Meeting</u>	Arundel Center Annapolis, MD	Nancy Waddington 956-2061	
July 26 Saturday	7:00 AM	<u>Moore's Marines Marathon Training Begins</u>	Annapolis Mall Equitable Bank	Ben Moore 268-3832	
<u>And every Saturday until Marine Corps Marathon on November 2</u>					
July 27 Sunday	7:30 AM	<u>Moore's Marines Marathon Training Begins</u>	Navy/Marine Corps Stadium, Annapolis, MD	Ben Moore 268-3832	
<u>And every Sunday until Marine Corps Marathon on November 2</u>					
August 2-3 Sat. & Sun.	12 Noon to 12 Noon	<u>TWENTY-FOUR HOUR RELAY</u>	Mullins Field Ft. Meade, MD	Bill Wandel 672-3164	
August 10 Sunday	8:00 AM	<u>Dog Days of Summer 8K Cross Country Race #6 Championship Series</u>	Anne Arundel Community College Arnold, MD	Tim Blewett 721-9609	Leon Johnson 956-4335
August 14 Thursday	6:00 PM	<u>Last Truxtutun Park Fun Run of Series, 1 and 4 miles</u>	Truxtun Park Annapolis, MD	Mike van Beuren 268-1165	
August 16 Saturday		<u>Worker's Picnic for 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 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 #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		<u>Biathlon: 10K Run & 20-Mile Bike</u>	South River High School, Edgewater, MD	Don Waddington 956-2061	Gale Cromwell 647-4729
September 21 Sunday	8:00 AM	<u>Seyern River 15K Run (Benefit Heart Fund)</u>	Annapolis City Dock Annapolis, MD	Jim Katcef 301/224-2393	
September 22 Sunday		<u>Dorchester County YMCA 10K Run & 2-Mil</u>	Cambridge, MD	David Webster 301-228-4211	
CANCELLATION UNTIL NEXT SPRING					
October 11 Saturday	9:00 AM	<u>Annapolis Pride 10K & One-Mile Fun Run</u>	Annapolis Senior High School, Riva Road Annapolis, MD	Nut Hall 628-6483	Joyce Smith A.S.H.S. 266-5240
October 12 Sunday	8:00 AM	<u>Metric Marathon 26.2K (16.2 miles) #8 Club Championship Series</u>	Southern High School Harwood, MD	Will Scott 267-8013	Earl Scott 269-5013

(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>
October 26 Sunday	9:00 AM	Key School 10K (6.2 miles)	Key School 534 Hillsmere Dr. Annapolis, MD	Ann Beach 263-9231 day 269-0985 evening	
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 (Striders work mile 13 waterstop)	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		

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PLEASE CALL HOTLINE OR RACE DIRECTOR TO CONFIRM TIME AND PLACE
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James J. Fratino
President

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