

# STREAK

VOLUME X  
NUMBER III  
JUNE 1988



## ANNAPOLIS STRIDERS

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

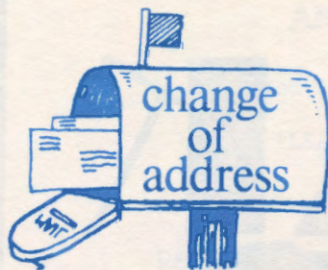
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Non-Profit Organization





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# 268-1165

AREA CODE 301

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

### INCLUDE FAMILY MEMBER INFORMATION HERE

| First Name | Sex<br>M/F | Initial | Birth date<br>Mo. Day Yr. |
|------------|------------|---------|---------------------------|
|            |            |         |                           |
|            |            |         |                           |
|            |            |         |                           |
|            |            |         |                           |
|            |            |         |                           |
|            |            |         |                           |
|            |            |         |                           |

### ORDER FORM FOR T-SHIRTS

|         | S                        | M                        | L                        | XL                       |             |
|---------|--------------------------|--------------------------|--------------------------|--------------------------|-------------|
| MEN'S   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | \$7.00 each |
| WOMEN'S | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |             |
| CHILD'S | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |             |

Add \$1.00 for mailing

### ORDER FORM FOR NYLON SINGLETS

|         | S                        | M                        | L                        |             |
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| MEN'S   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |             |
| WOMEN'S | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | \$9.00 each |



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

### OFFICIAL USE ONLY

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## Annapolis Striders

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Mail To:  
(Send Check or  
Money Order)

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

|                          |                           |                |                           |                    |
|--------------------------|---------------------------|----------------|---------------------------|--------------------|
| Last Name                | First Name                | Initial        | Birth Date<br>Mo. Day Yr. | Sex<br>Male Female |
|                          |                           |                |                           |                    |
| Mailing Address          | Street (Include Apt. No.) | City           | State                     |                    |
|                          |                           |                |                           |                    |
| Zip Code                 | Area Code                 | Business Phone | Area Code                 | Home Phone         |
|                          |                           |                |                           |                    |
| is This A New Membership |                           |                |                           | Address Change     |
| Yes No                   |                           |                |                           | Yes No             |

Occupation

Signature X

Today's Date

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

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

### DUES:

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

# STREAK

# ANNAPOLIS STRIDERS

## volume X no. 3

## june 1988

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Ex. 146

### STREAK STAFF

EDITOR  
LAYOUTS  
GRAPHICS  
MANAGING EDITOR

YVONNE AASEN  
YVONNE AASEN  
BARBARA KERR  
MARIA COUGHLIN

647-0879  
647-0879  
757-3694  
269-0978

301-859-6709  
269-0978

*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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## june

## july



### IN PRAISE OF SMALL RACES

Several small races were not held this year. By small, I mean 100 to 250 finishers. They were not held for one reason or another. While there are still lots of events around, the loss of these familiar local races is upsetting. These are opportunities for Striders to shine; and first-time racers to get a taste for competition without being trampled by the masses you find in megaraces. In most cases it comes down to a few key people who have made or carried the race on their

shoulders for several years. After a while, with no one to pass the load to, it becomes too much for one person to handle and the event is not held. By the time people who are counting on the event find out it is cancelled, it is normally too late to resurrect it for that year. We can only hope that others will step forward to do something in the future.

This problem can also apply to our club races. We have enjoyed and counted on the various races over the years but lately we are experiencing a drought of our own in finding race directors. Some clubs will simply not hold any race for which they cannot get a director. In our case, I think we will put on all our championship series events even without a formal director. However, what this will do is lead to severe burn-out among those working now and a potential lack of continuity for next year. Moral of the story: Find one of the club races you can help with and call Don Kennedy or Eleanor Elster to volunteer your services. It's one of those facts of life in a volunteer organization--we get what we put in. End of sermon.

**LOCAL SCHOOL RUNNING EVENTS.** Next spring or fall think about volunteering to work at one or more high school cross country or track meets. It's a good way to show Strider interest in these events and show developing runners there is life after school competition is over. For details, either Ray Chapman or Leon Walters (both Striders) of Old Mill can put you in touch with coaches in your area. For those who don't already know, a hardy group of Striders led by Ben Moore presides over the finish line at Naval Academy indoor and outdoor track meets.

**NEW RRCA CLUB.** A big welcome to the newest Road Runners Club of America club in our area, the Bowie Road Runners--some 40 strong. I am hoping they will be able to pick up the May Day Race Against Cancer normally held the first Saturday in May that has been so popular in recent years. BRR point of Contact: Chris Bayless, 262-3853.

**WELL DONE.** Congratulations to Mike van Beuren and the Bay Bridge crew for a splendid race and fun fest. This year's shirt was awesome and Spuds was everywhere (the new chicken man?). The popularity of the event was attested to 600 or so would-be entrants who applied too late to get in. Also, the Cherry Pit 10-Miler finally got some decent weather and Nancy Waddington and cast gave us a fine race and wonderful prizes. Even the Two-Mile Track Race had a dry day and 75 runners showed. Thanks to Jim Black and Don Kennedy for making that 30 mph wind bearable.

**OPPS.** Sorry Bill, we didn't get your last name printed correctly in the Championship Series awards program and also in the last Streak. So here goes: in the age group 45-49 the Championship Series 3rd place winner was William Derr (not Beer as we printed). Just because he nosed me out for 3rd couldn't have had anything to do with the misprint, could it?

**MORE OSCAR.** And now the return of Oscar Orthotic (the guy with a little hitch in his get-a-long). The orthotics finally arrived in late March. Broke them in for a week--strange feeling but no problems surfaced. None, that is, until the first run out 450 on Saturday morning. That effort only got me two large blisters. We now use a layer of Spenco over



"Did Evan ever solve his heel pain problem?"

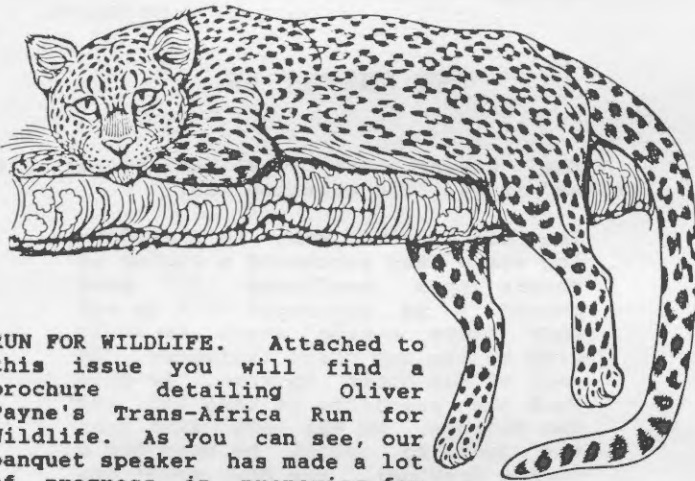
# convention

## PRESIDENTIAL CONVENTION NEWS REPORT INDIANAPOLIS 5-8 MAY 1988

by Evan Thomas

the orthotics and report no further blister problems. These things are very rigid and thus keep the arch from stretching out too much, thereby reducing strain on the heel. The podiatrist keeps saying he hasn't seen improvement in heel pain in less than six months. So, for the moment, I wear them on all training runs except track workouts. The pain is still there but the outlook is definitely optimistic.

**WEDNESDAY NIGHT CLAMBAKE.** If you haven't made it to the Community College on Wednesday evenings (6:30 P.M. start) you really should. When you get there you'll know where to go by the sound of cracking whips. Those sounds are made by Bill Vogenitz as he tries to get that extra effort out of the faithful who think speed work is fun.



**RUN FOR WILDLIFE.** Attached to this issue you will find a brochure detailing Oliver Payne's Trans-Africa Run for Wildlife. As you can see, our banquet speaker has made a lot of progress in preparing for his year-long odyssey. If you can, respond favorably to his request for support. If you would rather give to a cause closer to home, I suggest you send something to the Chesapeake Bay Foundation.

**COLORADO SPRINGS.** Next year's RRCA convention will be held in Colorado Springs. Start saving now. We would like to see a big Strider turn-out for that event to be held June 8-11, 1989.

**NUDIST COLONY 10K.** Best entry in the theme song contest for this new race: Running Bear (maybe it just sounds good!).

Evan Thomas, President



Our contingent consisted of Dick Hillman, Don Kennedy and yours truly. Our hosts, the Indy Runners, did a great job of organizing the events and ensuring we had everything we needed, including pickup from, and delivery to the airport. The Hyatt Regency was the hotel: nice meeting rooms; lousy pillows; no pool. A nightly hospitality room, hosted by the Ft. Wayne club, was the place to meet and greet. Workshops of many types were available and we absorbed a lot of good ideas for our club use. Lots of enthusiasm was evident from the attendees. Fun runs were available morning, noon, and late afternoon. Indianapolis city center is not the most wonderful place to run, but we found a route along a river bank that was pleasant.

At the business meeting on Saturday, President Henley Gible was reelected for a two year term. The RRCA is operating in the black this year thanks to advertising revenue and a TAC grant for operating the national office. There is still no separate insurance for the RRCA but it is being worked on. A motion (supported by me) from an Ohio club to make obtaining our own insurance policy the number one priority of the RRCA was defeated. It served, however, to highlight a very sore point. In addition to workshops, an excellent exposition of running and related gear was open throughout the convention. Saturday night was the annual awards banquet staged in a restored ballroom near the hotel--nice venue. Unfortunately, none of the big names could make it. Joe Henderson was the guest speaker and his talk was very short. So it was back to the hospitality room where we commiserated with the reps from the Baltimore Road Runners and delivered loads of Annapolis Run entry blanks to anyone who would take them back to their club.

Sunday brought the running highlight--the Hall of Fame 8K/RRCA National Championship. This was held in a park outside of town and featured a nice course, nice weather and pretty good times--the first ten men were under 25 minutes. After a quick trip to see the Indianapolis Motor Speedway and a last chance to buy Indianapolis Colts memorabilia, we were off to the airport and a flight back to BWI.

The big news is that next year's convention will be held in Colorado Springs, June 8-11, 1989. The sponsor will be the Garden of the Gods club which has a ten mile race as the highlight event. I saw an ad for round trip airfare to Colorado Springs for \$198. We will try to drum up ways of financing a larger contingent to go next year. If promotion has anything to do with it, it looks like Utica, New York will be the place for 1990. These folks inundated us with buttons saying "UTICA 1990", hosted an open bar one night, and generally talked up their town as the place to go. One low key individual had "1990" etched into his haircut. I guess you could say they were serious.

(continued on next page)

Another logical place for the convention could be here in Annapolis. It would take a lot of work but we certainly have the organizational talent to pull it off if we wanted. There are certainly a lot of fine running areas locally and the Bay Bridge Run is held around the time the convention is normally held. Please let us know if you could support something like this. 1991/92 appears to be the earliest we could go for it.

## MEMORIAL

### UNTIMELY LOSS OF STRIDER EVOKES SADNESS

By now you should have heard or read of the tragic death of Elaine Shereika, who was murdered while she was on her normal morning training run. Outrage, that something of this nature could occur here, is the first reaction of those with whom I spoke. When you find out she leaves a daughter, 15, and a son, 12, you start to feel overwhelming sorrow and frustration. The club has sent messages of condolence to the family. If you would like to send something yourself, the address is 2412 Maytime Drive, Gambrills, MD 21054. All of us wish there were something we could do. I only hope the person or persons responsible are apprehended soon.

In concert with the wishes of her daughter, we will be helping with a memorial run of some type in the Gambrills area. I know you will want to be a part of this event.

-Evan Thomas



### IN SYMPATHY

The Annapolis Striders wish to express their sympathies to the family and friends of Elaine Shereika, mother of Jennifer and Daniel. Mrs. Shereika passed away suddenly on May 23, 1988. Our prayers uplift the family and we ask God to bring comfort to them during this very difficult time.

## EDITORS REMARKS



Cartoon by Irv Finifter

### THE ANSWER IS...

The answer to "The Race Director's Problem" is 36. The question was:

The race director went to a gardening store and purchased a number of cherry tree seedlings for race awards. He announced that he had only three awards which he would give to the top three finishers. To each of the three in turn, he gave half the seedlings he then had, and two besides. He was left with only one seedling (which he used for a random drawing). How many seedlings did the race director start with?

My husband, who is better at math than I, said there are several ways to solve this problem. Following is one of his solutions:

There is a basic equation that can be used: The number of seedlings left after giving some to a friend is given by

$$x - \left(\frac{x}{2} + 2\right) = \text{no. left}$$

and  $x$  = no. of seedlings before giving any away.

One can use this relationship three times, starting at the end where he has one seedling left, e.g.

$$x - \left(\frac{x}{2} + 2\right) = 1$$

$x=6$ , the number prior to last giveaway, etc. Answer is 36.

**IT WAS A GREAT LEG:** Part of the course of the May 15 Maryland International Soccer Club 8K was on the new B&A Trail linear park in Severna Park. It was a pleasant surprise; what an attractive park! See Pat O'Brien's article in this issue about it.

**DEADLINE:** If I don't start getting the Streak to the printers earlier I might be replaced. Please get copy to me by July 5 for the August Streak. My home address is 13 Sunset Drive, Severna Park, MD 21146.

-Yvonne Aasen

# DEAR STRIDERS

## RE: 'COOPER'S BIG DAY' FEBRUARY STREAK

March 15, 1988

Dear Ms. Aasen,

I really enjoyed your article about Cooper, Toebe, and the other canines and just wanted to let you know that Striders and their owners have been running in organized races for several years. Enclosed is a copy of an article that appeared in The Evening Sun in December, 1980, concerning a little run that Bonnie made me do. I don't recall if I was formally a Strider then but I think I was because we also ran the Annapolis 10-Mile in August of 1980.

I would be interested in knowing what Davia Gallup's book says about Shelties and their running ability. All I know is that Bonnie loved to run more than anything else except bark and she would actually mope if I didn't change into my running attire when I got home. On the other hand, if I put on my running shorts, she would start to stretch her legs and then bounce until we were actually on the road; then she was a serious runner. The only thing that surprised me about her running was that I thought she would finish the marathon in four hours. She really was tired at the end; I think she hit the wall at about 21 miles.

In retrospect, I don't think I'd let one of my dogs try another marathon, but I know Bonnie was ready for five miles each and every day.

Thank you for your article and for all the work you do getting the Streak out to us. Hope you enjoyed hearing about Bonnie.



Sincerely,

Raymond L. Randall  
Strider #0715  
Annapolis, MD

Editor's note: The newspaper article included a photo of Bonnie and Ray with the following account: "Seldom do runners dog it through a race and win, but that's what happened to Bonnie Randall of Severna Park. Bonnie was the first--and the last--canine to start and finish all 26 miles and 385 yards of yesterday's marathon. On a leash, Bonnie ran alongside her owner, Ray Randall, who just narrowly nosed out his pet in 4 hours and 20 minutes...Bonnie passed the post-race medical exam and at last glance was seen trying to locate a yellow parka, awarded all finishers, with four sleeves."

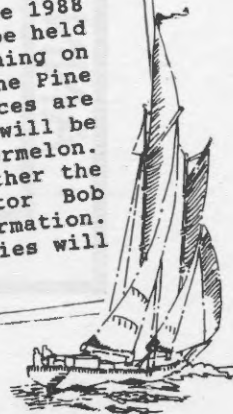
According to Davia Gallup's chart in Running With Man's Best Friend, Bonnie used up her mileage quota in one day--she recommends a maximum of 25 miles per week for Shetland Sheepdogs. The breed is described as a small size HERDING dog; active, intelligent, hardy, with a working dog temperament. And easily trained.

Thanks for writing, Ray, and thanks for your encouragement.

## BULLETIN BOARD

### TRUCK ON DOWN TO TRUXTUN

Mike van Beuren has announced the 1988 TRUXTUN PARK SERIES FUN RUNS to be held each Thursday for ten weeks beginning on June 16 at 6:00 PM. Meet in the Pine Grove near the boat ramp. Distances are 1 mile and 4 miles. Refreshments will be served--watermelon and watermelon. Donation: 50 cents. Call either the Hotline 268-1165, or Co-director Bob Bridges 974-1587 for more information. After a break in August the Series will pick up again in September.



### TWO-PERSON 10-MILE RELAY

There will be two runners to a team, alternating miles, for the Two-Person 10-Mile Relay to be held Saturday, June 25, at 8:00 AM at Broadneck High School, off College Parkway, Arnold, MD. Each team please bring your own timer person to record your miles. No entry forms are printed--sign up on race day. \$1 for Striders; \$2.00 for non-Striders.

### 24-HOUR RELAY

If you liked the above it could be a harbinger for the 24-Hour Relay to be held August 6-7 at Ft. Meade, MD. Call Tom Bradford to sign up (987-0674).

### WELCOME NEW MEMBERS

Due to other pressing duties, our membership chairman was unable to provide a list of new members for this issue. We always welcome new members--look for them in the August Streak.

# Annapolis Run

## ANNAPOLIS TEN SHOWS SPONSOR SUPPORT



I'd like to thank everyone who has helped with the Annapolis Ten up to this time. Don't forget that we need almost 400 volunteers to successfully put on the race. Please call Eleanor Elster at 268-0982 and volunteer to help at the race itself [see form below].

The race will be held on August 28, 1988 at 8:00 A.M. The applications are in the mail. Our principal sponsor is Bud Light Beer. The other sponsors are:

The Athlete's Foot of Annapolis and Columbia  
Sports Medicine Center of Annapolis  
First National Bank of Maryland  
Entre' Computer Center of Annapolis  
Anne Arundel County Recreation and Parks Department

I would encourage everyone to patronize our sponsors. The giveaway to all finishers will be a hooded sweatshirt made by Russell Athletic.

-Pat Hoffman,  
Race Director

---

### ANNAPOLIS RUN - 1988

#### Volunteer Form

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

TELEPHONE (HOME) \_\_\_\_\_ (WORK) \_\_\_\_\_

WORKERS T-SHIRT SIZE (S, M, L, XL) \_\_\_\_\_

#### Jobs

##### During race

COURSE WORKER (monitor, water station, etc)  
FINISH LINE  
SCORING  
STARTING LINE MONITOR  
PARKING  
STADIUM

##### Not during race

REGISTRATION SATURDAY NIGHT  
REGISTRATION SUNDAY MORNING  
CLEAN-UP AFTER RACE  
RESULTS TABULATION  
SET-UP CREW  
MAILING  
CLEAN-UP AFTER RACE  
CLEAN-UP SATURDAY NIGHT

MAIL TO: Annapolis Striders - VOLUNTEERS, P. O. BOX 187, Annapolis, MD 21404  
OR CALL: Hotline: 268-1165 or Eleanor Elster: 268-0982



Monday-Saturday 10:00-9:30 PM  
NOW OPEN SUNDAYS

**ANNAPOLIS MALL**  
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**224-3455**

10% DISCOUNT TO ANNAPOLIS STRIDERS  
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## RUNNING TRAILS

B&A TRAIL LINEAR PARK  
SECTION COMPLETED

by Pat O'Brien

The 1 1/2-mile section of the B&A Trail from Robinson Road to Round Bay in Severna Park is nearly completed. All that remains to be done is the addition of some finishing touches in the way of landscaping. If you've not had the opportunity to walk, run, or bike the trail, make some time to do it soon--it's a real treat.

By the end of 1988, two additional sections of this eventual 14 mile linear trail park will be completed. These include a section north of Robinson Road to Earleigh Heights and another section from Round Bay south to Jones Station. (Just think, Moore's Marines, how nice it will be to leave the deathtrap of Rt. 450 and enjoy the luxury of doing your long runs on a route as idyllic as the B&A Trail Park.)

The newly formed Citizens Advisory Board for the B&A Trail Park met on March 30, 1988. This group was formed to establish a link between the community who will be using the park and the administrative staff of the B&A Trail Park. The board consists of representatives from user groups including the Annapolis Striders, the Annapolis Bike Club, and a local Equestrian club. Additional members also include civic minded community members who live along this linear park.

As the Annapolis Striders Board rep. you can contact me if you have any questions, or if you would like to get involved in some volunteer programs associated with the B&A Trail Park (Pat O'Brien 544-7615).

### DIEHL'S PRODUCE OLD ANNAPOLIS & MCKINSEY ROADS OLDE SEVERNA PARK

Thanks, kind people at Diehl's Produce, who--on Mother's Day--returned our lost dog, Cooper. I hope a lot of people who read this ad will stop at your stand to buy your wonderful vegetables and other produce, and especially your delicious corn on the cob.

-Yvonne & Marv Aasen

-Advertisement

# 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

Yvonne Aasen  
The Athlete's Foot  
Michael van Beuren, Realtor  
Eric Peltosalo, Attorney at Law  
Jim Fratino, Earl's Moving & Storage

## ERIC PELTOSALO

ATTORNEY AT LAW

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ANNAPOLIS, MD 21404

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## James J. Fratino

President

Annapolis: 263-9000  
Balto. Area: 269-5050  
Wash. Area: 261-2288  
Home: 956-3507

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Realtor Associate



Annapolis Office  
2660 Riva Rd., Suite 150 • Annapolis, MD 21401



-Advertisement

# MOORE'S MARINES

## OOH-RAH FOR YEAR IX OF MOORE'S MARINES

by Ben Moore

Moore's Marines will be out training again this year. They're the folks who desire to train for, and run the distance--26 miles, 385 yards--of the Marine Corps Marathon to be run on 6 November 1988 in Washington, D.C.

This year, as we did last year, we will adhere to the basic premise of this program--to assist the FIRST TIMERS in preparing for and running a marathon without getting hurt--and having a good experience. One must have an adequate running base, four miles daily without ill effects, to commence this training. If you are a first time marathoner and only an 8 1/2 to 9-minute-mile runner, I want you to train together as a group and remain together as a group during the marathon. I am going to train and run with you. I'll set the pace and we'll all stay together in the Marathon. That's a promise!

As in the past, the training will commence the last weekend in July, Saturday 30 July. We will continue to run the hills of Rt. 450. Just a caution to everyone who runs out there: the increase in traffic on that road makes it extremely important that everyone observes the safety rules and good common sense of running on a public road. Sun shining into driver's eyes can blind the driver to runners on the side of the road. Keep these little factors in mind to protect yourself and reduce the hazards to everyone.

We need some volunteer help. We will need some Saturday morning water support, a couple of folks to set up water stops and be around for moral and physical support. If anyone wants to volunteer for this social activity, please call me, Ben Moore, (301) 268-3832, and we'll work out a schedule.

Traditionally, we usually all wear MOORE'S MARINES T-shirts and are mighty proud of them. If someone out there wants to sponsor Moore's Marines and advertise their business on the shirts, their help would be most welcome. We have averaged about 100 T-shirts to cover all the runners and our support crews.

Following is a training schedule. During the week you run on your own with the distance runs being held on the weekends when we train as a group. Saturdays we meet at 7:00 AM at the Annapolis Mall--by the Equitable Bank Building. Sunday runs start at 7:30 AM at the Navy/Marine Corp Stadium. Sunday runs are optional.

LET'S DO IT TOGETHER! OOH!--RAH!



# MOORE'S MARINES

## MARINE CORPS MARATHON TRAINING SCHEDULE

30 July Saturday, 8 mi.  
31 July Sunday, 7 mi. (Sundays are optional)

### 1 Week 1-5 August 1988

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------|-----------|----------|--------|
| 4      | 5       | 4         | 5        | rest   |

6 August Saturday, 10 mi.  
7 August Sunday, 10 mi.

### 2 Week August 8-12

|   |   |   |   |      |
|---|---|---|---|------|
| 4 | 5 | 4 | 5 | rest |
|---|---|---|---|------|

13 August Saturday, 10 mi.  
14 August Sunday, Dog Days 8K Race, AAC

### 3 Week August 15-19

|   |   |   |   |      |
|---|---|---|---|------|
| 5 | 6 | 5 | 6 | rest |
|---|---|---|---|------|

20 August Saturday, 12 mi.  
21 August Sunday, 10 mi.

### 4 Week August 22-26

|   |   |   |   |      |
|---|---|---|---|------|
| 5 | 6 | 5 | 6 | rest |
|---|---|---|---|------|

27 August Sat., Annapolis 10-Mile Worker's Run  
28 August Sunday, Annapolis 10-Mile Race

### 5 Week August 29-2 September

|   |   |   |   |      |
|---|---|---|---|------|
| 6 | 6 | 6 | 6 | rest |
|---|---|---|---|------|

3 September Saturday, 14 mi.  
4 September Sunday, 10 mi.

### 6 Week September 5-9

|      |   |   |   |      |
|------|---|---|---|------|
| rest | 6 | 6 | 6 | rest |
|------|---|---|---|------|

10 September Saturday, 14 mi.  
11 September Sunday, 10 mi.

### 7 Week September 12-16

|   |   |   |   |      |
|---|---|---|---|------|
| 6 | 7 | 6 | 7 | rest |
|---|---|---|---|------|

17 September Saturday, 16 mi.  
18 September Sunday, 10 mi.

### 8 Week September 19-23

|   |   |   |   |      |
|---|---|---|---|------|
| 6 | 7 | 6 | 7 | rest |
|---|---|---|---|------|

24 September Saturday, 16 mi.  
25 September Sunday, 10 mi.

### 9 Week September 26-30

|   |   |   |   |      |
|---|---|---|---|------|
| 7 | 6 | 8 | 6 | rest |
|---|---|---|---|------|

1 October Saturday, 18 mi.  
2 October Sunday, 10 mi.

### 10 Week October 3-7

|   |   |   |   |      |
|---|---|---|---|------|
| 7 | 6 | 8 | 6 | rest |
|---|---|---|---|------|

8 October Saturday, 18 mi.  
9 October Sunday, 10 mi.

### 11 Week October 10-14

|   |   |    |   |      |
|---|---|----|---|------|
| 7 | 6 | 10 | 6 | rest |
|---|---|----|---|------|

15 October Saturday, 10 mi.  
16 October Sun., Metric Marathon, Southern H.S

### 12 Week October 17-21

|   |   |    |   |      |
|---|---|----|---|------|
| 4 | 6 | 10 | 7 | rest |
|---|---|----|---|------|

22 October Saturday, 20 mi.  
23 October Sunday, 10 mi.

### 13 Week October 24-28

|   |   |    |   |      |
|---|---|----|---|------|
| 6 | 6 | 10 | 6 | rest |
|---|---|----|---|------|

29 October Saturday, 16 mi.  
30 October Sunday, 10 mi.

### 14 Week 31 October-4 November

|   |   |    |   |      |
|---|---|----|---|------|
| 4 | 6 | 10 | 6 | rest |
|---|---|----|---|------|

5 November Saturday, rest  
6 November, Marine Corps Marathon

### 15 Week November 7-11

|      |   |   |   |      |
|------|---|---|---|------|
| rest | 2 | 4 | 2 | rest |
|------|---|---|---|------|

12 November Saturday, rest  
13 November Sunday, rest

OOH!--RAH!

## MY FAVORITE RACE

### MARATHON WANDERINGS

by Matt Mace

Three marathons in eleven months! Just slightly over eleven months. I was discussing this with my father who often accompanies me to races, while driving back from Boston.

These three represented my fifth, sixth, and seventh career marathons. There was London on May 10, 1987, which went in a 2:50:31, enough for 1249th of approximately 18,000. Then there was Marine Corps on November 8, 1987, a race a lot closer to home than London, in which a rather workmanlike attitude finished in 2:51:09. And finally it was Boston on April 18, 1988, where a run in the light spring rain pulled in a 2:52:40. For those who love to compare numbers, I'm sure they already realize that (1) there is only 2:09 between the fastest and the slowest of these efforts and (2) I'm getting progressively slower by about a minute each race. In my defense, I will say that I paid the greatest price at London. At Boston I came through in rather good shape (heck, that evening we must have walked close to twenty blocks in Boston looking for a restaurant and when we found one down on Newberry Road I went for the sushi).

As the miles rolled away, Dad was a good sounding board as I discussed every angle of these races: such as, all of those time comparisons aside, people have to be asking, "If this guy isn't running for a P.R., and he's run enough marathons so that he's pretty confident he'll finish, is he just crazy or is there some logical reason why he keeps doing this?" I guess the answer is that if you're not a little crazy, you'll probably miss a lot of enjoyable experiences in life. In my case, the opportunities arose and I decided to take advantage of them. I have to admit that none of these marathons was planned on my part; instead they just seemed to come about of their own volition. After I qualified for Boston at Marine Corps I figured that since I had always wanted to run Boston and might not get another good chance to do so I should go this April even though I did not consider myself to be in marathon shape.

In reality I can't say that I was in marathon shape for any of these aces. I was just in good ten-mile shape and I knew that was enough for me to complete the 26.2 miles in under three hours. Someone recently asked me about this philosophy concerning long races, or my desire to take part in marathons even though I was not training for the marathon (in reality, this was this person's attempt at testing my sanity). I responded that although I would really like to run a good marathon or two, the time constraints to do so are significant. However, even though my life no

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### AT LONDON I PARTICULARLY APPRECIATED THE WATER STOPS WITH THE CARDBOARD BOX AND STRAW SERVINGS...

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longer permitted me to devote the amount of time that was necessary to "race" the marathon, that would not prevent me from going out and running a few just for the experience. I explained that if each runner was out on the roads purely for the purpose of racing, then there were a lot of disappointed runners. Racing is only part, albeit an important part, of running and the marathon, because of its length and demands, is well suited for most of us for the non-racing parts of our running.

The three marathons, London, Marine Corps, and Boston, while having certain similarities, are each unique. Granted, all three are large races with good fields and all three are either partially, if not completely, run within the boundaries of major cities. From there, however, the three diverge into distinctive categories.

Boston is a traditional race, having been run for 92 years. In reality, that's the real reason why everyone wants to run the race; because it's steeped in tradition and it's the one everyone has heard about since before marathon running became a big thing. Marine Corps is much the "populist child" of the running boom. This is the people's race, with many of the competitors being first timers. While its not run for the glamour or the big name marathon racers, it is probably the best course of these three marathons for the typical runner because of its lack of hills. Finally, if Marine Corps is the "populist child" of the running boom, London is one of the new breed of "business races"--with sponsorship money behind it--it is run like a business. The antithesis of Marine Corps, London is bright lights and flash (as can in particular be evidenced by

some of the quick times that have been run there recently). One might think that one of these three race types is better than the others. On the contrary, each has its pros and cons and the runner just has to be ready to take advantage of the benefits or deal with the problems just as one would deal with a hilly course if he wasn't a good hill runner.

London was my first marathon in a while; I hadn't run one since the fall of 1984. Fortunately, London suited me well. It's not a very difficult course, winding its way from east to west through several sections of greater London. The roads are relatively flat and with three separate starting areas in Greenwich, the initial crush of runners is handled well (remembering of course that with almost 20 thousand participants, this is no small feat). The course is actually quite a

joy in its organization; every mile is marked by large balloon streamers which are visible in most cases for a quarter-mile. There is also a water stop and digital timer at every mile. From pure course standpoint, London was the most well-run race I have ever run. I particularly appreciated the water stops with the cardboard box and straw servings; all you have to do is squeeze the box and the water comes up the straw--no cups to squeeze and spill and its real easy to carry for some distance.

If I had to suggest an overseas race, I'd certainly recommend London's marathon. The weather is typically pretty good for running in the spring of the year in England; as a matter of fact, when I was there the temperature was about 60 and partly sunny. Additionally, London's point-to-point course gives a great view of the city. From Greenwich the course winds down to the river, going through several parks and residential areas along the way, and follows the Thames to the Tower Bridge where the runners cross to the north side of the city where there are most interesting sights. Turning towards the east, the runners head to the working part of the city, where many of the city's warehouses and shipping points are located. This area, referred to as the Isle of the Dogs and stretching from miles 16 to 19, is comparable to Hains Point at Marine Corps. The crowds thin out and the runners are on their own for a little bit. One point to be made is that the spectator crowds are enormous, lining most of the course several rows deep. The crowds particularly pick up as one comes out of the Isle of the Dogs and heads towards the older part of the city and the last six miles of the course. Passing the Tower of London at mile 22--where a guy named Henry liked to behead people--the runners pass over a quarter-mile stretch of cobblestones which are not overly welcomed. At that point the legs are weak and it is not unlike trying to run up a rather steep incline at that point in the race. The runners proceed down the embankment towards the Mall (the primary roadway through St. James' Park) leading up to Buckingham Palace. Big Ben is clearly visible in the distance at the foot of Westminster Bridge. The finish line is halfway across the bridge but the runners must veer away from goal and go up to the Palace and finally down towards the river



for the finish. The post-race treatment of the runners, like the rest of London's organization, is also excellent.

Marine Corps is a much different race than London and the best description may be in the word spartan. Although it lacks the flash of either London or Boston, the race does what it's supposed to do. The ordinary runner gets a good shot at running the marathon and enough support to get the job done. The course is relatively flat, particularly where it counts from 20 onward--of course, as anyone who's run the course will agree, whoever put that circling uphill run to the monument at the finish has either (a) never run the marathon, or (b) had sadistic tendencies since birth.

Although I know we all give Marine Corps a short shrift because it is a local race, one cannot overlook the fact that it is a great plus to easily drive to the race that morning, as well as have no parking or additional logistical problems. With all the potential problems one can have in the marathon, it's nice to be able to sleep in your own bed and eat your own food the night before the race. Remember, although London may be a well run race, the fact that England is five hours ahead of us could be a headache--if you're not already up on the shift, the start would be at the equivalent of 4:30 A.M. Marine Corps also has the potential to be a fast course. It would be nice, however, if Hains Point had a



few spectators to urge the runners along. The water stops are also well manned (or "Marined") although they could use an extra station as the runners head towards the finish after passing the Pentagon.

Forgetting about passing spectator points like the Capital or the Mall in D.C. which are nice, Marine Corps has one definite advantage over the other two marathons I ran during the past year--it's an autumn race. This brings about two benefits: (1) the weather is a little more predictable in the fall and (2) it's a lot easier to get those long runs and other training in August and September than it is in January and February. Add to that the ability to run some decent races during those training phases (our own Annapolis Ten is excellent for the purpose) and it's a hard advantage to overlook.

The word Boston almost speaks for itself. No one says they "ran Annapolis" meaning the Ten Miler, but people always refer to "running Boston." The race is quite an event, with good knowledgeable crowd support (there's enough extra water along the course that you don't even have to worry about the official water stops) and a well known, challenging course. The crowd was very strong, particularly given that there was a light rain on and off for the entire race and the temperature never got above

the high 50s. As for the course, it isn't an easy marathon. But honestly, are there any easy marathons? In reality I found the hills to be a somewhat welcome respite from the downhill stretches.

Boston starts in Hopkinton and heads straight to the finish just 26.2 miles away. This "traditions" race, with its point-to-point course, has some definite disadvantages. For one, there is no real way to get to the start other than ride the buses. This, in and of itself, is not a problem; the problem is sitting in that little high school gym waiting for the high noon start (another Boston tradition). This is a good way to get to meet some of the other runners, and I did a pretty good job of advertising the Annapolis Ten amongst all the Maryland and Virginia area runners I met (this was aided by the fact that everyone who had run the race agreed that it was one of their favorites). Unfortunately, the gym at Hopkinton is small and it's a long way from any supplies if you want them. Trying to eat something four hours before the race is a particular problem. Anyway, once the race starts, it's more downhill than not for the first 18 miles. For the good downhill runner this is great, but it is difficult to keep the quads loose for the later uphill. Along route 135 the runners head for Framingham at 5 miles and Natick at 10. These small towns provide an interesting contrast to the greater Boston suburbs to come and are comparable to the residential areas the London marathon goes through in its first six odd miles. Next it's Wellesley College at the halfway point, with the undergrads providing a deafening backdrop for the runners. From there the real running starts and it's on to the hills starting at Newton. The hills, the best known as Heartbreak, are not actually that bad, coming in three levels and anyone who has run the Maryland Marathon--as I did a while back--will tell you that the old Satyr Hill was much worse. Not taking away from Boston, though, the hills which go until just past 22 miles are not easy. However, the last four miles into downtown Boston, going past Boston College and heading onto Beacon Street and finally onto Boylston Street are not easy either, with a slight downhill slope to the finish. At that point you are either running well and going for a good time or tightening up with the continuing downhill. I guess I can say that it didn't hurt me at this point--because I was getting cold with the rain I wasn't running any quicker either.

All three races have something to recommend them, so if anyone has the chance to run one of them they should go ahead and take it. Though I must admit that after running three in a year, even I have to wonder how anyone could think about running one a week or even a month for any extended period of time. For a while I think I'd like to run a few good 10Ks or 10 milers. Come the fall, though, I wonder if anyone knows of a good marathon to try.....

"What do you think, Dad?"

"Dad?"

# A LOOK BACK

## HALCYON 24-HOUR RELAY DAYS RECALLED

by Yvonne Aasen

Those were the days. When I first joined the Annapolis Striders everyone talked about the very popular 24-Hour Relay with fond groans over remembered pain, and nostalgic smiles over an heroic effort fueled by peanut butter sandwiches. It seemed a popular goal in a running career to survive at least one 24-Hour Relay.

As a tenth anniversary tribute to those halcyon days, following is the fond remembrance of Pat O'Brien's "My Favorite Race," describing the insanity of it all--reprinted from the October, 1983 Streak:

### INSANITY

by Pat O'Brien

Something told me that I was in for an extraordinary experience when Mike van Beuren appeared on the scene wearing "punk" sunglasses and modeling his latest creation in tank top fashion--an old rib-knit tee shirt sporting the logo "INSANITY--24-HOUR RELAY." At the same time, in the opposite corner of the tent, Ann O'Brien sat quietly absorbed in the task of making floral head wreaths. These two scenes proved to be only the first of countless zany revelations which occurred over the next twenty-four hours.

We came to the race as a collection of two ten-man teams: a well-seasoned masters group, and a "coed" collection of assorted shapes, sizes, sexes, and running prowess. The common bond among us, strangely enough, was not our insatiable desire to run for the next twenty-four hours, but our ability to find humor in such a masochistic indulgence.

Space doesn't permit a mile-by-mile chronicle of the event, but each mile seemed to blend into a segment of time that had no beginning and no ending. With temperatures as well as humidity in the nineties, even the first mile was painful for the most of us. If it was said once, it was uttered 2,000 times, "Boy, it's some kinda hot out there!" Each successive mile varied only in the degree of pain produced. Even Delma Miller, who runs her twentieth as steadfastly as her first, was seen to have some wisps of hair falling out of place and a few beads of perspiration decorating her determined brow. Nonetheless, "Poopsie," at the insistent cajoling of her "better half," kept bookin' it, mile after mile.

As a newcomer to the Striders, and not a joiner by nature, I was reticent about getting involved in a group effort such as this. My fears subsided quickly, however, when I saw such renowned figures as Fletcher Hanks sitting on an old cooler munching boiled russets to ease pre-race tensions. Or Ron Wolfe, carefully sorting through his twenty or more pair of socks destined to be worn as virgin footwear for the next twenty-four hours.

Then there was Norm Alton, reclining in a lawn chair, sawing Zs in anxious anticipation of the day and night to come. Why, I could already tell, I was going to fit right in with this group of misfits.

When you are sleep-deprived yet burdened with the responsibility of running a mile with each hour's passing, the human mind draws on its ability to cope by distorting reality. So it came to pass with our crew. The baton, which resembled a 10-inch stick lifted from a child's Tinkertoy set, became the focus of our altered state. This "stick" conjured up all sorts of connotations depending upon who had it, who was trying to grab it, and who was in the immediate vicinity when one was trying to get rid of it! Why, Betty Impellizzeri could set a PR for any given lap around the track if Fletcher's stick made contact with her "buns" (ahem).

Mike van Beuren had problems passing off his stick to Louise Zeitlin because she was afraid she might drop it--he was coming so fast! Despite this high level of stress, Louise remained cool, calm and collected--she had on her Mitch.

Doug Pond sure wanted to use his stick on the gal who clipped past him, delivered a token "nudge," and then sailed on while whispering, "Nice pace, Fella!" Even Bill Miller, who could be heard through the night dutifully cheering his team on with the awesome "book it!" was at a loss for words when asked to comment on such a flagrant display of feminist expertise.

Every now and then, uproarious mayhem would turn to serious conversation, as when Don Kennedy announced in a quiet and resolute manner that he'd had a dream turned nightmare the night before. Seems he dreamt he'd... [censored by the editor; it was something about Dolly Parton. Remember this is a family newsletter.]

Ron Wolfe took pity on an amply endowed female runner (not a member of our group) who could be seen bouncing around the track. He and Buck designed a "chest support"...two tractor trailer inner tubes and forty-eight inches of heavy duty hemp rope. The remaining details escape me, but Ron should recall the specifics.

A central theme we commiserated about non-stop was the fact that none of us were foolhardy enough to come back next year for a repeat performance. The reasons varied: Betty Impellizzeri said that this was her third year and after three strikes you're out, doesn't matter whose team you're on. Doug Pond said he'd never had so much fun in all his life and he wasn't about to look for an experience to rival this one. Dick Manasseri squeezed enough pain out of this year's race to last him for many years to come. I still marvel at his ability to be "bookin' it" around the track one minute and then be seen the next lying on his lounge chair in a near comatose state. Norm O'Brien, with his easy ten-foot stride, had the pleasure of running through stitches at two o'clock in the morning. No way will he be set up for a repeat performance of that experience next year.

Sleep was something foreign to the most of us. Bill Law, between his hourly sprints, could be found in the dark recesses of the tent enthusiastically engaged in a conversation about bike helmets. He may laud Fletcher as an "amazing man," but I say it takes one to know one. They're both my idols.

As for my own feelings? Well, President Don Waddington is still sitting on the fence as far as I'm concerned. You see, as a seasoned vet of this torturing pastime, he all but guaranteed that the end result of such ignominy would be PRs left and right in the forthcoming races. If he's right then Bill Wandel and Earl Scott ought to be burning up the courses because those two boys did some "bookin'" for twenty-four hours.

As I sit here, two days after the fact, the brutal reality of the event has already been tempered by the healing moments of time. Even if I don't run any faster in the weeks to come, I can still find merit in having endured the event. Never have I shared so much laughter and pain with so many uniquely zany people in such a wild and crazy setting!

## 1983 24-HOUR RELAY TIMES

### MASTER'S TEAM

| Name           | Average Mile Time For Total Miles Run |
|----------------|---------------------------------------|
| Buck Cadell    | 7:21                                  |
| Fletcher Hanks | 6:43                                  |
| Bill Law       | 6:53                                  |
| Dick Manasseri | 6:13                                  |
| Bill Miller    | 6:11                                  |
| Doug Pond      | 6:26                                  |
| Earl Scott     | 6:30                                  |
| Don Waddington | 6:34                                  |
| Bill Wandel    | 6:01                                  |
| Ron Wolfe      | 6:40                                  |

### COED TEAM

|                    |      |
|--------------------|------|
| Norm Alton         | 6:33 |
| Carol Huddy        | 8:19 |
| Betty Impellizzeri | 8:15 |
| Don Kennedy        | 6:20 |
| Delma Miller       | 7:25 |
| Ann O'Brien        | 9:07 |
| Norm O'Brien       | 6:47 |
| Pat O'Brien        | 6:36 |
| Mike van Beuren    | 5:11 |
| Louise Zeitlin     | 7:54 |

Editor's note: How did the teams place? Here is what Don Waddington wrote in his "Don's Dawdlings" column from the same June issue of the Streak:

Twenty Striders recently enjoyed a weekend social gathering that included twenty-four hours of speedwork. For the second consecutive year, Annapolis was well represented--with two teams--at the Fort Meade 24-Hour Relay. The geriatrics team [masters]...completed 219 miles, 1290 yards in 24 hours for a ninth place finish (out of 20 teams). The open team [coed] was close behind with 200 miles, 440 yards in twenty-four hours. Individual awards went to Mike van Beuren, second overall; Bill Wandel, second 40-49; Don Waddington, first 50 & over; Fletcher Hanks, fourth 50 & over; and Bill Law, fifth 50 & over. Congratulations to all participants. As in past years, more than one have told me that their speed increased just by participating in this event. Anyone ready for next year?

Unlisted above were some unsung heroes, the timers. Each team had to provide their own timers recording each runner's time--around the clock.

In recent years it has been difficult to get together a team and there have been rumors that the entire event may be scratched. This year Tom Bradford is charged with recruiting a team for the grueling event to be held the first weekend in August. Good luck, Tom.

# TRAINING TIPS

by Bill Vogenitz

In lieu of Bill Vogenitz' usual column, we present the following information from the American Academy of Pediatrics and the President's Council on Physical Fitness and Sports:

## FITNESS: THE MYTHS & THE FACTS

MYTH: CHILDREN TODAY ARE FIT.

FACT: In many ways, children are less fit and more flabby today than in the 1960s. In fact, three national studies of youth fitness show that children are not exercising enough. Up to 50 percent are not getting enough exercise to develop healthy hearts and lungs, according to the American Alliance for Health, Physical Education, Recreation and Dance.

MYTH: CHILDREN GET MOST OF THEIR EXERCISE IN PHYSICAL EDUCATION CLASS.

FACT: Some students get as little as one hour of P.E. a week. In addition, schools traditionally have emphasized sports that promote agility and skill, not necessarily cardiovascular fitness. The majority of a typical student's physical activity occurs outside of P.E. class. High school juniors and seniors have the lowest rates of P.E. enrollment.

MYTH: ALL U.S. SCHOOLS REQUIRE STUDENTS TO TAKE P.E. CLASS.

FACT: There is no federal law mandating physical education in schools. In fact, public schools in eight states -- Arizona, Colorado, Maine, Michigan, Mississippi, Oklahoma, South Dakota and Wyoming -- have no state established time requirements for physical education for students of any age. Other states require students to take a specific amount of P.E. from grades K-12. The American Academy of Pediatrics (AAP) recommends that school P.E. classes be held at least three times a week.

MYTH: MOST STUDENTS PASS STANDARD SCHOOL FITNESS TESTS.

FACT: Every year, 18 million school children take the Presidential Fitness Test -- a series of exercises to measure strength, flexibility and endurance. Only two percent of students who took the "President's Challenge" in 1984 received the award. To qualify for this award, students must score extremely well on all five test items including: chin-ups, sit-ups, a flexibility stretch, one-mile run/walk, and the shuttle run.

MYTH: MUSCLES ARE A SIGN OF PHYSICAL FITNESS.

FACT: Fitness involves more than the skills and strength needed to be a good athlete. "A body builder may look fit," says Paul Dymant, M.D., chairman of the AAP Committee on Sports Medicine, "but he has built only muscle strength and most likely lacks in many of the other components of fitness." The AAP defines fitness to include: muscle strength and endurance, flexibility, body fat composition and cardiorespiratory endurance.

-more-

**MYTH: ANY SPORT WILL MAKE A CHILD FIT.**

**FACT:** Activities that stress mostly speed, power and agility -- for example, football, basketball, and baseball -- are games of skill. They do not necessarily promote fitness. Children should be introduced to a variety of "lifetime" activities (those that can be readily carried into adulthood), such as bicycling, swimming, running, fast walking, aerobics and tennis. These activities help build the four components of fitness.

**MYTH: FIT PARENTS HAVE FIT KIDS.**

**FACT:** "Fitness is something that can be learned from parents like table manners and brushing your teeth," Dr. Dymont says. To help children become fit, Dr. Dymont offers the following suggestions to parents:

- + Incorporate fitness activities into the family lifestyle;
- + Introduce children to a variety of athletic activities; they are easily bored.
- + Become involved with your children's activities by either playing a sport with them or coaching a team.
- + Encourage your child to walk to school or take a shorter bus ride and walk part-way.
- + Encourage after school activities and limit TV viewing during this time.
- + Set a good example.

**MYTH: EXERCISE IS BORING AND TAKES TOO MUCH TIME.**

**FACT:** Variety is the key. Parents should introduce their children to several fitness activities that children can both do and enjoy. Emphasis on athletic ability and competition can take away the fun of being active. Riding a bicycle or going swimming is fun for almost all children, and both are exercises they can do for a lifetime.

## AMERICAN ACADEMY OF PEDIATRICS YOUTH FITNESS FACTS

- + Forty percent of 5 to 8-year-old children show at least one risk factor for heart disease--elevated blood pressure, high cholesterol or physical inactivity.
- + More than half the nation's schools do not have physical fitness testing.
- + Forty percent of boys age 6 through 12 cannot do more than one pull-up; the same is true for 70 percent of girls, age 6 through 17.
- + One third of boys ages 6 through 12 and 50 percent of girls cannot run a mile in less than 10 minutes.

From the President's Council on  
Physical Fitness and Sports,  
Washington, D.C. 20001.

\* \* \* \* \*

- + Only 36 percent of students in grades 5 through 12 have physical education class daily.
- + Most children in grade school take P.E. classes just one or two days a week.
- + High school juniors and seniors have the lowest rates of enrollment in P.E. class.

From the 1984 National Children and  
Youth Fitness Study of 8,800  
students, grades 5-12. U.S.  
Department of Health and Human  
Services, Washington, D.C. 20201.

## STATE FITNESS FACTS

- + There is no federal law mandating physical education in schools.
- + Only Illinois, New Jersey, New York and Rhode Island require students to take physical education for a specific amount of time from kindergarten through 12th grade.
- + Illinois is the only state which requires students in all grades to take physical education every day.
- + Only 12 percent of states require high school students to take physical education all four years; 44 percent require only one year of physical education.
- + Illinois, Louisiana and California have the highest physical education requirements, in total number of minutes, per student career (K-12).
- + Public schools in eight states--Arizona, Colorado, Maine, Michigan, Mississippi, Oklahoma, South Dakota and Wyoming--have no state established time requirements for physical education for students of any age. Other states require students to take a specific amount of physical education from grades K-12.

Based on a 1986-87 survey by the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), 1900 Association Dr., Public Affairs Dept., Reston, Virginia 22091.

## STRIDERS ON THE ROAD



### STRIDERS ON THE ROAD AND ALL OVER THE ROAD

GUINNESS ST. PATRICK'S DAY SHAMROCK RUN, 3 mi.,  
Baltimore, March 13, 1988

|                 |       |             |
|-----------------|-------|-------------|
| Mark Rosasco    | 15:15 | 2nd 20-29   |
| Carole Rosasco  | 18:17 | 1st 20-29 F |
| Richard Rahilly | 18:42 |             |
| Linda Simpson   | 23:30 | 1st 40-49 F |

Big beer party after race!

# Cherry Pit 10-Mile Race

March 27, 1988



| Place | Name               | Age | Time    |
|-------|--------------------|-----|---------|
| 1.    | Bob Spierdowis     | 25  | 55:03   |
| 2.    | Stan Fletcher      | 34  | 55:33   |
| 3.    | Mark Rosasco       | 29  | 56:05   |
| 4.    | Matt Mace          | 27  | 57:02   |
| 5.    | Greg Miller        | 30  | 58:50   |
| 6.    | Andrew Smythe      | 28  | 59:20   |
| 7.    | Tor Lokrheim       | 35  | 59:47   |
| 8.    | Walt Potter        | 34  | 59:59   |
| 9.    | Tom Prendki        | 31  | 1:00:00 |
| 10.   | Ed Purpura         | 34  | 1:00:19 |
| 11.   | Vincent Battista   | 23  | 1:01:07 |
| 12.   | Sally Strauss (F)  | 27  | 1:01:19 |
| 13.   | Larry Camper       | 30  | 1:03:12 |
| 14.   | Andy King          | 25  | 1:04:26 |
| 15.   | Don Wilson         | 30  | 1:04:32 |
| 16.   | Larry Collins      | 40  | 1:04:37 |
| 17.   | Rick Woods         | 33  | 1:05:18 |
| 18.   | Carole Rosasco (F) | 28  | 1:05:47 |
| 19.   | Winnie Hittle      | 35  | 1:06:02 |
| 20.   | Bill McKeever      | 43  | 1:06:29 |
| 21.   | Andrew Marsh       | 24  | 1:06:41 |
| 22.   | Steven Emerson     | 33  | 1:06:45 |
| 23.   | Dean Horvath       | 30  | 1:07:09 |
| 24.   | John Gallagher     | 39  | 1:07:18 |
| 25.   | John Neiles        | 40  | 1:07:24 |
| 26.   | Ed Sharpe          | 48  | 1:07:26 |
| 27.   | E. H. Trojlier     | 44  | 1:07:32 |
| 28.   | Bob Field          | 36  | 1:08:02 |
| 29.   | Fred Shanklin      | 46  | 1:08:03 |
| 30.   | Tom Bradford       | 44  | 1:08:06 |
| 31.   | Jim Sharp          | 45  | 1:08:08 |
| 32.   | Vince Forgione     | 32  | 1:08:15 |
| 33.   | Chris Lorenz       | 25  | 1:08:20 |
| 34.   | Jerry Haley        | 39  | 1:08:22 |
| 35.   | Julie Caprio (F)   | 27  | 1:08:30 |
| 36.   | Milt Taylor        | 55  | 1:08:37 |
| 37.   | Lloyd Abbot        | 45  | 1:09:20 |
| 38.   | Jon Kurtz          | 27  | 1:09:43 |
| 39.   | William Derr       | 49  | 1:10:05 |
| 40.   | Charles Alston     | 40  | 1:10:06 |

|      |                      |    |           |
|------|----------------------|----|-----------|
| 41.  | John Jolly           | 24 | 1:10:29   |
| 42.  | Ken Lyons            | 48 | 1:10:33   |
| 43.  | Clay Stevens         | 28 | 1:10:49   |
| 44.  | Deborah Dudas (F)    | 30 | 1:11:04   |
| 45.  | David Brinkman       | 29 | 1:11:18   |
| 46.  | Hank Church          | 46 | 1:11:22   |
| 47.  | James Lundeen        | 29 | 1:11:41   |
| 48.  | Jim Mandrin          | 51 | 1:11:49   |
| 49.  | James Mortenson      | 48 | 1:11:52   |
| 50.  | Robert Meissner      | 23 | 1:12:31.4 |
| 51.  | John Davis           | 26 | 1:12:31.7 |
| 52.  | Karen Stolka (F)     | 36 | 1:12:56   |
| 53.  | Richard Morgan       | 36 | 1:12:58   |
| 54.  | Will Scott           | 38 | 1:13:14   |
| 55.  | Dennis Lindsay       | 30 | 1:13:30   |
| 56.  | Al Kubeluis          | 45 | 1:13:36   |
| 57.  | Neal Hinkle          | 51 | 1:13:43   |
| 58.  | Gregg Hoppa          | 15 | 1:14:02   |
| 59.  | Dale Vogel           | 57 | 1:14:17   |
| 60.  | Arnie Henderson      | 51 | 1:14:29   |
| 61.  | Bryan Clark          | 25 | 1:14:38   |
| 62.  | Eric Snyder          | 43 | 1:14:54   |
| 63.  | Luther Etchison      | 35 | 1:14:58   |
| 64.  | Ron Bowman           | 38 | 1:15:23   |
| 65.  | Joe Duffy            | 46 | 1:15:40.2 |
| 66.  | Julius Stommel       | 47 | 1:15:40.5 |
| 67.  | Bill Law             | 60 | 1:15:55   |
| 68.  | Steven Brady         | 31 | 1:16:18   |
| 69.  | Tom Komarek          | 47 | 1:16:23   |
| 70.  | Mark Coughlin        | 15 | 1:16:36   |
| 71.  | Jim Whittington      | 32 | 1:16:37   |
| 72.  | Richard Hillman      | 45 | 1:16:53   |
| 73.  |                      |    | 1:17:20   |
| 74.  | Marc Shirley         | 31 | 1:17:27   |
| 75.  | Don Clark            | 48 | 1:17:30   |
| 76.  | Ben Moore            | 62 | 1:17:37   |
| 77.  | Pat O'Brien (F)      | 40 | 1:17:39   |
| 78.  | John Mulqueen        | 55 | 1:17:59   |
| 79.  | Sandy Sprinkle (F)   | 46 | 1:18:05   |
| 80.  | Peter Salmon-Cox     | 48 | 1:18:16   |
| 81.  | Allen Veasey         | 48 | 1:18:19   |
| 82.  | J. Van Winter        | 52 | 1:18:32   |
| 83.  | Susan Briers (F)     | 32 | 1:18:33   |
| 84.  | William Myers        | 38 | 1:18:35   |
| 85.  | Eddie Marinzal       | 37 | 1:19:36   |
| 86.  | Harry Trexel         | 47 | 1:20:08.2 |
| 87.  | Michael Hund         | 26 | 1:20:08.8 |
| 88.  | Kevin Trexel         | 22 | 1:20:10   |
| 89.  | James McCutchan      | 44 | 1:20:14   |
| 90.  | Martha Kinsinger (F) | 53 | 1:20:16   |
| 91.  | Dave Abbott          | 37 | 1:20:19   |
| 92.  | Karen Hosler (F)     | 39 | 1:20:21   |
| 93.  | Dottie Mullen (F)    | 30 | 1:20:24   |
| 94.  | Dave Wollover        | 32 | 1:20:29   |
| 95.  | Vincent McCarthy     | 38 | 1:20:47   |
| 96.  | Mary Ross (F)        | 42 | 1:20:56   |
| 97.  | Esther Weisman (F)   | 56 | 1:21:51   |
| 98.  | Jackie Ferris (F)    | 35 | 1:22:00   |
| 99.  | Tom Davis            | 31 | 1:22:01   |
| 100. | Bill Shaughnessy     | 44 | 1:22:24   |
| 101. | Russ Irvine          | 32 | 1:23:16   |
| 102. | Rae Jean Goodman (F) | 40 | 1:24:05   |
| 103. | Kevin Murnane        | 32 | 1:24:42   |
| 104. | Earl Scott           | 47 | 1:24:48   |
| 105. | Earlene Stommel (F)  | 45 | 1:25:08   |
| 106. | Louise Zeitlin (F)   | 43 | 1:25:19.1 |
| 107. | Sherry Bowen (F)     | 27 | 1:25:19.4 |

-more-

|      |                         |    |           |
|------|-------------------------|----|-----------|
| 108. | Tony Meashan            | 53 | 1:25:33   |
| 109. | Dyan Speaks (F)         | 30 | 1:25:38   |
| 110. | Bill Vogenitz           | 40 | 1:25:39   |
| 111. | Harold Michaelis        | 61 | 1:26:16   |
| 112. | Robert Donald           | 48 | 1:26:36   |
| 113. | June Schneider (F)      | 40 | 1:26:48   |
| 114. | Mike Linsenbigler       | 32 | 1:27:08   |
| 115. | Robert Moore III        | 47 | 1:27:15   |
| 116. | G. Fichtner             | 50 | 1:28:01   |
| 117. | Nathalie Lenoble (F)    | 25 | 1:28:05   |
| 118. | George Nislein          | 47 | 1:28:15   |
| 119. | Carl Wright             | 50 | 1:28:16   |
| 120. | Sharon Hammond (F)      | 41 | 1:28:22   |
| 121. | Mike Finn               | 48 | 1:28:30   |
| 122. | Alan Wycherley          | 45 | 1:28:33   |
| 123. | Michael Watterson       | 27 | 1:28:48   |
| 124. | Kitty Humphreys (F)     | 31 | 1:29:24   |
| 125. | Jenny Spivak (F)        | 32 | 1:30:11   |
| 126. | Roger Hughart           | 57 | 1:31:01   |
| 127. | Joe O'Boyle             | 45 | 1:31:12   |
| 128. | Lynn Hopkins (F)        | 34 | 1:31:20   |
| 129. | Leonard Kuentz          | 36 | 1:32:24   |
| 130. | Harry Younglito         | 46 | 1:32:45   |
| 131. | Martin Herzog           | 42 | 1:33:52   |
| 132. | Mike Schlegel           | 43 | 1:37:12   |
| 133. | Linda Simpson (F)       | 46 | 1:38:19.4 |
| 134. | John Bell               | 46 | 1:38:19.9 |
| 135. | Arnold Galeano          | 67 | 1:38:32   |
| 136. | Mary Jo (F)             | 27 | 1:38:45   |
| 137. | Sharon Pambroski (F)    | 27 | 1:38:47   |
| 138. | Yvonne Aasen (F)        | 56 | 1:39:34   |
| 139. | John Brinton            | 61 | 1:44:50   |
| 140. | Christina Coughlin(F)18 |    | 1:56:29   |

OTHERS MAY HAVE THE BLOSSOMS

BUT WE'VE GOT THE PITS

## OVERALL WINNERS

Male  
Bob Spierdowis 55:03

Female  
Sally Strauss 1:01:19

## DIVISION WINNERS

### MALE

19\_and\_under  
Gregg Hoppla 1:14:02  
Mark Coughlin 1:16:36

20-29  
Mark Rosasco 56:05  
Matt Mace 57:02  
Andrew Smythe 59:20

30-39  
Stan Fletcher 55:33  
Gregg Miller 58:50  
Tor Lokrheim 59:47

40-49  
Larry Collins 1:04:37  
Bill McKeever 1:06:29  
Tom Neiles 1:07:24

50-59  
Milton Taylor 1:09:44  
Jim Mandrin 1:12:32  
Neal Hinkle 1:14:29

60\_and\_over  
Bill Law 1:15:55  
Ben Moore 1:17:37  
Harold Michaelis 1:25:18

### FEMALE

19\_and\_under  
Christina Coughlin 1:56:29

20-29  
Sally Strauss 1:01:19  
Carole Rosasco 1:05:47  
Julie Caprio 1:08:30

30-39  
Deborah Dudas 1:11:04  
Karen Stolka 1:12:56  
Susan Briers 1:18:33

40-49  
Pat O'Brien 1:17:39  
Sandy Sprinkle 1:18:05  
Mary Ross 1:20:56

50-59  
Martha Kinsinger 1:20:16  
Esther Weisman 1:21:51  
Yvonne Aasen 1:39:34

# 1988 CLUB CHAMPIONSHIP SERIES

| Women under 20     | 5k | 10m | 2m | Total |
|--------------------|----|-----|----|-------|
| Christine Coon     | 1  | 35  | 1  | 37    |
| Christina Coughlin | 35 | 1   | 35 | 71    |
| Leslie Bradford    | 2  | 35  | 35 | 72    |

| Women 20-29       | 5k | 10m | 2m | Total |
|-------------------|----|-----|----|-------|
| Carol Rosasco     | 1  | 1   | 1  | 3     |
| Cecilia Tinney    | 2  | 35  | 2  | 39    |
| Nathalie Lenoble  | 3  | 4   | 35 | 42    |
| Monique Ostazeski | 4  | 35  | 3  | 42    |
| Deborah Dudas     | 35 | 2   | 35 | 72    |
| Sherrye Bowen     | 35 | 3   | 35 | 73    |

| Women 30-39        | 5k | 10m | 2m | Total |
|--------------------|----|-----|----|-------|
| Rae Jean Goodman   | 5  | 5   | 3  | 13    |
| Susan Briers       | 35 | 1   | 1  | 37    |
| Karen Hosler       | 35 | 2   | 2  | 39    |
| Dottie Mullen      | 3  | 3   | 35 | 41    |
| Dyan Speaks        | 2  | 6   | 35 | 43    |
| Pam Haley          | 1  | 35  | 35 | 71    |
| Jackie Ferris      | 35 | 4   | 35 | 74    |
| Darlene Dabbs      | 4  | 35  | 35 | 74    |
| Jeanne Ross        | 6  | 35  | 35 | 76    |
| Eleanor Elster     | 7  | 35  | 35 | 77    |
| Jenny Spivak       | 35 | 7   | 35 | 77    |
| Lynn Widener       | 8  | 35  | 35 | 78    |
| Lynn Hopkins       | 35 | 8   | 35 | 78    |
| Sharon Scarborough | 9  | 35  | 35 | 79    |
| Jean Legum         | 10 | 35  | 35 | 80    |

| Women 40-49     | 5k | 10m | 2m | Total |
|-----------------|----|-----|----|-------|
| Linda Simpson   | 3  | 6   | 3  | 12    |
| Mary Ross       | 35 | 2   | 1  | 38    |
| June Schneider  | 1  | 4   | 35 | 40    |
| Louise Zeitlin  | 35 | 3   | 2  | 40    |
| Sharon Hammond  | 35 | 5   | 4  | 44    |
| Pat O'Brien     | 35 | 1   | 35 | 71    |
| Cindy Stewart   | 2  | 35  | 35 | 72    |
| Sandy Foley     | 4  | 35  | 35 | 74    |
| Susan Gallagher | 5  | 35  | 35 | 75    |
| Bonnie Denner   | 6  | 35  | 35 | 76    |

| Women 50 and over | 5k | 10m | 2m | Total |
|-------------------|----|-----|----|-------|
| Martha Kinsinger  | 1  | 1   | 1  | 3     |
| Esther Weisman    | 2  | 2   | 35 | 39    |
| Barbara Kerr      | 3  | 35  | 35 | 73    |
| Yvonne Assen      | 35 | 3   | 35 | 73    |

| Young Men 13 and under | 5k | 10m | 2m | Total |
|------------------------|----|-----|----|-------|
| Michael Foley          | 1  | 35  | 35 | 71    |

| Men 14-19     | 5k | 10m | 2m | Total |
|---------------|----|-----|----|-------|
| Greg Hoppa    | 2  | 1   | 35 | 38    |
| Mark Coughlin | 3  | 2   | 35 | 40    |
| Joe Parvis    | 1  | 35  | 35 | 71    |
| Ben Davis     | 4  | 35  | 35 | 74    |

| Men 20-29        | 5k | 10m | 2m | Total |
|------------------|----|-----|----|-------|
| Mark Rosasco     | 2  | 1   | 2  | 5     |
| Matt Mace        | 3  | 2   | 5  | 10    |
| Chris Bayless    | 1  | 35  | 1  | 37    |
| John Kurtz       | 4  | 4   | 35 | 43    |
| Clay Stevens     | 5  | 6   | 35 | 46    |
| James Lundeen    | 6  | 7   | 35 | 48    |
| Jon Valentine    | 9  | 35  | 6  | 50    |
| John Davis       | 8  | 8   | 35 | 51    |
| Vincent Battista | 35 | 3   | 35 | 73    |
| Antonio Jordan   | 35 | 35  | 3  | 73    |
| Tim Thurtle      | 35 | 35  | 4  | 74    |
| John Jolly       | 35 | 5   | 35 | 75    |
| Richard Rahilly  | 7  | 35  | 35 | 77    |

| Men 30-34      | 5k | 10m | 2m | Total |
|----------------|----|-----|----|-------|
| Rick Woods     | 4  | 4   | 1  | 9     |
| Stan Fletcher  | 1  | 1   | 35 | 37    |
| Tom Prendki    | 3  | 3   | 35 | 41    |
| Tom Davis      | 9  | 7   | 35 | 51    |
| Russ Irvine    | 10 | 8   | 35 | 53    |
| Kevin Murnane  | 11 | 9   | 35 | 55    |
| Walt Potter    | 35 | 2   | 35 | 72    |
| Duane Lodridge | 35 | 35  | 2  | 72    |
| Scot Eden      | 2  | 35  | 35 | 72    |
| Paul Cleaver   | 5  | 35  | 35 | 75    |
| Vince Forgione | 35 | 5   | 35 | 75    |
| Steven Brady   | 6  | 35  | 35 | 76    |
| Steven Brady   | 35 | 6   | 35 | 76    |
| Richard Weiss  | 7  | 35  | 35 | 77    |
| Marc Shirley   | 8  | 35  | 35 | 78    |

| Men 35-39       | 5k | 10m | 2m | Total |
|-----------------|----|-----|----|-------|
| John Gallagher  | 2  | 2   | 2  | 6     |
| Will Scott      | 6  | 5   | 5  | 16    |
| L. Jim Etchison | 7  | 6   | 4  | 17    |
| Will Myers      | 10 | 8   | 7  | 25    |
| Bill Vogenitz   | 9  | 10  | 6  | 25    |
| Leonard Kuentz  | 11 | 11  | 10 | 32    |
| Jerry Haley     | 1  | 4   | 35 | 40    |
| Bod Field       | 4  | 3   | 35 | 42    |
| Earle Myers     | 8  | 35  | 3  | 46    |
| Dave Abbott     | 12 | 9   | 35 | 56    |
| Jonas Legum     | 14 | 35  | 9  | 58    |
| Bill Turrentine | 35 | 35  | 1  | 71    |
| Winnie Hittle   | 35 | 1   | 35 | 71    |
| Bernard Bidwell | 3  | 35  | 35 | 73    |
| Rick Smith      | 5  | 35  | 35 | 75    |
| Ron Bowman      | 35 | 7   | 35 | 77    |
| Paul Hinman     | 35 | 35  | 8  | 78    |
| Bob Maynard     | 13 | 35  | 35 | 83    |
| Scot Latchaw    | 15 | 35  | 35 | 85    |



| Men 40-44        | 5k | 10m | 2m | Total |
|------------------|----|-----|----|-------|
| Tom Bradford     | 2  | 2   | 3  | 7     |
| Eric Synder      | 8  | 3   | 6  | 17    |
| Dick Hillman     | 9  | 4   | 7  | 20    |
| Bill Shaughnessy | 14 | 6   | 8  | 28    |
| Tom Foley        | 1  | 35  | 1  | 37    |
| Martin Herzog    | 35 | 7   | 2  | 44    |
| Howard Beard     | 5  | 35  | 4  | 44    |
| Paul Herman      | 6  | 35  | 5  | 46    |
| James McCutchan  | 12 | 5   | 35 | 52    |
| Bill McKeever    | 35 | 1   | 35 | 71    |
| Harry Bell       | 3  | 35  | 35 | 73    |
| Ron Bowles       | 4  | 35  | 35 | 74    |
| Steve Keefer     | 7  | 35  | 35 | 77    |
| Mike Schlegel    | 35 | 8   | 35 | 78    |
| Freeman Bagnall  | 35 | 35  | 9  | 79    |
| Don Kennedy      | 10 | 35  | 35 | 80    |
| Dan Parvis       | 11 | 35  | 35 | 81    |
| Roy Randall      | 13 | 35  | 35 | 83    |

| Men 45-49        | 5k | 10m | 2m | Total |
|------------------|----|-----|----|-------|
| Fred Shanklin    | 2  | 1   | 3  | 6     |
| Lloyd Abbot      | 6  | 3   | 6  | 15    |
| Earl Scott       | 10 | 11  | 14 | 35    |
| Robert Donald    | 16 | 12  | 12 | 40    |
| Alan Mycherley   | 14 | 15  | 11 | 40    |
| Richard Coon     | 4  | 35  | 1  | 40    |
| Ken Lyons        | 35 | 5   | 2  | 42    |
| Hank Church      | 3  | 6   | 35 | 44    |
| Eric Fredlund    | 5  | 35  | 5  | 45    |
| Doug Pond        | 7  | 35  | 4  | 46    |
| Peter Salmon-Cox | 8  | 9   | 35 | 52    |
| Marty Paul       | 9  | 35  | 8  | 52    |
| Allen Veasey     | 35 | 10  | 9  | 54    |
| Jesse Fussell    | 13 | 35  | 10 | 58    |
| John Lockwood    | 12 | 35  | 13 | 60    |
| Don Higdon       | 11 | 35  | 15 | 61    |
| Charles Bennet   | 20 | 35  | 16 | 71    |
| Joe Clorety      | 1  | 35  | 35 | 71    |
| Jim Sharp        | 35 | 2   | 35 | 72    |
| William Derr     | 35 | 4   | 35 | 74    |
| Joe Duffy        | 35 | 7   | 35 | 77    |
| Evan Thomas      | 35 | 35  | 7  | 77    |
| Tom Komarek      | 35 | 8   | 35 | 78    |
| Robert Moore     | 35 | 13  | 35 | 83    |
| Mike Finn        | 35 | 14  | 35 | 84    |
| Henry Whitesel   | 15 | 35  | 35 | 85    |
| Joe O'Boyle      | 35 | 16  | 35 | 86    |
| Clark McClelland | 17 | 35  | 35 | 87    |
| Jim Lewis        | 18 | 35  | 35 | 88    |
| Bill Hoffman     | 19 | 35  | 35 | 89    |

| Men 50-59       | 5k | 10m | 2m | Total |
|-----------------|----|-----|----|-------|
| Milton Taylor   | 2  | 1   | 2  | 5     |
| Arnie Henderson | 4  | 5   | 1  | 10    |
| Jim Mandrin     | 3  | 2   | 35 | 40    |
| Dale Vogel      | 5  | 4   | 35 | 44    |
| Jim Black       | 1  | 35  | 35 | 71    |
| Neal Hinkle     | 35 | 3   | 35 | 73    |
| Clair Morris    | 6  | 35  | 35 | 76    |
| Bill Law        | 35 | 6   | 35 | 76    |
| Harry Jacobs    | 7  | 35  | 35 | 77    |
| Neal Kinsinger  | 8  | 35  | 35 | 78    |

| Men 60 and over  | 5k | 10m | 2m | Total |
|------------------|----|-----|----|-------|
| Harold Michaelis | 2  | 2   | 1  | 5     |
| John Briton      | 3  | 4   | 3  | 10    |
| Arnold Galiano   | 4  | 3   | 4  | 11    |
| Guy Riccio       | 1  | 35  | 2  | 38    |
| Ben Moore        | 35 | 1   | 35 | 71    |

## RUNNING SHORTS

### YOUNG RUNNER LOSES WAY HOME

MOM HEARTBROKEN ON MOTHER'S DAY OVER DISAPPEARANCE OF FIVE-YEAR-OLD: Those could have been our headlines. "How could Cooper do this to us on Mother's Day?" I wondered. Marv didn't have him out of his sight for more than five seconds and he was gone. With every hour our anxiety mounted.

Unknown to us, Cooper was hanging out at Diehl's Produce stand in Olde Severna Park.

The call came at 2:30 PM. The kind people at Diehl's were good enough to call us. Since Cooper wouldn't talk they read the number on the tag on his collar. "Cooper wouldn't go away," they said, so they had to do something about the dog. Cooper was tired, thirsty, and had to have a bath on Mother's Day because he smelled like a swamp. He must have had quite a run. We will never know. Our recalcitrant dog didn't share a word about his adventures.

-Yvonne Aasen

## 1988 CLUB CHAMPIONSHIP SERIES RULES

### RULES FOR THE 1988 CLUB CHAMPIONSHIP SERIES

1. YOU MUST BE A MEMBER, IN GOOD STANDING, OF THE ANNAPOLIS STRIDERS AS OF JANUARY 1, 1988, AND MAINTAIN THAT STANDING THROUGHOUT THE SERIES TO QUALIFY FOR AN AWARD.
2. THERE WILL BE TEN RACES IN THE SERIES: 5K, 10 MILE, 2 MILE, 10K, 1 MILE, 8K, 5 MILE, 26.2K, 20K, and 15K.
3. YOUR AGE ON THE FIRST DAY OF 1988 WILL DETERMINE YOUR AGE GROUP PLACEMENT FOR THE ENTIRE SERIES.
4. POINTS WILL BE AWARDED FOR YOUR ORDER OF FINISH WITHIN YOUR AGE GROUP. NO SHOWS WILL RECEIVE 35 POINTS OR THE LAST PLACE IN THEIR AGE GROUP, WHICHEVER IS HIGHER.
5. YOUR FINAL SCORE IS DETERMINED BY ADDING YOUR BEST SIX FINISHES. LOWEST SCORE WINS. IF NO ONE IN YOUR AGE GROUP COMPLETES SIX RACES, YOU MUST HAVE COMPLETED AT LEAST FIVE TO BE ELIGIBLE FOR AN AWARD. ANYONE WHO COMPLETES THE ENTIRE SERIES OF TEN RACES, HOWEVER, WILL WIN AN AWARD.
6. THE AGE GROUPS ARE:  
FOR MEN AND WOMEN: 13 and under, 14-19, 20-29.  
FOR WOMEN: 30-39, 40-49, 50 and over.  
FOR MEN: 30-34, 35-39, 40-44, 45-49, 60 and over.

7. THREE AWARDS WILL BE GIVEN IN EACH AGE GROUP BUT THIS NUMBER MAY BE DECREASED IF THERE IS LIMITED PARTICIPATION IN A PARTICULAR AGE GROUP.
8. SERIES STANDINGS WILL BE PUBLISHED PERIODICALLY IN THE STREAK.
9. PLEASE INDICATE ON EACH SERIES ENTRY FORM THAT YOU ARE A STRIDER MEMBER. PLEASE USE THE SAME NAME ON ENTRY FORMS TO PREVENT NAME MIX-UPS.

CALL JOE CLORETY FOR MORE INFORMATION  
HOME: 721-3362 WORK: 261-0342

### 1988 CLUB CHAMPIONSHIP SERIES RACES

1. 5K February 27
2. 10-Mile March 27
3. 2-Mile April 30
4. 10K June 19
5. 1-Mile July 9
6. 8K August 14
7. 5-Mile September 4
8. 26.2K October 9
9. 20K November 27
10. 15K December 31





# WHATS COMING UP

ANNAPOLIS STRIDER EVENTS CALENDAR FOR 1988



All Official Striders Events Are Underlined  
All events are open to the general public

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>                   |
|------------------------------------------------|--------------------|------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|----------------------------------------|
| 1st Monday<br>each month                       | 7:30 PM            | <u>Annapolis Striders<br/>Board Meeting</u>                                                                | Arundel Center<br>Calvert Street,<br>Annapolis                       | Richard<br>Hillman<br>269-0253         |
| Every<br>Wednesday<br>Continuing until June 22 | 6:30 PM            | <u>Interval Training<br/>Track Clinic</u>                                                                  | AACC Track<br>Arnold, MD                                             | Bill<br>Vogenitz<br>974-199            |
| June 4<br>Saturday                             | 8:00 AM            | Run For The Arts<br>10K                                                                                    | Maryland Hall,<br>Constitution &<br>Greenfield Sts.<br>Annapolis, MD | Lynne<br>Davidson<br>267-0555          |
| June 12<br>Sunday                              | 7:00 AM            | 5th Annual Chesapeake Bay Bridges<br>Swim Race                                                             | Sandy Point State<br>Park, Maryland                                  | Fletcher<br>Hanks<br>301-226-5494      |
| June 16<br>Thursdays<br>Continues for 10 weeks | 6:00 PM            | <u>Truxtun Park Fun<br/>Runs, 1 mile &amp; 4<br/>Miles (50 cents)</u>                                      | Truxtun Park<br>Annapolis, MD<br>Pine Grove near<br>Boat Ramp        | Bob Bridges<br>co-director<br>974-1587 |
| June 18<br>Saturday                            | 9:00 AM            | Severna Park YMCA<br>Triathlon<br>1/2-Mile Swim,<br>3.5-Mile Run,<br>10-Mile Bike                          | South River High<br>School & YMCA<br>Camp Letts                      | Severna Park<br>YMCA<br>647-3638       |
| June 19<br>Sunday                              | 8:00 AM            | <u>Father's Day 10K<br/>#4 Champ Series</u>                                                                | Loch Haven Rec.<br>Area, Edgewater, MD                               | Ken Lyons<br>268-7140                  |
| June 25<br>Saturday                            | 8:00 AM            | <u>Two-Person 10-Mile<br/>Relay</u>                                                                        | Broadneck HS<br>Arnold, MD                                           | Bill<br>Vogenitz<br>974-1998           |
| July 4<br>Monday                               | 8:00 AM            | Choptank River Run<br>5-Miler                                                                              | Cambridge Creek<br>Bridge<br>Cambridge, MD                           | David<br>Webster<br>301-228-4211       |
| July 9<br>Saturday                             | 6:30 PM<br>7:00 PM | <u>John Wall Memorial<br/>1-Mile Track Race &amp;<br/>Junior Medley<br/>#5 Club Champ Series</u>           | Annapolis H.S.<br>Riva Road,<br>Annapolis, MD                        | Pat O'Brien<br>544-7615                |
| July 16<br>Saturday                            | 8:00 AM            | <u>Women's Distance<br/>Festival 5K<br/>&amp; Wheelchair Race</u><br>(Wheelchairs to run before the women) | US Naval Academy<br>Annapolis, MD                                    | Jean Legum<br>263-5210                 |
| July 16<br>Saturday                            | 9:00 AM            | <u>Run After The Women<br/>5K (men only)</u>                                                               | US Naval Academy<br>Annapolis, MD                                    | Jonas Legum<br>263-5210                |

(continued on next page)



# ANNAPOLIS STRIDERS 1988 CALENDAR CONTINUED

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<br/>DIRECTOR</u>                  |
|---------------------------------------------------------------------------------|-----------------|------------------------------------------------------------------------------|--------------------------------------------------|-------------------------------------------|
| July 30<br>Saturdays                                                            | 7:00 AM         | <u>Moore's Marines<br/>Marathon Training</u>                                 | Annapolis Mall<br>Equitable Bank Bldg.           | Ben Moore<br>268-2832                     |
| July 31<br>Sundays                                                              | 7:30 AM         | <u>Moore's Marines<br/>Marathon Training</u>                                 | Navy/Marine Corp<br>Stadium, Annapolis           | Ben Moore<br>268-2832                     |
| <u>Saturday &amp; Sunday training runs continue until Marine Corps Marathon</u> |                 |                                                                              |                                                  |                                           |
| August 6-7<br>Sat.-Sun.                                                         | noon to<br>noon | 24-Hour Relay<br>[1 mile laps]                                               | Mullins Field,<br>Ft. Meade, MD                  | Tom Bradford<br>987-0674                  |
| August 14<br>Sunday                                                             | 8:00 AM         | <u>Dog Days of Summer<br/>8K, #6 Champ Series</u>                            | AACC<br>Arnold, MD                               | Hotline<br>268-1165                       |
| August 28<br>Sunday                                                             | 8:00 AM         | <u>Annapolis 10-Mile<br/>Run</u>                                             | Navy/Marine Corp<br>Stadium                      | Pat Hoffman<br>301-268-6092               |
| September 4<br>Sunday                                                           | 8:00 AM         | <u>Pennysaver Severna<br/>Park 5 Miler #7 Champ Series</u>                   | Severna Park HS                                  | Anne<br>Chamberlain<br>224-4331           |
| September 10                                                                    | 8:00 AM         | Chaptico Classic<br>10K and 5K                                               | Chaptico,<br>Maryland                            | Mike Whitson<br>301-884-4862              |
| October 9<br>Sunday                                                             | 8:00 AM         | <u>Metric Marathon<br/>26.2K #8 Champ Series</u>                             | Southern HS<br>Harwood, MD                       | Hotline<br>268-1165                       |
| October 16<br>Sunday                                                            | 9:00 AM         | Seagull 10K                                                                  | Anne Arundel<br>Community College<br>Arnold, MD  | Babette<br>Billek<br>260-4515             |
| October 30<br>Sunday                                                            | 9:00 AM         | Key School 10K<br>(6.2 miles)                                                | Key School<br>534 Hillsmere Dr.<br>Annapolis, MD | Ann Beach<br>day 263-9231<br>eve 269-0985 |
| November 6<br>Sunday                                                            | 9:00 AM         | Marine Corps<br>Marathon<br>26 mi., 385 yards                                | Washington, D.C.                                 | Ben Moore<br>268-3832                     |
| November 5<br>Saturday                                                          | 8:30 AM         | Turkey Trot 5-Mile<br>1-Mile Fun Run<br>100-yard Tot Trot                    | Downs Memorial Park<br>Pasadena, MD              | Darlene<br>Washington<br>987-9600         |
| November 20<br>Sunday                                                           | 10:30 AM        | Maryland Marathon<br><u>Annapolis Striders work the turnaround waterstop</u> | Memorial Stadium<br>Baltimore, MD                |                                           |
| November 27<br>Sunday                                                           | 10:00 AM        | <u>Cold Turkey 20K<br/>#9 Champ Series</u>                                   | South River HS<br>Edgewater, MD                  | Leon Johnson                              |
| December 31<br>Saturday                                                         | 11:00 AM        | <u>10th Anniversary<br/>Run 15K #10 Champ Series</u>                         | U.S. Naval Academy<br>Annapolis, MD              | Eleanor<br>Elster<br>268-0982             |

