

STREAK

VOLUME XI
NUMBER VI
DECEMBER 1989



ANNAPOLIS STRIDERS

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

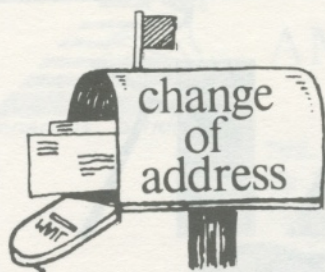
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- Please allow 2 weeks for processing this application. You will be sent a membership card good for discounts on running gear at select area stores.
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The purpose of this running club is to improve 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.

PRESIDENT'S PRATTLINGS

STREAK EDITOR RESIGNS

After 8 years and 48 bi-monthly issues, Yvonne Aasen is stepping down as editor of the Streak with the February issue, which is the end of this Strider administrative year. Words truly are insufficient to express our collective deep gratitude for her dedication to this singular task. Her reliability, unflappability, and imagination have benefitted all Striders but have been particularly appreciated by the respective presidents and boards she has served. Her tenure extends back through the reigns of Evan Thomas, Doug Pond, and the late Don Waddington, to the second term of Mike van Beuren. Speaking on their behalf, it has been a distinct pleasure to work with Yvonne and to know that not only would the Streak always be published but that it would always be of top quality. THANK YOU, YVONNE.

Now, you might say, what's next? The gratifying feature in leading a long distance running club (in contrast with other civic endeavors) is that people, good people, actually come forward to volunteer, even cheerily, for hard jobs. Alas, that is the case here.

I am pleased and enthused to announce that Sharon Hammond will become the Streak editor (only the fourth in our 11 year history) effective with the April issue. While Sharon will no doubt outline her plans in the next Streak, it is fair to anticipate that she would be happy to hear from you now as to the assistance you will offer her. Be nice to her and she may let you be the Managing Editor, the Photographer, the Copy Editor, a Reporter, the Layout Editor, the Cartoonist, or the Business Manager! Evan and I have pleaded with her to allow us to continue doing the "Striders on the Road" and the "Other Races" columns, respectively. Call Sharon now: 268-7140.

Word from our Virginia neighbor, RRCA president Henley Gible, is that she will step down at the end of her term in Miami in March. Rumor has it that our own Eastern Director, Jane Dolley of Maine, will announce her candidacy soon. Henley has noted that in 1979 (the year the Annapolis Striders was born) the RRCA consisted of 126 clubs. There are now 460! During this entire period, RRCA dues have remained at 75 cents per member.

The RRCA has adopted a new "high tech logo of the 90s." It was selected from among 60 proposals which were submitted during a contest last winter. The design is the work of Lessley Michael Kidd of Dayton, Ohio. Les describes the elongated, italic lettering as representing forward motion and the background horizontal lines as giving the graphics a futuristic look. It begins adorning our publications and entry forms this month.

Excitement is building for the RRCA's 33rd Annual Convention to be held in Miami, Thursday-Sunday, March 8-11. The Miami Runners are planning a spectacular weekend which culminates in the RRCA National 8K Championship, the Calle Ocho 8K on Saturday evening followed by an outdoor picnic bash. Beach runs are planned as well as a special "Meet the Executive Board" cocktail party and the non-traditional, wacky RRCA annual auction. It's a great time of the year to be in Florida and the Orioles have a home exhibition game on March 10 too. By leaving at noon, Friday, March 2, and

caravaning to Orlando, we can also take in the Red Lobster 10K, Saturday morning, March 3. This is one of Florida's major races. Plan to go. Call me or Pat Hoffman to express your interest.

With the wrap-up of the finances of the successful Annapolis Ten Mile Run, Pat Hoffman has concluded two rewarding years as Race Director. We salute him and we welcome him as a member of the Board of Directors. Pat was selected to fill the vacancy created by Evan Thomas' resignation to accept the position of Race Director of the 1990 Annapolis Ten Mile Run. Evan says his committee will be getting an early start. If you want to participate, call him now.

In other Board action, note that Ron Bowman has also been elected as a director to fill a vacancy created by a resignation. We welcome him aboard.

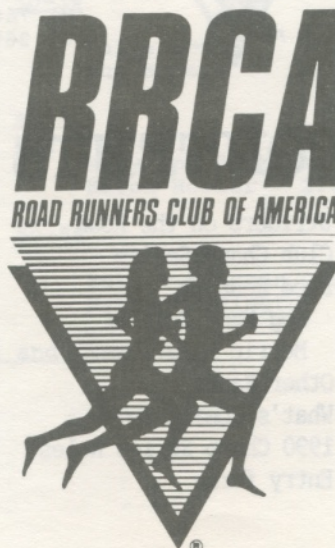
The Board has voted to increase membership dues for the first time in the organization's history. Escalating administrative costs, particularly the publication of the Streak, have necessitated this action. Effective January 1, individual dues will be \$10, except for a person under 18 (\$5). Dues for families will be \$15.

Elsewhere in this issue is the 1990 race schedule. While substantially similar to schedules for recent years, the two-person ten-mile relay has been eliminated due to lack of participation for the past two years. In addition, because the Naval Academy has concluded after 11 years that existing DOD regulations preclude our starting and finishing races on the grounds of the Academy (no kidding!), we are changing the site of some of our events. Keep tuned to the Hotline for up to the minute details.

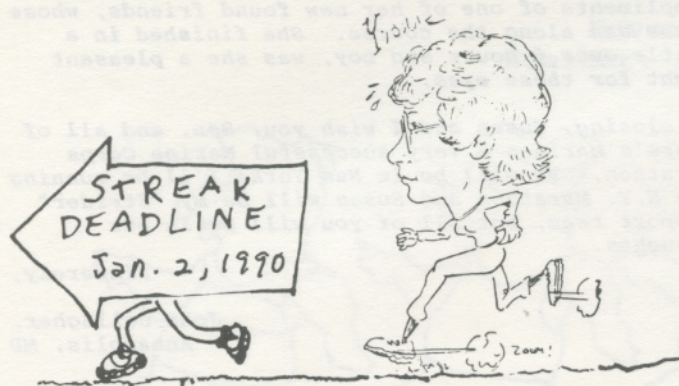
So I lied. I said I'd never do another NYC Marathon after my '87 experience, but I have. And, I'd do it again!! Actually, it was great fun. My 3:49:21 was my best in 3 years, proving that I am not getting any older. Yes, Ben, I did eat dates again--2 lbs beginning 60 hours before the race. I also drank 2 gallons of EXCEED during this period. I felt great at the end. No wall! Eating dates is so much easier than running 20 milers every weekend.

d i c k h i l l m a n

Dick Hillman



EDITORS REMARKS



Caricature by Irv Finifter

YES, STRIDERS, THERE IS LIFE AFTER...

Yes, Striders, there is going to be life after I resign with the February issue. Sharon Hammond is already making plans for a bold new look for the Streak, which will probably happen after a few issues into her editorship. She is well qualified with one of the most important assets she will have--she runs on 450 and eats at Roys afterward. With all the contacts she has I expect all of you to put your weight behind her and give her your full support. None of you are allowed to promise her an article and then forget to write it.

Of course, there are some things Sharon will have to learn. One of which is exactly how to spell Mike van Beuren's name. This is correct, Sharon: Mike van Beuren. If you see it in any other form, correct it.

Actually, it was with great relief that I read in president Dick Hillman's column that a bright, shiny new editor had volunteered. Now I can step down with a clear conscience, knowing the Streak would continue. I had hoped to go out with a blaze of glory by an early December issue. Alas, I was struck down with a case of bronchitis which interfered along with the printer's Christmas rush. Hopefully, you will get this by 1990.

Thanks to Barbara Kerr for the new graphics. We hope to see more of her artful drawings in the pages of the Streak. By the way, she reneged and said "the two guys can run through the pages of the Streak as long as their legs hold up."

For my last February, 1990 Streak, please get your copy to me by January 2. My home address is 13 Sunset Drive, Severna Park, MD 21146.

-Yvonne Aasen
647-0879

We can stay.



Yeah, but what if the new editor axes us?

NOMINATING COMMITTEE NAMED

The following Striders have been selected to serve on the Nominating Committee:

Anne Chamberlain	224-4331
Eleanor Elster	268-0982
John Gudas	263-7579
Jonas Legum	263-5210
Mike Long	263-3028
Ken Lyons	268-7140
Betty Moore	268-3832
Doug Pond	841-6853
Linda Rogers	867-0470
Nancy Waddington	956-2061

It is their duty to nominate a slate of officers for election at the Annual Meeting in March. The slate will include president, vice-president, secretary and treasurer, for one year terms, and four directors, for two year terms. Any Strider interested in being nominated should contact a member of the Nominating Committee before the end of January.

DEAR STRIDERS

FEEDBACK

FOLLOWING IS THE COPY OF A LETTER MAILED IN RESPONSE TO THE PLEA FOR EXPRESSING APPRECIATION ON USE OF THE STADIUM (October 1989 Streak, page 15). THANK YOU TO ALL THOSE WHO WROTE.

November 12, 1989

Mr. Jack Lengyel, Athletic Director
Naval Academy Athletic Association
Rickerts Hall
Annapolis, MD 21402

Dear Mr. Lengyel:

I am presently a member of the Annapolis Striders, and at their suggestion am writing to state that I personally appreciate the use of the Navy/Marine Corps Stadium for the finish of the Annapolis Ten Mile Run.

Although I had to be out of town this year and missed the Annapolis Run, I have run in six of the Annapolis races and intend to continue to do so in the future.

Further, at the time of the building drive conducted for construction of the stadium in 1958/9, I was stationed at Quantico on active duty with the Marine Corps, and during the fund raising drive made several contributions for its construction.

During the soccer preliminaries held for the 1984 Olympic Games at the stadium, my wife--who is now on the Governor's executive staff--served as personnel director, and spent many days working at the stadium.

As you can see, we both have an attachment to the stadium, and for those reasons, look forward to participating in the Annapolis Run each year.

It is sincerely hoped that the stadium will serve as the finish of the Annapolis Run for many years into the future.

Sincerely,

John Strumsky

TYPICAL COUPLE CELEBRATE ANNIVERSARY WITH MARATHON

October 25, 1989

Dear Evan,

I believe I've procrastinated long enough about writing to you regarding our adventures in Montreal. Our combination vacation, fall marathon and 20th wedding anniversary celebration began as we left Annapolis...on September 21. We had a safe and uneventful journey by car to Albany...and on to Montreal. Our temporary residence was a very nice ground floor apartment in a Victorian style row house in the Latin quarter. The temperature in Montreal on our arrival was a frightful 83 degrees, but remnants of Hurricane Hugo rapidly changed all that by Saturday. With the plummeting temperatures accompanied with violent gusty winds and rain, we decided that a bus tour of this beautiful city seemed to make tremendous sense.

We attended the marathon Expo as required for our packet pickup and were greatly disappointed as there were no merchants selling running paraphernalia. There were only a very few exhibitors, one for sports medicine, shoes and the like, but one area really caught our attention--a running club from the Montreal area called Le Vanequeil. They were showing a video of a previous Montreal marathon. It reminded us of a Strider post-marathon party, complete with videos.

Marathon morning came off without any glitches, as we followed the flow of runners onto the proper subway for a short ride to the Isle of St. Helen and the starting area. What we were unprepared for was the weather. Blustery cold wind and more cold were the conditions that greeted us at the starting line on the Jacques Cartier Bridge, located over the St. Lawrence River. Susan and I continually hugged each other, not out of passion either, and jumped up and down to keep warm. The temperature was 40 degrees and the wind was blowing out of the north at 25 to 30 mph and it was definitely a two trash bag day and, of course, our travel plans didn't include any.

After crossing the St. Lawrence river, the course went through old Montreal, downtown Montreal, the Olympic Park, assorted residential areas and ended in Parc La Fontaine near downtown. The course was flat and most of the major intersections were clogged with Montrealers who were clapping, cheering and yelling "Bravo, monsieur or C'est bonne." The best part of the race for me was all the kids that put their hands out for you to give them five.

Then there was the elderly madame in a posh residential area standing in front of her well-manicured lawn wearing a full-length mink coat, holding a chihuahua in her arms like a baby and talking in French to her dog. The front door to her house was open and her stereo was blasting the song "I could have danced all night." All this seemed pretty normal after I reflected on it. The bizarre part was her husband was seated on the front porch in a silk smoking jacket drinking a beverage but with his back away from all of the activity on the street. I'll never forget that sight!

Needless to say with me being able to take in all Montreal had to offer, my time suffered somewhat. I finished at 3:51. Poor Susan, however, after planning on going only 6 to 12 miles was feeling too good at 12 and continued on. At 15 her good knee soon became her bad knee and she had to walk to the finish. The best part for her was meeting two cordial Montrealers, who also were walking.

They had a great conversation and great food, compliments of one of her new found friends, whose house was along the course. She finished in a little over 6 hours and boy, was she a pleasant sight for these eyes.

In closing, Susan and I wish you, Ben, and all of Moore's Marines a very successful Marine Corps Marathon. We will be in New York; I'll be running the N.Y. Marathon and Susan will be my "Strider" support team, but all of you will be in our thoughts.

Sincerely,

John Gallagher,
Annapolis, MD

WELCOME NEW MEMBER

October 19, 1989

Dear Striders,

I have recently moved from Baltimore to Crofton, and my wife and I have joined your running club. Please find enclosed an article I have written for the Baltimore Road Runners Club last spring. I thought you might be able to use it in your newsletter.

I look forward to participating in the Annapolis Striders club. If I can be of help in any way please don't hesitate to call.

Yours in health,

Dr. John F. Kibby

DEAR MS. STREAK



Ms. Streak

Dear Ms. Streak: What kind of an advice columnist are you anyway? Shooting Pain asked for advice about how to relieve his pain and you told him to trade in his car for a new pair of running shoes. Shooting Pain has a clean-cut case of sciatica. You should have told him to strengthen his abdominal muscles. Where do you get your qualifications, anyway?

Signed, Doubtful

Dear Doubtful: I happen to be a professional columnist. I plan to become syndicated soon. Furthermore, if you can find one single misspelled word in my column, I'll eat that entire case of sciatics.

Dear Ms. Streak: I have a terrible problem. When I run I itch in a very personal spot. This happens even when I'm with a big group, like on Rt. 450.

Should I just go ahead and scratch in pubic?

Signed, Embarrassed

Dear Embarrassed: Yes, go ahead and scratch as long as no one hairs about it.

Editor's note: Whether you're young or old, male or female, fit or sedentary, a runner or non-runner, Ms. Streak offers free advice. Write in care of the Streak, P.O. Box 187, Annapolis, MD 21404.

ADVERTISING

The Streak accepts advertising at the following rates per issue:

Business card....\$20 Half-page.....\$70
Quarter-page.....\$40 Full-page.....\$100
Yearly rates available

If you are interested in placing an ad, please call the editor. If you have an ad that is ready for press, mail to: Streak Editor, P.O. Box 187, Annapolis, MD 21404.

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Mike van Beuren & Randy Fox, Realtors
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COMMENTARY

A BAD DAY...FOR ELEPHANTS

by Dennis J. Mezan

It shouldn't have happened. Not at a race as well organized as Annapolis. And certainly not to an experienced, giving runner like Graham (not his real name). Somehow an elephant (or was it two?) got loose on the course of the 14th Annapolis Run. The elusive creatures waited at the five mile mark, probably under the Severn River Bridge, wisely avoiding any possible entanglements with M.P.s at the Naval Academy.

It was to be an ambush. As Graham came upon them about 32 minutes into the race, they jumped up on his back. Not only that, but they threw a chain around his neck and made him drag a piano (or was it two?) for the rest of the race. I didn't see them, but then elephants are renowned for their stealth and treachery. So I missed them, but Graham told me about them--and I believed him. After all, it was almost 80 minutes after the start that Graham crossed the finish line, a full 20 minutes behind his personal best. His face was pulled taut and his skin drenched in perspiration. Apparently elephants like heat and humidity, and apparently Graham does not.

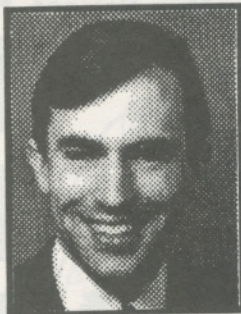
At first, because of his time, I thought the elephants had beaten him. I was wrong. They wanted him to stop but he didn't. He took what they had to give and made the best of it. He fought the noblest fight of all, the fight to survive. I was busy feeling sorry for Graham when I heard him laugh. I found him with a group of his friends, congratulating some who had beaten him, giving advice to others, and smiling like he had taken first prize.

I had forgotten what a veteran competitor like Graham hadn't. It really isn't "whether you win or lose..." Besides, when you are surrounded by 3,500 fellow athletes on a sunny summer day, there are no losers. I had always admired Graham as a competitor and a coach. But on that day, when he ran 20 minutes off his best, he became my hero. A winner--beyond his defeat I wonder how many other people encountered elephants that day in Annapolis and how they had dealt with them. They are what racing is about, as much as the prize winners are. Later Graham found me in the crowd and asked me how I did. He congratulated me and then we sat in the bleachers at the stadium, my hero and I, and had a beer (or was it two?)

Editor's note: This article first appeared in the Baltimore Road Runners Club Fall '89 newsletter.

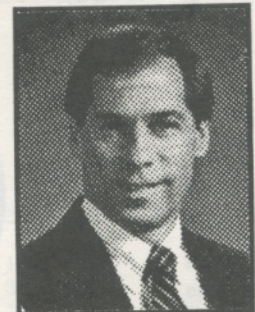
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MY FAVORITE RACE

THE GREAT RACE

Subtitled: ALL I WANT FOR CHRISTMAS
IS A STARTING LINE POSITION

by Matt Mace

It was a dark and stormy night. It wasn't really, but I have always wanted to start a story like that.

Instead, it was a crisp fall morning in Pittsburgh and I was trying to make my way to the starting line of THE GREAT RACE. Getting to the starting line is not as easy as it sounds, what with 14,000 starters, attaining that position would have been a singular achievement. I had to get past a submarine, a six-runner centipede from Westinghouse, various aliens, and some guy carrying Godzilla (honest). If there had been a red carnival wagon I would have sworn that the circus was in town. This motley assortment were all competing to be one of the 10,000 finishers.

I reflected that the self-effacing title of THE GREAT RACE is a little much--something like asking your friends to call you "Oh Great One With Fast Feet." But I will have to admit the race is pretty good. And pretty quick. And in that lies the greatness. Just checking the results, a 32 flat would have gotten 100th place overall. Please note: that is 100th, not 10th place overall. As well, since this year's event served as the TAC National master's 10K Championship, the masters men's and women's winners managed a quick 30:26 and 34:01 for Bill Rodgers and Laurie Binder respectively. My 34:30 only managed 262nd overall and 60th in my age group.

The race course drops over 300 feet, net, from start to finish, so there is a good reason why it is quick. Of course, this is only half the story. The race actually has several steep drops and two pretty good rises; one in the first mile and one in the fifth mile. This is actually quite significant: while you're running toward the junction of the three rivers downtown, you have some real up-and-down to go through during the race. Additionally, since there are hills going both ways, The Great Race is not simply a gradual sloping downhill. So, if you do not run downhill well, the whole thing may be a little over-



SEED THIS MAN
IN FIRST PLACE.

powering, what with probably over 300 feet of rise and over 700 feet of fall jammed into one 10K.

Although I could handle the course--in spite of my lack of downhill ability--the mob of people was something else and this causes the course to seem even more up and down. The Great Race has a good deal for the seeded runners: they get staged up front in the race--all 1,000 or so of them. The seeded runners also get their bags taken from them, whereas the non-seeded runners do not. Add to that, as a non-seeded runner you probably have a good 1,000-odd people in front of you for the regular starting line and, well, you get the picture. In my own case, it also does not take a genius to figure out that if I started in over 2000th place and finished 262nd, no wonder it took me over six minutes to run the first mile. The first mile-and-a-quarter also has two liberal downhills and two equally extravagant uphill to add to the confusion. No sense complaining--open field running is good training. Heck, if they could add some landmines, it would probably look like an all-out infantry assault. Say, maybe we could send Ben Moore and Moore's Marines in as advisors.

Never having run Bay to Breakers in San Francisco, I cannot say for sure--but this is how I would have pictured it: A lot of up and down running with the true leaders going really fast and the rest of the field "fighting the field" and having some fun. Throw in a few thousand people running as something other than runners and you get quite an event.

Of course, I am sure I would have had an even better time running THE GREAT RACE, if some guy dressed as Darth Vader had not beaten me. Maybe next time, the Empire will strike back.

MY FAVORITE RACE

SHORT LADY WON'T PASS ME NEXT YEAR

by Ivan B. Pressman

I thought it was an achievable goal. In the back of my mind and in my inner being I knew I could do it. I knew I could qualify for Boston in '90 at age 44 with a sub 3:20 at the Marine Corps Marathon. Although I told my friends and family that I would be happy with a 3:30, I secretly had other plans.

The problem was, I died at mile 21 when I was seized with leg cramps and pain such as I had never experienced before. Actually, I had been cruising along, even at mile 20, enjoying the scenery, the weather, and the atmosphere of the run. I only needed to maintain and eight minute pace for the last six miles to come in at about 3:23. (While not fast enough for Boston, I could have told them it took me over three minutes to cross the starting line.) Then the excruciating pain at mile 21. What was going on? This hadn't happened to me at my last Marine Corps in 1982 (3:15). So what was the big deal if I only trained at 50 miles a week for four weeks rather than 60 miles a week for eight. The mid-forty-year-old body knows. That's why I limped in at 3:33.

Two days after the run as I sit here nursing my sore leg muscles and black toe, I'm telling myself next year I can do it. A little more training and preparation, a little work to increase my nonexistent upper body strength, maybe some speed work, and lots and lots of psych. That short round lady who passed me at mile 22 won't have the chance next year.

I'll be 45 for the next Marine Marathon. I'll need a sub 3:25 to qualify--a piece of cake. Wonder if I should make my 1991 Boston hotel reservations this far in advance?

In retrospect, I think one of the reasons I thought I could do it was because of the terrific support the Annapolis Striders gave at the race. I wore my Striders singlet and was cheered on by what seemed like a cast of thousands.



"Which knee is it that hurts?"

TRAINING TIPS

by Ed Purpura

Our guest columnist is Dr. John F. Kibby.

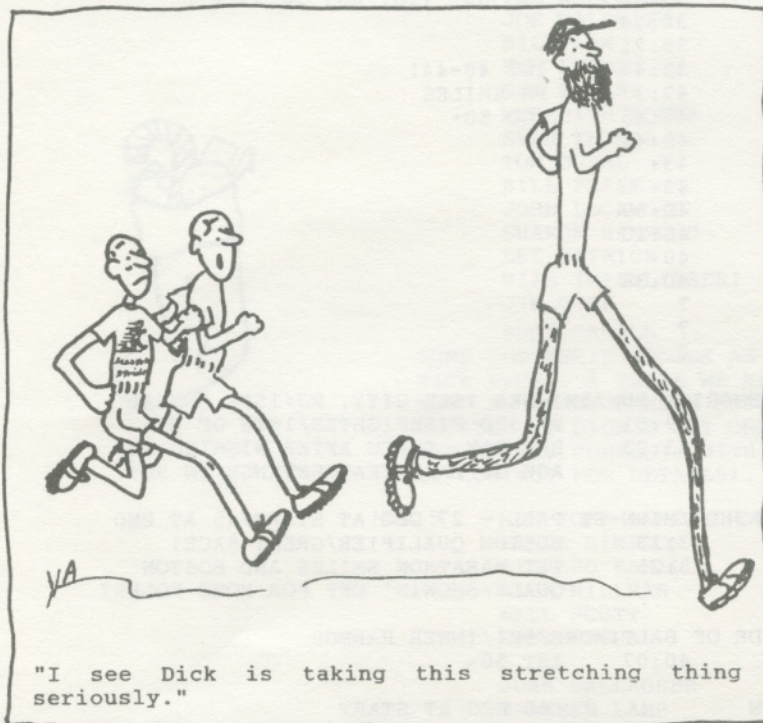
STRETCHING: WHO, ME?

If you're like most runners I've met, you'll probably agree that you don't stretch as much as you should. It is well known by most that proper stretching is an important segment of every good running program. Done on a regular basis, stretching develops and maintains flexibility, helps prevent injury, minimizes muscle soreness, and can improve athletic performance. Yet many of us need little reason to "put it off till later," then conveniently forget about it altogether. Perhaps learning more about stretching and how it works will motivate some readers to stretch more consistently. It's worth the effort.

There are two major types of stretching that I will present, known as active and passive stretching. Active stretching is when a person actively participates in the elongation of a muscle by actively (neurologically) inhibiting the tight muscle from contracting. It is used to increase flexibility and joint motion by lengthening elastic tissues (muscles), not connective tissue (ligaments, joint capsules). It is often reported that active stretching, by incorporating inhibition techniques, is more comfortable and tolerable than passive stretching. Active stretching is also thought to achieve greater muscle elongation than passive stretching, although some studies report no significant difference. Methods of active stretching include (1) contract-relax, (2) contract-relax-contraction, and (3) reciprocal inhibition. Although these are best carried out with the help of a partner, some can be done solo by using a towel. For example, to stretch the hamstrings solo, one can lie on the floor and wrap a towel around the ankle. Grasping both ends of the towel, a stretching force can be applied to the hamstrings.

Let's briefly discuss these techniques. Contract-relax is based on the theory that maximal muscle contraction is followed by a short period of inhibition. It is then relatively easy to elongate the tight muscle during this brief period of relaxation (active inhibition). Contract-relax-contraction is similar to contract-relax, except that after the initial pre-stretch contraction, the antagonist of the tight muscle is contracted to move the joint through the gained range of motion. (Muscles that move a particular joint in opposite directions are antagonists of one another.) Let's use the hamstrings as an example. Lying on your back, your partner would lift your entire leg (knee straight) to the point of hamstring tightness. Maintaining this level he/she would place your leg upon their shoulder (keeping the knee straight). To initiate the stretch, you attempt to lower your leg against an equal resistance, supplied by your partner's shoulder until your hamstrings begin to fatigue (5-10 seconds). Then, as you relax your hamstrings, contract your quadriceps (the antagonist to the hamstrings) to raise your leg. As you contract your quadriceps, your partner assists with gentle pressure from the shoulder in raising your leg higher. This would be repeated several times, each repetition gaining a few more degrees of motion. This combination is thought to be most successful for elongating muscles. The

third type of active stretching, known as reciprocal inhibition, is based on the inhibition of one muscle when its antagonist is actively contracting and producing joint movement. This is a gentle and safe way of decreasing muscle spasm. Again, let's stretch the hamstrings as an example. Lying on your back, start by raising your leg off the floor (knee straight) to a point where you feel the hamstrings become tight. Then, you contract the quadriceps against mild resistance applied to the front of the knee, allowing your leg to slowly raise higher. Here, as your leg moves higher by



contractions of the quadriceps, your hamstrings (the antagonist) will be reciprocally inhibited and will elongate. Clearly, this technique is easier performed with a partner. As you can see, techniques of active stretching seem quite similar. They assist us in stretching by taking advantage of the normal circuitry of the body's marvelous nervous system.

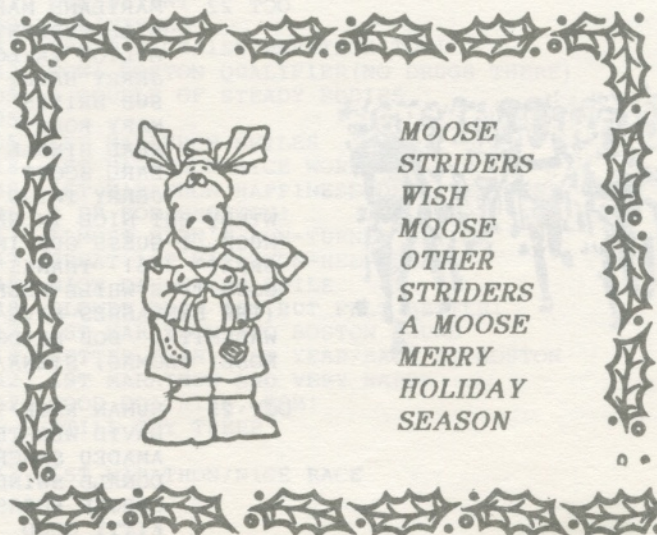
Passive stretching, on the other hand, involves the application of an external force which lengthens the shortened tissues while the person is relaxed. This type of stretching can be used to elongate elastic tissues (muscles), as well as connective tissues (ligaments, joint capsules). The stretch force is usually applied for 20-30 seconds and is repeated several times during one stretching session. As with active stretching, there are neurological mechanisms at work with passive stretching also. One of the two mechanisms is dependent on a minute structure found within muscles called the Golgi tendon organ (GTO). The GTO is sensitive to tension in a muscle caused by either passive stretching or active contraction. It functions as a protective mechanism by inhibiting contraction of the muscle in which it lies. When passive stretching is applied to a muscle, the tension within the muscle increases. Eventually this tension reaches a point where the GTO "fires," causing subsequent inhibition (relaxation) of the muscle, thereby reducing tension and avoiding muscle damage. The other neurological mechanism at work in passive stretching is the stretch reflex. Like the GTO, it also affects the tension of a muscle when that muscle is lengthened. However, its action causes

contraction of the muscle being lengthened to avoid overstretching and tearing of a muscle. In general, the GTO and stretch reflex work together to balance muscle tension. Obviously, activation for the stretch reflex is something we should try to minimize as we are stretching out prior to a run. Since the stretch reflex is more likely activated with a quick stretch than a slow stretch, we minimize the stretch reflex during a low-intensity, slowly-applied passive stretch. Therefore, there would be little or no tendency for contraction from the stretch reflex. Now you know why bouncing during a stretch is not recommended. Explain it to your friends or discuss it during a run. It's fun.

Practically speaking, any tissues to be stretched should be pre-warmed. Warm-up exercises prior to running should begin with movements of large muscle groups. After 10-12 minutes of all-round exercises, three-quarters of the blood flow is supplying muscles, compared with only one-quarter at rest. The muscles are then warm and prepared for more specialized sport-specific stretching. A proper cool-down period after a strenuous run is also important to allow the cardiovascular system to readjust from vigorous activity. Here's why. Running demands a lot of work from the muscles in the legs. This work demands increased levels of blood flow to supply oxygen and remove waste products. The body meets this demand for increased blood flow by dilating the blood vessels in the legs and increasing the heart rate. After we stop running, much of the blood will still be in the legs. If the legs are kept moving by walking or light stretching, it's easier for the blood to get back to the heart and lungs where it can dispose of waste and pick up more oxygen. Proper cool-down also helps decrease muscle soreness.

As you can see, there's a lot more to stretching than bouncing up and down on the edge of a curb. Hopefully, this article will entice you to try some new stretching techniques that may spark enthusiasm into many defunct stretching routines. Above all, remember that flexibility is highly individual. Everyone has varying degrees of flexibility. Listen to your body and stretch within your own limits. As with running, progress in stretching is only made with a consistent program.

Dr. Kibby practices at Kibby Chiropractic center in Crofton. His special interests are in the areas of sports-related musculo-skeletal injuries and rehabilitation.



STRIDERS ON THE ROAD

by Evan Thomas



SEP 24	MONTREAL MARATHON KAREN ZANNI	2:47	KAREN, FM BOWIE, HAS RUN WITH US SOME SAT/WEDS. SHE WORKS AT NASA SEE SEPARATE ARTICLE FOR "LES MEMOIRS DES GALLAGHERS"
	JOHN GALLAGHER	3:51	
	SUSAN GALLAGHER	6:00+	
SEP 24	THE GREAT RACE/10K/PITTSBURGH, PA MATT MACE	34:30	NICE WORK MATT.SEE SEPARATE STORY
OCT 1	ZOO ZOOM/5MI/BALTIMORE - HOT & MUGGY BEN MOORE	33:30	2ND 60+ (1ST WAS 30:39!)
	KITTY GOOD	38:14	
	RON BOWMAN	38:21	
	MARY ROSS	35:45	1ST 40-44!
	LYNN HOPKINS	42:37	PR SMILES
	ESTHER WEISMAN	40:45	2ND 50+
	PAT HOFFMAN	45:41	
	BUCK CADELL	43+	
	LOUISE ZEITLIN	43+	
	SUE BRIERS	40:09	
	EVAN THOMAS	40:10	
	JOE O'BOYLE	40+	
	EARL SCOTT	40:38	
	ERIC FREDLAND	?	
	ED GREEN	?	
	SHARON WATTS	?	
OCT 1	FIREFIGHTER'S MEMORIAL RUN/5MI/SEA ISLE CITY, NJ/15TH ANNUAL RICHARD RAHILLY	29:51	PR/3RD FIREFIGHTER/18TH OF 255
	LINDA SIMPSON	43:23	BAD DAY, ESPEC AFTER WINNING HER AGE GP LAST YEAR/REVENGE IN 90!
OCT 8	TWIN CITIES MARATHON/MINN-ST PAUL - 27 DEG AT START/45 AT END PAUL STONEHAM	3:13	BOSTON QUALIFIER/GREAT RACE!
	NANCY STAUB	3:25	1ST MARATHON SMILES AND BOSTON QUALS/SHOWIN' OFF FOR HOME FOLKS?
OCT 14	RUN FOR THE PRIDE OF BALTIMORE/5MI/INNER HARBOR ESTHER WEISMAN	40:07	1ST 50+
OCT 15	DETROIT MARATHON TOM BRADFORD	3:22	60 DEG AT START BOSTON QUALIFIER/START IN WINDSOR, ONTARIO, THRU 1MI TUNNEL TO MOTOWN AND ENVIRONS/2500+ RUNNERS
OCT 15	BACHMAN VALLEY HALF MARATHON/WESTMINSTER MARY ROSS	1:37:50	1ST MASTERS/3RD F O/A - 1 MIN BETTER THAN LAST YR IN WARMER TEMPS
	KAREN HOSLER	1:44	2ND MASTERS/FENDER BENDER ON WAY HOME PUT CRIMP IN MARATHON PLANS
	NEAL HINKLE	1:44	LIKES THOSE HILLS!
OCT 15	ARMY 10 MILER/WASH, DC - FOGGY BEN MOORE	70:55	WOW! BEN MUST LIKE RUNNING IN A FOG
	MEREDITH BONTA	-	DIDN'T RUN RACE BUT LIKES THE SHIRT
OCT 22	MARYLAND MARATHON/BALTIMORE BILL TURRENTINE	3:11	37TH
	MILTON TAYLOR	3:16	47TH
	JERRY HALEY	3:34	PR SMILES
	SUE BRIERS	3:43	BOSTON QUAL/2ND AG/10 F!
	MARY ROSS	3:43	READY FOR BOSTON/2ND AG/11TH F!
	NEAL HINKLE	3:43	ALMOST BEAT TEAM COYOTE
	EARL SCOTT	3:53	PR BY 7 MINUTES!
	JERRY TWIGG	3:55	PR SMILES
	WINDY BUT NICE IN GENERAL/GOOD TERRAIN VARIETY/SINCE THE SCENERY WASNT MUCH, I GUESS OUR INTREPID BAND CONCENTRATED ON RUNNING & REALLY DID A GREAT JOB! THANKS GO TO THE FOLLOWING WATER STOP WARRIORS WHO HAD A GOOD TIME WHILE HELPING MAKE THE RACE A SUCCESS: DICK/LISA/HEIDI/JAKE (THE EYELASHES HAVE IT!)HILLMAN,HEIDI'S FRIEND ORANGE SLICE SYLVIA, JOE WALSMITH, BOB BRIDGES, BETTY & BEN MOORE, LEE PATRICK, EVAN (AKA THE NOSE) THOMAS, SIENA/WILL/LEE SCOTT.		
OCT 22	HUMAN RACE/10K/RASH FIELD OUT AND BACK/STARTS AFTER MARATHON DAVID WEBSTER	32:24	25TH - GOOD EFFORT
	AMADEU SANCHES	36:23	1ST 50-59
	DONALD SWINDLER	38:13	
	CAROLE ROSASCO	39:31	17TH F
	KITTY GOOD	46:08	

OCT 28 HALLOWEEN DASH & BASH/5MI/BOORDY VINEYARDS
JUNE SCHNEIDER 37:29 1ST MASTERS! 9TH F O/A. JUNE THOUGHT
SHE COULD SNEAK OUT OF TOWN AND WE WOULDN'T KNOW IT. OUR
SPIES ARE EVERYWHERE AND THEY WERE HAPPY TO REPORT HER FINE
RESULT.

OCT 29 WILD GOOSE CHASE/10K/EASTON - FLAT/FAST/FOG FREE
DAVID WEBSTER 33:30 2ND O/A (2 SECONDS BACK)/1ST 30-39
JON VALENTINE 37:25 12TH/PR!/1ST 20-29
ROSE MALLOY 36:05 5TH O/A! 1ST WOMAN
JOE CLORETY 37:08 8TH O/A - 1ST 40-49
BEN MOORE 41:29 26TH/1ST 60+
PAT HOFFMAN 58:46
JOE WALSMITH 46:54 3RD 50-59
BILL LAW 48:36 3RD 60+
KEN LYONS 42:20
SUE BRIERS 46:23 1ST 30-39
MEREDITH BONTA 45:42 2ND 40-49
EVAN THOMAS 45:38
TOM DUVAL 43:39
BILL PEAKE 39:33
JOHN LOCKWOOD 47:58
SHARON HAMMOND 51:08
LEE PATRICK 54:04
MIKE IMPELLIZZERI 50:56
JIM GICK 45:54
BUCK CADELL 50:58

SOME GOT THEIR GOOSES AS PRIZES AND SOME JUST GOT GOOSED. NICE DAY &
NICE RACE. I THINK WE HAD ABOUT 15% OF THE FIELD FROM THE STRIDERS.
NOT AS MANY RANDOM PRIZES THIS YEAR OR DID IT JUST SEEM THAT WAY
BECAUSE I DIDN'T GET ONE THIS YEAR? GREAT BRUNCH AT THE TIDEWATER
INN AFTER, COMPLETE WITH POOLSIDE SWIMSUIT SHOW (PAT HOFFMAN IS POINT
OF CONTACT FOR DETAILS).

NOV 5 NEW YORK MARATHON/NYC/COOLER THAN WASHINGTON
LINDA SIMPSON 4:27 PR AGAIN?
RICHARD RAHILLY 3:25
DICK HILLMAN 3:49 THE POWER OF THE DATES STRIKES AGAIN
WILL SCOTT 4:27 QUADS TALKED TO HIM MOST OF THE WAY
BREV MOORE 3:39 GOOD JOB! ASK HIM ABOUT THE MIRACLE
OF THE SOCKS!
JOHN GALLAGHER 4:14
MAUREEN LAMB 3:58
ERIC FROMM 3:55
FRED MUIR 4:00
TOM MARSHALL 4:49
RICHARD LYTLE
TOM PRENDKI 3:02 OOO RAH, TOM! LOOK OUT BOSTON.
KATHLEEN HEAGNEY 4:17 PR
PAUL TAVEL 4:01

NOV 5 MARINE CORPS MARATHON/WASHINGTON, DC/NICE FOR RUNNERS & CREWS
RON BOWMAN 3:33 TIED HIS PR!
BEN MOORE 3:52 GOOD TIME BUT THE CRAMP MONSTER GOT
SUE BRIERS 3:52 ON HIS CASE ON HAINS POINT
JON VALENTINE 3:01 PR/BOSTON NEXT
ROSE MALLOY 3:03 1ST MD F/18TH F O/A-GREAT SMILE!
JERRY HALEY 3:37 CONSISTENT
LYNN HOPKINS 4:52 I FINISHED
CHRISTINE MAZZA 3:43 GREAT RACE/1ST MARATHON TOO!
MEREDITH BONTA 3:42 WOW! BOSTON QUALIFIER(NO DRUGS THERE)
DELMA MILLER 4:05 A COUPLE OF STEADY EDDIES
LINDA ROGERS 4:05
JIM ETCHISON 4:05 1ST MARATHON SMILES
KITTY GOOD 4:18 1ST MARATHON-NICE WORK
ESTHER WEISMAN 4:48 1ST MARATHON HAPPINESS DESPITE TOES
ALLAN VEASEY 3:46 A PR FOR CROFTON!
KEN LYONS 3:47 ALMOST DIDN'T RUN-TURNED OUT OK
TIM NELSON 3:47 GREAT 1ST MARATHON-HELPED KEN
SHARON HAMMOND 4:48 NICE DAY-GREAT SMILE
LEE PATRICK 4:48 SLOWER THAN 1ST BUT FELT BETTER!
FRED SHANKLIN 3:17 1ST MARATHON AND BOSTON BOUND
GEORGE COTTER 3:18 BETTER THAN LAST YEAR/BACK TO BOSTON
GLORIA FALCON 5:42 1ST MARATHON AND VERY HAPPY
TOM KESSLER 5:42 GOOD COACHING, TOM!
EMILY MORSE ? STILL OUT THERE
DOUGLAS JOYCE 3:50
JIM GICK 3:53 1ST MARATHON/NICE RACE





WOLFGANG KULP	4:18	
BILL PEAKE	3:12	BOSTON BOUND!
MIKE LONG	3:57	GOOD WORK/SLOWED BY A FEW CRAMPS
MICHAEL BENSO	3:59	
JOE BOYS	4:23	
CECLIA TINNEY	4:05	1ST MARATHON SMILES&SMILES&SMILES!
BILL HELMS	4:01	GOOD 1ST MARATHON/SHAMROCK NEXT?
BILL SHAUGHNESSY	3:53	NICE RECOVERY
HANK (SLO) CHURCH	4:17	BUT IT WAS A NICE DAY!
JOHN LOCKWOOD	4:20	1ST MARATHON IN A WHILE/GOOD WORK
DICK SHEA	3:43	
DAGMAR STOCK	4:00	NICE RACE
ROBERT BECKER	3:08	SMOKIN'/BOSTON QUALIFIER!
PAUL MEURER	?	STILL ON THE ROAD
MARJORIE RAWHOUSER	4:17	
ROBERT MEISSNER	3:33	NICE RACE
ADAM BERUSCH	4:15	
ELIZABETH DROEL	3:52	NICE FINISH
BOB FIELD	3:46	
JESSE GONZALES	4:20	
TOM DUVAL	3:47	1ST MARATHON/GREAT RACE!
LEON JOHNSON	3:48	GO LEON! THANKS FOR THE SHIRTS!
BUCK CADELL	4:44	
WILL MYERS	4:04	SOUNDS LIKE MORE FUN THIS TIME
JOE CLORETY	2:58	ZOOM! A GUY COULD GET ARRESTED FOR SPEEDING, JOE! LOOK OUT BOSTON
SANDY ANDERSON	4:34	1ST MARATHON SMILES/LOVES HAINS PT!
EVAN THOMAS	4:30	BEST POST-MARATHON FEELING YET

I HOPE I DIDN'T MISS ANYONE! LET ME KNOW SO WE CAN PRINT YOUR RESULT IN THE NEXT ISSUE. SPECIAL THANKS GO TO THE STRIDER SUPPORT TEAMS THAT APPEARED AT VARIOUS POINTS TO PROVIDE THAT SOMETHING EXTRA TO GET US THROUGH THE TOUGH PARTS OF THE COURSE: KARL SCHWABE, LEONARD KUENTZ, BOB BRIDGES, BETTY MOORE, LOUISE ZEITLIN, DONNA GAIESKI, AND PAM HALEY. AN EXTRA PAT ON THE BACK TO PHIL LARSON FOR THE BANANAS AT MILE 16! FOR THE FIRST TIME MARATHONERS, WE HOPE YOU WON'T BE STRANGERS AFTER YOU RECOVER. HOPE TO SEE YOU BACK AT THE MALL ON SATURDAYS FOR A FEW COOLER STRIDES DOWN ROUTE 450. UNTIL THEN, RAFS (RUN AND FINISH SMILING)!

MORE STRIDERS ON THE ROAD

SEPTEMBER 9, 1989: PUNKSUTAWNEY GROUNDHOG FALL 50-MILE RUN

Bill Turrentine 10:18:41
Luanne Turrentine 10:19:55

This was Luanne's first 50 in over a year. She kept a steady pace in spite of mud, head winds, and two climbs of Yellow Bus Hill. This was her best trail 50 mile time.

OCTOBER 28, 1989: MOUNTAIN MASOCHIST 50-MILE RUN

Bill Turrentine 11:14:02
Luanne Turrentine 11:14:30

OCTOBER 5-7, 1989: TENTH ANNUAL MARYLAND SENIOR OLYMPICS: TOWSON STATE UNIVERSITY

10,000 meter run

Milt Taylor 41:43.05 Silver age 55-59
Arnold Galiano 46:55.03 Gold 65-69
Yvonne Aasen 59:40.40 Silver 55-59

The general consensus of opinion was that the 10,000 is a road race and it should have been run on the road instead of the track. Arnold is convinced that the lap counters erred because that was the fastest he has ever sailed through a 10K, finishing before those who are known to be faster than he is. They apparently need more volunteers because they claim they don't have enough manpower to put the 10,000 meter on the road.

5,000 meter run

Milt Taylor 19:05.01 Gold 55-59
Yvonne Aasen 27:24.80 Gold 55-59

1,500 meter run

Arnold Galiano 7:32.02 Bronze 65-69
Yvonne Aasen 7:50.75 Bronze 55-59

200 meter dash

San Chastain 37.73 Silver 55-59

100 meter dash

Jim Fratino .13 Bronze 55-59

Softball throw

Jim Fratino 188':06.00" Bronze 55-59

Javelin throw

Jim Fratino 93'03.00" Silver 55-59

10,000 meter bike race

Fletcher Hanks 19:53.99 Silver 70-74
Jane Hanks 23:17.01 Gold 70-74

5,000 meter bike race

Fletcher Hanks 6:33.19 Silver 70-74
Jane Hanks 7:94.00 Gold 70-74

100 yard freestyle

Fletcher Hanks 1:27.96 Silver 70-74

The amazing 82 year old Ed Benham was there running all the distance races and setting records. He had just come from a

marathon in the Twin Cities the month before. ARNOLD GALIANO WAS HONORED AT THE BANQUET FOR HIS TENTH YEAR OF PARTICIPATION IN THE MARYLAND SENIOR OLYMPICS. Arnold also had the honor of participating in the Torch Run from Annapolis to Towson State. NEVER LOOK BACK: One of the most exciting moments of the Olympics was the bike pile-up in the 5,000-meter race. The crash occurred at 12:15 p.m. when one of the riders looked over his shoulder at the competition and lost control of his cycle.

It was like a chain reaction in slow motion with the entire pack going down and another bouncing off of a fallen bike. One 61-year old cyclist was taken to Maryland Shock Trauma with an apparent heart attack. (He recovered. The others were treated and released from local hospitals.) Over a dozen emergency vehicles converged on the crash scene and the Medivac helicopter landed on the football field. This was the first serious injury in 10 years of senior competition.

1989 CLUB CHAMPIONSHIP SERIES



L'eggs recently sponsored a mini-marathon in New York's Central Park. Some people have questioned the wisdom of a pantyhose company sponsoring a run.

Women 13 and Under									
	5K	10M	2M	10K	1M	8K	5M	26.2K	Tot
1 Katie Foley	35	35	35	35	35	35	1	35	246
Women 14 - 19									
	5K	10M	2M	10K	1M	8K	5M	26.2K	Tot
1 Christine Coon	1	35	1	2	1	2	1	35	78
2 Kathy Whitesel	35	35	35	1	2	1	35	35	179
Women 20 - 29									
	5K	10M	2M	10K	1M	8K	5M	26.2K	Tot
1 Carole Rosasco	1	1	1	1	35	35	1	35	110
2 Cecilia Tinney	35	2	35	35	35	1	2	35	180
3 Deborah Rich	35	3	35	35	35	35	3	35	216
4 Rosemary Kirylo	35	5	35	35	35	35	35	2	217
5 Carol Smith	4	35	35	35	35	35	4	35	218
6 Maureen Lamb	35	35	35	35	35	35	35	1	246
7 Lisa Adelsberger	2	35	35	35	35	35	35	35	247
8 Jeanne Noser	3	35	35	35	35	35	35	35	248
9 Natalie LeNoble	35	4	35	35	35	35	35	35	249
10 Cathy Wilson	35	35	35	35	35	35	5	35	250
11 Monique Ostazeski	5	35	35	35	35	35	35	35	250
Women 30 - 39									
	5K	10M	2M	10K	1M	8K	5M	26.2K	Tot
1 Pam Haley	4	5	2	4	2	3	3	3	26
2 Brenda Norman	5	35	1	3	1	2	2	35	84
3 Kitty Good	3	2	35	5	35	1	35	2	118
4 Sue Briers	35	1	35	1	35	35	1	1	144
5 Helen Spinelli	8	8	3	35	35	35	35	35	194
6 Jeanne Ross	2	3	35	35	35	35	35	35	215
7 Kathleen Heagney	6	35	35	35	35	5	35	35	221
8 Barbara Sparrow	35	6	35	6	35	35	35	35	222
9 Judy Greenblatt	1	35	35	35	35	35	35	35	246
10 Penny Sabatini	35	35	35	2	35	35	35	35	247
11 Luanne Turrentine	35	35	35	35	35	35	35	4	249
12 Linda Yonkoski	35	35	35	35	35	35	4	35	249
13 Lynn Hopkins	35	35	35	35	35	4	35	35	249
14 Darlene Dabbs	35	4	35	35	35	35	35	35	249
15 Diane Depanfilis	35	35	35	35	35	35	5	35	250
16 Linda Rogers	35	7	35	35	35	35	35	35	252
17 Dyan Speaks	7	35	35	35	35	35	35	35	252
18 Laurie Baker	9	35	35	35	35	35	35	35	254
19 Valerie Levin	10	35	35	35	35	35	35	35	255
Women 40 - 49									
	5K	10M	2M	10K	1M	8K	5M	26.2K	Tot
1 Linda Shanklin	35	2	2	1	2	3	3	4	52
2 Linda Simpson	35	3	5	2	4	4	5	35	93
3 Rae Jean Goodman	2	35	3	3	5	35	4	35	122
4 June Schneider	35	35	1	35	1	2	2	35	146
5 Rose Malloy	35	1	35	35	35	1	35	1	178
6 Louise Zeitlin	3	4	4	35	35	35	35	35	186
7 Carole Sigismondi	4	35	35	35	35	5	8	35	192
8 Mary Ann Zuckerman	1	35	35	35	35	35	35	2	213
9 Karen Hosler	35	35	35	35	35	35	1	3	214
10 Susan Gallagher	5	35	35	4	35	35	35	35	219
11 Sharon Hammond	35	35	35	5	35	35	35	5	220
12 Sue Mekkelson	35	35	35	6	35	6	35	35	222
13 Nuala Bradt	35	35	35	35	3	35	35	35	248
14 Renee Slagle	6	35	35	35	35	35	35	35	251
15 Sandy Foley	35	35	35	35	35	35	6	35	251
16 Sheila Light	35	35	35	7	35	35	35	35	252
17 Pat O'Brien	35	35	35	35	35	35	7	35	252

103	John Guala	2:14.30	42	141/23	Shirley Moore	2:30.12	47
104	Bill W. Lott	2:15.01	41	142/24	Sandy Anderson	2:32.00	37
105	Tom Conrad	2:15.25	53	143/25	Cindy Steele	2:32.57	42
106	John W. Watts	2:15.31	33	144	Rich Kim	2:32.58	25
107	J.W. Lockwood	2:15.47	49	145	Christian Johnson	2:33.17	25
108	Earl Scott	2:16.11	49	146	Lou Vision	2:33.41	23
109/15	Kitty Good	2:16.17	33	147/26	No Name	2:33.49	?
110	Jim Etchison	2:16.52	36	148	Mark Sissman	2:33.53	44
111	Stephen Cassel	2:18.39	22	149	Lee J. Patrick	2:34.48	46
112	Clark Graham	2:18.41	47	150/27	Nancy Waddington	2:35.14	51
113/16	Barb Vogel	2:19.19	23	151/28	Patricia Payne	2:35.23	47
114	Gerald Fichtner	2:19.29	51	152/29	No Name	2:37.03	?
115/17	Pam Haley	2:19.33	40	153/30	No Name	2:38.15	?
116	Richard Rahilly	2:19.43	31	154	John Navarro	2:38.16	39
117	Don Higdon	2:20.43	47	155	Stan March	2:39.27	36
118	Jim Carter	2:21.44	33	156	Jim Robinete	2:39.28	20
119	Mike Vision	2:22.03	51	157/31	No Name	2:41.15	?
120	Karl Schwabe	2:22.04	49	158	Michael Watterson	2:42.57	29
121	Ray Moody	2:22.43	33	159	Barry Hall	2:45.26	32
122	Howard Moore	2:23.27	51	160	No Name	2:48.02	?
123	Maurice Travillian	2:23.57	51				
124	Ken Lundeen	2:24.07	45				
125/18	Marjorie Rawhouser	2:24.21	27				
126	Bill Mergen	2:24.22	27				
127	No Name	2:24.43	?				
128	Willie Smith	2:24.54	39				
129	No Name	2:24.59	?				
130	Dan Parvis	2:26.08	45				
131	Paul Kirly	2:26.12	49				
132	Mike Long	2:26.34	49				
133/19	Sharon Hammond	2:26.35	43				
134	Steven Watkins	2:27.59	37				
135/20	Rosemary Kirylo	2:28.29	30				
136/21	Luanne Turrentine	2:29.23	39				
137/22	Esther Weisman	2:29.28	58				
138	Marc D. Hopin	2:29.29	30				
139	Clark McClelland	2:29.48	50				
140	Paul Thomas	2:29.48	38				



OVERALL RESULTS

MEN

1. Tony Basile 1:28.50
2. Matt Mace 1:36.24
3. Tony Summerlin 1:37.22

WOMEN

- Rose Malloy 1:42.13
- Mary Ross 1:59.26
- Edie Tress 1:59.41

29 and Under

- | | |
|-------------------------------|---------------------------|
| 1. Jeff Jubera 1:40.01 | Michelle Dover 2:06.38 |
| 2. Dennis Funderburke 1:41.57 | Frederica Spilman 2:13.50 |

30-39

- | | |
|-------------------------|--------------------|
| 1. Tom Rich 1:40.53 | Julie Bond 2:01.38 |
| 2. Phil Contino 1:43.28 | Sue Briers 2:04.19 |

40-49

- | | |
|----------------------------|----------------------------|
| 1. Bill Turrentine 1:46.48 | Mary Ann Zuckerman 2:01.01 |
| 2. Jerry Haley 1:48.33 | Karen Hosler 2:02.59 |

50-59

- | | |
|---------------------------|--------------------------|
| 1. Amadeu Sanches 1:45.45 | Esther Weisman 2:29.28 |
| 2. Milton Taylor 1:57.57 | Nancy Waddington 2:35.14 |

60 and Over

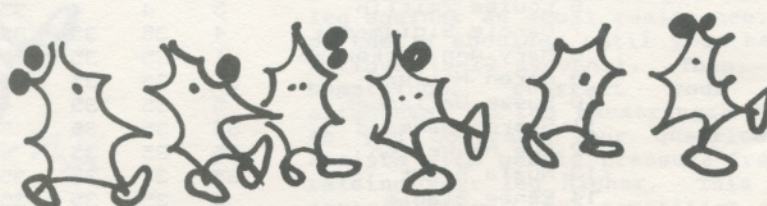
1. Ben Moore 2:01.32
2. Thomas McKee 2:05.48

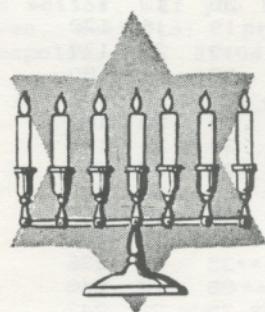


Women 50 - 59		5K	10M	2M	10K	1M	8K	5M	26.2K	Tot
1	Esther Weisman	2	2	35	1	35	1	1	1	78
2	Yvonne Aasen	3	35	1	2	1	35	4	35	116
3	Martha Kinsinger	1	1	35	35	35	2	2	35	146
4	Nancy Waddington	35	35	35	35	35	35	35	2	247
5	Pat Drenning	35	35	35	35	35	35	3	35	248
Men 13 and Under		5K	10M	2M	10K	1M	8K	5M	26.2K	Tot
1	Alex Shaw	1	1	1	1	1	1	1	35	42
2	Mike Foley	2	35	35	35	35	35	2	35	214
Men 14 - 19		5K	10M	2M	10K	1M	8K	5M	26.2K	Tot
1	Marc Haseltine	2	35	35	4	4	4	1	35	120
2	Bobby Evans	35	35	35	35	1	1	35	35	212
3	Joe Parvis	35	35	35	1	2	35	35	35	213
4	Shawn Black	35	35	1	35	35	2	35	35	213
5	Brian Fields	1	35	35	35	3	35	35	35	214
6	Tim Foley	35	35	35	35	35	35	2	35	247
7	Greg Hoppa	35	35	35	2	35	35	35	35	247
8	Ben Davis	35	35	35	35	35	35	3	35	248
9	David Kammann	35	35	35	3	35	35	35	35	248
10	Dan Sandison	35	35	35	35	35	3	35	35	248
Men 20 - 29		5K	10M	2M	10K	1M	8K	5M	26.2K	Tot
1	Matt Mace	2	1	2	2	3	2	2	1	15
2	Jon Valentine	3	2	3	3	4	3	4	3	25
3	Douglas Custer	8	3	35	4	6	5	6	4	71
4	Chris Bayless	1	35	1	1	1	1	1	35	76
5	Dino Adkins	35	35	35	35	5	35	3	35	218
6	John Jolly	5	35	4	35	35	35	35	35	219
7	Bill Parkinson	7	35	35	35	35	4	35	35	221
8	Dennis Funderburke	35	35	35	35	35	35	35	2	247
9	Tony Carvalho	35	35	35	35	2	35	35	35	247
10	Tim Stevens	4	35	35	35	35	35	35	35	249
11	Chris McGranahan	35	35	35	5	35	35	35	35	250
12	George Kerchner	35	35	35	35	35	35	5	35	250
13	Tim Nelson	35	35	35	35	35	6	35	35	251
14	Mark Wilhelm	6	35	35	35	35	35	35	35	251
15	Jonathon Ying	35	35	35	35	35	7	35	35	252
Men 30 - 34		5K	10M	2M	10K	1M	8K	5M	26.2K	Tot
1	Richard Rahilly	5	4	2	4	2	2	4	4	27
2	Tony Basile	1	1	35	1	35	35	1	1	110
3	Tom Prendki	35	2	35	2	1	1	2	35	113
4	Glen Levin	7	35	35	6	3	4	5	35	130
5	James Carter	8	35	35	8	35	5	7	5	138
6	Rick Woods	35	3	1	3	35	35	3	35	150
7	James Lundeen	35	5	35	7	35	35	35	2	189
8	Tom Davis	6	6	3	35	35	35	35	35	190
9	Steve Brady	2	35	35	5	35	35	35	35	217
10	Don Smith	9	35	35	35	35	35	8	35	227
11	Robert Guild	35	35	35	35	35	3	35	35	248
12	Paul Cleaver	3	35	35	35	35	35	35	35	248
13	Anthony Pruner	35	35	35	35	35	35	35	3	248
14	William Harney	35	35	35	35	4	35	35	35	249
15	Scott Mangum	4	35	35	35	35	35	35	35	249
16	Ed Law	35	35	35	35	35	35	6	35	251
17	Kevin Murnane	35	35	35	35	35	6	35	35	251

1990 CUB CHAMPIONSHIP SERIES RACES

1. 5K February 24
2. 10-Mile April 1
3. 2-Mile April 28
4. 10K June 17
5. 1-Mile July 14
6. 8K August 12
7. 5-Mile September 9
8. 26.2K Oct. 14
9. 20K November 25
10. 15K December 29





Men 35 - 39		5K	10M	2M	10K	1M	8K	5M	26.2K	Tot
1	Scott Eden	35	1	1	1	1	1	1	35	76
2	David Webster	1	2	35	2	5	2	2	35	84
3	Bob Field Jr.	9	6	5	9	10	35	9	3	86
4	Ron Bowman	8	7	4	4	35	4	35	5	102
5	Will Myers	12	9	8	10	15	8	35	7	104
6	Jim Etchison	35	13	6	11	9	5	18	12	109
7	Will Scott	13	11	7	35	12	10	12	11	111
8	Michael Benso	17	18	11	17	14	18	10	9	114
9	Nick Taylor	2	4	3	35	7	35	3	35	124
10	Paul Hinman	11	35	9	13	13	12	35	35	163
11	Earle Myers	10	10	35	8	35	35	6	35	174
12	Reggie Haseltine	15	35	12	16	17	11	35	35	176
13	Miller Allen	3	35	2	35	4	35	35	35	184
14	Rick Smith	7	8	35	35	35	7	35	35	197
15	Joe Fitzgerald	35	12	35	35	35	6	8	35	201
16	Peter Tucker	35	35	35	35	35	17	14	8	214
17	Michael Serkes	35	35	35	15	35	13	11	35	214
18	Earl Keicher	35	3	35	35	2	35	35	35	215
19	Winnie Hittle	35	35	35	35	35	35	4	1	215
20	Ed Purpura	35	35	35	3	3	35	35	35	216
21	William Peake, Jr.	5	35	35	35	35	35	35	2	217
22	Mike van Buren	35	35	35	35	6	3	35	35	219
23	Roger Sherman	35	5	35	5	35	35	35	35	220
24	Bernard Bidwell	6	35	35	6	35	35	35	35	222
25	Nick Lakis	4	35	35	35	8	35	35	35	222
26	Bob Trescott	35	35	35	35	35	9	7	35	226
27	Bruce Soyars	35	35	35	7	35	35	35	10	227
28	Weems Duval, Jr.	35	17	35	35	35	35	35	4	231
29	Ron Jarashow	35	35	35	12	11	35	35	35	233
30	Edward McDevitt	35	35	10	35	35	35	16	35	236
31	Stewart Newbold	14	14	35	35	35	35	35	35	238
32	Ed Polk	35	35	35	35	35	16	15	35	241
33	Mike Zeko	18	35	35	18	35	35	35	35	246
34	Lon Loken	35	35	35	35	35	35	5	35	250
35	Dick Shea	35	35	35	35	35	35	35	6	251
36	Doug Nauman	35	35	35	35	35	35	13	35	258
37	Steven Watkins	35	35	35	35	35	35	35	13	258
38	John Peacock	35	35	35	35	35	14	35	35	259
39	Frank La Scala	35	35	35	14	35	35	35	35	259
40	Greg Greene	35	15	35	35	35	35	35	35	260
41	Bob De Young	35	35	35	35	35	15	35	35	260
42	Paul Tavel	35	16	35	35	35	35	35	35	261
43	Dave Abbott	35	35	35	35	16	35	35	35	261
44	Raymond Dever	16	35	35	35	35	35	35	35	261
45	Dan Miller	35	35	35	35	35	35	17	35	262

Men 40 - 44		5K	10M	2M	10K	1M	8K	5M	26.2K	Tot
1	Eric Gyaki	1	2	2	2	1	1	1	35	45
2	Mickey Galuski	11	7	9	10	6	3	6	7	59
3	John Magnan	7	4	4	35	5	6	11	4	76
4	Bill Turrentine	2	3	35	3	2	35	5	1	86
5	Jerry Haley	4	35	35	4	4	2	3	2	89
6	Rick Fields	8	35	6	35	7	5	10	6	112
7	Tom Foley	3	1	1	1	35	35	2	35	113
8	Jonas Legum	13	35	10	13	8	7	17	35	138
9	Howard Beard	5	35	3	6	35	4	35	35	158
10	Jim Hall	35	35	8	8	3	35	4	35	163
11	Mary Ross	35	5	35	35	35	35	9	5	194
12	Steve Keefer	9	35	5	9	35	35	35	35	198
13	James McCutchan	14	8	35	35	35	35	15	35	212
14	John Guala	35	6	35	35	35	35	35	9	225
15	Bill Vogenitz	15	35	35	14	35	35	22	35	226
16	Eric Snyder	35	9	7	35	35	35	35	35	226
17	Mike Adams	16	10	35	35	35	35	35	35	236
18	Don Kennedy	35	35	35	11	35	35	16	35	237
19	Rick Weidmann	35	35	35	35	35	8	20	35	238
20	Robert Adams	35	35	35	12	35	35	18	35	240
21	Freeman Bagnall	12	35	35	35	35	35	19	35	241
22	Doug Tribull	35	35	35	35	35	9	23	35	242
23	Mike Chamberlain	35	35	35	35	35	35	35	3	248
24	John Gallagher	35	35	35	5	35	35	35	35	250
25	Harry Bell	6	35	35	35	35	35	35	35	251
26	Ivan Pressman	35	35	35	35	35	35	7	35	252
27	Rich Dugan	35	35	35	7	35	35	35	35	252
28	Richard Lytle	35	35	35	35	35	35	35	8	253
29	Vern Robinson	35	35	35	35	35	35	8	35	253
30	Charles Lane	10	35	35	35	35	35	35	35	255
31	John De Greck	35	35	35	35	35	35	12	35	257
32	Ed Green	35	35	35	35	35	35	13	35	258
33	Bill Habicht	35	35	35	35	35	35	14	35	259
34	Ron Thompson	35	35	35	35	35	35	21	35	266
35	David Davis	35	35	35	35	35	35	24	35	269





THE END



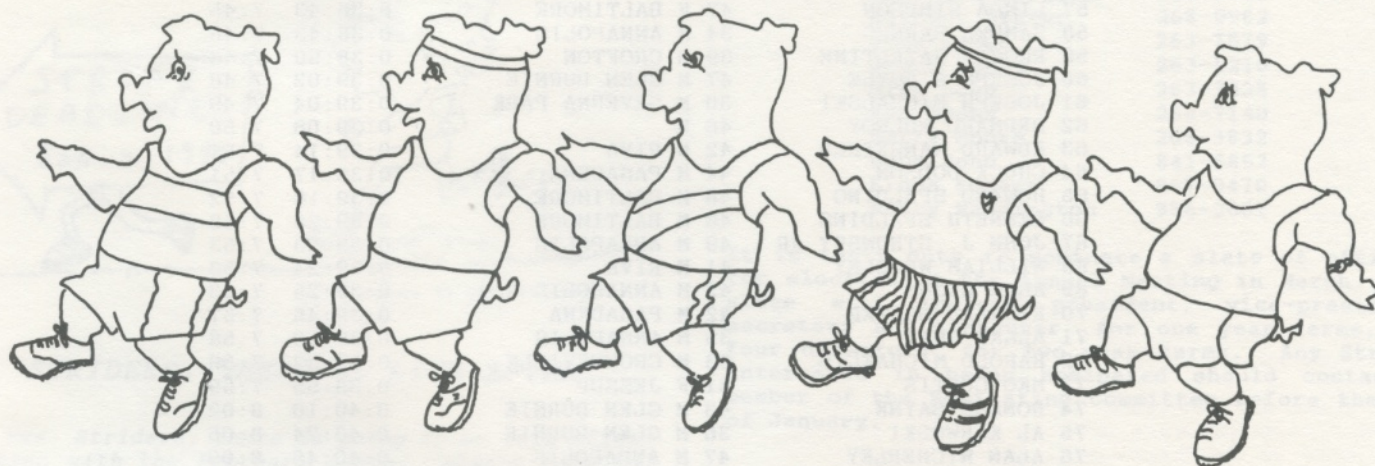
Men 45 - 49		5K	10M	2M	10K	1M	8K	5M	26.2K	Tot
1	Tom Bradford	5	6	5	2	3	6	4	6	37
2	Joe Clorety	2	35	4	1	1	3	3	2	51
3	Fred Shanklin	35	3	6	3	5	4	6	3	65
4	Bill Shaughnessy	13	11	13	11	9	12	11	10	90
5	Doug Pond	4	4	7	35	4	8	8	35	105
6	Evan Thomas	10	18	10	19	11	11	13	15	107
7	Daniel Parvis	11	15	11	14	10	9	17	21	108
8	Amadeu Sanches	35	2	2	35	35	1	1	1	112
9	Francisco Sanches	35	1	3	35	35	2	2	4	117
10	Don Higdon	12	12	15	18	13	14	16	19	119
11	Dick Hillman	7	9	8	35	7	19	18	17	120
12	Richard Coon	3	35	35	4	2	7	7	35	128
13	Karl Schwabe	19	16	18	21	15	17	21	20	147
14	Alan Wycherly	17	17	16	20	12	18	24	35	159
15	Robert Donald	14	13	35	17	35	35	10	9	168
16	Hank Church	6	7	35	5	35	35	35	13	171
17	Earl Scott	35	14	17	16	35	20	19	16	172
18	Tom Komarek	18	35	35	6	6	35	9	35	179
19	Allen Veasey	9	8	12	35	35	35	35	11	180
20	Bill Conroy	1	35	1	35	35	35	35	8	185
21	Peter Salmon-Cox	35	35	14	35	8	10	15	35	187
22	Lee Patrick	21	20	19	23	16	35	35	24	193
23	John Strumsky	16	35	35	35	14	15	22	35	207
24	Jim Woodcock	35	35	35	35	35	5	5	35	220
25	Eric Fredland	35	35	9	8	35	35	35	35	227
26	Ken Lyons	35	5	35	35	35	35	35	12	227
27	R.B Moore	35	35	35	13	35	13	35	35	236
28	John Lockwood	35	35	35	35	35	16	35	14	240
29	Mike Long	35	10	35	35	35	35	35	22	242
30	James Sharp	35	35	35	35	35	35	35	5	250
31	Doug Corby	35	35	35	7	35	35	35	35	252
32	Doug Joyce	35	35	35	35	35	35	35	7	252
33	Lloyd Abbot	8	35	35	35	35	35	35	35	253
34	Pete Mekkelson	35	35	35	22	35	21	35	35	253
35	Richard Kammann	35	35	35	9	35	35	35	35	254
36	Edward Klebe	35	35	35	10	35	35	35	35	255
37	Paul Miller	35	35	35	12	35	35	35	35	257
38	Bruce Burns	35	35	35	35	35	35	12	35	257
39	John Slidell	35	35	35	35	35	35	14	35	259
40	Fred Jacoby	35	35	35	15	35	35	35	35	260
41	Allen Egloff	15	35	35	35	35	35	35	35	260
42	Clark Graham	35	35	35	35	35	35	35	18	263
43	Mike Finn	35	19	35	35	35	35	35	35	264
44	Bob Gray	20	35	35	35	35	35	35	35	265
45	James Mylander	35	35	35	35	35	35	20	35	265
46	Richard Daiger	22	35	35	35	35	35	35	35	267
47	Clark McClelland	35	35	35	35	35	35	35	23	268
48	J. Porricelli	35	35	35	35	35	35	23	35	268
49	Frank Goetschius	35	35	35	35	35	35	25	35	270
50	Alan Greber	35	35	35	35	35	35	26	35	271

Men 50 - 59		5K	10M	2M	10K	1M	8K	5M	26.2K	Tot
1	Gerald Fichtner	7	7	2	6	4	8	7	4	45
2	Milt Taylor	1	1	35	35	2	3	2	1	80
3	Jim Mandrin	4	2	1	3	3	4	35	35	87
4	William Derr	35	3	35	2	1	2	3	35	116
5	Arnie Henderson	3	5	35	4	35	6	8	35	131
6	Neal Hinkle	35	35	35	5	35	5	4	2	156
7	Jim Black	35	35	35	1	35	1	1	35	178
8	Dale Vogel	5	4	35	35	35	7	35	35	191
9	Clair Morris	6	35	35	35	5	35	9	35	195
10	Buck Cadell	35	8	35	7	35	9	35	35	199
11	Neal Kinsinger	10	35	35	35	35	10	10	35	205
12	Bill McGranahan	9	35	35	8	35	35	35	35	227
13	Larry Dickerson	2	35	35	35	35	35	35	35	247
14	Leon Johnson	35	35	35	35	35	35	35	3	248
15	Maurice Travillian	35	35	35	35	35	35	35	5	250
16	Mike Mc Ausland	35	35	35	35	35	35	5	35	250
17	Sean Sweeney	35	6	35	35	35	35	35	35	251
18	Eugene Karol	35	35	35	35	35	35	6	35	251
19	Bob Haley	8	35	35	35	35	35	35	35	253

Men 60 and Over		5K	10M	2M	10K	1M	8K	5M	26.2K	Tot
1	Ben Moore	35	1	35	1	1	1	1	1	76
2	Bill Law	1	2	1	2	35	2	2	35	80
3	Arnold Galiano	4	6	35	4	4	3	4	35	95
4	Guy Riccio	35	4	3	3	2	35	3	35	120
5	John Brinton	3	5	35	5	3	4	35	35	125
6	Denzil Pritchard	2	3	2	35	35	35	35	35	182

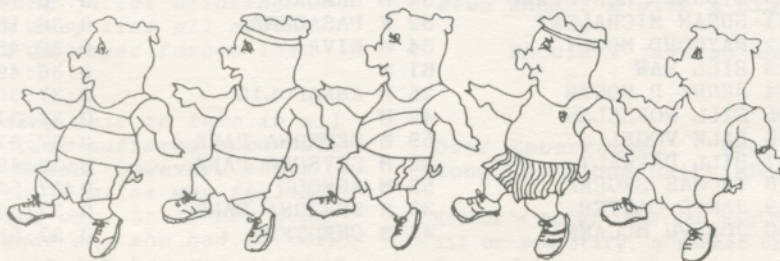
THE HOG NECK SCAMPER FIVE MILE ROAD RACE

November 11, 1989
Weather: Sunny, 48 degrees



PLACE	NAME	AGE	S	TOWN	TIME	PACE
1	PATRICK MCNELIS	34	M	BALTIMORE	0:26:43	5:21
2	PAUL KEATING	29	M	CLARKSVILLE	0:27:23	5:29
3	MATTHEW MACE	29	M	ARNOLD	0:28:04	5:37
4	LOU CHESLA	42	M	GAMBRILLS	0:28:18	5:40
5	BILL AMMON	44	M	SEVERNA PARK	0:30:13	6:03
6	JOHN VALENTINE	29	M		0:30:22	6:04
7	DONALD SWINDLER	45	M	PASADENA	0:30:52	6:10
8	PAUL SCHWAB	30	M	MILLERSVILLE	0:31:27	6:17
9	JAMES BUCK	47	M	PASADENA	0:31:35	6:19
10	CAROLE ROSASCO	30	F	BALTIMORE	0:31:38	6:20
11	JIM GENTRY	29	M	ANNAPOLIS	0:31:39	6:20
12	JAMES WOODCOCK	46	M	MILLERSVILLE	0:32:00	6:24
13	BARTON CLARK	47	M	PASADENA	0:32:03	6:25
14	MILTON TAYLOR	56	M	GLEN BURNIE	0:32:14	6:27
15	STEVE BRADY	32	M	CHESTER	0:32:19	6:28
16	THOMAS BRADFORD	46	M	MILLERSVILLE	0:32:31	6:30
17	STANLEY BENAK	44	M	MILLERSVILLE	0:32:32	6:30
18	WILLIAM DERR	50	M	GAMBRILLS	0:32:51	6:34
19	ALLAN TOOLE	28	M	PASADENA	0:33:06	6:37
20	MARY ANN ZUCKERMAN	42	F		0:33:47	6:45
21	CARL PERKINS	39	M	PASADENA	0:33:51	6:46
22	GLENN LEVIN	33	M	ARNOLD	0:33:52	6:46
23	CRAIG WEISGEBGER	24	M	PASADENA	0:34:13	6:51
24	MARK WEISGERBER	27	M	PASADENA	0:34:13	6:51
25	EDWARD KLEBE	50	M	ANNAPOLIS	0:34:15	6:51
26	ERIC FREDLAND	46	M		0:34:27	6:53
27	JOHN DE GRECK	44	M		0:34:30	6:54
28	NANCY STAUB	31	F	ANNAPOLIS	0:34:32	6:54
29	WILLIAM JACOBS	37	M	RIVA	0:34:33	6:55
30	BILL KENNY	57	M	LINTHICUM	0:34:35	6:55
31	LISA LOWE	31	F	COLUMBIA	0:34:36	6:55
32	MICKY GALUSKI	41	M	ANNAPOLIS	0:34:38	6:56
33	DAVID BARTOSEVICH	43	M		0:35:05	7:01
34	JAMES SCHRAF	28	M	BOWIE	0:35:07	7:01
35	BOB TRESCOTT	40	M	ANNAPOLIS	0:35:11	7:02
36	JIM ETCHISON	37	M	ARNOLD	0:35:13	7:03
37	ROBERT DEAN II	39	M	PASADENA	0:35:55	7:11
38	JOHN SPALDING	20	M	BALTIMORE	0:36:06	7:13
39	MICHAEL ANDERSON	52	M	FERNDAL	0:36:10	7:14
40	MICHAEL MCAUSLAND	54	M	ARNOLD	0:36:14	7:15
41	SUSAN MICHALSKI	32	F	PASADENA	0:36:15	7:15
42	RAYMOND MOODY	34	M	RIVA	0:36:45	7:21
43	BILL LAW	61	M		0:36:49	7:22
44	JERRY B SOUTH	25	M	ANNAPOLIS	0:37:30	7:30
45	BILL ROESSLER	42	M		0:37:31	7:30
46	DALE VOGEL	59	M	SEVERNA PARK	0:37:37	7:31
47	BILL DAYWALT	32	M	SEVERNA PARK	0:37:49	7:34
48	THOMAS SEGREF	52	M	ARNOLD	0:37:54	7:35
49	JAMES CARTER	33	M	SEVERNA PARK	0:37:56	7:35
50	JOSEPH MCCANN	45	M	CHESTER	0:37:58	7:36

PLACE	NAME	AGE	S	TOWN	TIME	PAGE
51	JONAS LEGUM	41	M	ANNAPOLIS	0:38:06	7:37
52	WARREN COOPER	37	M	PASADENA	0:38:08	7:38
53	DANNY NISLEIN	23	M	PASADENA	0:38:10	7:38
54	MARTHA KINSINGER	55	F	GAMBRILLS	0:38:16	7:39
55	GEORGE NISLEIN	49	M	BALTIMORE	0:38:22	7:40
56	KEVIN BURKE	36	M	SEVERNA PARK	0:38:35	7:43
57	LINDA SIMPSON	47	F	BALTIMORE	0:38:43	7:45
58	SAMUEL BARNES	34	M	ANNAPOLIS	0:38:43	7:45
59	REGGIE HAZELTINE	39	M	CROFTON	0:38:50	7:46
60	JOSEPH O'BOYLE	47	M	GLEN BURNIE	0:39:02	7:48
61	JOSEPH MICHALSKI	30	M	SEVERNA PARK	0:39:04	7:49
62	BERNARD MULROY	46	M		0:39:08	7:50
63	EDWARD MANSFIELD	42	M	RIVA	0:39:14	7:51
64	CHUCK DODSON	44	M	PASADENA	0:39:17	7:51
65	HOWARD SPALDING	48	M	BALTIMORE	0:39:18	7:52
66	KENNETH SPALDING	48	M	BALTIMORE	0:39:20	7:52
67	JOHN J. STRUMSKY JR	49	M	ANNAPOLIS	0:39:23	7:53
68	WILLIAM WEAGLEY	41	M	RIVA	0:39:24	7:53
69	ALAN LEGUM	42	M	ANNAPOLIS	0:39:25	7:53
70	RICHARD SLATER	42	M	PASADENA	0:39:46	7:57
71	ALLEN SHAY	35	M	ANNAPOLIS	0:39:50	7:58
72	HAROLD MICHAELIS	63	M	CROWNSVILLE	0:39:53	7:59
73	MEO CURTIS	31	F	JESSUP	0:39:55	7:59
74	RONALD BAYNE	43	M	GLEN BURNIE	0:40:10	8:02
75	AL KARWOSKI	36	M	GLEN BURNIE	0:40:24	8:05
76	ALAN WYCHERLEY	47	M	ANNAPOLIS	0:40:46	8:09
77	FRANCES CREAMER	49	F	PASADENA	0:40:49	8:10
78	ROBERT DEAN	64	M	GLEN BURNIE	0:41:01	8:12
79	NEIL BUCHNESS	29	M	TIMONIUM	0:41:12	8:14
80	DELLA MCINTYRE	41	F	BALTIMORE	0:41:31	8:18
81	KIRK DODSON	13	M	PASADENA	0:41:56	8:23
82	CECIL MCDONALD	44	M	SEVERNA PARK	0:41:59	8:24
83	DOTTY ESHER	43	F		0:42:00	8:24
84	CAROLE SIGISMONDI	42	F	FERNDAL	0:42:01	8:24
85	ERIN WILDE	13	F	ANNAPOLIS	0:42:13	8:27
86	THOMAS WYLDE	37	M	ANNAPOLIS	0:42:13	8:27
87	PAUL THOMAS	38	M	PASADENA	0:42:15	8:27
88	DAVID CLARK	33	M	ANNAPOLIS	0:42:32	8:30
89	MICHAEL BUSCH	42	M	ANNAPOLIS	0:42:45	8:33
90	JOANIE THOMASSON	35	F	RIV BCH	0:42:53	8:35
91	NANCY THOMAS	37	F	SEVERNA PARK	0:43:13	8:39
92	JOSEPH REYES	31	M	GLEN BURNIE	0:43:24	8:41
93	DAVID MORLEY	15	M	GLEN BURNIE	0:43:24	8:41
94	GAIL COOPER	30	F		0:43:36	8:43
95	BARBARA KERR	52	F	ARNOLD	0:44:16	8:51
96	YVONNE AASEN	58	F	SEVERNA PARK	0:44:39	8:56
97	HOWARD WEIZMANN	41	M	ANNAPOLIS	0:45:14	9:03
98	EILEEN HAGAN	36	F	ANNAPOLIS	0:45:18	9:04
99	DIANE DEPANFILIS	38	F	ANNAPOLIS	0:45:18	9:04
100	BILL VOGENITZ	41	M	ANNAPOLIS	0:45:19	9:04
101	FRANK FOSTER	56	M	PASADENA	0:45:51	9:10
102	EDGAR PARKER	57	M	ARNOLD	0:46:07	9:13
103	JEAN LEGUM	35	F	ANNAPOLIS	0:46:12	9:14
104	ASHLEY JOHNSON	10	F	PASADENA	0:46:32	9:18
105	GENE JOHNSON	40	M	PASADENA	0:46:33	9:19
106	BONNIE PAVLAR	44	F	SEVERNA PARK	0:46:45	9:21
107	KIMBERLY SCHUERMAN	32	F		0:46:50	9:22
108	PAMELA PATTERSON	13	F	EDGEWATER	0:46:50	9:22
109	JOHN PATTERSON	43	M	EDGEWATER	0:47:37	9:31
110	JIM KAUFMAN	35	M	BOWIE	0:47:37	9:31
111	BOB WIDMER	43	M	PASADENA	0:47:38	9:32
112	GLENN BABICKY	36	M	PASADENA	0:47:52	9:34
113	ALEC BUCHNESS	29	M	PASADENA	0:48:01	9:36
114	NEAL KINSINGER	55	M	GAMBRILLS	0:48:44	9:45
115	VICTORIA WEAGLEY	35	F	RIVA	0:49:04	9:49
116	KATHLEEN DAY	42	F	ARNOLD	0:50:45	10:09
117	JOHN MURRMANN	51	M	GLEN BURNIE	0:53:58	10:48



METRIC MARATHON

October 8, 1989



PLACE	NAME	TIME	AGE
1	Tony Basile	1:28.50	31
2	Matt Mace	1:36.24	29
3	Tony Summerline	1:37.22	35
4	Jeff Jubera	1:40.01	26
5	Tom Rich	1:40.53	31
6	Dennis E. Funderburke	1:41.57	29
7/1	Rose Mallory	1:42.13	41
8	Phil Contino	1:43.28	37
9	Jon Valentine	1:44.16	29
10	Amadeu Sanches	1:45.45	50
11	Bill Turrentine	1:46.48	40
12	Nick Walraven	1:47.51	31
13	Jerry Haley	1:48.33	41
14	Joe Clorety	1:48.43	46
15	Tim McDermott	1:48.49	44
16	Dale Trott	1:49.18	34
17	Patrick Cuddy	1:49.59	32
18	Billy Legg	1:51.06	32
19	Winnie Hittle	1:52.24	37
20	Tom Luby	1:53.31	40
21	Douglas B. Custer	1:53.43	26
22	William Peake, Jr.	1:53.54	38
23	Dennis Gott	1:54.02	30
24	Rick Repasky	1:54.17	35
25	Clyde Dominey	1:55.00	39
26	Robert Meissner	1:55.02	26
27	Patrick M. Fisher	1:55.05	33
28	Fred Shanklin	1:55.09	48
29	Mike Chamberlain	1:56.00	45
30	Francisco Sanches	1:56.27	47
31	John Magnan	1:56.50	43
32	Joseph Czopek	1:57.15	24
33	Ken Georgi	1:57.15	21
34	Tom Dover	1:57.34	33
35	Milton Taylor	1:57.57	56

36	Jim Sharp	1:58.24	47
37	No Name	1:58.46	?
38	James Lundeen	1:58.52	30
39	Dale Jordan	1:59.22	36
40/2	Mary Ross	1:59.25	44
41/3	Edie Tress	1:59.41	39
42	Bill Norton	1:59.56	46
43	Bob Field	2:00.04	37
44	Kevin Buonsignore	2:00.30	25
45	Jack Roberts	2:00.43	44
46/4	Mary Ann Zuckerman	2:01.01	42
47	Tom Bradford	2:01.09	46
48	Doug Joyce	2:01.27	50
49	Randy Powers	2:01.31	37
50	Ben Moore	2:01.32	64
51	Weems Duvall	2:01.36	38
52/5	Julie Bond	2:01.38	30
53	Jon A. Armao	2:01.48	50
54	Clyde Thompson	2:01.59	49
55	Eric Fromm	2:02.07	43
56	Ron Bowman	2:02.09	39
57	Joseph Vansant	2:02.10	?
58/6	Karen Hosler	2:02.59	41
59	Dick Shea	2:03.12	39
60/7	Sue Briers	2:04.19	34
61	Rick Fields	2:04.49	41
62	Robert B. Donald	2:05.09	50
63	Miles Haven	2:05.16	44
64	Will Myers	2:05.22	40
65	Al Kubeluis	2:05.38	47
66	Thomas McKee	2:05.48	61
67	James M. Kaufman	2:05.50	35
68	Michael Cuddy	2:06.09	34
69	Bill Shaughnessy	2:06.10	46
70	Anthony J. Pruner	2:06.19	34
71/8	Vivi Provine	2:06.20	45
72	Michael Boster	2:06.26	29
73	Roy Peacock	2:06.30	50
74/9	Michelle Dover	2:06.38	26
75	Rod Bowman	2:06.53	28
76	Jim Gick	2:06.58	44
77	Neal Hinkle	2:07.56	52
78	Peter Tucker	2:08.27	45
79	Arch Holden	2:08.32	37
80	Allen Veasey	2:08.43	49
81	Robert C. Ward	2:08.57	37
82	Ken Lyons	2:09.33	49
83	Mickey Galuski	2:09.35	40
84	Michael Benso	2:10.34	36
85	Leon C. Johnson	2:10.34	60
86	Adam Berusch	2:11.43	25
87	Art Renkwitz	2:12.18	22
88	Richard Lytle	2:12.25	42
89	Jim Barnett	2:12.32	43
90/10	Marilyn Sass-Lehrer	2:12.43	41
91	Bruce Soyars	2:13.07	39
92	Bill Helms	2:13.22	39
93	Paul Cleaver	2:13.43	34
94	Gary Anderson	2:13.44	50
95/11	Frederica Spilman	2:13.50	20
96	Dan Lincoln	2:13.57	50
97/12	Linda Shanklin	2:14.00	42
98/13	Maureen Lamb	2:14.14	28
99	Arjun Krishnamachar	2:14.15	27
100	Tom Kimmel	2:14.17	35
101/14	Debra Willey	2:14.17	27
102	Hawu Church	2:14.23	48

OTHER RACES

1989/90



FOR INFORMATION ABOUT OTHER RUNNING EVENTS IN THE ANNAPOLIS/BALTIMORE/WASHINGTON METROPOLITAN AREA, CHECK THE RUNNING LISTINGS IN THE SPORTS SECTION OF THE TUESDAY BALTIMORE SUN, THE SPORTS SECTION OF THE THURSDAY BALTIMORE EVENING SUN, THE WEEKEND SECTION OF THE FRIDAY WASHINGTON POST, AND THE WEEKEND MAGAZINE OF THE THURSDAY WASHINGTON TIMES.

WITH REGARD TO THE RACES LISTED BELOW, PLEASE VERIFY ALL INFORMATION WITH THE RACE ORGANIZERS. TO REQUEST AN ENTRY FORM, SEND A SELF-ADDRESSED, STAMPED ENVELOPE TO THE ADDRESS LISTED. ANY INFORMATION WHICH THE ANNAPOLIS STRIDERS HAS CONCERNING THESE EVENTS WOULD BE DISPLAYED ON THE OFFICIAL STRIDERS BULLETIN BOARDS, BEHIND THE SWINGING DOORS, IN THE ATHLETE'S FOOT, AT THE ANNAPOLIS MALL.

[For TAC #, send S.A.S.E. to Marilyn Bevans, P.V.A.C., PO Bx 67736, Balt., MD 21215]

Doggone, but we're
sorry the Rover Run
was scratched.
Insurance took
too big a bite.



[cancelled]

Dec. 10, Sun., 8:30 AM, Rover Run [1.5M run w. your dog], Greenbelt Pk. Dotty Esher, 12334 Shadetree Ln, Laurel, MD 20708 301-776-6506

Dec. 10, Sun., 10:30 AM, Bread Run 10K, Glen Echo Pk. DCRRC, 6831 Stoneybrook Ln, Alex., VA 22306 703-234-5595

Dec. 17, Sun., 9 AM, Rudolph's Red Nose 10M Run. Somerset Sch., 4842 16th St NW, DC 20011 202-726-0740

Dec. 17, Sun., noon, Dancer Dash 10K. Westminster RRC, Marvin's Sports City, Cranberry Mall, Westminster, MD 21157 301-848-2148

Dec. 23, Sat., 10 AM, DCRRC 10M/20M, Braden Park, Greenbelt. DCRRC, 6831 Stoneybrook Ln, Alex., VA 22306 474-9362

Dec. 23, Sat., 9:30 AM, Santa's Sack Run 6M & F.R. Lake Montebello. BRRRC, PO Bx 9825, Balt., MD 21284 560-1337

Dec. 31, Sun., 9 AM, Father Time Frolic 8M, Loch Raven. BRRRC, PO Bx 9825, Balt., MD 21284 560-1337

Dec. 31, Sun., noon, Winfield Mile. Westminster RRC, Marvin's Sports City, Cranberry Mall, Westminster, MD 21157 301-876-7852

Dec. 31, Sun., midnight, Moet Midnight Run 5M, Central Pk. NYRRC, 9 E 89th St, NY, NY 10128 212-737-7480

Jan. 1, Mon., 10 AM, New Year's 10M F.R., Covington, VA. Allegheny Mtn Runners, PO Drawer 635, Clifton Forge, VA 24422 804-862-4293

Jan. 7, Frostbite 5K/15K, Westminster [CANCELLED]

Jan. 14, Sun., 8 AM, Houston Tenneco Marathon. RRCA Nat'l Marathon Championship. H-T M., PO Bx 56464, Houston, TX 77027 713-757-2700

Jan. 14, Sun., 9 AM, Indoor Track Meet, 2M+1M Walk/ 60yd, 880+2M run/220+880 relays, Arlington. Arl. Co-Op, 1035 S. Edgewood St, Arl., VA 22204 703-920-5193

Jan. 21, Sun., 10 AM, Great Valley Marathon, Chambersburg. Mike Witter, 5645 Stamy Hill Rd, Waynesboro, Pa 17268 717-264-5390

Jan. 28, Sun., 9:30 AM, Chili Dog 8K, 33rd St., Balt. C.D., PO Bx 11394, Balt., MD 21239 301-882-5455

Jan. 28, Sun., 9 AM, Frozen Finger 5M, Stevenson Valley Shopping Center. BRRRC, PO Bx 9825, Balt., MD 21284 560-1337

Jan. 28, Sun., Indoor Track Meet [see January 14th]

Feb. 11, Sun., Indoor Track Meet [see January 14th]

Feb. 17, Sun., 10:30 AM, Washington's Birthday Marathon, Greenbelt. DCRRC, PO Bx 1352, Arlington, VA 22210 703-765-1837

Feb. 25, Sun., Indoor Track Meet [see January 14th]

Mar. 10, Sat., 5 PM, Carnaval Miami 8K. MRC, 7920 SW 40th St., Miami, FL 33155 305-227-1500

Mar. 17, Sat., Shamrock Marathon + 8K + 5K walk. J. Bocrrie, 2308 Maple St, VA Bch, VA 23451 804-481-5090

Apr. 7, Sat., 9 AM, Mattapany Trail Half Marathon. Ath. Dir., Naval Air Station, Patuxent River, MD 20670 301-863-3508

Apr. 16, Mon., noon, 94th Boston Marathon. BAA, PO Bx 1990, Hopkinton, MA 01748 508-435-6905

Apr. 22, Sun., noon, Amish Country Half Marathon. Bill Smith, 509 Big Bend Rd South, Lancaster, PA 17603 717-394-7812

Nov. 4, Sun., 10:45 AM, NYC Marathon. S.A.S.E. (#10 envelope) w. \$3, postmarked on or after 5/21/90, to Mar. Entries, PO Bx 1388 GPO, N.Y., N.Y. 10116 212-860-4455



WHATS COMING UP

ANNAPOLIS STRIDERS 1989/90



PLEASE CALL THE HOTLINE (301) 268-1165
OR THE RACE DIRECTOR TO CONFIRM TIME AND PLACE FOR OUR EVENTS
FOR ENTRY FORMS SEND SELF-ADDRESSED, STAMPED ENVELOPE TO
ANNAPOLIS STRIDERS, P.O. BOX 187, ANNAPOLIS, MD 21404

First Monday of each month, 7:30 P.M.
ANNAPOLIS STRIDERS BOARD MEETING
Arundel Center, Calvert Street, Annapolis, MD
Call Jacquie Ferris to confirm 647-8880

Every Wednesday, 6:00 P.M. FUN RUNS
Anne Arundel Community College (meet at track)
College Parkway, Arnold, MD
Earl Scott 269-5013

Saturdays, 7:00 A.M.
INFORMAL DISTANCE TRAINING RUNS
Annapolis Mall/Equitable Bank
Hotline 268-1165

Sundays, 7:30 A.M.
INFORMAL DISTANCE TRAINING RUNS
Navy/Marine Corps Stadium, Annapolis
Hotline 268-1165

December 30, Saturday, 10:00 A.M.
11TH ANNIVERSARY RUN 15K
#10 Club Champ Series
Annapolis, MD

VALENTINE'S TWOSOME RELAY 5K - Sun., Feb. 11, 2 PM, [Tentative location; Sandy Point State Park]

* WASHINGTON'S BIRTHDAY 5K - Sat., Feb. 24, 10 AM, Bay Hills, Arnold

* CHERRY PIT 10-MILER - Sun., April 1, 2 PM, South River H.S., Edgewater

* 2-Mile TRACK RACE - Sat., April 28, 8 AM, Broadneck H.S., Cape St. Claire

GOVERNOR'S BAY BRIDGE RUN - Sun., May 6, 8 AM, Sandy Point State Park, Annapolis

*+ FATHER'S DAY 10K - Sun., June 17, 8 AM, Loch Haven Rec. Area, Edgewater

* JOHN WALL MEMORIAL 1-Mile TRACK RACE & JR. MEDLEY - Sat., July 14, 6 PM, Annapolis H.S., Riva Road

WOMEN'S DISTANCE FESTIVAL 5K - Sat., July 21, 8 AM, St John's College (tentative location)

RUN AFTER THE WOMEN 5K - Sat., July 21, 9 AM, St. John's College (tentative location)

* DOG DAYS OF SUMMER 8K - Sun., Aug. 12, 8 AM, Anne Arundel Community College, Arnold

ANNAPOLIS TEN MILE RUN - Sun., Aug. 26, 7:50 AM, Navy-Marine Corps Stadium, Annapolis

*+ PENNSAVER 5-MILER - Sun., Sept. 9, 8 AM, Severna Park H.S.

* METRIC MARATHON - Sun., Oct. 14, 8 AM, Southern H.S., Harwood

+ HOG NECK SCAMPER 5-MILER - Sat., Nov. 10, 8:30 AM, Downs Memorial Park, Pasadena

* COLD TURKEY 20K RUN - Sun., Nov. 25, 10 AM, South River H.S., Edgewater

* 12TH ANNIVERSARY RUN - Sat., Dec. 29, 11 AM, St. John's College (tentative location)

* = CLUB CHAMPIONSHIP SERIES

+ = COUNTY EXECUTIVE'S SERIES

1990 CLUB CHAMPIONSHIP SERIES RULES

The Annapolis Striders hold a series of races over the course of the entire year to compete for awards which are presented at the annual Awards Banquet. New members are invited to participate along with our veteran members, observing the following rules.

1. You must be a member, in good standing, of the Annapolis Striders as of January 1, 1990, 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 1990 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 for men and women are: 13 and under, 14-19, 20-29. For Women: 30-39, 40-49, 45-49, 60 and over. For Men: 30-34, 35-39, 40-49, 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.

IF YOU HAVE ANY QUESTION ABOUT YOUR STANDING IN THE CHAMP SERIES, PLEASE CALL BOB WALTERS, WHO COMPILES THE SCORES (544-7615).