

# STREAK

VOLUME XI  
NUMBER III  
JUNE 1989



## ANNAPOLIS STRIDERS

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

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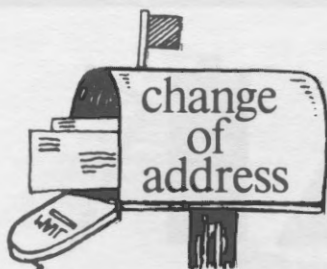
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- Call for information on coming events and to leave messages 24 hours a day: (301) 268-1165.
- When requesting information by mail, include a long, self-addressed, stamped envelope.
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# Annapolis Striders

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(Send Check or Money Order)

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

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|                      |                           |                      | is This A New Membership                                 | Address Change   |
|                      |                           |                      | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Occupation           | Signature X               |                      |  |  |

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|                                    |                                      |  |                                     |                                    |   |
|------------------------------------|--------------------------------------|--|-------------------------------------|------------------------------------|---|
| <input type="checkbox"/> Race Runs | <input type="checkbox"/> News-letter | <input type="checkbox"/> Property Awards | <input type="checkbox"/> Membership | <input type="checkbox"/> Publicity | <input type="checkbox"/> Clinics Training |
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| Individual                   | Family                        | Fulltime Student             |
| <input type="checkbox"/> \$8 | <input type="checkbox"/> \$12 | <input type="checkbox"/> \$4 |

Today's Date \_\_\_\_\_

# STREAK

volume XI no. 3

# ANNAPOLIS STRIDERS

june 1989



## OFFICERS

### President

Richard Hillman  
4 Randall Ct.  
Annapolis, 21401  
Phone: Home 269-0253  
Work 974-3821

### Vice President

Will Scott  
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Annapolis 21403  
Home 267-8013  
Work 202-842-6185

### Secretary

Jacquie Ferris  
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Severna Park 21146  
Home 647-8880  
Work 396-1500

### Treasurer

Matt Mace  
1172 Indian Landing Rd.  
Millersville 21108  
Home 923-3154

## RACE DIRECTORS

### Race Director

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1214 Sterling Dr.  
Annapolis 21403  
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### Annapolis Run Director

Pat Hoffman  
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Annapolis 21401  
Home 268-6092  
Work 301-779-2770

### Governor's Bay Bridge

Run Director  
Mike van Beuren  
239 Hanover St.  
Annapolis 21401  
Home 269-1796  
Work 841-5695

## BOARD OF DIRECTORS

Bob Bridges  
1268 Caddie Dr.  
Arnold 21012  
Home 974-1587  
Work 301-995-0516

Sue Briers  
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Gambrills 21054  
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Mike Impellizzeri  
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Arnold 21012  
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616 Thomas Way  
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Earl Scott  
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Work 301-794-1154

Don Waddington  
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Edgewater 21037  
Home 956-2061

## CHAIRMEN OF COMMITTEES

### Public Relations (open)

Newsletter  
Yvonne Aasen  
13 Sunset Drive  
Severna Park 21146  
Home 647-0879

Membership  
Mike van Beuren  
239 Hanover St.  
Annapolis 21401  
Home 269-0796  
Work 841-5695

Property  
Ken Lyons  
680 Genesee St.  
Annapolis 21401  
Home 268-7140  
Work 266-4651

### Awards (open)

Championship Series  
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616 Thomas Way  
Severna Park 21146  
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### Planning (open)

Volunteers  
Louise Zeitlin  
1036 Skyview Dr.  
Annapolis 21401  
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Mailings  
Bill Law  
816 Clifton Ave.  
Arnold 21012  
Home 647-5015

### Training

Ed Purpura  
542 Greenblades Ct.  
Arnold 21012  
Home 757-8250

### Clinics (Open)

### Legal (Open)

### Membership Services (Open)

### Medical (Open)

### Teams (Open)

## STREAK STAFF

Editor  
Yvonne Aasen  
647-0879

Assistant Editor  
Pat O'Brien  
544-7615

### Managing Editor Open

Reporter  
Tim Stevens  
721-5516

Race Reports  
Evan Thomas  
760-9188  
W: (301) 269-6353

Layouts  
Open (editor is  
doing this now)

### Graphics Open

Proofreader  
Sharon Hammond  
268-7140

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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

## RUNNING BOOM REVERBERATES

Is the running boom over? Apparently not in New York City. Fred Lebow, NYRRRC president, reports that in 1984 121,000 runners participated in NYRRRC races but that 188,000 entered in 1988, a 39% increase! And in D.C., The Washington Post related on January 26th that of the more than 2.5 million metropolitan area adults, 783,600, or 30.8%, indicated in a survey conducted by Scarborough Research Corporation that they jog or run. This is compared to 514,400, or 20.8%, during a similar survey conducted in 1986. Interestingly enough, area RRCA clubs count only 8,000 of these runners as members, or just 1% of the market!

For those of you interested in triathlon training, the new county triathlon club is meeting monthly on the fourth Wednesday at the County swimming pool on Riva Road. Call Judy Greenblatt for information. (H) 544-0091.

I recently had the pleasure of discussing the goals of the Annapolis Striders with Naval Academy Athletic Director Jack Lengyl, who is completing a very successful first year in this position. Although our meeting was productive and positive, it is safe to say that the Athletic Association remains financially and emotionally driven by its football program. And, just as the Annapolis Striders has supported Navy Football in the past, it is even more incumbent upon us to do so now. If you can purchase 1989 seasons tickets or encourage your employer to do so, now is the time to act. Be sure to say you are a Strider. As an organization, we will be planning a tailgate party for at least one of the games this fall. Information will be distributed with the next Streak. If you want to work on this event, please call me.

We all continue to pray for Martha Kinsinger's speedy recovery from her traffic accident in late April. She (and Neal) would love to hear from you. Home address: 2413 Spring Lake Ct, Gambrills, MD 21054.

Despite the wind and cold, the finish line for the Bay Bridge Run worked liked a dream. Certainly, the best in the 3 years I've been doing it. Ninety people had volunteered to work and six more showed up race day. It was a pleasure working with them and with Race Director Mike van Beuren. Thanks are extended not only to the finish line supervisors and staff but to all those who sacrificed their desire to run the event in order that the race could be conducted efficiently and safely for others. August 27th is right around the corner though. The Annapolis Run requires your devotion in even greater numbers. Please consider volunteering. We need YOU!!

Good news for now and the future. We have worked out some longterm arrangements with the Anne Arundel County Department of Recreation and Parks. Instrumental in this "deal" was Mike Bush, one of our District 30 Delegates. [Mike is a Strider as is Delegate John Astle.] In addition to including the Father's Day 10K and Pennysaver 5 Miler in the County Executive [he's a member too] Championship Series, the Turkey Trot which the Department has conducted at Downs Park each November now will become a Striders event. We are contemplating a name change to "Hogneck Scamper" and a date change to the Saturday after the Marine Corps Marathon. This event has the potential to become a major race on our calendar. But, as of now, it has no one to love it! This is a splendid opportunity, particularly for our central and north county members, to get involved on the ground floor of what will become a popular tradition. Call me or Don Kennedy to volunteer.

Do you get the impression that Hillman is kinda proud of that baby?





=====

The West will never be the same again! You are being ably represented at the 32nd Annual Convention of the Road Runners Club of America in Colorado Springs, June 8-11, by your President, your Vice-President, your Race Director, by Directors Bob Bridges and Buck Cadell, and by Property Chair Ken Lyons. More in the next Streak. [Beware: The 1990 Convention is as close as Utica, NY. This will be an opportunity for a mass Striders bus trip and slumber party. We can decimate the entire Finger Lakes Region and take in Cooperstown to boot! Evan is in charge but don't tell him because he hasn't volunteered yet!!]

=====

You will recall that most of you check off a committee when you join or renew your membership. Last year, I had the bright idea to conduct committee meetings (in some cases for the first time in 10 years!) to inspire more participation and broaden our activities. But no one showed up. So, getting the message that you want to contribute your time and energies but you do not want to serve on a committee, we will try a different approach. We will divide as many functions as possible into small, easily identified, components and solicit your participation as a chair. You will be working

with one of the Directors, each of whom has accepted a particular area of endeavor in which to work. In turn, you could ask other Striders to help you with your activity or you could work on it alone. Your choice. So, give me a call and make me an offer I can't refuse. If you have chosen to affiliate with the Striders in the first place, you must have some feelings, however buried, about advancing long distance running. If each of us does a little bit, then some of us don't have to do all of it!

=====

Jacob Noah Hillman [born 10 April 89] is looking forward to meeting you. Lisa is looking forward to the return of her running form. Heidi is looking forward to not being mistaken for Jake's mom. And I'm looking forward to some sleep. Stay Kool Striders.

dick hillman

*Dick Hillman*

---

## NAME THE CAPTION CONTEST

Evan Thomas enjoyed Bob Maynard's photos of the March 4 Awards Banquet so much that he mounted all of the photos on poster board. Look for them at the next Strider's race. He will surely have them on display.

Further, he was so captivated that he is sponsoring a NAME THE CAPTION CONTEST. Send your entries to Evan Thomas, 7941 Queens Road, Glen Burnie, MD 21061;

or to the Striders address, P.O. Box 187, Annapolis, MD 21404. Or phone Evan at 760-9188. Evan did not say, however, what the prize would be for the best caption. Maybe he is saving that for a surprise. On the other hand, perhaps there is no prize other than the honor of naming the best caption.

Here is the photo. Pictured are Buck Cadell, Margit Eilers, Cathy Bridges, and Marilyn Hoffman.



-photo by Bob Maynard

# EDITORS REMARKS

## -PHOTOS BY BOB MAYNARD

The above logo for photo credits was inadvertently omitted from the three pages of photos of the Awards Banquet in the April-May 1989 copy of the Streak. Sorry about that, Bob. Bob also gets credit for helping me with my computer problems.

Congratulations to the Hillmans on the birth of baby Jacob. Their future runner is a cute little guy with a full head of hair. Maybe this is what Dick means by fueling the running boom.

Can someone tell me what was the inspiration to rename the Turkey Trot the Hog Neck Scamper? The Hog Neck Scamper. Does a hog have much of a neck? A turkey does. I've always liked the Turkey Trot, uh, now the Hog Neck Scamper because its held on a Saturday and in Downs Park. And it has an event for children.

I sure miss seeing Martha Kinsinger, and Neal too, for that matter. Get well soon, Martha.

By the way, Martha wasn't injured while running, she was involved in a traffic accident on her way home from work.

Deadline for the August issue is July 4. My home address is 13 Sunset Drive, Severna Park, MD 21146. Phone 647-0879.

-Yvonne Aasen



George Boger  
Cary Brown  
John Bushery  
Erin Bushery  
Laura Bushery  
Benedict Capuco  
Carrie Capuco  
Dominique Carlier  
Donald Carter  
Joni Carter  
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Severna Park





# DEAR STRIDERS

## EDITOR RECEIVES ANGRY LETTER CONCERNING SERIES RACE

Dear Editor,

Why is it that when I ran the #3 Championship Series race, the Two-Mile Run on April 29, that I was unfairly treated? Everyone who finished the race was handed a card at the finish line except me. Why do you think that happened?

May 1, 1989

Yvonne Aasen  
Severna Park

Editor's note: Beats me. Your guess is as good as mine. Quit beefing and look at the plus side: you had the privilege of participating; you ran eight miserable laps around a muddy track in the driving rain. Most of the other runners only lapped you once. You finished. What more could you ask for? Remember, nice guys always finish last. Besides, I heard the race director had enough problems, what with the clock malfunctioning in the rain.....

Shamrock Marathon  
Virginia Beach, Virginia  
May 5, 1989

Dear Evan,

We recently read your article from the Annapolis Striders newsletter Streak on your experience at the Shamrock weekend. We appreciate your kind comments about our race and do regret the heat that everyone faced.

We've put in a request for 50-degree weather and no more than 5-mile per hour winds for next year. Hope your group will make it for 1990.

Let us know if we may be of some assistance.

Sincerely,  
Lori Bocrie

January 17, 1989

Dear Mr. Thomas:

I am pleased to inform you that the MPSSAA has recently ordered its Accutrack timing device. Your contribution of \$1,000 helped to make this purchase possible.

We anticipate receiving the equipment in time for our State high school indoor championships held on February 23, 24 and 25.

It is our intention to hold a short presentation ceremony just prior to the opening of the State meet. As the date approaches, I will be contacting you to invite representatives from the Annapolis Striders to participate in that ceremony.

Thank you so much for your support.

Sincerely,  
Edward F. Sparks  
Executive Secretary,  
Maryland Public Secondary Schools  
Athletic Association

The following letters came in response to the Annapolis Striders sponsorship (\$250) to the Bob Golliday Invitational Track Meet held on May 3, 1989 at Old Mill High School:

April 17, 1989

Dear Mr. Matt Mace,

As a member of the Annapolis Striders and the Old Mill track team, I would like to thank the Annapolis Striders for their generous donation to the Bob Golliday Invitational track meet. Bob, an exceptional runner, was an inspiration to all. Sadly though, his running exploits were shortened by cancer. This annual meet in his honor is to recognize true champions.

Again, the team and I wish to thank you for recognizing and supporting, our track program. We hope to see you at the meet.

Sincerely,  
Greg Hoppa



April 15, 1989

Dear Mr. Mace,

We, the Old Mill Track Team, would like to extend our thanks for the generous support and contribution that you and the Annapolis Striders have given us for the outdoor track season. With the needed monies we will now be able to purchase the awards for the competing athletes in the Golliday Invitational. We will also be able to purchase commemorative shirts for volunteer officials.

The Bob Golliday Track Invitational is held in memory of an outstanding track athlete who died an untimely death of lung cancer in 1980. Throughout his high school career he displayed a tremendous dedication toward his sport. The fast-paced Golliday Meet, in his honor, will remain an inspiration for both the present and future participants of the Old Mill High School Track Team.

In behalf of the entire team, I thank you again.

Sincerely,  
Michelle Robinson

## 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

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Mike van Beuren, Randy Fox, Realtors  
Anchor Electric, Inc., R.E. Rogers  
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ATTORNEY AT LAW

P.O. Box 1581

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President

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President

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Balto. Area: 301-269-5050

Wash. Area: 301-261-2288

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# COMMENTARY

## BE A FRIEND

One of the most overlooked and kindest things you can say to a person is a simple hello.

On one bright, cheerful evening while jogging around Annapolis and the Naval Academy, I decided to speak to everybody I met with a simple hello, good evening, nice day, or Hi. I was really surprised that I got about a 95-percent response. Some people were surprised, some smiled, some waved, some responded with a simple hello or Hi.

I don't have any idea what kind of an effect that had on them, but it sure made me feel good when they responded. So somewhere down the road we have got to realize that we have to keep the channel of communication open to each other—with a simple hello, good evening, nice day, or Hi.



I believe if you have a happy heart and a happy outlook, you can overcome just about anything. Solving a lot of social and family problems would become easier. Dealing with your problems at work with your co-workers would become easier, as well. Happy heart equals happy body and healthy mind. Wake up in the morning to tell yourself, "I am going to have a happy day and smile."

Until the next time—live a good life for your brother, be a good friend to your neighbor.

—Earl Scott

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## MOORE'S MARINES

LET'S DO IT TOGETHER THIS TENTH YEAR  
OOH! --RAH!

by Ben Moore

MOORE'S MARINES will be out training, beginning on 29 July, celebrating the TENTH YEAR of learning to run the distance--26 miles, 385 yards--of the Marine Corps Marathon in Washington, D.C. Target date: 5 November 1989.

Definition of term: First time marathoners are called RAW MEAT, in Marine Corps tradition. These beginners will train together as a group and remain together as a group during the marathon. I am going to train and run with the Raw Meat. I'll set the pace and we'll all stay together in the Marathon. That's a promise.

I will have some good conditioning news for you--from the Johns Hopkins Research Project. And speaking of conditioning, I want you to be in good condition so start training early. Build up your daily average to 4 to 5 miles. Stop eating saturated fats; lower your total fat intake to 25 percent or less.

Traditionally we usually all wear MOORE'S MARINES T-shirts and are mighty proud of them. Our sponsor this year is JOHNSON POOLS, INC. Color will be "first year pink"--but with our Chesapeake Bay theme. T-shirts will be \$3.00 each.

As in the past, 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.

Please bring paper cups on Saturday morning. Make a donation to the kitty for our 11 November party--for beer, wine, soda, DJ, and clean-up fee. The party will be held at Pleasure Cove Yacht & Beach Club at Podickory Pt.--last road to left before Bay Bridge. Sign up early: \$3.00 per person. It's a potluck party to be held from 4:00 P.M. to 8:00 P.M.

Again, we will 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 268-3832) and we'll work out a schedule.



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 A.M. at the Annapolis Mall--by the Equitable Bank Building. Sunday runs start at 7:30 A.M. at the Navy/Marine Corps Stadium. Sunday runs are optional.

## MARINE CORPS MARATHON TRAINING SCHEDULE

29 July Saturday, 9 miles  
30 July Sunday, 10 miles (Sundays are optional)

### 1 Week July 31-August 4

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------|-----------|----------|--------|
| 5 mi   | 5 miles | 5 miles   | 5 miles  | rest   |

5 August Saturday 10 miles (end 1st week)  
6 August Sunday 10 miles (optional)

### 2 Week August 7-11

|      |      |      |      |      |
|------|------|------|------|------|
| 5 mi | 5 mi | 5 mi | 5 mi | rest |
|------|------|------|------|------|

12 August Saturday 10 miles (end 2nd week)  
13 August Sunday 10 miles (optional)

### 3 Week August 14-18

|      |      |      |      |      |
|------|------|------|------|------|
| 5 mi | 5 mi | 5 mi | 5 mi | rest |
|------|------|------|------|------|

19 August Saturday 12 miles (end 3rd week)  
20 August Sunday 10 miles (optional)

### 4 Week August 21-25

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

26 August Saturday 12 miles or Workers Run  
(end 4th week)  
27 August Sunday Annapolis 10-Miler (optional)

### 5 Week August 28-September 1

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

2 September Saturday 14 miles (end 5th week)  
3 September Sunday 10 miles (optional)

### 6 Week September 4-8

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

9 September Saturday 16 miles (end 6th week)  
10 September Sunday 10 miles (optional)

### 7 Week September 11-15

|      |      |      |      |      |
|------|------|------|------|------|
| 5 mi | 7 mi | 7 mi | 7 mi | rest |
|------|------|------|------|------|

16 September Saturday 16 miles (end 7th week)  
17 September Sunday 10 miles (optional)

### 8 Week September 18-22

|      |      |      |      |      |
|------|------|------|------|------|
| 5 mi | 7 mi | 7 mi | 7 mi | rest |
|------|------|------|------|------|

23 September Saturday 18 miles (end 8th week)  
24 September Sunday 10 miles (optional)

### 9 Week September 25-29

|      |      |      |      |      |
|------|------|------|------|------|
| 5 mi | 7 mi | 7 mi | 7 mi | rest |
|------|------|------|------|------|

30 September Saturday 18 miles (end 9th week)  
1 October Sunday 10 miles (optional)

### 10 Week October 2-6

|      |      |       |      |      |
|------|------|-------|------|------|
| 5 mi | 7 mi | 10 mi | 7 mi | rest |
|------|------|-------|------|------|

7 October Saturday 20 miles (end 10th week)  
8 October Sunday Rest

### 11 Week October 9-13

|      |      |       |      |      |
|------|------|-------|------|------|
| 5 mi | 7 mi | 10 mi | 7 mi | rest |
|------|------|-------|------|------|

14 October Saturday 20 miles (end 11th week)  
15 October Sunday Rest

### 12 Week October 16-20

|      |      |       |      |      |
|------|------|-------|------|------|
| 5 mi | 7 mi | 10 mi | 7 mi | rest |
|------|------|-------|------|------|

21 October Saturday 15 miles (end 12th week)  
22 October Sunday 10 miles (optional)

### 13 Week October 23-27

|      |      |       |      |      |
|------|------|-------|------|------|
| 5 mi | 7 mi | 10 mi | 7 mi | rest |
|------|------|-------|------|------|

28 October Saturday 10 miles (end 13th week)  
29 October Sunday Rest

### 14 Week October 30-November 3

|      |      |      |      |      |
|------|------|------|------|------|
| 5 mi | 5 mi | 5 mi | rest | rest |
|------|------|------|------|------|

4 November Saturday Rest (end 14th week)  
5 November **USMC MARATHON**

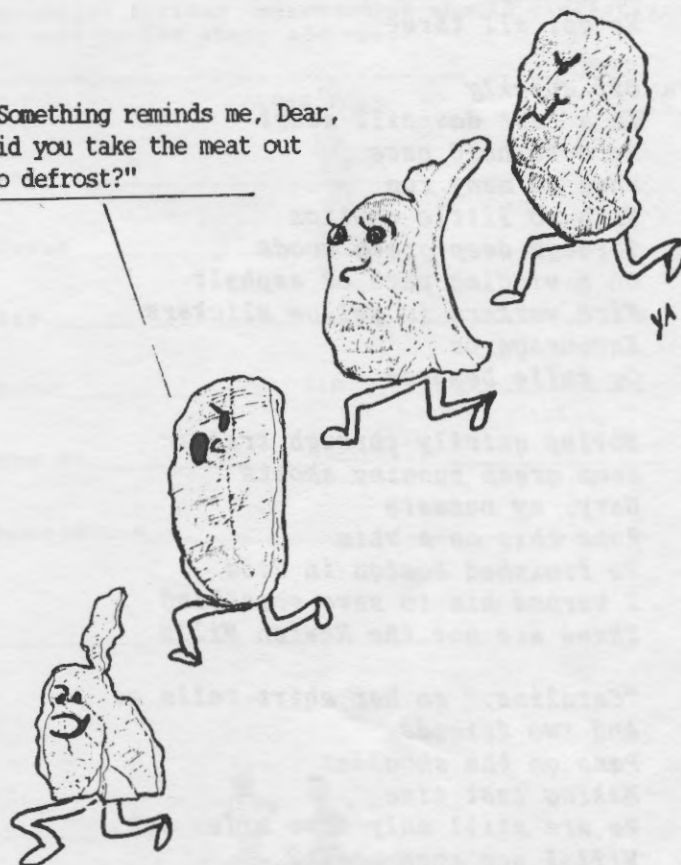
### Post Marathon Week November 6-10

|      |      |      |      |      |
|------|------|------|------|------|
| rest | rest | 5 mi | 5 mi | 5 mi |
|------|------|------|------|------|

11 November Saturday 10 miles **PARTY DAY**

OOH!--RAH!

"Something reminds me, Dear,  
did you take the meat out  
to defrost?"



# MY FAVORITE RACE



## BIG SUR MARATHON MEMORY #4

by Russ Coile

So unpredictable  
This day to race  
Both promising and threatening  
Dark clouds at Big Sur  
Punctuated by pinholes  
Of bright sunlight  
And clear blue sky  
Could be an ideal day  
Or pour rain  
Or bake sun  
As it was  
We got all three

Off quickly  
In a fast downhill start  
Hard to hold pace  
When so many run  
With so little caution  
Through deep green woods  
On a winding path of asphalt  
Fire workers in yellow slickers  
Encourage us  
Or smile bemused

Moving quickly through traffic  
Neon green running shorts  
Gary, my busmate  
Runs this on a whim  
He finished Boston in 2:54  
I warned him to save something  
These are not the Newton Hills

"Catalina," so her shirt tells me  
And two friends  
Pass on the shoulder  
Making fast time  
We are still only five miles out  
Will I see them again?  
I am on pace  
Are they?

Breaking into farm country  
Cows welcome us  
To the land of rolling hills  
So green  
Striped with sun and clouds  
Miles and fiddle signs  
Pass in a blur  
Volunteer voices report pace  
Few can hold it past mile nine  
And seconds begin to erode  
Mile after fiddling mile

Big Sur Marathon crowds  
Make up for size  
With enthusiasm and affection  
Sprinkles of volunteers  
At lonely waysides since dawn  
Only once  
At the bottom  
Of Hurrican Point  
Do they mass and scream  
Their cheers echo in memory  
As we climb long and slow  
Conversation, remarkably  
Picks back up  
Gallows humor  
Like the road signs  
Just at the top  
It rains

Now the inner marathon begins  
Passing halfway, the midpoint  
Mile points blurring  
In a continuous landscape  
Of white-water views  
And new-grass green hills  
Herd of black Angus  
Comes to their fence  
In silent support  
Four thoroughbreds prance  
Through knee-high grass  
In inspiration



Our thoughts turn inward  
 Friends drop back  
 Or move ahead  
 We are each alone now  
 Feeling the tension  
 Between what we want to do  
 Expectations  
 And what we may be able  
 Reality  
 Steam rises from the puddles  
 As the road heats up  
 In the Badlands

Carmel Highlands hills  
 Take their toll  
 Some start to walk now  
 I passed "Catalina" at seventeen  
 Her leg lift gone  
 Pacers pick up fading friends  
 At miles twenty and twenty-one  
 Optimism returns  
 Pianist at a baby grand  
 Young girl with butterscotches  
 Spectators we've not seen for miles  
 Help compensate for the hills  
 Even the downs hurt now

Leaving the cool pines  
 We plunge into an ocean  
 Of sunlight  
 Hot and bright  
 With the finish  
 Tantalizingly near  
 Only one more hill  
 Of course, another hill  
 To be overcome

The finish blinks in the distance  
 We can see the banner whitely  
 Pick up a spot of blue  
 Which becomes Judge Burleigh's blazer  
 As we draw near  
 Civilization returns with a rush  
 Traffic slows and stops  
 Friendly crowds cheer  
 I whirl my hand overhead  
 Onlookers respond with applause  
 As I hear my name  
 Finish line

Editor's note: This unusual "My Favorite Race" was written by Russell C. Coile, Jr., a friend of Mike van Beuren. Russ, #18, from Alameda, California, ran the Big Sur Marathon on April 23, 1989.

## ANNAPOLIS STRIDERS MERCHANDISE MART

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Make all checks payable to the Annapolis Striders. Mail the order form and the check to Kenneth E. Lyons, 680 Genessee St., Annapolis, MD 21401. Please enclose a \$1.00 mailing charge per order. Inquiries about other Annapolis Strider merchandise should similarly be sent to the above address.

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# STRIDERS ON THE ROAD

by Evan Thomas

## April 2; Cherry Blossom 10-Mile, Washington, D.C.

|                  |         |
|------------------|---------|
| Alex Shaw        | 73:10   |
| Eric Snyder      | 73:43   |
| Nancy Waddington | 1:28:55 |

## April 16; Fritzbe's 10K; Rockville, MD

|                 |       |
|-----------------|-------|
| Ben Moore       | 44:09 |
| Arnie Henderson | 44:49 |

## April 9; Lady Equitable 10K; Baltimore, MD

|              |       |              |
|--------------|-------|--------------|
| Mary Ross    | 44:04 | 74th overall |
| Sue Briers   | 45:30 | 93rd         |
| Karen Hosler | 45:?? | 103rd        |

I know there were lot more of you, but I didn't get your results.

## April 16; Goodloe Byron 15K; Emmitsburg, MD

|                |       |                       |
|----------------|-------|-----------------------|
| Jon Valentine  | 62:06 | 71 finishers. Lots of |
| Sue Briers     | 71:12 | nice hills for them   |
| Earl Scott     | 83:52 | that like them.       |
| Sharon Hammond | 86:17 |                       |
| Dyan Speaks    | 93:56 |                       |

## April 16; Glen Burnie Centennial + One 10K

|                  |       |                         |
|------------------|-------|-------------------------|
| David Webster    | 33:32 | Pretty nice day; better |
| Bobby Evans      | 34:11 | course than last year;  |
| Tony Carvalho    | 34:55 | excellent Oxford class  |
| Matt Mace        | 35:10 | brew plus lots of other |
| Greg Hoppa       | 38:33 | goodies.                |
| Donald Swindler  | 39:29 | 1st Masters             |
| Ron Bowman       | 40:23 |                         |
| Doug Pond        | 40:57 | 3rd 50-59 not bad for   |
|                  |       | an old guy.             |
| Ivan Pressman    | 42:22 | 3rd 40-49               |
| Jim Mandrin      | 42:27 | Great race, Jim!        |
| Bill Derr        | 42:29 |                         |
| Will Scott       | 43:39 |                         |
| Jim Etchison     | 44:41 |                         |
| John De Greck    | 45:06 |                         |
| Bill Law         | 45:19 | 2nd 60 & Over           |
| Dale Vogel       | 45:22 |                         |
| Charles Wilson   | 45:30 |                         |
| Paul Hinman      | 45:32 |                         |
| Denzil Pritchard | 46:00 | 3rd 60 & Over           |
| Reggie Haseltine | 46:09 |                         |
| Peter Salmon-Cox | 48:01 |                         |
| Andy Klipper     | 48:11 |                         |
| John Strumsky    | 48:23 |                         |
| Buck Cadell      | 50:05 |                         |
| Bob Donald       | 50:23 |                         |
| Alan Wycherley   | 52:26 |                         |
| Don Smith        | 53:12 |                         |
| Warren Newton    | 53:33 | Short leg and all.      |
| Arnold Galiano   | 57:02 |                         |
| Neal Kinsinger   | 58:06 |                         |

### WOMEN

|                   |       |                 |
|-------------------|-------|-----------------|
| Carole Rosasco    | 40:32 | 5th Overall!    |
| Martha Kinsinger  | 47:07 | 10th; 1st 50-59 |
| Esther Weisman    | 49:08 | 2nd 50-59       |
| Carol Smith       | 53:05 |                 |
| Lynn Hopkins      | 53:59 |                 |
| Susan Gallagher   | 56:35 |                 |
| Carol Huddy       | 57:14 |                 |
| Nancy Prue        | 57:31 |                 |
| Carole Sigismondi | 57:34 |                 |

Hope I didn't miss any one--See you next year in Glen Burnie.



## April 17; Boston Marahnton

|                   |      |   |
|-------------------|------|---|
| Francesco Sanchez | 3:07 | 1st time for Boston; very interesting experience. |
| Donna Gaieski     | 3:57 | Story forthcoming?                                |

## April 22; Tuckahoe State Park Hot Wheels & Heels 5-Mile

|                |       |              |
|----------------|-------|--------------|
| Sharon Hammond | 39:25 | First Woman! |
| Ken Lyons      | 32:45 | 2nd AG       |
| Evan Thomas    | 34:07 | 3rd AG       |
| Bill Helms     | 35:37 | 2nd AG       |
| Jonas Legum    | 38:24 |              |
| Jean Legum     | 45:21 | 1st AG       |

About 30 or so faced stiff breezes on the Eastern Shore.

## April 23; George Washington Classic 15K

|           |       |
|-----------|-------|
| Matt Mace | 53:22 |
|-----------|-------|

## April 30; Clydes 10K; Columbia, MD

|                |       |                              |
|----------------|-------|------------------------------|
| Tom Prendki    | 36 +  | Super effort, Tom            |
| Chris Bayless  | 34 +  | Tuning up for the Bay Bridge |
| Sean Sweeney   | 43:30 |                              |
| Ben Moore      | 43:40 | 3rd 60 & Over                |
| Sue Briers     | 44:34 | PR Smiles                    |
| Evan Thomas    | 44:44 |                              |
| John Guala     | 45:30 |                              |
| Cecelia Tinney | 46 +  | PR Smiles                    |
| Charles Wilson | 46:30 |                              |
| Eric Snyder    | 47:14 |                              |
| Earl Scott     | 51 +  |                              |
| Kevin Murnane  | 51 +  |                              |
| Joe O'Boyle    | 53:44 |                              |
| Lee Patrick    | 58 +  |                              |

Some love the Columbia hills while others love Clydes chili and beer. Weather was pretty good. Nice party after.

## May 7; Pittsburgh Marathon

|             |         |                         |
|-------------|---------|-------------------------|
| Rose Malloy | 3:01:49 | 24th Woman; cash prize. |
|-------------|---------|-------------------------|

Not bad for a training run, Rose.

## May 7; Police Chase 10K

|                  |       |            |
|------------------|-------|------------|
| Lisa Adelsberger | 44:28 | 6th Female |
|------------------|-------|------------|

## May 7; Broad street 10-Mile; Philadelphia

|           |       |
|-----------|-------|
| Matt Mace | 56:17 |
|-----------|-------|

Nice event. Finish in JFK Stadium. (Might have siphoned off some potential GBBR entrants.)

## May 7; Governor's Bay Bridge Run 10K

[See Bay Bridge race results]

Not much fun running into that headwind all the way--at least it wasn't raining. Newcomer Nancy Staub, after a nice effort at Fritzbee's a couple of weeks earlier, swept in to grab second place. Kudos to the rowdy finish line crew, which encouraged all the finishers, even the fellow pushing the double stroller and the faithful catching the religious programming on their walkmen.

## May 13; Marlboro Country 10K; Upper Marlboro, MD

|              |       |                   |
|--------------|-------|-------------------|
| Matt Mace    | 34:38 | 5th               |
| Mary Ross    | 43 +  | 1st Woman. Oorah! |
| Doug Pond    | 41:58 | 2nd 50-59         |
| Joe Clorety  | 31:54 |                   |
| Karen Hosler | 44 +  | 2nd Woman         |
| Ben Moore    |       | 1st 60 & Over     |
| Tom Komarek  | 44:00 |                   |

WE WANT YOUR TIMES: CALL EVAN THOMAS, 760-9188, OR WRITE THE STRIDERS. GIVE NAME, DISTANCE, LOCATION, AND DATE OF RACE. ALSO INCLUDE ANY AWARDS OR OTHER INTERESTING INFORMATION.



# Governor's Bay Bridge Run

10K

Sunday, May 7, 1989



## FEMALE AGE-GROUP RESULTS GOVERNORS BAY BRIDGE RUN 1989 (TOP FIVE EXCLUDED)

| PLACE                | FIRST NAME | LAST NAME   | AGE | CITY          | STATE | RACE NUMBER | TIME    |
|----------------------|------------|-------------|-----|---------------|-------|-------------|---------|
| AGE GROUP: Under 19  |            |             |     |               |       |             |         |
| 1                    | SUZANNE    | LAMORE      | 18  | MILLERSVILLE  | MD    | 3766        | 0:47:31 |
| 2                    | PERRY      | REEVES      | 18  | ANNAPOLIS     | MD    | 3775        | 0:48:59 |
| AGE GROUP: 20 - 29   |            |             |     |               |       |             |         |
| 1                    | NANCY      | HENDERSON   | 28  | GREENVILLE    | DE    | 3308        | 0:40:27 |
| 2                    | MICHELLE   | DOVER       | 26  | DARNESTOWN    | MD    | 3184        | 0:41:58 |
| 3                    | JULIE      | CAPRIO      | 28  | PASADENA      | MD    | 3107        | 0:42:00 |
| 4                    | KELLY      | CALLAWAY    | 22  | ANNAPOLIS     | MD    | 3100        | 0:43:49 |
| 5                    | DIANE      | VANDERPOT   | 28  | BALTIMORE     | MD    | 3697        | 0:45:10 |
| AGE GROUP: 30 - 34   |            |             |     |               |       |             |         |
| 1                    | ALLYSON    | NATHAN      | 30  | ANNAPOLIS     | MD    | 3480        | 0:43:28 |
| 2                    | PENELOPE   | SABATINI    | 32  | ARNOLD        | MD    | 3581        | 0:44:44 |
| 3                    | DOROTHY    | DOWNES      | 33  | BETHESDA      | MD    | 3185        | 0:45:34 |
| 4                    | NANCY      | CRAVEN      | 33  | BRUNSWICK     | MD    | 3144        | 0:46:18 |
| 5                    | KAREN      | MCCORD      | 31  | SPRINGFIELD   | VA    | 3434        | 0:46:23 |
| AGE GROUP: 35 - 39   |            |             |     |               |       |             |         |
| 1                    | SUSAN      | HUMPHRIES   | 39  | POTOMAC       | MD    | 3331        | 0:43:03 |
| 2                    | DEMETRIA   | SAPIENZA    | 37  | LAUREL        | MD    | 3585        | 0:43:48 |
| 3                    | JUDITH     | GREENBLATT  | 38  | SEVERNA PARK  | MD    | 3268        | 0:44:08 |
| 4                    | DIANE      | GALLO       | 39  | MONROVIA      | MD    | 3243        | 0:44:34 |
| 5                    | KAREN      | FIRESTONE   | 37  | SEVENVALLEY   | PA    | 3210        | 0:45:45 |
| AGE GROUP: 40 - 49   |            |             |     |               |       |             |         |
| 1                    | BEVERLY    | SHOOSHAN    | 43  | BETHESDA      | MD    | 3616        | 0:40:21 |
| 2                    | MARY ANN   | ZUCKERMAN   | 42  | LAUREL        | MD    | 3753        | 0:40:47 |
| 3                    | MARY       | ROSS        | 43  | ANNAPOLIS     | MD    | 3574        | 0:44:14 |
| 4                    | LINDA      | SHANKLIN    | 41  | DAVIDSONVILLE | MD    | 3609        | 0:44:46 |
| 5                    | MARGIE     | STEWART     | 42  | CARLISLE      | PA    | 3660        | 0:44:46 |
| AGE GROUP: 50 - 59   |            |             |     |               |       |             |         |
| 1                    | ANNE       | BARNETT     | 51  | ANNAPOLIS     | MD    | 3783        | 0:52:36 |
| 2                    | SAN        | CHASTAIN    | 57  | ANNAPOLIS     | MD    | 3787        | 0:53:28 |
| 3                    | LYNDA      | BURTON      | 50  | BALTIMORE     | MD    | 3786        | 0:56:54 |
| 4                    | SALLY      | BIGGERSTAFF | 50  | LAUREL        | MD    | 3784        | 0:57:38 |
| 5                    | ANNE       | MOONEY      | 50  | BALTIMORE     | MD    | 3796        | 0:57:41 |
| AGE GROUP: 60 & OVER |            |             |     |               |       |             |         |
| 1                    | MARTHA     | TRIMMER     | 60  | ELLCOTT CITY  | MD    | 3800        | 1:13:32 |
| 2                    | FRANCES    | CRANE       | 62  | SUDLERSVILLE  | MD    | 3788        | 1:22:49 |

# MALE AGE-GROUP RESULTS

## GOVERNORS BAY BRIDGE RUN 1989

| PLACE                | FIRST NAME | LAST NAME  | AGE | CITY         | STATE | RACE NUMBER | TIME    |
|----------------------|------------|------------|-----|--------------|-------|-------------|---------|
| AGE GROUP: Under 19  |            |            |     |              |       |             |         |
| 1                    | BOBBY      | EVANS      | 19  | ANNAPOLIS    | MD    | 592         | 0:36:02 |
| 2                    | TED        | FOLEY      | 18  | OWINGS       | MD    | 636         | 0:38:57 |
| AGE GROUP: 20-29     |            |            |     |              |       |             |         |
| 1                    | CHRIS      | BAYLESS    | 24  | BOWIE        | MD    | 185         | 0:34:44 |
| 2                    | JOSEPH     | BLACKMON   | 27  | ARNOLD       | MD    | 234         | 0:35:20 |
| 3                    | BRIAN      | PATTON     | 23  | POTOMAC      | MD    | 1429        | 0:36:10 |
| 4                    | DWAIN      | THOMAS     | 29  | GREENSBORO   | MD    | 1822        | 0:37:33 |
| 5                    | ANDREW     | BERON      | 23  | SEVERNA PARK | MD    | 210         | 0:37:46 |
| AGE GROUP: 30-34     |            |            |     |              |       |             |         |
| 1                    | ED         | RAMOS      | 30  | ALEXANDRIA   | VA    | 1509        | 0:36:15 |
| 2                    | RICK       | WOODS      | 34  | EDGEWATER    | MD    | 1977        | 0:37:11 |
| 3                    | THOMAS     | PRENDKI    | 32  | ANNAPOLIS    | MD    | 1486        | 0:38:01 |
| 4                    | DAVID      | LIPPOLD    | 32  | BETHESDA     | MD    | 1120        | 0:38:10 |
| 5                    | FEDERICO   | SOLOGUREN  | 30  | WHEATON      | MD    | 2045        | 0:38:15 |
| AGE GROUP: 35-39     |            |            |     |              |       |             |         |
| 1                    | DAVID      | WEBSTER    | 36  | STEVENSVILLE | MD    | 1913        | 0:34:42 |
| 2                    | JOHN       | NELSON     | 36  | ALEXANDRIA   | VA    | 1357        | 0:35:11 |
| 3                    | BRAD       | KELLY      | 39  | ANNAPOLIS    | MD    | 986         | 0:37:59 |
| 4                    | NICHOLAS   | TAYLOR     | 38  | ST LEONARD   | MD    | 1808        | 0:38:41 |
| 5                    | TIMOTHY    | MORIARTY   | 39  | FALLS CHURCH | VA    | 1316        | 0:38:48 |
| AGE GROUP: 40-44     |            |            |     |              |       |             |         |
| 1                    | CHARLES    | DUNN       | 42  | LEWISBERRY   | PA    | 562         | 0:37:08 |
| 2                    | THOMAS     | FOLEY      | 43  | OWINGS       | MD    | 637         | 0:37:17 |
| 3                    | LEONARD    | WIENS      | 43  | STERLING     | VA    | 1945        | 0:37:24 |
| 4                    | PIRIYA     | PINIT      | 43  | CATONSVILLE  | MD    | 1463        | 0:37:52 |
| 5                    | TIMOTHY    | MCDERMOTT  | 43  | BALTIMORE    | MD    | 1220        | 0:37:53 |
| AGE GROUP: 45-49     |            |            |     |              |       |             |         |
| 1                    | DANVERS    | LONG       | 46  | OLNEY        | MD    | 1132        | 0:37:21 |
| 2                    | WILLIAM    | CONROY     | 45  | CROFTON      | MD    | 426         | 0:37:30 |
| 3                    | FRANCISCO  | SANCHES    | 47  | ARLINGTON    | VA    | 38          | 0:37:54 |
| 4                    | ROY        | KOEHN      | 46  | GAITHERSBURG | MD    | 1029        | 0:38:10 |
| 5                    | AMADEO     | SANCHES    | 49  | ARLINGTON    | VA    | 39          | 0:38:26 |
| AGE GROUP: 50-59     |            |            |     |              |       |             |         |
| 1                    | ALLEN      | MONTGOMERY | 50  | COLUMBIA     | SC    | 1303        | 0:39:52 |
| 2                    | ROBERT     | PHILLIPS   | 52  | BOWIE        | MD    | 1454        | 0:41:52 |
| 3                    | WILLIAM    | DERR       | 50  | GAMBRILLS    | MD    | 503         | 0:42:14 |
| 4                    | JAMES      | KATCEF     | 50  | ANNAPOLIS    | MD    | 968         | 0:42:21 |
| 5                    | THOMAS     | DANNA      | 50  | BALTIMORE    | MD    | 469         | 0:42:32 |
| AGE GROUP: 60-69     |            |            |     |              |       |             |         |
| 1                    | BEN        | MOORE      | 63  | ANNAPOLIS    | MD    | 26          | 0:44:07 |
| 2                    | JOE        | HOLLAND    | 67  | BALTIMORE    | MD    | 17          | 0:46:05 |
| 3                    | GUY        | RICCIO     | 68  | ANNAPOLIS    | MD    | 29          | 0:52:35 |
| 4                    | JOHN       | MCCARTY    | 60  | LINTHICUM    | MD    | 24          | 0:53:07 |
| 5                    | JOHN       | DUFFIE     | 64  | MADISON      | WI    | 13          | 0:53:21 |
| AGE GROUP: 70 & over |            |            |     |              |       |             |         |
| 1                    | NARVIN     | WITTMANN   | 70  | ANNAPOLIS    | MD    | 37          | 1:06:43 |





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**TOP 50 MALE FINISHERS**  
**GOVERNOR'S BAY BRIDGE RUN 1989**  
 -----

| PLACE | FIRST NAME | LAST NAME | AGE | CITY          | STATE | RACE NUMBER | TIME    |
|-------|------------|-----------|-----|---------------|-------|-------------|---------|
| 1     | JIM        | HAGE      | 30  | LANHAM        | MD    | 3           | 0:33:30 |
| 2     | BRIAN      | PALMER    | 27  | CARRBORO      | NC    | 1409        | 0:33:55 |
| 3     | BILL       | BULL      | 35  | BERWICK       | PA    | 305         | 0:34:03 |
| 4     | DAVID      | GRIFFIN   | 28  | WESTMINSTER   | MD    | 756         | 0:34:28 |
| 5     | MICHAEL    | STERLING  | 28  | BALTIMORE     | MD    | 1748        | 0:34:34 |
| 6     | DAVID      | WEBSTER   | 36  | STEVENSVILLE  | MD    | 1913        | 0:34:42 |
| 7     | CHRIS      | BAYLESS   | 24  | BOWIE         | MD    | 185         | 0:34:44 |
| 8     | JOHN       | NELSON    | 36  | ALEXANDRIA    | VA    | 1357        | 0:35:11 |
| 9     | JOSEPH     | BLACKMON  | 27  | ARNOLD        | MD    | 234         | 0:35:20 |
| 10    | BOBBY      | EVANS     | 19  | ANNAPOLIS     | MD    | 592         | 0:36:02 |
| 11    | BRIAN      | PATTON    | 23  | POTOMAC       | MD    | 1429        | 0:36:10 |
| 12    | ED         | RAMOS     | 30  | ALEXANDRIA    | VA    | 1509        | 0:36:15 |
| 13    | CHARLES    | DUNN      | 42  | LEWISBERRY    | PA    | 562         | 0:37:08 |
| 14    | RICK       | WOODS     | 34  | EDGEWATER     | MD    | 1977        | 0:37:11 |
| 15    | THOMAS     | FOLEY     | 43  | OWINGS        | MD    | 637         | 0:37:17 |
| 16    | DANVERS    | LONG      | 46  | OLNEY         | MD    | 1132        | 0:37:21 |
| 17    | LEONARD    | WIENS     | 43  | STERLING      | VA    | 1945        | 0:37:24 |
| 18    | WILLIAM    | CONROY    | 45  | CROFTON       | MD    | 426         | 0:37:30 |
| 19    | DWAIN      | THOMAS    | 29  | GREENSBORO    | MD    | 1822        | 0:37:33 |
| 20    | ANDREW     | BERON     | 23  | SEVERNA PARK  | MD    | 210         | 0:37:46 |
| 21    | JOHN       | PATTERSON | 28  | ALEXANDRIA    | VA    | 1425        | 0:37:49 |
| 22    | PIRIYA     | PINIT     | 43  | CATONSVILLE   | MD    | 1463        | 0:37:52 |
| 23    | TIMOTHY    | MCDERMOTT | 43  | BALTIMORE     | MD    | 1220        | 0:37:53 |
| 24    | STEPHEN    | TUCK      | 27  | BALTIMORE     | MD    | 1846        | 0:37:54 |
| 25    | FRANCISCO  | SANCHES   | 47  | ARLINGTON     | VA    | 38          | 0:37:54 |
| 26    | BOB        | REICHART  | 26  | WASHINGTON    | DC    | 1525        | 0:37:55 |
| 27    | MARK       | PASCAL    | 29  | WASHINGTON    | DC    | 1421        | 0:37:58 |
| 28    | BRAD       | KELLY     | 39  | ANNAPOLIS     | MD    | 986         | 0:37:59 |
| 29    | THOMAS     | PRENDKI   | 32  | ANNAPOLIS     | MD    | 1486        | 0:38:01 |
| 30    | GREG       | ZARUBA    | 22  | SYKESVILLE    | MD    | 2005        | 0:38:06 |
| 31    | DAVID      | LIPFOLD   | 32  | BETHESDA      | MD    | 1120        | 0:38:10 |
| 32    | ROY        | KOEHN     | 46  | GAITHERSBURG  | MD    | 1029        | 0:38:10 |
| 33    | ANTHONY    | KONSTANT  | 40  | BALTIMORE     | MD    | 1034        | 0:38:11 |
| 34    | FEDERICO   | SOLOGUREN | 30  | WHEATON       | MD    | 2045        | 0:38:15 |
| 35    | THOMAS     | RICH      | 30  | ANNAPOLIS     | MD    | 1538        | 0:38:16 |
| 36    | JON        | VALENTINE | 28  | SEVERNA PARK  | MD    | 1860        | 0:38:17 |
| 37    | AMADEO     | SANCHES   | 49  | ARLINGTON     | VA    | 39          | 0:38:26 |
| 38    | RON        | HOWE      | 21  | ANNAPOLIS     | MD    | 893         | 0:38:29 |
| 39    | NICHOLAS   | TAYLOR    | 38  | ST LEONARD    | MD    | 1808        | 0:38:41 |
| 40    | KEITH      | JOHNSTON  | 27  | ANNAPOLIS     | MD    | 948         | 0:38:44 |
| 41    | MICHAEL    | NOVEL     | 33  | SILVER SPRING | MD    | 1376        | 0:38:47 |
| 42    | TIMOTHY    | MORIARTY  | 39  | FALLS CHURCH  | VA    | 1316        | 0:38:48 |
| 43    | MAX        | GRIMSLEY  | 29  | CATONSVILLE   | MD    | 757         | 0:38:53 |
| 44    | MICHAEL    | KLOSSON   | 39  | ROCKVILLE     | MD    | 1021        | 0:38:55 |
| 45    | TED        | FOLEY     | 18  | OWINGS        | MD    | 636         | 0:38:57 |
| 46    | DAVID      | SCHLUETER | 41  | GREENVILLE    | DE    | 1609        | 0:39:03 |
| 47    | JAMES      | MACDONALD | 29  | REISTERSTOWN  | MD    | 1154        | 0:39:09 |
| 48    | BERNARD    | MOFFETT   | 41  | DAMASCUS      | MD    | 2042        | 0:39:17 |
| 49    | DOUGLAS    | YOUNG     | 31  | MONTCLAIR     | VA    | 1996        | 0:39:19 |
| 50    | JAMES      | GODVILLE  | 38  | SILVER SPRING | MD    | 715         | 0:39:27 |



TOP 10 FEMALE FINISHERS  
GOVERNOR'S BAY BRIDGE RUN 1989

| PLACE | FIRST NAME | LAST NAME | AGE | CITY       | STATE | RACE NUMBER | TIME    |
|-------|------------|-----------|-----|------------|-------|-------------|---------|
| 1     | TERRY      | SWEITZER  | 29  | ARLINGTON  | VA    | 3666        | 0:37:47 |
| 2     | NANCY      | STAUB     | 30  | ANNAPOLIS  | MD    | 3652        | 0:39:29 |
| 3     | CHERYL     | CONRAD    | 31  | GREENBELT  | MD    | 3131        | 0:39:37 |
| 4     | PAMELA     | MADGE     | 31  | HOWELL     | NJ    | 3412        | 0:40:09 |
| 5     | VANESSA    | COX       | 27  | JESSUP     | MD    | 3140        | 0:40:13 |
| 6     | BEVERLY    | SHOOSHAN  | 43  | BETHESDA   | MD    | 3616        | 0:40:21 |
| 7     | NANCY      | HENDERSON | 28  | GREENVILLE | DE    | 3308        | 0:40:27 |
| 8     | MARY ANN   | ZUCKERMAN | 42  | LAUREL     | MD    | 3753        | 0:40:47 |
| 9     | MICHELLE   | DOVER     | 26  | DARNESTOWN | MD    | 3184        | 0:41:58 |
| 10    | JULIE      | CAPRIO    | 28  | PASADENA   | MD    | 3107        | 0:42:00 |

RACE RESULTS AND STANDINGS

STRIDER'S 2-MILE RACE



April 29, 1989

| Place | Name               | Age | Time  |
|-------|--------------------|-----|-------|
| 1.    | Chris Bayless      | 24  | 9:56  |
| 2.    | Scott Eden         | 35  | 10:08 |
| 3.    | Matt Mace          | 28  | 10:31 |
| 4.    | Rick Woods         | 34  | 10:36 |
| 5.    | Tom Foley          | 43  | 10:41 |
| 6.    | Bill Conroy        | 45  | 10:44 |
| 7.    | Eric Gyaki         | 40  | 10:45 |
| 8.    | Miller Allen       | 35  | 10:57 |
| 9.    | Jon Valentine      | 28  | 10:58 |
| 10.   | Amade Sanches      | 50  | 11:14 |
| 11.   | Shawn Black        | 14  | 11:28 |
| 12.   | Nick Taylor        | 38  | 11:29 |
| 13.   | John Jolly         | 25  | 11:37 |
| 14.   | Francisco Sanches  | 47  | 11:38 |
| 15.   | Ron Bowman         | 39  | 11:56 |
| 16.   | Howard Beard       | 42  | 11:57 |
| 17.   | Joe Clorety        | 46  | 12:00 |
| 18.   | Richard Rahilly    | 30  | 12:08 |
| 19.   | Tom Bradford       | 45  | 12:12 |
| 20.   | Bob Field          | 37  | 12:14 |
| 21.   | Fred Shanklin      | 47  | 12:22 |
| 22.   | Magnan             | 43  | 12:28 |
| 23.   | Jim Etchison       | 36  | 12:32 |
| 24.   | Alex Shaw          | 12  | 12:33 |
| 25.   | Carole Rosasco (F) | 28  | 12:33 |
| 26.   | Steve Keefer       | 41  | 12:33 |
| 27.   | Doug Pond          | 50  | 12:34 |
| 28.   | Tom Davis          | 32  | 12:40 |
| 29.   | Dick Hillman       | 41  | 12:47 |
| 30.   | Eric Fredland      | 48  | 12:50 |

|     |                      |    |       |
|-----|----------------------|----|-------|
| 31. | Will Scott           | 39 | 12:50 |
| 32. | Jim Mandrin          | 50 | 13:02 |
| 33. | Will Myers           | 39 | 13:04 |
| 34. | Paul Whelman         | 38 | 13:04 |
| 35. | Evan Thomas          | 47 | 13:05 |
| 36. | Dan Parvis           | 45 | 23:06 |
| 37. | Bill Law             | 61 | 13:10 |
| 38. | Rick Fields          | 41 | 13:15 |
| 39. | Eric Snyder          | 44 | 13:17 |
| 40. | Jim Hall             | 43 | 13:20 |
| 41. | McDevitt             | 38 | 13:21 |
| 42. | Allen Veasey         | 49 | 13:25 |
| 43. | Bill Shaughnessy     | 45 | 13:33 |
| 44. | Mick Galuski         | 40 | 13:38 |
| 45. | Christine Coon (F)   | 17 | 13:39 |
| 46. | Michael Benso        | 35 | 13:44 |
| 47. | Reggie Haseltine     | 39 | 13:47 |
| 48. | Peter Salmon-Cox     | 49 | 13:54 |
| 49. | Denzil Pritchard     | 68 | 13:55 |
| 50. | June Schneider (F)   | 41 | 14:02 |
| 51. | Don Higdon           | 47 | 14:03 |
| 52. | Jonas Legum          | 40 | 14:05 |
| 53. | Linda Shanklin (F)   | 41 | 14:17 |
| 54. | Alan Wycherly        | 46 | 14:32 |
| 55. | Brenda Norman (F)    | 31 | 14:39 |
| 56. | G. Fichtner          | 51 | 14:42 |
| 57. | Earl Scott           | 48 | 14:56 |
| 58. | Pam Haley (F)        | 39 | 14:46 |
| 59. | Rae Jean Goodman (F) | 41 | 14:59 |
| 60. | Guy Riccio           | 68 | 15:21 |
| 61. | Louise Zeitlin (F)   | 44 | 15:22 |
| 62. | Karl Schwabe         | 49 | 15:26 |
| 63. | Linda Simpson (F)    | 47 | 15:40 |
| 64. | Lee Patrick          | 47 | 15:47 |
| 65. | Fred Prone           | 38 | 16:12 |
| 66. | Helen Spinelli (F)   | 37 | 16:23 |
| 67. | Yvonne Aasen (F)     | 57 | 17:39 |



# Cherry Pit 10-Mile Race

April 2, 1989



| Place | Name               | Age | Time    |
|-------|--------------------|-----|---------|
| 1.    | Tony Basile        | 30  | 52:59   |
| 2.    | Mark Jones         | 27  | 55:14   |
| 3.    | Scott Eden         | 35  | 55:33   |
| 4.    | Tom Clowes         | 21  | 55:46   |
| 5.    | Matt Mace          | 28  | 56:34   |
| 6.    | David Webster      | 36  | 57:34   |
| 7.    | Thierry Jutel      | 29  | 58:13   |
| 8.    | Jeff Long          | 22  | 58:19   |
| 9.    | Rick Eitel         | 21  | 58:43   |
| 10.   | Tom Rich           | 30  | 59:12   |
| 11.   | Earl Keicher       | 35  | 59:15   |
| 12.   | Lynn McCutcheon    | 45  | 59:27   |
| 13.   | Tom Foley          | 43  | 59:44   |
| 14.   | Eric Gyaki         | 40  | 1:00:58 |
| 15.   | Tom Prendki        | 32  | 1:01:02 |
| 16.   | Francisco Sanches  | 46  | 1:01:11 |
| 17.   | Rick Woods         | 34  | 1:01:46 |
| 18.   | Amade Sanches      | 50  | 1:02:04 |
| 19.   | Bill Turrentine    | 40  | 1:02:12 |
| 20.   | Nick Taylor        | 38  | 1:02:23 |
| 21.   | Tom Fanning        | 28  | 1:03:21 |
| 22.   | Phil Contino       | 37  | 1:03:27 |
| 23.   | Timothy Morgan     | 38  | 1:03:34 |
| 24.   | Jon Valentine      | 28  | 1:04:44 |
| 25.   | Dale Trott         | 34  | 1:04:57 |
| 26.   | Logan Lough        | 26  | 1:05:03 |
| 27.   | Carole Rosasco (F) | 29  | 1:05:30 |
| 28.   | Tom Brazill        | 38  | 1:06:52 |
| 29.   | Fred Shanklin      | 47  | 1:07:48 |
| 30.   | Tom Maloney        | 35  | 1:08:14 |
| 31.   | Richard West       | 41  | 1:08:22 |
| 32.   | Joe Amato          | 45  | 1:08:25 |
| 33.   | Rose Malloy (F)    | 40  | 1:08:30 |
| 34.   | Roger Sherman      | 38  | 1:08:30 |
| 35.   | Greg Laird         | 39  | 1:08:40 |
| 36.   | Stan Jozwaik       | 29  | 1:08:56 |
| 37.   | Milton Taylor      | 56  | 1:09:14 |
| 38.   | Jim Mandrin        | 52  | 1:09:17 |
| 39.   | John Magnan        | 43  | 1:09:51 |
| 40.   | Richard Rahilly    | 30  | 1:10:14 |
| 41.   | Doug Pond          | 49  | 1:10:22 |
| 42.   | Roy Peacock        | 49  | 1:10:25 |
| 43.   | Joe Russell        | 37  | 1:10:32 |
| 44.   | Bob Field          | 37  | 1:10:48 |
| 45.   | Leon Kates         | 34  | 1:10:58 |
| 46.   | Ken Lyons          | 49  | 1:11:01 |
| 47.   | James Lundeen      | 30  | 1:11:04 |
| 48.   | Terry Zablocki (F) | 27  | 1:11:10 |
| 49.   | Tom Bradford       | 45  | 1:11:22 |

## RACE DIRECTOR ASKS FOR 'NO CARDS' TO STEP FORWARD

There were five place cards missing when race results were summarized. We managed to identify two of those but could not ascertain names for the other three. If you ran the race but your name does not show up in the Cherry Pit race results, please contact me, Arnie Henderson, 263-0863. This is important if you're a member of the Annapolis Striders and want to qualify for the Championship Series.

As usual, we had a great support crew. Thanks to those who worked the race.

-Arnie Henderson

|      |                      |    |         |
|------|----------------------|----|---------|
| 50.  | Lloyd Morris         | 32 | 1:11:26 |
| 51.  | Ritchie Sebeniecher  | 44 | 1:11:27 |
| 52.  | Max Welker           | 46 | 1:11:28 |
| 53.  | William Derr         | 50 | 1:11:31 |
| 54.  | Shirleen Dubuque (F) | 25 | 1:11:32 |
| 55.  | Rick Smith           | 37 | 1:11:57 |
| 56.  | Robert Meissner      | 24 | 1:11:58 |
| 57.  | Mary Ross (F)        | 43 | 1:12:11 |
| 58.  | Hank Church          | 47 | 1:12:28 |
| 59.  | Douglas Custer       | 26 | 1:12:40 |
| 60.  | Ben Moore            | 63 | 1:13:18 |
| 61.  | Will Myers           | 39 | 1:13:19 |
| 62.  | Earle Myers          | 39 | 1:13:31 |
| 63.  | Susan Briers (F)     | 33 | 1:13:42 |
| 64.  | Dick Shep            | 38 | 1:13:50 |
| 65.  | Will Scott           | 39 | 1:14:02 |
| 66.  | Sandy Sprinkle (F)   | 47 | 1:14:19 |
| 67.  | Allen Veasey         | 49 | 1:14:22 |
| 68.  | No Card              |    | 1:14:27 |
| 69.  | John Guala           | 42 | 1:14:34 |
| 70.  | George Asmuth        | 50 | 1:14:48 |
| 71.  | Roy Lyons            | 27 | 1:15:09 |
| 72.  | Joe Fitzgerald       | 38 | 1:15:23 |
| 73.  | Kelly Callaway (F)   | 22 | 1:15:34 |
| 74.  | Jim Etchison         | 36 | 1:15:43 |
| 75.  | Dale Vogel           | 58 | 1:15:52 |
| 76.  | Stewart Newbold      | 35 | 1:16:14 |
| 77.  | Greg Greene          | 37 | 1:16:20 |
| 78.  | Bill Law             | 61 | 1:16:41 |
| 79.  | Mark Warner          | 21 | 1:17:01 |
| 80.  | Bruce Compton        | 35 | 1:17:03 |
| 81.  | Paul Tavel           | 39 | 1:17:45 |
| 82.  | Sean Sweeney         | 53 | 1:17:46 |
| 83.  | Denzil Pritchard     | 67 | 1:17:51 |
| 84.  | Mike Long            | 48 | 1:17:52 |
| 85.  | Bill Shaughnessy     | 45 | 1:18:18 |
| 86.  | Keith Kirol          | 22 | 1:18:25 |
| 87.  | Weems Duvall, Jr.    | 37 | 1:18:40 |
| 88.  | Martha Kinsinger (F) | 54 | 1:18:44 |
| 89.  | Don Higdon           | 46 | 1:18:47 |
| 90.  | John Gardner         | 38 | 1:18:48 |
| 91.  | Karen Stolka (F)     | 37 | 1:18:50 |
| 92.  | Kenneth Poindexter   | 26 | 1:18:55 |
| 93.  | Linda Shanklin (F)   | 41 | 1:19:11 |
| 94.  | Kathleen Good (F)    | 32 | 1:19:18 |
| 95.  | Cecilia Tinney (F)   | 24 | 1:19:26 |
| 96.  | Russell Buckingham   | 35 | 1:19:33 |
| 97.  | Robert Donald        | 49 | 1:19:37 |
| 98.  | Gayle Blizzard (F)   | 31 | 1:19:45 |
| 99.  | Jeanne Ross (F)      | 36 | 1:20:11 |
| 100. | Tom Davis            | 32 | 1:20:11 |
| 101. | Darlene Dabbs (F)    | 34 | 1:21:45 |
| 102. | Clint Henderson      | 32 | 1:21:46 |
| 103. | Michael Benso        | 35 | 1:21:46 |
| 104. | Earl Scott           | 48 | 1:21:48 |
| 105. | Daniel Parvis        | 45 | 1:22:06 |
| 106. | Angie Petrauskas (F) | 27 | 1:22:17 |
| 107. | Chip McDonald        | 23 | 1:22:23 |
| 108. | Mickey Galuski       | 40 | 1:22:41 |
| 109. | Gerald Fichtner      | 51 | 1:22:59 |
| 110. | Karl Schwabe         | 48 | 1:23:27 |
| 111. | Ken Label            | 26 | 1:23:38 |

|                           |    |         |
|---------------------------|----|---------|
| 112. Pam Haley (F)        | 39 | 1:23:49 |
| 113. Deborah Rich (F)     | 25 | 1:24:00 |
| 114. Joel Gallun          | 30 | 1:24:09 |
| 115. Esther Weisman (F)   | 57 | 1:24:20 |
| 116. Jill Mandt (F)       | 24 | 1:24:28 |
| 117. Rochard Morgan       | 37 | 1:24:42 |
| 118. Ron Engler           | 47 | 1:24:56 |
| 119. Thomas McKee         | 60 | 1:25:23 |
| 120. No Card (F)          |    | 1:25:35 |
| 121. James McCutchan      | 44 | 1:26:04 |
| 122. James Rowe           | 38 | 1:26:13 |
| 123. Nathalie LeNoble (F) | 26 | 1:27:03 |
| 124. Lisa Olson (F)       | 35 | 1:27:33 |
| 125. Rosemary Kirylo (F)  | 29 | 1:28:46 |
| 126. Guy Riccio           | 68 | 1:29:00 |
| 127. Alan Wycherley       | 46 | 1:29:31 |
| 128. Linda Simpson (F)    | 47 | 1:29:43 |
| 129. Alex Shaw            | 12 | 1:29:56 |
| 130. Susan Lynn (F)       | 24 | 1:32:25 |
| 131. Robert Team          | 41 | 1:33:16 |
| 132. Mike Adams           | 40 | 1:33:39 |
| 133. David Dilard         | 21 | 1:33:40 |
| 134. Barbara Sparrow (F)  | 34 | 1:33:44 |
| 135. Mike Finn            | 49 | 1:33:44 |
| 136. Don Richardson       | 46 | 1:35:33 |
| 137. John Brinton         | 63 | 1:37:18 |
| 138. Dave Godden          | 31 | 1:37:45 |
| 139. Helen Spinelli (F)   | 37 | 1:38:14 |
| 140. No Card (F)          |    | 1:42:21 |
| 141. Arnold Galiano       | 67 | 1:42:21 |

#### WORKER'S RUN

|                    |            |
|--------------------|------------|
| Ron Bowman         | 1:11:49    |
| 1. Dick Hillman    | 1:15:23    |
| 2. Arnie Henderson | 1:16:09    |
| 3. Evan Thomas     | 1:29:47    |
| 4. Sue Briers      | 1:29:48    |
| 5. Eric Snyder     | 1:29:49    |
| 6. Delma Miller    | 1:33:47    |
| 7. Linda Rogers    | 1:33:48    |
| 8. Louise Zeitlin  | 1:33:52    |
| 9. Buck Cadell     | 1:33:53    |
| 10. Lee Patrick    | 1:44:21    |
| 11. Eleanor Elster | Late Start |

#### CHERRY PIT 10-MILER DIVISION WINNERS

##### Overall Male

|             |       |
|-------------|-------|
| Tony Basile | 52:59 |
|-------------|-------|

##### Overall Female

|                |         |
|----------------|---------|
| Carole Rosasco | 1:05:30 |
|----------------|---------|

##### Men under 20

|              |         |
|--------------|---------|
| 1. Alex Shaw | 1:29:56 |
|--------------|---------|

##### Men 20-29

|                  |         |
|------------------|---------|
| 1. Matt Mace     | 56:34   |
| 2. Jeff Long     | 58:19   |
| 3. Jon Valentine | 1:04:44 |

##### Men 30-39

|                  |       |
|------------------|-------|
| 1. Tony Basile   | 52:59 |
| 2. Scott Eden    | 55:33 |
| 3. David Webster | 57:34 |

##### Men 40-49

|                      |         |
|----------------------|---------|
| 1. Tom Foley         | 59:44   |
| 2. Eric Gyaki        | 1:00:58 |
| 3. Francisco Sanches | 1:01:11 |

##### Men 50-59

|                  |         |
|------------------|---------|
| 1. Amade Sanches | 1:02:04 |
| 2. Milt Taylor   | 1:09:14 |
| 3. Jim Mandrin   | 1:09:17 |

##### Men 60 and Over

|                     |         |
|---------------------|---------|
| 1. Ben Moore        | 1:13:18 |
| 2. Bill Law         | 1:16:41 |
| 3. Denzil Pritchard | 1:17:51 |

##### Women 20-29

|                   |         |
|-------------------|---------|
| 1. Carole Rosasco | 1:05:30 |
| 2. Cecilia Tinney | 1:19:26 |
| 3. Deborah Rich   | 1:24:00 |

##### Women 30-39

|                  |         |
|------------------|---------|
| 1. Sue Briers    | 1:13:42 |
| 2. Kathleen Good | 1:19:18 |
| 3. Jeanne Ross   | 1:20:11 |

##### Women 40-49

|                   |         |
|-------------------|---------|
| 1. Rose Malloy    | 1:08:30 |
| 2. Mary Ross      | 1:12:11 |
| 3. Linda Shanklin | 1:19:11 |

##### Women 50-59

|                     |         |
|---------------------|---------|
| 1. Martha Kinsinger | 1:18:44 |
| 2. Esther Weisman   | 1:24:20 |

OTHERS MAY HAVE THE BLOSSOMS

BUT WE'VE GOT THE PITS

## 1989 CLUB CHAMPIONSHIP SERIES RULES

#### RULES FOR THE 1989 CLUB CHAMPIONSHIP SERIES

1. YOU MUST BE A MEMBER, IN GOOD STANDING, OF THE ANNAPOLIS STRIDERS AS OF JANUARY 1, 1989, 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 1989 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, 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 BOB WALTERS (544-7615) FOR MORE INFORMATION.

#### 1989 CLUB CHAMPIONSHIP SERIES RACES

|            |              |
|------------|--------------|
| 1. 5K      | February 25  |
| 2. 10-Mile | April 2      |
| 3. 2-Mile  | April 29     |
| 4. 10K     | June 18      |
| 5. 1-Mile  | July 8       |
| 6. 8K      | August 13    |
| 7. 5-Mile  | September 10 |
| 8. 26.2K   | October 8    |
| 9. 20K     | November 26  |
| 10. 15K    | December 30  |





# 1989 CLUB CHAMPIONSHIP SERIES

| Women under 20 |             | 5k | 10m | 2m | Total |
|----------------|-------------|----|-----|----|-------|
| Christine      | Coon        | 1  | 35  | 1  | 37    |
| Women 20-29    |             | 5k | 10m | 2m | Total |
| Carole         | Rosasco     | 1  | 1   | 1  | 3     |
| Lisa           | Adelsberger | 2  | 35  | 35 | 72    |
| Cecilia        | Tinnev      | 35 | 2   | 35 | 72    |
| Deborah        | Rich        | 35 | 3   | 35 | 73    |
| Jeanine        | Noser       | 3  | 35  | 35 | 73    |
| Nathalie       | Lenoble     | 35 | 4   | 35 | 74    |
| Carol          | Smith       | 4  | 35  | 35 | 74    |
| Rosemary       | Kirvlo      | 35 | 5   | 35 | 75    |
| Monique        | Ostazeski   | 5  | 35  | 35 | 75    |

| Women 30-39 |            | 5k | 10m | 2m | Total |
|-------------|------------|----|-----|----|-------|
| Pamela      | Halev      | 4  | 5   | 2  | 11    |
| Helen       | Soinelli   | 8  | 7   | 3  | 18    |
| Jeanne      | Ross       | 2  | 3   | 35 | 40    |
| Kitty       | Good       | 3  | 2   | 35 | 40    |
| Brenda      | Norman     | 5  | 35  | 1  | 41    |
| Sue         | Briers     | 35 | 1   | 35 | 71    |
| Judith      | Greenblatt | 1  | 35  | 35 | 71    |
| Darlene     | Dabbs      | 35 | 4   | 35 | 74    |
| Kathleen    | Headnev    | 6  | 35  | 35 | 76    |
| Barbara     | Sparrow    | 35 | 6   | 35 | 76    |
| Dyan        | Speaks     | 7  | 35  | 35 | 77    |
| Laurie      | Baker      | 9  | 35  | 35 | 79    |
| Valerie     | Levin      | 10 | 35  | 35 | 80    |

| Women 40-49 |            | 5k | 10m | 2m | Total |
|-------------|------------|----|-----|----|-------|
| Linda       | Shanklin   | 35 | 3   | 2  | 40    |
| Rae Jean    | Goodman    | 2  | 35  | 5  | 42    |
| Linda       | Simson     | 35 | 4   | 4  | 43    |
| Louise      | Zeitlin    | 3  | 35  | 5  | 43    |
| Rose        | Nallov     | 35 | 1   | 35 | 71    |
| Marv Ann    | Zuckerman  | 1  | 35  | 35 | 71    |
| June        | Schneider  | 35 | 35  | 1  | 71    |
| Marv        | Ross       | 35 | 2   | 35 | 72    |
| Carole      | Sicismondi | 4  | 35  | 35 | 74    |
| Susan       | Gallauber  | 5  | 35  | 35 | 75    |
| Renee       | Sladle     | 6  | 35  | 35 | 76    |

| Women 50 and over |           | 5k | 10m | 2m | Total |
|-------------------|-----------|----|-----|----|-------|
| Martha            | Kinsinger | 1  | 1   | 35 | 37    |
| Yvonne            | Aasen     | 3  | 35  | 1  | 39    |
| Esther            | Weisman   | 2  | 2   | 35 | 39    |

| Young Men 13 and under |       | 5k | 10m | 2m | Total |
|------------------------|-------|----|-----|----|-------|
| Alexander              | Shaw  | 1  | 1   | 1  | 3     |
| Michael                | Foley | 2  | 35  | 35 | 72    |

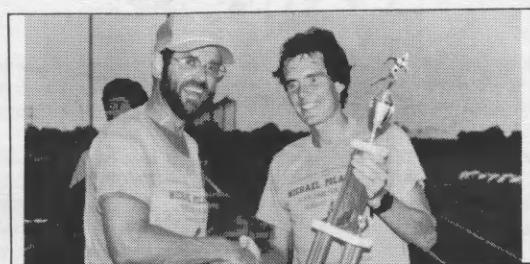
| Men 14-19 |           | 5k | 10m | 2m | Total |
|-----------|-----------|----|-----|----|-------|
| Brian     | Fields    | 1  | 35  | 35 | 71    |
| Shaun     | Black     | 35 | 35  | 1  | 71    |
| Marc      | Haseltine | 2  | 35  | 35 | 72    |

| Men 20-29 |           | 5k | 10m | 2m | Total |
|-----------|-----------|----|-----|----|-------|
| Matthew   | Mace      | 2  | 1   | 2  | 5     |
| Jon       | Valentine | 3  | 2   | 3  | 8     |
| Chris     | Bavless   | 1  | 35  | 1  | 37    |
| John      | Jolly     | 5  | 35  | 4  | 44    |
| Douglas   | Custer    | 8  | 3   | 35 | 46    |
| Timothy   | Stevens   | 4  | 35  | 35 | 74    |
| Mark      | Wilhelm   | 6  | 35  | 35 | 76    |
| William   | Parkinson | 7  | 35  | 35 | 77    |

| Men 30-34 |         | 5k | 10m | 2m | Total |
|-----------|---------|----|-----|----|-------|
| Richard   | Rahilly | 4  | 4   | 2  | 10    |
| Thomas    | Davis   | 5  | 6   | 3  | 14    |
| Anthony   | Basile  | 1  | 1   | 35 | 37    |
| Rick      | Woods   | 35 | 3   | 1  | 39    |
| Steven    | Brady   | 2  | 35  | 35 | 72    |
| Tom       | Prendki | 35 | 2   | 35 | 72    |
| Paul      | Cleaver | 3  | 35  | 35 | 73    |
| James     | Lundeen | 35 | 5   | 35 | 75    |
| Glenn     | Levin   | 6  | 35  | 35 | 76    |
| James     | Carter  | 7  | 35  | 35 | 77    |
| Donald    | Smith   | 8  | 35  | 35 | 78    |

| Men 35-39 |            | 5k | 10m | 2m | Total |
|-----------|------------|----|-----|----|-------|
| Nicholas  | Taylor     | 2  | 4   | 3  | 9     |
| Rick      | Smith      | 7  | 7   | 4  | 18    |
| Robert    | Field, Jr. | 9  | 6   | 5  | 20    |
| Wilford   | Scott      | 12 | 10  | 7  | 29    |
| William   | Mvers      | 13 | 9   | 8  | 30    |
| Robert    | Eden       | 35 | 1   | 1  | 37    |
| David     | Webster    | 1  | 2   | 35 | 38    |
| Miller    | Allen      | 3  | 35  | 2  | 40    |
| Michael   | Benso      | 17 | 17  | 10 | 44    |
| Ron       | Bowman     | 8  | 35  | 4  | 47    |
| Luther    | Etchison   | 35 | 12  | 6  | 53    |
| Earle     | Mvers      | 10 | 8   | 35 | 53    |
| Reggie    | Haseltine  | 15 | 35  | 11 | 61    |
| William   | Newbold    | 14 | 13  | 35 | 62    |
| A. Earl   | Keicher    | 35 | 3   | 35 | 73    |
| Nick      | Lakis      | 4  | 35  | 35 | 74    |
| William   | Peake Jr   | 5  | 35  | 35 | 75    |
| Roger     | Sherman    | 35 | 5   | 35 | 75    |
| Bernard   | Bidwell    | 6  | 35  | 35 | 76    |
| Edward    | McDevitt   | 35 | 35  | 9  | 79    |
| Paul      | Hinman     | 10 | 35  | 35 | 80    |
| Joseph    | Fitzgerald | 35 | 11  | 35 | 81    |
| Gregory   | Greene     | 35 | 14  | 35 | 84    |
| Paul      | Tavel      | 35 | 15  | 35 | 85    |
| Raymond   | Dever      | 16 | 35  | 35 | 86    |
| Weems     | Duvall     | 35 | 16  | 35 | 86    |
| Michael   | Zeko       | 18 | 35  | 35 | 88    |

| Men 40-44 |            | 5k | 10m | 2m | Total |
|-----------|------------|----|-----|----|-------|
| Thomas    | Foley      | 3  | 1   | 1  | 5     |
| Eric      | Gvaki      | 1  | 2   | 2  | 5     |
| John      | Hannan     | 7  | 4   | 4  | 15    |
| Mickey    | Galuski    | 11 | 6   | 9  | 26    |
| William   | Turrentine | 2  | 3   | 35 | 40    |
| J. Howard | Beard, III | 5  | 35  | 3  | 43    |
| Rick      | Fields     | 8  | 35  | 6  | 49    |
| Steve     | Keefe      | 9  | 35  | 5  | 49    |
| James     | McCutchan  | 14 | 7   | 35 | 56    |
| Jonas     | Leedom     | 13 | 35  | 10 | 58    |
| Michael   | Adams      | 16 | 8   | 35 | 59    |
| Jerry     | Halev      | 4  | 35  | 35 | 74    |
| John      | Guala      | 35 | 5   | 35 | 75    |
| Harry     | Gell       | 6  | 35  | 35 | 76    |
| Eric      | Snyder     | 35 | 35  | 7  | 77    |
| James     | Hall       | 35 | 35  | 8  | 78    |
| Charles   | Lane       | 10 | 35  | 35 | 80    |
| Freeman   | Baunall    | 12 | 35  | 35 | 82    |
| William   | Vogenitz   | 15 | 35  | 35 | 85    |



# Men 50-59

|          |             | 5k | 10m | 2m | Total |
|----------|-------------|----|-----|----|-------|
| James    | Handrin     | 6  | 2   | 1  | 9     |
| Gerard   | Fichtner    | 9  | 6   | 2  | 17    |
| Milton   | Taylor      | 2  | 1   | 35 | 38    |
| Dale     | Vogel       | 7  | 4   | 35 | 46    |
| Richard  | Coon        | 1  | 35  | 35 | 71    |
| William  | Derr        | 35 | 3   | 35 | 73    |
| Lawrence | Dickerson   | 3  | 35  | 35 | 73    |
| Scott    | Manoum      | 4  | 35  | 35 | 74    |
| Arnold   | Henderson   | 5  | 35  | 35 | 75    |
| Sean     | Sweeney     | 35 | 5   | 35 | 75    |
| Clair    | Morris      | 8  | 0   | 35 | 78    |
| Robert   | Halev       | 10 | 35  | 35 | 80    |
| William  | Mc Granahan | 11 | 35  | 35 | 81    |
| Neal     | Kinsinger   | 12 | 35  | 35 | 82    |

# Men 45-49

|           |             | 5k | 10m | 2m | Total |
|-----------|-------------|----|-----|----|-------|
| Douglas   | Fond        | 3  | 4   | 7  | 14    |
| Thomas    | Bradford    | 4  | 6   | 5  | 15    |
| Allen     | Veasev      | 8  | 8   | 11 | 27    |
| Daniel    | Parvis      | 10 | 14  | 10 | 34    |
| William   | Shaughnessy | 12 | 10  | 12 | 34    |
| Don       | Haddon      | 11 | 11  | 14 | 36    |
| William   | Conroy      | 1  | 35  | 1  | 37    |
| Amadeu    | Sanchez     | 35 | 2   | 2  | 39    |
| Francisco | Sanchez     | 35 | 1   | 3  | 39    |
| Joseph    | Cloretv     | 2  | 35  | 4  | 41    |
| Fred      | Shanklin    | 35 | 3   | 6  | 44    |
| Hank      | Church      | 5  | 7   | 35 | 47    |
| Alan      | Wycherlev   | 16 | 16  | 15 | 47    |
| Richard   | Hillman     | 6  | 35  | 8  | 49    |
| Karl      | Schwabe     | 18 | 15  | 17 | 50    |
| Evan      | Thomas      | 9  | 35  | 9  | 53    |
| Robert    | Donald      | 13 | 12  | 35 | 60    |
| Earl      | Scott       | 35 | 13  | 16 | 64    |
| Lee       | Patrick     | 20 | 35  | 18 | 73    |
| Kenneth   | Lvons       | 35 | 5   | 35 | 75    |
| J.Lloyd   | Abbot       | 7  | 35  | 35 | 77    |
| Michael   | Long        | 35 | 9   | 35 | 79    |
| Peter     | Salmon-Cox  | 35 | 35  | 13 | 83    |
| Allen     | Eoloff      | 14 | 35  | 35 | 84    |
| John      | Strumsky    | 15 | 35  | 35 | 85    |
| Michael   | Finn        | 35 | 17  | 35 | 87    |
| Tom       | Komarek     | 17 | 35  | 35 | 87    |
| Robert    | Grav        | 19 | 35  | 35 | 89    |
| Richard   | Daider      | 21 | 35  | 35 | 91    |

# Men 60 and over

|         |           | 5k | 10m | 2m | Total |
|---------|-----------|----|-----|----|-------|
| William | Law       | 1  | 2   | 1  | 4     |
| Denzil  | Pritchard | 2  | 3   | 2  | 7     |
| Guv     | Riccio    | 35 | 4   | 3  | 42    |
| John    | Brinton   | 3  | 5   | 35 | 43    |
| Arnold  | Galiano   | 4  | 6   | 35 | 45    |
| Ben     | Moore     | 35 | 1   | 35 | 71    |



## OTHER RACES

1989



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 SPORTS SECTION of the Friday Washington Times.

WITH REGARD TO THE RACES LISTED BELOW, PLEASE VERIFY ALL INFORMATION WITH THE RACE SPONSOR. TO REQUEST AN ENTRY FORM AND OTHER INFORMATION, SEND A SELF-ADDRESSED, STAMPED ENVELOPE TO THE RACE SPONSOR. 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 STORE, AT THE ANNAPOLIS MALL.

Every Saturday, 8:30 A.M.

B&A TRAIL RUNS

Meet at Earleigh Heights Road and B&A Trail intersection parking lot. 6-8 mile runs, all paces welcome

Ivan Pressman 544-8367

June 11, Sun., 8 AM, Five Smiler + No Decay 2K, Inner Harbor, Balt. PO Bx 11394, Balt, MD 21239 301-882-5455

June 16-18, Fri.-Sun., 5th Annual MD State Games, Amateur Athletic Festival (incl. T & F), UMBC & Catonsville Comm. Coll. MSG, PO Bx 145, W. Friendship, MD 21794 301-442-5660

June 17, Sat., 8:30 AM, Court Day 5M Race. C. of C., PO Bx 605, Woodstock, VA 22664

June 24, Sat., Loudoun Street Mile. Dwntrwn Ath. Club, 304 S. Loudoun St, Winchester, VA 22601 703-667-0904

June 24, Firecracker 10K, Thornbury Twp., PA. Don McNeal, Glen Mills Schools, Concordville, PA 19331

June 24, Sat., L'Eggs Mini Marathon, Central Park. MYRR, PO Bx 1766 GPO, New York, NY 10116 212-860-4455

# OTHER RACES, CONTINUED

## 1989

June 28, Wed., 7 PM, Run for Independence.  
Independent Living, Inc., 818 Broom St,  
Wilmington, DE 19805

July 1, Sat., 9 AM, Race Street 10M. Switch Back  
Road Runners, 116 South St., Jim Thorpe, PA 18229

July 2, Sat., 8:45 PM, Rockville Rotary Twilight  
Runfest 8K & 2M. MCRRC, PO Bx 1703, Rockville, MD  
20850 301-353-0200

July 4, Tues., 8 AM, Choptank River Run 5-Mile,  
Cambridge Creek Bridge, Cambridge, MD, David  
Webster 301-643-7411

July 4, Tues., 8 AM, Firecracker 10K. Phil Bryan,  
Arbutus Rec. & Pks Council, PO Bx 7437, Arbutus,  
MD 21227 201-242-0808

July 4, Tues., 8 AM, 4M Town Run, Havre de Grace,  
MD. 33 Camelot Ct, Stewartstown, PA 17363 301-  
679-6026

July 4, Tues., 7 PM, Frederick's 4th 5K. 1400 N.  
Market St., Frederick, MD 21701 301-694-5847

July 7, Fri., 7 PM, 5K Run/Walk for Handi- capped,  
duPont Institute. DEL Sports Club, PO Bx 226,  
Wilmington, DE 19899 302-656-5816

July 9, Sun., 8 AM, Towson Twosome 1.5 mile.  
BRRC, PO Bx 9825, Balt., MD 21284 301-560-1337

July 15, Sat., 8 AM, Great Wyoming Buffalo Stam-  
pede, Wyoming, DE. Del. Downstate Striders, PO Bx  
1379, Dover, DE 19903

July 19, Wed., Wilmington Mile. Wayne Kursh,  
Marathon Sports, 300 W. 9th St. Plaza, Wilmington,  
DE 19801 302-654-2354

Aug. 5/6, Sat./Sun., noon, 19th Annual 24 Hour  
Relay, Ft Meade. Dick Good, PO Bx 1065, College  
Pk, MD 20740 301-345-2286

Aug. 12, Sat., 8 AM, WV TAC 10K Champ. & fun run.  
PO Bx 363, Bridgeport, WV 26330

Aug. 12, Sat., Asbury Pk 10K Classic. PO Bx 2287,  
Ocean Twnshp, NJ 07712 201-531-4156

Aug. 20, Sun., Falmouth 7.1M Road Race. PO Bx  
732, Falmouth, MA 02541 617-540-7000

Sept. 2, Sat., Charleston 15M Distance Run. PO Bx  
2749, Charleston, WV 25330 304-348-3484

Sept. 9, Sat., 8 AM, Chaptico Classic 10K Road  
Race. Mike Whitson, PO Bx 157, Chaptico, MD  
20621 301-884-4718

Sept. 17, Sun., Phil. Dist. Run 1/2 Marathon. PO  
Bx 43111, Phil., PA 19129 215-636-4975

Sept. 30, Sat., VA 10-Miler. 3020 Cranehill Dr.  
Lynchburg, VA 24503 804-384-1692

Oct. 1, Sun., 9 AM, Zoo Zoom 5M, Druid Hill Pk.  
BRRC, PO Bx 65010, Balt., MD 21209

Oct. 7, Sat., 10:30 AM. Market Street Mile. YMCA,  
Market St., Frederick, MD 21701 301-694-5847  
[TENTATIVE]

Oct. 8, Sun., 8:30 AM, Columbus Chase 10K.  
Columbia, HCS, 13144 Isle of Mann, Highland, MD  
20777 301-854-3622

Oct. 8, Sun., 2 PM, Switch-Back Scamper 10K.  
Switch-Back Roadrunners, 116 South St., Jim  
Thorpe, PA 18229

Oct. 14, Sat., 8 AM, Great Allegheny 15K/5K Run.  
Queen City Striders, 108 Smallwood St, Cumber-  
land, MD 21502 301-722-6035

Oct. 29, Sun., 9 AM, Rockville Run 10K. MCRRC, PO  
Bx 1703, Rockville, MD 20850 301-353-0200

Nov. 5, Sun., 9 AM, 14th Annual Marine Corps  
Marathon, DC. MCC, PO Bx 188, Quantico, VA 22134  
703-640-2225

Nov. 5, Sun., 10:45 AM, NYC Marathon. S.A.S.E.  
(#10 envelope) w. \$3 to Mar. Entries, PO Bx 1388  
GPO, N.Y., N.Y. 10116 212-860-4455 [For TAC #,  
send S.A.S.E. to Marilyn Bevans, PO Bx 67736,  
Balt., MD 21215]

Nov. 18, Sat., 7 AM, 27th Annual JFK 50M Hike-Run,  
Boonsboro. Buzz Sawyer, 915 Hamilton Blvd,  
Hagerstown, MD 21740

Nov. 19, Sun., Nissan MD Marathon Festival.  
M.M., PO Bx 11394, Balt., MD 21239 882-5455

Nov. 19, Sun., 8 AM, Metric Marathon, Colum- bia.  
Feet First, Wilde Lake Village Green, Columbia, MD  
21044 301-992-5800

Dec. 10, Sun., 6 AM, Honolulu Marathon. 3435  
Waialaw Av, #208, Honolulu, HI 96815 808-734-7200



"I got it at a half price sale."





# WHAT'S COMING UP

## Annapolis Striders 1989



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

First Saturday of each month, 7:00 A.M.  
May 6, June 3, July 1, August 5  
EARLY BIRD B&A TRAIL RUN  
Severna Park High School, Robinson Road  
Evan Thomas 760-9188

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

June 8-11, RRCA CONVENTION  
GARDEN OF THE GODS 10-MILER  
Colorado Springs, Colorado  
Dick Hillman 269-0253

June 18, Sunday, 8:00 A.M.  
**FATHER'S DAY 10K**  
#4 Annapolis Striders Club Champ Series  
This race is the second leg of the four part Anne  
Arundel County Executive Championship Series  
Loch Haven Recreation Area, Edgewater, MD  
Ken Lyons 268-7140

June 22, Thursday, 6:00 PM. Starts this day and  
continues for 10 consecutive weeks. (50 cents)  
TRUXTUN PARK FUN RUNS, 1 Mile & 4 Miles  
Truxtun Park, Annapolis, MD. Meet at Pine Grove  
near the Boat Ramp. Hotline 268-1165

June 24, Saturday, 8:00 AM  
TWO-PERSON 10-MILE RELAY  
Post entry; \$1 Striders, \$2 non-members.  
Anne Arundel Community College, College Parkway,  
Arnold, MD. NOTE CHANGE FROM BROADNECK H.S.  
Hotline 268-1165

July 8, Saturday, 6:00 P.M.  
JOHN WALL MEMORIAL 1-MILE TRACK RACE  
AND JUNIOR MEDLEY  
#5 Club Champ Series  
Annapolis High School, Riva Road, Annapolis  
Pat O'Brien 544-7615



July 15, Saturday, 8:00 A.M.  
WOMEN'S DISTANCE FESTIVAL 5K  
U.S. Naval Academy, Annapolis, MD  
Jean Legum 263-5210

July 15, Saturday, 9:00 A.M.  
RUN AFTER THE WOMEN 5K (men only)  
U.S. Naval Academy, Annapolis, MD  
Jonas Legum 263-5210

July 29, Saturday, 7:00 A.M., MOORE'S MARINES  
MARATHON TRAINING Begins  
TENTH ANNIVERSARY YEAR FOR MOORE'S MARINES  
Annapolis Mall, Equitable Bank Building  
Ben Moore 268-3832

July 30, Sunday, 7:30 A.M. MOORE'S MARINES  
MARATHON TRAINING RUNS  
Navy/Marine Corps Stadium, Annapolis, MD  
Ben Moore 268-3832

Saturday and Sunday training runs continue until  
Marine Corps Marathon on November 5

August 13, Sunday, 8:00 A.M.  
DOG DAYS OF SUMMER 8K CROSS COUNTRY RUN  
#6 Club Champ Series  
Anne Arundel Community College, Arnold, MD  
Earl Scott 269-5013

August 27, Sunday, 7:45 A.M.  
ANNAPOLIS TEN MILE RUN  
Number 3 of the four-part Anne Arundel County  
Executive Championship Series  
Navy/Marine Corps Stadium, Annapolis, MD  
Pat Hoffman 301-268-6092

September 10, Sunday, 8:00 A.M.  
PENNYSAVER SEVERNA PARK 5-MILE RUN  
#7 Club Championship Series  
Severna Park High School, Robinson Rd.  
Anne Chamberlain 224-4331

October 8, Sunday, 8:00 A.M.  
METRIC MARATHON 26.2K  
#8 Club Champ Series  
Southern High School, Harwood, MD  
Bill Conroy 721-9327

November 4, [TENTATIVE] Saturday, 8:30 AM  
HOG NECK SCAMPER, 5-Mile, 1-Mile Fun Run and  
100-Yard Tot Trot. Downs Memorial Park, Pasadena,  
MD. Fourth and final leg of the Anne Arundel  
County Executive Championship Series. Annapolis  
Striders Hotline 268-1165.

November 26, Sunday, 10:00 A.M.  
COLD TURKEY 20K  
#9 Club Champ Series  
South River High School, Edgewater, MD

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