

STREAK

VOLUME XII
NUMBER I
FEBRUARY 1990



ANNAPOLIS STRIDERS

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

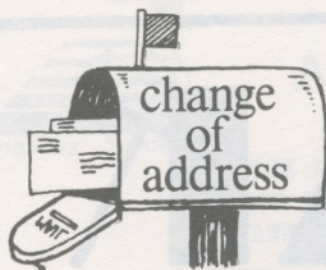
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INCLUDE FAMILY MEMBER INFORMATION HERE

First Name	Sex M/F	Initial	Birth date Mo. Day Yr.

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MEN'S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$7.00 each
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- Shirts are also available at Strider runs.
- Call for information on coming events and to leave messages 24 hours a day: (301) 268-1165.
- When requesting information by mail, include a long, self-addressed, stamped envelope.
- Please allow 2 weeks for processing this application. You will be sent a membership card good for discounts on running gear at selected area stores.
- The Annapolis Striders, Inc. is a non-profit, charitable organization. Your tax-deductible donation is welcome.

OFFICIAL USE ONLY

Annapolis Striders

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(Send Check or
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P.O. Box 187
Annapolis, MD 21404

Last Name	First Name	initial	Birth Date Mo. Day Yr.	Sex Male Female
Mailing Address	Street (Include Apt. No.)	City	State	
Zip Code	Area Code	Business Phone	Area Code	Home Phone
is This A New Membership				Address Change
<input type="checkbox"/> Yes <input type="checkbox"/> No				<input type="checkbox"/> Yes <input type="checkbox"/> No

Occupation

Signature X

Today's Date

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

<input type="checkbox"/> Race/Runs	<input type="checkbox"/> News-letter	<input type="checkbox"/> Property/Awards	<input type="checkbox"/> Member-ship	<input type="checkbox"/> Publicity	<input type="checkbox"/> Clinics Training
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Youth to 18	Individual	Family
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(W) 202-842-6185

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(W) 269-6353

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(W) 269-6353

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1M Track Race
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Run after the Women

Jonas Legum
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11th Anniversary 15K

(vacant)

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(vacant)

MRCA

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B & A Trail
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Publicity

(vacant)

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Youth Track Club

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(W) 841-5695

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(vacant)

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Equipment Rental

(vacant)

Race Management

(vacant)



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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.

PRESIDENTS PRATTLINGS

POSITION UP FOR GRABS

Don Kennedy's tenure as club Race Director has, perhaps, been the most glitchless in our 11 years. His yeoman efforts have benefited the director of each individual event and have contributed mightily to the recent substantial increase in the number of participants in our championship series. His three years is the longest stretch any Strider has served in this capacity. Now, Don is going to take a rest. Thanks, Don, for your dedication. Each of us is indebted to you.

So, now's your chance. We need a club race director effective with the commencement of the term of office of the new Board of Directors, April 1. If you want to discuss the duties, responsibilities and perquisites more fully, please call Don, me, or any member of the Board. This is an appointed position and the new Board would like to designate Don's successor no later than the March Board meeting, Monday the 5th at 7:30 PM, Arundel Center. Come on by!

And, before leaving Don Kennedy, let's all wish him well on another score. He and past Striders Secretary Eleanor Elster were married December 23rd. Congratulations to both of them and to Eric. "Eleanor Kennedy" -- which member of the clan is she?



More changing of the guard: Mike van Beuren is ending his directorship of the Governor's Bay Bridge Run at a record 5 years. Mike was the founding race director of this event and he is primarily responsible for its continued success. Mike's creativity and calm under pressure have been appreciated immensely and stand as an example to emulate.

Happily, we already have a willing emulator! Ron Jarashow, who has served on the race committees of both this run and the Annapolis Run, has graciously accepted the baton from Mike. While most of the positions on the committee have been filled, there are still some opportunities to get involved to help with this event which the State bills as an opportunity to "Celebrate the Restoration of the Chesapeake Bay." Call Ron now. H:267-6926 W:268-5600

Note the special feature of this year's Annual Meeting and Banquet: no speaker!! Many of you said you wanted to get to the dancing as quickly as possible so that's what the Board asked Banquet chair Rose Malloy to arrange. We'll have our sumptuous repast, handle some brief championship series and other awards presentations, and get right to the boogeying. Make your reservations as soon as possible--capacity is limited.

As noted in the last Streak, the RRCA's 33rd Annual Convention will be held in Miami, March 8-11. The Striders will be ably or disably represented by me, Will Scott, Evan Thomas, Pat Hoffman, and Buck Cadell.

The rumor that our own Eastern Director, Jane Dolley of Maine, would seek the RRCA presidency has been confirmed. This is good news for us. Jane is dynamic and is our friend. You'll love her. Come meet Jane on Sunday, February 25, at the annual RRCA 10 Mile Team Challenge, Columbia. We would like to field several 12-male/3-female teams for this event in which we traditionally finish last. The club pays the entry fee. Call Will Scott for further details. H:267-8013 W:202-842-6185.

After a five year hiatus and much gnashing of teeth, the RRCA has succeeded in procuring its own liability insurance policy again. Effective January 1st, we have elected to utilize this plan which covers all of our events for one annual premium. We had been using the only viable alternative which was the insurance program of The Athletics Congress which required an application to be made and fee paid for each race. Moreover, the TAC plan does not cover training runs and non-running club events. Although the RRCA insurance is substantially more expensive than TAC insurance, there is no comparison when one considers the breadth of the coverage and the ease of administration. The Board has taken under advisement the issue as to whether we will continue to have our races conducted under a TAC sanction. In the meantime, we will maintain our TAC membership which necessitates payment of a modest annual fee.

Special thanks go to early risers Doug Pond and Arnie Henderson who volunteered to assist other D.C. area RRCA clubs conduct a 7 AM weekday race on the Mall for the delegates to the national TAC convention in early December. Their efforts were specially noted by Henley Gible, RRCA President.

Members will be interested to learn that our outreach activities are continuing. Pat Hoffman has been working with Maryland Department of Agriculture officials on the planning of the Maryland With Pride 10K to be held March 24th. Evan Thomas and Mike van Beuren have been assisting with planning for the April 21st YMCA 10K. In addition to these consulting services, Striders will provide finish line management services. We can use your help for both events. [We are not assisting with the Arts Festival 10K because the event has apparently died! As for the Glen Burnie Centennial + Two 10K: no word yet.]

The mid-January thaw reminded us that spring is not far away. Don't let it catch you by surprise. Keep your training up. Plan to participate in all of the championship series races, at least for the spring. That's when we have the short ones!! Remember to keep in touch with the HOTLINE for up-to-the-minute information about club doings.

I am leading a backpacking trip to the White Mountains the third week of July. I need a \$30 cash deposit from prospective packers by February 15th. We will stay [4 nights beginning Sat., 7/21] in huts, mostly above the tree line, operated by the Appalachian Mountain Club. Breakfast and dinner are provided as are a bunk, mattress and pillow. Thus, average pack weight is only 25 pounds. The hike is fairly strenuous. Training equivalent to that necessary to complete a 10K race is recommended, a 10M race is preferable. Nothing on earth beats this scenery! Just ask Heidi Hillman. Call me (or her) for details. Call now. I guarantee that this will be an unforgettable experience!!!

dick hillman

Dick Hillman



WELCOME TO THOSE WHO HAVE
RECENTLY JOINED THE STRIDERS

Randi Altschuler
Jonathan Altschuler
Sandy Anderson
Lynda Apple
Jack Asberry
A. Bryan Ball
Carol Barbitta
Marv Brighthaupt
Donald Brown
Stephanie Butler
David Clark
Donald Demers
Patrick Donahue
Shauna Donahue
Jonathan Donahue
Mark Dowd
Rob Fatzinger
John Fav
Diane Frustaglio
Robert Gillette
Melissa Hallmark
JoAnn Hand
Jeffrey Hardv
John Heslin
Susan Heslin
Jarrett Hon
Frances Horner
Kathleen Hranicka
Doug Kinnev
Paul Kirby
Roger Kisiel
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Wolfgang Kulp
Nora Kulp
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Arnold
Annapolis
Crownsville
Annapolis
Riverdale
Annapolis
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Annapolis
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Gambrills
Gambrills
Gambrills
Bowie
Crofton
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Annapolis
Annapolis
Severna Park
Annapolis
Glen Burnie
Glen Burnie
Arnold
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Severna Park
Arnold
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Annapolis
Crownsville
Crownsville
Laurel
Laurel
Laurel

Cynthia Leas
Alan Legum
Emily Legum
Adam Legum
Judd Legum
Peter Mador
Joe Mascari
Jeanne Matta
Michael McCartney
Cecil McDonald
Della McIntyre
Ned Muffley
Cynthia Nairn
Bonnie Pavlak
Nick Pavlinic
Margaret Pavlinic
Robert Peterson
David Peterson
John Reilly
Arthur Renkwitz
Donald Rizzo
Kimberly Schuermann
Jonathan Sisk
Robin Sparks
Dagmar Stock
Elise Taylor
Chuck Taylor
Susan Toler
Curt Toler
Sean Toler
Shirley Tucker
Barbara Twigg
Jennifer Twigg
Charles Wilson
Timothy Winand

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Arnold
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Annapolis
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Annapolis

EDITORS REMARKS

THE FINISH LINE

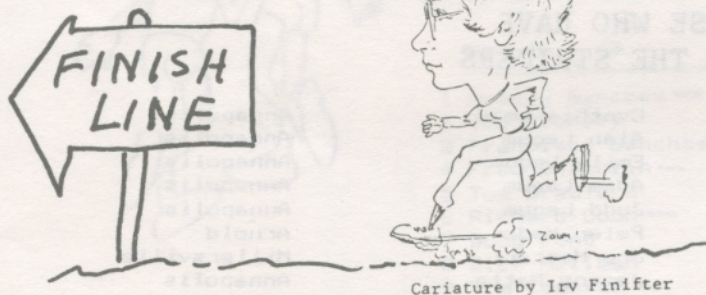
Well, here I am, struggling toward the finish line preparing my last issue of the Streak. If anyone would ask if I have mixed feelings about it, my answer is no. To paraphrase St. Paul, I have fought the good fight...I have kept the faith..I have run the race. Now I will pass the baton on to Sharon and her staff.

I must say that, as editor, I have met and worked with a lot of wonderful and interesting people. I have learned new skills. I have developed talents that I didn't know I had--and discovered that there were some desirable talents that I didn't have.

I most certainly want to thank everyone who has written an article, worked on the staff, or contributed to the Streak in any way.

Following these remarks you will see a new editor's name and a new deadline. I want you all to treat Sharon kindly and honor her deadlines. I want you to welcome the coming new look that the Streak will eventually take. My fondest hope is that some day the Streak will win the national newsletter competition as BEST RRCA NEWSLETTER.

-Yvonne Aasen



**DEADLINE FOR THE
APRIL ISSUE OF THE
STREAK IS MARCH 1.
SEND YOUR COPY TO
THE NEW EDITOR,
SHARON HAMMOND,
680 GENESSE ST.,
ANNAPOLIS, MD 21401
PHONE: (H) 268-7140
(W) 202-654-1550**

DEAR STRIDERS

LETTER OF APPRECIATION



DEPARTMENT OF THE NAVY
UNITED STATES NAVAL ACADEMY
ANNAPOLIS, MARYLAND 21402-5000

13 November 1989

Dear Striders President and Members,

I would like to thank you personally for the support your organization provided for the Homecoming Weekend 1989 Jog/Run. The volunteers that assisted with the race administration and finish line were superb. Additionally, the use of the club's time clock added tremendously to the overall professional image of a very successful event. In particular, please extend my sincere appreciation and thanks to the following members of your club:

LtCol Ben Moore, USMC, Retired
Mrs. Betty Moore
Mr. Don Kennedy
Mr. Pat Hoffman
Mrs. Louise Zeitlin

Again, Annapolis Striders, thank you for a job well done!

D. M. NORTON
Chairman
Alumni Weekend 1989 Planning Committee

SUNSHINE SMILES ON NEW DECADE OF STRIDER ACHIEVEMENTS

Reston, Virginia
2 January 1990

Dear Striders,

I want to commend Dick Hillman and Mike van Beuren for making a wise move on cancelling the Anniversary Race which had been scheduled for December 30. As you remember, we awoke that morning to an ice encrusted world. We all know there was some grumbling and fussing by a few folks, but most took it in stride. Safety concerns had to be paramount. There were too many potentially dangerous places around the course for a hard running crowd to negotiate. It only would have taken a slight lapse in attention to footing, a quick look at a scenic spot on the Naval Academy grounds, a short conversation with a fellow runner, or thoughts of "chasing a hiney into 90" to cause someone to go down. I was asked to lead a few diehards around the course, on a slow 'n easy, careful-as-we-go training run. If there were some doubters amongst us, as we headed through Gate 1--about why the race was cancelled--it did not take them long to figure it out. Ask the man who came back to the St. John's College starting point with two bleeding knees, the result of a tumble along the seawall near the soccer field. One sure-footed

friend who is accustomed to running in all sorts of weather, and on all kinds of terrain, saw what it was like all the way around Hospital Point...icy, crusty, slick, dangerous. Cancellation was the order of the day. It had to be. Getting on and off the wooden foot bridge was a delicate dancing act and a speeding runner coming off the bridge would have been at great risk.

None of us likes to have planned for an event, and made an effort to get up early and over to the starting line--and have it cancelled. It may have complicated a long, holiday weekend for some, and it is a wonderful traditional Anniversary Race event. However, we have to use our heads and not let emotions or our hearts prevail; it was a wise decision to cancel the race, and people should understand that it could not have been made earlier. The hope was that rain and warmer weather would have wiped the ice away, but that was not to happen for another 24 hours or so. December '89 will be remembered as a tough weather month in the Annapolis/Baltimore/Washington areas.

It sure was nice to see brilliant sunshine at about 8:20 a.m. when the sun shone above the cloud layer, on New Year's Day, 1 January 1990. I was just finishing an hour training run near the beautiful State Capital of Maryland, and thanking the good Lord for another Year, when the sun made its grand entry. May the Annapolis Striders continue to shine as they enter their third decade, and provide good fun and fellowship for so many folks and families. Born in the 70s, maturing in the 80s, and blossoming in the 90s...Annapolis Striders is a marvelous organization blessed with wonderful members. Thank you to the leadership--and counting that many will step forward to do their part to help in this new year and the new decade ahead.

My wife, Priscilla joins me in the above wishes.

Sincerely,

John Butterfield

Editor's note: John Butterfield is one of the founding fathers of the Annapolis Striders. We were happy to have him and Priscilla here for the New Year festivities.

I well remember the icy morning of the cancelled Anniversary Run. My husband slipped and fell on our driveway. He didn't get hurt because he remembered to roll as he fell. "I didn't take high school gymnastics for nothing," he said. Even Cooper fell down--and he has four legs. Marv declared the ice was so bad that I wouldn't have been able to back the car out of the driveway if I had tried.

BULLETIN BOARD

TO MEAT OR NOT TO MEAT

Chair of the Banquet Committee, Rose Malloy reports that there will be a selection on the menu for vegetarians as well as meat eaters. There will be no speaker this year to leave more time for dancing. Make your reservations early for this event to be held on Friday, March 2. Questions: Call Rose at 280-6733.

ITS A SMALL WORLD

Pisgah Forest, North Carolina
January 10, 1990

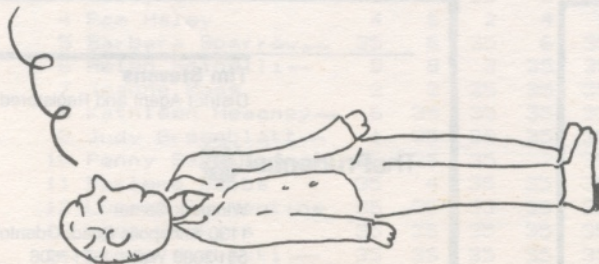
Dear Yvonne,

The other day we were in our insurance agent's office and noticed all these running certificates and other running trivia on the walls. We found out that our agent and his secretary were avid runners. He had started the Brevard Runners Club about a year ago. I asked him if they had a newsletter. He said yes so I pursued further, asking if he ever saw the Annapolis, Maryland newsletter called the Streak. "Yes," he replied. I proudly announced, "My sister is the editor of the Streak." He looked impressed. He said the Road Runners Club of America sent them the Streak plus a couple of other newsletters for them to use as a guide for starting their own newsletter.

He said if you come down to visit and want to run--get in touch with them and they will tell you where good places to run are and will find you a running partner so you won't have to run alone.

Love, Louise [Bobzin]

Editor's note: Louise may get the shock of her life when she finds out that I am now the ex-editor of the Streak.



"Did you notice a general reaction when people hear the editor resigned?"



NOMINATING COMMITTEE REPORT

The nominating committee, chaired by John Gudas, is composed of members; Anne Chamberlain, Eleanor Elster, Jonas Legum, Mike Long, Ken Lyons, Betty Moore, Doug Pond, Linda Rogers, and Nancy Waddington. Their duties are to produce a slate of nominees for the four Annapolis Strider officer positions and four directors whose terms expire 31 March, 1990. Election will be held at the annual Striders business meeting to be held on March 2, 1990.

The nominating committee met on 06 and 14 January, 1990, and the following slate of nominees is submitted:

PRESIDENT:	Richard Hillman
VICE PRESIDENT:	Will Scott
SECRETARY:	Jacque Ferris
TREASURER:	Matt Mace
DIRECTORS:	Bob Bridges
	Buck Cadell
	Ron Bowman
	Rose Malloy

Chair John Gudas said, "It has been our pleasure to serve as a nominating committee for the Annapolis Striders and attempt to emulate its motto 'So schnell wie möglich.'"

ANNOUNCING

ANNAPOLIS STRIDERS, INC.
ANNUAL MEETING
AND AWARDS BANQUET

FRIDAY, MARCH 2, 1990

ST. JOHN'S COLLEGE

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BEER, WINE, AND SODA

6:00 P.M. - 6:45 P.M.

ANNUAL MEETING

6:45 - 7:15

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7:30 - 11:30

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The STREAK February 1990

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District Agent and Registered Representative

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

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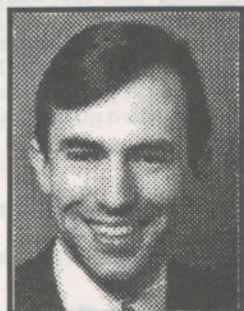
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MY FAVORITE RACE

RACE OF A LIFETIME

by Nate Betnun

The race happened over nine years ago. I finally pulled out my logbook and decided to write the story of my favorite race. Reminiscence of this extraordinary event was triggered this past October while running through Central Park and then seeing the New York City Marathon on television. It brought back some powerful memories of the New York City Marathon of October 26, 1980.

Let me precede my narrative by saying that while I have been inactive in the Striders over the past several years because of injuries and focusing on triathlons, back in 1980 I ran in every Championship Series race and did a Spring marathon in 3:11 in 80-degree weather. Thus I came to New York with what I thought was a reasonable goal of 3:03, a seven minute per mile pace.

Arriving in New York the day before the race, I was struck by how much big, sophisticated New York was taken with this race, particularly in comparison with Annapolis and the Annapolis Ten. New York was adorned with signs hanging everywhere; all of the radio stations had *Marathon Weekends*; all of the television stations had *Marathon Specials*; and on the day of the race 2,000,000 people lined the streets.

I arrived at the check-in area at Ft. Wadsworth at about 8:00 a.m. for the 10:30 start. It was cold and windy until the sun came out just before the gun. We all cheered the sound of the gun and inched our way across the Verazano Narrows Bridge. It took me 45 seconds to cross the starting line and then another 8:35 to reach Mile 1 in Bay Ridge at the end of the Bridge. There we were greeted with cheers from the white lower middle class crowds.



I did the next nine miles at a 6:53 pace but had to exert extra effort to pass slower runners and to overcome a side stitch I had between Miles 3 and 8. As we ran through Park Slope and South Brooklyn the crowds became poorer and more Latin. Their enthusiasm took the form of kids reaching out to give runners high fives and adults handing out candy and chewing gum.

I had expected to see my wife, Helaine, and her cousin, Ida, at Mile 8 but fortunately they had trouble with traffic and could not make it. I say fortunately because otherwise I would have given them my jacket and not had anything to wear when the wind picked up and the temperature dropped shortly after that point. From Miles 8 to 10 we

ran through the black ghetto of Bedford Stuyvesant where a band played "Rocky" and spectators yelled, "Do it, man." My stitch went away and I felt terrific.

At Mile 11 we came to Williamsburg where cheering blacks were interspersed with staid Hassidic Jews out of another century with their long beards and dark suits. Particularly memorable was one Hassid with bright red, curly hair, hairlocks and beard. At Mile 12 in Greenpoint we received great support from the white Catholic crowd including several priests and the ringing of church bells.

I slowed between Miles 10 and 13 because of hills and to make a shoe adjustment but still reached the halfway mark in 1:33. Although I was reasonably on schedule, I was weakening. I saw Helaine and Ida cheering as I headed up the ramp to the 59th Street Bridge at about Mile 14.

Crossing the bridge we came into a 30 mile per hour headwind and I began fading fast. I could see the gleaming U.N. Building ahead, but I was consumed with getting across the mile-long bridge.

Once I reached Manhattan's 1st Avenue I was in a daze, but the Yuppie crowd was enormous and wild. I grabbed 4 or 5 slices of oranges and quickly revived. It was like a ticker tape parade with crowds 10-20 deep on both sides of the street. I noticed signs for various discos like ADAM'S APPLE. I also noticed that the biggest cheers were for the runner near me in formal waiter's garb carrying a tray with a bottle of Perrier on it.

As we got to about 90th Street and into Spanish Harlem, the crowd thinned but was still enthusiastic. Their signs proudly told us that Alberto Salazar had won the race and Rodolfo Gomez was second. I still had eight miles to go. My pace had slowed to 8 minutes per mile, but just finishing was now my prime goal.

I stopped to stretch at Mile 19 just before the Willis Avenue Bridge. Miraculously, I looked a block off the race course and saw Helaine and Ida walking away. They had been waiting for me at this unplanned meeting spot but thought they must have missed me. I called to them and they welcomed me with a dry shirt. They acceded to the pleading of another desperate runner and also gave him a dry shirt.

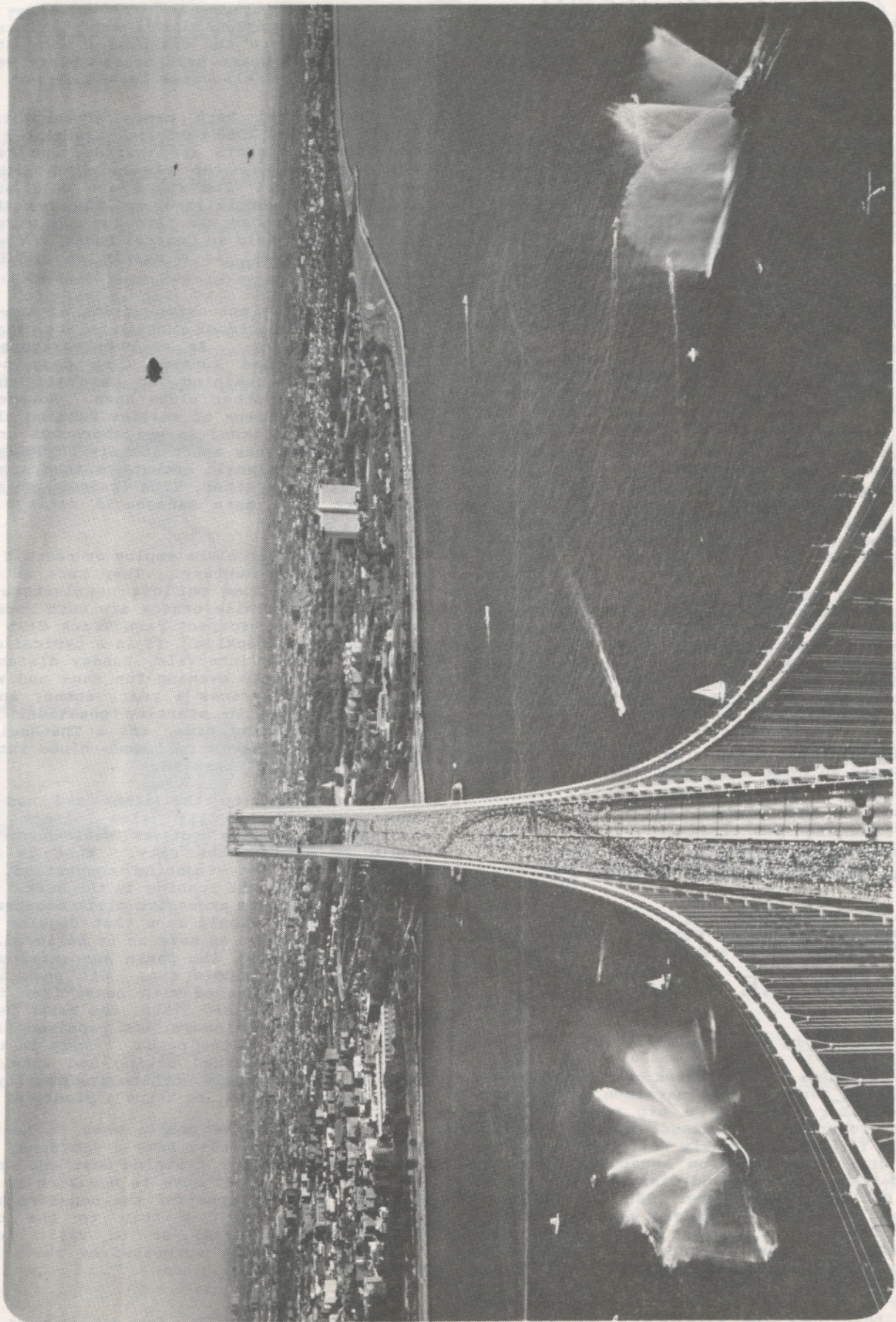
While crossing the Willis Avenue Bridge, another runner offered me \$100 for my jacket which had probably cost me no more than \$10. Since I knew I would need it to finish the race, there was no way I would even consider it.

Across the bridge was the South Bronx and the crowds there were much larger than I had expected. I reached the 20 mile mark in 2:29:30.

From there we headed back to Manhattan across the Madison Avenue Bridge into Harlem. After the great crowds in Bedford Stuyvesant, South Bronx, and everywhere else I was surprised that the crowds in Harlem were uncaring and included a large number of winos. Several buildings along 5th Avenue in the 110s, including a new high rise, were boarded up.

(Continued on page 10)

-Photo by Lewis Bloom



Runners crossing Verrazano Narrows Bridge at the start of the New York City Marathon.

I saw Helaine and Ida around 103rd Street at the entrance to Central Park and again I stopped to stretch. As I later learned, somewhere along this point Dick Hillman passed me. It was the first race of the dozen or so that we had run together where he beat me.

As we ran further into the Park and closer to 59th Street the crowd size gradually increased. Whenever I would stop to stretch (about once a mile) they would yell, "Don't stop! Don't lean over!" When I would start running again, they would cheer. My main thought was, when will it end? It angered me that each spectator had conflicting information on how far it was to the finish line. Although I was in a daze, I felt enough in control along 59th Street to suggest to another runner with a charley horse to touch his toes.

Heading back into Central Park for the final quarter mile, I felt severe cramps in my thigh and groin. The crowd was enormous and I knew they wouldn't let me stop or walk, so I gutted it out.

I crossed the finish line in 3:24. Although this time was slower than I had hoped, it still meant that I had come in respectably at number 3,675 out of 14,002 participants. More importantly I had reached the finish line and did not have to run any further.

I am still grateful to several young ladies who escorted me through the chutes and over to the first aid area. I laid on a cot there under a blanket drinking hot chocolate. After 20 minutes I tried to get up, only to cramp up again. After 20 more minutes of rest and a terrific massage I got up and found Helaine and Ida who understandably had become quite worried.

Looking back on it makes me realize that this race was truly an event of a lifetime.

COMMENTARY

THERE'S MORE TO NEW YORK THAN THE MARATHON

by Bob Biddle

Out of towners tend to think of running in New York solely in terms of the marathon. There are good reasons for that--its a big race, receives national TV coverage, has famous winners, and like much of New York is vigorously self-promoted. The race has drawn runners from Annapolis over the years, and its advantages and disadvantages can be endlessly debated. In November 1989, Dick Hillman, Maureen Lamb, and other Striders went the 26-mile distance. I worked as a course marshal--as I have in the past two years--my once-yearly effort at helping put on races rather than just run in them.

There is, however, much more to running in the Big Apple than just the marathon. The New York Road Runners Club runs a full series of races for members and non-members throughout the year. Some of these races have received national publicity over the years. The Trevira Twosome, a race for

couples covering ten miles, and the Perrier 10K (now renamed) are two examples. Many other less well-known races are held nearly every weekend in Central Park and elsewhere in the city.

The Central Park races attract fields of between 1000 and 2500 runners. Except for the rare race where big stars are invited, the fields are very much like the Annapolis 10-Miler in competitiveness. The races are well organized, rarely as commercialized as the marathon, and friendly. As those who have run the marathon can testify, races held in Central Park are challenging and hilly as well as a scenic escape from city streets.

Besides the extensive series of non-marathon races, other aspects of running in the city deserve further attention. As an event-oriented organization, the Road Runners Club does not field teams, provide coaching, or have all the social activities that other clubs have. However, there are literally dozens of smaller running clubs with 200-400 members based in neighborhoods around the city (the NYRR has approximately 25,000 members). These clubs are small enough so that members can get to know each other, find training partners and feel part of a more manageable entity than the NYRR.

These smaller clubs employ or recruit coaches, both paid and voluntary. They race as teams in NYRR events. Some put out newsletters and are very organized, while others are much more casual. I belong to the Prospect Park Track Club based in Prospect Park, Brooklyn. It is a typical club with Saturday morning intervals, Sunday distance work, and weekday summer evening fun runs and workouts. The club runs 3 races a year, summer and winter handicap races with starting positions based on estimated finishing time, and a Thanksgiving Day Turkey Trot. Other more famous clubs include the Millrose AC and Newbark AC.

In addition to the clubs and non-marathon races, New York City also offers training conditions that are not as well-known as they should be outside the city. What is known is generally negative--fighting congestion, holding off muggers, fear of running in the dark. However, without engaging in excessive civic boosterism, out of town runners should know that regular training in this city is not as hard as is believed. Except for the odd corner, the parks are safe during the hours when most people run. Off peak hours are less certain. Flushed with money from the stock market boom of the mid 1980s, the Parks Department planted grass and flowers, and repaired lights and other amenities in the parks. Roads in the parks have separately marked biking and running lanes respected by motorists. There are usually lots of other runners around, so there's plenty of company.

To be sure, few people move to New York to run. The vast majority take a job here, and then try to work in their training when and where they can. Striders, don't move to New York to run, but you might want to consider the non-marathon races in conjunction with a trip to the city for sightseeing, business, or to visit relatives. You'll be pleasantly surprised by what it has to offer for the weekend racer.

Bob Biddle lives in Brooklyn. Here are his phone numbers if you want to give him a call: W: 718-330-4288; H: 718-832-0075. In fact, he included his address in case you want to drop in on him, I mean, drop him a line: 182 Garfield Place, #3-F, Brooklyn, NY 11215.

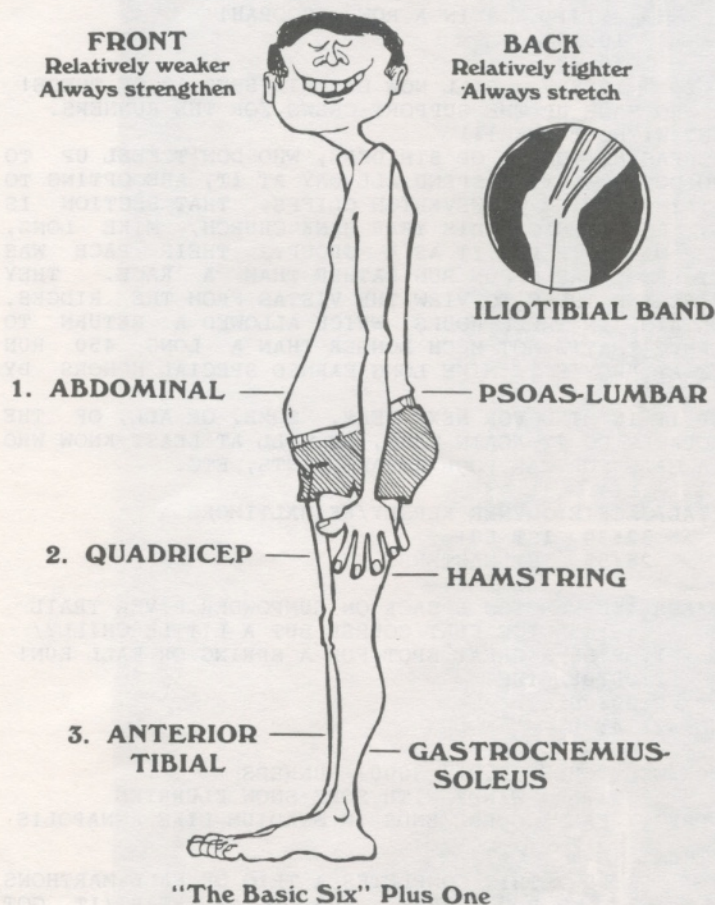
TRAINING TIPS

by Ed Purpura

Thanks to the Florida Striders Track Club for this enlightening information.

PUTTING UP A GOOD FRONT

Muscle tightening or shortening in the resting state is a common stress response to running and leads to muscle imbalance. Running over-strengthens the anti-gravity muscles resulting in increased tension and work in the opposing muscle groups. Corrective exercises should consist of stretching the strong, tight group and strengthening the weak, overworked group. More time spent running requires preserving the balance of these groups. In addition, lateral stretching of the iliotibial band will prevent knee and hip pains.



DEAR MS. STREAK



Ms. Streak

Dear Ms. Streak: I have decided to bake my own bread. Besides being a wonderful source of complex carbohydrates it will be creative. I will know what's in it, and I will derive satisfaction over really taking control of one aspect of my diet. I already have a good recipe and all the paraphernalia. Here is my problem: I found a whole bunch of yeast packets on the shelf, probably left there by my spouse. The packets have an expiration date printed on them, "For best results use before October 1988." My question for you, Ms. Streak, is this: Can I use this yeast?

-The Chef

Dear Chef: Yes, for best results, I suggest you prepare a recipe for Scandinavian flat bread.

Seriously, I thought the yeast I could do was call the University of Maryland County Extension Service home economist. She said from a safety standpoint the yeast is okay, it's safe to use. "But your product may not rise," she said. "1988. That's old!"

Dear Ms. Streak: Since I don't like to run in the rain, or ice and snow for that matter, I invested in a stationary exercise bicycle. Using the bicycle I can still get my exercise during inclement weather. Since I am unaccustomed to bicycling I am getting sore. Please recommend some stretches to overcome this problem so I can get back on "the stationery road."

-Not Getting Anywhere

Dear Not: Have you ever heard of the Big Bang Theory? You can apply it to your bicycling. Start out with two to four hours a day to break in your gluteus maximus. This is the best way to prevent delayed-onset muscle pain. As far as I know there is no stretch for a sore butt. But happy cycling. Ha, ha, ha.

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.



"If I put this baby out on the road I'd be in San Diego by Monday."

UNUSUAL RACE BEARS UNIQUE TITLE

STRIDERS ON THE ROAD

by Evan Thomas



DEC 23 MATRIMONY MARCH/ST. MARGARETS/10 METERS NOT CERTIFIED
BY TAC
DON KENNEDY AND ELEANOR ELSTER KENNEDY FINISHED IN A
DEAD HEAT AT THE ALTAR

NOV 5 MARINE CORPS MARATHON
WINNIE HITTLE 3:09
JIM MANDRIN 3:50 TRAINING IN HAWAII PAYS OFF
JERRY TWIGG 3:49 MOST ENJOYABLE
FRED BETZ 3:45 * THE FOLLOWING GANG OF FOUR
KIP ELDRIDGE 3:59:18 * TEAMED AS "THE SLOW MUTANTS"
JOHN GUDAS 3:59:30 *
BILL HABICHT 4:20 *
EARL KEICHER SOMETHING UNDER 3 HOURS/VERY GOOD FOR THE
LEVEL OF TRAINING/WATCH FOR COMEBACK IN 90

NOV 12 DUNDALK 10K
KITTY GOOD 48:23 7TH!

NOV 18 27TH ANNUAL JFK 50 MILE HIKE/RUN, BOONSBORO, MD (300+STARTERS)
BILL TURRENTINE 8:25
RON BOWMAN 9:07 28 MIN FASTER THAN LAST YEAR!
EARL SCOTT 9:41 9 IN A ROW - OOORAH!
MASSIE ZAVAR 10:15
LYNN BURKHART 10:45
BILL LAW 10:59 BILL NOW HAS FINISHED 12 OF THESE!

(MANY THANKS TO THOSE WHO MADE UP THE SUPPORT CREWS FOR THE RUNNERS.
NOBODY CAN DO THIS EVENT WITHOUT THEM!!)

ALSO, EACH YEAR AN INCREASING NUMBER OF STRIDERS, WHO DON'T FEEL UP TO
THE WHOLE COURSE OR WHO DON'T WANT TO SPEND ALL DAY AT IT, ARE OPTING TO
RUN THE 15.5 MILE MOUNTAIN PORTION TO WEVERTON CLIFFS. THAT SECTION IS
RIGOROUS, INTERESTING, AND SCENIC. THIS YEAR HANK CHURCH, MIKE LONG,
ROSE MALLOY, AND JOE WALSMITH RAN IT AS A GROUP. THEIR PACE WAS
RESPECTABLE, BUT THEY RAN IT AS A FUN RUN RATHER THAN A RACE. THEY
STOPPED FOR A MOMENT HERE AND THERE TO VIEW THE VISTAS FROM THE RIDGES.
THEY CAME OFF THE MOUNTAINS IN THREE HOURS, WHICH ALLOWED A RETURN TO
ANNAPOLIS BY 12:30 PM. (THAT'S NOT MUCH LONGER THAN A LONG 450 RUN
FOLLOWED BY HANGING OUT AT "ROY'S". MIKE LONG EARNED SPECIAL HONORS BY
FALLING FOUR TIMES.

YOU MIGHT WANT TO KEEP IT IN MIND FOR NEXT YEAR. SOME, OR ALL, OF THE
ABOVE STRIDERS WILL PROBABLY DO IT AGAIN THEN, OR WILL AT LEAST KNOW WHO
IS. GIVE ONE OF THEM A CALL FOR CAR POOL ARRANGEMENTS, ETC.

NOV 19 F.S.KEY HOSPITAL/JACKIE JOYNER KERSEY/8K/BALTIMORE
BEN MOORE 33:30 1ST 60+
LOU CHESLA 28:55 1ST MASTERS!

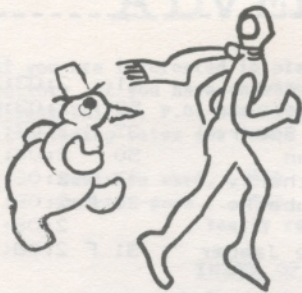
NOV 19 BRRC 15 MILER/ASHLAND-MONCTON & BACK ON GUNPOWDER RIVER TRAIL
KEN LYONS 1:58:45 NICE FLAT COURSE BUT A LITTLE CHILLY/
WILL SCOTT 1:59:55 A GREAT SPOT FOR A SPRING OR FALL RUN!
SUE BRIERS 2:00:08 5THF
EVAN THOMAS 2:00:09
SHARON HAMMOND 2:14:30

DEC 2 BRIAN'S RUN/10K/WEST CHESTER,PA/ 3000+ RUNNERS
MATT MACE 35:35 WINDY WITH SOME SNOW FLURRIES
GENERALLY A PRETTY FAST COURSE/ENDS IN STADIUM LIKE ANNAPOLIS

DEC 3 HONOLULU MARATHON
JERRY TWIGG 3:59 THIS COMPLETES A TRIO OF FALL MARTHONS
FOR JERRY. 69 DEG AT START/IT GOT
WINDY & COOLER AT TURNAROUND. NICE
RACE BUT MARINE CORPS IS MUCH MORE
SUPPORTIVE.

DEC 3 WRRC FROZEN FINGER/4 MI/WESTMINSTER
ERIC GYAKI 25:28

DEC 3 METRIC MARATHON/16.3 MI/COLUMBIA- COLD AND HILLY
DAVID WEBSTER 1:36:33 1ST 35-39/7TH O/A!
JOE BLACKMON 1:36:37
MILT TAYLOR 1:54:18 1ST 55-59
SUE BRIERS 2:10:28 2ND 30-34
JERRY HALEY 1:57
NEAL HINKLE 2:13 PR BUT IT WAS TOUGH
JIM GICK 2:21
BARBARA KERR "I FINISHED & I'M NEVER GOING TO RUN THAT
FAR AGAIN". BARBARA DID WIN FOR HER DESIGN
OF THIS YEAR'S LOGO.



DEC 3 CHAMBERSBURG RRC-SANTA'S RUN/10 MI/CHAMBERSBURG, PA
MEREDITH BONTA 80:00+ 1ST AG - LAST 3 W/SHOE UNTIED!
EARL SCOTT 85:55 THIS WAS SO MUCH FUN/-15 WIND
EVAN THOMAS 86:02 CHILL WITH LOTS OF HILLS/160
FINISHERS/NICE COURSE BUT NOT IN DEC/
NICE TOWN, 1PM START/LET'S GET A BUS-
LOAD FOR NEXT YEAR!

DEC 3 MEMPHIS MARATHON
BEN MOORE 3:43 PR! VERY CLOSE TO BOSTON QUAL/BEN WAS ON
3:30 PACE UP TO MILE 21 WHERE HE MET UP
WITH SOMETHING KNOWN AS THE WALL. ASK
HIM TO SHOW YOU THE LAST 5 MILE SPLITS/
IT WAS COLD THERE TOO AND WIND IN THE
FACE IN THE 2ND HALF DIDN'T HELP.

DEC 10 JINGLE BELL RUN FOR ARTHRITIS/8K/BALTIMORE
LOU CHESLA 29:16 10TH O/A -2ND MASTERS

DEC 17 BRRC CROSS COUNTRY CHAMPIONSHIPS/HERRING RUN PARK/6 MI
ERIC GYAKI 43:57 9TH O/A-GOOD RESULT IN TOUGH CONDITIONS

WITH A NEW YEAR IN FRONT OF US, PLEASE REMEMBER TO LET YOUR FAITHFUL
REPORTER KNOW HOW YOU DID (OR DIDN'T) DO AT OUT OF TOWN RACES WITH ANY
COMMENTS YOU THINK OTHERS WOULD BENEFIT FROM INCLUDED. B&A TRAIL UPDATE:
THANKS TO THE PROGRESS THE COUNTY IS MAKING, THE PAVED PART NOW EXTENDS
FROM JONES STATION RD ALL THE WAY TO THE RTE 100/RTE 2 INTERCHANGE. THE
PILLAR FOR THE BRIDGE OVER RTE 100 IS IN PLACE AND SOON A RUN FROM
MARLEY STATION TO JONES STATION RD WILL BE POSSIBLE. ANNAPOLIS RUN/BAY
BRIDGE RUN VOLUNTEERS: IF YOU CAN WORK EITHER (OR BOTH) OF THESE RACES,
PLEASE CALL LOUISE ZEITLIN 757-1407 OR LEAVE YOUR NAME ON THE STRIDER
HOTLINE 268-1165.

WANT TO IMPROVE YOUR TIMES? THE LIGHTS ARE TURNED ON AT THE AACCC
TRACK FROM 5:30 TO 7:00 P.M. TO LIGHT UP OUR TRACK WORKOUTS.

WE WANT YOUR TIMES. PLEASE CALL EVAN THOMAS, 760-9188; THE
HOTLINE 268-1165; OR WRITE EVAN AT 7941 QUEENS ROAD, GLEN BURNIE,
MD 21061. GIVE NAME, DISTANCE, LOCATION, AND NAME AND DATE OF
RACE. ALSO ANY AWARDS OR OTHER INTERESTING INFORMATION.

MD/DC RRCA Special License Plate Program

Receive Maryland license plates as shown on the illustration below. Here's how:

1. Fill out form
2. Write check for \$5.00 to John Sissala (covers all costs)
3. Return form and check to:
John Sissala
Maryland RRCA Tag Coordinator
120 Evans Street
Rockville, MD 20850
Telephone: H: (301) 340-8107 W: (301) 286-2387
4. Wait for follow-up paper work from John

Name _____

Street _____

City, State, ZIP _____

Telephone _____

Current tag number _____

Tag number registered to (self, spouse, other
relationship) _____

Club _____



RACE RESULTS AND STANDINGS



November 26, 1989

**COLD
TURKEY
20K
RUN**

121 David Slama	41	2:03:06
122 Esther Weisman	57 F	2:03:07
123 Barbara Sparrow	35 F	2:03:31
124 Mike Finn	50	2:03:32
125 Alan Wycherly	47	2:06:40
126 Ann Zarubaiko	21 F	2:08:16
127 no card		2:08:17
128 Lorraine Jaeger	31 F	2:08:29

Workers' Run

76 Mickey Galuski	41	1:41:41
77 Leon Johnson	60	1:41:41

Name	Age	Time
1 Tony Basile	31	1:08:59
2 Matt Mace	29	1:13:25
3 Jeff Jubera	26	1:16:06
4 Tom Rich	31	1:16:59
5 Tom Prendki	33	1:17:24
6 Amadeu Sanches	50	1:18:06
7 Rose Malloy	41 F	1:19:11
8 Francisco Sanches	47	1:19:23
9 Joe Clorety	47	1:20:07
10 Jon Valentine	29	1:20:28
11 Nick Taylor	39	1:20:59
12 Bill Turrentine	41	1:21:00
13 Winnie Hittle	37	1:22:05
14 Rick Woods	35	1:23:35
15 Bill Parkinson	30	1:23:54
16 Peter Gorman	40	1:24:46
17 Richard Rahilly	31	1:26:04
18 Milt Taylor	56	1:26:07
19 Glen Collins	49	1:26:08
20 Jim Mandrin	52	1:26:21
21 Paul Stoneman	43	1:26:53
22 Carole Rosasco	30 F	1:27:04
23 Allan Toole	28	1:27:08
24 Jim Fontaine	37	1:27:26
25 Pat Donahue	38	1:28:33
26 Hiroko Smith	40 F	1:28:40
27 Byron Smith	42	1:28:46
28 Bob Field Jr.	38	1:29:31
29 Rich Diefenbede	40	1:29:37
30 Ed Sharp	50	1:29:41
31 Bob Trescott	40	1:29:54
32 Tom Komarek	49	1:30:10
33 Craig Weisgesher	24	1:30:15
34 Elliott Gorbuty	38	1:30:17
35 James Lundeen	31	1:30:21
36 Scott Mangum	32	1:30:25
37 Jerry Haley	41	1:30:27
38 Ron Bowles	44	1:30:28
39 Tom Bradford	46	1:31:09
40 Mark Weisgerber	27	1:31:32
41 Paul Herman	44	1:31:40
42 James Sharp	47	1:31:45
43 Fred Shanklin	48	1:31:50
44 Stan Benak	44	1:32:12
45 Al Kubeluis	47	1:32:43
46 Dick Shea	39	1:32:56
47 Arnie Henderson	53	1:33:45
48 Wolfgang Kulp	40	1:33:52
49 Evan Thomas	48	1:33:58
50 Edward Klebe	50	1:34:10
51 Will Myers	40	1:34:16
52 Rick Showers	34	1:34:25
53 Dick Hillman	46	1:34:53
54 Mike Long	47	1:34:57
55 Robert Donald	50	1:35:06
56 Earle Myers	40	1:35:09
57 Nancy Staub	31 F	1:35:25
58 Andrea Anderson	41 F	1:35:33
59 Ben Moore	64	1:35:49

60 Peter Salmon-Cox	50	1:36:05
61 Eric Fromm	43	1:36:17
62 Jim Dixon	46	1:36:21
63 Adam Berusch	25	1:36:37
64 Bruce Schaper	22	1:36:58
65 June Schneider	42 F	1:37:05
66 Donna Gaieski	46 F	1:37:06
67 Mark Rockwell	26	1:37:34
68 Allen Veasey	49	1:37:57
69 Joe Hall	49	1:38:01
70 T.H. Lentz	45	1:38:02
71 Will Scott	39	1:38:04
72 John Gudas	43	1:38:45
73 Linda Shanklin	42 F	1:38:50
74 Bob Bowen	44	1:38:52
75 John Guala	42	1:39:50
76 Bruce Soyars	39	1:41:47
77 Stanley Tupas	34	1:42:00
78 Martha Kinsinger	55 F	1:42:10
79 Sue Briers	34 F	1:42:11
80 no card		1:43:00
81 Scott Meinert	24	1:43:16
82 Steve Brady	32	1:43:28
83 Diane Horlacher	33 F	1:43:46
84 Pam Haley	40 F	1:43:53
85 Don Higdon	47	1:43:57
86 Neal Hinkle	52	1:44:01
87 Chris Hoge	?	1:44:11
88 Carl Wright	51	1:44:18
89 Cecilia Tinney	25 F	1:44:24
90 Thomas Doughty	41	1:44:39
91 Jim Leary	36	1:44:40
92 Reggie Haseltine	39	1:44:49
93 Joe O'Boyle	47	1:45:50
94 John Lockwood	49	1:46:17
95 Robert Adams	44	1:46:47
96 Michael Benso	36	1:46:48
97 Amy Biehl	22 F	1:46:50
98 Hank Church	48	1:47:57
99 Ray Moody	34	1:49:15
100 Earl Scott	48	1:49:21
101 Kitty Good	33 F	1:49:41
102 Daniel Parvis	46	1:50:50
103 Dennis Guard	50	1:51:18
104 Dale Wood	53	1:51:19
105 George Nislein	49	1:51:23
106 Jim Etchison	37	1:51:48
107 Brenda Norman	32 F	1:52:56
108 Ron Bayne	43	1:52:57
109 James Carter	33	1:53:11
110 Rae Jean Goodman	41 F	1:54:20
111 Michele Valenti	27 F	1:55:08
112 Bob Dean	64	1:56:06
113 Dennis Melton	39	1:56:20
114 no card		1:56:47
115 Linda Simpson	47 F	1:57:27
116 Chris Johnson	26	2:01:48
117 Bob Wood	70	2:02:03
118 Tom Kenworthy	41	2:02:04
119 Barbara Kerr	52 F	2:02:13
120 no card		2:02:45

DIVISION WINNERS

Overall Winners

Tony Basile	1:08:59
Rose Malloy	1:19:11

Women 20-29

1 Cecilia Tinney	1:44:24
2 Amy Biehl	1:46:50

Women 30-39

1 Carole Rosasco	1:27:04
2 Nancy Staub	1:35:25

Women 40-49

1 Hiroko Smith	1:28:40
2 Andrea Anderson	1:35:33

Women 50 and Over

1 Martha Kinsinger	1:42:10
2 Barbara Kerr	2:02:13

Men 20-29

1 Matt Mace	1:13:25
2 Jeff Jubera	1:16:06

Men 30-39

1 Tom Rich	1:16:59
2 Tom Prendki	1:17:24

Men 40-49

1 Francisco Sanches	1:19:23
2 Joe Clorety	1:20:07

Men 50-59

1 Amadeu Sanches	1:18:06
2 Milt Taylor	1:26:07

Men 60 and Over

1 Ben Moore	1:35:49
2 Bob Dean	1:56:06

1989 CLUB CHAMPIONSHIP SERIES

FINAL RESULTS

FINAL 1989 CLUB CHAMPIONSHIP SERIES STANDINGS

- Must finish five races to qualify for an award -

* Eleven Striders ran all nine races !!

Above are the final results of the club championship series for 1989. Due to cancelation of the anniversary race, champ series rule 5 was amended to determine the final score by adding the results of the best 5 finishes. If anyone has a question or suspects that there is an error, please call me as soon as possible.

Bob Walters 544-7615

Women 13 and Under		5K	10M	2M	10K	1M	8K	5M	26.2K	20K	Tot
1	Katie Foley —	35	35	35	35	35	35	1	35	35	141
Women 14 - 19		5K	10M	2M	10K	1M	8K	5M	26.2K	20K	Tot
1	Christine Coon —	1	35	1	2	1	2	1	35	35	6
2	Kathy Whitesel	35	35	35	1	2	1	35	35	35	74
Women 20 - 29		5K	10M	2M	10K	1M	8K	5M	26.2K	20K	Tot
1	Carole Rosasco —	1	1	1	1	35	35	1	35	1	5
2	Cecilia Tinney —	35	2	35	35	35	1	2	35	2	42
3	Deborah Rich —	35	3	35	35	35	35	3	35	35	111
4	Rosemary Kirylo —	35	5	35	35	35	35	35	2	35	112
5	Carol Smith —	4	35	35	35	35	35	4	35	35	113
6	Maureen Lamb	35	35	35	35	35	35	35	1	35	141
7	Lisa Adelsberger —	2	35	35	35	35	35	35	35	35	142
8	Jeanne Noser —	3	35	35	35	35	35	35	35	35	143
9	Michele Valenti —	35	35	35	35	35	35	35	35	3	143
10	Natalie LeNoble —	35	4	35	35	35	35	35	35	35	144
11	Cathy Wilson —	35	35	35	35	35	35	5	35	35	145
12	Monique Ostazeski —	5	35	35	35	35	35	35	35	35	145
Women 30 - 39		5K	10M	2M	10K	1M	8K	5M	26.2K	20K	Tot
1	Sue Briers	35	1	35	1	35	35	1	1	1	5
2	Brenda Norman	5	35	1	3	1	2	2	35	4	9
3	Kitty Good —	3	2	35	5	35	1	35	2	3	11
4	Pam Haley	4	5	2	4	2	3	3	3	2	12 *
5	Barbara Sparrow —	35	6	35	6	35	35	35	35	5	87
6	Helen Spinelli —	8	8	3	35	35	35	35	35	35	89
7	Jeanne Ross	2	3	35	35	35	35	35	35	35	110
8	Kathleen Heagney —	6	35	35	35	35	5	35	35	35	116
9	Judy Greenblatt —	1	35	35	35	35	35	35	35	35	141
10	Penny Sabatini —	35	35	35	2	35	35	35	35	35	142
11	Darlene Dabbs	35	4	35	35	35	35	35	35	35	144
12	Luanne Turrentine	35	35	35	35	35	35	35	4	35	144
13	Lynn Hopkins	35	35	35	35	35	4	35	35	35	144
14	Linda Yonkoski —	35	35	35	35	35	35	4	35	35	144
15	Diane Depanfilis —	35	35	35	35	35	35	5	35	35	145
16	Linda Rogers	35	7	35	35	35	35	35	35	35	147
17	Dyan Speaks	7	35	35	35	35	35	35	35	35	147
18	Laurie Baker —	9	35	35	35	35	35	35	35	35	149
19	Valerie Levin —	10	35	35	35	35	35	35	35	35	150

Women 40 - 49	5K	10M	2M	10K	1M	8K	5M	26.2K	20K	Tot
1 June Schneider —	35	35	1	35	1	2	3	35	2	9
2 Linda Shanklin —	35	3	2	1	2	3	4	5	4	11
3 Rae Jean Goodman	2	35	3	3	5	35	5	35	5	18
4 Linda Simpson	35	4	5	2	4	4	6	35	6	19
5 Rose Malloy	35	1	35	35	35	1	35	1	1	39
6 Mary Ross	35	2	35	35	35	35	1	2	35	75
7 Louise Zeitlin	3	5	4	35	35	35	35	35	35	82
8 Carole Sigismondi —	4	35	35	35	35	5	8	35	35	87
9 Mary Ann Zuckerman —	1	35	35	35	35	35	35	3	35	109
10 Karen Hosler —	35	35	35	35	35	35	2	4	35	111
11 Susan Gallagher —	5	35	35	4	35	35	35	35	35	114
12 Sharon Hammond	35	35	35	5	35	35	35	6	35	116
13 Sue Mekkelson —	35	35	35	6	35	6	35	35	35	117
14 Donna Gaieski —	35	35	35	35	35	35	35	35	3	143
15 Nuala Bradt —	35	35	35	35	3	35	35	35	35	143
16 Renee Slagle —	6	35	35	35	35	35	35	35	35	146
17 Sheila Light	35	35	35	7	35	35	35	35	35	147
18 Sandy Foley	35	35	35	35	35	35	7	35	35	147
19 Pat O'Brien	35	35	35	35	35	35	9	35	35	149

Women 50 - 59	5K	10M	2M	10K	1M	8K	5M	26.2K	20K	Tot
1 Esther Weisman	2	2	35	1	35	1	1	1	2	6
2 Martha Kinsinger	1	1	35	35	35	2	2	35	1	7
3 Yvonne Aasen	3	35	1	2	1	35	4	35	35	11
4 Nancy Waddington	35	35	35	35	35	35	35	2	35	142
5 Pat Drenning —	35	35	35	35	35	35	3	35	35	143

Men 13 and Under	5K	10M	2M	10K	1M	8K	5M	26.2K	20K	Tot
1 Alex Shaw —	1	1	1	1	1	1	1	35	35	5
2 Mike Foley —	2	35	35	35	35	35	2	35	35	109

Men 14 - 19	5K	10M	2M	10K	1M	8K	5M	26.2K	20K	Tot
1 Marc Haseltine —	2	35	35	4	4	4	1	35	35	15
2 Bobby Evans —	35	35	35	35	1	1	35	35	35	107
3 Joe Parvis	35	35	35	1	2	35	35	35	35	108
4 Shawn Black	35	35	1	35	35	2	35	35	35	108
5 Brian Fields —	1	35	35	35	3	35	35	35	35	109
6 Tim Foley	35	35	35	35	35	35	2	35	35	142
7 Greg Hoppla —	35	35	35	2	35	35	35	35	35	142
8 Dan Sandison	35	35	35	35	35	3	35	35	35	143
9 David Kamman —	35	35	35	3	35	35	35	35	35	143
10 Ben Davis —	35	35	35	35	35	35	3	35	35	143

Men 20 - 29	5K	10M	2M	10K	1M	8K	5M	26.2K	20K	Tot
1 Chris Bayless —	1	35	1	1	1	1	1	35	35	5
2 Matt Mace	2	1	2	2	3	2	2	1	1	7 *
3 Jon Valentine —	3	2	3	3	4	3	4	3	2	13 *
4 Douglas Custer —	8	3	35	4	6	5	6	4	35	22
5 Bill Parkinson —	7	35	35	35	35	4	35	35	3	84
6 Dino Adkins —	35	35	35	35	5	35	3	35	35	113
7 John Jolly	5	35	4	35	35	35	35	35	35	114
8 Dennis Funderburke —	35	35	35	35	35	35	35	2	35	142
9 Tony Carvalho	35	35	35	35	2	35	35	35	35	142
10 Tim Stevens —	4	35	35	35	35	35	5	35	35	144
11 George Kerchner	35	35	35	35	35	35	5	35	35	145
12 Chris McGranahan —	35	35	35	5	35	35	35	35	35	145
13 Mark Wilhelm —	6	35	35	35	35	35	35	35	35	146
14 Tim Nelson —	35	35	35	35	35	6	35	35	35	146
15 Jonathon Ying —	35	35	35	35	35	7	35	35	35	147

'WHEN THE LIGHTS GO ON AGAIN...'

The lights are turned on at the AACC track from 5:30 to 7:00 P.M. Wednesdays to accommodate the track workout crowd.

Men 30 - 34

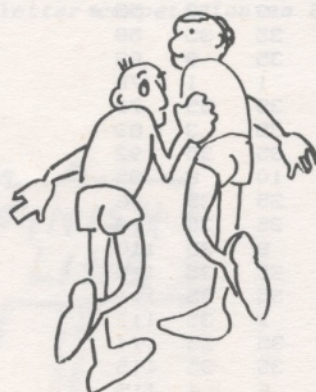
	5K	10M	2M	10K	1M	8K	5M	26.2K	20K	Tot
1 Tony Basile	1	1	35	1	35	35	1	1	1	5
2 Tom Prendki	35	2	35	2	1	1	2	35	2	8
3 Rick Woods	35	3	1	3	35	35	3	35	3	13
4 Richard Rahilly	5	4	2	4	2	2	4	4	4	14 *
5 Glen Levin	7	35	35	6	3	4	5	35	35	25
6 James Carter	8	35	35	8	35	5	7	5	8	33
7 James Lundeen	35	5	35	7	35	35	35	2	5	54
8 Steve Brady	2	35	35	5	35	35	35	35	7	84
9 Tom Davis	6	6	3	35	35	35	35	35	35	85
10 Scott Mangum	4	35	35	35	35	35	35	35	6	115
11 Don Smith	9	35	35	35	35	35	8	35	35	122
12 Anthony Pruner	35	35	35	35	35	35	35	3	35	143
13 Robert Guild	35	35	35	35	35	3	35	35	35	143
14 Paul Cleaver	3	35	35	35	35	35	35	35	35	143
15 William Harney	35	35	35	35	4	35	35	35	35	144
16 Ed Law	35	35	35	35	35	35	6	35	35	146
17 Kevin Murnane	35	35	35	35	35	6	35	35	35	146

Men 35 - 39

	5K	10M	2M	10K	1M	8K	5M	26.2K	20K	Tot
1 Scott Eden	35	1	1	1	1	1	1	35	35	5
2 David Webster	1	2	35	2	5	2	2	35	35	9
3 Nick Taylor	2	4	3	35	7	35	3	35	35	19
4 Ron Bowman	8	7	4	4	35	4	35	5	35	24
5 Bob Field Jr.	9	6	5	9	10	35	9	3	2	25
6 Will Myers	12	9	8	10	15	8	10	7	5	37 *
7 Earle Myers	10	10	35	8	35	35	6	35	6	40
8 Jim Etchison	35	13	6	11	9	5	19	12	11	42
9 Will Scott	13	11	7	35	12	10	13	11	7	46
10 Michael Benso	17	18	11	17	14	18	11	9	10	55 *
11 Paul Hinman	11	35	9	13	13	12	35	35	35	58
12 Reggie Haseltine	15	35	12	16	17	11	35	35	9	63
13 Winnie Hittle	35	35	35	35	35	35	4	1	1	76
14 Miller Allen	3	35	2	35	4	35	35	35	35	79
15 Bob Trescott	35	35	35	35	35	9	7	35	3	89
16 Rick Smith	7	8	35	35	35	7	35	35	35	92
17 Bruce Soyars	35	35	35	7	35	35	35	10	8	95
18 Joe Fitzgerald	35	12	35	35	35	6	8	35	35	96
19 Michael Serkes	35	35	35	15	35	13	12	35	35	110
20 Peter Tucker	35	35	35	35	35	17	15	8	35	110
21 Earl Keicher	35	3	35	35	2	35	35	35	35	110
22 Ed Purpura	35	35	35	3	3	35	35	35	35	111
23 William Peake, Jr.	5	35	35	35	35	35	35	2	35	112
24 Mike van Buren	35	35	35	35	6	3	35	35	35	114
25 Roger Sherman	35	5	35	5	35	35	35	35	35	115
26 Dick Shea	35	35	35	35	35	35	35	6	4	115
27 Nick Lakis	4	35	35	35	8	35	35	35	35	117
28 Bernard Bidwell	6	35	35	6	35	35	35	35	35	117
29 Weems Duval, Jr.	35	17	35	35	35	35	35	4	35	126
30 Ron Jarashow	35	35	35	12	11	35	35	35	35	128
31 Edward McDevitt	35	35	10	35	35	35	17	35	35	132
32 Stewart Newbold	14	14	35	35	35	35	35	35	35	133
33 Ed Polk	35	35	35	35	35	16	16	35	35	137
34 Mike Zeko	18	35	35	18	35	35	35	35	35	141
35 Lon Loken	35	35	35	35	35	35	5	35	35	145
36 Dennis Melton	35	35	35	35	35	35	35	35	12	152
37 Steven Watkins	35	35	35	35	35	35	35	13	35	153
38 Doug Nauman	35	35	35	35	35	35	14	35	35	154
39 John Peacock	35	35	35	35	35	14	35	35	35	154
40 Frank La Scala	35	35	35	14	35	35	35	35	35	154
41 Greg Greene	35	15	35	35	35	35	35	35	35	155
42 Bob De Young	35	35	35	35	35	15	35	35	35	155
43 Raymond Dever	16	35	35	35	35	35	35	35	35	156
44 Paul Tavel	35	16	35	35	35	35	35	35	35	156
45 Dave Abbott	35	35	35	35	16	35	35	35	35	156
46 Dan Miller	35	35	35	35	35	35	18	35	35	158



Men 40 - 44		5K	10M	2M	10K	1M	8K	5M	26.2K	20K	Tot
1	Eric Gyaki	1	2	2	2	1	1	1	35	35	6
2	Tom Foley	3	1	1	1	35	35	2	35	35	8
3	Bill Turrentine	2	3	35	3	2	35	5	1	1	9
4	Jerry Haley	4	35	35	4	4	2	3	2	3	14
5	John Magnan	7	4	4	35	5	6	10	4	35	23
6	Mickey Galuski	11	6	9	10	6	3	6	6	6	27 *
7	Rick Fields	8	35	6	35	7	5	9	5	35	31
8	Jonas Legum	13	35	10	13	8	7	16	35	35	51
9	Howard Beard	5	35	3	6	35	4	35	35	35	53
10	Jim Hall	35	35	8	8	3	35	4	35	35	58
11	Steve Keefer	9	35	5	9	35	35	35	35	35	93
12	James McCutchan	14	7	35	35	35	35	14	35	35	105
13	Robert Adams	35	35	35	12	35	35	17	35	7	106
14	John Guala	35	5	35	35	35	35	35	8	35	118
15	Bill Vogenitz	15	35	35	14	35	35	21	35	35	120
16	Eric Snyder	35	8	7	35	35	35	35	35	35	120
17	Mike Adams	16	9	35	35	35	35	35	35	35	130
18	Don Kennedy	35	35	35	11	35	35	15	35	35	131
19	Rick Weidmann	35	35	35	35	35	8	19	35	35	132
20	Freeman Bagnall	12	35	35	35	35	35	18	35	35	135
21	Doug Tribull	35	35	35	35	35	9	22	35	35	136
22	Paul Stoneman	35	35	35	35	35	35	35	35	2	142
23	Mike Chamberlain	35	35	35	35	35	35	35	3	35	143
24	Paul Herman	35	35	35	35	35	35	35	35	4	144
25	John Gudas	35	35	35	35	35	35	35	35	5	145
26	John Gallagher	35	35	35	5	35	35	35	35	35	145
27	Harry Bell	6	35	35	35	35	35	35	35	35	146
28	Rich Dugan	35	35	35	7	35	35	35	35	35	147
29	Richard Lytle	35	35	35	35	35	35	35	7	35	147
30	Ivan Pressman	35	35	35	35	35	35	7	35	35	147
31	Vern Robinson	35	35	35	35	35	35	8	35	35	148
32	Charles Lane	10	35	35	35	35	35	35	35	35	150
33	John De Greck	35	35	35	35	35	35	11	35	35	151
34	Ed Green	35	35	35	35	35	35	12	35	35	152
35	Bill Habicht	35	35	35	35	35	35	13	35	35	153
36	Ron Thompson	35	35	35	35	35	35	20	35	35	160
37	David Davis	35	35	35	35	35	35	23	35	35	163



Men 45 - 49		5K	10M	2M	10K	1M	8K	5M	26.2K	20K	Tot
1	Amadeu Sanches	35	2	2	35	35	1	1	1	1	6
2	Joe Clorety	2	35	4	1	1	3	3	2	3	9
3	Francisco Sanches	35	1	3	35	35	2	2	4	2	10
4	Fred Shanklin	35	3	6	3	5	4	6	3	7	18
5	Tom Bradford	5	6	5	2	3	6	4	6	5	19 *
6	Richard Coon	3	35	35	4	2	7	7	35	35	23
7	Doug Pond	4	4	7	35	4	8	8	35	35	27
8	Dick Hillman	7	9	8	35	7	19	18	17	10	41
9	Tom Komarek	18	35	35	6	6	35	9	35	4	43
10	Hank Church	6	7	35	5	35	35	35	13	15	46
11	Evan Thomas	10	18	10	19	11	11	13	15	8	50 *
12	Bill Shaughnessy	13	11	13	11	9	12	11	10	35	52
13	Allen Veasey	9	8	12	35	35	35	35	11	14	54
14	Daniel Parvis	11	15	11	14	10	9	17	21	20	55 *
15	Robert Donald	14	13	35	17	35	35	10	9	12	58
16	Peter Salmon-Cox	35	35	14	35	8	10	15	35	13	60
17	Don Higdon	12	12	15	18	13	14	16	19	16	66 *
18	Alan Wycherly	17	17	16	20	12	18	24	35	22	80
19	Bill Conroy	1	35	1	35	35	35	35	8	35	80
20	Earl Scott	35	14	17	16	35	20	19	16	19	82
21	Karl Schwabe	19	16	18	21	15	17	21	20	35	85
22	Lee Patrick	21	20	19	23	16	35	35	24	35	99
23	John Strumsky	16	35	35	35	14	15	22	35	35	102
24	Mike Long	35	10	35	35	35	35	35	22	11	113
25	Jim Woodcock	35	35	35	35	35	5	5	35	35	115
26	James Sharp	35	35	35	35	35	35	35	5	6	116
27	John Lockwood	35	35	35	35	35	16	35	14	18	118
28	Eric Fredland	35	35	9	8	35	35	35	35	35	122
29	Ken Lyons	35	5	35	35	35	35	35	12	35	122
30	Edward Klebe	35	35	35	10	35	35	35	35	9	124
31	R.B. Moore	35	35	35	13	35	13	35	35	35	131
32	Mike Finn	35	19	35	35	35	35	35	35	21	145
33	Doug Joyce	35	35	35	35	35	35	35	7	35	147
34	Doug Corby	35	35	35	7	35	35	35	35	35	147
35	Pete Mekkelson	35	35	35	22	35	21	35	35	35	148
36	Lloyd Abbot	8	35	35	35	35	35	35	35	35	148

(Men 45-49 continued on next page)



37 Richard Kammann	35	35	35	9	35	35	35	35	35	149
38 Bruce Burns	35	35	35	35	35	35	12	35	35	152
39 Paul Miller	35	35	35	12	35	35	35	35	35	152
40 John Slidell	35	35	35	35	35	35	14	35	35	154
41 Fred Jacoby	35	35	35	15	35	35	35	35	35	155
42 Allen Egloff	15	35	35	35	35	35	35	35	35	155
43 Joe O'Boyle	35	35	35	35	35	35	35	35	17	157
46 Clark Graham	35	35	35	35	35	35	35	18	35	158
47 Bob Gray	20	35	35	35	35	35	35	35	35	160
48 James Mylander	35	35	35	35	35	35	20	35	35	160
49 Richard Daiger	22	35	35	35	35	35	35	35	35	162
50 J. Porricelli	35	35	35	35	35	35	23	35	35	163
51 Clark McClelland	35	35	35	35	35	35	35	23	35	163
52 Frank Goetschius	35	35	35	35	35	35	25	35	35	165
53 Alan Greber	35	35	35	35	35	35	26	35	35	166

Men 50 - 59

	5K	10M	2M	10K	1M	8K	5M	26.2K	20K	Tot
1 Milt Taylor	1	1	35	35	2	3	2	1	1	6
2 William Derr	35	3	35	2	1	2	3	35	35	11
3 Jim Mandrin	4	2	1	3	3	4	35	35	2	11
4 Arnie Henderson	3	5	35	4	35	6	8	35	3	21
5 Neal Hinkle	35	35	35	5	35	5	4	2	5	21
6 Gerald Fichtner	7	7	2	6	4	8	7	4	35	23
7 Jim Black	35	35	35	1	35	1	1	35	35	73
8 Dale Vogel	5	4	35	35	35	7	35	35	35	86
9 Clair Morris	6	35	35	35	5	35	9	35	35	90
10 Buck Cadell	35	8	35	7	35	9	35	35	35	94
11 Neal Kinsinger	10	35	35	35	35	10	10	35	35	100
12 Leon Johnson	35	35	35	35	35	35	35	3	4	112
13 Bill McGranahan	9	35	35	8	35	35	35	35	35	122
14 Larry Dickerson	2	35	35	35	35	35	35	35	35	142
15 Maurice Travillian	35	35	35	35	35	35	35	5	35	145
16 Mike Mc Ausland	35	35	35	35	35	35	5	35	35	145
17 Eugene Karol	35	35	35	35	35	35	6	35	35	146
18 Sean Sweeney	35	6	35	35	35	35	35	35	35	146
19 Bob Haley	8	35	35	35	35	35	35	35	35	148

Men 60 and Over

	5K	10M	2M	10K	1M	8K	5M	26.2K	20K	Tot
1 Ben Moore	35	1	35	1	1	1	1	1	1	5
2 Bill Law	1	2	1	2	35	2	2	35	35	8
3 Guy Riccio	35	4	3	3	2	35	3	35	35	15
4 Arnold Galiano	4	6	35	4	4	3	4	35	35	19
5 John Brinton	3	5	35	5	3	4	35	35	35	20
6 Denzil Pritchard	2	3	2	35	35	35	35	35	35	77

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.

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

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



COLD WEATHER RUNNING

The onset of winter needn't bring a seasonal halt to runners' enthusiasm or routines. Actually, it's easier for runners to protect themselves in cold weather than in hot, when heat and humidity reach certain levels that make running difficult or impossible. With some adjustments, running is possible even in the extremes of cold, wind, ice and snow.

Of course, when wearing 5-10 pounds of clothing and running on icy or snowy surfaces, one's pace may have to be adjusted (the added resistance more than compensates for the slower pace). You may have to adjust to running less frequently for a while. However, if you keep the following suggestions in mind, you shouldn't have any trouble.

1. Wear clothing in layers—you can always remove a layer if you get too warm. Also, experiment with different materials—wool works best because it "breathes" (the sweat is taken away from your body, but the material still keeps you warm).
2. If you plan a long run on a cold day when you would be wearing multi-layered clothing, it is advisable to lubricate yourself with petroleum jelly in those areas likely to rub under those conditions (i.e., nipples, underarms and crotch).
3. The fingers and toes are areas with the smallest blood supply, so they must be protected. Gloves or old wool socks (or mittens in extreme conditions) work over the hands. In wet, snowy or extremely cold conditions, it may be advisable to wear two pairs of socks on your feet (if you can do so without causing blisters).
4. A significant (up to 40%) amount of body heat is lost through the head, so wear a stocking cap. In extremes of cold and/or wind, a ski mask may be used to keep the face and nose warm. Coating your face with petroleum jelly will also help keep this area warm and keep the skin from getting chapped and windburned.
5. How much to wear on the legs is a matter of preference, but never more than a pair of long underwear and a pair of sweat-pants (in addition to your regular running shorts) are needed.
6. Wear dark clothes to contrast against snow, unless you are running at night when you would wear light colored clothing.
7. Plan your runs so that you run into the wind during the beginning portions and with the wind behind you in the latter portions. Otherwise, built-up sweat may cause you to become too cold when you turn into the wind.
8. Be extremely cautious of traffic on icy and snowy roads. Also, when running on snow try to pick areas which will not hide uneven terrain.
9. Let someone know where you are going and when you expect to return.
10. Keep in mind the wind chill chart which follows.

EQUIVALENT CHILL TEMPERATURES

Wind (MPH)	Temperature (Fahrenheit)																					Equivalent Chill Temperatures																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																												
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*Winds above 40 MPH have little additional effect.

If you dress properly and are cautious in various weather conditions, running in winter can be as productive and enjoyable as during any other time of year.

OTHER RACES

1990



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]

Feb. 17, Sun., 10:30 AM, Washington's Birthday Marathon, Greenbelt. DCRRC, PO Bx 1352, Arlington, VA 22210 703-765-1837 TEAMS: George Banker, 1421 Potomac Hts Dr, Ft Wash., MD 20744 301-248-5619

Feb 17, Sun, 9 AM, G.W. Birthday Classic 10K/1M, Alexandria. PO Bx 3453, Alexandria, VA 22302 703-444-9215

Mar 3, Sat, 11 AM, "Last Train to Boston" marathon, Edgewood. Brad Roberts, 8 Class Ct, Balt., MD 21234 301-661-6099

Mar 4, Sun, 8 AM, Reston 10M. 1011 Warwick Ct, Sterling, VA 22170 703-860-8311

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

Mar. 17, Sat., 9 AM, St. Patty's Day 5K, Salisbury. Cancer Soc., PO Bx 163, Salisbury 21803 749-1624

Mar. 17, Sat., 8:30 AM, Spring Burst 8K, Greenbelt. PGRC, 1615 Amherst Rd, Adelphi, MD 70283 422-7238

Mar. 24, Sat., 9 AM, MD With Pride 10K. Dept. of Ag., Fisc. Svcs, 50 Truman Pkwy, Annapolis 21401

Mar. 24, Sat., 9 AM, Polar Bear 5K, Aberdeen. RASAC, 3958 Street Rd, Street, MD 21154 301-836-1784

Mar. 25, Sun., 9 AM, Lady Equitable, R[~] [cancelled] RC, PO Bx 9825, Balt. 21284 560-1337

Mar. 25, Sun., 8:15 AM, Piece of Cake/Young Run 10K/1M/.25M, Gaithersberg. MCRRC, PO Bx 1703, Rockville 20849 301-353-0200

Mar. 30, Sat., 8:30 AM, April Fool's 5K Pancake Run, McHenry. GSL, PO Bx 52, Oakland, MD 21550 387-7114

Apr. 1, Sun., Nike Cherry Blossom 10M [CLOSED]

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

(T.) Apr. 8, Sun., 8 AM, Glen Burnie Centennial + 2 10K, GBIA, Crain Hwy & 1st Av, SE, Glen Burnie 21061

The Lady Equitable has been cancelled. In its place the following:
Baltimore Ladies Classic 10K and 2K Fun Run Sunday, April 8, 9:00 a.m.
SASE to Ladies Classic, P.O. Box 11394, Baltimore, MD 21239. Les Kinion 882-5455

(T.) Apr. 8, Sun., 10 AM, Byron 15K Mtn Run. Geo Gelles, Mt. St. Mary's Coll., Emmitsburg, MD 21727 301-447-5330

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

Apr. 21, Sat., 8:30 AM, YMCA 10K/2M, City Dock, Anna-polis. Y, 17 Cypress Crk Rd, Svrna Pk 21146 647-1500

Apr. 22, Sun., 8 AM. Fritze's 10K/1M Runfest, Rock- ville. MCRRC, PO Bx 1703, Rockville 20849 353-0200

Apr. 22, Sun, 8 AM. Broad Run Kettler & Scott 10K. 1011 Warwick Ct, Sterling, VA 22170 703-444-9215

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

Apr. 29, Sun., 8 AM, Clyde's Ameican 10K, Columbia. HCS, 4913 Canvasback Dr, Columbia 21045 730-3566

May 13, Sun., 8 AM, Nike Women's 8K, D.C. Bx 134, Mt. Vernon, VA 22121 703-780-3037

May 26, Sat., Elby's Distance Run 20K, PO Bx 1046, Wheeling, WV 26003 304-233-5000

May 27, Sun., 8 AM, Constellation 10K, Balt. BRRC, PO Bx 9825, Balt. 21284 560-1337

Nov. 4, Sun., 10:45 AM, NYC Marathon. After 12:01 AM, Mon., 5/21, send S.A.S.E. (#10 envelope) + \$3 to Mar. Entries, PO Bx 1388 GPO, NY, NY 10116 212-860-4455

[For info on international marathons, request AIMS Yearbook: NYRRC, P.O. Bx 1388 GPO, NY, NY 10116]



WHATS COMING UP

ANNAPOLIS STRIDERS 1990



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
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

Sunday, February 11, 2:00 P.M.
VALENTINE'S TWOSOME RELAY 5K
(couples, 5K each)
Sandy Point State Park. Call Hotline to confirm
location 268-1165

Saturday, February 24, 10:00 A.M.
* WASHINGTON'S BIRTHDAY 5K
Bay Hills, Arnold, MD
Evan Thomas 760-9188

Sunday, February 25
Annual RRCA 10-Mile Team Challenge
Columbia, MD
Teams needed: 12 male/3 female to a team
Call Will Scott to sign up, 267-8013

Friday, March 2, 6:00 P.M.
Annual Meeting and Awards Banquet
St. John's College
Rose Malloy 280-6733

Sunday, April 1, 2:00 P.M.
* CHERRY PIT 10-MILER
South River H.S., Edgewater, MD
Arnie Henderson 263-0863

Saturday, April 28, 8:00 A.M.
* 2-MILE TRACK RACE
Broadneck H.S., Cape St. Claire
Bill Vogenitz 757-3321

Sunday, May 6, 8:00 A.M.
GOVERNOR'S BAY BRIDGE RUN 10K
Sandy Point State Park
Ron Jarashow 267-6926

Sunday, June 17, 8:00 A.M.
* + FATHER'S DAY 10K
Loch Haven Recreation Area, Edgewater
Ken Lyons 268-7140

Saturday, July 14, 6:00 P.M.
* JOHN WALL MEMORIAL 1-MILE TRACK RACE
& JUNIOR MEDLEY
Annapolis H.S., Riva Road
Hotline 268-1165

Saturday, July 21, 8:00 A.M.
WOMEN'S DISTANCE FESTIVAL 5K
St. John's College (tentative location)
Jonas Legum 263-5210

Saturday, July 21, 9:00 A.M.
RUN AFTER THE WOMEN 5K (men only)
St. John's College (tentative location)
Jean Legum 263-5210

Sunday, August 12, 8:00 A.M.
* DOG DAYS OF SUMMER 8K
Anne Arundel Community College, Arnold, MD
Earl Scott 269-5013

Sunday, August 26, 7:50 A.M.
ANNAPOLIS TEN MILE RUN
Navy/Marine Corps Stadium, Annapolis
Evan Thomas 760-9188

Sunday, September 9, 8:00 A.M.
* + PENNYSAVER 5-MILER
Severna Park High School, Robinson Road
Anne Chamberlain 224-4331

Sunday, October 14, 8:00 A.M.
* METRIC MARATHON 26.2K
Southern High School, Harwood, MD
Bill Conroy 721-9327

Saturday, November 10, 8:30 A.M.
+ HOG NECK SCAMPER 5 MILE
Downs Memorial Park, Pasadena
Mike Busch 987-9600

Sunday, November 25, 10:00 A.M.
* COLD TURKEY 20K
South River High School, Edgewater, MD
Leon Johnson 956-4335

Saturday, December 29, 11:00 A.M.
* 12TH ANNIVERSARY RUN 15K
St. John's College (tentative location)
Hotline 268-1165

* indicates CLUB CHAMPIONSHIP SERIES RACE
+ indicates COUNTY EXECUTIVE'S SERIES

