

STREAK

VOLUME XII
NUMBER II
APRIL 1990



ANNAPOLIS STRIDERS

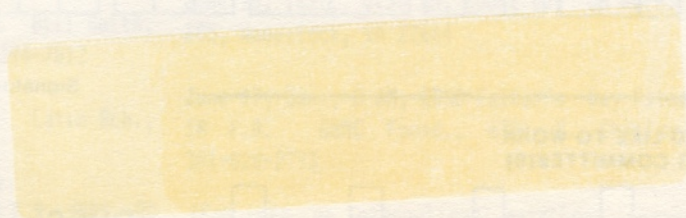
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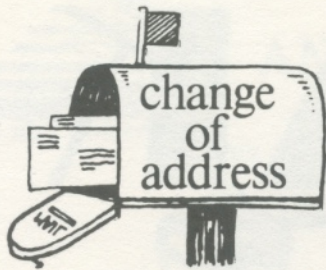
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The purpose of this running club is to improve the physical fitness and mental well-being of its members through the promotion and encouragement of long distance running. —from Article II, By-Laws of the Annapolis Striders

The STREAK, published bi-monthly, is the official newsletter of the Annapolis Striders, PO Box 187, Annapolis, Maryland 21404. Letters to the editor, as well as other articles, are welcome. Permission is hereby granted to reprint any article appearing herein provided the source is acknowledged. Permission cannot be extended for material from a copyrighted source.

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PRESIDENT'S PRATLINGS

THE POSITION OF RACE DIRECTOR IS STILL OPEN! CALL ME NOW

Thanks to ROSE MALLOY and PAT O'BRIEN, the Annual Meeting and Awards Banquet were unqualified successes. More people attended the meeting than at any time since 1979. It was particularly gratifying to see so many new faces. The Banquet was the largest ever! The food was delectable and most people even danced! In addition to Rose's and Pat's hard work, two innovations seemed to contribute to the success: no speaker and a Friday date. Since this formula is easily duplicated (including Rose's and Pat's eager volunteering), don't miss the 1991 edition!!!!

The euphoria following the Banquet was soon shattered by the sad news that 16 year old Strider Brian Haley met a tragic death in a traffic accident the following evening. Our deep sympathy is felt for Brian's parents, Pam and Jerry. The outpouring of warmth from the Strider family continues to be a comfort and source of strength to them. In memory of Brian, the organization has made a \$100 contribution to M.A.D.D.

Note that Strider chairs are filling, slowly but surely! Nonetheless, we still have room for you. Please volunteer to chair an activity or to participate directly with a race. We are counting on you. Call me or another Board member now!

Enthusiasm for Strider events is still on the rise. Don Kennedy's Valentine Twosome and Evan Thomas' Washington's Birthday 5K each had the largest fields ever for these events. Kudos to Don and Evan for their precise and enthusiastic management of these events.

Heartiest best wishes are extended to Neal and Martha Kinsinger as they head to Colorado Springs and

retirement this month. Striders, make your plans to visit them now. After all, we don't want them to get homesick!

Winnie Hittle and Ben Moore (among others, no doubt) are off to New England to represent us in the Boston Marathon on Patriot's Day, Monday, April 16th at noon. We wish them well.

And, on the subject of the Boston Marathon, your Board has voted to award a travel stipend to the male and female Strider with the best comparative qualifying time for the 1991 race. The amounts will be announced after the next budget is adopted in December.

The new Strider administrative year begins this month marked by the addition of Rose Malloy to the Board. The recent election of officers produced the least turnover in our history. This continuity forms an excellent foundation to build on last year's momentum to bring the organization to higher levels of achievement. With the change in the policy of the Naval Academy and its Athletic Association with regard to their relationship with us after a decade of mutual cooperation, Striders will now be focusing our resources and energies in different areas, including enhancing the Governor's Bay Bridge Run, initiating a youth track series, promoting the County Executive's Race Series, and a developing a major in-town one mile running event. I am very excited about our future and I look forward to leading the organization for another year.

Speaking of the County Executive's Race Series, we are pleased to renew this series after last year's success. The 4 races are: YWCA 10K, FATHER'S DAY 10K, PENNYSAVER 5-MILER, AND HOGNECK SCAMPER 5-MILER.

Participants in all 4 events will receive a very special gift from the County Executive. Member Mike Busch (Delegate) is coordinating the Series for us and for the Anne Arundel County Department of Parks and Recreation, his other employer.

Have a great spring. The roads await you!

d i c k
h i l l m a n

Dick Hillman



NEXT STREAK DEADLINE

MAY 1

From the Editor

I really appreciate all the articles people have sent me for this STREAK. Handwritten, typed, or word processed articles are all welcomed. Use WordStar, or WordPerfect if you have access to a computer and mail me the disk.

I've always found that it's good to write about something at the moment of inspiration. And never save a phrase or a line for later use. Use it right away and make room in your mind for new ones. So write about your favorite race or anything else as soon as it happens and send it my way. I'd be especially interested in having some profiles on our members for publication. Tell us about you; when you began to run; why you run; how running has affected your life; where you were born; about your family; your dog's name; what kind of shoes you run in; and any other miscellaneous material that might be interesting. The deadline for the June STREAK is May 1. My address is 680 Genessee St., Annapolis, MD 21401.

That's all. I hope you enjoy the issue.

Sharon Hammond *SH*

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IN FOND REMEMBRANCE OF BRIAN HALEY

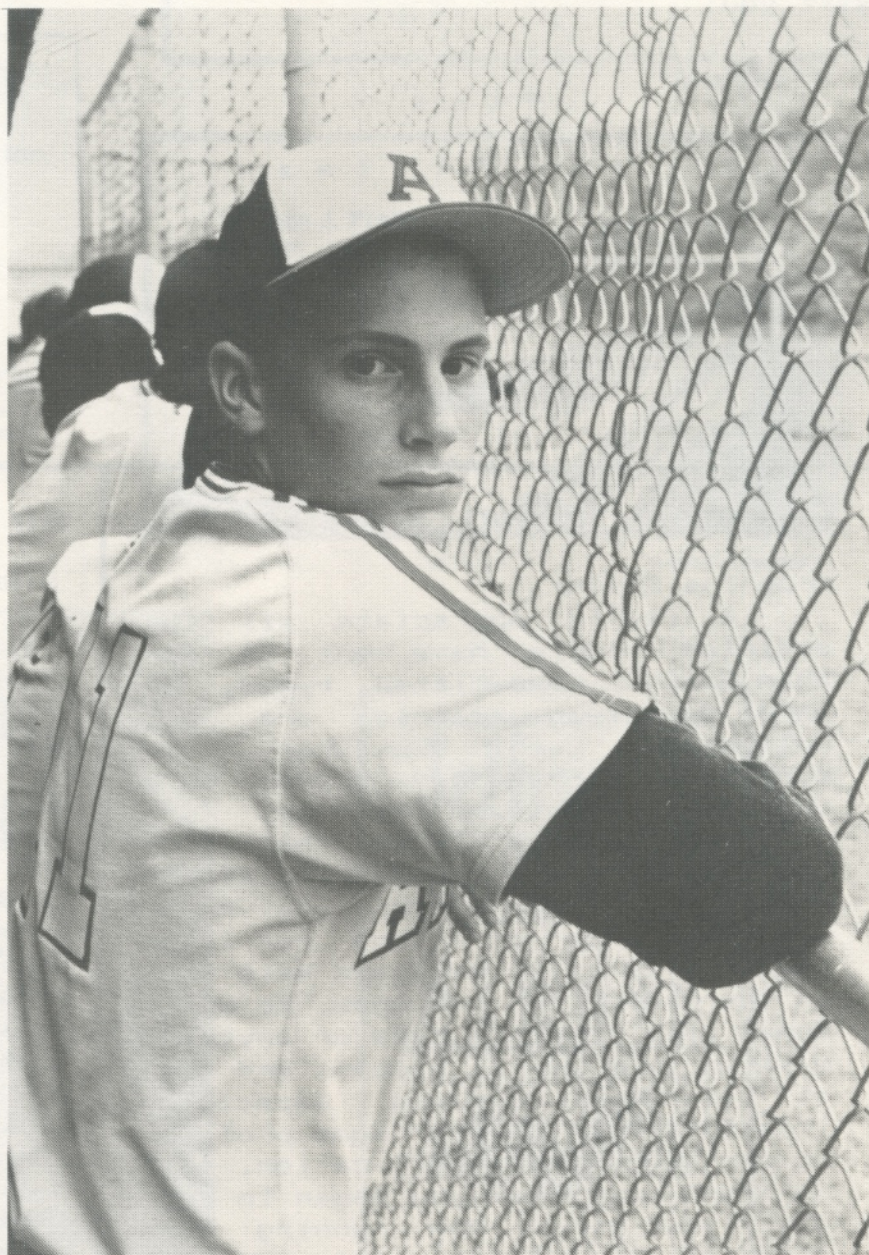
by Sue Briers

On Saturday, March 3, 1990, two Annapolis Striders suffered a tragic loss. Pam and Jerry Haley lost their only child, sixteen year-old Brian, in a traffic accident.

The handsome, athletic boy attended Arundel Senior High School. He was the relief quarterback for the Arundel Wildcats football team. He liked to run and was also a member of the Annapolis Striders. His running was a bit reserved as he was often a little put off by the fact that he could not "beat his old man." This was tough reality for the talented football star.

I know so much about this young man who I only met briefly at the Striders' picnic because I trained in 1989 with his Dad for the Marine Corps and Maryland Marathons. Jerry talked about Brian on each of our two-to-three-and-half hour training runs. He spoke of Brian's football games and his progress as a quarterback; his driving lessons and his plans for college; the difficulties of parenting and the seriousness with which he and Pam took this responsibility. On several occasions, Jerry would show up to run with only three hours of sleep because he and Pam had driven with Brian to a distant game.

Brian was a very special young man with two very special people for parents. "Pam and Jerry, our prayers are with you. And Jerry, let's go for



another three-hour run and talk about Brian." IN FOND REMEMBRANCE OF BRIAN HALEY

RUNNING SAFELY
by Sue Briers

In January, I had the pleasure of being invited to attend a seminar on Women's Running and Safety sponsored by the RRCA. Henley Gibble, RRCA President, organized the safety summit in cooperation with law enforcement officials from the U.S. Park Service, the city of Alexandria, Montgomery County, and the FBI. The meeting addressed the ever present and growing concern for the safety of women runners.

Henley Gibble's dedication to the education of women in safe running practices is related not only to her being a woman runner but also to her own experiences of being attacked by an assailant in 1981. She was lucky to have escaped her attacker. Many other runners have not been as fortunate. Over the last seven years, four women runners have been murdered in the D.C., Maryland, and Virginia area. The most recent victim was an Annapolis Strider, Elaine Shereika. She was brutally murdered on May 23, 1988. Her murderer is still at large. In fact, only one of the four murders has been solved.

Henley was greatly concerned with the fact that in most cases, the assailant had committed his crime many times and local police were familiar with the type of attacks and the locations. Yet this was never made public. Why is this and how can woman runners protect themselves from such dangers? These were some of the questions asked by Henley of the police.

Recently, a close friend of hers had been attacked. The assailant had committed this crime many times. Park Service police were very familiar with the assailant and his area of attack but had not released information for fear of alarming anyone! After persistent effort on Henley's part and that of Park Service Lt. Harold Weber and Officer

Thornton, a system of information exchange was worked out between the Glen Echo station of the Park Service police and the running community. Any time there was an attack or a nuisance crime, i.e. indecent exposure, Peeping Tom, the police would notify Henley. She, in turn, would use her lines of communication to notify the running community of the incidents and where they were occurring. Runners and other recreators could then decide whether or not to frequent these areas.

In addition to this, runners became extra eyes for the police, reporting any suspicious behavior. Composite drawings of suspects were posted on bulletin boards along the C & O Canal. Runners and other users of the trail were always kept abreast of any information pertaining to their safety. A safety network was successfully coordinated. These proactive measures gave the trail back to the recreating community.

Alexandria Police Corporal Ralph Carlton worked out a similar arrangement with a community group whose section of the trail was also plagued by assailants and criminals. Cpl. Carlton and the community worked together to develop a neighborhood watch program with path patrolers who were an organized extension of the police force. They had regular patrols set and "Park Watchers" were identified by bright orange safety belts. Specific houses were identified as telephone locations or safe havens. Residents along the Trail were briefed about situations that would necessitate calling 911 for police assistance. The "Park Watchers" were armed with air horns to signal these residents. The police, neighbors, and "Park Watchers" have eliminated attacks and incidents of indecent exposure.

Montgomery County Road Runners have taken a cooperative approach

with the Montgomery County Police to prevent attacks while allowing runners to run. They have a partner coordinating program and, like the Annapolis Striders, have several social running times that are regularly advertised in their newsletter. They contact any female runner that has experienced an attack and invite her to participate in club running activities. This enables the runner to participate in running within the safe environment of friends.

It is very evident that AWARENESS, COMMUNICATION, and VIGILANCE is what works best to eliminate incidents of crime. Citizens must be more active in communities and regain freedoms that have been relinquished because of criminal activities. Most of these crimes are perpetrated against women. So women must become more aware of dangerous situations and learn to avoid them.

The crimes of rape and sexual attack are crimes of OPPORTUNITY and VULNERABILITY. How many times have you been running and found yourself in a frightening situation? Do you run alone, run with headphones, or with your back to the traffic? Do you feel confident because you carry a can of mace or a knife? Do you wave or respond to whistles from people that you don't know? Do you run in deserted areas? Do you run at dawn or dusk? Or do you think you can outrun an assailant? If you do any of these things you might be creating an opportunity of vulnerability.

Washington Runners, headed by Henley Gible, has published the list of running tips for women that is printed below. Police have no record of an attack on a woman who was running with a partner. Whether the partner was male or female is not important. Police warn against carrying a weapon. It provides a false sense of security and, unless you are extremely practiced or

proficient with the weapon, it can be taken away from you and used against you. Your best defense is your mouth. Scream loud and long!

Gene Brugala, FBI agent, described your typical rapist/sexual attacker as just that. Typical! He comes in all shapes, sizes, and types. After completing an exhaustive study of 41 serial rapists who had committed 837 rapes and 430 attempted rapes. The common threads found by the FBI were:

1. They usually start with nuisance crimes, i.e. indecent exposure, obscene phone calls, or voyeurism.
2. They lead normal lives and have jobs, wives, and children.
3. Do not know their victims.
4. They select their victims on the basis of LOCATION and VULNERABILITY.

Common sense prevails--don't leave it at home! Remember be aware of the situation that you are placing yourself in. COMMUNICATE with the police by reporting any suspicious activity. Be VIGILANT in your pursuit of safety. The police need your help and you need your help. Be proactive and not reactive. Be smart and run long.

For additional information on setting up a community watch program, please contact Sue Briers on 721-1442. To find out Annapolis Striders organized running times, see this nesletter or call our hotline on 286-1165.

The police need
your help and
you need your help.
Be smart and
run long.



WOMEN RUNNING SMART

The Road Runners Club of America's TIPS FOR RUNNING SAFETY

- 1 — **Carry identification** or write your name, phone number, and blood type on the inside sole of your running shoe. Include any medical information. *Don't wear jewelry.*
- 2 — **Carry a quarter for a phone call.**
- 3 — **Run with a partner.**
- 4 — **Write down or leave word** of the direction of your run. Tell friends and family of your favorite running routes.
- 5 — **Run in familiar areas.** In unfamiliar areas contact a local RRCA club or running store. Know where telephones are, or open businesses or stores. Alter your route pattern.
- 6 — **Always stay alert.** The more aware you are, the less vulnerable you are.
- 7 — **Avoid unpopulated areas,** deserted streets and overgrown trails. Especially avoid unlit areas at night. Run clear of parked cars or bushes.
- 8 — **Don't wear headsets.** Use your ears to be aware of your surroundings.
- 9 — **Ignore verbal harassment.** Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
- 10 — **Run against traffic** so you can observe approaching automobiles.
- 11 — **Wear reflective material** if you must run before dawn or after dark.
- 12 — **Use your intuition** about a person or an area. React on your intuitions and avoid if you're unsure.
- 13 — **Carry a whistle or other noisemaker.**
- 14 — **CALL POLICE IMMEDIATELY** if something happens to you or someone else, or you notice anyone out of the ordinary.

FOR MORE INFORMATION CALL YOUR LOCAL RRCA CHAPTER.



The Road Runners Club of America is a national organization of over 450 clubs in 46 states. For more information write RRCA, 629 S. Washington Street, Alexandria 22314. Phone: (703) 836-0558.

VA.



A RUNNER RUNS
by Peter Warner

There were several of my classmates in architectural school that seemed to have so little talent that I wondered why they even had any desire to be there and to pursue a field where even passion and talent do not guarantee success. One of these former classmates is now, twenty plus years hence, a founding partner in one of the most successful (here I mean lots of lucrative and conspicuous commissions) architectural practices in the state. I guess that some people's talents have been invisible to me.

What about me, who in school days exhibited flashes of brilliance, if not a dependable supply? Well, my success does not meet conventional standards at least. My success I describe circumspectly and conditionally. Some would say that I'm not successful at all. If I were a successful architect I wouldn't spend countless low dollar hours mucking around on my farm in a corner of the North Carolina mountains that some people call remote. And if I were a success I would not have the time, energy, or desire to run up to seventy miles weekly up and down these mountains, some of it on trails where many people wouldn't (and couldn't) venture at a crawling pace with a walking stick. Yes, I have a flat tummy, can lift a rock twice my weight and I can run. I am a runner.

A friend of mine tricked me into running. Hank, who I have known since boyhood, came to stay at my place just outside of Chapel Hill, N.C. almost eight years ago during a period when I was struggling to reassemble myself following a divorce and then the collapse of another difficult relationship. Hank ran every day. He ran ridiculous

distances like six miles, sometimes ten miles, fourteen miles, and eighteen miles. He did it with such enthusiasm and energy. I worked at home so I was around to see all of this. He kept asking me if I'd like to go for a short, easy run with him. I was certain that I didn't have time. I'd refuse the invitation, so he'd do his stretching routine and take off. He'd be back an hour or two later all charged - sometimes he'd be real tired but still charged - and ready to devour a pile of pancakes all loaded with the right stuff like blended grains, fruit and nuts. Hank has always had this enthusiasm about right stuff. Right running gear, right machines, right everything. He doesn't push it, he just loves to discover and explore the best. I didn't run but I enjoyed being around all this caring for doing the best and being the best. And I was making changes in my life.

In short, I was vulnerable. One day I accepted Hank's invitation to go for a little run. We sure started out slowly enough, I thought. I was on the Chagrin Falls, Ohio high school track team. Hank wasn't. If you guessed that I did not make it for one mile, you're right. My resolve does not break easily, but I think that it was less than one half of a mile before I hurt too much to go on. But Hank was almost euphoric in his support. I had run, so I was a runner. A runner runs. That is all, and that is enough!

So I ran again the next day, alone. I did not even want to match Hank's accommodating pace. And I ran in imitation running shoes that I'd bought on impulse once at the grocery store and some shorts that I bought for the occasion. A runner runs, I thought as I chugged along. This fit in very well, with my meditation. And it allowed me to survive this painful and humbling beginning. I had just turned forty. A few months later I was sometimes

running with Hank. I remember fresh, cool November days as I ran shirtless along rolling roadways near my home then, and into Duke Forest on trails winding up and down hills and along New Hope Creek, and emerging from this once seemingly vast forest out another side in a span of time measured in minutes, and heading west on Erwin Road, and up Timberly Drive, the last one half mile to home. It began to feel just a little like the running that I had always experienced in dreams: effortless and free, charging and exhilarating. I took the environment into my body in great gulps of breath and perception. Wherever I was, what a way to be there!

As I continued to run I became aware of change in my body, in my mind, and in my world. By doing what I was doing I was making a new Pete. Of course I was always making a new Pete, but running was making it happen so fast that I could not help noticing the changes, the life affirming changes. I remembered the low time a year or so earlier when I had looked into the mirror at my reflection there and asked to die. I realized as I thought of this that the old Pete was dying and a new Pete was being made. We always get our wish.

What about now? I still wish to become a successful architect. I accept the conditional success that I do enjoy. I enjoy sharing the love of others on and about my beautiful mountain farm, mortgage-free with a comfortable, earthy house in the making. But I wish to do more, to be a greater positive influence in the shaping of our physical environment, and to accept, enjoy and celebrate human potential. I can imagine this. Yet how it may become fulfilled I am not aware.

As I run, I am confident, I will learn. I will change and I will learn. I will make amends. Running is not the only way to do these things. It may not be the best way.

But it is a way that I have borrowed and made my own. It is my way. I will run.

A tribute to Hank Church of the Annapolis Striders by his friend Peter Warner, who he introduced to our sport.

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).

MY FAVORITE RACE

A CHANGE OF PACE
by Ron Bowman

Recently, I had the opportunity to go to Monterey, California for a Navy conference. My wife, Lynn, needed a break from the Annapolis to D.C. commute so she went too. The conference turned out to be low-key enough to allow plenty of time for one of my most important priorities--getting a good workout.

Our hotel was located three blocks from the Monterey Bay so a run along the beach seemed in order. Early (but not too early) the second morning I set out. The weather was mild, high 40's to low 50's, with a slight breeze coming off the bay. I turned south on the bike path that runs next to the beach and runs all the way down to Carmel, about 12 miles.

Monterey Bay is almost a perfect crescent, which has made it one of the most desirable havens since the Spanish first arrived in the early 1700's. One of the most unique aspects of the bay is the diversification of geology and marine life. The largest submarine canyon along the continental U.S. lies a few hundred yards off the shore. This canyon drops from about 300 feet to almost 3 miles a few miles off coast. Scientists from all over the world come here to study the marine life.

At the moment I'm more interested in observing the young lady donning a wet suit, obviously preparing to go for a scuba dive in the tidal basin nearby. I must have passed three different groups of divers making their way into the water along the beach area near the piers. The barking of sea lions is loud enough to overcome the sounds of traffic on my left. After scanning the areas near the rocks for a while, and almost stumbling over my own feet, I was able to pick them out sitting on the rocks resting. Some were in the water

adjacent the rocks, apparently waiting their turn. It's hard to pick out the ones on the rocks as they blend in so well and balance precariously in places that don't look large enough to support a sea gull much less a sea lion.

I passed three or four piers once used to dock the largest fishing fleet on the West Coast. They are now lined with novelty shops and seafood vendors. I was impressed with how clean and well kept the area was. After a few days of exploring, I realized that this was true for the entire city, especially along the beaches that naturally draw the largest number of tourists.

Probably the most popular attraction is Cannery Row and the Monterey Aquarium. Cannery Row is a street that was once lined with cannery businesses. It was made famous by John Steinbeck who made his home here in the 1920's thru the 1940's. His novel Cannery Row immortalized the town and people of Monterey. Now Cannery Row consists of gift shops, and excellent seafood restaurants (to which I can personally attest). They have all been converted from the original cannery, carefully maintaining as much of the original structure and ambiance as possible.

The attraction that seemed to draw the most attention was the Aquarium. The Aquarium was the idea of philanthropist David Packard of Hewlett-Packard fame. His love for the sea and the area prompted him to spend \$55 million of his own money to build one of the largest and best private aquariums in the world. Lynn and I went there and were so fascinated that we went back the next day. Lynn particularly liked the sea otters and I barely escaped having to bring one home with us. All of the displays have been taken directly from the Monterey Bay and are refurbished with fresh sea water each night. A segment of kelp bed

has been reestablished in the main tank and has become home for hundreds of fish and plants. One of the most popular attractions is the petting pond where crabs, eels, starfish, and such are watched over by some of the many volunteers. It took a while for Lynn to pet the bat ray but finally one condescended to swim close enough for her to run her hand down its back. They are soft and smooth, kind of rubbery.

Just past the aquarium I came upon an elderly lady with about ten cats around her and about a zillion pigeons in the trees. Here, I thought to myself, is a person I've got to meet. She takes feeding the local strays one step further; she sees that they are all given their shots and neutered. I petted enough to give me a good itch for the rest of the day and continued on my way.

The trail wound its way along the rocky edges of the beach for another couple of miles and then I was out of town. Ice plants and other low growing plants lined the trail. Ground squirrels, blue jays, crows, pigeons, cormorants, and sea gulls darted in and out of the rocks and plants challenging each other for morsels of food and doing their best to distract me. I followed the trail further out of town and came to a point of land with a Coast Guard lighthouse on it. At that point the trail wandered off into sand dunes and low brush.

As I emerged from the sand dunes a mile or so later, I found myself almost literally in the middle of a very luxurious golf course. I later found out that this was the famous Pebble Beach Golf Course and that they were holding the Pro-Am Tournament that weekend. Needless to say, I felt a little out of place, but I proceeded on until the trail took a definite upward trend, i.e. hills. I turned around just outside of Carmel. I had soooo wanted to stop in and say hi to Clint Eastwood but it was getting

late and I did have this silly conference to attend.

The run back was pretty much the usual flip-side of an out-and-back course. I did notice that I was sharing the trail with a relatively large number of runners, walkers, bikers, and gazers. All types and attires were represented. There were strolling couples, meandering all-terrain bikers, hardcore cyclists of the Bill Miller ilk, noontime joggers, bouncing buxom beauties, and weathered long-distance veterans. Overall, I guess it was about 16 miles but it was one of those runs that instead of becoming introspective and solving the problems of the world as well as my own, I was so engrossed by the sights and sounds around me that I was a little surprised when the run was over.



VALENTINE'S DAY

An unseasonably warm day greeted runners of the Valentine's Day Twosome 5K race held at Sandy Point State Park on Sunday, February 11 at 2:00 PM. Unsafe wet and slippery conditions on the path portion of the course called for a last minute course change. The new 2.7 mile course was started by an enthusiastic group of 40 runners who had a chance to combine their

TWOSOME

efforts with those of their spouse, sweetheart, or other partner, assigned or chosen. The runners finished tired but fortunately not covered with mud! Awards of candy and wine were given to winners in combined age groups.

RACE

AWARDS:

- Overall: Nelda and Jim Clelland
- 40 & under: Gretchen Serinis and Jill Cope
- 41-60: Pia Fischer and Bill Stahr
- 61-70: Ellen and Scott Lutrey
- 71-80: Dolly Ginter and Amadeu Sanches
- 81-100: Mary Ann Zuckerman and Lee Aulisio
- 100 and over: Elise and Chuck Taylor

Mary and Jim Ostrye, "The Roadmaniacs," won the award for the best team name. Some of the other participants had names that had significant reflection on their physical characteristic such as "The Sweathearts," "The Ugly and the Good & the Bad," "The Long & Short of It," and "Flat & Fast."

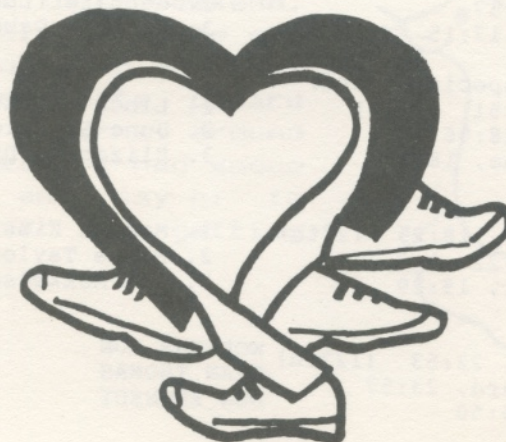
Thanks to the following folks for volunteering that day:

- Matt Mace
- Rose Malloy
- Eleanor Kennedy
- Sharon Hammond
- Jim Black
- Shaun Black
- Ken Lyons
- Earl Scott
- Evan Thomas
- Dick Hillman
- Lisa Hillman
- Jacob Hillman



VALENTINE'S DAY TWOSOME RACE
 PARTICIPANTS
 NAME
 COMBINED AGE TIME

1	Nelda & Jim Clelland	62	32:39
2	Ellen & Scott Lutrey	67	33:19
3	Pia Fischer & Bill Stahr	57	33:37
4	Dolly Ginter & Amadeu Sanches	76	35:57
5	Deborah & Tom Rich	57	36:27
6	Mary Ann Zuckerman & Lee Aulisio	85	37:02
7	Judi Greenblatt & Scott Mangum	71	37:38
8	Sandra Gates & Bob Parkhurst	47	38:24
9	Gabrielle de Groot & Ken Feldman	46	38:29
10	Carole Sigismondi & Paul Baltutis	75	38:29
11	Linda Rogers & Bill Miller	88	38:56
12	June Schneider & Peter Salmon-Cox	92	39:34
13	Christine Mazza & Adam Berusch	49	39:37
14	Jennifer & James Lundeen	60	39:43
15	Christina & Jim Higgins	69	40:25
16	Karen Meekins & Steve Martinson	55	41:08
17	Margie & Barry Boyd	60	41:12
18	Kathy Hill & Jim Mandrin	84	41:12
19	Marilia & Francisco Sanches	67	41:37
20	Louise Zeitlin & Ron Bowman	85	42:09
21	Heidi & Dick Hillman	62	42:46
22	Nancy & Wes Creel	74	42:49
23	Elise & Chuck Taylor	106	43:25
24	Michelle McFee & Will Aasen	47	43:44
25	Mary & Jim Ostrye	73	44:02
26	Sharon Grissinger & Bob Harmon	68	44:51
27	Kathleen Klix & Michael Boster	57	45:23
28	Nancy Waddington & Hank Church	99	45:26
29	Rae Jean Goodman & Clair Morris	94	45:27
30	Deborah & Eric Gyaki	80	46:08
31	Joy & Joe Shannahan	59	46:33
32	Pat Bokee & David Kroll	81	46:57
33	Dotty Esher & Brian Waltz	59	48:15
34	Deborah & William Harney	68	50:01
35	Erin & Tom Wylde	50	51:47
36	Gretchen Serinis & Jill Core	28	51:48
37	Nathan & David Greenblatt	18.5	64:03
Also ran			
	Bill Ammon & Joe Blackman	72	31:45
	Roger Feldman & Dan Bloom	74	46:17



WASHINGTONS BIRTHDAY 5K

1990 ANNAPOLIS STRIDERS RACE SERIES: OFF AND RUNNING-

WASHINGTON'S BIRTHDAY 5K

ARNOLD, MD. FEBRUARY 24, 1990. BY EVAN THOMAS, RACE DIRECTOR

February 24 brought a few snow flurries and a record field of almost 240 runners to the Bay Hills area of Arnold. As the first race in the championship series, the Washington's Birthday 5k always rewards those who managed to get in some training in the post-holiday period. To Tony Basile, last year's runner-up and 1989 Runner of the Year, it proved to be the best way to start his title defense.

Basile, 31, showed early season strength by pulling away from second place finisher Joe Blackmon shortly after the halfway point. Blackmon couldn't match Basile's surge and Basile won going away in 15:47, besting last year's winning time by 7 seconds (a course record). The winner claimed a unique stained glass window hanging and the runner up received a Casio SDB-300W watch.

Starting near the Bay Hills Golf Course, the out and back course rolls through the streets of residential Bay Hills. Annapolis resident Jeanne Matta, 24, found the course to her liking as she easily outdistanced runner up Judi Greenblatt (19:57 to 21:03). Women's winners also received the stained glass and the 30-split Casio watch.

In the masters competition, Lou Chesla, 3rd last year, improved his time by over 30 seconds, winning in 17:31. A special prize of a "crunch board" should help him hold that winning form. The women were led by Linda Shanklin's fine 21:30. In the age groups, first place was recognized by a bottle of Chardonnay (t-shirts to the 20 and under crowd), second place was accorded hot cherry pies, and third received unique "Run For Your Life" towels. Many random prizes were also given out, including "You Don't Know Diddley" t-shirts. In addition, everyone helped themselves to hot cider, cookies and bananas.



The top five:

Men	Women
1. Basile, 15:47	1. Matta, 19:57
2. Blackmon, 16:08	2. Greenblatt, 21:03
3. Todd Finley, 16:23	3. Linda Shanklin, 21:30
4. Scott Eden, 16:34	4. June Schneider, 22:17
5. Tom Rich, 16:57	5. Gabrielle deGroot, 22:18

Age Group winners were as follows:

Men	Women
20 & under	
1. Scott Boetig, 17:02 (6th)	1. Christine Coon, 23:33 (140th)
2. Rich Young, 17:13	2. Emily Rohrbach, 26:45
3. David Wall, 17:42	3. Rachel Gardner, 28:10
21-29	
1. Todd Finley, 16:23 (3rd)	1. Gabrielle deGroot, 22:18 (110th)
2. Matt Mace, 17:10	2. Cecilia Tinney, 22:28
3. Robert Parkhurst, 17:25	3. Deborah Rich, 23:23
30-39	
1. Scott Eden, 16:34 (4th)	1. Carole Rosasco, 22:21 (111th)
2. Tom Rich, 16:57	2. Jennifer Lundeen, 23:10
3. Tom Prendki, 17:15	3. Darlene Dabbs, 23:21
40-49 (Chesla, special award)	
1. Tom Foley, 17:51 (19th)	1. Linda Shanklin, 21:30 (93rd)
2. Bill Conroy, 18:06	2. June Schneider, 22:17
3. Bill Turrentine, 18:19	3. Elizabeth Droel, 23:38
50-59	
1. Amadeu Sanches, 18:25 (27th)	1. Martha Kinsinger, 24:07 (149th)
2. Jim Black, 19:22	2. Elise Taylor, 25:54
3. Louis Grahamer, 19:29	3. Sue Mekkelson, 27:49
60 & over	
1. Norvill Jones, 22:53 (123rd)	WORKERS RUN
2. Denzil Pritchard, 23:57	EVAN THOMAS
3. Guy Riccio, 24:50	DON KENNEDY
	47 21:57
	42 22:23

Generally, we had a much stronger field this year. If you look at last year's results you can see how tough the competition was this year. There were some very fine efforts throughout the order of finish. Anyone who set a PR should see me. I think I may have a few random prizes left to reward a good performance on a tough course.

We must recognize those who made the race possible. Many thanks to the Bay Hills Golf Course for the use of their rest rooms again this year. We have to remember not to park in their lot. We are indebted to the Bay Hills Community Association for their support of the race and publicizing it in their newsletter. The County police were outstanding in traffic control. Thanks to Mary Anne Keicher for delivering those red hot cherry pies. But most of all we have to thank our volunteers, without whom there would be no race:

Brenda Norman	Dick Hillman
Bill Shaughnessey	Earl Scott
John Clark	Nancy Waddington
Rose Malloy	Don Kennedy
Andrew Thomas	Eleanor Kennedy
Lloyd Thomas	Sharon Hammond
Delma Miller	Joe Walsmith
Earl Keicher	

Thanks for your support! Remember: Once you are over the hill, you pick up speed! See you next year when we'll have some fun in 91!

ANNAPOLIS STRIDERS RACE RESULTS

WASHINGTON'S BIRTHDAY 5K, FEBRUARY 24, 1990. EVAN THOMAS, RACE DIRECTOR

NAME	AGE	TIME	NAME (F)=FEMALE	AGE	TIME
1. TONY BASILE	31	15:47	46. GEORGE KERCHNER	30	19:23.36
2. JOE BLACKMON	28	16:08	47. PAT DONAHUE	38	19:23.99
3. TODD FINLEY	21	16:23	48. FRED SHANKLIN	48	19:26
4. SCOTT EDEN	36	16:34	49. LOUIS GRAHAMER	51	19:29
5. TOM RICH	31	16:57	50. JEFF SMITH	30	19:31
6. SCOTT BOETIG	16	17:02	51. DAN SANDISON	19	19:32
7. MATT MACE	29	17:10	52. RON BOWMAN	40	19:34
8. RICH YOUNG	19	17:13	53. HARRY BELL	44	19:35
9. TOM PRENDKI	33	17:15	54. TIM MAJOR	27	19:37.03
10. PAUL BALTUTIS	32	17:17	55. JAMES LUNDEEN	31	19:37.42
11. ROBERT PARKHURST	23	17:25	56. JIM BUCK	47	19:37.67
12. LOU CHESLA	42	17:31	57. ALEX SHAW	13	19:55
13. RICK WOODS	35	17:34	58. MILT TAYLOR	57	19:56
14. DAVID WALL	16	17:42	59. JEANNE MATTA	F24	19:57
15. ED PURPURA	36	17:44	60. RICHARD COON	50	19:58
16. DWAIN THOMAS	30	17:47	61. BRYAN BALL	30	19:59
17. JOHN HESLIN	33	17:49	62. JOE CLORETY	42	20:08
18. JARRETT HON	15	17:50	63. ROY LYONS	28	20:15
19. TOM FOLEY	44	17:51	64. JOHN MAGNAN	44	20:17.22
20. SCOTT LUTREY	36	17:53	65. DORAN MILLER	35	20:17.75
21. ROBERT BAUGHMAN	28	17:56	66. PATRICK PARRILLON	24	20:18
22. MIKE GOZZO	28	17:57	67. BILL DERR	50	20:24
23. BILL CONROY	46	18:06	68. HOWARD BEARD	43	20:28
24. DOUG MURPHY	17	18:18	69. NATHAN HINES	15	20:30
25. BILL TURRENTINE	41	18:19.14	70. PETER MADOR	30	20:38
26. BILLY LEGG	32	18:19.76	71. MARK WILHELM	26	20:39
27. FRANCISCO SANCHES	47	18:21	72. WILLIAM JACOBS	37	20:42
28. TIM STEVENS	30	18:24	73. TOM KOMAREK	45	20:44
29. AMADEU SANCHES	50	18:25	74. JIM GENTRY	29	20:45
30. DINO ADKINS	27	18:27	75. BRIAN JUDGE	27	20:48
31. DAVE BULLOCK	18	18:29	76. DAN MAUCK	46	20:54
32. JON VALENTINE	29	18:32	77. DAVE DVORAK	29	20:56
33. WILLIAM GILLETTE	25	18:34	78. BANDIT		20:59
34. MICHAEL HOFFMAN	34	18:35	79. KEN LYONS	50!	21:02
35. TODD PEKEL	23	18:36	80. JUDI GREENBLATT	F39	21:03
36. MARK DOWD	28	18:41	81. DOUG POND	50	21:06
37. JOHN MAJOR	40	18:43	82. EARLE MYERS	40	21:07.25
38. DON SWINDLER	45	18:52	83. ANTHONY PRUNER	35	21:07.81
39. SHAUN BLACK	15	18:57	84. JAMES SCHRAF	29	21:08
40. ERIC GYAKI	41	19:02	85. WILL SCOTT	40	21:12
41. DEAN SIEDLICKI	33	19:03	86. MICKEY GALUSKI	41	21:14
42. SCOTT MAGNUM	32	19:09	87. WILL MYERS	40	21:17
43. BOB FIELD	38	19:21.31	88. JACK ASBERRY	31	21:23
44. BILL AMMON	44	19:21.99	89. TOM BRADFORD	47	21:25
45. JIM BLACK	52	19:22	90. DOUG CUSTER	27	21:26

NAME	AGE	TIME	NAME	AGE	TIME
91.ROBERT MCGEE	49	21:28	164.DAVID TUCKER	52	24:52
92.PETER SALMON-COX	50	21:29	165.EDWARD FRANKLIN	62	24:53
93.LINDA SHANKLIN	F42	21:30	166.JEAN LEACH	F35	24:54
94.JAY ASTLE	18	21:33	167.HARLOLD MICHAELIS	63	24:58
95.DAVID HIGGINS	24	21:35	168.CLAIR MORRIS	53	25:06
96.DAVID TORREY	31	21:39	169.MARYANN MONTGOMERY	F33	25:12
97.DOUG JOYCE	51	21:42	170.LINDA SIMPSON	F47	25:13
98.ALLEN VEASEY	50	21:44	171.MELISSA CURRENCE	F34	25:14
99.BRIAN MULQUEEN	23	21:52	172.PAUL KIRBY	49	25:15
100.PAUL HINMAN	39	21:57.08	173.KEN DEGRAFFENREID	45	25:16.16
101.EDWARD KLEBE	50	21:57.43	174.ROGER STOY	44	25:16.72
102.KEN FELDMAN	23	21:59	175.WEBSTER SMITH	31	25:17
103.JOSEPH HERLIHY	22	22:00	176.SANDY ANDERSON	F37	25:21
104.BILL MILLER	49	22:07	177.JAMES CARTER	33	25:23
105.MARC HASELTINE	15	22:08.17	178.JODY LOCKHART	F39	25:24
106.SEAN SWEENEY	54	22:08.78	179.NO CARD		25:45
107.JOHN GUALA	43	22:10	180.BILL HARNEY	35	25:48
108.GLENN LEVIN	33	22:15	181.NO CARD		25:49
109.JUNE SCHNEIDER	F43	22:17	182.DELLA MCINTYRE	F41	25:52
110.GABRIELLE DEGROOT	F23	22:18	183.DEBBIE ROMERO	F37	25:53.14
111.CAROLE ROSASCO	F30	22:21	184.ED KARLSON	54	25:53
112.RANDY MUELLER	32	22:22	185.ELISE TAYLOR	F51	25:54
113.PETE MEKELSON	51	22:31	186.WILLIAM DOUGLAS	55	25:58.35
114.ROBERT DONALD	50	22:32	187.BOB HALEY	52	25:58.67
115.REGGIE HASELTINE	40	22:35	188.ALAN WYCHERLEY	47	25:59
116.ERIC FROMM	44	22:37	189.CARLOLE SIGISMONDI	F43	26:04
117.CECILIA TINNEY	F25	22:38	190.DAVE KRAUSE	35	26:06
118.JOHN WILLIAMS	32	22:41	191.AL KARWOSKI	37	26:09
119.BREV MOORE	49	22:42.23	192.JOHN STRUMSKY	49	26:17
120.DON HIGDON	47	22:42.93	193.MARC BALLON	26	26:24
121.CHARLES WILSON	41	22:43	194.CHARLES HUFNAGEL	44	26:30
122.GEORGE NISLEIN	49	22:46	195.ROBIN SPARKS	F32	26:35
123.NORVILL JONES	60	22:53.29	196.TOM PEET	43	26:36
124.NORMAN ALTON	43	22:53.81	197.MICHELLE MCFEE	F23	26:43.91
125.NEAL HINKLE	53	22:55.24	198.WILL AASEN	24	26:43.99
126.ROBERT DE YOUNG	40	22:55.95	199.EMILY ROHRBACH	F17	26:45
127.MARK CARROLL	24	22:57	200.LAURA NORTON	F40	26:47
128.RAY MOODY	34	22:59	201.NO CARD		26:48
129.JIM ETCHISON	37	23:02	202.PAUL THOMAS	39	27:04
130.MICHAEL BENSO	36	23:06	203.DAVID BENSO	34	27:09
131.JOHN LOCKWOOD	49	23:08	204.MIKE ZEKO	39	27:13
132.JENNIFER LUNDEEN	F30	23:10	205.KIMBERLY SCHUERMAN	F33	27:30
133.JOHN SLIDELL	46	23:12	206.LYNN HOPKINS	F37	27:35
134.BRUCE BURNS	46	23:14	207.LAURA MASON	F29	27:40
135.DARLENE DABBS	F35	23:21	208.CYNTHIA RELL	F45	27:46
136.DEBORAH RICH	F26	23:23	209.JIM MALLOW	51	27:48
137.PENNY SABATINI	F33	23:24	210.SUE MEKKELSON	F51	27:49
138.CHUCK GORUM	35	23:25	211.MARY GEYER	F36	27:51
139.BRENDA NORMAN	F32	23:30	212.SUZANNE CUSTER	F22	27:53
140.CHRISTINE COON	F18	23:33	213.RACHEL GARDNER	F14	28:10
141.STEVEN WATKINS	37	23:35	214.ANN BOSARGE	F34	28:14
142.JOHN ASTLE	46	23:37	215.MICHAEL FOLEY	12	28:16
143.ELIZABETH DROEL	F40	23:38	216.ARNOLD GALIANO	68	28:23
144.BILL LACY	36	23:45	217.BANDIT		28:26
145.NUALA BRADT	F41	23:48	218.CARMEN CURRY	F40	28:38
146.DENZIL PRITCHARD	68	23:57	219.JOHN SALEMME	31	28:39
147.ALAN CROOK	34	23:59	220.KATIE FOLEY	F13	28:44
148.TOM LEUTZINGER	23	24:04	221.LYNN MUELLER	F29	29:03
149.MARTHA KINSINGER	F55	24:07	222.SANDY FOLEY	F43	29:08
150.JOE PORRICELLI	50	24:08	223.DYAN SPEAKS	F32	29:10
151.DANNY NISLEIN	24	24:10	224.BILL VOGENITZ	42	29:11
152.MIKE VISION	51	24:12	225.DEBORAH HARNEY	F33	29:19
153.JAMES MCCUTCHAN	45	24:15	226.NO CARD		29:28
154.NORMAN NICE	42	24:16	227.ROB SMITH	41	29:34
155.FREEMAN BAGNALL	42	24:17	228.MARCIA DONALD	F44	29:42
156.CHUCK TAYLOR	55	24:21	229.MARYBETH MULLEN	F36	29:50
157.JONAS LEGUM	41	24:23	230.YVONNE AASEN	F58	30:01
158.GERALD FICHTNER	52	24:40	231.ANNE CZARNECKY	F28	30:19
159.DAVID KROLL	38	24:42	232.JAYNE ASTLE	F49	30:46
160.NANCY THOMAS	F38	24:48	233 CHRIS BOUCHAL	F35	30:55
161.GUY RICCIO	69	24:50	234.FRANCES HORNER	F30	32:04
162.RAE JEAN GOODMAN	F42	24:51.37	235.BONNIE DENNER	F48	32:05
163.MARYETTE MANUS	F38	24:51.95	236.JANE BURCH-PESSES	F37	33:14.16
			237.MIKE BURCH-PESSES	45	33:14.78
			238.HUGH DONALD	47	33:48
			239.ERIC PURDON	45	33:49

WE HOPE TO SEE YOU ALL BACK IN 91!

STRIDERS ON THE ROAD - APRIL 1990

STRIDERS ON THE ROAD

by Evan Thomas

JAN 1/HAMILTON HANGOVER RUN/5M/HAMILTON TSP, NJ
WILL SCOTT 35:40 WINDY, WINDING COURSE. HE WAS NOT HUNGOVER.

JAN 1/HANGOVER CLASSIC/5M/LINCOLN MEMORIAL - WINDY/MUDDY
BILL MILLER 36:28 1ST RACE IN 6 YEARS!
BEN MOORE 37:40
BILL LAW 39:30
SUE BRIERS 40:19
EARL SCOTT 41+ I'M A GOOD MUDDER!
JOE WALSMITH PW COURSE WAS A DISASTER!

JAN 28/CHILLY DOG 8K/BALTIMORE/SUNNY, 50 DEGREES/AMAZING TURNOUT!
TOM PRENDKI 29:25 GOOD JOB EVEN IF HE WAS HURTING FROM SKIING!
JON VALENTINE 31:23
EVAN THOMAS 40:05
SUE BRIERS 40:04
KEN LYONS 35:00
SHARON HAMMOND 43:11
PAT HOFFMAN 48:30
EARL SCOTT 41:08
WILL SCOTT 36:54
JOE WALSMITH 38:25
BILL VOGENITZ 48:30
BEN MOORE 34:30
BUCK CADELL 42:30 MANAGED TO DOWN 3 CHILI DOGS!
JOHN GUALA 36:30
Yael FORTIER 36+
KATY BERGER ? NOT SURE OF TIME BUT I THINK SHE GOT A PRIZE!
MICHELE MCFEE 44:13
WILL AASEN 44:11
CASEY GITTINGS ?
PATTI BEMBE ?
TOM BRADFORD ?
ALAN WYCHERLEY 43+
LINDA SIMPSON 45:12
RICHARD RAHILLY 34:06
CAROLE ROSASCO 35:50
DICK HILLMAN 36:13
HEIDI HILLMAN 48:03
LEE BROBST ?
THERE WERE PROBABLY MORE BUT I MISSED YOU AND YOU DIDN'T CALL ME.

FEB 13/EMPIRE STATE BUILDING RUN UP/1575 STEPS & 86 STORIES/NYC
JOE WALSMITH 17+ NOT SURE OF EXACT TIME BUT IT'S THE DOING OF THE
EVENT THAT'S SO REWARDING, RIGHT, JOE? THIS IS HIS
FINAL "RUN UP" SO BE SURE TO ASK HOW YOU CAN GET IN
NEXT YEAR.

FEB 17/GASPARILLA/15K/TAMPA, FL
MATT MACE 57:09 HOT, HUMID, SUNNY TO BOOT. DESPITE TEMPS IN 70S
TO LOW 80S, MATT GOT IN THE TOP 250. THE HEAT CAUGHT
ORGANIZERS SOMEWHAT BY SURPRISE AND THEY NEEDED MORE
WATER ON THE COURSE.

FEB 18/CHERRY PIE 10 MILER/PATTERSON PARK/BALTIMORE
DAVE WEBSTER 58:52 6TH
TOM PRENDKI 60:52 10TH
CECELIA TINNEY 80:04 6TH

FEB 18/TRI-MD BIATHLON/3.5M RUN, 14.5M BIKE/SALISBURY
BILL AMMON 62:46 2ND



FEB 25/MD/DC RRCA CLUB CHALLENGE 10 MI/COLUMBIA/HOWLING WINDS/-10 WC
 TOM PRENDKI 63:42 OVER 250 TURNED OUT ON ANOTHER WONDERFUL DAY
 BILL TURRENTINE 66:33 IN THE HILLS OF COLUMBIA. ONCE AGAIN IT WAS
 JON VALENTINE 67:06 A TRUE "DEATH MARCH" TO THE FINISH. AT LEAST
 JOHN GUALA 79:18 WE HAD ENOUGH TO MAKE UP A TEAM. WE DID FINISH
 WILL SCOTT 79:55 LAST, THEREBY FULFILLING OUR GOAL (DESTINY?).
 DICK HILMAN 81:30 THE WIND WAS SO STRONG IT WOULD TOSS ONE LEG
 KEN LYONS 82:03 INTO ANOTHER WHICH MADE FOR SOME FUNNY DANCES
 EVAN THOMAS 85:39 OUT THERE TRYING TO MAINTAIN BALANCE. YOU OWE
 DAVID KROLL 89:59 IT TO YOURSELF TO BE THERE NEXT YEAR!
 EARL SCOTT 90:11
 BILL VOGENITZ 95:07
 DONNA GAIESKI 82:02
 SUE BRIERS 85:41
 SHARON HAMMOND 92:11

MAR 4/MYERS PAVILION 8K/BROOKLYN PARK
 DON KENNEDY 39:18 COLD AND WINDY AND WHEN ADDED TO THE HILLS, IT
 SHAUN BLACK 30:13 WAS TOUGH SLEDDING. 600 FINISHERS.
 NEAL HINKLE ?
 JIM BLACK ?
 MARTHA KINSINGER ? 1ST AGE GROUP
 DOUG POND ?
 LOU CHESLA ?
 LOUISE ZEITLIN 49:33!
 BILL VOGENITZ ?
 JON VALENTINE ?
 JUDI GREENBLATT ?
 CAROLE SIGISMONDI ?
 ELEANOR AND ERIC DID THE ONE MILE IN 11:54

David and Nathan Greenblatt also participated

ODDS AND ENDS -

WEDNESDAYS AT THE COMMUNITY COLLEGE TRACK, WE HAVE THE LIGHTS TURNED ON FROM ABOUT 6 TO 7PM. EARL SCOTT AND I ALSO DISCOVERED A SUPER DOG-DAYS CROSS COUNTRY COURSE. COME OUT AT 5PM FOR A UNIQUE RUN THROUGH THE WOODS - IT TAKES ABOUT 32 MINUTES.

WITH ALL THE SPRING RACES COMING UP, DON'T FORGET TO LET YOUR FRIENDLY REPORTER KNOW THE RESULTS. GENERAL COMMENTS ABOUT THE RACE ARE USEFUL AND WILL HELP OTHERS DECIDE ABOUT TRYING A RACE NEXT TIME AROUND.

WE ARE THINKING OF DOING A SERIES OF FUN RUNS LEADING UP TO THE 10 MILER IN AUGUST. STARTING IN JULY, WE WOULD RUN ON PARTS OF THE COURSE, ADDING A MILE A WEEK. VOLUNTEERS WOULD BE NEEDED TO KEEP THE GROUP TOGETHER ON ANY GIVEN SUNDAY. IF YOU WOULD BE INTERESTED, EITHER IN RUNNING OR HELPING OUT, PLEASE CALL ET ON THE PHONE AT HOME, 760-9188.

TAKE SOME CREATIVE STEPS AND SEND US A NEW LOGO

The Board of Directors and other equally progressive members of the Striders have decided that we need a new logo. Yes, that little guy who runs across the front of this newsletter, our race forms, and T-shirts has decided to hang up his shoes! So we need your help in designing a new logo, an ideogram, a youngin' to take his place. This (the logo) should represent in a picture the ideas of running, fitness, comraderie etc. and whatever other meaning you might want to communicate. So, Annapolis Striders, please use your heads and hands to create as well as you use your feet to run and send in your ideas. Mail your design to the Annapolis Striders, P. O. Box 187, Annapolis, MD 21404.

RACE FOR THE CURE

The Susan G. Komen Foundation's Race for the Cure, a 5K run, will be held in Washington, DC on Saturday, June 16, 1990. The event will include a wheel-chair users race and a 1M walk/run. Money raised by the race will be donated to a local, low-cost mammography program, to the Nina Hyde Center for Breast Cancer Research, and to the Foundation. Vice-President and Mrs. Quayle and their family are participating as well as Lynda Carter, Loni Anderson, and Larry Hagman. One lucky runner will receive a 1990 Oldsmobile Cutlass Supreme Convertible. Entry forms and other information will be available beginning this month in area Bloomingdale's, Foot Locker/Lady Foot Locker, and Giant Food stores. Race packet pick-up will be a J.W. Marriott on June 14 and 15. For more information, call 202-828-7034.



ANNAPOLIS STRIDERS 1990 GOVERNOR'S BAY BRIDGE RUN
VOLUNTEER SIGN-UP FORM
SANDY POINT STATE PARK
MAY 6, 1990 8 AM

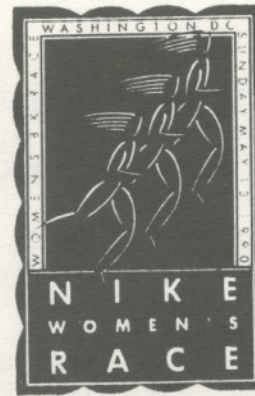
NAME:-----
ADDRESS:-----
CITY:-----STATE:-----ZIP CODE:-----
EVENING PHONE:-----DAY PHONE:-----
()SET-UP; ()STARTING LINE; ()COURSE MONITOR;
()WATER STOP; ()FINISH LINE; ()CLEAN-UP
T-SHIRT SIZE SM MED LG

THANK YOU FOR VOLUNTEERING
PLEASE RETURN FORM TO VOLUNTEER CHAIRMAN

Louise Zeitlin, P.O. Box 187, Annapolis, MD 21404

1990 Nike Women's Race Needs
Volunteers

The 1990 Nike Women's Race needs 600 volunteers on Saturday, May 12 and Sunday, May 13. JoAnn Azzarello, volunteer coordinator for RunHers, asks our help. All volunteers will receive a free race T-shirt. Organizations who supply 20 or more volunteers will receive \$50. So please complete the form below and mail it to us ASAP.



Return to: Annapolis Striders, P.O. Box 187, Annapolis, MD 21404
Name _____ Phone (w) _____ (h) _____
Address _____
City _____ State _____ Zip _____
Yes, I can work Saturday, May 12, 1990 at packet pick-up in the
Pentagon City Ritz Carlton: _____ AM _____ PM
On race day I can work: ___ Start ___ Course Monitor ___ Water Stop ___
___ Finish Line ___ Clean up/Dismantling

DEAR MS. STREAK



Ms. Streak

Dear Ms. Streak,

Do running shorts shrink over the winter? BROAD AND BEAMING
Dear BROAD AND BEAMING,

Yes, they seem to. The only way to prevent this is to keep them away from the cookies and beer.

Dear Ms. Streak,

My legs chafe along my inner thigh when I run. What can I do?
WALKING FUNNY

Dear WALKING FUNNY,

My consultant, Dr. Lyons, advises you to rub the affected area with Vaseline or other jellylike substance. Or have a friend do this (But then you might decide not to run!). A word of caution--make sure the jellylike substance that you use is not HEET; this causes you to run faster, but your form becomes a bit strange.

Dear Ms. Streak,

I hear that a girl can meet some interesting men running. Is this true? LONELY AND LOOKING

Dear LONELY AND LOOKING,

It depends on who's running, how fast, and in what direction.

Full or Part-Time
Job for Runner with
Personality & Enthusiasm

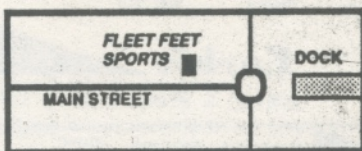
BRING THIS COUPON
INTO THE FLEET FEET STORE LISTED AND RECEIVE
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FIVER

10% Discount for Striders!

Limit One Coupon Per Customer

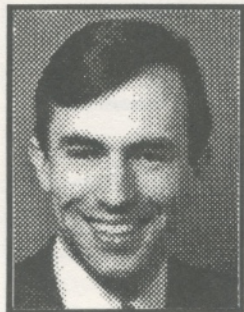


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Mike van Beuren
269-1796

Annapolis Office

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- Balt. 841-5695
- D.C. 261-8279



Randy Fox
956-5978

Working together to serve your Real Estate needs.


We look forward to talking with you.

ADVERTISING

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

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

Tim Stevens
 District Agent and Registered Representative

The Prudential 

Winmark Center
 1130 Annapolis Road, Odenton, MD 21113
 551-3090 Wash.: 621-7506

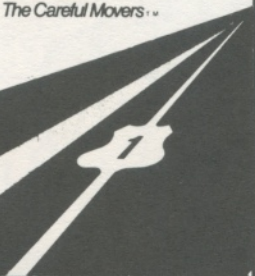
-Advertisement

James J. Fratino
 President

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ANNAPOLIS STRIDERS 1990 AWARDS BANQUET



The Annapolis Striders Annual Awards Banquet was held March 2, 1990 at Randall Hall on St. John's College campus. The 1989 Championship Series Awards were presented to the following members:

WOMEN

- 14-19 Christine Coon
- 20-29 Carole Rosasco
Cecilia Tinney
- 30-39 Sue Briers
Brenda Norman
Kitty Good
- 40-49 June Schneider
Linda Shanklin
Rae Jean Goodman
- 50-59 Ester Weisman
Martha Kinsinger
Yvonne Aasen

MEN

- 13 & under Alex Shaw
- 14-19 Marc Haseltine
- 20-29 Chris Bayless
Matt Mace
Jon Valentine
- 30-34 Tony Basile
Tom Prendki
Rick Wood

- 35-39 Scott Eden
David Webster
Nick Taylor
- 40-44 Eric Gyaki
Tom Foley
Bill Turentine
- 45-49 Amadeu Sanches
Joe Clorey
Francisco Sanches
- 50-59 Milt Taylor
William Derr
Jim Mandrin
- 60 & Over Ben Moore
Bill Law
Guy Riccio

The following Striders were given special recognition awards: Female Runner of the Year-Rose Malloy; Male Runner of the Year-Tony Basile; Most Improved Male Runner-Ben Moore; Most Improved Female Runner-June Schneider; and Volunteer of the Year-Don Kennedy.

Yvonne Aasen, retiring editor of the STREAK, was given a life-time membership to the Striders and an engraved plaque displaying her final copy of the newsletter.

Don Kennedy, Evan Thomas, and Ben Moore received special recognition from RRCA for having donated over 2000 hours of their time to organized running efforts.

ANNAPOLIS STRIDERS 1990 VOLUNTEER SIGN-UP FORM

NAME(s) 1. _____
 2. _____
 3. _____

PERSON 1 PERSON 2 PERSON 3 (Please check all races that you would like to help with)

CLUB RACES

()	()	()	5k	February 24
()	()	()	10-Mile	April 1
()	()	()	2-Mile	April 28
()	()	()	10K	June 17
()	()	()	1-Mile	July 14
()	()	()	8k	August 12
()	()	()	5-Mile	September 9
()	()	()	26.2K	October 14
()	()	()	20K	November 25
()	()	()	15K	December 29
()	()	()	I would like to help, but don't know when, please call me!	

What are your job preferences:

Address: _____

City: _____ State: _____ Zip Code _____

Evening Phone #: _____ Day Phone #: _____

THANK YOU FOR VOLUNTEERING!!
 PLEASE RETURN YOUR FORM TO THE VOLUNTEERS CHAIRMAN:

Louise Zeitlin, P. O. Box 187, Annapolis, Maryland 21404

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]

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

Apr. 1, Sun., 9 AM, BK Home Run, Mem. Stad. Oriole Advocates, PO Bx 11394, Balt. 21239 301-882-5455

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

Apr. 7, Sat., 8 AM, Spring Fair BK. Levering Hall, JHU, Balt. 21218 494-8649

Apr. 8, Sun., 8 AM, Sallie Mae Cherry Blossom Chaser 10K. 1050 Thom. Jefferson St, NW, DC 20007 202-728-6456

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, Annapolis. Y, 40 State Circle, Annapolis 21401 269-0372

Apr. 21, Sat., 10:30 AM, Trevira Twosome 2M/10M, Central Park. NYRR, 9 E. 89th St, NY 10128 212-860-4455

Apr. 22, Sun., 8 AM. Fritzbe's 10K/1M Runfest, Rockville. G.A.R., 3110 Fairview Pk Dr, Suite 410, Falls Church, VA 22042 703-560-6100 301-353-0200

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. 28, Sat., 8:30 AM, Callahan Mem. 5K, Boys' Latin Sch., Balt. 13609 Devonfield Dr, Baldwin, MD 21013

Apr. 28, Sat., 9:30 AM, Lady White Rose, 5K + 1M F.R. YRRC, RD #2, Bx 251, York, PA 17403 717-741-3693

Apr. 29, Sun., 8 AM, Clyde's American 10K, Columbia. Feet First, Wilde Lake Vill. Green, Columbia 21044 964-1998

Apr. 29, Sun., 8:30 AM, BK Crusade + 1M F.R., St. Paul's Sch., Brooklandville. '90 Class, PO Bx 5024, Timonium 21093 494-8649

Apr. 29, Sun., 9 AM, Balt. 10K Champ. BRRC, PO Bx 9825, Balt., MD 21284 526-7862

May 6, Sun., 8:30 AM, Broad St 10M Run. Rec. Dept., CASE Bldg, Belmont & Parkside Aves, Phil., PA 19131

May 6, Sun., 8:30 AM, Wild'n Fowl Triathlon[1/2M swim, 14.5M bike, 5K run], Schumaker Pk. Amer. Cancer Soc., PO Bx 163, Salisbury 21801 301-742-5244

May 6, Sun., 8:30 AM, May Day 5K, Lake Ridge. LRPRA, PO Drawer C, Occoquan, VA 22125 703-491-2154

May 12, Sat., 9 AM, Byron 15K Mtn Run. Geo Gelles, Mt. St. Mary's Coll., Emmitsburg, MD 21727 301-447-5330

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

May 19, Sat., 7 PM, 5K Twilight Run + 1M Fun Woggler. Frederick Mem. Hosp., W 7th St, Frederick 21701 301-698-3231

May 26, Sat., 9:30 AM, L'eggs 10K Mini Marathon, Cent. Pk. NYRR, 9 E 89th St, Dept E, NY, NY 10128

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 Box 9825, Balt. 21284 560-1337

June 2, Sat., 6 PM, Bel Air Town Run 5K. RASAC, 3958 Street Rd, Street 21154 301-836-1784

June 10, Sun., 8 AM, Five Smiler + No Decay 2K, Inner Harbor, Balt. PO Bx 11394, Balt, MD 21239 301-882-5455

June 10, Sun., 9 AM, Savage River Moonshine Classic 10K & Fun Run, Garrett Co. Upper Potomac JCs, PO Bx 206, Westernport, MD 21562 301-359-0476

June 16, Sat., Race for the Cure 5K, D.C. 202-828-7034

June 16, Sat., 8:30 AM, Court Day 5M Race. C. of C., PO Bx 605, Woodstock, VA 22664

June 17, Sun., 8 AM, GBMC Father's Day Fitness Festival, 5K + 1M F.R. GBMC Found., 6701 N. Charles St, Balt 21204 301-828-2773

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



WHAT'S 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

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

Striders

Don't
Forget



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
!Anne Arundel Community College
Bill Vogenitz 757-3221

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

