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1991 AWARDS PRESENTATIONS



Annapolis Striders

APRIL 1991 VOLUME XIII, NUMBER 2

RRCA
ROAD RUNNERS CLUB OF AMERICA

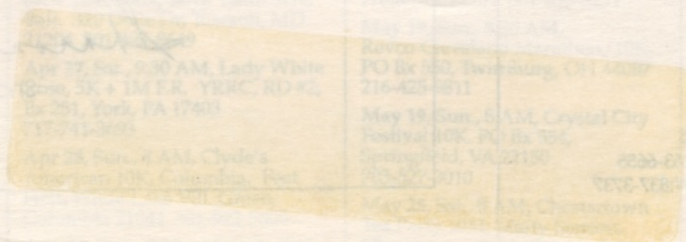


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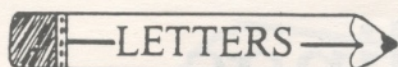
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NOTE FROM THE EDITOR

March has not been a kind month to me.
Dick Hillman graciously agreed to assemble
this issue, with the professional assistance of
Katherine Burke of The Annapolis Publishing
Company. If you enjoy the issue, please let
me know. If you have complaints, call Dick!

Sharon Serio

Sharon Serio



Letters to the Editor

EMBASSY OF THE UNITED STATES OF AMERICA
RIYADH, SAUDI ARABIA

JANUARY 27, 1991

Dear fellow runners:

I enjoy running and am currently an active member of the Riyadh Road Runners Club here in Saudi Arabia. Runners are a hardy lot and believe it or not, we are still training and holding races in the middle of the Gulf war.

I am writing for your 1991 schedule, membership application . . . I own a home in Annapolis and after several years overseas I will be returning this summer and hope to join in the Striders' activities.

Sincerely,
Fred M. Krug

FEBRUARY 20, 1991

Dear Striders:

Thanks for the quick response . . .

(In response to your inquiries,) we do have women members, approximately 60, although some are out of the kingdom for the moment.

Our race courses are carefully selected to ensure the comfort of our female members vis-a-vis the cultural sensitivities of our hosts.

FYI I've enclosed the flier of our next race (conducted primarily on a super highway) which is a marathon (on Washington's birthday) and the first page of our newsletter ("Desert Running News," vol. 13, #4).

Sincerely,
Fred

Dear Dick:

What a weekend! Just finished my fastest (3:33:58) marathon ever, the Blue Angel Marathon in Pensacola. I dropped 16 minutes off my PR with you at Jersey Waterfront. So far in '91, I have a PR in a 5K, 10K, 15K, 1/2 marathon, & marathon.

You're probably wondering if I'm on drugs or dates. Well, no drugs and some dates!

I had my cholesterol tested in January and it was 240 - in the stars. I went on a strict macrobiotic diet and in two months (actually 7 weeks) have lost 10 pounds, have dropped my cholesterol to 125, and my body fat from 18.5% to 10.5%.

What a year...

Hope to see you at the Big Sur Marathon in April. I hear there are hills.

Thanks,
Kip Eldridge
Largo, Florida

April 1991

STREAK

Volume XIII, No. 2

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

The Streak, published bi-monthly, is the official newsletter of the Annapolis Striders, P.O. Box 187, Annapolis, Maryland 21401. 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 materials from a copyrighted source.

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NEXT STREAK DEADLINE IS MAY 6, 1991

Presidential Prattlings...

Phone Survey

SURVEY TIME - Give us your input. Call the **HOTLINE**: 268-1165.

Should we: 1: Conduct a (limited-entrant) marathon on the B & A Trail the day before the Marine Corps Marathon beginning in 1991?? 2: Conduct a one mile race Memorial Day morning (before the parade) on West & Main Streets emphasizing participation by young people as a natural extension of the school system's Superfit program beginning in 1992? 3: Move the 10KM leg of the club championship series to Annapolis streets to be held in conjunction with the Annapolis Wine Festival on the second Sunday of June beginning in 1992? Call now to give your opinion on each question and to volunteer to help with one of the events.

5 Boroughs Just for You

NOTE: To request an entry form for the 11/3/91 22nd NYC Marathon, send a S.A.S.E. (#10) and a \$4 check payable to NYRR, AFTER 12:01 AM, Mon., 5/20, to Marathon Entries, PO Bx 1388 GPO, NY, NY 10116.

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Leadership Blooms

And they just keep on coming... Now, we have a Medical Director, Nancy Thomas, a nurse at North Arundel Hospital and a chair for the Audit Committee, Dick Jedlicka. In addition, as their terms as Directors expire, Don Kennedy has assumed the role of Race Management Consulting Coordinator (in addition to being the Father's Day 10K Director) and Earl Scott has created the position of Community College Liaison (in addition to serving as the Wednesday Evening Track Series Coordinator and the Dog Days 8K Director).

Of our 800 or so members, we now have more than 50 sharing the responsibility of leading the organization. While I'm gratified by these numbers and while I think you are being served well by this dedicated cadre, there is still room for improvement. Those serving in more than one capacity would be pleased to share their duties. Moreover, we still need someone to promote and assemble Striders racing teams and some folks to handle the rental of our equipment. Some help with P.R. would be useful too. Beyond that, if there is something you want to do but we have no job title to describe it yet, we'll create a position to accommodate you! Call me or any member of the Board today.

TAC's Time

This just in! Now, in Annapolis, for the first time, you can be the proud owner of a TAC number. No longer do you have to write to some mysterious person in Havre de Grace or Baltimore. Just see me at a Striders race or send a stamped, self-addressed envelope to the Striders PO box for an application. Carole Rivera, our able MD RRCA/TAC representative has made arrangements for the president of each PVAC TAC club to issue the numbers!!

What's a Kudo?

Special kudos to new secretary Diane Frustaglio. She has arranged a nifty permanent meeting spot for the Board in the Severn Room at Nationwide, 2500 Riva Road. Come on out and join us the first Monday of each month at 7:30 PM. Bring some beer money. We always have a post-meeting session when Evan does magic tricks and Buck Cadell sings the national anthem of Peru.

Believe It or Not

You say you've heard everything!?!?! How about a quilt made from your running tee shirts? Three sizes, too - wall (25 shirts), bed (35 shirts), or lap (16 shirts). Surprise your mother-in-law with one. For more information, call Barb Vanderberg: 616-759-0591 or write to Quilt Your Memories Co., 3408 Fulton Av, Muskegon, MI 49441.

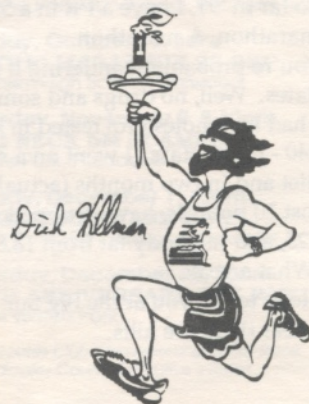
Hearts for Dan, Cherries for ET

Hurray for Dan Parvis. The largest Valentine's Twosome ever! And Dan is a first time race director. The new course and the new starting and finish areas worked well. Dan even seemed to enjoy himself race day. The weather and the number of volunteers were the keys to his mirth.

While 'tis true that 3 of the first 5 club races of '91 have novice directors, old war horse Evan Thomas got the '91 Championship Series off to a rousing start with another outstanding edition of the Washington's Birthday 5k. Eschewing common wisdom that being Annapolis Run Director is enough work, Evan continues ably to direct the 5K year after year. We love you E.T.

Dream On

The men's marathon Olympic Trials will be held in Columbus next April while the women's trials will be in Long Beach in January or February. Thinking of qualifying? Men need only to have run a marathon in 2:20 or better between 11/11/90 and 3/31/92 and women a 2:45 or better 6/23/90 - 12/31/91. Piece of cake!



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Boston Bound

BY SUE BRIERS

I have come to be known for the outlandish things I talk Striders into doing. The events of January 20th kept my reputation intact.

I needed a winter marathon to enable me to qualify for Boston. Evan Thomas suggested close-in Chambersburg.

Chambersburg I screamed. *Isn't that where you ran that hilly, windy horrible 10-miler last year?* So, I called the race director, feisty Chuck Leshner. He assured me the marathon had a different course with hills only between miles 3 and 4 and a hill at mile 23.

I solicited everyone who ever participated in my eccentric running schedule to help me qualify. I offered to outfit them with battery-operated cattle prods, hat pins, and steel-tipped shoes to keep me running.

The third Sunday of January arrived and 15 of us set off for Pennsylvania. It was clear with temperatures (40's) at the point where you can't decide what to wear. Gloves? Hat? Tee shirt?

Shorts? Tights? Decisions were made and Fireball Leshner called us to the start.

Meredith Bonta, Eric Fromm, Will Meyers and I proceeded slow and easy, just as planned. There was an ominous silence for 6 miles. We were taking it all a little too seriously.

Meredith said the course reminded her of last year's 10 mile course which caused many to swear they would never return to Chambersburg. Leshner had stretched the truth a bit. Never say "never."

We fought wind and hills for 8 miles. Then, the wind subsided and we were left with Florida temperatures. Clothes were discarded and sleeves pushed up. Rose Malloy had her shirt professionally altered by Dick Hillman who deftly sliced off her sleeves.

At 11 miles a hairpin turn brought the return of the wind and temperatures that felt like the 30's. Meredith bagged it with Evan at mile 14. Heading out at 14, we saw the once strong leader coming back as a distant second visibly showing the toll of the course. The former number 4 runner was now walking. Eric kept me going as Rose passed us coming back at mile 20 as the first female by at least 5 minutes and 8th runner overall! Will then became the second casualty but lucked into some local hospitality with a ride back which included some much needed recovery sandwiches.

I hit 20 miles at my predicted time of 2:45 and was joined by Bob Field who was doing the final 10K. "Just keep on running and don't walk," I told myself, "or suffer the consequences." The consequences: the 3-loop Washington's Birthday Marathon in Greenbelt. "No way!" I kept on running.

Bob was recovering from the stress fracture he suffered at Twin Cities



Sue Briers checks the clock in Chambersburg just ahead of Bill Peake (gloved runner is unknown).

where he qualified for Boston. His fresh attitude and pleasant personality, not to mention his jokes, were just the changes Eric and I needed.

We were joined by Bill Peake at the Striders (very) Unofficial Aid Station. I didn't even look at Will Scott's van beckoning to me. It was here that we learned that Rose had succumbed to this monster course with her metatarsal talking to her. She was treating it properly though as she was ingesting substantial num-bers of cookies. Rose says cookies can fix anything. We never found out whether the number two female ran all the way to the finish before finding out that her competition was in a van doing a Cookie Monster imitation.

The boys pushed me onward. I had slowed to 9 minutes but was still

Trail Day Celebration

The 2nd annual Trail Day will take place Saturday, May 25 at Lake Needwood Park, Rockville. Trail Day features a potpourri of participatory events, including a fun run and wheelchair race, a sanctioned volks-march, youth bike rodeo, supervised hikes and nature strolls, sports clinics and demonstrations including racewalking, bike maintenance, running, and much more. The boating and concession booth also will be open. For information and a flyer that includes all activities and a map of the trails, call the Montgomery County Department of Recreation at 301-217-6809.

RESULTS STRIDERS ON THE ROAD - IN CHAMBERSBURG

Eric Fromm	3:38	
Bill Peake	3:42	
Sue Briers	3:42	
Mark Wilhelm	3:48 PR!	
Earl Scott	4:10	
Wolf Kulp	4:00	
Mickey Galusky	...	4:something -	but he earned it
Rose Malloy	21	and cookie therapy
Will Meyers	16	& sandwiches
Meredith Bonta	...	15	& sorry about drinking a whole Coke before start
Bill Miller	15	good training run
Will Scott	14	for fun
Dick Hillman	14	farm implements & a Happy Birthday
Richard Lytle	14	& just glad to be alive
Marty Rosenberg	..	14	and a belated Happy Birthday
Evan Thomas	12	ran for scenery
Bob Field	5	Sue's special helper

running. Eric, confident that I was in good hands, took off at 22. Bob kept up the encouragement and Bill ran with me stride for stride. At 23 I thought I had conquered the last hill until Bob announced that the last one was at 24.

After the mile 24 hill, I used what little brain power I had remaining to calculate my ETA. Bob was worried but I wasn't because I knew his watch was wrong. I was just too tired to argue with him. As we ascended the mile 25 hill I reminded Bob of his assurance that the last hill was at mile 24.

The final 1.2 was downhill and straight. All you could see was a line of orange traffic cones that defined the course. Bob and Bill pushed me down that seemingly endless stretch to the finish. At 3:42:11 I crossed the finish line amid raucous Striders cheers. The clock broke at that moment and my time was permanently etched on the Chambersburg chronograph.

I owe a great deal of thanks to everyone who encouraged and assisted me in reaching my goal. To everyone - I promise not to drag you to any more crazy races - at least not 'til next month. To Chuck Leshner - how did you ever decide that the hills at 3-4 and at 23 were worth noting? They were just as bad as the hills at 1, 2, 6, 7, 17, 20 ... Right now, I don't care, because I'm BOSTON BOUND!

Valentine's Twosome Relay

A record number of couples tackled the new course at the new time on Sunday, February 10. The start and finish were on the service roads and grass surrounding Severna Park Middle School. Most of the course was in the fairly flat surrounding Chartwell community. While the skies were overcast, the temperature was in the mid-50's. Because of the nearly heart-shaped loops, the couples were able to cheer for their partners at about the midpoint of each 5KM leg.

The award for best team name went to Julie and Charlie Lane for "Love in the Fast Lane."

RESULTS

[* = age group winners]		
Place/Names [F/M]	Time	Group
1 Fahey/Colling	36:00	Under 40
2 Tamulevicz/Watson	37:23	41-60
3 Starnes/Cooper	37:30	71-80
4 Hart/Haas	37:51	41-60
5 Lutrey/Lutrey	37:59	61-70
6 Shanklin/Bayless	38:20	61-70
7 Avey/Lang	38:43	41-60
8 Greenblatt/Carbary	39:26	71-80
9 Lashar/Gualtieri	39:38	41-60
10 Lundeen/Lundeen	40:34	61-70
11 Morrison/Fox	40:52	41-60
12 Guaya/Bruce	41:17	41-60
13 Woodcock/Woodcock	42:52	61-70
14 Briers/Fromm	43:05	71-80
15 Battista/Battista	44:15	41-60
16 Weller/Baylan	44:38	41-60
17 Estrada/Parada	44:48	71-80
18 Dwyer/Robinson	44:50	41-60
19 Bonta/Pritchard	44:57	100+
20 Melanson/Melanson	45:37	41-60
21 Foley/Meyers	45:48	Under 40
22 Sass-Lehrer/Lytle	46:07	81-100
23 West/Daley	46:19	41-60
24 Nordlund/Jacobs	46:32	61-70
25 Sabatini/Donald	46:57	81-100
26 M. Foley/T. Foley	46:58	41-60
27 Conroy/Conroy	46:59	81-100
28 Fredland/Fredland	47:01	61-70
29 Weiner/Delean	47:06	Unknown
30 Chambers/Hartman	47:13	Under 40
31 Croneberg/Davison	47:14	41-60
32 Keefer/Keefer	47:41	81-100
33 Bausell/Holm	48:55	81-100
34 T.Foley/S.Foley	48:57	61-70
35 Walans/Beaver	49:52	61-70
36 Weisman/McKee	49:18	100+
37 Powell/Powell	49:21	Under 40
38 Schultz/Schultz	49:23	81-100
39 Moore/Zeitlin	49:57	81-100
40 Lane/Lane	50:03	71-80
41 Clark/Bell	50:09	41-60
42 Hillman/Hillman	50:28	61-70
43 Good/Abdullah	50:34	61-70
44 Daywalt/Lucas	50:56	61-70
45 Whalen/Roland	51:18	81-100
46 Donald/Rue	51:27	41-60
47 Welter/Welter	51:34	41-60
48 Cronk/Cronk	-	41-60
49 Legum/Legum	52:41	71-80
50 Goodman/Morris	55:34	81-100
51 Harney/Harney	-	61-70
52 Wycherly	-	-
53 D.Greenblatt/N.Greenblatt	-	-

Grier Masters Washington's Birthday 5k

RACE DATE: FEBRUARY 23, 1991

Baltimore's Tony Grier took a spin down Ritchie Highway on Saturday, February 23 to explore the gentle inclines of Bay Hills. Grier had anticipated a duel with the 1990 Washington's Birthday 5K champion Tony Basile. Alas, military obligations called Basile away. It might not have mattered anyway. The race was Grier's all the way. Grier, 40, broke ahead of the 228 runner field after the first mile crashing the finish line in 16:28, 12 seconds ahead of a mystery bandit! Running third (but awarded second) was Old Mill High School standout Scott Boetig in 16:47. Grier won a unique lead crystal Panda sculpture, while Boetig received a Casio SDB-300W 30-split watch. Top master (after Grier) was Strider Eric Peltosalo in 17:47, good for a Mikasa crystal clock. Age group competition was fierce as the top three in 21-29 and 30-39 finished 4-5-6-7-8-9.

As the first event in the annual Club Championship Series and with spring almost in sight, the 5K always draws a good crowd. This year was no exception, with entrants traveling from Minnesota and New York City. The weather managed to match the tradition for the event. The 50's and 60's of the preceding days turned to 30's and 40's just in time for the race.

On the women's side, Julie Caprio, celebrating (?) turning 30, had no trouble recording a 50-second victory over Mary Ann Zuckerman of Laurel in 19:47. First master (after Zuckerman) was Strider Linda Shanklin (Striders' Most Improved Runner for 1990) who

continued her string of fine finishes in 20:47. The women winners received the same awards as the men.

With the sun trying to peek out after the race, everyone enjoyed hot cider, cookies and bananas. One of six finishers received a random prize, small compensation for having to endure a filibuster by the race director! All runners also received a runners ID tag and reflective velcro bands courtesy

of North Arundel Hospital. Thanks go to the Bay Hills Community Association, the Bay Hills Golf Course, Graul's Markets, the Anne Arundel County Police Department, and to the superb race volunteers, without whom there would be no Washington's Birthday 5k. Here's hoping everyone has a successful '91 running season and will return for another "really big shew" in '92.

WASHINGTON'S BIRTHDAY 5K

MEN/WOMEN/OPEN CHAMPIONS

1 Anthony Grier	40	16:28	1 Julie Caprio	30	19:47
2 Scott Boetig	17	16:47	2 Mary Ann Zuckerman	44	20:37

DIVISION WINNERS

MEN: 13 & UNDER

1 Greg Sullivan	8	24:05
-----------------	---	-------

MEN: 14-20

1 Sheridan Snedden	17	17:12
2 Dave Wall	17	17:14
3 Rick Chambers	18	17:22

MEN: 21-29

1 Sam Stephens	27	16:51
2 Dan Knaul	28	16:53
3 Jeff Jubera	28	16:57

MEN: 30-39

1 Matt Mace	30	17:00
2 Tom Prendki	34	17:03
3 David Webste	38	17:05

MEN: 40-49

1 Bill Conroy	47	17:52
2 Keith Kelley	40	18:07
3 Eric Gyaki	42	18:18

MEN: 50-59

1 Jim Black	53	19:17
2 Thom Weddle	52	19:50
3 Bob McGee	50	20:00

MEN: 60 & OVER

1 Web Chamberlin	60	22:04
2 Denzil Pritchard	69	22:37
3 Roy Elver	61	23:04

WOMEN: 13 & UNDER

1 Robyn Sakraida	12	23:35
------------------	----	-------

WOMEN: 14-20

1 Katie Foley	14	24:36
2 Susan Horvath	17	25:54

WOMEN: 21-29

1 Stephanie Mikalac	24	21:45
2 Sherry Kosnar	29	21:49
3 Deborah Rich	27	21:54

WOMEN: 30-39

1 Jennifer Lundeen	31	20:42
2 Deborah Nielsen	32	22:01
3 Fay O'Neil	36	22:26

WOMEN: 40-49

1 Meredith Bonta	45	21:14
2 June Schneider	43	21:42
3 Jody Roberts	43	23:30

WOMEN: 50-59

1 Esther Weisman	59	26:23
2 Yvonne Aasen	59	28:01

WASHINGTON'S BIRTHDAY 5K

RESULTS

Pos/Name	Age	Time	Pos/Name	Age	Time	Pos/Name	Age	Time	Pos/Name	Age	Time
1 ANTHONY GRIER	40	16:26	55 JOHN BUSHERY	44	20:17	109 PAT DONAHUE	39	23:20	163 PAUL DANT	11	25:53
2 (no card)		16:40	56 CHET COATES	50	20:18	110 TIM SUMMERVILLE	40	23:21	164 SUSAN HORVATH	F17	25:54
3 SCOTT BOETIG	17	16:47	57 ANDY CASCARDI	41	20:25	111 JOHN SLIDELL	47	23:22	165 ALLEN EGLOFF	48	25:59
4 SAM STEPHENS	27	16:51	58 STAN WITOMSKI	57	20:33	112 GARY BIEDENKAPP	32	23:27	166 GERALD FEWLESS	29	25:59
5 DAN KNAUL	28	16:53	59 DAN MAUCK	47	20:34	113 JODY ROBERTS	43	23:30	167 CECIL McDONALD	45	26:00
6 JEFF JUBERA	28	16:57	60 KEVIN MERCER	26	20:36	114 TOM MCKEE	62	23:32	168 JOHN KURPUJWEIT	46	26:02
7 MATT MACE	30	17:00	61 M. ZUCKERMAN	F44	20:37	115 DON THOMAS	32	23:32	169 MARG CRONEBERG	F26	26:02
8 TOM PRENDKI	34	17:03	62 HOWARD BEARD	44	20:39	116 JONAS LEGUM	42	23:32	170 CLAIR MORRIS	54	26:04
9 DAVID WEBSTER	38	17:05	63 J. LUNDEEN	F31	20:42	117 KATHLN HEAGNEY	F37	23:36	171 CH. HUFNAGEL	45	26:13
10 MIKE HOFFMAN	35	17:06	64 MATTHEW EGELI	29	20:43	118 ROBYN SAKRAIDA	F12	23:36	172 LINDA GETTMAN	F24	26:14
11 LEE KORZAN	32	17:08	65 JOHN MAGNAN	45	20:45	119 VICKI HEDDEN	F34	23:37	173 ROB FOGLER	43	26:15
12 SHEIDAN SNEDDEN	17	17:13	66 JIM GENTRY	30	20:48	120 BILL GREENFIELD	38	23:44	174 RICHARD HALL	40	26:16
13 DOUG RIPLEY	23	17:13	67 LINDA SHANKLIN	F43	20:48	121 (no card)		23:45	175 ESTHER WEISMAN	F59	26:23
14 DAVE WALL	17	17:14	68 TONY RODRIGUEZ	29	20:52	122 BILL DAYWALT	34	23:46	176 KIM SCHUERMANN	F34	26:27
15 RICK CHAMBERS	18	17:22	69 P. SALMON-COX	51	20:56	123 PETER SRSC	31	23:48	177 STEVE LANIER	28	26:29
16 PAUL BALTUTIS	33	17:27	70 ERIC FREDLAND	48	21:08	124 MARY KORZAN	F33	23:49	178 GEORGE DAVIS	40	26:30
17 DAN DENNISON	34	17:32	71 MICKEY GALUSKI	42	21:09	125 FREEMAN BAGNALL	43	23:52	179 GEORGE SEYMOUR	38	26:32
18 BOB BOLESTA	28	17:34	72 (no card)		21:11	126 PATRICIA WILLIAMS	F40	23:57	180 JANE MACMURRAY	F30	26:41
19 DAN CAVANAUGH	17	17:40	73 MEREDITH BONTA	F45	21:14	127 ED HARTMAN	31	23:58	181 DEBORAH HARNEY	F34	26:43
20 CHARLES BRADY	24	17:47	74 ED KLEBE	51	21:17	128 MICHAEL BENSO	37	24:03	182 (no card)		26:47
21 TOM RICH	32	17:47	75 ARNIE HENDERSON	54	21:18	129 TOM CHAMBERLIN	33	24:08	183 DOTTIE ESHER	F44	26:49
22 ERIC PELTOSALO	41	17:47	76 DAVE DVORAK	30	21:23	130 ED KARLSON	55	24:13	184 DORINE CRONK	F11	26:53
23 BILL CONROY	47	17:52	77 ANTHONY PRUNER	36	21:25	131 GREG SULLIVAN, JR	8	24:18	185 JIM CRONK	44	26:54
24 SHAUN BLACK	16	18:04	78 STEVE BRADY	34	21:26	132 MARGIE DIEKMANN	F33	24:19	186 ALISA HINES	F26	27:10
25 DALE CRUM	38	18:05	79 HANK LOBE	33	21:27	133 JAN GRAVES	F38	24:20	187 AMELIA WOLFN	F9	27:11
26 KEITH KELLEY	26	18:07	80 TOM BRADFORD	48	21:34	134 MARIE FRIEDLAND	F36	24:21	188 DNISE RAYFIELD	F26	27:13
27 ERIC GYAKI	42	18:18	81 WILL MYERS	41	21:35	135 BERT RICE	54	24:24	189 BILL HARNEY	36	27:16
28 GARY ABEL	41	18:23	82 FRED POWERS	33	21:36	136 JAMES CARTER	34	24:27	190 CARMEN CURREY	F41	27:19
29 RICK SCHMIDT	33	18:27	83 CHRIS JARVIS	28	21:38	137 GREG SULLIVAN, SR	33	24:28	191 JOHN SALEMMAN	32	27:20
30 SCOTT MANGUM	33	18:28	84 MIKE PACK	51	21:40	138 KENNETH HANNAHS	29	24:30	192 SANDY FOLEY	F44	27:27
31 TOM LUBY	43	18:43	85 JUNE SCHNEIDER	F43	21:42	139 MICHELLE AASEN	F24	24:31	193 ROBIN WILLIAMS	39	27:28
32 TY LANAHAN	34	18:43	86 STEPH. MIKALAC	F24	21:45	140 WILL AASEN	25	24:32	194 ROBERT ROBERTS	32	27:33
33 MIKE HOWARD	35	18:47	87 SHERRY KOSNAR	F29	21:49	141 DAN HEMMINGER	10	24:33	195 DAVID CLARK	33	27:33
34 CHRIS MORRISON	23	18:51	88 DEBORAH RICH	F27	21:54	142 KIETH SKOWRDAN	29	24:35	196 MARGRET JOSEPH	F38	27:41
35 F. SANCHES	48	18:59	89. TOM KOMAREK	50	21:56	143 M. MONTGOMERY	F34	24:36	197 CATHY WILLIAMS	F9	27:43
36 JIM BUCK	48	19:04	90. DEBORAH NELSEN	F32	22:01	144 KATIE FOLEY	F14	24:38	198 MICHAEL FOLEY	13	27:57
37 FRED SHANKLIN	49	19:06	91. WEB CHAMBERLIN	60	22:04	145 JEFFREY ANTHONY	8	24:40	199 PAUL MEDFORD	45	28:00
38 JOE CLORETY	48	19:10	92. BILL HELMS	41	22:05	146 WILLIAM DOUGLAS	56	24:44	200 YVONNE AASEN	F59	28:01
39 WILLIAM PEAKE	39	19:16	93. KEITH GENTRY	28	22:07	147 JACKIE HODGES	F22	24:48	201 JEAN GROSS	F32	28:05
40 JIM BLACK	53	19:17	94. THOMAS BELOTE	50	22:12	148 JEFFREY DANT	9	24:49	202 JEAN LEGUM	F37	28:07
41 BRUCE HOLTZMAN	41	19:23	95. DOUG JOYCE	52	22:16	149 MARK WILHELM	27	24:50	203 BETH HEMMINGER	F10	28:08
42 DON SWINDLER	46	19:25	96. MIKE LORIMER	47	22:18	150 ROBERT KENNEDY	48	24:59	204 JEAN LEACH	F36	28:10
43 JIM LUNDEEN	32	19:28	97. JOE PORRICELLI	51	22:22	151 JIM ETCHSON	38	25:03	205 SHEILA GRIGSBY	F32	28:10
44 ALEX SHAW	14	19:33	98. FAY O'NEIL	F36	22:26	152 ALAN WYCHERLEY	48	25:18	206 PAT RIVIERE	F41	28:15
45 JESSE HENIGHAN	45	19:35	99. TOM THEADO	33	22:31	153 NANCY THOMAS	39	25:19	207 EDGAR PARKER	58	28:42
46 STEVE KEEFER	43	19:36	100. CEIL TINNEY	F26	22:33	154 LAURA NORTON	41	25:22	208 RUTH WATSON	F44	29:04
47 JOE SALINAS	42	19:37	101 DENZIL PRITCHARD	69	22:37	155 STEVEN WATKINS	38	25:25	209 WM. MCGRAHANAH	56	29:21
48 RALPH MANG	31	19:41	102 ROBERT DONALD	51	22:43	156 M. CURRENCE	F35	25:26	210 ARNOLD GALIANO	69	29:28
49 JULIE CAPRIO	F30	19:47	103 REGGIE HASELTINE	41	22:51	157 WAYNE RAMSEY	41	25:28	211 KRISTY UHRICH	F25	29:59
50 THOM WEDDLE	52	19:50	104 R.B. (BREV) MOORE	50	23:03	158 JOHN JOSEPH	43	25:30	212 DEBBY FOX	F44	29:59
51 ERIC FROMM	45	19:54	105 WEEMS DUVAL	39	23:03	159 ROBYN SNYDER	F24	25:31	213 GAIL HELMES	F39	30:06
52 BOB MCGEE	50	20:00	106 CLINT HENDERSON	34	23:03	160 MARJORIE RAWLE	F37	25:32	214 ROBERT DE YOUNG	41	30:06
53 PAUL BAKUS	39	20:01	107 ROY ELDER	61	23:04	161 CAROL STRASSER	F24	25:35	215 JUSTIN PEAKE	10	30:11
54 PAUL HERMAN	46	20:14	108 GARY SEWELL	49	23:16	162 M. TRAVILLIAN	52	25:45	216 ANNE SESSIONS	F29	30:19

WASHINGTON'S BIRTHDAY 5K VOLUNTEERS - THANK YOU!

- ➡ Parking: JOHN CLARK, EARL SCOTT, LEE PATRICK, BUCK CADELL, JIM HALL
- ➡ Registration: SANDY BALDERSON, ROSE MALLOY, KATHLEEN HEAGNEY, LINDA ROGERS
- ➡ Course: LEE PATRICK, BILL SHAUGHNESSEY, NANCY STAUB, JEREMY THOMAS, NANCY WADDINGTON, LOUISE ZEITLIN, RICK WOODS
- ➡ Lead bike: DON KENNEDY
- ➡ Race equipment: DOUG CORBY
- ➡ Finish line: BOB WALTERS, EARL KEICHER, WILL SCOTT, DICK HILLMAN, EARL SCOTT, JIM HALL
- ➡ Results: ROSE MALLOY, LEONARD KUENTZ, BOB FIELD
- ➡ Refreshments: EARL KEICHER, EARL SCOTT, BUCK CADELL
- ➡ Random prizes: JOHN CLARK, LINDA (Ronda Random) ROGERS
- ➡ Neighborhood letter distribution: JIM HALL
- ➡ Merchandise sales: SUE BRIERS
- ➡ HEAD WHISTLE BLOWER: ET

(Hope I didn't miss anyone!)



WORKERS RUN

BOB FIELD	21:18
EVAN THOMAS	21:41
WILL SCOTT	21:41
DICK HILLMAN	22:51
DON KENNEDY	23:45
LEONARD KUENTZ	25:30
LEE PATRICK	30:59
BUCK CADELL	31:00
LOUISE ZEITLIN (almost)	31:00

DEC 2 METRIC MARATHON 26.2K COLUMBIA (MORE HILL LOVERS)

Ed Klebe 2:04
John De Greck 2:05
Bruce Soyars 2:08
Bill Howie 2:22

UNKNOWN DRRC INDOOR TRACK MEET THOMAS JEFFERSON COMMUNITY CEN/1 MILE

Eric Gyaki 5:06 3rd Masters
(I found this in the Post)

JAN 5 CHARLOTTE OBSERVER MARATHON/CHARLOTTE, NC

Weems Duvall 3:45 PR/500 runners
Nice weather & hills

JAN 6 GASPARILLA WARMUP/15K/TAMPA, FL

Kip Eldridge 1:08:22 PR

JAN 13 MAX BYRNE HALF MARATHON/FT DESOTO PARK, FL

Kip Eldridge 1:36:55 PR

JAN 20 BOWIE 10K/BOWIE, MD

Reggie Haseltine 46:14 Building for the
"Last Train"

JAN 20 BRRR LONG GREEN VALLEY/6MI/BOORDY VINYARDS

David Webster 34:52 2nd O/A

JAN 20 GREAT VALLEY MARATHON/CHAMBERSBURG (THE CURE FOR CABIN FEVER)

(See Results on page 7)

What else would you rather do than spend a long winter's day with friends in the Great Valley near Chambersburg. Three van loads of zanies motored to help Dick celebrate his birthday and make sure Sue got to Boston. This race had something for everyone: sun, wind, cold, heat, hills, crowned roads - sort of like our Metric marathon extended to the full marathon distance. Sound like fun? Well it wasn't. The course was out, then run three out and backs, before retracing your steps back to the finish. We had the Darth Vader van set up at mile 21 to provide the last push coke/cookies/candy. The bottom line is that it took 15 people to get Sue to qualify for Boston (*she did have to run it herself*). Afterwards, we celebrated Dick's birthday by pigging out at the Golden Corral in Waynesboro - the place never knew what hit it.

JAN 27 EYE OF THE DRAGON 10K/MELBOURNE, FL

Joe Walsmith 46:39

It only took Joe 14 hours to get there by air. Several Marylanders were in evidence at the race.

FEB 10 TRI MARYLAND NO FRILLS BIATHLON/ANNAPOLIS

Brenda Norman 32:56 10th F

FEB 17 BAY BRIDGE 10K/TAMPA, FL

Matt Mace ? 7th 400 runners/windy

WASHINGTON'S BIRTHDAY MARATHON/GREENBELT AGRICULTURAL RSCH CENTER

Bill Turrentine 3:
Bill Shaughnessey 3:39
Bill Peake 3:44
Sue Briers 3:44
Mark Wilhelm 3:54
Earl Scott 4:21

"I love relay runners."

Some people can't get enough long distance. Some of our intrepid band just got done with Chambersburg and here they are at it again! It was a good day for

Striders On The Road



BY EVAN THOMAS

running but not a good course - more loops, crowned roads, and 4/5 miles between water stops. This is more a team relay race than an individual race. The Coyotes had a couple of teams. Nancy Staub ran on the "Noticeably Nimble" team which was 2nd in the womens open. ET ran 13 for "fun"? Ed Purpura did 16 while "helping" a friend finish. John Kurpijweit returned to the longer distances with a 16 mile effort even with the flu. The winner, John Ausherman, did a 2:39. John hails from (shudder): Chambersburg!

FEB 17 BRRR CHERRY PIE 10 MILE PATTERSON PARK, BALTIMORE

Tom Prendki 59:42 3rd
David Webster 1:03:58 8th

FEB 24 COLONIAL HALF MARATHON/Williamsburg, VA - DRIZZLE, COOL

Rose Malloy 1:19:17 1stF.
Just a tune up for Boston.

Ben Moore ? 1st 65+
Ken Lyons 1:39
Bill Miller 1:40
Delma Miller 1:51
Joe Walsmith 1:51

"It seemed endless"

Mike Impellizzeri ?

Bill Law ?

Neal Hinkle ?

John Lockwood ?

Much eating and shopping this weekend. Some, Ron Bowman and Lynn Hopkins, ran a 3 miler. Sorry I missed the highlight of the weekend - there was a clown convention at one of the hotels. Maybe next year I'll pay them a visit.

FEB 24 MD/DC RRCA CLUB CHALLENGE/10 MI/COLUMBIA - NO WIND, ALMOST NICE

Dave Webster 56:12
Tom Prendki 59:48
John Ng 1:01:54
Gerry Vega 1:03:11
Joe Clorey 1:07:06
John Magnan 1:11:52
Doug Corby 1:11:56
John Guala 1:14:39
Will Scott 1:15:56
Sue Briers 1:17:27
Bob Field 1:17:29
Evan Thomas 1:18:45

Tom Bradford 1:18:45
Don Kennedy 1:19:11
Dick Hillman 1:19:46
Earl Scott 1:21:50

Margie Diekman-Fiesler 1:26:13

Well, we did it again! We were 6th of 6 teams. At that we had to enlist the aid of an injured Kathy Toskes to get 3 women entered. Howard County tried to tell us that they had taken the hills out of the course this year. What they really did was to substitute lots of small hills for the old several long hills. Whatever, yours truly didn't do well - low back pain struck on Tuesday. Breakfast at the Bagel Shoppe was highlight of the morning. Thanks to those who showed up to defend our title.

MAR 2 ALAMO ALUMNI RUN/5M/WASHINGTON, D.C.

Matt Mace 28:10

Got close to Vickie Huber!

MAR 2 RED LOBSTER 10K/ORLANDO, FL

Pat Hoffman - Pat sez sponsor is pulling out - look for a different race next year.

MAR 2 LAST TRAIN TO BOSTON MARATHON/ABERDEEN PROVING GROUNDS

Reggie Haseltine 4:03 PR

Love those loops!

Earl Scott 4:36

Ran out of gas at 10M?

If you like loops, this is for you. Four of them at 6.55M each can leave you loopy. Weather: breezy and warm (but of course!)

MAR 3 LOS ANGELES MARATHON

Kathleen Heagney 3:50

PR by 14 minutes

MAR 3 BETHESDA CHASE/20K/ BETHESDA, MD

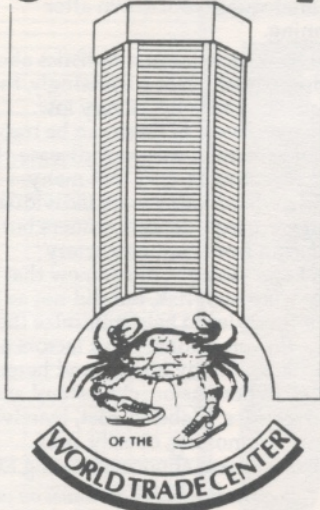
Nancy Staub 1:28:32 9th F

MAR 3 MYERS PAVILION/8K BROOKLYN PARK, MD

I didn't get many times but there were a large number of Striders signed up for this one which had 472 finishers overall. Neal Hinkle 36+, Don Kennedy 37:05 (no pain), Heidi Hillman 47+, Eric Gyaki, Linda Simpson, Esther Weisman, Carole Sigismondi, Jim Buck, John De Greck, Pat Donahue, Ed Klebe, Ralph Mang, Don Smith and Mike Vision to name a few.

ODDS AND ENDS: Additions to the Champ Series results: James Carter and Fred Shanklin both completed all the events and were awarded the coveted recognition plaque. That brings to 19 the number who ran all the series events last year - a truly amazing number and a clear record for total doing so. It's hard enough to organize your life to get to all of them, but trying to stay healthy also makes it a real achievement. Here are the rest in case you missed it: Jennifer Lundeen, Linda Shanklin, Matt Mace, Doug Custer, Jim Lundeen, Glen Levin, Pat Donahue, Ron Bowman, Jim Etchison, Mickey Galuski, John Magnan, Will Myers, Tom Bradford, Bill Derr, Peter Salmon-Cox, Neal Hinkle, and Ed Karlson. I know there were several who just missed it for various reasons - I hope things turn out better for you this year. See you on the road - ET

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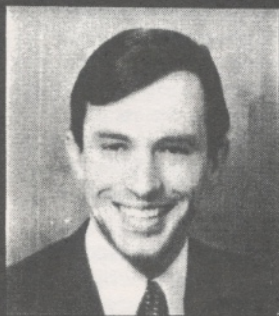
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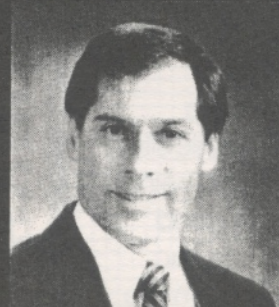
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RUNNING WITHOUT FEAR

Kenneth H. Cooper, M.D., M.P.H.
H. Evans and Company, Inc., New York
(1985)

I was browsing through the library when the title caught my eye: Running Without Fear. "Okay," I asked myself, "running without fear of what?"

Images of fearless

runners came to mind, feet pounding the road in total disregard of surrounding threats, dogs, attack beetles, snow, sleet, gloom of night, etc. I read the subtitle: "How to Reduce the Risk of Heart Attack and Sudden Death During Aerobic Exercise." This was serious and close to home!

The author's name? Dr. Kenneth H. Cooper. He's the guy who started the aerobics craze more than two decades ago with the book (you guessed it) Aerobics. Memories flowed back about a fellow worker, an Air Force captain, who brought a copy of the book to the office (the Air Force sponsored Cooper's studies and promoted the book within the service) and we all read it with great interest. Before long, we had formed a small group of novice joggers and were scrambling to the track each day at lunch to run a mile or two. Little did

Being physically fit and being in good cardiac health are two separate, sometimes unrelated conditions...

decided to take a look at this book. The book is not new - 1985 - but the topic somehow seems terribly relevant now.

It starts with a discussion about the benefits of exercise and an overview of the running revolution. This naturally leads to the subject of Jim Fixx and the "Fixx Syndrome." You know, that collection of myths about how strenuous exercise can overcome heart

conditions, such as "I couldn't have heart disease and run the way I run without symptoms," or "People who run marathons don't die of heart attacks," or "If you are a highly conditioned long distance runner, you can forget your heredity." Hogwash! Being physically fit and being in good cardiac health are two separate, sometimes unrelated conditions, as was recently re-emphasized by Dr. George Sheehan's article in the February, 1991 "Runner's World." Running will get you into good physical condition but good cardiac

health depends upon a lot of other factors.

Dr. Cooper devotes about 30 pages to

various facts and medical speculations about Fixx's sudden death. The information is factual and documented with diagrams and illustrations. Fixx

BOOK REVIEW by Eric Fromm

had some serious problems which are brought to light by Cooper with three probable conclusions for his demise: a clogged artery, an enlarged heart, and an inadequate cool down after running.

The book recites some statistics about sudden death. Not surprisingly, the rate among runners is very low. However, most of these can be traced to some form of coronary disease. It was revealing to read that many sudden death cases were individuals who were experienced runners but suffering from coronary artery blockage. Some victims knew that they were high risk, but did not adjust their lifestyles to help minimize the risk. Eleven coronary risk factors are examined: family history and heredity, stress, hypertension, cholesterol and triglycerides, diabetes, diet, inactivity, cigarette smoking, obesity, oral contraceptives, abnormal resting ECG,

Book Review FEAR continues on page 12

Athletes Support Diabetes Program

Want to challenge yourself by swimming across the Bay? Last year, 800 persons tested their ability by participating in the annual Chesapeake Bay Swim Race.

The American Diabetes Association, Maryland Affiliate, Inc., and Endurance Sports Events, Inc. are co-sponsoring a series of sporting events to raise funds to support the research, educational, and public awareness programs of the Association. Planned are triathlons, biathlons, and swims across the Bay and the Choptank River.

In 1982, Brian Earley organized a swim across the Bay in memory of his father who had died from the complications of diabetes. Since 1986, the Diabetes

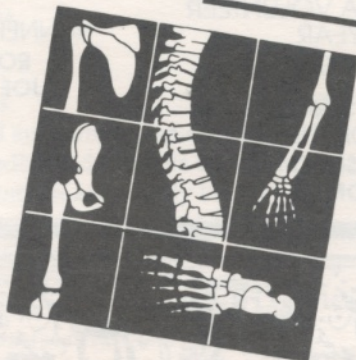
Association has joined forces with Fletcher Hanks of Endurance Sports of Oxford to expand these efforts and promote broader participation.

The grand prize for the participant who turns in the most donations by November 15 is lodging for three nights and round trip airfare to Hilton Head, South Carolina. Sports gift certificates will be awarded to all participants who raise just \$125. A credit for donations may be used in lieu of an event's entry fee.

To receive an entry form and sponsor sheet for any of the events, write to the Diabetes Association, 2 Reservoir Circle, S. 203, Baltimore, MD 21208 or call 301-486-5515.

SCHEDULE OF EVENTS

- JUNE 2** Cambridge Triathlon and 1.6M Choptank River Swim
- JUNE 9** Chesapeake Bay Bridges Swim
Maryland Reach the Beach Triathlon
- JUNE 16** 2nd National Spring Biathlon
- JULY 28** 2nd National Summer Biathlon
- SEPT 1** Chesapeake Bay Bridge-Tunnel Swim
- OCT 19** Continental US Ultra Triathlon
2.4M Choptank River Swim
- OCT 27** Fall Biathlon (Cambridge Biathlon)



ANNE ARUNDEL ORTHOPAEDIC SURGEONS

Robert S. Ellis, M.D.
Allen C. Egloff, M.D.
Neill S. Cooper, M.D.
Garrett J. Lynch, M.D.
Jeffrey R. Chain, M.D.

DID YOU KNOW ...

- The most common injuries in track and jogging are stress fractures, ankle sprains, Achilles tendinitis, bursitis and fasciitis, heel pain, blisters and shin splints.
- In aerobic dancing, the rate of injuries is dependent on the rigors of the program, not the floor surface or shoes. The injury incidence is 1 per 350 hours of dancing.
- In cross country running, 95% of the injuries occur in the lower extremities from overuse, training errors or trauma. Over 1/2 of the trauma injuries are ankle sprains.
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1991 Awards Presentations

VOLUNTEER HALL OF FAME

ANNE CHAMBERLAIN
MARIA COUGLIN
PAT HOFFMAN
ELEANOR KENNEDY
BETTY MOORE
PAT O'BRIEN
WILL SCOTT
JOE WALSMITH
LOUISE ZEITLIN

RRCA VOLUNTEER RECOGNITION

DON KENNEDY
PAT O'BRIEN
MIKE VAN BEUREN

MARYLAND RRCA VOLUNTEER OF THE YEAR

DON KENNEDY

ANNAPOLIS STRIDERS VOLUNTEERS OF THE YEAR

SHARON SERIO
EVAN THOMAS

MOST IMPROVED RUNNERS OF THE YEAR

Presented in Memory of Elaine Shereika

LINDA SHANKLIN
ERIC FROMM

RUNNERS OF THE YEAR

ROSE MALLOY
JOE BLACKMON

1991 Annapolis Striders

What's Coming Up

Please call the Hotline, (301) 268-1165, or the race director to confirm time and place for our events. For entry forms, send a SASE to: Annapolis Striders, P.O. Box 187, Annapolis, MD 21404

First Monday of each month, 7:30 p.m. ANNAPOLIS STRIDERS BOARD MEETING

Nationwide, 2500 Riva Road, Annapolis

Every Wednesday, 5:30 p.m.

FUN RUNS

Anne Arundel Community College (meet at the track) College Parkway, Arnold, Md. Earl Scott, 269-5013

Saturdays 7:00 a.m. INFORMAL DISTANCE TRAINING RUNS

Conte Building on Rt. 450 west of West Street, near the Annapolis Mall

Sundays, 7:30 a.m. INFORMAL DISTANCE TRAINING RUNS

Fleet Feet, Main Street, Annapolis

Saturday, April 27, 8am TWO MILE TRACK RACE*

Anne Arundel Community College, Arnold

Sunday, May 5, 8am GOVERNOR'S BAY BRIDGE 10K

Sandy Point State Park, Annapolis

June 16, 8am FATHER'S DAY 10K*+

Loch Haven Rec. Area, Edgewater

Saturday, July 13, 6pm JOHN WALL MEMORIAL 1 MILE TRACK RACE & JUNIOR MEDLEY*

Annapolis High School, Riva Road

Saturday, July 20, 8am/9am WOMEN'S DISTANCE FESTIVAL 5K RUN AFTER THE WOMEN 5K

West Elementary School, Annapolis

Sunday, August 11, 8am DOG DAYS OF SUMMER 8K CROSS COUNTRY RUN*

Anne Arundel Community College, Arnold

Sunday, August 25, 7:50am 16th ANNAPOLIS TEN MILE RUN

Navy-Marine Corps Stadium

Sunday, September 8, 8am PENNYSAVER 5-MILER*+

Severna Park High School, Robinson Road

Sunday, October 13, 8am METRIC MARATHON 26.2K*

Southern High School, Harwood

Saturday, November 9, 8:30am HOG NECK 5M SCAMPER+

Downs Park, Pasadena

Sunday, December 1, 10am COLD TURKEY 20K RUN*

South River High School, Edgewater

Saturday, December 28, 10am 13TH ANNIVERSARY 15K RUN*

Quiet Waters Park

* indicates Club Championship Series Race
+ indicates County Executive's Series

FEAR

Continued from page 10

and too much sex (just kidding!). This is the key portion of the book because you can learn about risk factors that may be specific to you and what you can do to control or neutralize them. How can you know if you have an elevated coronary risk? According to Cooper, you can never be absolutely sure with any test, but a maximal stress test can help reveal many hidden coronary problems.

One danger that runners may needlessly expose themselves to is insufficient cool down. If there is message in this book worth repeating, it is that "... anyone who stops vigorous exercise abruptly is endangering his heart - and may be flirting with sudden death... If you stop and stand still without reducing the level of your activity step by step, your blood pressure will drop. But the natural stimulants from the adrenal glands keep the heart beating at a high and inefficient rate. As a result, not enough blood gets to the heart, and ischemia of the heart, involving lack of blood to the heart tissue, may result." So when you finish your run, don't just stop. Keep moving,

walking, jogging, etc. If you just finished a marathon crawling across the finish line and you all you can do is a "dead bug" act, then lie on your back and raise your legs. This will keep the blood from pooling in your legs, and will make it more available for circulation to the heart.

Towards the end of the book, one chapter covers everything there is to know about the Cooper Clinic's stress testing method - which every reader surely needs to know! In fact, there is so much detailed information here you could open your own clinic in no time. I don't know why Cooper included this section. It is very specific to a reader engaged in conducting stress tests and unlikely to be of interest or assistance to the average running enthusiast. However, this section is followed by "Can You Really Prolong Your Life?" which contains some real nuggets.

The book is worth reading, made more worthwhile by skipping the less relevant chapters. Dr. Cooper does an admirable job of describing the causes of sudden death, the underlying risks, and what one can do to minimize them. Truly, a book you can live by.

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 AVAILABLE AT THE ATHLETE'S FOOT AT THE ANNAPOLIS MALL OR AT FLEET FEET ON MAIN STREET.

For a Tac #, call the Hotline: 268-1165

For info on International Marathons, request Aims Yearbook: Holmes McDougall Ltd, 24 Clydeholm Rd, Glasgow G14 0au, Scotland. Tele: (41) 954-2124 Fax: (41) 958-0975

Apr 13, Sat, 1:15 PM, Hagerstown Suns 5K. PO Bx 230, Hagerstown, MD 21741 791-6266

Apr. 13, Sat., 8 AM, Charlottesville 10 Miler. Charlottesville Track Club, PO Bx 5612, Charlottesville, VA 22905 804-293-6115

Apr. 13, Sat., 8:30 AM, St. Paul's 5K Crusade + 1M F.R. PO Bx 1108, Brooklandville 21022 494-8649

Apr. 14, Sun., 9 AM, Patriots' Cup Corp. Challenge, Geo. Mason Univ. 100 N. Wash. St., Suite 234, Falls Church, VA 22046

Apr 14, Sun., 8 AM, Sallie Mae Cherry Blossom Chaser 10K. 1050 Thom. Jefferson St, NW, DC 20007 202-728-6456

Apr 14, Sun., 9 AM, Ft. Washington 5K Daylight Savings Classic + 2M F.R., Riverview Pk. PO Bx 44149, Ft Washington, MD 20744 301-292-3978

Apr 15, Mon., noon, 95th Boston Marathon. PO Bx 1991, Hopkinton, MA 01748 508:435-6905 FAX: 508-435-6590

Apr 17, Wed., 7 PM, Main St. Mile, WRCC, 1796 S. Pleasant Valley Rd, Westminster, MD 21157 301-857-5427

Apr 18, Thurs., 6:30 PM, Wall Street Rat Race. NYRRC, 9 E. 89th St, NY 10128 212-860-4455

Apr 20, Sat., 8:30 AM, YMCA 10K/2M, City Dock, Annapolis. Y, 40 State Circle, Annapolis 21401 269-0372

Apr 20, Sat., 10 AM, Byron 15K Mtn Run. Geo Gelles, Mt. St. Mary's Coll., Emmitsburg, MD 21727 301-447-5330

Apr 20, Sat., 9 AM, 1040-K (8K)+ 1040 EZ F.R., Rash Field. PO Bx 11394, Balt., MD 21239 301-882-5455

WHERE THE RACES ARE

D A T E S & L O C A T I O N S

Apr 20, Sat., 10:30 AM, Trevisa Twosome 2M/10M, Central Park. NYRRC, 9 E. 89th St, NY 10128 212-860-4455

Apr 20, Sat., 8 AM, Tortoise & Hare 8K. Health Club, 12040 S. Lakes Dr, Reston, VA 22091 703-476-5300

Apr 21, 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 21, Sun., Climb to the Top of World Trade Center, Balt. American Lung Assn., 1840 York Rd, Suite K-M, Timonium 21093 800-492-7527

Apr 21, Sun., 8 AM. Broad Run Kettler & Scott 10K. 1011 Warwick Ct, Sterling, VA 22170 703-444-9215

Apr 21, Sun., 9 AM, Parkville JC's 5M Run. PO Bx 5480, Parkville, MD 21234301-444-9437

Apr. 21, Sun., 2 PM, Quadrathon (440/880/1M/2M), Hagerstown Jr. Coll. Hag. Run for Fun Club, 329 Nottingham Rd, Hagerstown, MD 21740

Apr 21, Sun., 9 AM, Penn Relays 20K Distance Classic. Weightman Hall, 235 S. 33rd St, Philadelphia, PA 19104-6322

Apr 21, Sun., noon, Amish Country Half Marathon. Bill Smith, 509 Big Bend Rd South, Lancaster, PA 17603 717-394-7812

Apr 21, Sun., 7:30 AM, Monument Ave Centennial Biathlon 5K run/30K bike/5K run, Richmond, VA. L & M Sports Svc, 7 Westwood Dr, Mantua, NJ 08051 804-358-2000

Apr 21, Sun., 8:30 AM, World Bank 8K. 1818 H St, NW, Rm T-8036, Washington, DC 20433 202-473-1791

Apr 27, Sat., 10 AM, Fodderstack 10K Classic, Flint Hill, VA. Rappahannock Recreational Auth., PO Bx 124, Flint Hill, VA 22627 703-675-3342

Apr 27, Sat., 8:30 AM, Fastbreak 5K + 1.5K walk, Boys' Latin Sch., Balt. 320 Dixie Dr, Towson, MD 21204 301-494-8649

Apr 27, Sat., 9:30 AM, Lady White Rose, 5K + 1M F.R. YRRC, RD #2, Bx 251, York, PA 17403 717-741-3693

Apr 28, Sun., 8 AM, Clyde's American 10K, Columbia. Feet First, Wilde Lake Vill. Green, Columbia 21044 301-992-5800

Apr. 28, Sun., 9:30 AM, Jay's Run 10K, Potomac. PO Bx 1835, Bethesda, MD 20827

Apr 28, Sun., 8:30 AM, 8K Crusade + 1M F.R., St. Paul's Sch., Brooklandville. PO Bx 5024, Timonium 21093 494-8649

May 4, Sat., 11 AM, Apple Blossom 10K, Winchester. 5 N. Cameron St, Winchester, VA 22601-4727 703-662-4946

May 5, Sun., 8 AM, Long Island Newsday Mar./Half-Mar. Nassau Co. Rec. & Pks, Eisenhower Park, E. Meadow, NY 11554 516-542-4439

May 5, Sun, Pittsburgh Marathon. Dept. of Pks & Rec., 1 English Ln, Pittsburgh, PA 15217 412-422-6535

May 5, Sun., 8:30 AM, Broad Street 10M Run. Rec. Dept., CASE Bldg, Belmont & S. Concourse, Philadelphia, PA 19131 215-685-0150

May 5, Sun., 8:30 AM, Capitol Hill Classic 10K/3K, Stanton Pk. 320 10th St, NE, D.C. 20002 202-546-5858

May 5, Sun., 8:30 AM, Wild'N Fowl Triathlon. .5M swim, 14.5M cycle, 5K run, Schumaker Pk. Amer. Cancer Soc., PO Bx 163, Salisbury 21801 301-749-1624

May 11, Sat., 7:45 AM, Echo Ache, .25M, .5M, 10K/3K, Glen Echo, Potomac. MCRRC, PO Bx 1703, Rockville 20849 353-0200

May 11, Sat., 8:30 AM, Solomons Island 10K Heart Run. Bx 147-A1, Hwy 925S, Waldorf, MD 20602

May 12, Sun., 8 AM, Nike Women's 8K Race. NWR, Bx 134, Mt Vernon, VA 22121 703-780-3037

May 18, Sat., 8 AM, Uptown Races 8K + 4K walk, Chevy Chase. 4516 Windom Pl NW, Wash., DC 20016

May 18, Sat., Poker Run, Greenbelt Lake. PGRC, PO Bx 877, Greenbelt, MD 20768 301-498-3672

May 18, Sat., 7 PM, 5K Twilight Run + 1M Fun Woggler. Frederick Mem. Hosp., W 7th St, Frederick 21701 301-698-3231

May 19, Sun., 8:30 AM, Revco-Cleveland Marathon/10K. PO Bx 550, Twinsburg, OH 44087 216-425-9811

May 19, Sun., 8 AM, Crystal City Festival 10K. PO Bx 554, Springfield, VA 22150 703-527-3010

May 25, Sat., 8 AM, Chestertown Tea Party 10M. Marty Stetson, Chestertown Bank, 213 High St, Chestertown, MD 21620

May 25, Sat., 9:30 AM, L'eggs 10K Mini Marathon, Cent. Pk. NYRRC, 9 E 89th St, Dept E, NY, NY 10128

May 25, Sat., Elby's Big Boy Classic 20K, PO Bx 1046, Wheeling, WV 26003 614-633-5000

May 26, Sun., 10 AM, No Run All Fun Biathlons. Macho: 1M swim, 20M cycle. Whimp: 1/2M swim, 10M cycle. Endurance Sports Events, PO Bx 1118, Cambridge, MD 21613 301-228-2505

May 26, Sun., 8 AM, Constellation Classic 10K, Balt. PO Bx 11394RT, Balt. 21239 301-882-5455

June 1, Sat., 8:30 AM, Key to the City 10K. 1400 Eye St NW, S. 450, Wash., DC 20005 202-289-4988

June 1, Sat., Riverdale Classic 8K. PGRC, PO Bx 877, Greenbelt, MD 20768 301-498-3672

June 1-2, 4AM Sat-8AM Sun., Old Dominion 100M One Day Endurance Run, Detrick, VA. HC-60, Bx 1969, Ft Valley, VA 22652 703-933-6088

June 2, Sun., 8:45 AM, Choptank Rive 1.6M Swim Race + Cambridge Triathlon, 1.6M swim, 13.1M run, 55M cycle. Endurance Sports Events, PO Bx 1118, Cambridge, MD 21613 301-228-2505

June 2, Sun., 7:30 AM, Herndon Festival 10K + 2M F.R. PO Bx 427, Herndon, VA 22070 703-435-6868

June 2, Sun., 8:30 AM, Bar-Provident 10K, Art Mus. 1635 Market St., 7 Penn Cntr, 12th Flr, Phil., PA 19103 215-567-2010

June 8, Sat., 9 AM, Separation Day 5M Run + 1M walk. 220 Delaware St, New Castle, DE 19720 302-656-5816

June 9, Sun., 8 AM, Bel Air Town Run 5K + 1M F.R. 605 Bernadette Dr. Forest Hill, MD 21050 301-879-6410

June 9, Sun., Chesapeake Bay Bridges 4.4M Swim Race + Reach the Beach Triathlon with Teams, 4.4M swim, 17M run, 100 cycle. Endurance Sports Events, PO Bx 1118, Cambridge, MD 21613 301-228-2505

June 9, Sun., 8 AM, Five Smiler + No Decay 2K, Inner Harbor. PO Bx 11394, Balt, MD 21239 301-882-5455

June 9, 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 9, Sun., 10 AM, Tri MD Tri Kid (age 7-17) Triathlon #1, Dundalk Comm. Coll. Tri Kid, PO Bx 28477, Balt 21234 301-882-6103

July 18-28, IXth World Veterans Championships, Turku, Finland. Wm. Adler, 1801 Ave. of Stars, #1136, Los Angeles, CA 90067 213-557-2422

Nov. 3, Sun., 10:50 AM, NYC Marathon. AFTER MIDNIGHT MAY 19TH, send S.A.S.E. (#10 envelope) + \$4 to Mar. Entries, PO Bx 1388 GPO, NY, NY 10116 212-860-4455



CHAMP SERIES, 20-29: Deborah Rich, Michelle McFree-Aasen, Jennifer Lundeen.



CHAMP SERIES, 40-49: Linda's Simpson & Shanklin, and June Schneider.



1990 RACE DIRECTORS receive token of small appreciation! What a group!



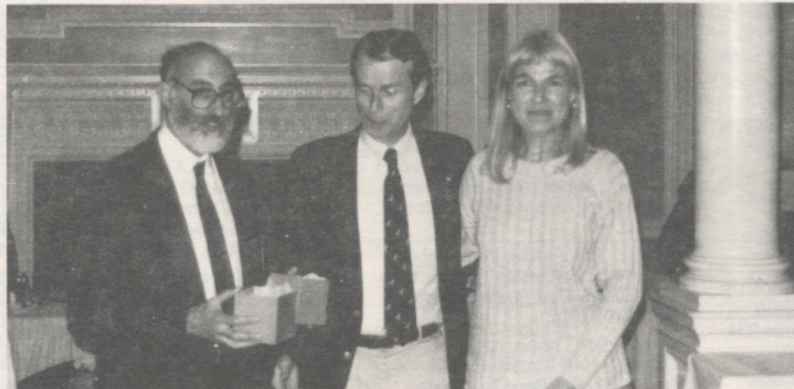
WOW!
ALL
THESE
FOLKS
DID ALL
THE
CHAMP
SERIES!

1990 CHAMPIONSHIP SERIES 100% PARTICIPATION

RON BOWMAN
TOM BRADFORD
JAMES CARTER
DOUG CUSTER
BILL DERR
PAT DONAHUE
JIM ETCHISON
MICKEY GALUSKI
NEAL HINKLE
ED KARLSON
GLEN LEVIN
JAMES LUNDEEN
JENNIFER LUNDEEN
MATT MACE
JOHN MAGNAN
WILL MAYERS
PETER SALMON-COX
LINDA SHANKLIN

1991 Annual Meeting & Awards Banquet

FRIDAY, MARCH 1, 1991 ST. JOHN'S COLLEGE



VOLUNTEERS EXTRAORDINAIRE: Evan & Sharon.



INDUCTED into the Volunteers Hall of Fame: Will Scott, Louise Z., Eleanor Kennedy, Betty Moore.



BUCK CADELL & Louise Zeitlin pretend not to be talking at the reception.



NOISIEST table award goes to Gudas et al.



TOM BRADFORD proves he can count to five despite the wine.

FOR A
COMPLETE LIST
OF THE 1991
AWARDS
PRESENTATIONS
PLEASE SEE
PAGE 12.



CAROLE RIVERA, MD
RRCA Rep., presents
RRCA National Volunteer
Recognition Awards to Earl
Scott & Mike vanBeuren.



MOST improved! Linda Shanklin



DOUG POND attends another annual banquet, his 14th in 13 years.



EVAN & LLOYD-ELLEN THOMAS -
still smiling after all these years.