

INSIDE THIS ISSUE:
MOORE'S MARINES TRAINING SCHEDULE
BAY BRIDGE RACE RESULTS
PLUS — SEE PAGE 11 FOR PICTURE OF MAN WHO GOES OVER THE HILL JULY 1st

STRIDE



Annapolis Striders

JUNE 1991 VOLUME XIII, NUMBER 3



ANNAPOLIS STRIDERS, INC.
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Bill Vogenitz H:757-3321

Note From the Editor

Thanks, Dick Hillman, and Katherine Burke at Annapolis Publishing, for the great job on the April Streak. This June issue offers something for all ages and all interests. Every facet of our organization is represented in the following pages. Happy running and reading!

Deadline for the August Streak is July 1.

Sharon Serio



Letter to the Editor

Dear Sharon,
Debbie Harney and I met with Mike Murdoch at Quiet Waters Park and established a schedule of runs to take the place of those held in previous years at Truxton Park. They will begin on Thursday, June 13, 1991 and run for 10 Thursdays until August 22nd, (excluding July 4), at the Holly Picnic Pavilion located in the back section of the park. We will continue with the same race format as we had at Truxton:

6:00 p.m..... KIDS RUN, ADULT WARM-UP RUN
1/2 mile to 1 mile

6:30 p.m..... 4 mile run (one loop of path)
Watermelon and other refreshments will be provided; \$0.50 donation accepted to defray costs.

Regular parking fees will apply. A yearly sticker may be purchased at the main gate for \$15. A second sticker may be purchased at the same time for \$2. Ordinary entry is \$3. Participation awards will be given to each child under 12 at each meet. We will track ongoing participation throughout the series and make completion awards to those who come to 8 out of 11 dates.

Meet directors are Debbie Harney and Mike van Beuren. **Should there be adequate interest, we will continue the runs through the fall.**

Sincerely,
Mike van Beuren

The race is not always to
the swift, but to those who
keep on running.



WE HOPE YOU ENJOY THIS ISSUE OF YOUR STREAK.

**AND PLEASE REMEMBER TO
SUPPORT OUR ADVERTISERS
THAT APPEAR IN EACH ISSUE!**

June 1991

STREAK

Volume XIII, No. 3

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Arnie Henderson, Artis Henderson

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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| | |
|----------------------|---------------------|
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YEARLY RATES ARE AVAILABLE!

CALL AND RESERVE YOUR AD SPACE TODAY!

NEXT STREAK DEADLINE IS JULY 1, 1991

Presidential Prattlings

Homegrown lucky 7

Among the distinctions attained by the 7th edition of the Governor's Bay Bridge Run: male & female winners were locals; best weather ever; most finishers; most women; most volunteers; longest toilet lines; most discarded clothing; classiest premium; best cooperation from state agencies; and stellar performance by the race director - Ron Jarashow. Plans are already underway for 1992. If you have some constructive suggestions and want to be a part of the '92 team, give Ron a shout.

Who said, "Never volunteer?"

More volunteers! Eric Peltosalo has become the organization's legal counsel and Patti Bembe has taken over the Women's Distance Festival Run. There's still room for you though. We dearly need a coordinator for rental of our equipment, primarily the digital clock and the electronic timer. Also, in our 12 year history we never have had anyone organize racing teams to represent the Annapolis Striders. We are presented continually with opportunities for team competition all over the east coast. The Board has been willing to underwrite some costs associated with

ERIC PELTOSALO
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these endeavors and several members are interested in participating. We need a coordinator. If either position interests you or you would like to volunteer in any capacity, please call me.

Apathy or trust?

Again proving that direct democracy is not what it's cracked up to be, the survey I announced in the April "Streak" has been a flop. You may recall that I asked our 800 members for their reaction to conducting a marathon on the B & A Trail, a mile race on Memorial Day, and a Wine Festival 10K replacing the Father's Day 10K. While I am a wizard at taking a pulse, even I have to regard 2 calls in 30 days as not statistically significant!

The optimistic explanation of this overwhelming apathy is that you either have complete trust in the Board or your "Streak" was never delivered. In either case, the Board voted to postpone considering the mile race and 10K, but to proceed with the marathon. Bob Bridges is the race director and would admire you eternally if you call to volunteer for his intimate but efficient race committee.

Read your way to fitness!

Tired of training? Why not sit at home and read about training? Write Human Kinetics Publishers, PO Bx 5076, Champaign, IL 61825-5076 or call 800-747-4457 to receive a catalog of running, cross-training and nutrition oevres.

What's a "borough"?

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 NYRRC, to Marathon Entries, PO Bx 1388 GPO, NY, NY 10116. Remember: to purchase a TAC number, see me or send a S.A.S.E. to the club box.

Was Rose a Girl Scout?

Hurray for Rose Malloy, the futurist! We'd tell you to mark your calendar for the '92 Meeting & Banquet, but we know you don't have one. Rose does though - and she's already circled FRIDAY, MARCH 13 on it. There! You have no excuse for not coming. Moreover, the Board has voted to have the same speaker we've had the past two years - None!

Will success spoil the boys?

What a guy! Year after year, Arnie Henderson turns in an admirable job as Cherry Pit Race Director despite all odds. This year it was July weather in early April. As the saying goes: Others may have the blossoms but we've got the pits! Yet, Arnie did not have nearly the handicap Keith Harvey faced in directing the 2 Mile Track Race. Surmounting the language barrier, Keith presided over the largest field ever for this fun event. I say, "Bring back the 2-person - 10M relay!"

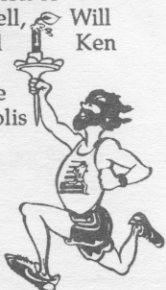
All a-Board!

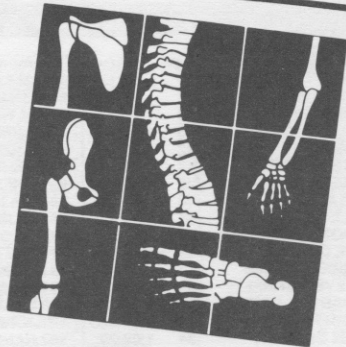
Bring a shoe horn and come to the next Board meeting, Monday, July 1st, 7:30 PM, Nationwide Insurance, Riva Road. Secretary Frustaglio's initiative in arranging a classy spot for us at Nationwide has proven so popular that we're having about twice as many Striders at Board meetings as a couple years ago. But we have room for you too!

In May, we entertained a club member's concern about accepting a beer (Budweiser) distributorship as a race (Annapolis Run, Bay Bridge Run) sponsor. After lengthy discussion, a resolution was overwhelmingly adopted to confirm the practice. In the near future, the Board will consider policy guidelines for the financial (\$150,000 per year) management of our major races and submission of a bid to host the annual meeting of the RRCA. Meetings are fun and short and are adjourned to Chili's (a Bridge Run sponsor).

Goin' to K.C.

Speaking of the RRCA, by the time you settle into your hammock to read this, a merry band of your fellow Striders will have returned from this year's annual meeting in Kansas City. I chaperoned our delegation of Evan Thomas, Buck Cadell, Will Scott, Don Kennedy, and Ken Lyons. You readily will recognize how keenly the reputation of the Annapolis Striders was upheld!

Dick Kellman 



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.
- Our **ORTHOPAEDIC FOOT AND ANKLE CENTER** offers comprehensive medical, surgical and physical care.
- We have doctors on call 24 hours a day.

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2-MILE TRACK RUN

RACE DIRECTOR: KEITH HARVEY

RESULTS

| Pos/Name | Age | Time | Pos/Name | Age | Time |
|----------------------|-----|----------|----------------------|-----|----------|
| 1 DAVE WALL | 17 | 9:58:96 | 51 WILL MYERS | 41 | 13:29:72 |
| 2 DAVID WEBSTER | 38 | 10:07:76 | 52 TOM BRADFORD | 47 | 13:30:67 |
| 3 DREW RAINER | 23 | 10:17:14 | 53 LEON JOHNSON | 61 | 13:33:84 |
| 4 DAN SPENCER | 30 | 10:17:57 | 54 BRENDA NORMAN | 32 | 13:38:06 |
| 5 JEFF JUBERA | 28 | 10:21:70 | 55 ALAN LEGUM | 44 | 13:40:84 |
| 6 SAM STEPHENS | 27 | 10:22:24 | 56 EDWARD KLEBE | 51 | 13:47:51 |
| 7 MATT MACE | 30 | 10:22:32 | 57 MICHAEL BENSO | 37 | 13:48:55 |
| 8 RICK CHAMBERS | 18 | 10:24:63 | 58 DENZIL PRITCHARD | 70 | 13:49:38 |
| 9 TOM RICH | 32 | 10:33:56 | 59 WEB CHAMBERLIN | 60 | 13:49:86 |
| 10 SCOTT LUTRY | 37 | 10:42:94 | 60 ROBERT DONALD | 51 | 13:51:08 |
| 11 RICK WOODS | 36 | 10:43:58 | 61 SHAUNA DONAHUE | 13 | 13:54:89 |
| 12 DAN DENEDAN | 34 | 10:44:40 | 62 PAT DONAHUE | 39 | 13:55:27 |
| 13 STEVE FUNK | 34 | 10:50:60 | 63 REGGIE HAZELTINE | 41 | 13:56:39 |
| 14 ROBERT MILLER JR. | 36 | 11:11:87 | 64 NEAL HINKLE | 54 | 13:58:07 |
| 15 SCOTT MANGUM | 33 | 11:16:55 | 65 JON DONAHUE | 11 | 14:02:11 |
| 16 JIM BLACK | 48 | 11:25:11 | 66 LEONARD KUENTZ | 39 | 14:05:82 |
| 17 F. SANCHES | 49 | 11:26:50 | 67 JIM ETCHESON | 38 | 14:08:70 |
| 18 JOE CLORETY | 48 | 11:28:91 | 68 JAMES CARTER | 34 | 14:12:22 |
| 19 DON SIBEARNS | 39 | 11:31:67 | 69 STEVE LANIER | 28 | 14:13:66 |
| 20 JIM HALL | 45 | 11:31:89 | 70 GREG SULLIVAN SR. | 33 | 14:13:98 |
| 21 BILL PEAKE | 40 | 11:37:77 | 71 KATHLEEN HEAGNEY | 37 | 14:21:07 |
| 22 ERIC GYAKI | 42 | 11:43:18 | 72 FREEMAN BOGHALL | 43 | 14:32:91 |
| 23 BART CLARK | 48 | 11:43:46 | 73 JAN GROVES | 39 | 14:45:84 |
| 24 J. HARTMAN | 15 | 11:51:33 | 74 MARIE FREDLAND | 36 | 14:48:32 |
| 25 AMADEU SANCHES | 51 | 11:52:59 | 75 ROY WYVILL | 35 | 14:45:31 |
| 26 JAMES LUNDEEN | 32 | 12:00:96 | 76 MELISSA CARENCE | 48 | 14:48:48 |
| 27 FRED SHANKLIN | 49 | 12:02:76 | 77 C.J. WELTER | 48 | 14:56:27 |
| 28 WILLIAM DERR | 52 | 12:09:67 | 78 STEVEN WATKINS | 38 | 15:01:23 |
| 29 HOWARD BEARD | 44 | 12:09:76 | 79 ROBERT KENNEDY | 48 | 15:01:34 |
| 30 JIM GENTRY | 30 | 12:11:66 | 80 JEREMY SCHRAM | 9 | 15:08:73 |
| 31 MARK WILHELM | 27 | 12:15:57 | 81 M. MONTGOMERY | 34 | 15:19:67 |
| 32 JOHN BRESHERY | 44 | 12:28:42 | 82 JEFFREY ANTHONY | 8 | 15:24:08 |
| 33 ERIC FROMM | 45 | 12:28:93 | 83 JUSTIN PEAKE | 11 | 15:29:26 |
| 34 KEN LYONS | 51 | 12:29:81 | 84 JOHN KIERKJUWEIT | 46 | 15:31:54 |
| 35 JOHN MAGNAM | 45 | 12:30:89 | 85 GUY RICCIO | 70 | 15:31:88 |
| 36 STEVE KEEFER | 43 | 12:33:87 | 86 GREG SULLIVAN | 8 | 15:42:86 |
| 37 JENNIFER LUNDEEN | 31 | 12:35:51 | 87 AMELEO WOLFIN | 9 | 15:52:54 |
| 38 LINDA SHANKLIN | 43 | 12:36:39 | 88 LEE PATRICK | 48 | 15:58:86 |
| 39 PETER SALMON-COX | 51 | 12:39:36 | 89 JUSTIN FERGUSON | 8 | 16:34:85 |
| 40 STEFANIE MIKALOS | 24 | 12:52:05 | 90 KELLY O'CONNELL | 9 | 16:44:96 |
| 41 ERIC FREDLAND | 48 | 12:59:02 | 91 YVONNE AASEN | 59 | 17:06:03 |
| 42 RICK CANDLE | 36 | 12:59:86 | 92 DEBBIE CHAMBERS | 15 | 17:13:94 |
| 43 EVAN THOMAS | 49 | 13:02:82 | 93 ARNOLD GALIANO | 69 | 17:16:38 |
| 44 MEREDITH BONTA | 45 | 13:06:93 | 94 W. MCGRANAHAN | 57 | 17:25:93 |
| 45 ANTHONY PRUNER | 36 | 13:07:77 | 95 LESLIE BRADFORD | 13 | 17:33:39 |
| 46 WILL SCOTT | 41 | 13:08:39 | 96 MICHAEL HEAPHY | 8 | 17:39:93 |
| 47 JUNE SCHNEIDER | 45 | 13:09:98 | 97 M. VANDERMALLIE | 17 | 20:09:86 |
| 48 DICK HILLMAN | 48 | 13:12:20 | 98 BILL CRUMPTON | 45 | 20+ |
| 49 DEBORAH RICH | 27 | 13:25:73 | 99 KIT CRUMPTON | 37 | no time |
| 50 GREG JACOBS | 54 | 13:26:74 | | | |



CHERRY PIT 10-M

RACE DIRECTOR: ARNOLD H. HENDERSON

RESULTS

| Pos/Name | Age | Time | Pos/Name | Age | Time |
|---------------------|-----|---------|----------------------|-----|---------|
| 1 JOSEPH BLACKMAN | 29 | 57:12 | 87 JIM CARTER | 34 | 1:36:05 |
| 2 SCOTT EDEN | 37 | 59:31 | 88 RONALD JONES | 40 | 1:36:09 |
| 3 TOM PRENDKI | 34 | 1:00:23 | 89 C.J. WELTER | 48 | 1:36:11 |
| 4 MATT MACE | 30 | 1:02:33 | 90 LARRY DATKO | 29 | 1:36:13 |
| 5 TOM RICH | 32 | 1:04:10 | 91 DENZIL PRITCHARD | 69 | 1:36:35 |
| 6 SCOTT BOETIG | 17 | 1:04:28 | 92 R BERT KENNEDY | 48 | 1:36:46 |
| 7 DREW REINER | 23 | 1:05:04 | 93 ESHER WEISMAN | 59 | 1:37:25 |
| 8 F. SANCHES | 48 | 1:05:12 | 94 LISA HARDESTY | 35 | 1:39:19 |
| 9 BILL TURRENTINE | 42 | 1:07:11 | 95 MELISSA CURRENCE | 35 | 1:40:48 |
| 10 SCOTT MANGUM | 33 | 1:07:31 | 96 PEGGY JOSEPH | 38 | 1:41:15 |
| 11 JOE CLORETY | 48 | 1:07:58 | 97 JIM ETCHISON | 38 | 1:44:19 |
| 12 CHRIS BEAHAN | 26 | 1:08:06 | 98 LEE PATRICK | 48 | 1:44:21 |
| 13 STEVE DONNELLY | 34 | 1:08:10 | 99 LINDA GETTMAN | 24 | 1:45:55 |
| 14 ROSE MALLOY | 42 | 1:08:18 | 100 SHARON LENTZ | 39 | 1:46:37 |
| 15 ROBERT MOORE | 44 | 1:08:52 | 101 JOHN SALEMME | 32 | 1:47:21 |
| 16 DAN DENISON | 34 | 1:09:39 | 102 NANCY THOMAS | 39 | 1:47:59 |
| 17 JAMES LUNDEEN | 32 | 1:10:11 | 103 JOHN JOSEPH | 43 | 1:48:36 |
| 18 BOB FIELD | 39 | 1:11:23 | 104 STEVEN WATKINS | 38 | 1:50:05 |
| 19 FRED SHANKLIN | 49 | 1:11:43 | 105 EARL SCOTT | 50 | 1:50:58 |
| 20 JIM HALL | 45 | 1:11:44 | 106 M. MONTGOMERY | 34 | 1:52:34 |
| 21 ED TROTTIER | 47 | 1:12:15 | 107 ELIZABETH WIXTED | 25 | 1:52:53 |
| 22 WINNIE HITTLE | 38 | 1:12:36 | 108 SANDY FONTZ | 27 | 1:53:52 |
| 23 CHRIS BROWN | 52 | 1:13:36 | 109 CHARLES MUSKIN | 41 | 1:54:29 |
| 24 JIM SACKETT | 31 | 1:14:13 | 110 PAT RIVIERE | 41 | 1:54:29 |
| 25 DICK LEDDON | 52 | 1:14:18 | 111 YVONNE AASEN | 59 | 2:00:06 |
| 26 ROBERT WEINER | 44 | 1:14:29 | 112 J. BURCH-PESSES | 38 | 2:06:16 |
| 27 GEORGE KERCHNER | 31 | 1:14:40 | 113 M.BURCH-PESSES | 46 | 2:06:18 |
| 28 JOE WASSERMAN | 48 | 1:14:46 | | | |
| 29 ERIC FROMM | 45 | 1:14:55 | | | |
| 30 PETER SALMON-COX | 51 | 1:17:07 | | | |
| 31 JOHN NOWLIN | 31 | 1:17:25 | | | |
| 32 THOMAS MCKEE | 62 | 1:17:41 | | | |
| 33 PAT FLYNN | 17 | 1:17:43 | | | |
| 34 DOUG WOOD | 39 | 1:18:27 | | | |
| 35 HOWARD BEARD | 44 | 1:18:51 | | | |
| 36 JENNIFER LUNDEEN | 31 | 1:19:11 | | | |
| 37 MEREDITH BONTA | 45 | 1:19:54 | | | |
| 38 WILLIAM PEAKE | 39 | 1:19:55 | | | |
| 39 DICK SHEA | 40 | 1:19:59 | | | |
| 40 JOHN GUALA | 44 | 1:20:02 | | | |
| 41 JOHN PACK | 51 | 1:20:35 | | | |
| 42 JOHN BUSHERY | 44 | 1:21:37 | | | |
| 43 AL KUBELUIS | 48 | 1:21:39 | | | |
| 44 WILL MYERS | 41 | 1:21:56 | | | |
| 45 WILLIAM DERR | 52 | 1:22:02 | | | |
| 46 AMADEU SANCHES | 51 | 1:22:03 | | | |
| 47 DEREK SIEMON | 36 | 1:22:03 | | | |
| 48 LINDA SHANKLIN | 43 | 1:22:08 | | | |
| 49 PAT DONAHUE | 39 | 1:22:15 | | | |
| 50 ERIC FREDLAND | 48 | 1:22:23 | | | |
| 51 BRIAN DONEGAN | 30 | 1:22:41 | | | |
| 52 LEANN REIMANN | 33 | 1:23:00 | | | |
| 53 JOHN FAY | 43 | 1:23:11 | | | |
| 54 SHERRY KOSNAR | 29 | 1:23:12 | | | |
| 55 BOB HOYT | 34 | 1:26:03 | | | |
| 56 TIM CARPENTER | 26 | 1:23:46 | | | |
| 57 JOHN MAGNAN | 45 | 1:24:36 | | | |
| 58 J. CHAMBERLAIN | 60 | 1:25:07 | | | |
| 59 ROBERT COLBY | 31 | 1:26:03 | | | |
| 60 MICKY GALUSKI | 42 | 1:26:41 | | | |
| 61 STEVE DWEK | 29 | 1:26:42 | | | |
| 62 SUE BRIERS | 35 | 1:26:45 | | | |
| 63 DOUG JOYCE | 52 | 1:27:32 | | | |
| 64 NORMAN NICE | 43 | 1:27:33 | | | |
| 65 ROBERT DONALD | 51 | 1:27:59 | | | |
| 66 RON JARASHOW | 41 | 1:27:59 | | | |
| 67 KITTY GOOD | 34 | 1:28:18 | | | |
| 68 JAMES SIMPSON | 53 | 1:28:27 | | | |
| 69 M. ROSENBERG | 46 | 1:28:31 | | | |
| 70 BRENDA NORMAN | 33 | 1:28:50 | | | |
| 71 MICHAEL CALES | 43 | 1:29:10 | | | |
| 72 DIEKMANN-FESLER | 33 | 1:29:42 | | | |
| 73 DEBORAH RICH | 27 | 1:30:33 | | | |
| 74 JUNE SCHNEIDER | 43 | 1:30:35 | | | |
| 75 BOB WAGNER | 29 | 1:30:48 | | | |
| 76 WILLIAM DAYWALT | 34 | 1:31:31 | | | |
| 77 TOM BRADFORD | 47 | 1:31:44 | | | |
| 78 RICK CHAMBERS | 18 | 1:31:48 | | | |
| 79 DOUG MURPHY | 18 | 1:31:50 | | | |
| 80 CHARLES KUETHER | 36 | 1:31:51 | | | |
| 81 MICHAEL BENSO | 37 | 1:31:57 | | | |
| 82 ANDREW TAVENER | 21 | 1:32:10 | | | |
| 83 BERT RICE | 54 | 1:32:14 | | | |
| 84 JOHN KURPJUWEIT | 46: | 1:32:50 | | | |
| 85 STEVE BRAD | 34 | 1:33:39 | | | |
| 86 RAY WYVILL | 35 | 1:35:35 | | | |

WORKERS RUN

| | | |
|--------------------|----|---------|
| 1 WILL SCOTT | 41 | 1:16:45 |
| 2 NEAL HINKLE | 54 | 1:18:31 |
| 3 DON KENNEDY | 43 | 1:19:07 |
| 4 DICK HILLMAN | 48 | 1:21:51 |
| 5 KEN LYONS | 51 | 1:21:51 |
| 6 KATHLEEN HEAGNEY | 37 | 1:25:19 |
| 7 LEONARD KUENTZ | 39 | 1:29:53 |
| 8 NANCY WADDINGTON | 52 | 1:37:00 |

DIVISION WINNERS

OVERALL MALE TIME:
JOE BLACKMAN 57:12

OVERALL FEMALE TIME:
ROSE MALLOY 1:08:18

MEN UNDER 20

| | |
|-----------------|---------|
| 1. SCOTT BOETIG | 1:04:28 |
| 2. PAT FLYNN | 1:17:43 |

MEN 20-29

| | |
|------------------|---------|
| 1. DREW REINER | 1:05:04 |
| 2. CHRIS BEAHAN | 1:08:06 |
| 3. TIM CARPENTER | 1:23:46 |

WOMEN 20-29

| | |
|------------------|---------|
| 1. SHERRY KOSNAR | 1:23:12 |
| 2. DEBORAH RICH | 1:30:33 |
| 3. LINDA GETTMAN | 1:45:55 |

MEN 30-39

| | |
|----------------|---------|
| 1. SCOTT EDEN | 59:31 |
| 2. TOM PRENDKI | 1:00:23 |
| 3. MATT MACE | 1:02:33 |

WOMEN 30-39

| | |
|------------------|---------|
| 1. J. LUNDEEN | 1:19:11 |
| 2. LEANN REIMANN | 1:23:00 |
| 3. SUE BRIERS | 1:26:45 |

MEN 40-49

| | |
|--------------------|---------|
| 1. F. SANCHES | 1:05:12 |
| 2. BILL TURRENTINE | 1:07:11 |
| 3. JOE CLORETY | 1:07:58 |

WOMEN 40-49

| | |
|-------------------|---------|
| 1. M. BONTA | 1:19:54 |
| 2. LINDA SHANKLIN | 1:22:08 |
| 3. JUNE SCHNEIDER | 1:30:35 |

MEN 50-59

| | |
|---------------------|---------|
| 1. CHRIS BROWN | 1:13:36 |
| 2. DICK LEDDON | 1:14:18 |
| 3. PETER SALMON-COX | 1:17:07 |

WOMEN 50 & OVER

| | |
|-------------------|---------|
| 1. ESTHER WEISMAN | 1:37:25 |
| 2. YVONNE AASEN | 2:00:06 |

MEN 60 & OVER

| | |
|--------------------|---------|
| 1. THOMAS MCKEE | 1:17:41 |
| 2. WEB CHAMBERLAIN | 1:25:07 |

THE PITS!



BY ARNIE HENDERSON

The 1991 Cherry Pit 10-Mile Run had all the elements of a melo-drama; a villain, heroes, clowns, and a happy ending.

The villain in this case was the weather--an incredible (for early April) 84 degrees, with searing sunshine and heavy humidity. We doubled up on water at the early stops, then, after the bulk of the runners passed, raced over to the later stops with the extra. A Good Samaritan living near the 8-mile water stop helped out with a water spray hose and backup water supply. Our first and foremost hero was Ron Bowman (with a big assist from Lynn). While manning the 8-mile (and last) water stop, Lynn pointed out

a staggering runner who refused water. Ron leaped in his car and caught up at the top of the hill. The incoherent runner essentially fell into the back seat and lay there while Ron raced back to South River High School. Ron put the patient in the shade and tried to cool him off. Our next hero was the policeman who immediately

called for the paramedics. When they arrived, our 3rd set of heroes, the paramedics, administered oxygen, then intravenous fluids as the ambulance roared off to Anne Arundel Hospital. There, the doctors and nurses, our final heroes, completed the save.

Much later, after almost full recovery, the fallen runner recounted that he barely remembered passing the last water stop but was sure he had taken plenty of water at the earlier stops (we have workers who say differently, however). The next thing he remembered was getting oxygen on the grass by the high school (although he didn't know where the grass was).

In the ambulance, they were asking him tough questions like, "What day of the week is it?", and he recalls thinking, "What is a day?...What is a week?"

The happy ending is that our victim, felled by the villain weather, but rescued by modern-day knights in shining vehicles, was rehydrated and released from the hospital, fully recovered, by 8 or 9 o'clock that same night.

Oh, yes, we forgot about the clowns:

- Karen Stolka, who made it to the first water stop, then turned around and walked back, saying "I signed up for a race, not a sauna bath!" She spent the remainder of the day at the finish line with a bullhorn, harassing those 113 deranged souls who kept running to the end.

- Sue Briers, who noted on her finish card, "Personal Worst!", and

- Michael Benso, who, on his finish card, noted his age as "37 at the start, about 57 now!".

So, in retrospect, we can say that, in keeping with our race motto, this 10-miler was truly "...The Pits!"

Back By Popular Demand

BY RON BOWMAN

It's that time again. Time to start making plans for the Annual 24-Hour Relay! This is the time for all you insomniacs to have your day in the sun - and moon. Or, you might just like

EARL SCOTT & JIM FONTAINE COACH AACC CROSS COUNTRY

Annapolis Striders Earl Scott and Jim Fontaine are bringing the Cross Country program back to Anne Arundel Community College this fall. Men run 8K; women run 5K.

Anyone interested in joining the team should contact the Athletic department at the college at 301-541-2339 and leave your name and phone number. Or call Earl Scott at 301-269-5013.

to see what your Strider buddies look like at 3:00 a.m.!

The Relay is put on by the Howard County Striders and is held the first weekend in August (3rd and 4th) at the Howard County High School. It goes from Saturday at noon to Sunday noon.

Teams of up to 10 people run one mile each i.e. each person runs one mile about once an hour. Piece of cake!

The wild and crazy guys and the dazed 'n confused gals from last year's team are reuniting. We plan men's and women's teams, but if we have the interest we can have a Masters, Coed, and "fast" team.

So if your a fun-loving, friendly sort of person with a touch of fortitude come out and join us -- and bring your friends and relatives because we will need lots of lap counters and cheerleaders!

Don't miss out! Come and join us and see if you can still pull an "all-nighter."

If your interested please call Ron Bowman at 301-757-3942.

**JUST DO IT -
ADVERTISE IN THE STREAK!**

Junior Striders Track Series

BY SCOTT EDEN

The Annapolis Striders is pleased to announce the 2nd Annual Junior Striders Track Series. A total of 5 meets (one of which is the John Wall Memorial 1 Mile Track Race and Junior Medley on July 13, 1991) will be held at Annapolis Senior High School on the following dates: June 15, June 29, July 13, August 3, and August 17.

The meets will begin promptly at 6 p.m. and will be finished by 8 p.m. Participants should arrive by 5:30 p.m. There will be one short and one long race for each age group and sex. Age groups are as follow: 5 and under, 6 and 7 year olds, 8 and 9 year olds, 10 to 12 years olds, 13 to 15 year olds, and 15 to 18 year olds.

Ribbons will be awarded to the first three finishers in each race, and a finisher ribbon will be awarded to all finishers. All participants who complete in 3 or more meets will receive a Junior Striders T-Shirt. We hope to have some random prizes as well.

A \$500 grant from Nike/RRCA has helped defray costs. There will be a charge of \$1 per child at each meet, whether they run one race or two. For more info, or to help call 301-263-5117.

16TH ANNUAL EVENT

The 1991 Annapolis Run

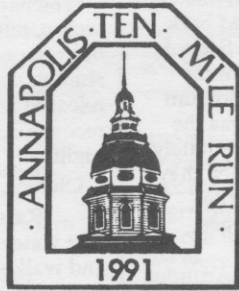
Preparations are already underway for this year's Annapolis Run. First off, we thank Ron Jarashow and his merry band for producing a super Bay Bridge Run again this year. When I asked who was in charge of the weather, he said he was. He also said he would sign on to be our weather guy for the A10. With that taken care of we can concentrate on more pressing matters for this year's race.

We will have the same course as last year and we were able to list the TAC certification # in the application this year. The finish line set-up will be much the same as last year except for increased fencing to enable the medical folks to have better access to finishers who may need some assistance.

We also have our sponsors to thank for letting us provide the level of support and amenities that our runners have come to expect in Annapolis: BUD LIGHT/Katcef Brothers Distributors, the First National Bank of Maryland, the Athlete's Foot, the Sports Medicine Center of Annapolis, EXCEED, Anne Arundel County Recreation and Parks Department, Snow Valley Spring Water, TCBY of Annapolis Mall, Nationwide Insurance and the Annapolis Ramada are all back this year and Poppets Toy Stores are getting me whistles at cost! With this backing and Supplex wind pants as a premium, runners are assured a good time in old Naptown this August.

To accomplish the task of hosting 3000+ runners, we will need a lot of help. Most of this we expect to get from you, the members (and family) of the Striders. Good news for workers this year is that those great workers t-shirts will be back again - optic yellow maybe?

The key to a successful event in enthusiasm. One reason people come back to run here is that, in addition to being genuinely concerned about their well being, we seem to be having as much fun as they are. I still say that if we want good races to go to out of town we had better put on a quality race ourselves. So, if you aren't running the race, we will be looking for you to help out in one way or



another. Even if you run it, there are things you can do other than race day. We found at the Bay Bridge quite a few folks who were not runners had a lot of fun helping with the finish line. We hope they come back. Generally, the event is a way to show off our part of the country to others.

Also, it is an event for all categories of runners to enjoy. We don't give prize money but we do offer free entry to some of the more gifted local athletes. The entry fee isn't cheap but finishers do get a quality premium and amenities after the race. With most of the proceeds going to the Heart Fund, we should all feel good about what we are doing.

Your race committee is working hard to pull a lot of loose ends together in time for the race. You will receive a volunteer form in the mail shortly, but to beat the rush and to put your bid in for those prime worker slots, why not call now to ensure we have your name. Sue Briers and Dennis Melton, volunteer coordinators extraordinaire, will be overjoyed to hear from you. Their numbers are 721-1442 and 626-0035, respectively. You may also call the Strider Hot Line, 268-1165. If there is a suggestion or asset you think we could use for the race, your friendly race director would be glad to hear about it. Phone ET at home on 760-9188. If you are going to a race out of town, please take a pile of A10 entry blanks with you. And don't forget the famous worker's picnic usually held a week before the race, complete with build your own ice cream sundae bar. Now if that doesn't get your motor running, we'll get you an appointment to check your pulse rate. New this year will be the number pickup, race expo, and spaghetti dinner on Saturday August 24th at the Annapolis Ramada.

So, good running to you this summer and be sure to let us know how you can help with the Annapolis Run this year. Many of our key personnel need assistants to coordinate various aspects of the race. It is a great way to learn what goes into a successful volunteer event. Once again we thank you for your support.

AT 0730 HOUR 12th Moore's Marine Training Begins July 27, '91

BY BEN MOORE

It's time again for some notes on the 12th Moore's Marine training season. Saturday, July 27th is the official starting date for this year's training session. All folks who want to run the Marine Corp Marathon, both veterans and first timers, are cautioned to have a good running base - 4-5 miles a day with no ill effects. You should be in overall good health. If you have any doubts about your health, I recommend a check-up with your doctor before you begin.

Our training schedule this year is oriented more towards first timers than it has been in the last few years. If you're a veteran marathoner, modify the schedule to fit your training needs. We're alternating long runs - every other Saturday - to try and reduce the fatigue factor and risk of injury. It is enough training to get through a first marathon in good shape. However, if you're dreaming of running a 3:30 marathon, you will have to make adjustments to the schedule. First timers shouldn't worry about time. Just enjoy the marathon and run comfortably. Enjoy the crowds, the scenery, and the thrill of completing that distance!

Plan your pace! Race pace is going to be 15-20 seconds per mile slower than your training pace. To improve your performance, you must train hard and fast several days a week. The schedule is made up with this factor in mind.

Each person must be attuned to his/her body. If you're feeling exhausted, slack off, rest up, and try another day. Don't be afraid to take off! It won't hurt you to take even a week off.

Annapolis Striders are making a show in marathons all over the country. There were 11 Striders running Boston this year. See E.T.'s Striders on the Road for their times. Just ask any of these folks about training and running marathons. There are all kinds of information available from this bunch. Just run with them or corner them in Hardees on West Street after the run each Saturday.

See you on 450!

MOORE'S MARINES TRAINING SCHEDULE

12TH MOORE'S MARINES TRAINING SCHEDULE FOR MARINE MARATHON, 3 NOV.'91

NOTE: THIS IS PRIMARILY A FIRST TIMER MARATHON SCHEDULE.
IF YOU ARE A "VETERAN" MARATHONER, MODIFY TO FIT YOUR OWN SCHEDULE.

JULY - AUGUST 1991

| WEEK | SUN | MON | TUE | WED | THUR | FRI | SAT | REMARKS |
|------|---------------------------------|--------------------------|-----------------------------|--------------------------|-----------------------------|-----------------|--|--|
| 1 | 21st 0-10 SLOW | 22nd 5 SLOW | 23rd 5 FAST | 24th 5 SLOW | 25th 5 FAST | 26th REST | 27th 8 SLOW | |
| 2 | 28th 0-10 SLOW | 29th 5 SLOW | 30th 5 FAST | 31st 5 SLOW | AUG 1st 5 FAST | 2nd REST | 3rd 10 SLOW | 0-10 OPTIONAL WORKOUT |
| 3 | 4th 0-10 SLOW | 5th 5 SLOW | 6th 5 FAST | 7th 5 SLOW | 8th 5 FAST | 9th REST | 10th 12 SLOW | * DO THESE RACES AT FASTER THAN RACE PACE! (30 SEC/MILE) |
| 4 | * 11th DOG DAY 8K | 12th 5 SLOW | 13th 5 FAST | 14th 5 SLOW | 15th 5 FAST | 16th REST | 17th 10 RACE PACE | SLOW = 15 TO 30 SEC/MILE, SLOWER THAN RACE PACE. |
| 5 | 18th 0-10 SLOW | 19th 5 SLOW | 20th 5 FAST | 21st 5 SLOW | 22nd 5 FAST | 23rd REST | 24th 14 SLOW | FAST = 15 TO 30 SEC/MILE FASTER THAN RACE PACE |
| 6 | * 25th ANNA 10 MILE | 26th REST | 27th 6 SLOW | 28th 6 FAST | 29th 6 SLOW | 30th REST | 31st 10 RACE PACE | RACE PACE = YOUR PLANNED GOAL/MILE FOR THE MARATHON |
| 7 | SEPT 1st 0-10 SLOW | 2nd 6 SLOW | 3rd 6 FAST | 4th 6 SLOW | 5th 6 FAST | 6th REST | 7th 16 SLOW | 8 MIN/MILE = 3:30 9 MIN/MILE = 3:56 |
| 8 | * 8th PENYSVR 5MILER | 9th 6 SLOW | 10th 6 FAST | 11th 6 SLOW | 12th 6 FAST | 13th REST | 14th 10 RACE PACE | SATURDAY LONG RUNS ARE VERY IMPORTANT. DAILY RUNS MAY BE BROKEN IF YOU DON'T HAVE TIME. IF YOUR BODY IS TIRED, TAKE A BREAK. |
| 9 | 15th 0-10 SLOW | 16th 6 SLOW | 17th 6 FAST | 18th 6 SLOW | 19th 6 FAST | 20th REST | 21st 18 SLOW | |
| 10 | 22nd REST | 23rd 6 SLOW | 24th 6 FAST | 25th 6 SLOW | 26th 6 FAST | 27th REST | 28th 12 RACE PACE | THIS ALTERNATE WEEK PROGRESSIVE SCHEDULE SHOULD REDUCE THE PROBABILITIES FOR TRAINING INJURIES TRY IT - YOU'LL LIKE IT!! |
| 11 | 29th 0-10 SLOW | 30th 6 SLOW | OCT 1st 6 FAST | 2nd 6 SLOW | 3rd 6 FAST | 4th REST | 5th 18 SLOW | |
| 12 | 6th REST | 7th 6 SLOW | 8th 6 FAST | 9th 6 SLOW | 10th 6 FAST | 11th REST | 12th 12 RACE PACE | |
| 13 | * 13th METRIC 26.2KM | 14th REST | 15th 6 FAST | 16th 7 SLOW | 17th 6 FAST | 18th REST | 19th 20 SLOW | * * DO THIS RACE ABOUT 15 SEC/MILE, FASTER THAN RACE PACE! |
| 14 | 20th REST | 21st 6 SLOW | 22nd 6 FAST | 23rd 7 SLOW | 24th 6 FAST | 25th REST | 26th 14 RACE PACE | LOWER WEEKLY MILEAGE, BUT MORE QUALITY RUNS!! |
| 15 | 27th REST | 28th 6 SLOW | 29th 6 FAST | 30th 6 SLOW | 31st 5 SLOW | NOV 1st REST | 2nd REST | IF YOU NEED MORE REST THAN 2 DAYS, TAKE IT! |
| 16 | 3rd USMC OOHI RAHI | 4th REST WALK | 5th REST WALK | 6th 5 SLOW | 7th 5 FAST | 8th REST | 9th HOG NECK 5-M SCAMPER | FIRST TIMERS RUN THIS MARATHON FOR FUN & JUST TO FINISH - DON'T WORRY ABOUT TIME. |

Governor's Bay Bridge Run Exceeds Goals

BY RACE DIRECTOR RON JARASHOW



On Sunday, May 5, 1991, over 2700 runners and 300 volunteer race officials participated in the 7th Annual

Governor's Bay Bridge 10K Run. Before the walkers arrived for the day, the runners start on Kent Island and followed the scenic course over the Chesapeake Bay, into Sandy Point State Park. Our goals were modest for this year: great weather, fast times, full field entries, contributions to the Chesapeake Bay Trust (beneficiary of the race proceeds), and NO HEADACHES (almost)! I am pleased to announce that we accomplished these goals beyond projections.

Entries were close to 3200 (about 400 more than last year), which meant a full field of runners on race day. This translates into an economically successful race, providing operating funds for the Striders and a healthy contribution (about \$4,000 more than budgeted) to the Chesapeake Bay Trust to fund its efforts to preserve the Chesapeake Bay. Many of the entries included a voluntary additional contribution to the Chesapeake Bay Trust that averaged about \$1.00 per runner.

The weather I mail-ordered arrived on schedule. The weather for the Run was perfect, about 55 degrees for the 8:00 a.m. start, with a slight overcast. The sun came out as about one-half the finishers crossed the finish line. If I could only assure continued returns for my efforts, I would go into a different line of work!

Our winning time was one of the fastest on record for the Run. Leading all the way was Patrick O'Malley of Stevensville, Maryland, who finished the course in 31:37. The top woman finisher was Maureen Hall from Baltimore who ran the course in 37:19. The other results in the Open Division and Age Group Divisions are below.

All registrants received a fanny pack and all finishers (and workers) received a Tyvek jacket. One of our only glitches of the day was running out of jackets in the Park -- for no

explainable reason. As a word to anyone who conducts races, I recommend double checking on the premium to be distributed. As best we can reconstruct why we ran out, we were missing about 400 jackets that were ordered and should have been surplus. It is unlikely that we will ever determine what happened to them. So if you hear runners complain about the shortage, please explain what happened.

At the awards ceremony, the Annapolis Striders gave a special presentation of a lifetime membership (with appropriate trimmings of books and whistles) to Secretary of the Maryland Department of Transportation, O. James Lighthizer, for his long-time support of running and athletic events while he was the County Executive for Anne Arundel County, Maryland. Secretary Lighthizer finished the Run and protested that he was only a jogger. With his continued support, we can anticipate future successful Bay Bridge Runs.

The Run would not be possible without the support of the private and public sponsors who devote time, hard work, and funding. The Annapolis Striders running club organizes the Run with the help of many Maryland agencies, including the Departments of Transportation and Natural Resources. Sponsors are essential to every major (and minor) race the Striders conduct. Our sponsors for the major races we conduct go to great inconvenience and expense so that runners may have their moment in the sun. PLEASE THANK AND SUPPORT OUR SPONSORS WHENEVER YOU HAVE THE OPPORTUNITY! My personal thanks to all race committee members, volunteers, sponsors, public agencies and friend and relatives (for assistance and support) who made the Run a success -- and for annually agreeing to go through it all again.

Organizing a run, minor or major, is an undertaking that requires coordination, a phone, and attention. After two years of being race director, I am beginning to get the hang of it. There are still changes to make and things to iron out. New

Bay Bridge Run

RESULTS

Men Open Champions

| | |
|--------------------|-----------|
| 1 Patrick O'Malley | 240:31:37 |
| 2 Ed Ramos | 32 |

Women Open Champions

| | |
|-----------------|------------|
| 1 Maureen Hall | 260:37:192 |
| 2 Martha Oremez | 28 0:37:52 |

DIVISION WINNERS

Men: under 19

| | |
|------------------|------------|
| 1 Rick Chambers | 18 0:35:16 |
| 2 Eric Vangieson | 17 0:35:21 |
| 3 Kevin Birdsell | 15 0:37:45 |

Men: 20-29

| | |
|------------------|------------|
| 1 Ross Delaplane | 20 0:33:43 |
| 2 Steven Smith | 24 0:33:45 |
| 3 Jeff Jubera | 28 0:33:48 |

Men: 30-34

| | |
|---------------------|------------|
| 1 Tim Bradley | 30 0:34:40 |
| 2 Jose Carrasquillo | 30 0:34:56 |
| 3 Keith Grant Davie | 33 0:35:21 |

Men: 35-39

| | |
|-----------------|------------|
| 1 Stan Fletcher | 37 0:33:23 |
| 2 John Nelson | 38 0:33:26 |
| 3 Scott Eden | 37 0:33:34 |

Men: 40-44

| | |
|------------------|------------|
| 1 John Ng | 41 0:35:32 |
| 2 Eric Peltosalo | 41 0:35:47 |
| 3 Paul Quinn | 43 0:36:08 |

Men: 45-49

| | |
|---------------------|------------|
| 1 William Conroy | 47 0:36:31 |
| 2 Francisco Sanches | 49 0:36:53 |
| 3 Neil Potosky | 46 0:37:03 |

Men: 50-59

| | |
|---------------------|------------|
| 1 Louis Grahmer Jr. | 52 0:37:19 |
| 2 Norman Miller | 55 0:39:12 |
| 3 Amadeu Sanches | 51 0:39:32 |

Men: 60 & over

| | |
|---------------------|------------|
| 1 Paul Lackey | 66 0:41:47 |
| 2 David Shenkenberg | 61 0:42:14 |
| 3 Ben Moore | 65 0:43:30 |

Women: 10-19

| | |
|------------------|------------|
| 1 Cynthia Silate | 16 0:40:37 |
| 2 Kellie Smith | 19 0:46:12 |
| 3 Amanda Weitz | 19 0:46:14 |

Women: 20-29

| | |
|---------------------|------------|
| 1 Vanessa Cox | 29 0:39:42 |
| 2 Melanie Edmondson | 26 0:39:49 |
| 3 Eileen Condolon | 26 0:40:32 |

Women: 30-34

| | |
|--------------------|------------|
| 1 Julie Caprio | 30 0:40:07 |
| 2 Jennifer Lundeen | 31 0:41:53 |
| 3 Allyson Nathan | 32 0:42:23 |

Women: 35-39

| | |
|---------------------|------------|
| 1 M. Revesman | 35 0:43:30 |
| 2 Shelby Leonard | 38 0:43:38 |
| 3 Margaret Schlundt | 38 0:45:29 |

Women: 40-49

| | |
|------------------|------------|
| 1 Linda Shanklin | 43 0:40:36 |
| 2 Linda Lash | 40 0:42:58 |
| 3 Danalee Green | 43 0:44:25 |

Women: 50 & over

| | |
|----------------------|------------|
| 1 Judith Flannery | 51 0:42:59 |
| 2 Nancy Matthews | 54 0:56:42 |
| 3 Aileen Worthington | 51 0:57:11 |

organizers are always welcome. Please volunteer to help -- and maybe, assist on a committee for a run. You already support running (as a member of the Annapolis Striders). Now go all the way and volunteer. To a Race Director, a mind and a willing body are a terrible thing to waste.

My Favourite Race

By Peter Salmon-Cox

The Shamrock Marathon, March 16, 1991 at Virginia Beach. A perfect day. Temperature at race time was 43 degrees with a predicted high of 54. Low humidity. Thursday's rain and Friday's lingering showers now safely off the East Coast. A 100 percent flat course, partly on city streets, a few miles on the boardwalk, and about 13 miles through Fort Story. A well-organized race with water every 2 miles. Our hotel was just 200 yards from the start. A race plan made and executed. The only negative was a brisk 15 mph wind from the north.

When I started training,
I had no idea how
carefully Joe had
planned my preparation.
Nor did I realize how
difficult the latter
weeks would be.

"Have you run a marathon?" "When are you going to run a marathon?" Questions that trip from the lips of non-runners with the casualness and inevitability of "Where are you going for lunch?" My reply had always been negative. A marathon in the fall would interfere with my sailboat racing and who wants to be running in the dark winter months? Last year's Striders' Metric Marathon changed my mind. I felt good -- hell, what is 10 more miles! It was a now or never feeling that one gets after 50. To run, I needed help, especially since I had decided to try to qualify for Boston (sub 3:30). "Is this realistic?" I asked Joe Blackmon. He



analyzed my race times. In a little over a week, I had an affirmative answer and an 18 week training schedule. When I started training, I had no idea how Joe had carefully planned my preparation. Nor did I realize how difficult the latter weeks would be. The first 8 weeks built a base of 50 miles per week; a long run of 16 to 18 miles at 8:20, and a up tempo run of 5 to 8 miles at 7:20 were included in alternate weeks. Other runs were in 8:00 to 8:20 pace range. This type of pattern was maintained over the next 10 weeks as weekly mileage built to as high as 73 miles. Long runs increased from 18 to 26 miles at 8:20 pace and the up tempo runs got longer and faster. Hill work was included in weeks 9, 10, 11, and 13, and killer track work in weeks 12, 14, and 15. I aimed for a marathon time of 3:26:00. "Remember to eat correctly." "Yes, Joe, if I live."

I didn't manage all the schedule. The notable exception was the track work and failure to maintain the pace on long runs. But in principle, I did it, without injury.

During the drive to Virginia Beach, I drank lots of water. I even turned off the heat in the motel room to avoid any hint of dehydration.

On race day, after watching the Masters 8K, I realized that I was overdressed and quickly discarded my long-sleeve T-shirt. At the start, I kept repeating to myself, "Run the first mile slowly. After a 7:25 first mile, I settled in with a group of supportive runners including Frank who was encouraging and extremely good company. At 2 miles, we hit the Boardwalk heading into a 15 mph northerly. The pace dropped to 7:50 then picked up at mile 4 as we zig-zagged over to Atlantic Avenue and ran north to more sheltered conditions.



My plan was to run the first 20 miles at 7:45, the next 4 at 8:00, and then crawl to the finish. Mile 8 was reached 1:19 ahead of the plan. "Money in the bank," Frank commented. "Too fast" was my thought and I dropped my pace. At mile 12, I was 2:10 ahead of plan, so much for slowing down!

Now came a 4-mile stretch in the wind and a series of 8-minute miles. At mile 20, I was 16 seconds ahead of my plan. I was beginning to perspire. Two more 8-minute mile buoyed my confidence. The wind was at my back. The course moved east to the Boardwalk after 22 miles. What a difference. Unforgiving concrete and the hotels blocking out the assisting wind. My pace slowed to and 8:20 - 8:30 range. Between mile 24 and 25, the course left the Boardwalk and headed west. With 1 mile to go the clock indicated that I had 12 minutes and change to be Boston-bound. The wind, slowing me, funnelled along 19th Street. I turned into the Convention Center where there was an indoor finish - 3:26:56.

It is hard for me to imagine any future race that could give me so much pleasure and satisfaction. It was a day when everything came together. The support and advice of my friends on training, diet, shoes, and post race tips (get a massage) were invaluable. And of course I was extremely lucky. Just about all the mistakes that I made were during training. There were no surprises during the race. However, I was not prepared for the emotional release that I experienced when I crossed the finish line. No one told me about that!

Yes, my favourite race. And June had thoughtfully packed a bottle of champagne.

... and June had
thoughtfully packed a
bottle of champagne.

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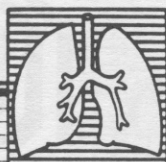
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**FEB 14 LOVE MARATHON 10K
CANCUN, MEXICO**

Leon Johnson 3rd 36+!
Orv Pratt Fun in the sun

**FEB 24 COLONIAL HALF
MARATHON, WILLIAMSBURG, VA**
Neal Hinkle 1:44:03 1386 runners.

**MAR 2 LAST TRAIN TO BOSTON
MARATHON, ABERDEEN, MD**
John Kurjuweit 4:26 Pittsburgh next!

**MAR 2 DORAL-RYDER FORE
MILER/4MI/FLORIDA**
Jonas Legum 31:34 900
runners/Nice give aways-shirt/visor&
Jean Legum 36:19 food fest.

**MAR 3 MYERS PAVILION/8K
BROOKLYN PARK**
Alan Legum 38:15 Indoor finish!
500 runners.
Neil Hinkle 36:19 PR!

(and at his age!)

Linda Simpson 1st 45-49

**MAR 9 RIVER RUN/15K
JACKSONVILLE, FL**
Kip Eldridge 1:05:03 PR

**MAR 10 LAYNE HALF
MARATHON/ LAKE MONTEBELLO**
Tom Prendki 1:19:27 Building for
Yonkers!

**MAR 16 SHAMROCK MARATHON
VIRGINIA BEACH/FINALLY, GOOD
WX:40-50/SUN**

Will Myers 3:54
Nicol Butters 3:57 PR!
Ana Estrada 3:42 PR!
Peter Salmon-Cox 3:26:56 PR &
Boston quals!! 1st marathon. That's
what I call doing it right the first time.
See separate article.
T. J. Harrington A knee bit him at 18
mi. Ouch.

**MAR 16 SHAMROCK 8K/VIRGINIA
BEACH, VA**

Doris Harrington
Kathleen Heagney 42:06
Cruising after LA

June Schneider 35:52
Casey Gittings 40+ PR?
Patti Bembe 45+
Jodie Legum 44:42
Emily Legum 44:44
Alan Legum 38:20 These folks
took the more pleasurable path and
then cheered on the marathoners.

**MAR 20 PIECE OF CAKE/5M
GAITHERSBURG**

Nancy Staub 33:30 2nd F

**MAR 24 BALTIMORE LADIES
CLASSIC/10K/INNER HARBOR -
400+ FINISHERS**

Minda Whiteman 40:54 11th
Ellen Lutry 40:59 12th
Carole Rosasco 42:41 25th
Jennifer Lundeen 43:18
Cynthia Silate 44:01
June Schneider 44:55
Linda Gettman 49:26
Kitty Good 48:12
Kathleen Heagney 48:25
Ana Estrada 46:55
Esther Weisman 52:04
Sally Kidwell 1:03:48
Doris Harrington 56:58
Carole Sigismond 56:18

Striders On The Road



BY EVAN THOMAS

PHOTO COURTESY OF AARP

Rae Jean Goodman 54:15
Patti Bembe 58:12
Margie Diekmann
Randi Stearns 57:38
Eileen Hagen 53:543 PR
Quite a turn out of Striders at this one.
I hope they find a sponsor for this race
next year so more can be done for the
runners. Post raceparty had slim
pickings!.

**APR 2 FESTIVAL OF THE
STATES/5K/ST PETERSBURG, FL**

Kip Eldridge 20:03 PR?
Fred Betz 21:19

**APR 7 CHERRY
BLOSSOM/10M/WASHINGTON, DC**

Doug Custer 1:06:54 PR!

**APR 7 PERWEZ 12K/SE OF
BRUSSELS, BELGIUM**

Jon Valentine 52+ Our European
editor writes he is off to a slow start
this year. This race, 300-400 runners,
is similar to Chestertown. Keep those
cards coming, Jon, plane tickets also
welcome!

**APR 15 BOSTON MARATHON (95TH
EDITION)**

Rose Malloy 2:54 6th F masters,
36th F o/a!

Francisco Sanches 2:54:59 PR

Lee Korzan 2:56

Dr Bob Moore 3:09

Bob Field 3:25 Injury must be
getting better

Bill Peake 3:27

Meredith Bonta 3:33 PR by 4 min.

Only hit 3 water stops!!

Eric Fromm 3:33:36

Ken Lyons 3:39 Most toys!

Ben Moore 3:46 The weather was

OK for a change. Rain @ 3 hr mark.

Much shopping for memorabilia. A

highlight was the "Big Fig" character

and Ben's singing "That old kind of

rock and roll" at the video DJ show

after the race. For us hopefuls, training

for next year starts now!

**APR 20 CPA 1040/10K/INNER
HARBOR**

June Schneider 34:53 9thF, 1st CPA
= Cash! June, we can do the
interview at Conrad's at lunch at your
expense, er, I mean convenience!

**APR 21 FRITZBEE'S
10K/ROCKVILLE**

Mike Van Beuren 36:53

Dick Hillman Which way? Is that
eastern standard time?

Eric Peltosalo 36:42

Rob Bushnell ?

Ben Moore ?

Nancy Staub 40:17 9thF!

Arnie Henderson ? Ran with his
team of fleet peoples.

**APR 21 AMISH COUNTRY HALF
MARATHON/LANCASTER, PA/WET
& HILLY**

Mickey Galuski 1:41

Brev Moore 1:47 Thanks for

recommending this goat climb!

Evan Thomas 1:47 Duck lips
amazed the locals!

Lee Patrick 2:04 Felt pretty good
considering the weather which was

abominable. We did sign up quite a

few for the 10 Mile mail list. Did I

mention it rained the entire 13.1 miles?!

**21 APR BLUE ASH
MARATHON/CINCINNATI, OH**

Earl Scott 4:02 3rd AG! Ironman

Earl strikes again. He recommends

this double loop race which also has a

half marathon with more people in it.

Another race with good weather this

year.

**28 APR CLYDES AMERICAN
10K/COLUMBIA**

Sue Briers 44:40 2nd AG

Ben Moore 45:30 Caught a leg
cramp near the end

Bill Miller 45:21 "Clydesdale" Miller!!

Bob Field 39+

Judi Greenblatt 43:53 1stF masters

Linda Rogers 49+? Where's

brunch?

Delma Miller 49+? " " ?

Esther Weisman Muscle spasm @ 1
mi -get better soon, Esther!

**28 APR YONKERS MARATHON,
NEW YORK**

Tom Prendki 3:14 Tom revisited the

scene of last year's triumphat lingering

pain, along with head winds and a too

fast start, made the finish line a

welcome sight.

General tailings: You remember him.

He was a Marine, wasn't he? It looks

like the winter marathon training paid

off for number of folks this spring.

Look for the start of Moore's Marines

training for the fall marathon schedule.

Training begins the last Saturday in

July - July 27th .

Remember to drop me a line when you

find that great vacation running event.

We will be sure to spread the word

here and print your "favorite race" story

if you send it in to me or Sharon. Have

a great summer. Hope to see you on

the road - ET.



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

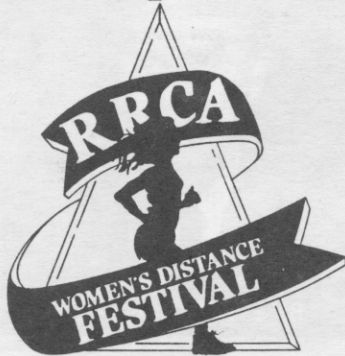
First Monday of each month, 7:30 p.m.
ANNAPOLIS STRIDERS BOARD MEETING
Nationwide, 2500 Riva Road, Annapolis
Diane Frustaglio, 626-0237

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, 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
PENNSAVER 5-MILER*+
Severna Park High School, Robinson Road

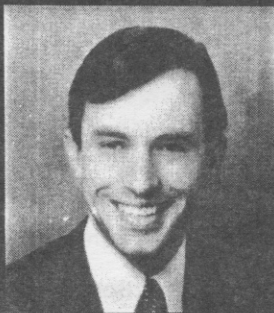
Sunday, October 13, 8am
METRIC MARATHON 26.2K*
Southern High School, Harwood

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



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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 G140AU, Scotland.
Tel: (41) 954-2124 Fax: (41) 958-0975

June 8, Sat., 8 AM, Chantilly (H.S.), Charger 10K + 1M F.R. 3238 Kinross Circle, Herndon, VA 22071 703-435-4810

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. 116 Kelley Av, Westernport, MD 21562 301-359-3770

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

June 15, Sat., 8 AM, Run for Rick 5K, Bay Ridge. Providence Center, 80 West St, S. 120, Annapolis 21401 269-5981

WHERE THE RACES ARE



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

June 15, Sat., 9 AM, YMCA Triathlon, Edgewater. 623 B & A Blvd, Severna Pk, 21146 647-3638

June 15, Sat., Race for the Cure 5K + 1M walk. 1990 M St, NW, S. 310, Washington, DC 20036 202-828-7032

June 16, Sun., 10 AM, 2nd Nat'l Spring Biathlon, 3M run, 20M clyce, 3M run, Cambridge. Endurance Sports Events, PO Bx 1118, Cambridge, MD 21613 301-228-2505

June 16, Sun., 7:30 AM, Vince Lombardi 10K Run, G.U., DC. PO Bx 7266, McLean, VA 22106 703-356-1212

June 21, Fri., 7 PM, Crustacean Crawl 4M, Goucher Coll. BRRC, P.O. Bx 9825, Balt 21284 301-566-RUN2

June 22, Sat., 8:30 AM, Loudoun Street Mile. Dwtwn Ath. Club, 304 S. Loudoun St, Winchester, VA 22601 703-667-0904

June 23, Sun., San Francisco Marathon. 650 5th St, Suite 514, SF, CA 94107 415-896-0587

June 23, Sun., Bud Light Triathlon, 1.5M swim/40K bike/10K run, Baltimore. Cat Sports, 5966 LaPlace, Carlsbad, CA 92008 619-221-5555

June 29, Sat., 8:30 AM, 3rd Annual Crofton Kiwanis 10K. CKC 10K, P. O. Bx 3721, Crofton, MD 21114 721-3398

June 29, Sat., 8 AM, Iron Furnace 5K. 17 Island Av, Lonaconing, MD 21539 301-463-6231

June 29, Sat., 9 AM, Race Street 10M. Switch Back Road Runners, 116 South St., Jim Thorpe, PA 18229

June 30, Sun., 8 AM, Yankee Doodle 4M Dash, Lake Montebello. BRRC, P.O. Bx 9825, Balt 21284 301-566-RUN2

June 30, Sun., Mt. Kilimanjaro Marathon/Half-Marathon, Kenya. Exotic Marathons, 4807 Bethesda Av, Suite 342, Bethesda, MD 20814 301-320-3663

June 1, Sun., 8 AM, 4M Town Run + 1M F.R., Havre de Grace, MD. 33 Camelot Ct, Stewartstown, PA 17363 301-838-4829

July 4, Thurs., 7 Pm, Frederick's Fourth 5k. FSC, PO Bx 669, Frederick 21701 301-371-9562

July 4, Thurs., 8 AM, Choptank River Run, 10M/5K + 5K Walk. Judy Cannon, 100A Market Sq, Cambridge 21613 301-228-1354

July 4, Thurs., 8 AM, Arbutus Firecracker 10K. Tom, Rec. & Pks Council, PO Bx 7437, Arbutus, MD 21227 301-242-0809

July 4, Thurs., 8 AM. Firecracker 5K + 1M F.R., Gunpowder St. Pk. Sandy Salvo, 11721 Bellvue Av, Kingsville, MD 21087 301-592-6616

July 5, 1992, Sun., Mombassa (Kenya) Marathon. Marathon Tours, 108 Main St, Charlestown, MA 02129 617-242-7845

July 6, Sat., 8 AM, Pecan Grove Biathlon, 5K run, 30K bike, 5K run. 414 E. Fillmore St, Petersburg, VA 23803 804-471-1446

July 7, Sun., 10 AM, Tri MD Tri Kid (age 7-17) Triathlon #2, Goucher Col. Tri Kid, PO Bx 28477, Balt 21234 301-882-6103

July 17, Wed., Wilmington Mile. Wayne Kursh, Marathon Sports, 300 W. 9th St. Plaza, Wilmington, DE 19801 302-654-235

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

July 20, Sat., 8 AM, Great Wyoming Buffalo Stampede 10K + 1M F.R., Wyoming, DE. Del. Downstate Striders, PO Bx 1379, Dover, DE 19903 302-734-5157

July 20, Sat., 8:45 PM. Rockville Rotary Runfest 8K/2M. MCRRC, PO Bx 1703, Rockville 20849 353-0200

July 27, Sat., 6 AM, John Laughland's Long Distance Lunacy 18M, Urbana. Frederick Steeplechasers, PO Bx 669, Frederick MD 21701 301-662-4500

July 27, Sat., 8:00 PM. Women's Distance Festival 5K, Kensington. MCRRC, PO Bx 1703, Rockville 20849 353-0200

July 28, Sun., 10 AM, 2nd Nat'l Summer Biathlon, 3M run, 20M clyce, 3M run, Cambridge. Endurance Sports Events, PO Bx 1118, Cambridge, MD 21613 301-228-2505

Aug 3, Sat., 9 AM, Siberian International Marathon + 10K. Khodro Dmitri, PO Bx 41, Omsk, 644099, USSR Fax: 095-290-4397

Aug 3/4, Sat./Sun., noon, 20th Annual 24 Hour Relay, How. Co. H.S. Tim Beaty, 6084 Babylon Crest, Columbia 21045 301-596-6453

Aug 4, Sun., 8:30 AM, Bon-Ton/York Daily Record 5M Race + 1M F.R. B-T, 2801 E. Market St, York, PA 17402 717-334-7456

Aug 6, Tues., 7PM, Antietam Battlefield 5K, Sharpsburg. Hagerstown Run for Fun Club, 329 Nottingham Rd, Hagerstown, MD 21740

Aug 10, Sat., 8AM, Asbury Pk 10K Classic. PO Bx 2287, Ocean, NJ 07712 201-922-9479

Aug 10, Sat., 8:30 PM, Moonlighter 8K, Alexandria. PO Bx 554, Springfield, VA 22150

Aug 11, Sun., 8 AM, Women's Distance Festival 5K, Goucher Coll. BRRC, P.O. Bx 9825, Balt 21284 301-566-RUN2

Aug 17, Sat., 8:30 AM, Parkersburg Half-Marathon + 2M F.R. C-C Mem. Hosp., PO Bx 718, Parkersburg, WV 26102 304-424-2786

Aug 17, Sat., Falmouth 7.1M Road Race. PO Bx 732, Falmouth, MA 02541 508-540-7000 [ENTRIES CLOSED]

Aug 18, Sun., 8 AM, To Market To Market 5M, Fell's Point. SPFHFP, 812 S. Ann St, Baltimore, MD 21231 301-675-6756

Sept 15, Sun., 8:30 AM, Phil. Dist. Run 1/2 Marathon. PO Bx 43111, Phil., PA 19129 215-864-8225

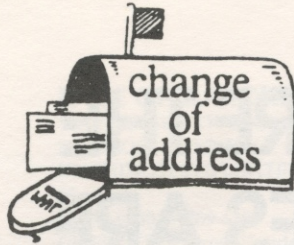
Sept 28, Sat., 9 AM, VA 10-Miler. PO Bx 3035, Lynchburg, VA 24503 804-525-5420 [Enter by 8/15]

Sept 29, Sun., Berlin Marathon. Marathon Tours, 108 Main St, Charlestown, MA 02129 617-242-7845

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

The STREAK is mailed by bulk mail and cannot be forwarded by the post office.

If you are planning on a move, please notify our Membership Chairman, MIKE VAN BEUREN, P.O. Box 187, Annapolis, MD 21401, or call the HOTLINE number at 268-1165.



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- ✓ Shirts are also available at Strider runs.
- ✓ Call for information on coming events and/or to leave messages (301) 268-1165.
- ✓ When requesting information by mail, include a self-addressed, business size envelope. Please allow 2 weeks for processing this application. You will be sent a membership card good for discounts on running gear at selected area stores.
- ✓ The Annapolis Striders, Inc. is a non-profit, charitable organization. Your tax-deductible donation is welcome.



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| Last Name | | | | | | | | | | First Name | | | | | | | | | | initial | | | Birth Date | | | Sex | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | Mo Day Yr | | | Male Female | | | | | |
| Mailing Address | | | | | | | | | | Street (Include Apt No) | | | | | | | | | | City | | | | | | | | | | State | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Zip Code | | | Area Code | | | Business Phone | | | Area Code | | | Home Phone | | | is This A New Membership | | Address Change | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | Yes No | | Yes No | | | | | | | | | | | | | | | | | |
| Occupation | | | | | | | | | | Signature X | | | | | | | | | | | | | | | | | | | | | |

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

- RACE RUNS NEWSLETTER PROPERTY MEMBERSHIP
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