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STREAN



Annapolis Striders

AUGUST 1991 VOLUME XIII, NUMBER 4



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Curtis Hartley	Severna Park	Lynn McAllister	Bowie	James Wilson	Summerville

Welcome To These NEW MEMBERS!

AND MORE DEALS COMING SOON!

10 More Reasons To Join Annapolis Striders

STRIDERS' Judy Arnt, in charge of MEMBERSHIP SERVICES, has been busy arranging the following services from local businesses for you, our members!

SPORTS MASSAGE

2131 Defense Hwy, Suite 4, Crofton 301/721/4177 or 4829
15% discount off massage to help prevent injury of muscles, joints and ligaments. Helps relieve muscle aches; improves energy and endurance.

ANNAPOLIS HEALTH AND FITNESS CENTER

2000A Industrial Drive, Annapolis 301/266/3366
20% membership discount to all Strider members. The Center has Stairmasters, Lifecycles, circuit weight training and free weights. 20% discount is also offered on nutritional analysis and Pro Shop purchases. They will evaluate your fitness, body fat level, strength, flexibility, and joint mobility free of charge. Massage therapy, personal training and whirlpool saunas are available.

ANNAPOLIS SCHWINN

2020A West Street, Annapolis
301/266/6836
10% discount on all parts & access.

EAST/WEST CHIROPRACTIC CLINIC

1438 Defense Hwy, Gambrills
301/721/3338
20% discount on all services.

GOOD LIFE

570 Benfield Village Shopping Ctr, Severna Park 301/647/6602
20% discount on all supplements. Includes all your vitamins, minerals, raw glandulars, herbs, energizers, diet aids, carbo fuels, and amino acids. At the check-out counter just tell the cashier "Harry said to give me 20% off" and viola!

IRVING'S SPORT SHOP

Annapolis Mall. 301/261/8400
10% discount excluding sale items.

KIBBY CHIROPRACTIC CENTER

2110 Priest Bridge Road #6, Crofton
301/721/5050
Free complimentary initial consultation and examination with x-rays (if needed).

MERRITT ATHLETIC CLUB

1981 Moreland Parkway, Annapolis 301/263/5400
50% discount on current initiation fee.

SEVERNA PARK REQUETBALL & NAUTILUS

218 Mid Rt. 3N., Millersville 301/978/0908
75% discount on membership fee.

YALICH CLINIC / DR. JEROME TAYLOR

1507 Ritchie Hwy., Suite 101, Arnold 301/757/4300
Free fitness evaluation to determine the cause of any sports injury and to improve performance.

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these
services!**

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fill out the
membership
form on the
back cover of
this issue and
mail today!**

August 1991

STREAK

Volume XIII, No. 4

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STREAK STAFF

EDITOR: Sharon Serio H:268-7140
NEW JERSEY CORRESPONDENT: Ken Lyons
REPORTER: Evan Thomas H:760-9188 W:269-6353
ILLUSTRATOR: Barbara Kerr
PROOFREADERS: Yvonne Moore, Paul Kirby
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.

ADVERTISING

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

BUSINESS CARD — \$20 QUARTER PAGE — \$40
HALF-PAGE — \$70 FULL-PAGE — \$100

YEARLY RATES ARE AVAILABLE!

CALL AND RESERVE YOUR AD SPACE TODAY!

NEXT STREAK DEADLINE IS SEPTEMBER 2, 1991

Presidential Prattlings

Dandy Don the Dad's Director

After the multi-year reign of Ken Lyons as director of the Father's Day 10K, Don Kennedy did an admirable job of administering this year's event. The weather added to the day's challenge -- and subtracted from the day's times. John Magnan, our magnificent awards chair, outdid himself with some fine baubles and trinkets. The big crowd stretched the limit of the facilities. If you have thoughts about rearranging the existing course and sticking to Cape Loch Haven for '92 or finding an entirely new site, please share them with Don Kennedy because he wants to direct the event again next year.

K.C. Now Up To Date — Striders Were There!

It can safely be said that there's not a RRCA member from anywhere in the U.S. who attended the Annual Meeting in Kansas City who would not also be abundantly aware that the Annapolis Striders was also there! Your humble delegation, Evan Thomas, Buck Cadell, Will Scott, Don Kennedy, Ken Lyons, and I, upheld the Striders reputation so carefully carved over the years in Portland, Indianapolis and Miami Beach. The seminars were instructive, the hospitality was warm, and the race was a bear! The 1992 meeting is the first weekend of June in Milwaukee. Be there!!

ERIC
PELTOSALO

ATTORNEY AT LAW

P.O. Box 1581
SUITE 7
100 CATHEDRAL STREET
ANNAPOLIS, MD 21404

ANNAPOLIS (301) 263-4559
BALTIMORE (301) 269-7513

The Call Of The Wild

Alas, we still need to identify an Equipment Rental Coordinator. The vacancy at this position has forced the Board to suspend the use of our equipment by other groups conducting running events. While waiting to fill this spot, we can announce an "old" face taking a new responsibility - former Board member Sue Briers will be Training Director. And, Nancy Waddington, currently the organization's Co-Race Director, has recruited Sandy Foley as director of the Metric Marathon in October. Efforts are also underway to reorganize our public relations activities. The next **STREAK** should report our new program. If you are interested in helping with this or in serving any capacity, call me or any member of the Board.

Don't Hold Your Breath

Bob Bridges is still working on plans for the B & A Marathon tentatively planned for Saturday, November 2, the day before the NYC & Marathon Corps Marathons. More information and an entry form will be included in the October **Streak**.

Board Not Bored

After a month's break — no August meeting — the Board should be rarin' to go at the next meeting, Tuesday, September 2nd, 7:30 PM, Nationwide Insurance, Riva Road. We had a great July meeting - even had some controversy!

The Board voted unanimously to have the Annapolis Striders become a participant in the State Highway Administration's Adopt-A-Highway program. We'll be responsible for the cleanliness of Route 450 from the South River west to the beginning of the big hill before Staples Corner. Doug Joyce is coordinating this. The Board also voted to pay up to \$125 of member Melissa Hallmark's Iron Man Triathlon entry fee. She travels to Hawaii in October.

In September, we'll be considering policy guidelines introduced in June dramatically altering the manner in which we manage the finances of our two major races. In addition, we'll likely consider new guidelines for renting our equipment and for providing consulting services to other races. Come on out for the fun and to enjoy Chili's afterwards.

Headphones Get A Busy Signal

At the Annual Meeting, the following policy was adopted:

"The Road Runners Club of America recommends against the wearing of HEADPHONES in races. The RRCA also urges extreme caution in any use of HEADPHONES in training or routine running, particularly in isolated areas. HEADPHONES can prevent a runner from hearing approaching vehicles. HEADPHONES, particularly on a woman runner, may aid a potential attacker intent on assaulting a runner due to the inability of the runner to hear. The RRCA regards HEADPHONES as a safety hazard in a running event and recommends that RRCA sanctioned races prohibit the wearing of HEADPHONES."

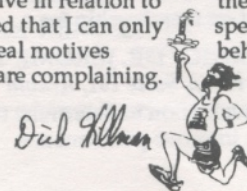
Participants in the Annapolis Run have been prohibited from wearing headphones for years. The Board has ratified this new RRCA policy and has extended the prohibition to all races. In addition, Striders should generally understand that the wearing of headphones while engaged in running or jogging at any time is not prudent.

The Wee Folk are Winging

Junior Striders is going well. The adults seem to have as much fun as the kids. Don't miss the last meet in the series - Saturday, August 17th, 6 pm, Annapolis High School.

What's Up Folks?

The site shift of the Thursday Fun Run Series from Truxtun Park to Quiet Waters Park has elicited some concern in certain Striders quarters. This is because of the charge to enter Q.W. My thoughts? The turnout so far at Q.W. exceeds any Truxtun evening during the past two seasons. While this speaks for itself there also is the point that you get what you pay for. At Truxtun we paid nothing and enjoyed unsanitary facilities, poorly maintained paths, uncontrolled traffic, and the Hill-top exhaust. If Q.W. is not perfect for our summer fun runs, it's the next thing to it. The charge for a year-long Q.W. vehicle pass is so absurdly expensive in relation to the value received that I can only speculate at the real motives behind those that are complaining.



TRAIN BETTER - RACE BETTER

DON'T TRAIN IN THE DARK



State of the Art

CARDIOPULMONARY FITNESS TESTING

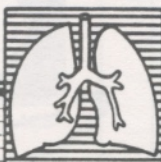
WHETHER YOU RUN, SWIM, OR CYCLE you can increase your speed, endurance, and recovery time by using the competitive edge of scientific exercise testing. You can train better and race better by knowing the heart rate at which you reach anaerobic threshold (your maximum sustainable heart rate during endurance exercise). With these results you can optimize the quality and efficiency of your training program.

HUMAN PERFORMANCE LAB
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301-266-1644

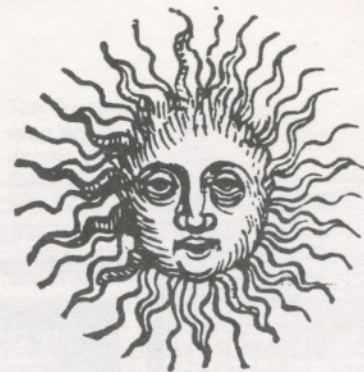
ROBERT T. PETERSON, M.D. IRA M. WEINSTEIN, M.D. RICHARD A. BERNSTEIN, M.D.



June 16, 1991

Father's Day 10K

RACE DIRECTOR: DON KENNEDY
ASSISTANT RACE DIRECTOR: ELEANOR KENNEDY



RESULTS

Pos	Name	Time	Pos	Name	Time	Pos	Name	Time
1.	Scot Egolf	33:52	56.	Deborah Rich	47:01	111.	Brenda Norman	53:56
2.	Scott Eden	34:35	57.	J. Mike Pack	47:04	112.	Bob Kennedy	54:00
3.	Jim Carbary	35:02	58.	Tom Bradford	47:13	113.	Stephanie Donahue	54:16
4.	David Webster	35:07	59.	John Fay	47:18	114.	Guy Ricco	54:17
5.	Jeff Juber	35:17	60.	T.C. McKee	47:21	115.	William Loomis	54:20
6.	Matt Mace	35:30	61.	Kim Behrns	47:22	116.	Paul Cleaver	54:34
7.	Sam Stephens	35:43	62.	John Chamberlin	47:24	117.	David Brash	54:42
8.	Mike Hoffman	36:20	63.	Tim Venator	47:39	118.	Jim Etchison	54:45
9.	Tom Prendki	36:37	64.	Mike Bright	47:55	119.	Julie Lane	54:52
10.	Bill Eagan	37:29	65.	Rich Diefenbeck	48:04	120.	Richard Hall	54:53
11.	Jim Black	37:29	66.	Alan Legum	48:05	121.	Andrew J. Kittell	54:57
12.	Drew Rogers	37:55	67.	Dan Parvis	48:11	122.	Patricia A. McNally	54:58
13.	Tom Rich	38:03	68.	Tom Belote	48:17	123.	Ken Hannahs	55:43
14.	Francisco Sanches	38:33	69.	June Schneider	48:17	124.	Gordon Miller	56:48
15.	Paul Serra	39:07	70.	Will Scott	48:18	125.	Larry Mondoroff	56:56
16.	Chris Sinclair	39:47	71.	Will Myers	48:21	126.	John Kurjuweit	56:59
17.	Scott Beotig	39:50	72.	Stephnie Mikalac	48:47	127.	Stephen Loomis	57:22
18.	Tom Hunter	39:53	73.	Chris Ramey	48:58	128.	Steven Watkins	57:33
19.	Robert L. Miller	39:59	74.	Adam M. Berusch	48:59	129.	Allen Egluff	57:41
20.	James Buck	40:09	75.	Web Chamberlin	49:05	130.	Tess Elkins	57:46
21.	Bill Turrentine	40:11	76.	Bruce Soyars	49:14	131.	Robert Team	58:20
22.	Bob Field	40:24	77.	Jose deLeon	49:24	132.	Esther Weisman	58:55
23.	Jerry Haley	40:36	78.	Steve Keefer	49:25	133.	Deborah Harney	58:58
24.	No card	40:41	79.	Dick Hillman	49:39	134.	Alan D. Wycherly	59:17
25.	Dayton Trubee	41:25	80.	Linda Flynn	49:45	135.	Pat Riviere	59:32
26.	James Lundeen	41:36	81.	John Guala	49:45	136.	Earl Scott	60:16
27.	Fred Shanklin	41:39	82.	Leon Johnson	49:50	137.	Yvonne Aasen	60:18
28.	Amadeu Sanches	41:41.5	83.	Marie Friedland	49:54	138.	Juliet Jones	60:26
29.	Linda Shanklin	41:41.8	84.	Bill Miller	49:54	139.	Joan Forman	60:30
30.	Rick Woods	42:06	85.	no card	49:55	140.	Peggy Joseph	61:13
31.	George Dorsey	42:11	86.	Ray Wyvill	49:57	141.	Ben Sacks	56:48
32.	Eric Fromm	42:28	87.	Ted Hogan	49:58	142.	Lynn Kruck	62:16
33.	Bart Clark	42:31	88.	Tom Peet	50:03	143.	W. Scott Jamieson	62:27
34.	Tom Dempsey	42:40	89.	Kitty Good	50:12	144.	Sharon Pawlowski	63:17
35.	Jody McKinnon	43:30	90.	Kathleen Heagney	50:25	145.	Arnold Galiano	63:31
36.	Joe Clorety	43:50	91.	Nancy Mann	50:41	146.	William McGranahan	67:40
37.	Ken Lyons	43:55	92.	Cecilia Tinney	50:45	147.	Leslie Bradford	69:13
38.	Meredith Bonta	44:10	93.	Sam Walker	50:53			
39.	John Bushery	44:12	94.	Michael Werner	51:05			
40.	Mike Morgan	44:18	95.	Vicki Hedden	51:25			
41.	Howard Beard	44:20	96.	Denzil Pritchard	51:29			
42.	Eric J. Gyaki	44:25	97.	Edward Karlson	51:34			
43.	Randy A. Buhidar	44:38	98.	Michelle Aasen	51:50			
44.	Jay Elliot	44:48	99.	C. J. Welter	52:02			
45.	Peter Salmon-Cox	44:57	100.	Kenneth J. Cox	52:10			
46.	Bill Derr	45:03	101.	Pam Haley	52:22			
47.	Jennifer Lundeen	45:05	102.	Norm Lee	52:36			
48.	Pat Donahue	45:15	103.	John Joseph	52:44			
49.	Keith Harvey	46:15.4	104.	no card	52:46			
50.	Susan Briers	46:25	105.	Darryl Simms	52:46			
51.	John deGreck	46:31	106.	Martin C. Fisher	52:46			
52.	Patrick Donahue	46:50	107.	James Carter	53:15			
53.	Edward Klebe	46:51	108.	Chris Cherry	53:21			
54.	Ronald Mortzfeldt	46:55	109.	Michael Benso	53:26			
55.	Eric Friedland	46:58	110.	Jonas Legum	53:33			

The Father's Day 10K was held on what is becoming a tradition, a very hot and humid day. Happily most everyone used good judgement in realizing this was not a PR day and slowed their pace to survive this rotten day for running.

We had one very experienced runner suffer the effects of the heat and humidity. Luckily he was spotted by volunteers, removed from the race and given some treatment to prevent possible heat stroke and a potentially very serious medical emergency.

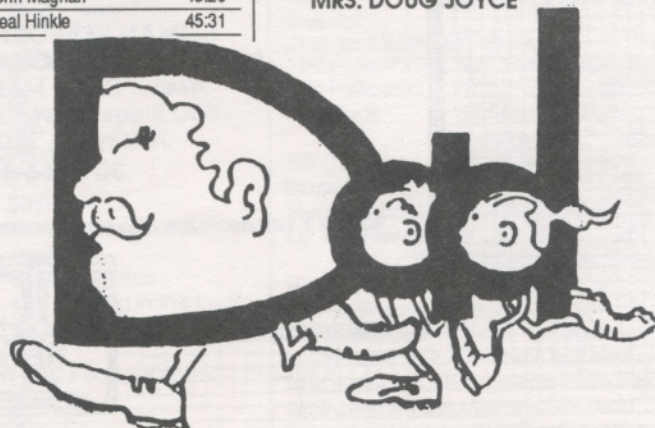
We all should be mindful of the effects of severe weather conditions and run accordingly. We should remember that running for most of us is a way to good health and fitness. There is always tomorrow, another race on a better day. Keep running fun and a healthful activity.

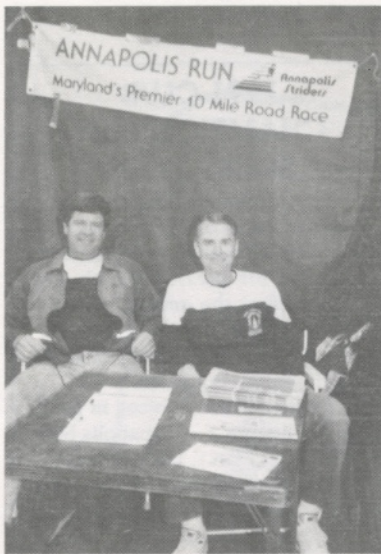
Thanks to all the volunteers who worked and made the race possible:

MIKE CHAMBERLAIN
JOHN MAGNAN
BILL PEAKE
ROSE MALLOY
REGGIE HAZELTINE
NANCY HAZELTINE
JOE WALSMITH
BREV MOORE
TOM QUICK
LEE PATRICK
NANCY WADDINGTON
NEAL HINKLE
RICHARD LYTLE
BEN MOORE
ELEANOR KENNEDY
DOUG JOYCE
MRS. DOUG JOYCE

Workers' Run

John Magnan	45:20
Neal Hinkle	45:31





ET and Lee Patrick at the Amish County 1/2 Marathon. ...would YOU sign up for a race fronted by these characters?

A-10 WORKERS' PICNIC AND RUN

Annapolis Run Workers' Picnic is Saturday, August 17 from 1-5 p.m. at Leon Johnson's, 784 Mayo Rd., Edgewater, 956-4335. Directions: Rt. 214 South to Rt. 214/Central Avenue, turn left, stay on Rt. 214 past Loch Haven and Camp Letts. River Club Drive comes in on the right. Turn left off Rt. 214 here. Proceed through the twin pillars and up the road to Leon's house. Watch for signs.

Come and enjoy food, soda, food beer, food, ice cream, food, swimming, food and games. You may also pick up your workers' shirt and talk with your team leader.

Notice: An informal Workers' Run along the Annapolis Run course will be held on Sunday, August 18, at 7:30 a.m. Meet at the starting line on the Farragut Road side of the Stadium. 3 water stops will be available in the Academy and 1 will be provided at St. Margaret's Road and B & A Blvd.



**JUST DO IT
NOW !!!
DIAL 721-1442**

Be one of the elite to volunteer for the East Coast premier 10-mile road race and get a popular neon-yellow workers' T-shirt.

No experience necessary and we provide the training. We need you to help pull off the Annapolis Striders' claim to fame. Call Sue Briars at 721-1442, Volunteer Coordinator.

Arthritis Foundation Looking For Help

The Arthritis Foundation is sponsoring a race in December. The Foundation is looking for people interested in being on the race committee and volunteers to help out on race day. Please call their office at 301-544-5433 and speak with Jan Thompson.

Don Waddington Memorial Dedication

On Sunday, September 8, 1991, at 10 a.m., following the Pennysaver Run, the Striders' will dedicate a water fountain on the B & A Trail in the memory of Don Waddington.

The brief ceremony will be held at the Old Severna Park Railroad Station located where Riggs Avenue intersects with the trail. For further information, call Pat O'Brien at 544-7615.

Clinic at North Arundel Hospital

North Arundel Hospital is sponsoring a coaching clinic on First Aid and Prevention of Injuries at 7 p.m. in the hospital's third floor Conference center. The Emergency Department's Dave Davis M.D., orthopedic surgeon Jim Yor, and a representative from the hospital's Physical Therapy Department will be the guest speakers. All area coaches and athletic directors of area schools and recreation leagues are encouraged to come. The seminar is free, but pre-registration is required. The deadline for registering is Wednesday, August 7 at 4 p.m. For further information, contact the Public Relations Department at extension 4367.



Dear Editor:

After having completed my first run as race coordinator, I would like to extend my sincere appreciation to all the Striders who helped make this run go as smoothly as it did. Not only were the Striders willing to help but each individual gave their all in order to accommodate time schedules and work hours.

Many thanks to you, Dick, Marie, Louise, Don, Doug and most importantly Nancy Waddington for all your support and encouragement on this first "Run for Rick."

This is a top notch organization and I'm proud to be associated with the Annapolis Striders.

Sincerely,
Jan Graves

Name this Strider!

Can you identify this Annapolis Strider?

Send your guess to
Annapolis Striders,
P.O. Box 187,
Annapolis, MD 21401.





My Favorite Race

By William Turrentine

The first time I ran the race that became my favorite was also the same day we met the local Italian runners for the first time. Several of the American runners had been training to go run the marathon in Rota Spain. We were relying on space available military flights to make the trip. That time was one that the transportation did not work out. So, we were several frustrated individuals with no place to go run. Then we heard a rumor about a race on the island of Ischia which is a few miles off the coast of Naples. We decided to go try to run it. Our group boarded the ferry to Ischia and on the trip over we met a group of Italian runners who were heading to the race. We had figured the race to be probably a 10K. When the Italians started telling us things like the distance being 20 miles and the course going over the mountains on the island, I figured they were exaggerating. We got off the ferry and proceeded on a bus to the next town where the race started. It was a festive atmosphere with lots of signs and banners. We paid our entry fee and prepared to run.

The run circled the island beginning along the coast. After several miles we climbed a small hill. After several more miles, we started up a road that led to a saddle between a large mountain on the left and a smaller hill on the right. At that point I figured that the road continued through the saddle and down the coast on the other side. When we

One of the biggest thrills of the run is to be running the fairly steep downhill off the mountain and pass through a small town with crowds lining both sides of the narrow streets cheering you on with cries of "forza" . . .

reached the saddle, the course took a sharp left and headed straight up the mountain. We later figured the climb from sea level to be about 7km with about a 1700 foot gain in elevation. From near the top of the mountain, we proceeded down through several towns back to the coast. One more small hill (about 500 ft.) remained between us and the finish line. Our group did well with one person finishing 2nd and my Air Force friend and I running together in 6th. We had such a good time and the course was such a challenge that we plan to make it an annual event. Each year the start moves from one town to another. The course is different every year. One of the biggest thrills of the run is to be running the fairly steep downhill off the mountain and pass through a small town with crowds lining both sides of the narrow streets cheering you on with cries of "forza" (strength). I ran the race three years in a row and each year improved my time. The last run in 1982 was the biggest thrill, winning by finishing the 20 miles in just over 2 hours.

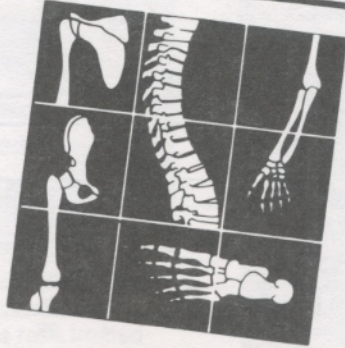
1991 CLUB CHAMPIONSHIP SERIES RULES

The Annapolis Striders hold a series of races over the course of the year. This enables runners to compete for awards which are presented at the annual Awards Banquet. All members are encouraged to participate, observing the following rules:

1. You must be a member, in good standing, of the Annapolis Striders as of Jan. 1, 1991, and maintain that standing throughout the series to qualify for awards.
2. There will be ten races in the series: 5K, 10-Mile, 2-Mile, 10K, 1-Mile, 8K, 5-Mile, 26.2K, 20K, and 15K.
3. Your age on the first day of 1991 will determine your age group placement for the entire series.
4. Points will be awarded for your order of finish within your age group. No shows will receive 35 points, or the last place in their age group, whichever is higher.
5. Your final score is determined by adding your best six races. Lowest score wins. If none in your age group completes six races, you must have completed at least five to be eligible for an award. Anyone who completes the entire series of ten races will win an award.
6. The age groups for men and women are: 13 and under, 14-19, 20-29. For women: 30-39, 40-49, 50-59, 60 and over. For men: 30-34, 35-39, 40-44, 45-49, 50-59, and 60 and over.
7. Three awards will be given in each age group. However, this number may be decreased if there is limited participation in an age group.
8. Series standing will be published periodically in the Streak.
9. Please indicate on each series entry form that you are a Strider member. Please use the same name on entry forms to prevent name mix-up.

1991 CLUB CHAMPIONSHIP SERIES RACES

1. 5K	FEBRUARY 23
2. 10-MILE	APRIL 7
3. 2-MILE	APRIL 27
4. 10K	JUNE 16
5. 1-MILE	JULY 13
6. 8K	AUGUST 11
7. 5-MILE	SEPTEMBER 8
8. 26.2K	OCTOBER 13
9. 20K	DECEMBER 1
10. 15K	DECEMBER 28



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.

ANNAPOLIS
25 Shaw Street
268-0861

SEVERNA PARK
22 Truckhouse Road
544-6570

BOWIE/CROFTON
4000 Mitchellville Rd., Suite B426
1-800-331-2466

KENT ISLAND
3 Kent Towne Market
1-800-331-2466

CLUB CHAMPIONSHIP SERIES STANDINGS

Women 13 & Under	5K	10M	2M	10K	Total
Leslie Bradford	2	35	2	1	40
Shauna Donahue	35	35	1	35	106
Katie Foley	1	35	35	35	106

Women 14 - 19	5K	10M	2M	10K	Total
Juliet Jones	35	35	35	1	106

Women 20 - 29	5K	10M	2M	10K	Total
Deborah Rich	2	1	2	1	6
Stephanie Mikalac	1	35	1	2	39
Linda Gettman	4	2	35	35	76
Michelle McFee/Aasen	3	35	35	3	76
Julie Lane	35	35	35	4	109
Elizabeth Donald	5	35	35	35	110

Women 30 - 39	5K	10M	2M	10K	Total
Jennifer Lundeen	1	1	2	1	5
Kathleen Heagney	2	2	4	5	13
Brenda Norman	35	5	3	6	49
Maria Petrillo-Friedland	6	35	7	3	51
Melissa Currence	8	7	6	35	56
Sue Briers	35	3	35	2	75
Kitty Good	35	4	35	4	78
M. Diekmann-Fiesler	4	6	35	35	80
Jan Graves	5	35	5	35	80
Nancy Thomas	7	8	35	35	85
Deborah Harney	11	35	35	9	90
Jane Burch-Pesses	17	9	35	35	96
Ellen Lutrey	35	35	1	35	106
Mary Korzan	3	35	35	35	108
Patricia McNally	35	35	35	7	112
Tess Elkins	35	35	35	8	113
Kimberly Schuermann	9	35	35	35	114
Jane Macmurray	10	35	35	35	115
Jean Gross	12	35	35	35	117
Jean Legum	13	35	35	35	118
Jean Leach	14	35	35	35	119
Linda Liggett	15	35	35	35	120
Michelle Harder	16	35	35	35	121
Bev Beatty	35	35	35	35	140

Women 40 - 49	5K	10M	2M	10K	Total
Meredith Bonta	2	2	2	2	8
June Schneider	3	4	3	3	13
Linda Shanklin	35	3	1	1	40
Pat Riviere	8	5	35	5	53
Rose Malloy	35	1	35	35	106
Mary Ann Zuckermann	1	35	35	35	106
Pam Haley	35	35	35	4	109
Laura Norton	4	35	35	35	109
Dotty Esher	5	35	35	35	110
Carmen Currey	6	35	35	35	111
Sandy Foley	7	35	35	35	112
Debby Fox	9	35	35	35	114
Louise Zeitlin	10	35	35	35	115
Bonnie Denner	11	35	35	35	116

Women 50 +	5K	10M	2M	10K	Total
Yvonne Aasen	2	3	1	2	8
Esther Weisman	1	2	35	1	39
Nancy Waddington	35	1	35	35	106

Men 13 & Under	5K	10M	2M	10K	Total
Justin Peake	2	35	2	35	74
Jon Donahue	35	35	1	35	106
Mike Foley	1	35	35	35	106

Men 14 - 19	5K	10M	2M	10K	Total
Scott Boetig	1	1	35	1	38
Rick Chambers	4	2	2	35	43
Dave Wall	3	35	1	35	74
Sheridan Snedden	2	35	35	35	107
Shawn Black	5	35	35	35	110

Men 20 - 29	5K	10M	2M	10K	Total
Jeff Jubera	2	35	1	1	39
Sam Stevens	1	35	2	2	40
Mark Wilhelm	5	35	3	35	78
Joe Blackmon	35	1	35	35	106
Bob Wagner	35	2	35	35	107
Kevin Mercer	3	35	35	35	108
William Loomis	35	35	35	3	108
Will Aasen	4	35	35	35	109

Men 30 - 34	5K	10M	2M	10K	Total
Matt Mace	1	2	1	1	5
Tom Rich	5	3	2	3	13
James Lundeen	7	6	5	4	22
James Carter	15	11	7	5	38
Tom Prendki	2	1	35	2	40
Dan Denison	4	5	3	35	47
Scott Mangum	6	4	4	35	49
Jim Gentry	9	35	6	35	85
Steve Brady	10	10	35	35	90
William Daywalt	13	9	35	35	92
Lee Korzan	3	35	35	35	108
David Brash	35	35	35	6	111
George Kerchner	35	7	35	35	112
Andrew Kittell	35	35	35	7	112
Ralph Mang	8	35	35	35	113
Bob Hoyt	35	8	35	35	113
Fred Powers	11	35	35	35	116
Don Thomas	12	35	35	35	117
Peter Srsic	14	35	35	35	119
David Clark	16	35	35	35	121

Men 35 - 39	5K	10M	2M	10K	Total
Pat Donahue	8	6	8	7	29
Michael Benso	10	8	7	8	33
Jim Etchison	11	9	10	9	39
David Webster	1	35	1	2	39
Steven Watkins	12	10	11	10	43
Bob Field Jr.	5	2	35	5	47
William Peake, Jr.	4	4	5	35	48
Leonard Kuentz	13	7	9	35	64
Scott Eden	35	1	35	1	72
Mike Hoffman	2	35	35	3	75
Robert Miller Jr.	35	35	3	4	77
Rick Woods	35	35	2	6	78
Anthony Pruner	6	35	6	35	82
Keith Kelley	3	35	35	35	108
Winnie Hittle	35	3	35	35	108
Dan Sibears	35	35	4	35	109
Derek Siemon	35	5	35	35	110
Weems Duval, Jr.	7	35	35	35	112
Bill Greenfield	9	35	35	35	114
Bill Harney	14	35	35	35	119
Robin Williams	15	35	35	35	120

Men 40 - 44	5K	10M	2M	10K	Total
Howard Beard	6	4	3	4	17
John Bushery	4	8	4	3	19
Will Scott	9	3	6	9	27
Will Myers	8	9	7	10	34
Eric Gyaki	2	35	2	5	44
Steve Keefer	3	35	5	12	55
Bill Turrentine	35	1	35	1	72
Jim Hall	35	2	1	35	73
John Fay	35	10	35	6	86
Alan Legum	35	35	8	8	86
Mickey Galuski	7	11	35	35	88
Don Kennedy	14	5	35	35	89
Reggie Haseltine	11	35	9	35	90
John Guala	35	7	35	13	90
Jonas Legum	13	35	35	15	98
Richard Hall	17	35	35	16	103
Eric Peltosalo	1	35	35	35	106
Jerry Haley	35	35	35	2	107
Andy Cascardi	5	35	35	35	110
Dick Shea	35	6	35	35	111
Mike Bright	35	35	35	7	112
Bill Helms	10	35	35	35	115
Bruce Soyars	35	35	35	11	116
Ron Jarashow	35	12	35	35	117
Jody Roberts	12	35	35	35	117
Charles Muskin	35	13	35	35	118
Tom Peet	35	35	35	14	119
Wayne Ramsey	15	35	35	35	120
Rob Fogler	16	35	35	35	121
Robert Team	35	35	35	17	122
Paul Medford	18	35	35	35	123
Bob De Young	19	35	35	35	124

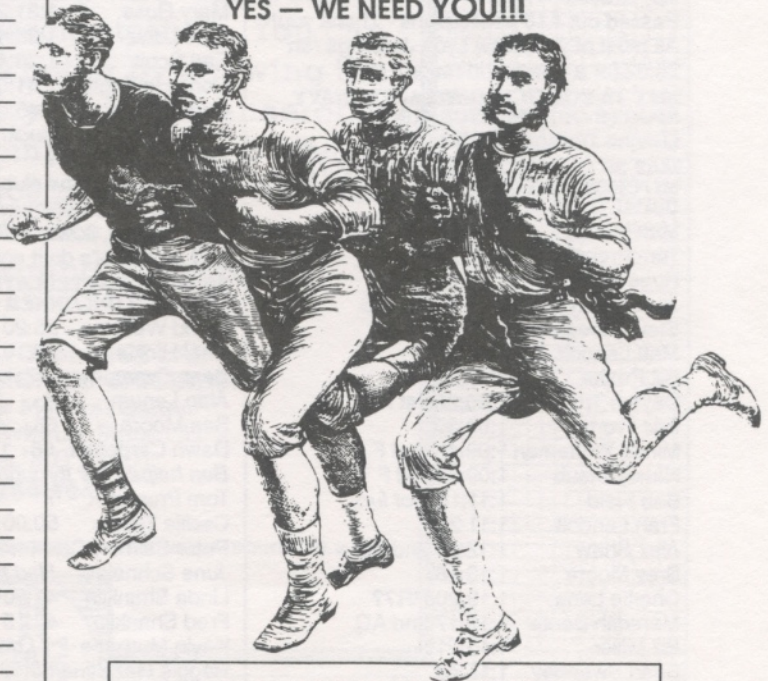
Men 45 - 49	5K	10M	2M	10K	Total
Francisco Sanches	2	1	2	1	6
Fred Shanklin	4	3	5	3	15
Joe Clorety	5	2	3	6	16
Eric Fromm	7	4	6	4	21
John Magnan	10	7	7	7	31
Eric Fredland	11	6	8	10	35
Jim Buck	3	35	1	2	41
Tom Bradford	12	9	11	11	43
Dick Hillman	15	5	10	14	44
Robert Kennedy	18	12	13	16	59
John Kurpuweit	21	10	14	17	62
C.J. Welter	35	11	12	15	73
Bart Clark	35	35	4	5	79
Lee Patrick	22	13	15	35	85
Evan Thomas	13	35	9	35	92
Thomas Belote	14	35	35	13	97
Bill Conroy	1	35	35	35	106
Mike Burch-Pesses	23	14	35	35	107
Allen Egloff	20	35	35	19	109
Alan Wycherley	19	35	35	20	109
Don Swindler	6	35	35	35	111
Keith Harvey	35	35	35	8	113
Paul Herman	8	35	35	35	113
M.(Phillip)Rosenberg	35	8	35	35	113
John De Greck	35	35	35	9	114
Dan Mauck	9	35	35	35	114
Daniel Parvis	35	35	35	12	117
Gary Sewell	16	35	35	35	121
John Slidell	17	35	35	35	122
Stephen Loomis	35	35	35	18	123

Men 50 - 59	5K	10M	2M	10K	Total
Peter Salmon-Cox	3	1	4	4	12
Web Chamberlain	8	7	6	9	30
Amadeu Sanches	35	6	1	2	44
Ken Lyons	35	4	3	3	45
William Derr	35	5	2	5	47
Edward Klebe	4	35	5	7	51
Neal Hinkle	35	2	8	6	51
Mike (John) Pack	6	3	35	8	52
Robert Donald	11	9	7	35	62
Jim Black	1	35	35	1	72
William McGranahan	19	35	9	14	77
Doug Joyce	9	8	35	35	87
Bert Rice	14	10	35	35	94
Earl Scott	35	11	35	13	94
Ed Karlson	13	35	35	11	94
Robert McGee	2	35	35	35	107
Arnie Henderson	5	35	35	35	110
Tom Komarek	7	35	35	35	112
Bill Miller	35	35	35	10	115
Joseph Porricelli	10	35	35	35	115
Brev Moore	12	35	35	35	117
Norm Lee	35	35	35	12	117
William Douglas	15	35	35	35	120
Maurice Travillian	16	35	35	35	121
Clair Morris	17	35	35	35	122
Edgar Parker	18	35	35	35	123
Buck Cadell	20	35	35	35	125

Men 60 & Over	5K	10M	2M	10K	Total
Denzil Pritchard	1	1	2	2	6
Arnold Galiano	2	35	4	4	45
Leon Johnson	35	35	1	1	72
Guy Riccio	35	35	3	3	76

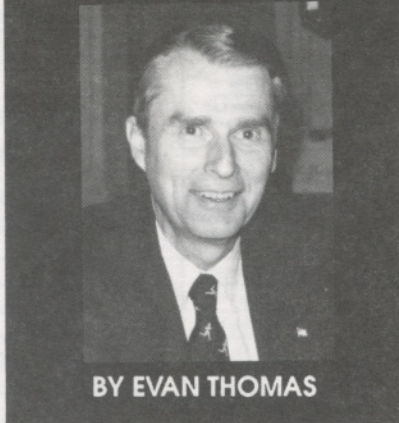
Be one of the elite to volunteer for the East Coast premier 10-mile road race and get a popular neon-yellow workers' T-shirt.

**NO EXPERIENCE NECESSARY
YES — WE NEED YOU!!!**



ARE YOU ELITE YET?
OUR LINES ARE OPEN, DIAL NOW
7 2 1 - 1 4 4 2

Striders On The Road



BY EVAN THOMAS

APR 6 MATTAPAN Y TRAIL HALF MARATHON/ST MARY'S TO PAX RIVER NAS

Bill Turrentine 1:23:21 2nd O/A!
- about 75 runners

APR 15 BOSTON MARATHON (95TH EDITION)

Sue Briers 3:40 *Nice finish.*
Your reporter is chagrined to say he got so caught up writing about the Big Fig, he forgot to check his list to make sure everyone was listed. Maybe it was an early anxiety attack at the rapid approach of, yes, the big 50!
Bill Turrentine 3:00:54 - Best time since 82. Leg cramps from mile 23. He had some of the sorest quads in recent memory.

APR 27 KENTUCKY DERBY FESTIVAL MINI-MARATHON/13.1 MI/LOUISVILLE, KY

Joe Walsmith 1:49+
About 5000 runners.

Water stops featured 1/2 pint plastic water bottles w/aluminum foil tops that were easy to reseal and carry a ways for another relaxing drink without stopping. We're trying to get this feature for the A10.

MAY 5 PITTSBURGH MARATHON/70 DEGREES +/HUMID/2000+ RUNNERS

John Kurpuweit 4:39 That's 2 in 2 months

MAY 11 ECHO ACHE 10K/CARDEROCK/C&O CANAL TOWPATH

Bob Field 40:57
Sue Briers 46+ 2nd F, but no prizes
Bill Miller 46:40
Evan Thomas 48:10 *Ouch*

We kept looking for the finish and it turned out to be about .3 of a mile long. A double out and back, shady and almost cool. Juan Fangio Briers showed us how to get around in D. C. - U turns a specialty.

MAY 12 NIKE WOMEN'S RUN/8K/WASHINGTON, D.C.

Jan Graves ?
Passed out A10 applications - Thank you!
As most of you know Lynn Jennings ran 25:02 for a new world record!

MAY 18 SOUTH MID-ATLANTIC NAVY SPORTS CONFERENCE 10K

Luanne Turrentine 45:46 1stF!

MAY 25 CHESTERTOWN CLASSIC/10 MI/CHESTERTOWN, MD - WARM AS USUAL

Matt Mace 59:26 2nd O/A
Tom Prendki 59:28 3rd
Rose Malloy 1:03:48 1stF!
Joe Clorey 1:05:04 3rd AG
Steve Koegle 1:05:28
Matt Landolf 1:06:28
Bill Peake 1:07:25
Dayton Trubee 1:08:22 1st AG!
Eric Fromm 1:09:35
Minda Whiteman 1:09:45 2nd F
Nancy Staub 1:09:48 3rd F
Bob Field 1:11:18 *Not fun!*
Fran Landolf 1:11:23
Alex Shaw 1:12:33 2nd AG
Brev Moore 1:13:18
Charlie Lane 1:13:20 PR??
Meredith Bonta 1:15:17 2nd AG
Bill Miller 1:15:21
Sean Sweeney 1:15:48
Richard Lytle 1:16:57 *Good catch @ 3 mi!*

Evan Thomas 1:17:17 *Negative splits*
Sue Briers 1:17:47 *Hot*
Jim Woodcock 1:17:56

Ivan Pressman 1:18:03 *Loves heat!*
Eric Fredland 1:18:19
Mickey Galuski 1:19:02
Dick Hillman 1:19:22 *Which way?*
Ben Moore 1:19:23 2nd AG
Malcom Davis 1:19:39 1981 A10 singlet
Dennis Melton 1:20:32
Robert Donald 1:21:06
John Guala 1:21:13 1st Hvywt
(ET ran off with trophy)
Nicol Butters 1:22:23 *On the way to the beach!*
Alan Legum 1:24:56
Jim Gick 1:26:38
Joe Walsmith 1:27:02 3rd AG
Marty Rosenberg 1:27:03
Ron Jarashow 1:27:06
Don Kennedy 1:28:55
T.J. Harrington 1:31:05
Karen Hosler 1:31:10
Mary Ross 1:31:29 *New orthotics*
Julie Lane 1:38:45
Earl Scott 1:38:47 *Too hot!*
Doris Harrington 1:41:06
Buck Cadell 1:45:06 *Great recovery, Buck!*

Delma Bandito ?
209 finishers. The club had over 20% of the field and all enjoyed the parade, craft fair, food fair, flower sales, and free beer and soda! Let's do it again next year!

26 MAY CONSTELLATION CLASSIC/10K/INNER HARBOR

David Webster 35:20 *Tough!*
Neal Hinkle 48:10
Sean Sweeney 47+
Alan Legum ?
Ben Moore 66+
Dawn Carpenter 66+ 1st 10K!
Ben helped her through it
Tom Prendki ?
Cecilia Tinney 50:00
Peter Salmon-Cox 44:45 *Good result*
June Schneider *Had fun?*
Linda Shanklin 41:50 AG prize
Fred Shanklin 43:15 *Flying in the heat*
Kevin Murnane ? *Lowest number!*
Reggie Hazeltine 50:52
Esther Weisman ? *Race walked to AG prize!*

Kitty Good 50+
Kathleen Heagney 51:35
Ana Estrada 51:35

Tim Spencer 39:39
Alan Wycherly ?
James Carter 50+
Cindy Silate ? AG winner

Hot as Hades and then some. All I did was pass out A10 applications and I must have lost 5 lbs just standing there. Had to get an umbrella to hide under. The beer line did stay open until the bitter end. Nice event - I was telling people that if they liked that weather, then they would love it in Annapolis in August!

JUN 2 TRINITY HOSPITAL HILL HALF MARATHON/KANSAS CITY

Ken Lyons 1:42?
Evan Thomas 1:45
Dick Hillman 1:46
Will Scott 1:47
Don Kennedy ?
Donna Galeski ?
Buck Cadell *did the companion 7.7 mi, I think.*

Hills everywhere. You think eastern Kansas and Western Missouri are flat, forget it! Warm at the start, but overcast held the temperature pretty steady thankfully. Tough hills, some 1 mi long. Lots of water and ice. We were all happy to see the finish line. We had a good time at the RRCA convention. The Maryland clubs sponsored a hospitality room at the hotel and we drummed up some support for a possible bid for the 1994 convention in Annapolis. We distributed a large number of famous whistles - even your national president has one in her possession. Next year we go to Milwaukee (Badgerland Striders) and 1993 looks like Spokane for the Lilac Bloomsday - plan ahead. If any club members are familiar with convention sponsorships, organizing/preparing bids for same, or are just interested in helping with the planning for a bid, please see Dick, Will or me. One sign of desperation was observed at the convention as yours truly was tapped to be the Maryland State RRCA Representative. Now nowhere in the state is safe from the whistle!

JUN 2 BRRC 5K CHAMPIONSHIP/GOUCHER COLLEGE

Cindy Silate 21:20 8th F

JUN 9 BEL AIR TOWN RUN/5K/BEL AIR, MD

Pat O'Malley 15:23 9th -
Race featured a dual start to ease congestion. Good course to do a good time on!

JUN 29 CROFTON KIWANIS 10K/CROFTON, MD (300+ finishers!)

Eric Peltosalo 37:02 2nd 40-49
Jim Black 37:50 1st 50-59
Look out, Jim is back!
Bill Conroy 37:55 4th 40-49
Rose Malloy 38:25 1st F!
Meredith Bonta 45:47 1st 40-49
Liz Kisenwether ? 3rd 30-39
State College/back for visit

Ben Moore 50:37 2nd 60+
Esther Weisman 58:27 2nd 50+
Danny Andrews 29:34 1st Wheelchair!
Many other club members suffered along with these folks on a truly terrible day. Nice course (sort of a reverse Jean Conroy 10K course). When I get the results from Reggie Haseltine, I'll print them.

Hot Weather Running

(This is taken in part from the Safety and Education Committee of the Middle Atlantic Road Runners Club in Philadelphia.)

Good health is more than a physical state of well-being. It is the active and positive pursuit of emotional, mental and physical well-being.

One common characteristic of runners is independence; but with independence comes responsibility for yourself. In order to maximize the pleasures of running responsibly, you will find below some suggestions designed to minimize potential for illness, serious injury, and even death.

Spring & Summer Running

DRESSING FOR THE HEAT

A good general rule to follow for running in the heat is to wear light-colored clothing to reflect the sun. Make sure its comfortably large so as not to chafe. If running in the sun, a hat or a visor is a good idea. You can maintain a cooler body temperature by soaking the hat in cold water. A singlet or cotton mesh shirt is cooler than a cotton t-shirt. Nothing at all is coolest. European-cut shorts of friction-proof material are best as are cotton socks without seams. Always try to prevent chafing and blistering. Areas where heat buildup and friction occur tend to chafe. A coat of Vaseline to these areas is helpful. Wear proper supportive under clothing. Run as close to naked as legal!

RUNNING IN THE HEAT

A person running in hot weather produces considerably more heat than when running in cool weather. If the body's thermoregulatory mechanism can't keep the temperature low enough a number of things can happen:

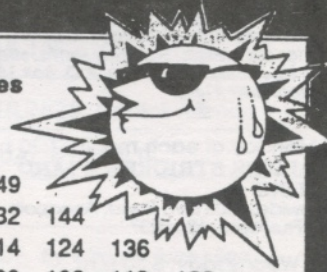
Heat cramps - the first sign of trouble occurring in voluntary muscles (calf). Potassium tablets taken during summer months seem to alleviate this problem.

HOW HOT DOES IT FEEL?

Your comfort in summer depends on the combined effects of air temperature and humidity. Shaded bars show how the temperature on a 120-degree day with 30% relative humidity feels like 148 degrees.

Air temperature

Air temperature	Apparent temperatures									
125°	123	141								
120°	116	130	148°							
115°	111	120	135	151						
110°	105	112	123	137	150					
105°	100	105	113	123	135	149				
100°	95	99	104	110	120	132	144			
95°	90	93	96	101	107	114	124	136		
90°	85	87	90	93	96	100	106	113	122	
85°	80	82	84	86	88	90	93	97	102	108
80°	75	77	78	79	81	82	85	86	88	91
75°	70	72	73	74	75	76	77	78	79	80
70°	65	66	67	68	69	70	70	71	71	72
	% 10	20	30	40	50	60	70	80	90	100



Percent Humidity

Apparent temperature

Heat syndrome

130° or more Heatstroke or sunstroke is imminent.

105°-130° Sunstroke, heat cramps, and heat exhaustion likely.

Heatstroke possible with prolonged exposure and physical activity.

90°-105° Sunstroke, heat cramps and heat exhaustion with prolonged exposure and physical activity.

89°-90° Fatigue possible with prolonged exposure and physical activity.



There is also a possibility of heat stroke when physical activity is combined with prolonged exposure to the heat. Officials warn that if the apparent temperature reaches 130 degrees, heatstroke or sunstroke is highly possible.

Massaging the cramp seems to reduce the pain.

Heat exhaustion - is brought on by fluid loss and the body's cooling system sending too much of the blood supply to the skin. Confusion and unconsciousness can occur.

Heat stroke - signs to look for are high body temperature; dry, hot skin; dizziness; vomiting and diarrhea; and confusion. Medical help should be sought immediately.

Be aware of weather conditions before you run. Drink plenty of water. Because many of the body's chemical reactions take place in it, the body is extremely dependent on water. Water is crucial in keeping body temperature stable in hot weather. Exercise in extreme heat can cause: loss of water from

the bloodstream; disturbance in the concentration of certain substances in the blood and cells and heat exhaustion. Acclimate yourself to hot weather running, and, if racing, warm up as briefly as possible.



JUST DO IT... NOW!!
DIAL 721-1442

Be one of the elite to volunteer for the East Coast premier 10-mile road race and get a popular neon-yellow workers' T-shirt.

NO EXPERIENCE NECESSARY

YES — WE NEED YOU!!!



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

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



RRCA



GATORADE

RACE HOTLINE

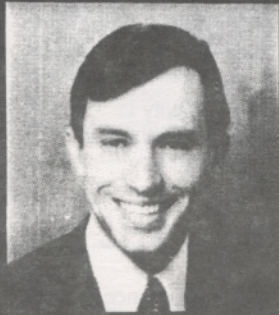
FOR THE GREATER WASHINGTON, DC AREA

1-703-683-RRCA

The Race Hotline is a service provided by Gatorade and the Road Runners Club of America.

Callers are given pertinent information regarding the coming week's running events.

The hotline is updated weekly.



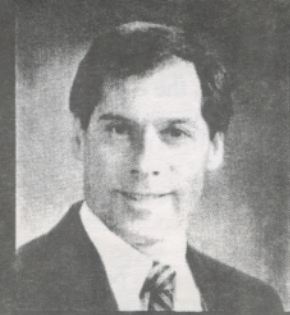
Mike van Beuren
280-8151

Champion
realty inc.

301/224-0600
Balto. 841-5695 • D.C. 261-8279

A WINNING TEAM

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Randy Fox
280-8128

Unusual market conditions require extra-special marketing attention. With our comprehensive program you can rest assured that your property will get the *maximum* exposure in today's competitive marketplace. Best of all, you will be getting *two* full-time real estate professionals who will get the job done.

Call us for all your property needs

- Property market analysis • Prequalification for purchase
- New homes subdivision information • Lot purchases
- Rental information • Relocation to areas outside of Maryland

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. Tele: (41) 954-2124 Fax: (41) 958-0975

Aug. 15, Thurs., 7:30 PM, Summer's End Gutbuster 4 person, 10M relay (10 x 400), Johnson H.S. Frederick Steeplechasers, PO Bx 669, Frederick MD 21701 301-371-5610

Aug. 17, Sat., 5PM, Gary Brown Memorial 5M Canal Run, Antietam. Hagerstown Run for Fun Club, 329 Nottingham Rd, Hagerstown, MD 21740 301-797-3798

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

Aug. 18, Sun., 8 AM, YMCA 5-miler, No. Shores, Rehoboth. TimeOut, 216 Rehoboth Av, Rehoboth Bch, DE 19971 302-227-1122

Aug. 18, Sun., 8:30 AM, Middletown 5 Miler. Joyce Nelson, 705 S. Cox St, Middletown, DE 19709 302-389-8549

WHERE THE RACES ARE



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

Aug. 24, Sat., Women's Distance Festival 5K, Greenbelt Pk. PGRC, PO Bx 877, Greenbelt, MD 20768 301-699-1477

Aug. 24, Sat., Best of the West Triathlon. Garrett Sports League, PO Bx 52, Oakland 21550 301-387-7114

Aug. 24, Sat., Crim Road Race, 10M, 8K, 5K F.R. C.R.R., PO Bx 981, Flint, MI 48501 313-235-3396

Aug. 28, Wed., Hicks Anderson 5K. Marathon Sports, 109 9th St. Plaza, Wilmington, DE 19801 302-654-6400

Aug. 31, Sat., Taboo Ultra 6 Hr Run, Greenbelt Pk. PGRC, PO Bx 877, Greenbelt, MD 20768 301-498-3672

Aug. 31, Sat., 8:30 AM, Labor Day Classic 5K, Firehouse, Rehoboth. TimeOut, 216 Rehoboth Av, Rehoboth Bch, DE 19971 302-227-1122

Aug. 31, Sat., Charleston 15M Distance Run. PO Bx 2749, Charleston, WV 25330 304-348-6464

Sept 1, Sun., 7 AM, Chesapeake Bay Bridge Tunnel 13M Swim Race. Endurance Sports Events, PO Bx 1118, Cambridge, MD 21613 301-228-2505

Sept 1, Sun., Eldersburg Optical 5K. Eldersburg Plaza, Eldersburg, MD 21784 301-795-5648

Sept 1, Sun., Greenbelt 15K. DCRRRC, P.O. Bx 1352, Arlington, VA 22210 703-765-1837

Sept 2, Mon., 8:30 AM, Last Blast Prediction 5K, Henlopen, Rehoboth. TimeOut, 216 Rehoboth Av, Rehoboth Bch, DE 19971 302-227-1122

Sept 7, Sat., 9 AM, Women's Distance Festival 5K, Frederick C.C. Frederick Steeplechasers, PO Bx 669, Frederick 21701 301-663-1062

Sept 7, Sat., 8 AM, Chaptico Classic 5K/10K Road Race. Mike Whitson, PO Bx 157, Chaptico, MD 20621 301-884-4718

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

Sept 21, Sat., 9 AM, Top of the Mountain 5M, nr Gettysburg. Denny Robertson, 141 Buchanan Valley Rd, Orrtanna, PA 17353 717-264-5390

Sept 22, Sun., 8 AM, Great Subway Race 10M. PO Bx 11394, Baltimore 21239 301-882-5455

Sept 22, Sun., 10 AM, Cambridge Row/Paddle Triathlon with Relays, 3M run, 15M cycle, 2M row/paddle. Endurance Sports Events, PO Bx 1118, Cambridge, MD 21613 301-228-2505

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

Sept 29, Sun., The Great Race 10K. 400 City-Co. Bldg, Pittsburgh, PA 15219 412-255-2493

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

Sept 29, Sun., 9 AM, Zoo Zoom. BRRRC, PO Bx 9825, Balt. 21284 301-526-RUN2

Sept 29, Sun., 8 AM, Nat'l Capital 20M & 5M, Alexandria. DCRRRC, 6831 Stoneybrook Ln, Alex., VA 22306 703-234-5595

Sept 29, Sun., 8 AM, Fritzsche's Family 10K Run + 2M F.R., Reston. Gr. Amer. Rests., 3110 Fairview Pk Dr, Falls Church, 22042 703-560-6100

Oct. 5, Sat., 10 AM, Market Street Mile. FSC, PO Bx 669, Frederick 21701 301-371-9562

Oct. 5, Sat., 10 AM, Nissley Vineyards 7M Distance Classic, Bainbridge, PA. Lancaster RRC, PO Bx 7172, Lancaster, PA 17604 800-522-2387

Oct. 5, Sat., 8 AM, Great Allegheny 15K/5K Run. Queen City Striders, 1900 Bedford St, Cumberland, MD 21502 301-722-6397

Oct. 6, Sun., 9 AM, Glen Burnie and B & A Trail 10K [S.P. to Marley Station]. PO Bx 11394, Baltimore, MD 21239 301-882-5455

Oct. 6, Sun., 8 AM, Trail at Ashland 15M. BRRRC, PO Bx 9825, Balt., MD 21284 526-RUN2

Oct. 6, Sun., 9:30 AM, Georgetown 10K. PO Bx 554, Springfield, VA 22150 703-569-6950

Oct. 6, Sun., 9 AM, Delaware Distance Classic 15K + 5K, Wilmington. DDC, 1 Embury Ct, Newark, DE 19711 302-234-0918

Oct. 12, Sat., Garrett Co. Autumn Glory 10K. Garrett Sports League, PO Bx 52, Oakland 21550 301-387-7114

Oct. 13, Sun., 8:30 AM, Columbus Chase 10K + 1M F.R., Columbia. HCS, Ft 1st, Wilde Lake Village Center, MD 21044 301-964-1998

Oct. 13, Sun., Army 10-Miler, D.C. HQ Army Rec., PO Bx 46594, Washington, D.C. 20050-6594 202-694-1551

Oct 20, Sun., Richmond Newspapers Marathon + 5M + 13.1M. PO Bx C-32333, Richmond, VA 23293

Oct. 27, Sun., 9 AM, Key School 10K, Hillsmere Shrs. Key Sch, 534 Hillsmere Dr, Annapolis 21403 263-8120

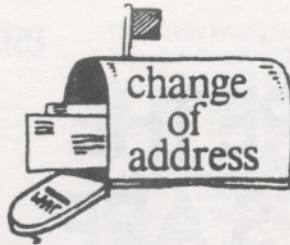
Oct. 27, Sun., 11 AM, Cape Cod Marathon. Courtney Bird, PO Bx 699, W. Falmouth, MA 02574 508-548-0348

Oct. 27, Sun., 8 AM, Old Syle Marathon + 5K. O.S.M., 223 W. Erie, Chicago, IL 60610 312-951-0660 900-988-DO-IT

Nov. 3, Sun., 10:45 AM, NYC Marathon. [Entries Closed]

Nov. 3, Sun., 9 AM, 15th Annual Marine Corps Marathon, DC. MCC, PO Bx 188, Quantico, VA 22134 703-640-2225

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



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.

**HOTLINE
268-1165**

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THIS IS THE 24-HOUR PHONE NUMBER FOR
THE ANNAPOLIS STRIDERS**

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 WOMEN'S
 CHILD'S

Add \$1.00 for mailing

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S M L
 MEN'S
 \$9.00 each

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



MEMBERSHIP APPLICATION & RENEWAL FORM

OFFICIAL USE ONLY

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<input type="text"/>	<input type="text"/>	<input type="text"/>

MAIL TO: ANNAPOLIS STRIDERS, INC.
P.O. BOX 187
ANNAPOLIS, MD 21401
MAKE CHECK PAYABLE TO
ANNAPOLIS STRIDERS, INC

Last Name First Name Initial Birth Date Mo Day Yr Sex Male Female

Mailing Address Street (Include Apt No) City State

Zip Code Area Code Business Phone Area Code Home Phone is This A New Membership Yes No Address Change Yes No

Occupation _____ Signature X _____

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

- RACE RUNS NEWSLETTER PROPERTY MEMBERSHIP
 PUBLICITY CLINICS TRAINING AWARDS

DUES: Youth to 18 \$5.00 Individual \$10.00 Family \$15.00