



Annapolis Striders

DECEMBER 1991 VOLUME XIII, NUMBER 6

INSIDE THIS ISSUE:

- 1991 CLUB CHAMPIONSHIP SERIES STANDINGS
- THE DIRT ON DIET
- *Plus:* 1991 Snapshots!



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NOMINATING COMMITTEE NAMED

The following Striders have been selected by the Board of Directors to serve on the
Nominating Committee:

Meredith Bonta/ 956-2123
Mike Chamberlain/ 224-4331
Don Kennedy/ 268-0982
Bill Law/ 647-5015
Delma Miller/ 956-5052
Ben Moore/ 268-3832
Dan Parvis/ 647-9295

The Committee is charged with the responsibility of
nominating a slate of officers for election at the
Annual Meeting on Friday, March 13, 1992. The
slate will include president, vice president,
secretary and treasurer, for one year terms, and

directors, for two year terms. Any Strider wishing to
discuss a nomination, either his own or someone
else's, should contact a member of the Committee as
soon as possible but certainly before the end of
January.

FOR MEMBERS ONLY

12 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!

ANNAPOLIS HEALTH AND FITNESS CENTER

2000A Industrial Drive in Annapolis 301-266-3366
20% membership discount to all Striders. The Center has Stairmasters, Lifecycles, circuit weight training, free weights and more. 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 also available.

ANNAPOLIS SCHWINN

2020A West Street, Annapolis
301-266-6836/261-8438
10% discount of parts & accessories.

ATHLETE'S EDGE

940 Bay Ridge Rd., Annapolis 280-6161
15% discount to all Striders.

EAST/WEST CHIROPRACTIC CLINIC

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

FLEET FEET SPORTS

118 Main St., Annapolis 301-280-0806
10% discount to Striders. Must have membership card, not good on sale items, magazines, powerbars or Exceed products.

GOOD LIFE

570 Benfield Village Shopping Ctr,
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Includes all your vitamins, minerals, raw glandulars, herbs, energizers, diet aids, carbo fuels, and amino acids. At the

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show your
membership
card and take
advantage of
these
services!

If you're not a
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membership
form on the
back cover of
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mail today!

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2110 Priest Bridge Rd., #6, Crofton 301-721-5050
Complimentary initial consultation and examination with x-rays (if needed).

MERRITT ATHLETIC CLUB

1981 Moreland Parkway in Annapolis 301-263-5400
50% discount on current initiation fee.

SEVERNA PARK RACQUETBALL & NAUTILUS

218 Mid Rt. 3 N., Millersville 301-987-0980
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SPORTS MAGGAGE

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15% discount off massage to help prevent injury of muscles, joints and ligaments. Helps relieve aches, improves energy and endurance.

YALICH CLINIC'S DR. JEROME TAYLOR

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

December 1991

STREAK

Volume XIII, No. 6

TABLE OF CONTENTS

PRESIDENTIAL PRATTLINGS	By Dick Hillman	4
LETTERS		5
SOMETHING DIFFERENT	By Ron Bowman	6
TWIN CITIES MARATHON	By Evan Thomas	8
METRIC & PENNSAVER RACE RESULTS		10
STRIDERS ON THE ROAD	By Evan Thomas	12
THE DIRT ON DIET	By Sue Briers	15
CHAMPIONSHIP SERIES STANDINGS		17
WHAT'S COMING UP		22
WHERE THE RACES ARE		inside back cover

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

The Streak, published bi-monthly, is the official newsletter of the Annapolis Striders, P.O. Box 187, Annapolis, Maryland 21401. Letters to the editor, as well as other articles, are welcome. Permission is hereby granted to reprint any article appearing herein provided the source is acknowledged. Permission cannot be extended for materials from a copyrighted source.

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!

Presidential Prattlings

At Least It Didn't Take A Century!

Look for reports in running publications of the ceremony at the 13th annual convention of The Athletics Congress in New Orleans in early December. The late Ellery H. Clark Sr. has been elected to the National Track and Field Hall of Fame (located in the Hoosier Dome in Indianapolis) for his feat as a double gold medalist at the first modern Olympic Games in 1896. He won both the high jump and the long jump and remains the only person to capture both medals at the same Olympics! His son, Ellery Clark Jr. of Franklin Street, continues the tradition each year at the Maryland Senior Olympics.

WARNING: Following Paragraph Composed Pre-Duke

Speaking of TAC: Ticket brochures (and entry forms!) are now available for the U.S. Olympic Track and Field Trials to be held at Tad Gormley Stadium in New Orleans June 19-28, 1992. Write: 601 Loyola Av, Suite 214, Poydras Plaza Mall, New Orleans, LA 70113 or call 504-484-1992.

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Is Canonization In The Cards?

We can all be thankful that Ben has Betty around to treat any swell-headedness Ben might succumb too! Yes, just when you thought Ben had received every award known to man but the Nobel Prize for Literature, yet another has come his way! Ben was a deserving recipient of the Runner's World Bob Rodale Golden Shoe Award of November. The award was established in 1989 "to involve and reward runners who inspire, teach and otherwise contribute to personal and community regeneration," in the words of publisher George Hirsch. The award was inspired by George Sheehan who was its first recipient. Ben received this recognition for his "leadership contributions ... helping other runners train for the Marine Corps Marathon." Ben was pictured on page 132 of the November issue next to a column describing his accomplishments. The Golden Shoe plaque was presented to him in the shadow of the Iwo Jima Monument immediately following his completion of the 1991 Marine Corps Marathon. Moore for President!

WHATA GUY!

This just in: John Butterfield, Annapolis Striders founder, will be the keynote speaker at the RRCA Annual Banquet in Milwaukee, Saturday evening, May 30. This is a wonderful honor for John and, vicariously, for us. Plan now to attend the convention and just try to have more fun than Ken Lyons did in Kansas City this year!

LIKE MONEY IN THE BANK - NOT!

Spokane submitted a "sure thing" bid for the 1993 RRCA Annual Meeting to be held the weekend of Bloomsday - nation's second largest footrace. And, the winner is PORTLAND, OREGON!

A STAR IS BORN

Sandy Foley took on our most logistically complicated club event and, according to all reports, the Metric Marathon was a complete success. Sandy's efforts proved again that dedicated first time event

directors do very well. Volunteers were primarily southern folk. Could we be seeing the germination of a Calvert County Striders????

MAKE A RESOLUTION

This is a good season for me to take advantage of any guilt you may be experiencing for taking from the organization for years without giving enough in return. Here's how to absolve yourself of this all-consuming guilt (which studies have shown will slow your running pace substantially): Be a volunteer in '92. Call Nancy or Rich to help with the new event in March, the Family Four. Call Sue Briers to help with the other new March race, the B & A Trail Marathon. Call a member of the Nominating Committee (listed elsewhere in this issue) to become a Board member. Call me for information about being a chair or coordinator. Call Ron or Will to serve on the Bay Bridge Run or Annapolis Run committees, respectively. Volunteering as a means to improve performance is cheaper than moving to Mexico!

Cold Winter Nights

Looking for some nostalgia on Friday evenings? Tune in to WKHS-FM (90.5) for the greatest oldies in the region. From 5-7 pm, it's 50's and 60's tunes. From 7-10 pm, it's Doo Wop!

Jet Setters

Will Scott and I represented the organization at a reception held at the New Zealand Embassy the Monday before the NYC Marathon to highlight New Zealand fitness opportunities. The evening was moderated by Katherine Switzer and her N.Z. husband Roger Robinson, an internationally ranked 60+ runner. Among the other N.Z. luminaries present were John Campbell, the greatest 40+ runner in history, and Erin Baker (Scott Molina's wife), one of the world's leading triathletes. N.Z. events are challenging and the settings are breathtaking. We should fax ourselves down!

Calendar Check

FRIDAY, MARCH 13, 6:30 PM - ANNUAL MEETING & BANQUET - ST. JOHN'S COLLEGE - WATCH FOR DETAILS IN EARLY FEBRUARY. ROSE IS THE BOSS.

Paradigm Shift

After 10 months of consideration, the Board has adopted a major revision in how the organization does business. Previously, the Board has had little management involvement regarding our two major races which together gross nearly \$150,000. Now, the finances of these events will be brought directly under the supervision of the Treasurer and will be subject to the organization's financial management and reporting requirements. The history of each race is that it became a Striders event only after it was independently established by others. This step and other recent ones bring the races more within the organization's administrative umbrella. Thanks go to Mike Long, Matt Mace, Ron Jarashow, and Will Scott for bringing this initiative to fruition.

NEWS: Good & Bad

Our Streak continues to be the model copied and envied not just by running clubs throughout the region but by other nonprofit groups that have seen it. It is more readable, more attractive, and more informative than every other club publication we receive and itself makes the cost of membership a bargain. The credit for this accomplishment is all the editor's, Sharon Serio. Now, after elevating the publication to a new plain, professional and family responsibilities have lead Sharon to step down after the next issue. Sharon's successor has big shoes to fill but a lot of software to start with! The smoothest transition would be for the new editor to work with Sharon on the February issue. Sharon will willingly consult with regard to succeeding issues too. Call Sharon or me to learn more about the job.



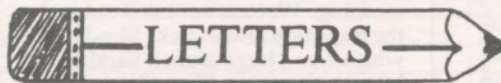
dick hillman

From the Editor:

We've got an issue packed tight with results and news. As the end of the year approaches, I'd like to thank warmly everyone who has contributed to making the Streak "work" this year. Reporters, writers, result keepers, race directors, advertisers, etc. have provided me with a wealth of material. Thanks also to Katherine Burke at Annapolis Publishing for her patience and extra effort.

Striders, I hope the holidays are filled with good times! Happy trails!

Sharon *Sharon Serio*



Letters to the Editor

November 6, 1991

Dear Striders:

I wish to express my enormous appreciation to the Striders for the drinking fountain that was dedicated to Don Waddington on the B&A Trail. I know that Don was and still is regarded as a very special person by the club. I am uniquely able to know that Don regarded the Striders as a very special part of his life. His was proud of his efforts to improve the physical fitness and well-being of all members through the promotion and encouragement of long distance running. That objective remained steadfast with Don until the end. It gives me comfort to know that his standards will be carried onward by the Striders.

I particularly wish to thank Pat O'Brien and her committee for their role in finding a suitable expression of gratitude to Don.

It gives me personal solace to know that countless runners, bikers, walkers, and others will avail themselves of the drinking fountain for refreshment. It pleases me to know that our grandchildren can use this fountain, established and dedicated in his memory.

Nancy Waddington

From the editor: Ben Moore shared this letter with me and I'd like to share with all the Striders and other runners.

7 Nov. 1991/Richland, WA 99352

Ben,

Just a brief note of thanks for all your help over the years in your role as Moore of the Moore's Marines. There are an awful lot of folks who have truly benefited from your outstanding leadership and who very much appreciate your support.

Last Sunday I was determined to keep up with you and never drop more than 50 feet behind you as I knew that your pace was steady and challenging. Thanks to your "leadership and pace setting," I finished with a personal best.

Thanks again for being Ben Moore, leader of the band.

Sincerely,

Don Kane, President

CENTRAL WASHINGTON CHAPTER MOORE'S MARINES

Ben adds: If you include this letter in the STREAK, I think it would be appropriate to add that Don takes a slight detour during each Marine Marathon to pay homage to those service personnel whose names are inscribed on the Vietnam Memorial Wall by running thru the Memorial and rejoining the marathon crowd a few minutes later - and Don still had a PR! This simple, elegant, reverent, and very sincere personal gesture made that moment a very memorable one for me.

Something Different

National/World Cup Triathlon Championships

Las Vegas, Nevada September 21, 1991

BY RON BOWMAN

I've been doing triathlons for five years now. It's a great way to get a change of pace into your training, gives you much better overall conditioning, better injury prevention, and its a terrific way to maintain fitness when recovering from an injury. Anyway, this year I was fortunate enough to qualify for the National/World Cup Championships.

I really had no intention to go all the way to Las Vegas to beat myself up doing a triathlon until I was asked if I were interested in going as a member of a military team sponsored by the United States Military Sports Association (USMSA). We got a military flight to and from Nellis, AFB. Seven hours in a C-130 was not exactly luxuriant, especially when flying with a bunch of German/SEAL/Army parachutists going out for a joint exercise. There were six triathletes and about 50 jumpers. Although our bikes were in the same compartment with us, they were strapped in with little regard for his/her bike. Each of us must have checked our bikes a dozen times during the flight.

My travel companions consisted of an Army Capt. from the Pentagon, a Marine Sgt. from Camp Lejeune, a female Army Sgt. from the 82nd Airborne, a Navy LCDR dentist, and a Marine Major F/A-18 pilot (he had just returned from TopGun school) from Charleston. We stayed at an "economy" hotel off the Strip. With 3 to a room, not including bikes, and all of us chipping in to rent a van to get us around, we managed to keep the expenses down some.

The registration was in the Sands Hotel, and the Expo took up an entire floor. We helped with the military registration on Friday morning. There was a separate Military category so instead of the usual age group colored swim caps, we got camouflage colored caps--Neat; everybody wanted to trade! There were over 1500 entrants

from all over the world; Australia, Japan, Brazil, Canada. We had 46 military entrants; also from all over. One young lady, a Navy petty officer, came from Guam.

Friday afternoon was spent preparing for the 0800 start the next morning. We took our bikes out to the transition area at Lake Meade which was a huge asphalt parking lot near the water. The officials had laid out a gravel runway 450 ft. from the waters edge to the transition area. I was not looking forward to running up that barefoot! We took a quick swim to check out the water and then headed out to drive the bike course.

I soon forgot about the gravel runway when we started up the bike course. We measured 22 of the 25 mile course being uphill; varying from longgggg climbs to short vertical (well--it seemed that way) ones. The bike ended at a school in Boulder City where the run started and finished. We were going to check out the 10k run course but got even more discouraged than we already were when we saw the run head off into the desert somewhere! Needless to say, that night was consumed with fretting over what to wear and agonizing over things we had no control over--like the course. We got up at 0430 the next morning because it was a good 45 min. drive from where we were to the start. It was a very quiet drive--maybe because everyone was sleeping. With over 1500 starters there were 11 waves; with the Pros going first. We Masters (about 100 of us) got a mixed blessing by being the 5th wave. On one hand, you get to start sooner; saving losing a lot of nervous energy standing around. On the other hand, you don't get that little mental lift by passing a lot of people that you do when you start further back. There are all those younger studs and studentettes blowing by you when you start early.

The start was mostly inauspicious, it wasn't too crowded so there wasn't any of the bumping that you usually

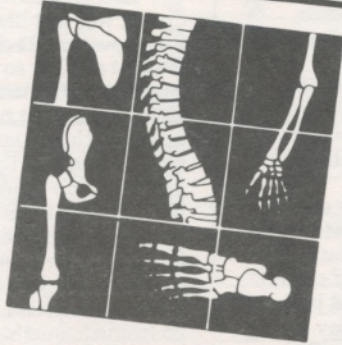
associate with a open water start. We kind of spread out and did our thing. The 1.5k course was a triangle with the start and finish at the same point and my thing was going pretty well for the first leg. Just before the turn at the end of the first leg, we came from behind the lee of something - mountain, boat, something - because the wind picked up significantly and the water became very choppy. When I finally finished, I was certain I could see a new waterline around Lake Meade from my swallowing a good portion of it! I figured I wouldn't need as much water during the bike. My attention rapidly changed to getting up the runway to the bike transition.

The scene was not unlike those Natl. Geo. Society segments where the natives run through hot coals. There was a lot of "oouh, ahhh,owwww,eeiii". The transition to the bike was pretty uneventful. The temperature was quickly approaching 90 degrees with about zero humidity.

The bike was..... brutal. There were times when I was going 5 mph and still passing people! We went through a very affluent residential neighborhood; with a lot of people sitting in their lawnchairs sipping iced drinks. As one guy slowly came up even with me, he turned and asked me if I thought they appreciated us cleaning their streets with our tongues. Another older spectator called out "I admire your determination," the guy next to me (50ish) retorted "And I admire your wisdom!" Even in my depleted state, I understood completely. Shortly after that, as we crested yet another hill - only to start another - there was one of those sponsor designed course sign that said "Tinley - TURN HERE"; the course monitor standing there had made an addition that said "--THE REST OF YOU CAN TURN TOO!"

The run was not much better. By that time (about 1030) the temperature had risen to 97 degrees;

(SEE TRIATHLON, PAGE 9)



ANNE ARUNDEL ORTHOPAEDIC SURGEONS

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

DID YOU KNOW . . .

- The most common injuries in track and jogging are stress fractures, ankle sprains, Achilles tendinitis, bursitis and fasciitis, heel pain, blisters and shin splints.
- In aerobic dancing, the rate of injuries is dependent on the rigors of the program, not the floor surface or shoes. The injury incidence is 1 per 350 hours of dancing.
- In cross country running, 95% of the injuries occur in the lower extremities from overuse, training errors or trauma. Over 1/2 of the trauma injuries are ankle sprains.
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ANNAPOLIS
25 Shaw Street
268-0861

• **SEVERNA PARK**
22 Truckhouse Road
544-6570

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

Twin Cities Marathon

(or, . . . I Was an Ice Cube for the RRCA)

BY EVAN THOMAS

Sometime in the late fall of 1990, while hovering around the office coffee pot, the idea was hatched - now that we are or soon will be 50, let's find a fast marathon course to run to try to qualify for Boston. The plotters: Evan Thomas and Brev Moore. It didn't take long to settle on the Twin Cities Marathon as the one to go for. Why, you ask? Well, it's early (a month before the Marine Corps) and if anything went astray, one could always fall back on the later race. Also, we were sure of some company as other fools (Striders) would be sure to join us. Finally, most of those who had done the race had nothing but good things to say about it: mostly flat with a downhill finish.

So, with high hopes and armed with Peter Salmon-Cox's plan (thanks to Joe Blackmon) in hand, we plotted some "strategy" for hitting the magic 3:30. The late spring/early summer were uneventful and included some fine training runs, including the very soggy Amish Country Half Marathon (Brev secretly harbored thoughts of revenge for allowing himself to be talked into that one). Track workouts went well and even included skipping, exaggerated knee lifts and butt kicks. Long runs were still the main focus and by early August we had three 16's and one 18 under our belts with lovely HHH (hazy, hot and humid) conditions.

Looking back on it now, it may not have been the best idea to take a week off for vacation, but it certainly felt good at the time. For me, things just got slower after that. Brev, on the other hand, was picking up the pace and intensity. After struggling through a 20 miler in mid-August, a hamstring jumped up and bit me. When Tom Prendki told me those injuries last in threes, 3 days/3 weeks/3 months, it didn't take a rocket scientist to see that 2 of the 3 were not what I had in mind.

Two weeks passed with

discouraging results (at least the ATM went well!). A visit to the orthoped found no problem. So, back at it. Of course that is when my back chose to act up again. Ten days of discomfort followed - mileage dwindling even more. With desperation and resignation starting to set in, a call from June Schneider opened another avenue to well being - sports massage therapy(?!). She said she had found a person who offered deep pressure massage as a way of loosening up tight/stressed areas. What did I have to lose? - \$25 for half hour or \$40 for a full hour? The first visit took place after a disappointing 10 mile shuffle Sep 21st. I felt somewhat better on Sunday and then ran tentatively on Monday with no ill effects. Tues/Wed/Thurs also were uneventful - first 4 day streak in almost a month! I hustled back for a second session on Friday and got through a 15 miler on the 28th. With that as background, the "taper" week went well and, with one last visit to Ms Magic Fingers, it was off to the Twin Cities on my non-refundable ticket.

With only 95 miles in the log for September, the middle of whether it was possible to run and finish the race was yielding more questions than answers. Brev, on the other hand, had been cranking out the long runs with great regularity. He did confess to feeling a little "tired" - I told him it was probably due to that 12 miler on Wed before the race. Taper? What taper?

We landed in Minneapolis early Friday evening, streaked to the motel, and contacted our local guide, Dan Shannon. We made contact with Dan through Howard Beard who runs with Dan's brother at EPA. Dan, dentist and runner par excellence, soon arrived and we sprinted to the spaghetti dinner at the Radisson. Nice affair, about 2 1/2 times the size of our ATM dinner at the Ramada. We even got to pick up our packets after the official closing. Dan, it seems, knows a lot of folks. He also had run all nine previous TCMs and he received a special colored bib to wear in recognition of that feat for this, the 10th edition.

On Saturday most of the day was spent shopping at the expo and cruising the course. All the while the weather was deteriorating. We had rain, snow, sleet, hail, and wind gusting to 35MPH - none of which tended to inspire confidence in us warm weather trainers. So, as we dodged the raindrops on the way the Dan's for more pasta, we tried keep a positive outlook. At Dan's we got meet a number of local runners hoping to do well, eat more

food, and set up plans for getting to the start and back from the finish. Brev was careful to eat enough for several runners (he was rewarded by a 2/3 minute carbo "unloading" event during the race!). We also managed to find a few Strider whistles for Dan and his friends and family so we could find each other after the race.

Race day dawned sunny and dry! It was just like the brochure! It was, however, 33 degrees with a forecast of 40 or so for the high. Since I couldn't use the weather as an excuse for not running, I bundled up for the long haul - tights, polypro shirt, jacket, etc. I'm sure I looked like the sugar plum fairy. The race starts near the Metrodome and runners are allowed to gaggle inside to wait for the start. It is quite a structure and you can feel the pressure on your ears when you first go inside (something to do with keeping the dome up). The start was very smooth with 6000 or so in the field. I was running with Carol, a veteran marathoner who hadn't raced much lately at first. She allowed as though she would run slowly - 8:30's or so. At about 10 miles I bade farewell to her since if I didn't slow down even more I wouldn't finish (reality had started to set in).

The course is very scenic as it winds around many lakes and traverses park lands. There are only a couple of spots that let you know you are in a big city. There is good support along the route that stretches from Minneapolis to St. Paul and enough people to yell the usual inane comments at you. Reaching the halfway point in 1:50 I briefly entertained thoughts of a 3:50 finish - only briefly as I got slower and slower. The shuffle was the order of the day. I did, however, make use of a stash of dry cap and gloves I had placed at the 21-mile mark on Saturday.

Meanwhile, Brev was chugging along and even had a 6:50 mile early in the race. After the carbo "unloading" episode, he found himself still in good position, hitting the 20-mile point in 2:33 - right on pace. Now, if he could only hold up through the hilly part of the course. Fortunately, what we consider as hills aren't to be found at the TCM and he brought it home in 3:23:59!. Cheers all around for a Boston Qualifying time! Meanwhile back at the ranch, ET was still at mile 23. It did look like I was going to finish and I took some solace in that. I spent from mile 24 to 25 trying to get the cellophane off the piece of hard candy I had saved for this point - a

(SEE TWIN CITIES, NEXT PAGE)

MARATHON

(CONTINUED FROM PREVIOUS PAGE)

little bit of sugar really helped. This distracted me enough that I didn't notice the time until I got to 26 where the clock read 3:58:10. Some quick figuring told me it was time to get a move on to beat the magic 4 hour barrier. It seemed those 385 yards were the fastest I ran all day and I arrived in 3:59:58 - never a doubt! To say I was happy would be an understatement. I did hug a few of the volunteers - not out of joy but to hold myself up.

The clouds that rolled in about halfway into the race kept the temperature down so it was very chilly soon after you finished. The TCM folks get full credit for their handling of the bag transportation from start to finish line area - they personally made sure you had your bag after the race and even had a place to change in! The only after effect I could complain of (other than

terminal slowness) was some ITB knee pain - and no back or hamstring problems!

I shuffled over to the post race party at the nearby armory and hooked up with the others. Dan and 2 of his buddies finished together in 3:02. Carol had a 3:44. There were two first time marathoners in their group and they were both smiling broadly. Stacey Nicholson, the 1991 women's ATM champ, did a fine 2:48. Ed Benham, 84, had a 4:17. We found out later that Karen Zanni was also there. She had a 3:43. There were 5085 finishers in all and full results were printed in both morning papers on Monday. We were forced to go to a local pub for post-race fraternization, etc. I consumed a piping hot Irish coffee - thanks, Dan! This was followed by heavy dozing all afternoon. Not being overly hungry, we just trooped across the parking lot at the motel to a "Perkins" for some dinner. Brev decided to feast on liver and

onions - I was aghast. Filet of walleye for me (always being the sensible one).

Monday morning we arose early to dash up to the St. Croix River to catch some fall colors at Taylors Falls. We had to cross over into Wisconsin just to say we were there. We will be there (Milwaukee) the last weekend of May for the RRCA convention in 1992. In closing, I must say I strongly recommend this race to you, particularly if you are looking for a PR course. There is enough variety to hold your attention and work most of your muscle groups and the scenery is magnificent and the people are wonderful. See you on the road - ET.

P.S. Thanks, June! What do you recommend for tendonitis??

TRIATHLON

(CONTINUED FROM PAGE 6)

but it was a dry heat! I know because the digital board on the local bank said so! This is when a lot of people were dropping out. As I was trudging up another hill, I looked up to see a flashing sign saying - SLOW - if I had been going any slower I would have been going backward, but I think it was intended for the bikers going the other way. Those not familiar with racing in those conditions were dehydrating and not even realizing it -- Hey, I'm not sweating too much so it can't be too bad, right? Wrong!! I went through six water bottles on the bike alone. During the run I drank two or three cups of water at every stop, and fortunately there was plenty. I would also take one to pour over me to soak my shirt in order to keep something damp (for a while anyway) next to the skin. The course was long down hills followed by longer uphill; then right in the middle of the course we made a left turn and literally headed off into the desert -- with the deep sand, sagebrush, rocks, lizards, and snakes (the latter were wisely keeping watch from a safe distance).

The finish looked like a war zone; and these were among the best triathletes in the world. At the

Awards Ceremony that evening, winner Mike Pigg (about 2:02) said it was one of the, if not the most, difficult courses in the world. The Awards Ceremony was interesting in itself. Those who placed in the top three of their age group were escorted to the stage by showgirls; G-strings, pasties, plumed hats and all - talk about incentive. It was, however, pointed out by Joy Hanson that there should have been some appropriately (un)clothed male dancers for the female divisions.

I was amazed at the superbly conditioned athletes that paraded up to the awards stage; or for that matter that I saw all weekend, up to and including the Over 77 age groupers (there were three men)! A 73 year-old grandmother was there with her grandkids to receive her award - it was a close race for second and third too! My time would have only placed me third in the 65-69 age group! Talk about a dose of humility mixed with awe! I also had the opportunity to talk with many of the pros at a reception for all the military athletes. All were as friendly and outgoing as you could imagine. Joy Hanson, who was third overall (about 2:23) woman and won \$30,000 for winning the season Grand Prix, is a favorite. A very attractive, petite, long-haired blonde; about 5'3", 110#'s of twisted-steel and sex-appeal.

Another small package is Greg Welch; a 5'5" dynamo with his distinctive Australian accent, who was second overall - two minutes behind Pigg. Scott Molina and his wife Erin Baker are also among my favorites. Scott Tinley and Mike Pigg looked and sounded (well at least sounded) nothing like you would expect of Southern California dudes. Nice, articulate guys.

It was an unforgettable experience. You may have to be a greyhound to win, but to show up on race day and get official body markings all you need is a decent qualifying time and a desire to race against the best. I finished in the top third overall and in my age group, and 6th in my military age group. Not real impressive, but I was pleased considering the caliber of athletes I was competing with. One thing of note; I was in Las Vegas three days and three nights and did not get to gamble one time! Worse, I also failed to get my wife a souvenir - a T-shirt just doesn't make it.

ESPN will be televising the race on 28 December at 3:00pm (I think). If you watch it, look for me -- I'll be the one in the sleeveless red Navy t-shirt with his tongue on the asphalt.

OCTOBER 13, 1991

METRIC MARATHON

RACE DIRECTOR: SANDY FOLEY

RESULTS

Pos/Name	Age	Time	Pos/Name	Age	Time
1. ROBERT MARINO	34	1:30:45	94. ANDREW KITTELL	34	2:14:45
2. KEN BLACKMAN	31	1:36:52	95. PATRICIA MCNALLY	33	2:14:46
3. MATTHEW MACE	31	1:37:37	96. DINO HOWARD	33	2:14:53
4. TOM PRENDKI	35	1:39:11	97. CHERYL HOWARD	29	2:14:54
5. MARK NICHOLSON	32	1:39:33	98. MILES HAVEN	46	2:15:04
6. ED MARCINIK	39	1:39:45	99. MIKE WERNER	50	2:15:42
7. CHARLOTTE THOMAS	34	1:39:47	100. JAMES CARTER	35	2:15:48
8. BILL EGAN	36	1:41:21	101. JUDITH TAYLOR	48	2:16:13
9. TOM RICH	33	1:41:40	102. WAYNE FARLEY	27	2:17:08
10. LEE KORZAN	33	1:41:41	103. M. SASS-LEHRER	43	2:17:55
11. DOUG CUSTER	28	1:42:19	104. ANA ESTRADA	34	2:18:47
12. JEFF JUBERA	28	1:43:27	105. FRANK PARADA	43	2:18:48
13. ROSE MALLOY	43	1:44:16	106. LEON JOHNSON	62	2:18:57
14. CHRIS RILEY	47	1:44:31	107. WEB CHAMBERLIN	60	2:21:26
15. BILL TURRENTINE	42	1:44:52	108. KATHLEEN HEAGNEY	38	2:21:38
16. FRANCISCO SANCHES	49	1:44:59	109. NO CARD		
17. JOHN MCINTIRE	40	1:46:40	110. RICH COLGAR	36	2:22:14
18. AMADEO SANCHES	52	1:48:24	111. BRYANT LANGHAM	34	2:22:34
19. TY LANAHAN	34	1:48:29	112. NO CARD		
20. STEVE KOEGLE	38	1:48:52	113. KENNETH SHOULDIS	54	2:24:08
21. LINDA WHITEMAN	33	1:49:01	114. RUTH MCDONALD	44	2:24:24
22. RON GRISWOLD	43	1:51:31	115. PETE HENS	40	2:24:36
23. CHRIS REIF	25	1:51:38	116. E. PETERSON	40	2:25:00
24. RICH WHARFF	43	1:52:00	117. JIM ETCHISON	38	2:25:17
25. JOHN MAGNAN	46	1:52:11	118. ED KARLSON	56	2:25:56
26. JIM KAUFMAN	37	1:54:43	119. RAY STEVENS	49	2:26:36
27. KEVIN BRONGIGNNE	27	1:54:53	120. WARREN NEWTON	51	2:27:04
28. JETTY HALEY	43	1:55:01	121. MARY ROSS	46	2:30:07
29. WAYNE WILSON	45	1:55:38	122. RICH LYTLE	44	2:31:07
30. ERIC FROMM	45	1:56:29	123. NO CARD		
31. BILL WANDEL	48	1:56:34	124. DAVID BLEIL	49	2:32:18
32. LLOYD MORRIS	35	1:56:53	125. MICHAEL BENSO	38	2:32:55
33. MEREDITH BONTA	45	1:57:06	126. SHARON	32	2:34:04
34. BOB FIELD	39	1:57:08	127. RON SHOOP	50	2:34:51
35. EDWARD KLWBW	52	1:58:17	128. BOB COOMBS	56	2:34:59
36. MIKE CHAMBERLAIN	47	1:58:38	129. RICHARD CABS	43	2:35:49
37. JIM FRITZ	32	1:59:08	130. SUE GREGG	31	2:36:02
38. DALE JORDAN	38	1:59:11	131. JOHN KURPJUWET	46	2:36:02
39. PAT DONAHUE	39	1:59:41	133. BUCK CADELL	57	2:37:00
40. BILL MILLER	50	2:00:06	134. SHARON SERIO	45	2:37:00
41. JOHN FAY	44	2:00:28	135. CHARLES MUSKIN	42	2:37:22
42. JOHN BUSHERY	44	2:00:54	136. JOHN NAVARRO	41	2:38:00
43. MILT TAYLOR	58	2:01:06	137. ROB JOSEPH	34	2:40:15
44. MARK PARKHURST	38	2:01:09	138. GREG SEID	30	2:41:40
45. NO CARD			139. LUDMILA PRUNER	43	2:41:43
46. MARK BRIGHT	41	2:01:16	140. TONY PRUNER	36	2:41:44
47. DICK SHEA	41	2:01:28	141. JULIE LANE	28	2:41:45
48. TOM BRADFORD	48	2:01:46	142. NO CARD		
49. PAUL SCHWAB	40	2:02:35	143. MIKE MORAN	45	2:48:49
50. PETER SALMON-COX	52	2:02:40	144. GARY SALAZAR	38	2:57:19
51. RICH KIM	27	2:03:00	145. BARRY HALL	34	3:01:20
52. BILL HELMS	41	2:03:00	146. PAT RIVIERE	42	3:12:09
53. DOUG CORBY	48	2:03:35	147. NO CARD		
54. EDIE TRESS	41	2:03:45			
55. KEITH HARVEY	43	2:03:55			
56. CHARLES WITZ	42	2:04:32			
57. SUE BRIERS	36	2:04:43			
58. FRED SHANKLIN	50	2:05:04			
59. THOMAS BELOTE	50	2:05:55			
60. RICH TALABER	30	2:06:19			
61. NORM LEE	56	2:06:44			
62. NO CARD					
63. JAMES LUNDEEN	32	2:06:19			
64. LINDA SHANKLIN	44	2:08:33			
65. ROBERT MCDONALD	52	2:08:41			
66. JENNIFER LUNDEEN	31	2:08:48			
67. WILL MEYERS	42	2:08:53			
68. REGGIE HASELTINE	41	2:09:20			
69. FRED BISHOP	57	2:10:08			
70. ERNEST MARQUEZ	52	2:10:09			
71. DEBORAH RICH	28	2:10:19			
72. KIM STUDER	27	2:10:40			
73. LEONARD KUENTZ	40	2:10:41			
74. ANGEL AGUILAR	43	2:10:57			
75. TOM VENATOR	34	2:11:14			
76. NEAL HINKLE	54	2:11:28			
77. BEN MOORE	66	2:11:38			
78. NO CARD					
79. BRUCE SOYARS	41	2:11:54			
80. ALAN LEGUM	44	2:12:03			
81. MIKE LONG	51	2:12:06			
82. KATHY LUBY	42	2:12:13			
83. TIM MCDERMOTT	46	2:12:13			
84. ROBERT KENNEDY	48	2:12:53			
85. CEIL PRENKI	27	2:13:04			
86. KAREN HOSLER	43	2:13:11			
87. GREG WELLEN	31	2:13:20			
88. JOE PORRICELLI	51	2:13:21			
89. WILLIAM TWIGG	48	2:13:36			
90. NO CARD					
91. LAURA PITTS	53	2:13:53			
92. NO CARD					
93. MICHELLE LAPIDES	24	2:14:38			

SEPTEMBER 8, 1991

PENNYSAVER 5-M

RACE DIRECTOR: ANN CHAMBERLAIN

DIVISION WINNERS

WOMEN OVERALL

Pos/Name	Age	Time
1. Rose Malloy	43	29:44
2. Minda Whiteman	33	32:09
3. Linda Shanklin	44	33:34

WOMEN 19 AND UNDER

1. Suzanne Leavitt	17	40:31
2. Mandy Shiplette	18	42:34
3. Janna Palliser	17	43:02

WOMEN 20-29

1. Cassandra Pickering	22	34:31
2. Sherry Koenar	29	35:24
3. Deborah Rich	28	37:01

WOMEN 30-39

1. Jennifer Lundeen	31	33:53
2. Sue Briars	36	35:01
3. Joan Anderson	34	38:05

WOMEN 40-49

1. Meredith Bonta	45	33:39
2. June Schneider	44	35:51
3. Karen Hoeler	42	37:07

WOMEN 50 AND OVER

1. Esther Weisman	60	42:51
2. Yvonne Aasen	60	46:24
3. Betty Moore	62	48:21

MEN OVERALL

Pos/Name	Age	Time
1. Robert Marino	33	26:18
2. Joseph Blackmon	29	26:38
3. Steve Egolf	28	26:39

MEN 19 AND UNDER

1. Charles Iliif	17	29:24
2. Scott Boetig	17	30:46
3. Brad Boetig	15	31:15

MEN 20-29

1. Jeff Jubera	28	27:38
2. Patrick Leppinasee	22	28:59
3. Antonio Jordan	25	29:24

MEN 30-34

1. Matt Mace	31	27:48
2. B.J. Whetstone	31	28:13
3. Paul Baltutis	33	28:17

MEN 35-39

1. David Webster	38	27:36
2. Tom Prendki	35	28:05
3. Patrick McNeil	35	29:10

MEN 40-44

1. James Sampson	40	29:39
2. Bill Turrentine	42	30:36
3. Michael McNulty	42	30:53

MEN 45-49

1. Clyde Villere	45	28:30
2. Chris Riley	47	30:22
3. Francisco Sanches	49	30:35

MEN 50-59

1. Amadeo Sanches	51	31:30
2. Fred Shanklin	50	33:08
3. Mit Taylor	58	33:25

MEN 60 AND OVER

1. Tom McKee	62	35:30
2. Ben Moore	65	35:59
3. Denzil Pritchard	70	36:33



DIVISION WINNERS

OVERALL FEMALE

Charlotte Thomas 1:39:47

OVERALL MALE

Robert Marino 1:30:45

WOMEN/29 AND UNDER

1. Deborah Rich 3. Cell Prendki
2. Kim Studer

WOMEN/30-39

1. Minda Whiteman 3. Jen Lundeen
2. Sue Briars

WOMEN/40-49

1. Rose Malloy 3. Jennifer Lundeen
2. Meredith Boonta

WOMEN/50-59

1. Laura Pitts

MEN /29 AND UNDER

1. Doug Custer 3. Chris Reif
2. Jeff Jubera

MEN /30-39

1. Kenneth Blackman 3. Tom Prendki
2. Matt Mace

MEN /40-49

1. Chris Riley 3. Francisco Sanches
2. Bill Turrentine

MEN /50-59


1. Amadeo Sanches 3. Bill Miller
2. Edward Klebe

MEN /60 AND OVER

1. Ben Moore 3. Web Chamberlin
2. Leon Johnson



HEATHER & Linda Simpson, Summer 1991.



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JUN 15 RUN FOR RICK/5K/ANNAPOLIS (LOOP AROUND BAY RIDGE)
Alan Legum 20:42

JUL 2 TWILIGHT RIVER RUN/5K PATAPSCO STATE PARK
Reggie Haseltine 23:32 "What river"?

AUG 21 BRRC GREAT POKER HAND 4M /LAKE MONTEBELLO (3 LOOPS)
Reggie Haseltine 29:54

SEP 2 ST AGNES HOSPITAL/8K/BALTIMORE (OUT&BACK, 1 HILL)

Cindy Silate 33:21 1st AG
Reggie Haseltine 36:25

SEP 5 BALTI/METRO INVITATIONAL 5.2M/CROSS COUNTRY
Dave Wall, UMBC 29:19 8th
Brian Funk, TSU 29:37 10th

SEP 9 COOPERATIVE DEVELOPMENT 5K/HAINS POINT
Pat O'Malley 15:37 2nd

SEP 15 DOWN SYNDROME AIRPORT RUN/10K/BWI & ENVIRONS
Peter Salmon-Cox 43:19
June Schneider 45:15
Ed Klebe 41+ !!

Clyde Villemez 35:27 6th
Scott Boetig 35:35 7th

SEP 15 PHILADELPHIA DISTANCE RUN/13.1M SCHUYKILL RIVER COURSE

Reggie Haseltine 1:53 - HHH, 6000+ runners

SEP 21 VIRGINIA HOTFOOT HALF MARATHON/13.1M/TRIANGLE, VA
Reggie Haseltine 1:44 Series of out & backs/250 finishers

SEP 22 GREAT SUBWAY RACE/10M/BALTIMORE
Tom Prendki 56:14 PR (by 2 min)
Ivan Pressman 1:05+ PR
Bob Kennedy 1:17+ PR

SEP 28 WEDDING MARCH DASH/ST PATRICKS CHURCH/CARLISLE, PA
Tom and Cecilia Prendki Tied for first!
Also ran (to the hors d'oeuvres and the dance floor): Rose Malloy, Evan Thomas, Lee Patrick, Sandy Balderson, Jon Valentine, Bill Vogenitz, Doug and Verna Pond, Delma and Bill Miller, Linda Simpson, and Linda and Bob Rogers. Bill Helms was the Best Man, Linda S caught the bouquet, and some foole passed out whistles and is now on Ceil's hit list!

SEP 28 PEPKO-UNITED WAY 10K/WEST POTOMAC PARK
Earl Keicher 37:03 3rd 35-39
Larry Dickerson 41:40 2nd 60-69
Paul Hinman 42:12 good race, Paul!

SEP 28 VIRGINIA TEN MILER/ LYNCHBURG, VA
Don Kennedy "Wouldn't miss it!"

SEP 29 DCRR NATIONAL CAPITOL 20M/ALEX. TO MT VERNON & BACK
Joe Clorety Did well but time unk
Reggie Haseltine 2:53
Marilyn Sass-Lehrer 2:54

SEP 29 THE GREAT RACE/10K/PITTSBURGH - 10,000 STARTER/DOWNHILL CSE
Alan Legum 45:34
Judd Legum 59:40

Striders On The Road



BY EVAN THOMAS

SEP 29 ZOO ZOOM/5M/BALTIMORE ZOO

Milt Taylor 32:45
Kitty Good 37:35
Cindy Silate 33:33
Eileen Hagan ? ran with the animals
Kathleen Heagney Had fun!

SEP 29 EAST LYME MARATHON /EAST LYME, CONNECTICUT

Tom Bradford 3:37 - 60 degrees & sunny. This was a warm up for the Atlantic City marathon. Scenic cse, some hills. 143 of 350. Dr Pain paid Tom a visit on this his 27th marathon.

SEP 29 PEPKO-UNITED WAY 10K/WEST POTOMAC PARK

Earl Keicher 37:03 3rd 35-39
Larry Dickerson 41:40 2nd 60-69
Pat O'Malley 42:24 5th 20-29

OCT 5 CWF 5 MILER/FT MEADE

Reggie Haseltine 36:36

OCT 6 GLEN BURNIE B&A TRAIL 10K/SPHS TO MARLEY STATION

Clyde Villemez 34:49 8th
Antonio Jordan 34:51 9th
Minda Whiteman 38:54 2ndF
June Schneider 43:48 1st Masters
Reggie Haseltine 45:49 440 finishers. Proceeds bought a pediatric heart monitor for the Children's Treatment Facility at North Arundel Hospital. Good job by Kevin Murnane and his wild bunch!

OCT 6 JOHNSTOWN MARATHON/JOHNSTOWN, PA

Bill Miller* 3:20 3rd AG (3 sugars and a cup of coke)
Rose Malloy* 3:20 2ndF (had fun with Bill and ran more!)
Pat O'Brien* 3:22 3rdF (Pat is back)
Eric Fromm* 3:23 2nd best time (great day!)
Sue Briers* 3:25 1st AG, PR by 14 min!, 4thF (Wow, Mom!)
Bob Field 3:25 Coming back, ready for 40, nice run Sue
Wolf Kulp 3:32 PR by 19 min!!
Bring on the JFK 50!

Linda Rogers 3:35 1st AG, PR by 7 min, looked/felt(?) great
Bill Peake 3:35 Training for the 50
Jerry Haley 3:41 No comment
Delma Miller* 3:48 1st AG, 2nd half more fun!

Will Myers 4:16 "Good for you guys"
Howard Beard 4:19 PW, but a good lesson & a long ride back * = BOSTON QUALIFIER! A beautiful day, all systems perfect, friendly marathon folks, nice lunch, slumber party, unique spaghetti dinner, no big fig, little rain, beer and wine, low water, rode the incline, thanks for the coke, Bob and Zack! (for an explanation of all this, please ask the above named road warriors!)

OCT 6 TWIN CITIES MARATHON /MINNEAPOLIS TO ST PAUL, MN (SEE STORY)

OCT 10-12 MARYLAND SENIOR OLYMPICS/TOWSON STATE UNIV 10K RUN
Arnold Galiano 58:44 2nd 70-74 Silver
Yvonne Assen 59:50 1st 60-64 Gold
5K RUN

Yvonne Aasen 29:45 1st 60-64 Gold
Arnold Galiano 30:01 2nd 70-74 Silver
1500 METER RUN
Arnold Galiano 7:39 2nd 70-74 Silver
Yvonne Aasen 7:56 1st 60-64 Gold
800 METER RUN
Yvonne Aasen 3:53 2nd 60-64 Silver
(Wow! Let's hope for even more medals next year!)

OCT 12 STRACHUR FUN RUN/7.2M/STRACHUR, SCOTLAND (NEAR HOLY LOCH)

Scott Mangum 46:55 3rd
Brian Ball 51:00 7th

OCT 13 ARMY 10 MILER/WASHINGTON, DC - 6000+, GREAT EVENT

Ray Wyvill 1:25:30 PR

OCT 13 SEAGULL 8K/ANNE ARUNDEL COMMUNITY COLLEGE

Marie Friedland 38:12 1st 30-39/First trophy ever!!

OCT 25 ANNE ARUNDEL COUNTY HIGH SCHOOL INVITATIONAL CROSS COUNTRY

Scott Boetig (Old Mill) 17:06 1st/He also won the District Championship and was selected as the top male athlete of the week by the Anne Arundel County Sun paper. Scott was 2nd at the state meet. Leslie Bradford (Severna Park) ran on the B team this year and they were county champions to boot. Leslie was 8th-Dad was all smiles! Cindy Silate was 11th for the Glen Burnie Girls Team. Names to watch for next year: Brad Boetig (25th), Shaun Black (49th), and Danny Chesla (59th).

OCT 27 A DAY AT THE RACES/ PINEY ORCHARD(ODENTON), MD

Confusing affair Bill Conroy 46+? 1st in 1.5m/10m run/bike biathlon
Reggie Haseltine 55:41 in biathlon
June Schneider ran in the 5K or 3.5M race (no monitors!)

OCT 27 WILD GOOSE CHASE/10K EASTON, MD- WARM, HUMID, FOGGY
Rose Malloy 36:40 Got her goose/1stF
(Continued on next page)

TRAIN BETTER - RACE BETTER
**DON'T TRAIN
IN THE
DARK**



State of the Art
**CARDIOPULMONARY
FITNESS TESTING**

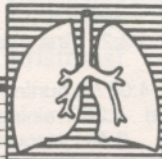
WHETHER YOU RUN, SWIM, OR CYCLE you can increase your speed, endurance, and recovery time by using the competitive edge of scientific exercise testing. You can train better and race better by knowing the heart rate at which you reach anaerobic threshold (your maximum sustainable heart rate during endurance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

HUMAN PERFORMANCE LAB
ANNAPOLIS PULMONARY SPECIALISTS

Weems Creek Medical Center
600 Ridgely Avenue, Suite 121
Annapolis, MD 21401

301-266-1644

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



STRIDERS ON THE ROAD

(Continued from page 12)

Chris Riley 36:45 2nd 50-59/Goosed!
 Doug Murphy 35:00 1st 19
 &under/Goosed!
 Joe Clorety 38:00 3rd 40-49/Goosed!
 Minda Whiteman ? 2ndF/1st
 30-39/Goosed!
 Bill Peake 43:40 Resting for the JFK50
 Ben Moore 43:50 1st 60+/Goosed!
 Sue Briers 44:30 3rd
 30-39/Goosed!(best random prize)
 Richard Lytle 44:38 Feeling great for
 NY
 Don Kennedy 44:56 Nipped by
 Richard at the light!
 Karen Hosler ? 3rd 40-49/Goosed!
 Mary Ross ? Helped Karen get goosed!
 Earl Scott 46:56 Earl emerged to
 run with regular folk
 Joe Walsmith 46:58 2nd n60+/Goosed!
 Bill Law ? I bet he was smiling at least!
 Marilyn Sass-Lehrer 48:26 Go get em
 in NY!
 Eleanor Kennedy 52:47 Ran in the fog?
 Betty Moore < 1st 60+/Goosed!
 Louise Zeitlin < Helped Betty get
 goosed!
 David Webster Fast 2nd
 30-39/Goosed!

The above results courtesy of our
 Easton correspondent, Sioux B! Our
 numbers may have been down a little
 but the enthusiasm remained high. I
 didn't hear about any fashion shows at
 the Tidewater Inn during brunch this
 year, so I guess the post-race event
 was quiet. Nice race for those that
 haven't been.

OCT 27 KEY SCHOOL 10K/ANNAPOLIS

Alan Legum 43:58 PR (new
 course includes Quiet Waters)

NOV 2 CICCARONE TICKER/10K /CATONSVILLE CC -CROSS COUNTRY

Ed Klebe 43:51 1st 50-54!
 Tough course too!

NOV 3 MARINE CORPS MARATHON/WASHINGTON, DC

Ben Moore 3:47 4th best
 marathon/Golden Shoe to boot!
 Doug Custer 3:00:12 PR by a
 bunch/Boston bound!
 Jerry Haley 3:29 PR smiles
 Jim Carter 3:50
 Nancy Waddinton 4:30 "Same as
 always"
 George Cotter 3:26 Boston
 Minda Whiteman 3:03 Boston
 Ken Lyons 3:35 Look what Sue
 dragged in!
 Meredith Bonta 3:29 PR/Back to
 Boston
 Priscilla Machado 4:05 "Ben, You're
 great!"
 Chris Tharrington 4:24
 Vicki Hedden 4:07 "Next time I
 won't eat first" PR,tho
 Sharon Brandl 3:59 1st
 USMC/"Worse than childbirth"
 Roger Sherman 3:21 PR
 Annice O'Doherty 3:55 Big Grin
 Leonard Kuentz 4:17 PR by a
 bunch/"Thanks, Ben"
 Kayla Lehmann 4:30 "It hurt like
 hell but ...great run"

Lee Korzan 2:54 Zoom!
 Stevie Donahue 3:45 1st marathon
 and Boston quals
 Pat Donahue 3:44
 Ivan Pressman 3:16 Ivan is back
 and Boston bound
 Jack Koslosky 4:17 Next time I
 promise to train!
 Sue Briers 3:35 Mega mileage works!
 Bill Miller 3:16 I think I died & went
 to heaven!
 Bob Field 3:32 Recovery (?) run
 Howard Dew 4:45 "Slow but sure
 - tank corps!"
 Tom Prendki 3:00 T's watch said
 2:59:59 and I agree!
 Ceil Prendki 3:57 PR (marriage
 makes you faster!)
 Lynn Cooper 4:44 Bad knee -ouch!
 Pete McClellan 4:03 No comment
 T. J. Harrington 4:10 "Just a tad bit
 chilly"
 Eric Bowman 4:17
 Julie Lane 4:44 1st marathon
 smiles -"No problems"
 Pat Riviere 5:30 1st marathon
 smiles -"Wonderful"
 Elizabeth Peterson 3:56 "Great"
 Ed Karlson 4:27 "Super"
 Gary Sewell 3:57 "Great"
 Ludmila Pruner 5:09 "I loved it"
 Tony Pruner 5:10 "We're gonna
 do it again"
 Rose Malloy 2:55 1st MD finisher
 - Great smile
 Winnie Hittle 3:09?
 Joe Clorety 1:49 Must be a story
 there, Joe
 Nancy Hans 4:33 PR by 10min-felt
 great!
 Tricia McNally 4:10
 Andrew Kittell 4:25 Smiling face
 Tom Rich 2:54 Cruisin!
 Jim Fritz 3:33
 Buck Cadell 4:48 Long days journey
 Mark Langendorf 3:21 Nice race
 Tom Peet 3:51 "What an experience"
 Noni Nierenberg 4:00:11 "Had a
 beautiful 18-23.Loved it"
 Fred Shanklin 3:07 PR again by 5 Min!
 Neal Hinkle 3:44 "Felt great"
 Ron "ET" Bowman 4:32 "Helped first
 timers"
 Joe O'Boyle 4:24 PR by 30 min!
 Kitty Good 3:54 PR 1st sub four
 Doug Corby 3:37 "Thanks for the
 Hains Pt boost"
 Sandy Balderson 5+ Ouch-North
 Central Trails next?
 Will Aasen 4:06 1st marathon smiles
 Earl Keicher 2:55 Rose in sight!
 Robert Marino 2:35 WOW!
 Eric Fromm 3:33
 Brev Moore 4:05 Hit wall hard
 Bob Kennedy 4:46 "Rough"
 Will Myers 3:50 Now that's more
 like it!
 Mike Bright 3:21 First marathon -
 super effort!
 Bill Helms 4:08? A hurting unit a 21
 John Lockwood 4:25 Training for 50
 Jerry Twigg 3:45 Discouraged at
 Hains Pt-cramps

Ace Sarich 3:57 Good training
 run for the JFK
 Bill Peake 3:25 Peakeing for the 50?
 Walter Marable 4:17 1st
 USMC-Inspired by Hains Pt zanies!
 Bill Shaughnessy 3:39 Cramps kept
 good time from being great
 John Fay 3:33 "Thanks to the 450
 crew"

NOV 3 NEW YORK CITY MARATHON

Rich Colgan 4:25
 Patty Colgan 4:13
 Joe Porricelli 4:10
 Patti Bembe 5:15 "Can't wait til
 next year!"
 Casey Gittings 4:57 Leg cramps again
 Nancy Connell 4:57 "It was glorious"
 Kathleen Heagney 4:12 "Had a blast"
 Ana Estrada 4:12 "Couldn't have
 done it w/o Kathleen"
 Frank "Pancho" Parada 4:12 " " "
 Eric Peltosalo 3:05?
 Reggie Haseltine 4:01 Ooh, so close
 - Still, it was a PR
 Richard Lytle 3:57 Starting to run like
 ET
 Marilyn Sass-Lehrer 3:50 Boston quals
 Linda Simpson 4:48 ouch/North
 Central Trails next?

NOV 10 ATLANTIC CITY MARATHON /440 FINISHERS STORMY 35-50MPH WINDS

Tom Bradford 3:32 Felt like you
 were running in place
 John Magnan 3:19 Boston bound!
 Great race!
 Ron Jarashow and Marty Rosenberg
 took a look at the weather forecast and
 gave it the old thumbs down -
 discretion the better part of valor. I
 was going to do that myself in
 Minneapolis but the weather wouldn't
 cooperate for me!

ODDS N ENDS - Special thanks to the
 Hains Point Harriers who camped out
 near the 21-mile mark to provide aid
 and comfort to the suffering masses.
 We had a good time and the DC police
 didn't harass us too much. The
 following faithful were there: Betty
 Moore, Louise Zeitlin, Eileen Hagan,
 Ron Jarashow, Marty Rosenberg, Will
 Scott, Dick Hillman, Don and Eleanor
 Kennedy, Eric Elster, Marie Friedland,
 Jan Graves, Pat Hoffman (up from
 Orlando), and yours truly./ Special
 attaboy to Mickey Galuski who is on
 the comeback trail after some health
 problems - go get 'em Mick!/ Now is
 the time to mark your calendar for the
 annual MD/DC RRCA club challenge
 10 mile run in Columbia. When? - Feb
 23, Sunday, 8am, Howard County
 Community College (past the mall).
 Always the highlight of the new year, it
 affords us the chance to tour the
 scenic Columbia hills. We need 3
 women and 12 men. The club pays
 your entry!! Call the hotline to sign up
 now!/I hope every one got their Ten
 Mile Run pants//See you on the road -
 ET.

The Dirt on Diet...

by Sue Briers

You've done your speed work, run your hill training, and sweated out the long runs, but are you ready? Have you considered every aspect of training? There may be one aspect that you still must consider. That's diet. This

The calories derived from your daily intake of fat should be approximately 25% of the total calories you eat in a day.

plays an important role in whether or not you run a PR or just another race.

Over the years, many experts have written many articles on what is the correct diet to follow in order to achieve peak performance. However, many experts hesitate to follow-up on their nutritional recommendations to determine if they are truly safe over the long haul. Runners are quick to jump on the bandwagon of fads. Carboload was the first to make its way into the sport. It sounded like it made sense.

However, many are now asking just how valuable it is to try and deplete yourself and then try to carboload the body by filling up with pasta and other forms of complex carbohydrates. Unless you are extremely knowledgeable about nutrition and diet, it is very difficult to deplete and load your body to maximize performance.

Another buzzword in the nutrition world is vegetarian. This is a person who eats no meat and obtains protein from eating vegetables and grains. Ova-lacto-vegetarians supplement their diets with dairy and egg products. It requires a good deal of knowledge to adhere to a vegetarian diet without creating a

A low-fat diet is prudent and beneficial for both peak performance and longevity

nutritional deficiency. Complete proteins are gotten from animal sources: the protein in grains, vegetables, and dairy products are incomplete and require balancing to meet all the nutritional needs of the human body. Riboflavin, iron, and vitamin B12 may be missing from a vegetarian diet and the absence of these from your diet could result in anemia. Ph disturbances can also arise which can result in yeast infections in the body. A vegetarian diet can be very healthy, but we must learn about it from reliable sources and follow it accurately.

A well-balanced diet with adequate protein and low fat is safe and healthful. The calories derived from your daily intake of fat should be approximately 25% of the total calories you eat in a day. For example, a bagel has 200 calories with 9 calories from fat. Add peanut butter. One tablespoon has 95 calories, 72 of which are from fat.

It requires a good deal of knowledge to adhere to a vegetarian diet without creating a nutritional deficiency.

Total calories 295; calories from fat 81 or approximately 27%.

Always consider the source of fat. There is saturated and unsaturated fat. Saturated fat is usually solid and derived from animals. Beef and chicken fat, cream cheese and butter are examples of saturated fat. Some vegetable oils become saturated fats in a process called hydrogenation. Saturated fat is undesirable in your diet. Better for you is unsaturated fat found in corn, soybean, and safflower oil.

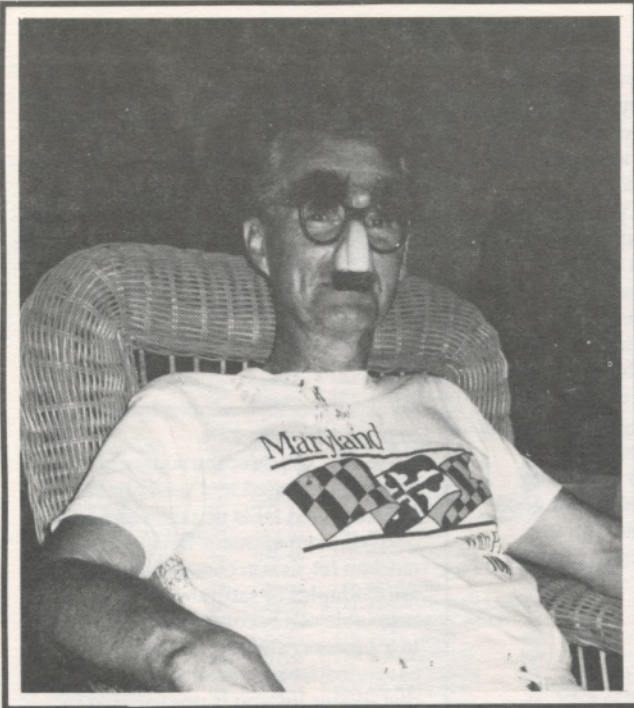
If 25% of calories from fat is allowed, is 10% better? Not necessarily. Your body needs fat to

Fat makes your skin smooth, your hair strong, and creates a cushion for your internal organs.

function. Fat provides a medium for certain vitamins to enter your body. Fat-soluble vitamins as A, D, E, and K are important to good health. Fat makes your skin smooth, your hair strong, and creates a cushion for your internal organs.

A low-fat diet is prudent and beneficial for both peak performance and longevity. Calculate the fat content of your diet on a meal-by-meal basis. Stick to lower fat protein sources like chicken and fish. Each gram of fat contains 9 calories. Eat lean and run better.

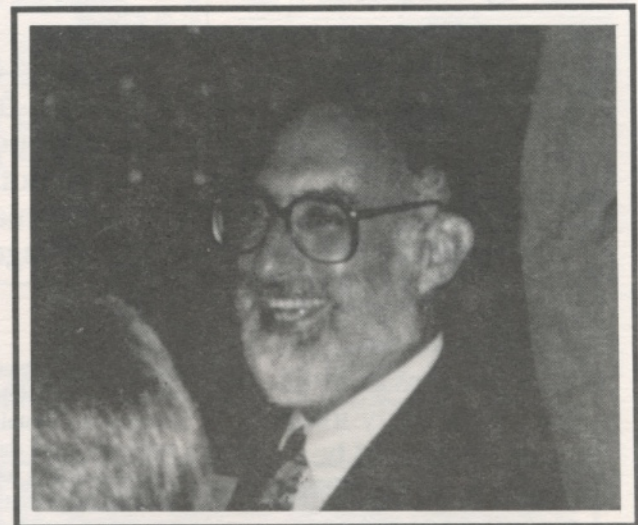
... eat lean and run better.



HOW TO AVOID THE 24 HOUR RELAY
E.T. - Tortola, BVI, August 1991.



KATHLEEN, ANNE & MIKE CHAMBERLAIN
White Oak Canyon, 1991.



OUR FEARLESS LEADER, DICK HILLMAN
June 1991



ONE OF OUR UP AND COMING CHAMPS.
Junior Medley, 1991.



REPRESENTING US AT THE RRCA CONVENTION
Ken Lyons & Evan Thomas, Kansas City, June 1991.

Club Championship Series Standings

(TOTAL OF BEST OF SIX RACES)

Women 13 and Under	5K	10M	2M	10K	1M	8K	5M	26.2K			Total
1 Leslie Bradford	2	35	2	1	2	35	35	35	-	-	77
2 Shauna Donahue	35	35	1	35	1	35	35	35	-	-	142
3 Katie Foley	1	35	35	35	35	35	35	35	-	-	176
Women 14 -19	5K	10M	2M	10K	1M	8K	5M	26.2K			Total
1 Bess Whitesel	35	35	35	35	35	1	35	35	-	-	176
2 Heidi Hillman	35	35	35	35	35	35	1	35	-	-	176
3 Juliet Jones	35	35	35	1	35	35	35	35	-	-	176
Women 20 - 29	5K	10M	2M	10K	1M	8K	5M	26.2K			Total
1 Deborah Rich	2	1	2	1	2	2	1	1	-	-	8
2 Stephanie Mikalac	1	35	1	2	1	1	35	35	-	-	41
3 Michelle McFee/Aasen	3	35	35	3	3	3	3	35	-	-	50
4 Linda Gettman	4	2	35	35	35	35	5	35	-	-	116
5 Julie Lane	35	35	35	4	35	35	35	2	-	-	146
6 Diane Frustaglio	35	35	35	35	35	35	2	35	-	-	177
7 Carolyn Chestnut	35	35	35	35	35	35	4	35	-	-	179
8 Nicol Butters	35	35	35	35	35	4	35	35	-	-	179
9 Elizabeth Donald	5	35	35	35	35	35	35	35	-	-	180
Women 30 - 39	5K	10M	2M	10K	1M	8K	5M	26.2K			Total
1 Jennifer Lundeen	1	1	2	1	1	2	2	2	-	-	8
2 Kathleen Heagney	2	2	4	5	3	7	5	4	-	-	20
3 Melissa Currence	8	7	7	35	5	8	6	35	-	-	41
4 Sue Briers	35	3	35	2	2	3	3	35	-	-	48
5 M.Petrillo-Friedland	6	35	6	3	35	4	4	35	-	-	58
6 Nancy Thomas	7	8	35	35	35	9	11	35	-	-	105
7 Deborah Harney	11	35	35	9	4	35	12	35	-	-	106
8 Minda Whiteman	35	35	35	35	35	1	1	1	-	-	108
9 Brenda Norman	35	5	3	6	35	35	35	35	-	-	119
10 Kimberly Schuermann	9	35	35	35	35	10	10	35	-	-	134
11 Jane Burch-Pesses	17	9	35	35	6	35	35	35	-	-	137
12 Kitty Good	35	4	35	4	35	35	35	35	-	-	148
13 Jan Graves	5	35	5	35	35	35	35	35	-	-	150
14 Patricia McNally	35	35	35	7	35	35	35	3	-	-	150
15 M. Diekmann-Fiesler	4	6	35	35	35	35	35	35	-	-	150
16 Ellen Lutrey	35	35	1	35	35	35	35	35	-	-	176
17 Mary Korzan	3	35	35	35	35	35	35	35	-	-	178
18 Pam Keane	35	35	35	35	35	5	35	35	-	-	180
19 Jan Graves	35	35	35	35	35	6	35	35	-	-	181
20 Rita Caperoon	35	35	35	35	35	35	7	35	-	-	182
21 Eileen Hagan	35	35	35	35	35	35	8	35	-	-	183
22 Tess Elkins	35	35	35	8	35	35	35	35	-	-	183
23 Carol Smith	35	35	35	35	35	35	9	35	-	-	184
24 Jane Macmurray	10	35	35	35	35	35	35	35	-	-	185
25 Jean Gross	12	35	35	35	35	35	35	35	-	-	187
26 Dyan Speaks	35	35	35	35	35	35	13	35	-	-	188
27 Jean Legum	13	35	35	35	35	35	35	35	-	-	188
28 Jean Leach	14	35	35	35	35	35	35	35	-	-	189
29 Linda Liggett	15	35	35	35	35	35	35	35	-	-	190
30 Michelle Harder	16	35	35	35	35	35	35	35	-	-	191
Women 40-49	5K	10M	2M	10K	1M	8K	5M	26.2K			Total
1 Linda Shanklin	35	3	1	1	1	2	2	3	-	-	10
2 Meredith Bonta	2	2	2	2	35	3	3	2	-	-	13
3 June Schneider	3	4	3	3	2	35	4	35	-	-	19
4 Pat Riviere	8	5	35	5	35	35	9	8	-	-	70
5 Rose Malloy	35	1	35	35	35	1	1	1	-	-	74
6 Rae Jean Goodman	35	35	35	35	4	4	6	35	-	-	119

Club Championship Series Standings

(WOMEN 40 - 49 *Continued from previous page*)

7 Karen Hosler	35	35	35	35	35	35	5	4	-	-	149
8 Ludmila Pruner	35	35	35	35	5	35	35	7	-	-	152
9 Louise Zeitlin	10	35	35	35	35	35	8	35	-	-	158
10 Mary Ann Zuckermann	1	35	35	35	35	35	35	35	-	-	176
11 Linda Simpson	35	35	35	35	3	35	35	35	-	-	178
12 Laura Norton	4	35	35	35	35	35	35	35	-	-	179
13 Pam Haley	35	35	35	4	35	35	35	35	-	-	179
14 Mary Ross	35	35	35	35	35	35	35	5	-	-	180
15 Dotty Esher	5	35	35	35	35	35	35	35	-	-	180
16 Sharon Serio	35	35	35	35	35	35	35	6	-	-	181
17 Carmen Currey	6	35	35	35	35	35	35	35	-	-	181
18 Mary Northam	35	35	35	35	35	35	7	35	-	-	182
19 Sandy Foley	7	35	35	35	35	35	35	35	-	-	182
20 Debby Fox	9	35	35	35	35	35	35	35	-	-	184
21 Lisa Hillman	35	35	35	35	35	35	10	35	-	-	185
22 Bonnie Denner	11	35	35	35	35	35	35	35	-	-	186
Women 50 - 59	5K	10M	2M	10K	1M	8K	5M	26.2K			Total
1 Yvonne Aasen	2	3	1	2	1	1	2	35	-	-	9
2 Esther Weisman	1	2	35	1	35	35	1	35	-	-	75
3 Nancy Waddington	35	1	35	35	35	35	35	35	-	-	176
4 Phyllis Beardmore	35	35	35	35	35	2	35	35	-	-	177
Women 60 and Over	5K	10M	2M	10K	1M	8K	5M	26.2K			Total
1 Betty Moore	35	35	35	35	35	35	1	35	-	-	176
Men 13 and Under	5K	10M	2M	10K	1M	8K	5M	26.2K			Total
1 Jon Donahue	35	35	1	35	1	35	35	35	-	-	142
2 Justin Peake	2	35	2	35	35	35	35	35	-	-	144
3 Zach(Mercury)Walters	35	35	35	35	35	35	1	35	-	-	176
4 Mike Foley	1	35	35	35	35	35	35	35	-	-	176
Men 14 - 19	5K	10M	2M	10K	1M	8K	5M	26.2K			Total
1 Scott Boetig	1	1	35	1	1	35	2	35	-	-	41
2 Rick Chambers	4	2	2	35	2	1	35	35	-	-	46
3 Dave Wall	3	35	1	35	35	35	35	35	-	-	144
4 James Quann	35	35	35	35	35	35	1	35	-	-	176
5 Sheridan Snedden	2	35	35	35	35	35	35	35	-	-	177
6 Aaron Bird Bear	35	35	35	35	35	35	3	35	-	-	178
7 Mark Robinson	35	35	35	35	35	35	4	35	-	-	179
8 Shawn Black	5	35	35	35	35	35	35	35	-	-	180
9 Dion Boyd	35	35	35	35	35	35	5	35	-	-	180
Men 20 - 29	5K	10M	2M	10K	1M	8K	5M	26.2K			Total
1 Jef Juberger	2	35	1	1	2	1	2	2	-	-	9
2 Sam Stephens	1	35	2	2	1	35	35	35	-	-	76
3 Will Aasen	4	35	35	35	3	3	3	35	-	-	83
4 Joe Blackmon	35	1	35	35	35	35	1	35	-	-	142
5 Kevin Mercer	3	35	35	35	35	2	35	35	-	-	145
6 Mark Wilhelm	5	35	3	35	35	35	35	35	-	-	148
7 Douglas Custer	35	35	35	35	35	35	35	1	-	-	176
8 Bob Wagner	35	2	35	35	35	35	35	35	-	-	177
9 William Loomis	35	35	35	3	35	35	35	35	-	-	178
Men 30 - 34	5K	10M	2M	10K	1M	8K	5M	26.2K			Total
1 Matt Mace	1	2	1	1	1	1	1	1	-	-	6
2 Tom Prendki	2	1	35	2	2	3	2	2	-	-	11
3 Tom Rich	5	3	2	3	3	2	4	3	-	-	16
4 James Lundeen	7	6	5	4	4	5	5	5	-	-	28
5 James Carter	15	11	7	5	35	35	9	7	-	-	54
6 Steve Brady	10	10	35	35	35	6	11	35	-	-	107
7 William Daywalt	13	9	35	35	35	8	8	35	-	-	108

Club Championship Series Standings

(MEN 30 - 34 *Continued from previous page*)

8 Dan Denison	4	5	3	35	35	35	35	35	-	-	117
9 Scott Mangum	6	4	4	35	35	35	35	35	-	-	119
10 Lee Korzan	3	35	35	35	35	35	35	4	-	-	147
11 Andrew Kittell	35	35	35	7	35	35	35	6	-	-	153
12 Jim Gentry	9	35	6	35	35	35	35	35	-	-	155
13 Fred Powers	11	35	35	35	35	35	6	35	-	-	157
14 Frank Cronin	35	35	35	35	35	9	10	35	-	-	159
15 David Clark	16	35	35	35	35	35	12	35	-	-	168
16 Mark Damario	35	35	35	35	35	35	3	35	-	-	178
17 Ed Harte	35	35	35	35	35	4	35	35	-	-	179
18 David Brash	35	35	35	6	35	35	35	35	-	-	181
19 George Kerchner	35	7	35	35	35	35	35	35	-	-	182
20 Bill Howie	35	35	35	35	35	7	35	35	-	-	182
21 Jon Valentine	35	35	35	35	35	35	7	35	-	-	182
22 Ralph Mang	8	35	35	35	35	35	35	35	-	-	183
23 Bob Hoyt	35	8	35	35	35	35	35	35	-	-	183
24 Don Thomas	12	35	35	35	35	35	35	35	-	-	187
25 Peter Srsic	14	35	35	35	35	35	35	35	-	-	189
Men 35 - 39	5K	10M	2M	10K	1M	8K	5M	26.2K		Total	
1 David Webster	1	35	1	2	2	3	1	35	-	-	10
2 Bob Field, Jr.	5	2	35	5	5	35	4	2	-	-	23
3 Pat Donahue	8	6	8	7	8	4	5	3	-	-	33
4 Michael Benso	10	8	7	8	7	9	9	6	-	-	45
5 Jim Etchison	11	9	10	9	9	8	6	5	-	-	46
6 Steven Watkins	12	10	11	10	10	12	12	7	-	-	60
7 Scott Eden	35	1	35	1	1	1	35	35	-	-	74
8 William Peake, Jr.	4	4	5	35	35	5	35	35	-	-	88
9 Anthony Pruner	6	35	6	35	6	35	35	8	-	-	96
10 Leonard Kuentz	13	7	9	35	35	35	35	4	-	-	103
11 Mike Hoffman	2	35	35	3	35	2	35	35	-	-	112
12 Rick Woods	35	35	2	6	35	35	2	35	-	-	115
13 Robert Miller, Jr.	35	35	3	4	4	35	35	35	-	-	116
14 Weems Duval, Jr.	7	35	35	35	35	35	10	35	-	-	157
15 Ed McDevitt	35	35	35	35	35	11	7	35	-	-	158
16 David Kroll	35	35	35	35	35	10	8	35	-	-	158
17 Bill Harney	14	35	35	35	11	35	35	35	-	-	165
18 Steve Koegle	35	35	35	35	35	35	35	1	-	-	176
19 Mike vanBuren	35	35	35	35	3	35	35	35	-	-	178
20 Scott Lutrey	35	35	35	35	35	35	3	35	-	-	178
21 Keith Kelley	3	35	35	35	35	35	35	35	-	-	178
22 Winnie Hittle	35	3	35	35	35	35	35	35	-	-	178
23 Dan Sibears	35	35	4	35	35	35	35	35	-	-	179
24 Derek Siemon	35	5	35	35	35	35	35	35	-	-	180
25 T.J. Harrington	35	35	35	35	35	6	35	35	-	-	181
26 Donald Demers	35	35	35	35	35	7	35	35	-	-	182
27 Bill Greenfield	9	35	35	35	35	35	35	35	-	-	184
28 Donald Smith	35	35	35	35	35	35	11	35	-	-	186
29 Robin Williams	15	35	35	35	35	35	35	35	-	-	190
Men 40 - 44	5K	10M	2M	10K	1M	8K	5M	26.2K		Total	
1 Eric Gyaki	2	35	2	5	1	2	3	35	-	-	15
2 Howard Beard	6	4	3	4	3	5	11	35	-	-	25
3 John Bushery	4	8	4	3	4	35	7	5	-	-	27
4 Bill Turrentine	35	1	35	1	2	35	1	2	-	-	42
5 Will Scott	9	3	6	9	6	10	35	35	-	-	43
6 Will Myers	8	9	7	10	7	9	13	9	-	-	49
7 Reggie Haseltine	11	35	9	35	8	8	14	10	-	-	60
8 Alan Legum	35	35	8	8	35	6	8	12	-	-	77
9 Jerry Haley	35	35	35	2	35	3	4	3	-	-	82
10 John Fay	35	10	35	6	35	4	35	4	-	-	94
11 Jim Hall	35	2	1	35	35	1	35	35	-	-	109

Club Championship Series Standings

(MEN 40 - 44 *Continued from previous page*)

12 Steve Keefer	3	35	5	12	35	35	35	35	-	-	125
13 Don Kennedy	14	5	35	35	35	35	12	35	-	-	136
14 wayne Ramsey	15	35	35	35	35	7	9	35	-	-	136
15 John Guala	35	7	35	13	35	35	17	35	-	-	142
16 Eric Peltosalo	1	35	35	35	35	35	35	1	-	-	142
17 Andy Cascardi	5	35	35	35	35	35	5	35	-	-	150
18 Charles Muskin	35	13	35	35	35	35	19	14	-	-	151
19 Mike Bright	35	35	35	7	35	35	35	6	-	-	153
20 Dick Shea	35	6	35	35	35	35	35	7	-	-	153
21 Jonas Legum	13	35	35	15	35	35	20	35	-	-	153
22 Paul Hinman	35	35	35	35	5	35	10	35	-	-	155
23 Robert Team	35	35	35	17	35	11	23	35	-	-	156
24 Mickey Galuski	7	11	35	35	35	35	35	35	-	-	158
25 Bill Helms	10	35	35	35	35	35	35	8	-	-	158
26 Richard Hall	17	35	35	16	35	35	21	35	-	-	159
27 Bruce Soyars	35	35	35	11	35	35	35	11	-	-	162
28 Ron Jarashow	35	12	35	35	35	35	15	35	-	-	167
29 Tom Peet	35	35	35	14	35	35	16	35	-	-	170
30 John Major	35	35	35	35	35	35	2	35	-	-	177
31 Mark Langendorf	35	35	35	35	35	35	6	35	-	-	181
32 Jody Roberts	12	35	35	35	35	35	35	35	-	-	187
33 Richard Lytle	35	35	35	35	35	35	35	13	-	-	188
34 Rob Fogler	16	35	35	35	35	35	35	35	-	-	191
35 Paul Medford	18	35	35	35	35	35	35	35	-	-	193
36 John Groff	35	35	35	35	35	35	18	35	-	-	193
37 Bob DeYoung	19	35	35	35	35	35	35	35	-	-	194
38 Ed Green	35	35	35	35	35	35	22	35	-	-	197

Men 45 - 49	5K	10M	2M	10K	1M	8K	5M	26.2K			Total
1 Francisco Sanches	2	1	2	1	4	35	1	1	-	-	8
2 Jim Buck	3	35	1	2	2	1	2	35	-	-	11
3 Fred Shanklin	4	3	5	3	3	3	5	8	-	-	21
4 Joe Clorely	5	2	3	6	5	35	4	35	-	-	25
5 John Magnan	10	7	7	7	35	35	8	2	-	-	41
6 Tom Bradford	12	9	11	11	8	5	15	5	-	-	49
7 Bart Clark	35	35	4	5	1	2	3	35	-	-	50
8 Eric Fromm	7	4	6	4	35	35	35	3	-	-	59
9 John Kurpjuweit	21	10	14	17	9	12	24	14	-	-	76
10 Robert Kennedy	18	12	13	16	35	10	18	10	-	-	79
11 Eric Fredland	11	6	8	10	35	35	11	35	-	-	81
12 Thomas Belote	14	35	35	13	35	6	12	9	-	-	89
13 Daniel Parvis	35	35	35	12	7	9	16	35	-	-	114
14 Dick Hillman	15	5	10	14	35	35	35	35	-	-	114
15 C.J. Welter	35	11	12	15	35	35	22	35	-	-	130
16 Evan Thomas	13	35	9	35	6	35	35	35	-	-	133
17 William Twigg	35	35	35	35	35	8	13	11	-	-	137
18 Alan Wycherley	19	35	35	20	35	11	21	35	-	-	141
19 Mike Burch-Pesses	23	14	35	35	10	35	35	35	-	-	152
20 John DeGreck	35	35	35	9	35	4	35	35	-	-	153
21 Lee Patrick	22	13	15	35	35	35	35	35	-	-	155
22 Keith Harvey	35	35	35	8	35	35	35	7	-	-	155
23 Dan Mauck	9	35	35	35	35	35	7	35	-	-	156
24 Gary Sewell	16	35	35	35	35	7	35	35	-	-	163
25 John Slidell	17	35	35	35	35	35	17	35	-	-	174
26 Bill Conroy	1	35	35	35	35	35	35	35	-	-	176
27 Mike Chamberlain	35	35	35	35	35	35	35	4	-	-	179
28 Allen Egluff	20	35	35	19	35	35	35	35	-	-	179
29 Don Swindler	6	35	35	35	35	35	35	35	-	-	181
30 Ivan Pressman	35	35	35	35	35	35	6	35	-	-	181
31 Doug Corby	35	35	35	35	35	35	35	6	-	-	181
32 Paul Herman	8	35	35	35	35	35	35	35	-	-	183
33 Martin Rosenberg	35	8	35	35	35	35	35	35	-	-	183

Club Championship Series Standings

(MEN 45 - 49 *Continued from previous page*)

34 James Woodcock	35	35	35	35	35	35	9	35	-	-	184
35 Vern Robinson	35	35	35	35	35	35	10	35	-	-	185
36 Ray Stevens	35	35	35	35	35	35	35	12	-	-	187
37 David Bleil	35	35	35	35	35	35	35	13	-	-	188
38 Bruce Burns	35	35	35	35	35	35	14	35	-	-	189
39 Stephen Loomis	35	35	35	18	35	35	35	35	-	-	193
40 Joe Duffy	35	35	35	35	35	35	19	35	-	-	194
41 Ned Bienemann	35	35	35	35	35	35	20	35	-	-	195
42 Richard Fickes	35	35	35	35	35	35	23	35	-	-	198

Men 50 - 59	5K	10M	2M	10K	1M	8K	5M	26.2K			Total
1 Amadeu Sanches	35	6	1	2	1	1	1	1	-	-	7
2 Peter Salmon-Cox	3	1	4	4	2	35	6	5	-	-	19
3 Edward Klebe	4	35	5	7	4	2	3	2	-	-	20
4 Mike (John) Pack	6	3	35	8	5	6	7	35	-	-	35
5 Web Chamberlain	8	7	6	9	6	35	8	11	-	-	44
6 Ken Lyons	35	4	3	3	3	35	35	35	-	-	83
7 William Derr	35	5	2	5	35	35	4	35	-	-	86
8 Bill Miller	35	35	35	10	35	3	5	3	-	-	91
9 Neal Hinkle	35	2	8	6	35	35	35	8	-	-	94
10 William McGranahan	19	35	9	14	35	11	14	35	-	-	102
11 Robert Donald	11	9	7	35	35	35	35	7	-	-	104
12 Joseph Porricelli	10	35	35	35	35	8	10	10	-	-	108
13 Mitt Taylor	35	35	35	35	35	4	2	4	-	-	115
14 Ed Karlson	13	35	35	11	35	10	35	12	-	-	116
15 Doug Joyce	9	8	35	35	35	5	35	35	-	-	127
16 Norm Lee	35	35	35	12	35	7	35	6	-	-	130
17 Earl Scott	35	11	35	13	7	35	35	35	-	-	136
18 Jim Black	1	35	35	1	35	35	35	35	-	-	142
19 Clair Morris	17	35	35	35	10	35	13	35	-	-	145
20 Tom Komarek	7	35	35	35	8	35	35	35	-	-	155
21 Henry Whitesel	35	35	35	35	35	9	9	35	-	-	158
22 William Douglas	15	35	35	35	9	35	35	35	-	-	164
23 Bert Rice	14	10	35	35	35	35	35	35	-	-	164
24 Buck Cadell	20	35	35	35	35	35	35	13	-	-	173
25 Robert McGee	2	35	35	35	35	35	35	35	-	-	177
26 Arnie Henderson	5	35	35	35	35	35	35	35	-	-	180
27 Mike Long	35	35	35	35	35	35	35	9	-	-	184
28 Mike Vision	35	35	35	35	35	35	11	35	-	-	186
29 John Strumsky	35	35	35	35	35	35	12	35	-	-	187
30 Brev Moore	12	35	35	35	35	35	35	35	-	-	187
31 Maurice Travillian	16	35	35	35	35	35	35	35	-	-	191
32 Edgar Parker	18	35	35	35	35	35	35	35	-	-	193

Men 60 and Over	5K	10M	2M	10K	1M	8K	5M	26.2K			Total
1 Leon Johnson	35	35	1	1	1	1	3	2	-	-	9
2 Arnold Galiano	2	35	4	4	2	2	5	35	-	-	19
3 Denzil Pritchard	1	1	2	2	35	35	2	35	-	-	43
4 Guy Riccio	35	35	3	3	35	35	4	35	-	-	115
5 Ben Moore	35	35	35	35	35	35	1	1	-	-	142

Additions, deletions, comments, call Bob Walters: 544-7615

Annapolis Strider Events

What's Coming Up

Please call the Hotline, (410) 268-1165, or the race director to confirm time and place for our events. For entry forms, send a self addressed stamped envelope to: Annapolis Striders, P.O. Box 187, Annapolis, MD 21404

First Monday of each month, 7:30 p.m.
BOARD OF DIRECTORS 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

Friday, March 13, 1992
 6:30pm ANNUAL MEETING
 7:30PM ANNUAL BANQUET
 St John's College, Annapolis
 Rose Malloy 280-6933

1991 • 1991 • 1991 • 1991

Saturday, December 28, 10am
 * 13TH ANNIVERSARY 15K RUN*
 Quiet Waters Park, Annapolis



1992 • 1992 • 1992 • 1992

Sun., Feb. 16, 10 am
VALENTINE'S TWOSOME RELAY
 5K - Severna Park Middle School.

Sat., Feb. 22, 10 am
 * **WASHINGTON'S BIRTHDAY 5K**
 Bay Hills, Arnold

Sun., Mar. 3, 7:30a.m.
B&A TRAIL MARATHON
 Severna Park H. S., Robinson Road

Sun., Mar. 22, 9 am
The Family Four - 4M Fun Run
 Quiet Water Park, Forest Drive, Annapolis

Sun., April 5, 2 pm
 * **CHERRY PIT 10-MILER**
 South River H.S., Edgewater

Sat., April 25, 8 am
 * **2M TRACK RACE**
 Anne Arundel Community College, Arnold

Sun., May 3, 8 am
8TH GOVERNOR'S BAY BRIDGE RUN
 Sandy Point State Park

Saturdays, June 13 & 27, July 11 & 25,
 Aug. 8 & 22, 6 pm,
JUNIOR STRIDERS TRACK SERIES
 Annapolis H. S., Riva Road

Thursdays, June 18-Aug. 20, 6 pm
1M/4M SUMMER FUN RUNS
 Quiet Waters Park, Annapolis

Sun., June 21, 8 am
 * + **FATHER'S DAY 10K**
 Loch Haven Rec. Area, Edgewater

Sat., July 11, 6 pm
 * **JOHN WALL MEMORIAL 1M TRACK RACE & JR. STRIDERS #3**
 Annapolis H.S., Riva Road

Sat., July 20, 8/9 am
WOMEN'S DISTANCE FESTIVAL 5K/ RUN AFTER THE WOMEN 5K
 West Annapolis Elementary School

Sun., Aug. 9, 8 am
 * **DOG DAYS OF SUMMER 8K**
 Anne Arundel Community College, Arnold

Sun., Aug. 30, 7:50 am
17TH ANNAPOLIS TEN MILE RUN
 Navy-Marine Corps Stadium, Annapolis

Sun., Sept. 13, 8 am
 *+ **PENNYSAVER 5-MILER**
 Severna Park H.S., Robinson Rd.

Sun., Oct. 11, 8 am
 * **METRIC MARATHON**
 Southern H.S., Harwood

Sat., Nov. 14, 8:30 am
 + **HOG NECK SCAMPER 5-MILER**
 Downs Memorial Park, Pasadena

Sun., Nov. 29, 10 am
 * **COLD TURKEY 20K RUN**
 South River H.S., Edgewater

1993 • 1993 • 1993 • 1993

Sat., Jan. 2, 1993, 10 am
 * **14TH ANNIVERSARY RUN**
 Quiet Waters Park, Annapolis

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



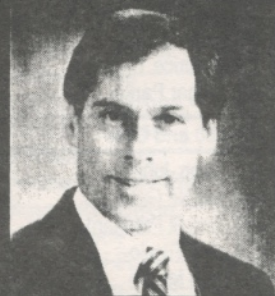
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WITH REGARD TO THE RACES LISTED BELOW, PLEASE VERIFY ALL INFORMATION WITH THE RACE ORGANIZERS. TO REQUEST AN ENTRY FORM, SEND A SELF-ADDRESSED, STAMPED ENVELOPE TO THE ADDRESS LISTED. ANY INFORMATION WHICH THE ANNAPOLIS STRIDERS HAS CONCERNING THESE EVENTS WOULD BE AVAILABLE AT THE ATHLETE'S FOOT AT THE ANNAPOLIS MALL OR AT FLEET FEET ON MAIN STREET.

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For info on International Marathons, request AIMS Yearbook: Holmes McDougall Ltd, 24 Clydeholm Rd, Glasgow G140AU, Scotland.

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**RRCA GATORADE
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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.

Dec 7, Sat, Gambrill St. Pk 5M/10M, Frederick. 301-662-8768

Dec 8, Sun, 8:30 am, Jingle Bell 8K Run + 3K F.R., Marley Station. Arthritis Foundation, 22 Truckhouse Rd, Severna Park, MD 21146 544-5433

Dec 8, Sun, 8 am, Jingle Bell 10K Run + 3K F.F., W. Potomac Pk, DC. Arthritis Found., 1901 Ft. Myer Dr, S. 500, Arl., VA 22209 703-276-7628

Dec 8, Sun, 9 am, Herring Run Park 6M XC. BRRC, PO Bx 9825, Balt., MD 21284 526-7862

WHERE THE RACES ARE

Dec 8, Sun, 1 pm, Chambersburg 10M. Chuck Leshner, 3345 Wayne Rd, Chambersburg, PA 17201 717-264-5390

Dec 8, Sun, 1 pm, Brian's Run 10K. PO Bx 2440, West Chester, PA 19383 215-399-3318

Dec 14, Sat, 9 am, River Rumble 20K/1M, Riley's Lock, Potomac. MCRRC, PO Bx 1703, Rockville 20849 301-353-0200

Dec 14, Sat, 9 am, December 5K Dash. Fitness Center, 810 Wayne Av, Chambersburg, PA 17201 717-267-2291

Dec 15, Sun, 9 am, Rudolph's Red Nose 10M Run. Somerset Sch., 4842 16th St NW, DC 20011 703-536-9645

Dec 15, Sun, 8:30 am, Mistletoe 8K, W. Pot. Pk, D.C. M-8K, PO Bx 554, Springfield, VA 22150 703-569-6950

Dec 15, Sun, noon, Dancer Dash 10K. Westminster RRC, Marvin's Sports City, Cranberry Mall, Westminster, MD 21157 301-848-2148

Dec 15, Sun, 9 am, Holiday Run 5K, Bel Air. RASAC, PO Bx 415, Abingdon, MD 21009 301-879-0018

Dec 15, Sun, Bread 10K Run, Glen Echo. DCRRC, PO Bx 1352, Arlington, VA 22210 703-241-0395

Dec 21, Sat, Tri-State T.C. Indoor T. & F. Classic. Wayne Vaughn, 734 W. Franklin, Hagerstown, MD 21740 301-733-6076

Dec 21, Sat, 9:30 am, Santa's Sack Run 6M & F.R. Lake Montebello. BRRC, PO Bx 9825, Balt., MD 21284 560-1337

Dec 28, Sat, 10 am, DCRRC 10M/20M, Braden Park, Greenbelt. DCRRC, PO Bx

1352, Arlington, VA 22210 703-241-0395

Dec 29, Sun, 9 am, Jingle Bell Jog 12K/2M, Kensington. MCRRC, PO Bx 1703, Rockville 20849 301-353-0200

Dec 29, Sun, 9 am, Father Time Frolic 8M, Loch Raven. BRRC, PO Bx 9825, Balt., MD 21284 560-1337

Dec 29, Sun, noon, Winfield Mile. Westminster RRC, Marvin's Sports City, Cranberry Mall, Westminster, MD 21157 301-876-7852

Dec 31, Tues, midnight, Runner's World Midnight 5M Run, Central Pk. NYRRC, 9 E 89th St, NY, NY 10128 212-860-4455

Jan 1, Wed, noon, 16th Ed Barron 8K Hangover Classic, Reflecting Pool, D.C. Race day registration only!

Jan 1, Wed, 10 am, New Year's 10M F.R., Covington, VA. Allegheny Mtn Runners, PO Drawer 635, Clifton Forge, VA 24422 804-862-4293

Jan 1, Wed, 11 am, St. Mary's 6M, Bel Air. RASAC, PO Bx 415, Abingdon, MD 21009 301-638-0235

Jan 4, Sat, Charlotte Observer Mar./10K. PO Bx 30294, Charlotte, NC 28230 704-358-KICK

Jan 12, Sun, 10 am, No Frills Biathlon - 3.5M Run/14.5M, Salisbury. TMTC, PO Bx 28477, Baltimore 21234 301-882-6103

Jan 18, Sat, 10:30 am, Snowflake Chasers: 5M, 10M, 1/2 Marathon. Big Run St. Pk., Garrett Co. Upper Potomac JC's, PO Bx 206, Westernport, MD 21562

Jan 19, Sun, 11 am, Icicle 10K Run + 3M Walk. Central Y, 11th & Wash. Sts., Wilmington, DE 19801 302-571-6900

Jan 19, Sun, 10 am, Great Valley Marathon, Chambersburg. Mike Witter, 5645 Stamy Hill Rd, Waynesboro, Pa 17268 717-263-5631

Jan 22, Wed, 6:30 pm, CFF Stair Climb, USA Today Bldg, Roslyn. CFF, 6931 Arlington Rd, Suite T200, Bethesda, MD 20814 301-657-8444

Jan 26, Sun, 9 am, Frozen Finger 5M, Stevenson Valley Shopping Center. BRRC, PO Bx 9825, Balt., MD 21284 560-1337

Jan 26, Sun, 8 am, Houston Tenneco Marathon [WOMEN'S OLYMPIC TRIALS]. H-T M., PO Bx 2511, Houston, TX 77252-2511 713-757-2700

Feb 2, Sat, 10 am, Memorial 5-Miler, Shippensburg. Bruce Kessler, 1759 Crottlestown Rd, Chambersburg, PA 17201 717-264-3775

Feb 9, Sun, 1 pm, Hampton Coliseum Half Marathon/5K. 22 Lincoln, Hampton, VA 23669 804-727-6140

Feb 9, Sun, 9 am, No Frills Biathlon - 3M swim/500yd swim, Annapolis (Tent). TMTC, PO Bx 28477, Baltimore 21234 301-882-6103

Feb 16, Sun, 10:30 am, Washington's Birthday Marathon, Greenbelt. DCRRRC, PO Bx 1352, Arlington, VA 22210 703-765-1837 TEAMS: George Banker, 1421 Potomac Hts Dr, Ft Wash., MD 20744 301-248-5619

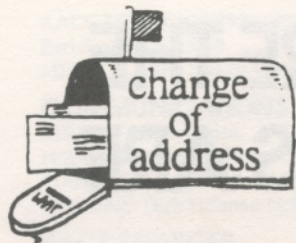
Feb 23, Sun, 1 pm, Colonial Half Marathon/5K. B. Bates, PO Bx 399, Williamsburg, VA 23187 804-221-3362

Mar 3, Sun, L.A. Marathon. 11110 W. Ohio Av, Suite 100, LA, CA 90025-3329 213-444-5544

Mar 21, Sat, IAAF World XC Championships, Franklin Pk, Boston. 186 Alewife Brook Pkwy, Cambridge, MA 02138 617-661-9200

Apr 16, Mon, noon, 96th Boston Marathon. PO Bx 1991, Hopkinton, MA 01748 508-435-6905 FAX: 508-435-6590

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



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- ✓ Shirts are also available at Strider runs.
- ✓ Call for information on coming events and/or to leave messages (410) 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

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

MAIL TO: ANNAPOLIS STRIDERS, INC.
P.O. BOX 187
ANNAPOLIS, MD 21404
MAKE CHECK PAYABLE TO:
ANNAPOLIS STRIDERS, INC

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

DUES:

Youth to 18	Individual	Family
<input type="text"/>	<input type="text"/>	<input type="text"/>
\$5.00	\$10.00	\$15.00