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- FINAL 1992 CHAMPIONSHIP SERIES STANDINGS

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- COLD WEATHER RUNNING TIPS
- AND MUCH MORE!!

**STRIDE**



# *Annapolis Striders*

FEBRUARY 1993 VOLUME XV, NUMBER 1

**RRCA**  
ROAD RUNNERS CLUB OF AMERICA

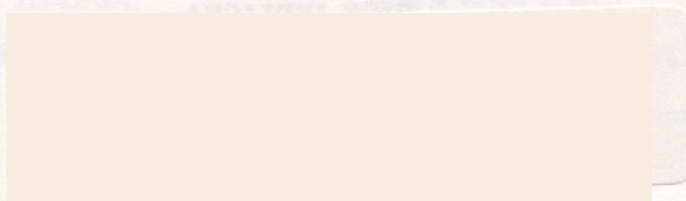


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POST OFFICE BOX 187  
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21404-0187

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W:263-4559

BATES TRACK:

Dick Hillman H:263-1844 W:514-7252

# NOTICE TO THE GENERAL MEMBERSHIP OF THE ANNAPOLIS STRIDERS, INC.

## Annual Meeting

Pursuant to Article VII, Section 4, of the bylaws of the organization, notice is hereby given that the Annual Meeting of the Annapolis Striders, Inc., will be held Friday, March 5, 1993, 6:30 pm, in the Conversation Room at the Francis Scott Key Building, St. John's College, Annapolis, Maryland.

## Nominations

Pursuant to Article IX, Section 1, of the bylaws of the organization, notice is hereby given that the Nominating Committee has made the following nominations:

**President - RON JARASHOW**  
**Vice President - MATT MACE**  
**Secretary - JEAN LEGUM**  
**Treasurer - DICK JEDLICKA**

*DIRECTORS, 2 year terms*

Ed Klebe

Arnie Henderson

Kathleen Heagney

Buck Cadell

Don Kennedy

Evan Thomas, *1 year term*

*NOMINATING COMMITTEE*

Chairman, Will Scott

Linda Simpon,

Reggie Haseltine,

Marie Friedland,

Mike van Beuren,

Earl Scott



# EDITORS COLUMN

## READERS ALERT!

The Streak is interested in hearing from the Strider membership on your favorite race or running path. What is the one race you always run and why? Where do you turn more often than not when heading out for a weekend run? Send an article or jot your thoughts down on a postcard. Tell us where the race or running path is located, give a description of the course (i.e. distance, terrain, scenery, etc.) and the reasons why you find it so enjoyable.

This is your opportunity to share your thoughts on a race or running path that just makes your day! It is also a chance to find out how many other members share your perspective. The results will be summarized and printed in an upcoming Streak. FREE Race Entry to an upcoming Striders race of your choice to the best submission.

Articles should be limited to 750 words, please. A couple of lines jotted down on a postcard counts, too! Send submissions to Striders, P.O. Box 187, Annapolis, MD 21404-0187

Deadline is March 1st. I look forward to hearing from you!

EDITOR

FEBRUARY 1993

# STREAK

VOLUME XV, NO. 1

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### STREAK STAFF

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ASSISTANT EDITOR: Sharon Serio H:268-7140

NEW JERSEY CORRESPONDENT: Ken Lyons

REPORTER: Evan Thomas H:760-9188 W:573-1125

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, Inc., P.O. Box 187, Annapolis, Maryland 21404-0187. 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 21404-0187.

Advertising rates per issue are:

**Deadline for submitting copy for  
STREAK's April Issue is  
Monday, March 1  
deadline for ad copy is March 15**

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# President's Column

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Mid-Winter is the toughest time to do ANYTHING — much less run and train. It is dark and cold, wet and windy. But look at the bright side. SOON THE DAYS WILL GET LONGER, BRIGHTER, WARMER, AND SPRING WILL BE HERE. Much like the seasonal revolving door, running enthusiasm and commitment ebbs and flows. I invariably take a few weeks off in the winter to let all my nagging injuries subside and renew my

desire to pound the streets. If I think back to what seems like eons ago (that is, last Spring), I really recall how itchy I was to begin running again and how I discovered nothing quite as satisfying to substitute for my early morning run. I wish everyone a successful new year of running. Please come and join us at one or more of the Strider events.

*Ron Jarashow*



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## Letter to the Editor

### *Dear Striders,*

Hello! Greetings from Alaska. Sorry you haven't heard from me, I suppose I've been too busy, although other than kids activities (soccer, basketball) I can't remember doing what. Well, we did go fishing quite a bit. We hiked up to the top of Deer Mountain (3000 ft. from sea level). Bill & I went kayaking - that was really fun!! We've been up to the Ketchikan Zoo - the dump - to see the bears several times, saw one 50 yards from the house, ( on our road!) and even watched a bear catch a salmon in the White River ( he did better than we did). Add soccer three times a week, with me refereeing once a week, in the fall, and now basketball (not to mention my classes at the University of Alaska four times a week, and being Geoffrey's Cub Scout Den leader)... well, I guess we have been a little busy.

Alaska is very different - it's not really cold now, it hovers around 40 degrees most of the time, a little below at night, a little above during the day. The mountains are spectacular - when you can see them. It doesn't rain as much as we were told it does - but they're also

behind in their amount of rainfall, so I guess we're just lucky enough to have a "dry" year. The rainiest month so far rained 23 2/3 inches, 12 of it in 24 hours!

There isn't much to do here other than outdoor stuff - hunting, fishing, hiking, and you have to go out whether it's raining or not or you never go out. There is one fast food restaurant - MacDonalds and it's expensive. No department stores, no K-Mart type stores, and a very small mall. Everyone shops "down south" (meaning Seattle) or from a catalog. food is expensive, but I'm learning survival tricks. Of course, we have lots of salmon - most of it given to us. Some we've actually caught ourselves. The main fish are salmon, halibut, and red snapper, and when they're "running" they are very abundant. Bill went steelhead (trout) fishing, but didn't catch any (he went hunting too, but didn't get a deer either. Guess it's a good thing there are grocery stores!)

Bill loves his job - in fact Bill loves everything about Alaska. The boys are enjoying themselves - lots of sports and

outdoor activities, and the schools aren't terribly challenging (they don't believe in homework up here). Elizabeth has gotten a little more attached to me since the move, but otherwise seems all right. I'm taking longer to adjust - some days are easier than others. I've joined the Sweet Adelines, and that helps keep me busy. We put on a show, and now, of course, we're singing lots of Christmas carols at a lot of functions.

We bought a house, right on the water - a fjord that's very deep - the cruise ships go by our house heading for downtown or up north! It's fun watching the storms - 70 and 80 knot winds - and the kids love the beachcombing. We started a salt tank, but have only been able to keep crabs and hermit crabs alive so far. The fish and the starfish seem to die right away - we'll figure it out eventually.

Well, I'd better sign off, or you'll never get a letter. Save your pennies and come visit.

All the best for the Holidays,  
**Debbie, Bill, Elizabeth,  
Geoffrey and  
Richard Harney**

## EQUIVALENT CHILL TEMPERATURES

Wind (MPH)	Temperature (Fahrenheit)																		
	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	-50
	<b>Equivalent Chill Temperatures</b>																		
5	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	-50	-55
10	30	20	15	10	5	0	-10	-15	-20	-25	-35	-40	-45	-50	-60	-65	-70	-75	-80
15	25	15	10	0	-5	-10	-20	-25	-30	-40	-45	-50	-60	-65	-70	-80	-85	-90	-100
20	20	10	5	0	-10	-15	-25	-30	-35	-45	-50	-60	-65	-75	-80	-85	-90	-100	-110
25	15	10	0	-5	-15	-20	-30	-35	-45	-50	-60	-65	-75	-80	-90	-95	-105	-110	-120
30	10	5	0	-10	-20	-25	-30	-40	-50	-55	-65	-70	-80	-85	-95	-100	-105	-115	-120
35	10	5	-5	-10	-20	-25	-35	-40	-50	-60	-65	-75	-80	-90	-100	-105	-115	-120	-130
40*	10	0	-5	-15	-20	-30	-35	-45	-55	-60	-70	-75	-85	-95	-100	-110	-115	-125	-130
	<b>Little Danger</b>					<b>Increased Danger (Flesh may freeze within one minute)</b>					<b>Great Danger (Flesh may freeze within 30 seconds)</b>								

\*Winds above 40 MPH have little additional effect.

*If you dress properly and are cautious in various weather conditions, running in winter can be as productive and enjoyable as during any other time of year*

# Cold Weather Running

DAMIEN HOWELL

*(This article was provided by the Road Runners Club of America)*

The onset of winter needn't bring a seasonal halt to a runner's enthusiasm or routines. Outdoor exercise in the winter can be a pleasurable experience. The major risk posed by running in subfreezing air is frostbite and minor irritations to the respiratory tract. With some minor precautions these risks can be eliminated.

1. Wear clothing in layers so that warm air can be trapped between the layers. Depending on the weather conditions, 2 to 4 layers on the trunk and 1 to 2 layers on the legs are appropriate. It is helpful if the outer layers have vents and zippers to allow excess heat to escape as you become warm. On windy days the outer layers should be of wind resistant material.

2. Clothing made of material which carries the sweat away from the body is best, like wool, silk, or "space age" synthetics like polypropylene or polyester. Avoid cotton as it tends to hold the sweat.

3. Hat and gloves are crucial as these regions of the body have a substantial role in the regulation of body temperature. Mittens tend to be warmer than gloves. On very cold days mittens worn over gloves are very effective. Stocking caps or ski masks are desirable. On very windy days goggles or eye glasses can provide additional protection.

4. The outer layer should be light colored and have reflective material if you are running during darker hours. Reflective material works only if there is a light source. Blaze orange becomes poorly visible brown at night. Light colored material is visible contrast and attracts solar energy.

5. Pin to your clothes or shoes emergency identification, preferably of a waterproof material. Let someone know where you are going to run and when you expect to return. Do not run with headphones.

6. Plan your run so that you run into the wind during the beginning portions and with the wind behind you in the latter portions. Otherwise, built-up sweat may cause you to become too cold when you turn into the wind. Be alert when running in snowy, icy conditions particularly near vehicular traffic.

7. Avoid overdressing. Feel a bit underdressed and chilly as you start, knowing that later as you run in your layered environment the temperature will rise about 20 degrees.

# RunHers News

(Reprinted from the Jan/-Feb issue of RunHers Record)

RunHers has announced that Kathrine Switzer has been confirmed as the new race director for RunHers popular Mother's Day Race. Ms. Switzer will replace Henley Gible who has served on director for one of Washington's premier women's races in the Washington area for many years.

Kathrine Switzer has worked for ABC Sports since 1982 as part of the New York City Marathon commentary team. Since that time, the 1974 champion of the women's section of the race as been an on-air commentator in many other events, with a special expertise in track and field long-distance running. She is probably best remembered as the woman who, in 1967, wore numbers in the then men-only Boston Marathon and "broke the sex barrier". Subsequently she went on to lead the drive for women's equality in the sport of distance running both nationally and internationally. Her efforts and a long held dream were realized in 1984 when the women's marathon event was included in the Los Angeles Olympic Games.

Kathrine's daily fitness run (also known as her sanity and vanity run) has incorporated more training and this year she has run better than she has in 10 years. Recent performances for this master's category runner include a 44:17 - 10 K; 72:28 - 10 miler and 20:38 - 5K.

For more information on RunHers call their Hotline 703-370-3442.

EDITOR'S NOTE: *The Mother's Day Race is a super race. It is extremely well organized and allows even us short distance runners the thrill of competing with major world class runners. I would be interested in hearing from other fellow Striders who are planning to participate in the race this year. Perhaps we can get some of our male members to drive us!*

## Marino and Bachman Speeding on The Tracks

BY GEORGE R. BANKER

It was a well kept secret for two years and hidden in Sparks, Maryland, who would look? The Baltimore Road Runners Club hosted the 3rd Annual NORTHERN CENTRAL TRAIL marathon on Saturday, November 28, 1992. The pre-race meal was probably turkey with all of the trimmings. The unique feature for this event was the course (out and back) which was the actual route of the Northern Central Railroad. A segment of the commuter route was closed on June 27, 1959. In 1984 a seven mile segment was opened through the funding from the National Park Service. The route was converted to a multi-use recreational trail (hard packed flat surface). In 1989 an additional 12 miles was added.

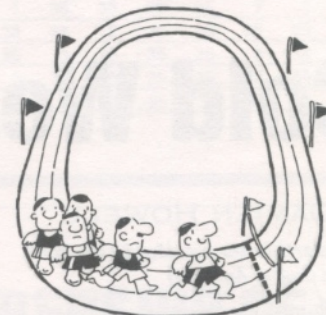
It took a couple of miles before a leader emerged from the pack as Robert Marino of Annapolis led the way up the trail. You might say he was a "trail blazer". The others decided to let him have the space to move. The trail had some blind turns, therefore, it was possible to loose temporary sight of those in front of you. Since it was out and back you could pinpoint your competition.

Marino pressed a pace that was accelerating. At mile 16 with the leaves scattered behind him, the closest competitor was two minutes behind. It had to be a good feeling for Marino knowing that so many others had to cover the ground he was leaving behind. The position locked down for Marino as first place was captured with a 2:29:24 and new course record. There was no battle for second place as Troy Jacobson of Hunt Valley finished with a 2:34:38. Marino's brother, Michael of Vineland, NJ sewed up fifth

place with 2:44:22. Monika Bachman of Comus, MD was the first female finisher at 3:14:30.

The number of finishers for the event continues to increase from only 80 in 1990 to 191 in 1992. It is expected that the event will close off the entries at close to this number now that the word is out. It was pointed out that the white post along the course with "W" didn't stand for water as some thought. It was for whistle and indicated the approaching of an intersection with a road or another railroad line. If you like flat courses, want to return to nature, view some live stock while you run and enjoy a well organized marathon, then hop the invisible train on the Northern Central Trail. Hope to see you at the station on time in 1993. All aboard!

For more information call George at 301-564-2392.



## TRACK NEWS

Strider Ed Parker informs us that the Broadneck High School track was resurfaced last spring and makes a good rubberized track for evening runs. The School is located off College Parkway at Green Holly in the Arnold area. Fencing serves to keep stray animals off the track and the adjacent parking lot is usually lighted. While there are no lights on the track itself, the parking lot lighting keeps the track reasonably well illuminated, too. Just in case there is a pay phone between the lot and the track and no money is needed to make a 911 call. Ed hopes others will join him in breaking in the new surface!

# Cold Turkey 1992



LEON JOHNSON  
RACE DIRECTOR

The Annapolis Striders' Cold Turkey Run this year brought a warm gift of cheer to runners and many others as well. It was a perfect day for running. We saw Dave Wall, grandson of Johnny Wall, win a comfortable first place overall for the men and our own Rose Malloy take first for the ladies. The other major highlight was the fun of giving to others who are not so fortunate as we in the form of food and monetary donations to the Salvation Army. Major Jess Duncan of the Salvation Army was on hand to show his gratitude and provide that "cold cup of water" so to speak. Our volunteers did a super job assisted in greater force than ever this year by the Anne Arundel County Police. The police, along with Joe Walsmith, provided that extra special touch of support at the finish line to our last runner (Harold Jones) who ran with an all out "California or Bust" effort. Harold, sixty nine years young, was third place in his age group and expressed his heart felt thanks to Joe and our County Police. Thank you all for making this year's Cold Turkey a beautiful caring event in every respect.

## COLD TURKEY 20K RESULTS

November 29, 1992

### Men's Results

POS./NAME	AGE	TIME
1. Dave Wall	19	1:10:55
2. Ted Poulos	30	1:14:02
3. David Webster	39	1:14:05
4. Matt Mace	32	1:14:21

5. John Kirkpatrick	49	1:15:12
6. Mark Hearne	33	1:15:35
7. Gregory Brandt	29	1:16:13
8. Philip B. Lang	25	1:16:25
9. Tom Prendki	36	1:16:37
10. Bill Egan	37	1:16:44
11. Marc Mallowee	23	1:17:22
12. Eric Schrader	28	1:17:27
13. David Cartwright	53	1:17:39
14. Michael Cady	45	1:17:56
15. Samuel Stephens	29	1:18:06
16. Francisco Sanches	50	1:18:31
17. Chris Sinclair	25	1:18:40
18. Chris Riley	48	1:18:54
19. Peter Panalli	38	1:19:54
20. Bruce Harrington	40	1:20:21
21. George Spilich	16	1:20:23
22. Eric J. Gyaki	44	1:20:25
23. Jon Palks	43	1:20:26
24. Steve Klose	32	1:20:37
25. Bob Biddle	33	1:20:59
26. Amaden Sanches	53	1:23:04
27. Steve Nolan	33	1:23:06
28. Dave Cavanaugh	17	1:24:19
29. Fred Shanklin	51	1:24:46
30. Bob Williams	39	1:25:08
31. John Magnan	47	1:25:17
32. David Witte	31	1:25:22
33. Mark Wilhelm	28	1:25:41
34. Mark Krolick	19	1:25:54
35. Steve Donnelly	35	1:26:10
36. Edward Klebe	53	1:27:40
37. Patric Donahue	41	1:28:05
38. Steve Russell	30	1:28:23
39. Greg Marchetti	33	1:28:27
40. Robert Bailey	44	1:29:19
41. Bill Croft	28	1:29:19
42. Bill Miller	52	1:30:14
43. Tom Venator	35	1:31:09
44. Milton Taylor	59	1:31:17
45. King Jordan	49	1:31:24
46. James L. Holt	32	1:31:34
47. Armand Harris Jr.	49	1:31:57
48. Rick Ortega	40	1:32:38
49. Larry Dehoe	42	1:32:39
50. Ken Lyons	52	1:32:45
51. John Pack	58	1:32:47
52. Tom Bradford	49	1:33:00
53. C. Graham	50	1:33:10
54. Rich Defenbeck	43	1:233:25
55. Jim Cavanaugh	50	1:33:44
56. Jim Wanamaker	44	1:33:50
57. Bill Peake	41	1:33:56
58. Donald Rouiller	23	1:34:16
59. Peter Salmon-Cox	53	1:34:33
60. Harry Good	42	1:34:24
61. Fred Betz	43	1:34:36
62. Will Myers	43	1:34:44
63. Ralph McKinney	47	1:34:49
64. Kenneth Cosgrove	43	1:34:51
65. Ray Wyrill	37	1:34:59
66. Roy Peacock	53	1:35:04
67. Larry Puglisi	38	1:35:05
68. Don Kennedy	45	1:35:43
69. Charlie Kidd	45	1:35:50
70. Gary Sewell	50	1:36:08
71. Richard Kutzner	49	1:36:09
72. William Derr	53	1:37:13
73. James Dixon	49	1:37:40

74. Jim Noctor	53	1:38:04
75. Dan Mastersow	47	1:38:17
76. Archie Holden	40	1:38:20
77. John Gudas	46	1:38:40
78. Robert Ward	41	1:38:55
79. Jeffrey McQuown	47	1:38:58
80. Tom McKee	64	1:39:17
81. Don Higdon	50	1:39:17
82. John Sacewhre	34	1:39:59
83. Anthony Grossi	32	1:40:25
84. Jack Roberts	47	1:40:47
85. William J. Twigg	49	1:40:58
86. David Appleby	33	1:41:52
87. Bruce Sogars	42	1:41:58
88. Ron Jarashow	43	1:42:11
89. Jon Meyer	45	1:42:25
90. Reggie Haseltine	42	1:43:09
91. John Guala	45	1:43:09
92. Greg Sullivan	34	1:43:18
93. Daniel Day	55	1:43:40
94. Ben Moore	67	1:47:25
95. Earl Scott	52	1:48:30
96. Jim Garlington	41	1:49:27
97. Jim Etchison	40	1:49:57
98. Jon Valentine	32	1:50:13
99. Rob Coppock	46	1:51:28
100. Lee Masser	57	1:55:17
101. Duane Lodrige	38	1:56:41
102. Tom Sprouse	33	1:59:03
103. Bob Rankin	53	2:01:21
104. John Kurpuweit	47	2:03:35
105. James Carter	36	2:08:33
106. Harold Jones	67	3 hrs +

### WORKERS RUN

1. Leon Johnson	63	1:41:21
-----------------	----	---------

### Women's Results

1. Rose Malloy	44	1:17:31
2. Karen Garth	33	1:27:21
3. Julie Caprio	32	1:27:44
4. Minda Whiteman	34	1:33:21
5. Jeanne Melanson	35	1:33:32
6. Meredita Bonta	46	1:35:19
7. Susan Briers	37	1:36:51
8. Amy Howe		211:37:34
9. Sherry Kosnar	30	1:38:09
10. Cathy Ray	30	1:38:13
11. Mary Zuckerman	45	1:40:58
12. Taylor Waters	27	1:41:48
13. Ceil Prendler	28	1:45:01
14. Arlette Perruchas	46	1:45:20
15. Andrea Anderson	44	1:46:47
16. Pam Haley	43	1:46:56
17. Delma Miller	50	1:47:36
18. Brenda Norman	35	1:48:25
19. Mary Norton	16	1:48:44
20. Joy Solyst	38	1:49:00
21. Lynn Kruck	47	1:51:39
22. Nancy Hussey	35	1:51:55
23. Kathy Hennes	40	1:53:56
24. Connie King	43	1:55:18
25. Julie Hudson	26	1:56:40
26. Dotty Eshen	46	1:58:39
27. Linda Simpson	50	2:01:02
28. Mary C. Good	39	2:03:06
29. Harriet Mandell	44	2:03:09

# FOURTEENTH Anniversary Run 15K

January 2, 1993

TONY & LUDMILA PRUNER, RACE DIRECTORS

## RACE RESULTS

POS./NAME	AGE	TIME
1. Thomas M. Brown, Jr.	24	47:58
2. Frank E. John IV	23	48:48
3. Bob Oberti	45	51:35
4. Travis Faulkner	21	51:58
5. Matt Mace	32	52:30
6. Mark Rosasco	33	53:17
7. John Kirkpatrick	49	53:36
8. Ed Harte	34	54:12
9. John Hecox	23	54:23
10. Tom Prendki	36	54:31
11. Bill Egan	37	55:03
12. Chris Riley	48	55:29
13. Marc Mallonee	23	56:26
14. Scott Lutrey	39	56:34
15. Francisco Sanchez	50	57:22
16. Fred Krug	47	57:52
17. Fred Shanklin	51	58:34
18. Dave O'Neal	31	58:37
19. Steve Donnelly	35	58:43
20. Joseph Clorety	50	58:58
21. Bob Mangevicius	40	59:56
22. Tom Margius	37	1:00:01
23. Dave Wolser	34	1:00:35
24. Mike Heffler	31	1:00:55
25. Bill Elzinga	54	1:01:10
26. Gary Neus	43	1:01:22
27. N. Zimmerman	26	1:01:22
28. Bill Miller	52	1:01:39
29. Louis Van Dyck	50	1:01:54
30. Stan Witomski	58	1:02:02
31. Ben Black	39	1:02:05
32. Rebecca Canner	24	1:02:09
33. Sue Briers	37	1:02:18
34. Jerry Haley	44	1:02:19
35. Jim Cavanaugh	50	1:03:19
36. Roger Sherman	42	1:03:21
37. Ralph Mang	37	1:03:23
38. Tom Venator	35	1:03:26
39. Ed Klebe	53	1:03:48
40. John Magnan	47	1:04:12
41. Mike Olmert	31	1:04:15
42. Bill Rouse	37	1:04:25
43. John Butterfield	55	1:04:38
44. Mike Bright	42	1:04:49
45. Mike Kennedy	34	1:05:05
46. Clark Graham	50	1:05:27
47. Doug Corby	49	1:05:29
48. John Pack	53	1:05:31
49. Mary Ellen Brown	38	1:05:41
50. Jim Noctor	53	1:06:02
51. Jill Yesko	34	1:06:07
52. Tom Bradford	49	1:06:15
53. William Myers	43	1:06:17
54. Carole Rosasco	33	1:06:28
55. Kitty Good	36	1:06:44

56. James Wright	42	1:06:45
57. Ted Haynie	43	1:06:54
58. C. Margevicius	32	1:06:55
59. Peter Salmon-Cox	53	1:07:00
60. Mary Zuckerman	46	1:07:08
61. Cynthia Symancyk	18	1:07:17
62. Ralph McKinney	47	1:07:27
63. Larry Puglisi	38	1:07:50
64. Carl Reed	41	1:08:18
65. John Fay	45	1:08:27
66. Jim Kaufman	38	1:08:27
67. Gary Sewell	50	1:08:42
68. Fred Betz	43	1:08:44
69. Don Kennedy	45	1:08:56
70. Tom Faulkner	50	1:08:57
71. Tom Petel	45	1:09:01
72. Mike Blanche	26	1:09:04
73. Bill Derr	53	1:09:09
74. Bruce Soyars	42	1:09:17
75. Patrick Albormoz	50	1:09:17
76. Mark Chaput	34	1:09:21
77. John Gudas	46	1:09:32
78. Clint Henderson	36	1:09:50
79. John Guala	45	1:10:32
80. Don Higdon	50	1:10:50
81. Cecilia Predki	28	1:11:06
82. Rick Pickering	34	1:11:20
83. Charles Muskin	43	1:11:32
84. Jim Bitgood	47	1:11:43
85. Patrick Donahue	41	1:12:00
86. Ken Lyons	53	1:12:14
87. Will Scott	42	1:12:17
88. John Salemme	34	1:12:19
89. June Schneider	45	1:12:38
90. George Nislein	52	1:12:49
91. Eric Fromm	47	1:12:58
92. Marie Friedland	37	1:13:11
93. James Storie	51	1:13:53
94. Pam Haley	43	1:14:38
95. Dean Wickline	41	1:14:42
96. Brev Moore	52	1:14:42
97. Earl Scott	52	1:14:47
98. John Hampton	35	1:14:48
99. Bob Sommerville	44	1:14:57
100. Bill Law	64	1:14:59
101. Reggie Haseltine	42	1:15:00
102. Thomas Peet	46	1:15:01
103. Roy Elder	63	1:15:05
104. John Joseph	45	1:15:07
105. Doug Herman	34	1:15:10
106. Jon Valentine	32	1:16:04
107. Eugene Karol	59	1:16:27
108. Jackie Small	44	1:16:32
109. Mary Norton	16	1:16:15.0
110. Vernon Stricklin	41	1:17:03
111. Nancy Rouse	40	1:17:05
112. Roger Hicks	47	1:17:24
113. Mike McAusland	57	1:17:55

114. Evan Thomas	51	1:17:57
115. S. Sussman	34	1:17:59
116. Jeff Konyar	39	1:18:08
117. Alan Legum	46	1:18:10
118. John Lockwood	52	1:18:13
119. Lee Masser	57	1:18:26
120. Kathy Henres	40	1:19:07
121. Robert Kennedy	49	1:19:14
122. Denzil Pritchard	71	1:19:33
123. Laura Norton	43	1:19:42
124. Johann Allender	19	1:19:42
125. Jim Etchison	40	1:20:27
126. Sharon Serio	46	1:20:39
127. Edward Mcdevitt	41	1:20:56
128. Brenda A.-Hicks	35	1:22:03
129. Mike Impellizzeri	50	1:22:16
130. Bob Stitis	49	1:23:27
131. Linda Simpson	50	1:24:07
132. James Carter	36	1:24:18
133. Denis Kelly	40	1:24:41
134. Margaret Joseph	40	1:25:16
135. Kevin Murnane	37	1:26:07
136. Dotty Esher	46	1:26:36
137. Nancy Thomas	40	1:27:47
138. Robert Ranklin	54	1:28:36
139. Yvonne Aasen	61	1:28:55
140. Linda Smith	38	1:29:16
141. Alan Wycherley	50	1:36:32
142. Jeanne Smith	49	1:38:58
143. Harold Jones	67	1:41:48
144. John Koletty	51	1:42:26

## Why Do I Run?

*Why do I run? t'aint no mystery...*

*Wanna have a good medical history,*

*Doctor told me running is great...*

*Helps them blood cells circulate,*

*Great for the lungs, great for the ticker,*

*Can't nothin' getcha in better shape quicker,*

*Feels so healthy, feels so sweet,*

*Pumpin' my arms and flappin' my feet,*

*Moldin' my muscles, firmin' my form,*

*Pantin' like a pack of mule, sweatin up a storm,*

*Keeps me youthful, keeps me loose,*

*Tightens my tummy and shrinks my caboose,*

*Beats bein' sluggish beats bein' lazy*

*Why do I run? Maybe I'm crazy!*

*Poem attributed to Oscar Wilde, circa 1894*



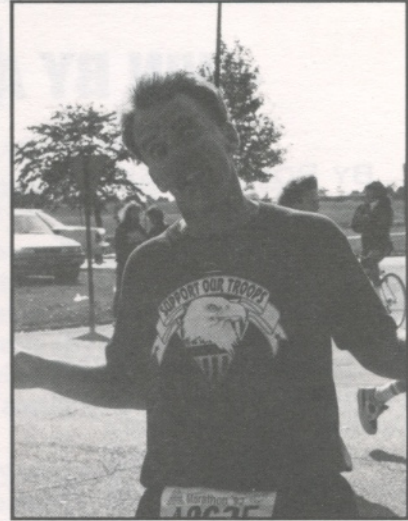
*Welcome*  
**TO OUR**  
**New Members**

- \_\_\_\_ LLOYD ABBOT
- \_\_\_\_ PAUL BAKOS
- \_\_\_\_ BARBARA BARNES
- \_\_\_\_ GREGORY BRANDT
- \_\_\_\_ CHRIS CHAMBERLIN
- \_\_\_\_ ELIZABETH CHAMBERLIN
- \_\_\_\_ MARK CHAPUT
- \_\_\_\_ PHILIP DETERS
- \_\_\_\_ JAMES DIXON
- \_\_\_\_ MATTHEW EGELI
- \_\_\_\_ RICH FELDMAN
- \_\_\_\_ BONNIE GOODING
- \_\_\_\_ DARRIN GOODING
- \_\_\_\_ GARRETT GOODING
- \_\_\_\_ JUSTIN GOODING
- \_\_\_\_ KAREN GOODING
- \_\_\_\_ JOSEPH GRUBE
- \_\_\_\_ DOUG HERMAN
- \_\_\_\_ BEN JARASHOW
- \_\_\_\_ DAN JARASHOW
- \_\_\_\_ MARK JARASHOW
- \_\_\_\_ NAN JARASHOW
- \_\_\_\_ ALEX JOHNSTON
- \_\_\_\_ ANDREW JOHNSTON
- \_\_\_\_ MICHAEL JOHNSTON
- \_\_\_\_ KATHLEEN KERNAN
- \_\_\_\_ JOHN KIRKPATRICK
- \_\_\_\_ NORA KULP
- \_\_\_\_ MARTHA LEHMAN
- \_\_\_\_ SUSAN MATURO
- \_\_\_\_ JOHN MAYNARD
- \_\_\_\_ BRIAN Mc CLINTON
- \_\_\_\_ GARY MC GUFFIN
- \_\_\_\_ BERNIE RANDOLPH
- \_\_\_\_ MARK ROBINSON
- \_\_\_\_ PAM ROBINSON
- \_\_\_\_ STEPHEN ROMERO
- \_\_\_\_ JOHN SALEMME
- \_\_\_\_ CHRISTIN SLAGLE
- \_\_\_\_ JACKIE SMALL
- \_\_\_\_ AMY STANTON
- \_\_\_\_ KELLY STANTON
- \_\_\_\_ BRENT SWEGER
- \_\_\_\_ DAVID VEASEY
- \_\_\_\_ MICHAEL VEASEY
- \_\_\_\_ DAVE WALSER
- \_\_\_\_ DAVID WALSER

**A Sampling of Moores Marines at the Marine Corp  
 Marathon, October 1992**



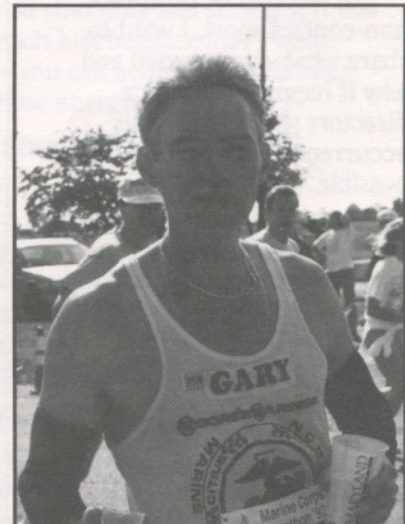
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# CLOSE FINISHES

## -WIN BY AN ELBOW!

BY RON JARASHOW

**R**unners beware! The old axiom of "won by a nose" might be replaced by "won by an elbow". Recently, a few of us ran the Charlotte Observer Marathon held on January 9, 1993 in North Carolina. The winner used a muscle technique and a well placed elbow as two men sprinted toward the finish line to eke out a first place finish.

But lest this be deemed a non-contact sport, I want to share what was reported and why it happened. All race directors should note this occurrence and plan for the possible – just in case.

The two runners came up the final street and hill in Charlotte, they were neck and neck. A 90 degree turn brought them into the Convention Center for the inside finish. At the end of a 400 foot ramp, there was a U-Turn to the finish about 200 feet away. The men got closer together and repeatedly bumped one another, with elbows bumping each other. Apparently the winner, as he approached the U-Turn, got in the last contact. It was enough to give him a 1 second win.

As any race director knows, controversy is possible. There was an immediate protest of the finish. The Race referee upheld the protest and reversed the finish. The original winner appealed the protest and a five person jury was promptly assembled by the Race Director. In a 3 - 2 vote, the original finish was reinstated. The winner said it was just competition. He explained that he lost out on a race on Christmas Day the same way and he was determined not to allow that to happen in the

Marathon. The winner got \$3,000 and second place got just \$2,000. The winner was quoted in the newspaper as saying "If there is a chance you lose the race or lose \$1,000, you have to be aggressive."

Although money seems to have generated the final conflict, there can always be this type of controversy. If you organize events, give thought to the procedure that might be needed to resolve any type of conflict or controversy.

Just a word about the Marathon. My philosophy about running a marathon is generally to use discretion; Charlotte's Observer Marathon caused me to apply it practically. We started in drizzle, about 45F. Although the rain stopped shortly after the start, the wind picked up and the temperature felt like it was dropping somewhat. By mile 15, I was encountering some resistance from my legs. It was enhanced by the wind which was now coming into the faces of the runners. When I arrived at mile 20, I faced a hill or a medical tent. My legs were cramping, my speed was slowing, and my foot periodically had a sharp pain at the achilles tendon.

The choice was clear. Although tempted to continue, I did not want to suffer a serious injury. To my surprise, in the Medical Tent, the nurses took my temperature. It had dropped to 96. They were concerned about hypothermia and requested me to remove my wet clothing to be wrapped in blankets. About that time, the van arrived for the trip to the finish and my hotel shower. The medical staff thought a warm shower would be a more effective treatment. So, off I went.

Plenty of people ran and

finished the Marathon without apparent problem – including my two Annapolis compatriots, Nate Betnun (finishing 28th in his age group in 3:34:33) and Marty Rosenberg (finishing 96th in his age group in 4:51:04). But days like this remind me that sometimes it is just best to regroup and plan again for another day.

One pleasant surprise of the run was seeing a Moore's Marines T- Shirt ahead of us in the crowd. We caught up with the woman and found out she was a recent transplant from Annapolis and the Striders who trained with Ben Moore's group a couple of years ago. Another runner who went some of the distance with us is from Silver Spring and regularly runs the Annapolis 10 Mile Run. As you travel the roads looking for someone to run with, keep your eyes open for Striders and Annapolis Strider watchers. Our club has a long reach and a widespread reputation.

## WANTED

The Streak is in need of a Roving Reporter to cover Strider races and other local events of interest to the membership.

No experience necessary. Work as little or as much as you like.

If interested, please call the Editor, Eileen Hagan at 263-1397, or the Hotline – 268-1165

## RECIPE OF THE MONTH

SUBMITTED BY  
SUE BRIERS

With the New Year upon us we once again have made resolutions to improve on our diets. Here's a recipe that is not only delicious but low in fat. It can either be served as a soup or over rice as an entree.

### Red Beans & Rice Soup With Shrimp

- 1 tablespoon vegetable oil
- 1 cup chopped onion
- 1/2 cup chopped celery
- 1 clove garlic, minced
- 2 tablespoons flour
- 1 1/2 cups water
- 1/4 cup long-grain rice, uncooked
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1 (14 1/2 oz.) can whole tomatoes, undrained and chopped
- 1 (10 1/2 oz.) can chicken broth
- 3/4 lb. small fresh unpeeled shrimp
- 1 (15 1/2 oz.) can red kidney beans, drained
- 1 tablespoon lime or lemon juice

Heat oil in large Dutch oven over medium heat. Add onion, celery and garlic; saute 5 minutes. Sprinkle with flour, stir well and cook an additional minute. Add 1 1/2 cups water and next 6 ingredients. Bring to boil; cover, reduce heat and simmer 20 minutes.

Peel and devein shrimp. Add shrimp and red beans to mixture and stir well. Cook, uncovered, 5 minutes or until shrimp is done. Remove from heat and stir in lime juice. Yield 7 1/2 cups (serving size: 1 1/2 cups)

Calories / 225

Fat / 4.5 grams or 18%

Protein / 17.4 grams

Cholesterol / 78 mg.

Carbohydrates / 29.7 grams

*Reprinted from Cooking Light Magazine*



# Pre-Exercise Food

BY NANCY CLARK, MS, RD

*Reprinted from the April 1992 issue of Triathlon Times. Nancy Clark is a sports nutritionist and frequent contributor to various sports magazines.*

**S**ome athletes know they have to exercise on empty stomachs or else they will suffer from an upset stomach or unwanted pit stops. Others simply hesitate to eat before they exercise because that's what their coaches told them years ago. And then there are athletes who feel best during exercise when they have a well-fed tummy. Confusion abounds regarding what, if anything, to eat before a workout or competitive event.

Since each athlete is metabolically unique when it comes to pre-exercise food preferences, the purpose of this article is to share some of what is known about pre-exercise food and to encourage you to experiment with your own eating patterns to determine what foods and/or fluids, if any, help your body run smoothly and strongly. If you habitually exercise on an empty stomach just because that's what you've always done, you may discover you can achieve performance benefits with an appropriate pre-exercise energizer.

### Q: I generally train at 8:00 a.m. Should I eat breakfast beforehand?

**Yes.** Although skipping breakfast is a common practice among athletes who exercise in the morning, research suggests that you'll perform better if you eat some carbohydrates within 0-4 hours before your workout. During the night, your blood sugar levels drop. If you start a workout with low blood sugar and an empty stomach, you will be likely to fatigue earlier than if you have something to eat.

### Q: What and how much should I eat?

**The answer varies** from person to person, ranging from a cracker to a slice of bread, a glass of juice, a bowl of cereal, or a complete breakfast. Assuming that you can tolerate food, any type of carbohydrates is better than nothing. Research shows good results with about 300 calories of carbohydrates one hour before moderately hard exercise. (More precisely, 0.5 grams carbohydrates (2 calories) per pound of body weight. If you weigh 150 pounds, this is equivalent to 75 grams (300 calories) of CHO, the amount in a bagel and a glass of juice.) (AM J Clin Nutr 54:866, 1991)

### Q: Will eating 600 calories instead of only 300 calories help me exercise better?

**Probably not.** In one study, cyclists exercised the same whether they had 300 or 600 calories one hour before exercise (0.5 or 1.0 grams CHO/lb). Eating twice the amount of carbohydrates provided no additional performance benefits. (AM J Clin Nutr 54:866, 1991). Assuming that your system can handle a full pre-exercise meal, research suggests that even very large amounts of food can improve performance. In one study, cyclists who had 1200 carbohydrates-calories four hours pre-exercise (that's the equivalent of a big pancake breakfast!) cycled 15% stronger during the last 45 minutes (Med Sci Sports Ex 21:598, 1989). Pre-exercise carbohydrates supplied fuel for the end when glycogen stores were low. Note: Most

*continued on page 11*

# Hog Neck Scamper

NOVEMBER 14, 1992

RACE DIRECTOR: DON HIGDON

## RACE RESULTS

Pos/Name	Age	Time
1. Jason Cox	20	26:01
2. Marshall Smith	18	26:18
3. Sam Stephens	29	27:38
4. Todd Unger	22	28:17
5. Ed Hart	33	28:50
6. John Hecox	22	28:56
7. Charles Shifflett	35	29:22
8. Peter Cressing	18	29:24
9. Bruce Harrington	40	29:33
10. Mike McNulty	43	30:00
11. Mark Shaw	43	30:08
12. Mike Ford	24	30:23
13. Andy Whittington	44	30:35
14. Spadaro	42	30:47
15. Mark Araham	39	31:44
16. Ralph Mang	33	31:49
17. Edward Klebe	53	31:53
18. Bart Clark	49	31:59
19. Fred Shanklin	51	32:15
20. Mike Dougherty	39	32:22
21. Joe Mascari	53	32:26
22. Harold Stanton	41	32:33
23. Bill Elzinga	54	32:36
24. Mike Heffler	31	32:47
25. Jim Noctor	53	33:05
26. Scott Roper	38	33:12
27. Keith Gentry	30	33:17
28. Debbie Nielsen	34	33:21
29. Ron Coddington	30	33:46
30. Julie Caprio	32	33:49
31. Sue Briers	37	33:51
32. Clint Henderson	36	33:52
33. Al Kubelis	50	33:53
34. Carl Reed	41	34:16
35. Derek Ammons	32	34:21
36. Sherry Kosnar	30	34:36
37. John Knepley	46	34:44
38. Wes DeLong	32	34:56
39. Mary Zuckerman	45	34:58
40. John Pack	52	35:00
41. Kitty Good	36	35:08
42. Corey White	14	35:16
43. Lee Smith	50	35:26
44. Peter Salmon-Cox	53	35:29
45. Ray Wyvill	37	35:34
46. Meredith Bonta	46	35:38
47. Mike Bright	42	35:42
48. Bernie Mulroy	49	35:45
49. Larry Puglisi	38	35:47
50. Karen Stolka	40	35:56
51. David Kemp	25	36:02
52. Thomas McKee	64	36:08
53. Tom Elwood	33	36:15
54. Tom Kerr	34	36:21
55. Larry Lupinek	33	36:29
56. Bruce Schmidt	27	36:30
57. Will Scott	42	36:31
58. Tim Chestnut	37	36:33

59. T. Morningstar	31	36:34
60. Debbie Snowden	33	36:42
61. Sally Scott	29	36:43
62. Charlie Muskin	43	36:55
63. Freeman Bagnall	45	36:56
64. Terry Hill	42	37:24
65. Michael Ciorca	46	37:25
66. Mary Macey	34	37:30
67. Milt Sniegowski	45	37:31
68. David Ellis	29	37:32
69. Eric Cavey	32	37:37
70. Steve Brady	35	37:39
71. Kip Webb	35	37:42
72. John Salemmas	34	37:43
73. Joe Shaw	41	37:48
74. June Schneider	45	37:57
75. John Spencer	48	37:58
76. Reggie Haseltine	42	37:59
77. Marie Friedland	37	38:01
78. Mike Wilbourne	28	38:37
79. Bill Daywalt	36	38:35
80. Pam Haley	43	38:47
81. Jim Storey	51	38:49
82. John Joseph	45	38:58
83. Keith Cavey	30	39:08
84. Jonas Legum	44	39:09
85. Ed Karlson	57	39:18
86. John Mulqueen	60	39:27
87. Nancy Mann	46	39:31
88. no card		39:37
89. Greg Sullivan	34	39:38
90. Linda Schwartz	50	39:39
91. Allison Hill	34	39:41
92. Cindy Wolek	27	39:45
93. Michael Frank	48	39:46
94. Kevin Tuffy	20	39:50
95. John Strumsky	52	39:54
96. Len Zeminsky	36	39:55
97. Ed Benham		40:09
98. Joe O'Boyle	50	40:13
99. Cecil McDonald	47	40:17
100. Linda Simpson	50	40:36
101. Anthony Pruner	37	40:44
102. Alan Legum	45	40:48
103. J. Goldberg	57	40:49
104. Dennis Guard	53	40:51
105. Dale Wood	56	40:52
106. Esther Wiseman	61	40:53
107. no card		40:57
108. Alec Buchness	32	41:04
109. Dave Williams	49	41:10
110. M. Osborne	34	41:12
111. J. Kleinsmith	37	41:22
112. no card		41:41
113. Peggy Joseph	40	41:57
114. no card		42:14
115. Alan Wycherly	50	43:15
116. Bill Durkill	40	42:16
117. Jim Gerlington	42	42:17
118. Mary Lang	38	42:18
119. Alan Stott	51	42:22

120. Heidi Rudolph	16	42:33
121. Dotty Esher	46	42:33
122. Donna Miller	27	42:34
123. Geoffrey Hackman	45	42:35
124. Allen Egloff	50	42:37
125. Joe Hall	52	42:38
126. Tom Lentz	48	42:40
127. Tom Lentz	48	42:40
128. Yvonne Aasen	61	42:43
129. Kim Schuermann	35	42:53
130. James Carter	36	42:54
131. Ned Blenemann	51	42:59
132. Maggie Evans	40	43:07
133. Ludmila Pruner	44	43:08
134. Dianne Kozak	41	43:36
135. Harold Micmaelis	66	43:44
136. Carl Moffett	56	43:46
137. Gary Floyd	40	43:51
138. William Douglas	58	43:57
139. Marc Gulotta	13	44:14
140. Tom Trimmer	46	44:31
141. no card		44:35
142. no card		44:36
143. Mary Northam	50	44:53
144. Joan Forman	51	44:59
145. Edgar Parker	60	45:01
146. Bob Rankin	53	45:15
147. Kevin Barry	35	45:27
148. Jean Legum	38	45:40
149. Frank Poster	59	45:44
150. Bob Enger	65	45:45
151. Amy Holm	49	45:56
152. David Clark	36	45:57
153. no card		46:35
154. Tom Howard	36	47:08
155. Kris Lines	39	47:20
156. no card		47:23
157. Marco Golotta	43	48:20
158. no card		48:22
159. Bob Deen	67	49:13
160. Rita Garlington	42	50:49
161. no card		51:14
162. Allison Asti	38	61:07

## Calendar Check

ANNUAL MEETING  
& BANQUET

ST JOHN'S COLLEGE

FRIDAY, MARCH 5,  
1993

6:00 PM

RSVP BY  
FEBRUARY 25, 1993



# Junior Striders News



Practice sessions are conducted on Tuesdays from 4:00-4:45 p.m. and on Saturdays from 9:30-10:15 a.m. at the track behind Bates Middle School and Maryland Hall. New participants are always welcome. Call Scott Eden at 263-5117 for information.

Plans are also underway for a full summer track schedule including meets leading up to the Junior Olympics and track races for adults. Coaches and volunteers are needed. Contact Scott Eden if you are interested in signing up.



*STRIDERS, including Jr. member Jake Hillman, at work on the Bates Track.*

## Pre-Exercise Food

*continued from page 9*

research studies are done with cyclists who tend to report fewer GI complaints than athletes in running sports that jostle the stomach. Yet, the benefits are worth noting for all athletes. You simply need to experiment during training by eating some carbohydrates within 4 hours before you exercise: If you swim at 6:00 a.m., munch on a bagel on the way to the pool. If you workout at lunch, be sure to eat carbs such as cereal for breakfast and even a banana for a 10:00 a.m. snack. If you exercise after work, have a high-carb lunch and some crackers mid-afternoon. You may discover that you are a stronger athlete than you thought!

### **Q: Will the food that I eat before I exercise be used for fuel?**

**Yes.** In the study mentioned earlier, the cyclists absorbed all the 300 calories during an hour of exercise, and 60% of the 600 calorie feeding. Despite the popular belief, food eaten before exercise can be digested and used during exercise, unless you are doing extremely intense sprint-like activity (track work-outs, time trials), at which point the stomach shuts down so more blood can flow to the muscles. During intense exercise, blood flow to the gut is reduced about 80%, but during moderate exercise, blood flow is reduced by only 30-40%.

### **Q: Will pre-exercise sugar contribute to a "sugar low" and a hypoglycemic reaction?**

**Not likely.** Research suggests that athletes who eat sugar pre-exercise will experience an initial drop in blood sugar during the first 15 minutes of exercise, but the drop rarely results in abnormally low blood sugar that impairs performance. Long-term energy benefits are clearly seen; athletes enjoy greater stamina. Studies show that even a candy bar eaten five minutes beforehand caused no detrimental effects upon performance. If you are sensitive to sugar swings, you should abstain from sweets, but most athletes can handle sugar without a problem.

## B and A TRAIL MARATHON MARCH 7, 1993

VOLUNTEERS  
ARE NEEDED FOR  
THE SECOND ANNUAL  
B & A TRAIL MARATHON

IF YOU CAN HELP  
OR IF YOU WOULD  
LIKE AN APPLICATION CALL

SUE BRIERS  
RACE DIRECTOR  
(410)721-1442



## What's Coming Up

**Sun., Feb 14, 10 am**  
Valentine's Twosome Relay 5K  
Severna Park Middle School

**Sat., Feb 20, 10 am**  
\* Washington's Birthday 5K  
Bay Hills, Arnold

**Sun., Mar. 7, 7:30 am**  
B & A Trail Marathon  
Severna Park High School

**Sun., Apr. 4, 2 pm**  
\* Cherry Pit 10-Miler  
South River H.S., Edgewater

**Sat., Apr. 24, 8 am**  
\* Two Mile Track Race  
Bates Track, Annapolis

**Sun., May 2, 8 am**  
9th Governor's Bay Bridge 10K Run  
Sandy Point State Park

**Saturdays, June 12 & 26, July 10 & 24, Aug. 7 & 21, 6 pm**  
Junior Striders Track Series  
Bates Track, Annapolis

**Thursdays, 6/17-8/19, 6 pm**  
1M/4M Summer Fun Run Series  
Bates Track, Annapolis

**Sun., June 20, 8 am**  
\* Father's Day 10K  
Loch Haven Rec. Area, Edgewater

**Sat, July 10, 6:30 pm**  
\* John Wall Memorial 1M Track Race  
Bates Track, Annapolis

**Sat, July 17, 8/9 am**  
Women's Distance Festival 5K/  
Run After The Women 5K  
West Annapolis Elementary School

**Sun., Aug. 8, 8 am**  
\* Dog Days of Summer 8K  
Anne Arundel Community College

**Sun., Aug. 29, 7:50 am**  
18th Annapolis Ten Mile Run  
Navy-Marine Corps Stadium

**Sun., Sep. 12, 8 am**  
\* Pennysaver 5-Miler  
Severna Park High School

**Sun., Oct 10, 8 am**  
\* Metric Marathon  
Southern H.S., Lothian

**Sat., Nov 13, 8:30 am**  
Hogneck Scamper 5-Miler  
Downs Park, Pasadena

**Sun., Nov. 28, 10 am**  
\* Cold Turkey 20K  
South River H.S., Edgewater

**Sat., Jan. 1, 10 am**  
\* 15th Anniversary Run 15K  
Quiet Waters Park, Annapolis

\* = Championship Series



STRIDER participants in the October 4th '92 Johnstown Marathon. Pictured here from left to right: Charlie Lane, Eric Fromm, Sue Briers, Bob Field, John Fay, Bill Peake, TJ Harrington, Delma Miller, Bill Miller, Cecile Prendki, Ron Bowman, Lynn Bowman. See December '92 *Streak* for the full report.



A sampling of Moores Marines at the Marine Corp Marathon Oct. '92. On left is Leonard Kuentz, and above, l to r, Delma Miller, Ceil Prendki and Linda Roges. See page 9 for more pictures of this race.

## STRIDERS ON THE TABLE

### June Schneider

is going to start her massage practice when she completes her current course of study on February 22.

Her primary interest is in working with athletes, especially runners and she plans to specialize in Sports Massage.

According to the February issue of *Running Times Magazine*  
*"massage... can be crucial to putting life back into tired legs and ensuring that those legs keep working."*

To schedule a massage appointment, call her at

**410-987-0281**

**Sep 19 Harvest Festival 5K/Milton PA**

Bill Derr 19:36 1st 50-59

**Sep 20 Downs Syndrome 10K/BWI**

Larry Puglisi 44:18

**Sep 27 The Great Race/Pittsburgh, PA**

(PR cse, cool wx)

Ralph Mang 42:12  
Sub 7's7 Yes!**Oct 18 Portugal Marathon/  
Lisbon, Portugal**Amadeu Sanches 2:52!  
PR, 3rd AG, 800+ finisher**Oct 25 Marine Corp Marathon/  
Washington, DC**Larry Puglisi 3:48 1st  
marathon grin!  
Walter Marable 4:30  
Love that Haines Pt wind!**Oct 31 Halloween Happenings 8K/  
Oregon Ridge Park**Eric Gyaki 29:20 2nd  
O/A, 1st masters**Oct 31 Dolphin Dash/ 5K/ Key Highway,  
Baltimore**

Kitty Good 21:26 8TH F

**Nov 1 BRRC Masters 10K/Loch Raven  
(Scenic Course)**Evan Thomas 51:43  
Wonderful recovery run**Nov 1 Run Around Pikesville/ 5K/  
Solomon Schechter Day School**Eric Gyaki 18:03 7th O/A,  
1st masters**Nov 7 Autumn Leaves 5M/ Emmitts-  
burg MD (about 300 finishers, scenic)**Jim Black 2nd AG  
Ken Lyons 34:47  
Roy Elder 38:27  
Sharon Serio 43:49**Nov 8 Sinal Fitness Festival 5M/  
Owings Mills**

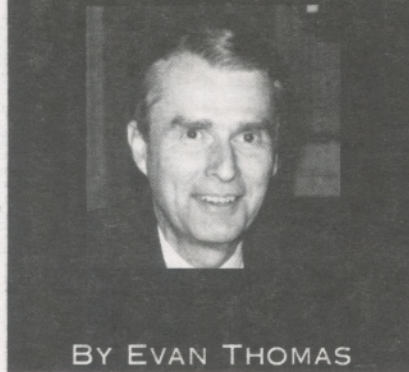
Kitty Good 35:15 5th F

**Nov 8 Ronald McDonald House  
Ramble/ 5K/ Lutherville**

Eric Gyaki 17:27 6th

**Nov 15 Atlantic Federal Turkey  
Trot/5K/Lutherville**Eric Gyaki 17:40 11th,  
1st masters**Nov 15 Tenley Town 10K/ Washington,  
DC (lots of friendly hills)**Rose Malloy 34:45 1st F  
Bill Miller 43:30  
Sue Briens 44:57  
Peter Salmon-Cox 44:59  
Meredith Bonta 45:01 3rd AG  
Delma Miller 50+  
Ceil Prendki 50+**Nov 21 30th JFK Mile Hike/ Run/  
Boonsboro to Williamsport**Eric Fromm 8:32 53rd!  
Bob Field 8:33 54th!  
Sue Briens 8:40 64th, 5th F  
Bill Peake 8:40 65th, 1st  
JFK finish-oorah!Delma Miller 10:57  
Ron Bowman 10:57  
Kathleen Heagney 10:57, 1st  
JFK grin!Paul Tavel 10:57  
TJ Harrington 10:57, 1st  
JFK grin!These five finished singing "Do wa ditty ditty  
dum ditty do" amid the raindrops! Generally

# Striders On The Road



BY EVAN THOMAS

OK weather til the end. Superior support was given by Rose Malloy (22M-hills!), Jerry Haley (32M-Weavertown to finish- "That was my marathon"), Lynn Hopkins, Pam Haley, Julie Lane, Meredith Bonta (17M), Bill Miller (20+chilly miles), and ET (9M). Charlie Lane did 33+ before admitting discretion was the better part of valor-there are lots of races, but only one you! You should come out next year and witness this spectacle of the Appalachian Trail (16M), C&O Canal towpath (26M) and paved roads (8M). Where else can you have so much fun?

**Nov 22 PGRC Leaf Kicker 8K/ Watkins  
Regional Park, Largo, MD**

David Webster 28:58 2nd!

**Nov 22 Greater Dundalk 10K/ Dundalk  
Community College**

Ed Klebe 40:41 2nd 50-59

**Nov 28 BRRC Northern Central Trail  
Marathon/Sparks, MD (200+entries)**Robert Marino 2:29 1st!  
Course record, too! Won by 5 minutes!  
Joe Clorety 3:11 Back tothe Marine Corp  
Mike Bright 3:43  
Al Kubelis 3:28 Great race!  
Kitty Good 3:48 Great smile!Superior support team: Sue Briens/Mere-  
dith Bonta/ET**Dec 5 Sandy Claws Beach Run/5K/  
Siesta Key Beach, FL (Sarasota)**Eric Peltosalo 18:16 13th,  
1st masters, 65 degrees, flat and firm  
sand, nice folks, 260+ finishers, beautiful  
setting, quaint town**Dec 5 Jingle Bell 5K/ Centreville, MD**

(40 mph winds = fun??)

Tom Prendki 2nd!  
Peter Salmon-Cox 22:30  
June Schneider 22:44, 3rdF,  
1st 35-44**Dec 6 HCS Metric Marathon/  
26.2K/ Columbia (more hills than anything!!!)**Rose Malloy 1:45 1stF +  
Case of Power Bars  
and \$\$\$Joe Clorety 2:01:32  
Bill Miller 2:01:49  
Sue Briens 2:01:52 2nd AG  
erry Haley 2:07  
Larry Puglisi 2:11  
Pam Haley 2:20Peter Salmon-Cox 2:25 or so  
Roy Elder and Wolf Kulp had fun also.**Dec 6 WRRRC Frozen Finger 4M/  
Westminster**Eric Gyaki 24:02 4th,  
1st masters**Dec 6 Jungle Bell 5K/ La Vale, MD  
(near Cumberland)**

David Webster 16:35 3rd

**Dec 6 Jingle Bell 8K/ Marley Station**Many of us ran or worked this one. It was  
nice to be inside afterwards, however. I  
think the Arthritis Foundation will mail the  
results to everyone.**Dec 9 Total Lunar Eclipse Track Run/  
AACC**ET, Lee Patrick, and Meredith Bonta had  
a lunar experience at the community col-  
lege. You know its bad enough running  
without lights, but when you toss in a total  
lunar eclipse during speedwork, we were  
really running in the dark!**Dec 13 RCRRRC Bread Run/10K/  
Glen Echo**Reggie Hazeltine 48:19  
Denzil Pritchard 52+ 1st AG =  
Homemade bread  
Meredith Bonta 52+ Love those  
77 steps at the end**Dec 19 BRRC Santa's Sack Race/ 6M/  
Lake Montebello**Tom Prendki 34:24 4th  
Kitty Good 42:19 3rdF  
Denzil Pritchard had fun with Santa**Dec 20 WRRRC Dancer Dash 10K/  
Westminster**Eric Gyaki 38:02 4th,  
2nd masters**Dec 31 Engagement Run/ Corinthian Room,  
Lowes Annapolis Hotel**Doug Custer caught Gabrielle deGroot at  
the wire. Results: She said, "Yes!" Best  
wishes to our newest running tandem!**Jan 1 (Ding) Darling Refuge 14M  
Classic/Sanibel Is, FL**Leonard Kuentz 1st (and only) finisher.  
Certified by Laura Rhodes, race coordina-  
tion. Leonard was last seen doing the Alli-  
gator Shuffle.

Finishing Touches - Year End and New Year  
Musings. Bill Law went over 25,000 miles in  
his career last year. That's just a shortrun  
around the world! I'm only 10,000 miles be-  
hind him. Who can top Bill's record? Call or  
write me with your totals and we'll publish  
the cream of the crop next issue (760-  
9188/7941 or write to ET, Queens Rd., Glen  
Burnie, MD 21061). Volunteers for the B&A  
Trail Marathon are needed - call Sue Briens  
on 721-1442 to reserve your place now!  
Best wishes to Dick (the ice skater) Hillman  
for a speedy recovery from a wonderful spill  
he took on the street near his house on that  
very icy day in December. The same to an-  
other victim of the ice - Eleanor Kennedy's  
Mom who fell and broke her leg - ouch!  
Don't forget the Columbia RRCA Club  
Challenge 10M, Feb. 21, 0800 at Howard  
Community College - free entry to Striders.  
I'm happy to report I have recovered from  
the indignities incurred at the Cold Turkey  
20K (or was this just another ploy to support  
the power of massage?) Until next time-be  
sure to be good to yourself. See you on the  
road (anyone who wants to borrow my pro-  
peller beanie hat has to have a note from a  
parental unit!) -ET



# CLUB CHAMPIONSHIP SERIES STANDINGS

TOTAL OF BEST 6 RACES

Women 14 - 19	5K	10M	2M	10K	1M	8K	5M	26K	20K	5K	Tot
1 Mary Norton	35	1	35	1	35	1	3	35	1	1	8
Shauna Donahue	1	35	1	35	1	35	35	35	35	35	108
Rebekah Trimble	35	3	35	35	35	35	2	35	35	35	145
Kristine Jost	35	35	35	35	35	35	1	35	35	35	176
Katie Foley	35	2	35	35	35	35	35	35	35	35	177
Women 20 - 29	5K	10M	2M	10K	1M	8K	5M	26K	20K	15K	Tot
1 Ceil Prendki	3	1	35	2	35	2	35	35	2	1	11
Sheryl Kosnar	35	1	1	35	1	35	35	1	35	40	
M. McFee/Aasen	35	35	35	3	3	35	1	35	35	35	112
Kate Whitesel	2	35	35	35	1	35	35	35	35	35	143
Michelle Lapidés	35	2	35	35	35	35	35	1	35	35	143
Cheryl Howard	35	3	35	35	35	35	35	1	35	35	144
Mary Osterloh	4	35	35	35	35	3	35	35	35	35	147
Deborah Rich	35	35	2	35	35	35	35	35	35	35	177
Martha Selonick	35	35	35	35	2	35	35	35	35	35	177
Emily Eelkema	35	35	35	35	35	4	35	35	35	35	179
Kathy Nellius	35	35	35	35	4	35	35	35	35	35	179
Anne Schuchman	35	4	35	35	35	35	35	35	35	35	179
Women 30 - 39	5K	10M	2M	10K	1M	8K	5M	26K	20K	15K	Tot
1 Sue Briers	35	1	35	35	35	2	1	1	2	1	8
2 Kitty Good	3	35	35	2	2	35	2	4	35	3	6
3 Marie Friedland	6	5	2	4	35	35	3	3	35	4	21

Jennifer Lundeen	2	35	1	1	35	1	35	35	35	35	75
Dyan Speaks	13	7	35	6	35	6	35	35	35	35	102
Cindi Contarino	4	2	35	35	3	35	35	35	35	35	114
Kathy Hennes	35	35	35	5	35	35	35	35	4	5	119
Nancy Thomas	8	35	3	35	35	35	35	35	6	35	122
Gail Cooper	35	35	35	35	35	5	9	6	35	35	125
Sandy Balderson	14	8	5	35	35	35	35	35	35	35	132
Minda Whiteman	1	35	35	35	35	35	35	35	1	35	142
Suzanne Furr	35	35	35	3	35	3	35	35	35	35	146
Carole Rosasco	35	35	35	35	35	35	4	35	35	2	146
Brenda Norman	35	35	35	35	35	35	35	5	3	35	148
Nancy Hans	35	35	35	35	35	4	6	35	35	35	150
Katherine Mandrin	7	4	35	35	35	35	35	35	35	35	151
Stephanie Donahue	35	3	35	35	35	35	11	35	35	35	154
Deborah Harney	10	35	4	35	35	35	35	35	35	35	154
Janet McIntyre	11	35	35	35	35	35	13	35	35	35	164
Ellen Lutrey	35	35	35	35	1	35	35	35	35	35	176
Ana Estrada	35	35	35	35	35	35	35	2	35	35	177
Jan Graves	5	35	35	35	35	35	35	35	35	35	180
Melissa Currence	35	35	35	35	35	35	5	35	35	35	180
Jennifer Spivak	35	6	35	35	35	35	35	35	35	35	181
MaryAnn Montgomery	35	35	35	35	35	35	7	35	35	35	182
Tess Elkins	35	35	35	35	35	35	35	7	35	35	182
Ann Bosarge	35	35	35	35	35	35	8	35	35	35	183
Allison Hill	9	35	35	35	35	35	35	35	35	35	184
Carol Smith	35	35	35	35	35	35	10	35	35	35	185
Jean Legum	35	35	35	35	35	35	12	35	35	35	187
Leona Schultz	12	35	35	35	35	35	35	35	35	35	187
Jane Burch-Pesses	15	35	35	35	35	35	35	35	35	35	190
Women 40 - 49	5K	10M	2M	10K	1M	8K	5M	26K	20K	15K	Tot
1 June Schneider	2	35	1	35	1	2	3	35	35	2	11
2 Linda Simpson	6	5	2	3	2	3	4	4	7	5	18
Rose Malloy	35	35	35	1	35	1	1	1	1	35	40
Mary Ann Zuckermann	1	2	35	35	35	35	35	35	3	1	77
Meredith Bonta	35	1	35	35	35	35	7	3	2	35	83
Pam Haley	3	35	35	2	35	35	35	35	5	3	83
Rae Jean Goodman	4	35	3	35	35	35	5	35	35	35	117
Dotty Esher	35	3	35	35	35	35	35	35	6	6	120
Ludmila Pruner	8	35	4	35	35	35	35	5	35	35	122

## NOTICE TO THE GENERAL MEMBERSHIP OF ANNAPOLIS STRIDERS, INC.

The following proposed amendments to the by-laws of the organization will be considered at the Annual Meeting to be held Friday, March 5, 1993, 6:30 PM, in the Conversation Room, Francis Scott Key Building, St. John's College, Annapolis, Maryland.

[Key: Underlining = New Language]

### ARTICLE VIII. BOARD OF DIRECTORS

Section 2. Composition. The officers of this organization together with the Race Director and the director of each major race conducted by the organization shall constitute the Board of Directors. No member of the Board shall fill more than one position at a time.

Section 4. Executive Committee. The President, Vice-President, Treasurer, Race Director, and the director of each major race, during the sixty day period immediately preceding the race, shall constitute the Executive Committee of the Board of Directors. The Executive Committee may meet formally or informally between the monthly meetings of the Board of Directors. The Executive Committee shall ensure that the operations of the organization are being carried out in an expeditious manner, shall supervise the implementation of the policies adopted by the Board, shall review the agenda for the succeeding meeting of the Board, and shall fulfill any other directions given to it by the Board. At the succeeding Board meeting, the Executive Committee shall report any action it has undertaken since the preceding Board meeting.





Men 45 - 49	5K	10M	2M	10K	1M	8K	5M	26K	20K	15K	Tot
1 Jim Buck	35	1	1	2	1	2	2	35	35	35	9
1 Francisco Sanches	1	3	3	35	35	1	1	35	1	2	9
3 Joe Clorety	2	35	2	1	35	10	3	2	35	3	13
4 John Magnan	3	6	5	4	3	7	4	3	3	4	20
5 Tom Bradford	5	4	6	5	5	12	13	8	4	6	29
6 Alan Legum	7	7	8	6	4	35	18	35	35	12	44
6 Gary Sewell	10	8	9	8	7	9	12	35	5	7	44
Chris Riley	35	35	4	35	2	35	35	1	2	1	45
8 Don Higdon	11	9	10	9	8	11	11	12	7	9	52
9 Robert Kennedy	14	10	12	12	10	15	15	35	35	13	71
Eric Fredland	9	35	7	35	6	10	35	35	35		74
John Gudas	35	35	35	35	6	35	35	13	6	8	103
Tom Peet35	35	35	11	35	35	14	11	35	11		117
Alan Wycherley	15	35	35	16	35	17	21	35	35	15	119
Ivan Pressman	35	5	35	35	35	35	5	5	35	35	120
Eric Fromm	6	35	35	35	35	35	35	6	35	10	127
Cecil McDonald	16	35	13	14	35	14	35	35	35	35	127
Howard Beard	8	35	35	35	35	35	7	10	35	35	130
Dick Hillman	35	35	11	35	9	35	35	9	35	35	134
Bart Clark	4	35	35	3	35	35	35	35	35	35	147
Doug Corby	35	35	35	35	35	35	35	4	35	5	149
John Knepley	35	35	35	35	35	4	6	35	35	35	150
John De Greck	35	35	35	35	35	8	8	35	35	35	156
Dan Mauck	12	35	35	35	35	5	35	35	35	35	157
John Kurjuweit	35	35	35	35	35	35	22	35	9	35	171
Bill Habicht	35	35	35	35	35	16	17	35	35	35	173
James McCutchan	35	35	35	15	35	35	19	35	35	35	174
Bill Ammon	35	2	35	35	35	35	35	35	35	35	177
Robert Moore	35	35	35	35	35	3	35	35	35	35	178
Al Kubeluis	35	35	35	35	35	35	7	35	35	35	182
William Twigg	35	35	35	35	35	35	35	8	35	35	183
Bernie Mulroy	35	35	35	35	35	35	9	35	35	35	184
Mike Chamberlain	35	35	35	10	35	35	35	35	35	35	185
Bob Adams	13	35	35	35	35	35	35	35	35	35	188
Jess Fussell	35	35	35	13	35	35	35	35	35	35	188
Michael Frank	35	35	35	35	35	13	35	35	35	35	188
Mike Impellizzeri	35	35	35	35	35	35	35	35	35	14	189
Martin(Phillip)Rosen	35	35	35	35	35	35	35	14	35	35	189
John Sildell	35	35	35	35	35	35	16	35	35	35	191
Lee Patrick	17	35	35	35	35	35	35	35	35	35	192
Mike Burch-Pesses	18	35	35	35	35	35	35	35	35	35	193
Ken DeGraffenrei	35	35	35	35	35	35	20	35	35	35	195
Alan Greber	35	35	35	35	35	35	23	35	35	35	198

Men 50 - 59	5K	10M	2M	OK	1M	8K	5M	26K	20K	15K	Tot
1 Amadeu Sanches	1	1	1	2	35	1	1	1	1	35	6
2 Fred Shanklin	2	22	4	1	2	2	2	2	2	1	10
3 Edward Klebe	3	3	3	3	2	3	3	3	3	3	17
4 Bill Miller	35	4	35	5	35	35	5	4	4	2	24
5 William Derr	35	35	4	35	3	5	4	35	9	8	33
6 J. Mike Pack	9	7	5	66	35	35	66	76	1	5	36
7 Peter Salmon-Cox	6	6	6	7	6	35	35	5	86	86	41
8 Jim Noctor	5	35	35	7	35	7	7	35	10	6	42
9 Evan Thomas	6	35	35	9	35	6	17	8	35	15	61
10 Lee Masser	15	12	7	10	10	14	13	11	13	17	63
11 Alan Stott	17	13	8	11	8	35	14	35	35	35	71
John Strumsky	18	35	9	35	9	12	12	35	35	35	95
Neal Hinkle	35	8	35	35	35	9	10	6	35	35	103
Edgar Parker	21	35	10	13	11	35	16	35	35	35	106
Ken Lyons	35	35	35	35	35	35	35	5	6	9	125
Jim Storey	35	35	35	35	7	11	35	35	35	10	133
Tom Komarek	11	35	35	35	6	35	11	35	35	35	133
Earl Scott	35	11	35	35	35	35	35	35	12	12	140
Jim Black	35	35	35	1	35	4	35	35	35	35	145
John Butterfield	35	35	35	35	4	35	35	35	35	4	148
Milt Taylor	4	35	35	35	35	35	35	35	5	35	149
Jim Mandrin	8	5	35	35	35	35	35	35	35	35	153
Jose Badillo	35	35	35	8	35	35	9	35	35	35	157
Joseph Porricelli	14	35	6	35	35	35	35	35	35	35	160
Mike Vision	12	35	35	35	35	10	35	35	35	35	162
Norm Lee	13	10	35	35	35	35	35	35	35	35	163
John Lockwood	35	35	35	35	35	35	9	35	16	165	
Ed Karlson	35	35	35	12	35	13	35	35	35	35	165
William Douglas	16	35	35	35	35	35	15	35	35	35	171
Robert Donald	35	9	35	35	35	35	35	35	35	35	184
Buck Cadell	35	35	35	35	35	35	106	35	35	35	185
Doug Joyce	10	35	35	35	35	35	35	35	35	35	185
Brev Moore	35	35	35	35	35	35	35	35	35	116	186
Daniel Day	35	35	35	35	35	35	35	35	116	35	186

Jim Sandison	35	35	35	35	12	35	35	35	35	35	187
Gene Karol	35	35	35	35	35	35	35	35	35	35	188
Mike McAusland	35	35	35	35	35	35	35	35	35	35	189
Ed Mehew	35	14	35	35	35	35	35	35	35	35	189
Clair Morris	19	35	35	35	35	35	35	35	35	35	194
Tom Fry	20	35	35	35	35	35	35	35	35	35	195
William McGranahan	22	35	35	35	35	35	35	35	35	35	197

Men 60 and Over	5K	10M	2M	10K	1M	8K	5M	26K	20K	15K	Tot
1 Tom McKee	1	2	35	1	35	1	2	35	1	35	8
1 Leon Johnson	35	35	1	2	1	2	1	1	3	35	8
Web Chamberlain	2	35	35	3	35	35	3	2	35	35	80
Denzil Pritchard	35	35	35	4	2	35	35	35	35	2	113
Guy Riccio	3	35	2	35	35	35	4	35	35	35	114
Arnold Galiano	4	35	3	5	35	35	35	35	35	35	117
Bill Law	6	6	35	1	35	35	35	35	35	1	142
Ben Moore	6	6	35	35	35	35	35	35	2	35	145
Harold Michaelis	6	6	35	35	35	35	35	35	35	35	178
Julius Marzul	35	35	35	35	35	4	35	35	35	35	179

Here are the final championship standings for 1992. If there are changes that need to be made please call me immediately. Lets have a big hand for the 14 Striders who ran all 10 races!

Bob Walters 544-7615

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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** FOR GREATER DC AREA RACES, CALL THE RRCA/GATORADE HOTLINE: 703-683-RRCA.

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.

Feb 6, Sat, 10 am, Memorial 5-Miler, Shippensburg. Bruce Kessler, 1759 Crottestown Rd, Chambersburg, PA 17201 717-264-3775

Feb 7, Sun, 1 pm, Hampton Coliseum Half-Marathon/5K. 22 Lincoln, Hampton, VA 23669 800-800-2202

Feb 7, Sun, 9 am, Valentine's 8-Miler, Loch Raven Reservoir. BRRC, PO Bx 9825, Balt., MD 21284 410-566-RUN2

Feb 7, Sun, 8 am, Country 8K Road Run + 1M F.R., Olney. MCRRC, PO Bx 1703, Rockville 20849 301-353-0200

Feb 7, Sun, 9 am, Friends 5-Miler, Forest Hill. RASAC, PO Bx 844, Bel Air, MD 21014 410-879-9812

Feb 13, Sat, 9 am, NW River 30K Distance Run, Chesapeake. Tidewater Striders, PO Bx 2121, Chesapeake, VA 23327 804-627-RACE

Feb 14, Sun, 11 am, Valentine's Day 5M Couples Run. Visiting Nurse Assn, Reads Way, New Castle, DE 19720 302-234-1189

Feb 14, Sun, 10:30 am, Washington's Birthday Marathon, Greenbelt. DCRRRC, PO Bx 1352, Arlington, VA 22210 703-241-0395 TEAMS: George Banker, 1421 Potomac Hts Dr, Ft Wash., MD 20744 301-248-5619

Feb 20, Sat, 9 am, Polar Bear 5K, Aberdeen. RASAC, PO Bx 844, Bel Air, MD 21014 410-836-1784

Feb 21, Sun, 8:30 am, Indoor Track Meet, T.J. Comm'ty Center, Arlington. DCRRRC, PO Bx 1352, Arlington, VA 22210 703-241-0395



## WHERE THE RACES ARE

Feb 27, Sat, 10:30 am, 5K for Bruce, Newark. Marathon Sports, 109 9th St Plaza, Wilmington, DE 19801 302-654-6400

Feb 28, Sun, 1 pm, Colonial Half-Marathon + 5K F.R., Coll. of W & M. PO Bx 399, Williamsburg, VA 23187 804-221-3362

Feb 28, Sun, 9 am, Hare-Raising Turtle Run, 1/2 Mar/5K, Edwards Ferry. MCRRC, PO Bx 1703, Rockville 20849 301-353-0200

Mar 6, Sat, 11 am, "Last Train to Boston" marathon, Edgewood. RASAC, PO Bx 844, Bel Air, MD 21014 410-638-1091

Mar 7, Sun, 9 am, Myers Memorial 8K Run + 1M F.R. PO Bx 11394, Baltimore, MD 21239 410-882-5455

Mar 7, Sun, 10:15 am, Bethesda Chase 20K. Mont. Co. Dept. of Rec., 12210 Bushey Dr, Silver Spring, MD 20902 301-217-3980

Mar 7, Sun, L.A. Marathon. 11110 W. Ohio Av, Suite 100, LA, CA 90025-3329 213-444-5544

Mar 7, Sun, 8 am, Reston 10M. Sysms Cntr, 1800 Alex. Bell Dr., Reston, VA 22091 703-444-9215

Mar 7, Sun, 11 am, Spring Thaw 5M Run, nr. Wilmington. New Castle Rec. & Pks, 187A Old Churchman's Rd, New Castle, DE 19720 302-323-6418

Mar 7, Sun, 1 pm, Emmaus 5K/10K Road Race + 1M F.R. PO Bx 63, Emmaus, PA 18049 215-434-3641

Mar 7, Sun, 9 am, Rite of Spring 5K + 1.5K F.R., Maryvale Prep. 11300 Falls Rd, Brooklandville, MD 21022 410-494-8649

Mar 7, Sun, 9 am, Layne 1/2 Marathon, Lake Montebello. BRRC, PO Bx 9825, Balt., MD 21284 410-566-RUN2

Mar 7, Sun, 9 am, Springburst 8K, Greenbelt Nat'l Pk. PGRC, PO Bx 877, Greenbelt, MD 20768 301-459-1027

Mar 13, Sat, 1 pm, Forest of Needwood 1M/5M Race, Brunswick. Lee Z., 1019 Cristmill Ct, Knoxville, MD 21758 301-834-8045

Mar 13, Sat, 9 am, St. Patrick's 8K Cup at Largo Pk. ARC, 1300 Mercantile Ln, S.200, Landover, MD 20785 301-925-7050

Mar 13, Sat, 10 am, St. Patty's 10-Miler + 5K, near Reading. PO Bx 252 Leesport, PA 19533 215-926-4303

Mar 13, Sat, 9 am, St. Patty's Day 5K, Salisbury. Cancer Soc., PO Bx 163, Salisbury 21803-0163 410-749-1624

Mar 14, Sun, 1:40 pm, St. Patrick's Parade Shamrock 5K Run. PO Bx 11394, Baltimore, MD 21239 410-882-5455

Mar 14, Sun, 9:30 am, St. Paddy's Day 10K, D.C., PO Bx 554 Springfield, VA 22150

Mar 14, Sun, 9:45 am, Piece of Cake 5K/10K/15K Triple, Gaithersburg. MCRRC, PO Bx 1703, Rockville 20849 301-353-0200

Mar 14, Sun, 9 am, Kielbasa 10K, Bel Air. RASAC, PO Bx 844, Bel Air, MD 21014 410-838-9423

Mar 20, Sat, 8:30 am, Shamrock Marathon + 8K + 5K walk + children's run. J. Boccie, 2308 Maple St, VA Bch, VA 23451 804-481-5090

Mar 20, Sat, 9 am, MD With Pride 10K. Dept. of Ag., 50 Truman Pkwy, Annapolis 21401 410-841-5770

Mar 20, Sat, 9:30 am, Chambersburg YMCA Half-Marathon. Leon Bierbower, 303 S. 7th St, Chambersburg, PA 17201 717-264-5390

Mar 21, Sun, 1 pm, Caesar Rodney Half Mar. Marathon Sports, 109 9th St Plaza, Wilmington, DE 19801 302-654-6400

Mar 21, Sun, 9 am, No Frills Biathlon [3.4M Run/21.5M Bike/3.5M Run], Beltsville. TMTC, PO Bx 28477, Baltimore, MD 21234 410-882-6103

Mar 21, Sun, 9:30 am, Redskins 8K Run, RFK Stadium, DC. Variety Clb, 208 Eye St, NE, Washington, DC 20002 202-546-1341

Mar 21, Sun, 8:30 am, Dulaney 5K Classic. Dulaney H.S., 255 Padonia Rd, Timonium, MD 21093 410-494-8649

Mar 21, Sun, 9 am, Fox 5K, Bel Air. RASAC, PO Bx 844, Bel Air, MD 21014 410-638-2717

Mar 27, Sat, 9 am, Hinte-Anderson 50K Trail Run & Relay, Susquehanna St. Pk. RASAC, PO Bx 844, Bel Air, MD 21014 410-879-7679

Mar 28, Sun, 9 am, Prevention Mag. Half-Mar., Allentown. LVAA, PO Bx 592, Allentown, PA 18105

Mar 28(?), Sun, 9 am, Lady Avia Classic 10K + 1M F.R., Inner Harbor. BRRC, PO Bx 9825, Balt., MD 21284 410-566-RUN2

Mar 28, Sun, 8 am, Fritzbe's 10K/1M Runfest, Rockville. MCRRC, PO Bx 1703, Rockville 20849 301-353-0200

Apr 3, Sat, 9 am, Mattapany Trail Half Marathon. Ath. Dir., Naval Air Station, Patuxent River, MD 20670 410-863-3508

Apr 3, Sat, 8:30 am, Rover Run, Greenbelt Pk. PGRC, 12334 Shadetree Ln, Laurel, MD 20708 301-766-6505

Apr 3, Sat, Kutztown Fools' Run 5K/10M. PO Bx B, Kutztown, PA 19530 215-683-8860

Apr 4, Sun, 11 am, Cherry Blossom 5M Road Race, Brandywine Zoo. Marathon Sports, 109 Ninth Street Plaza, Wilmington, DE 19801 302-654-6400

Apr 4, Sun, 9 am, Covered Bridge 5.85 Miler, Joppa. RASAC, PO Bx 844, Bel Air, MD 21014 410-879-9294

Apr 4, Sun, Northern Telecom Cherry Blossom 10M, Hains Point, D.C. ENTRIES CLOSED.

