

**INSIDE THIS ISSUE:**

**RACE RESULTS:**

• FATHER'S DAY 10K •

CLUB CHAMPIONSHIP SERIES STANDINGS

**PLUS**

LIST OF LARGEST RACES IN COUNTRY  
THOUGHTS WHILE RUNNING  
AND MUCH MORE!!

**STRIDE**



# *Annapolis Striders*

AUGUST 1993 VOLUME XV, NUMBER 4



**IT'S COMING!  
IT'S THE BIG ONE!  
WE NEED VOLUNTEERS!  
CALL 987-6291  
HURRYYYYYYYYYY!!**



ANNAPOLIS STRIDERS, INC.  
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AUGUST 1993

# STREAK

VOLUME XV, NO. 4

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H:757-8986

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.

Deadline for submitting copy for STREAK's October Issue is Monday September 6 / deadline for ad copy is September 13.

## DUES NOTICE

Please turn to the cover of this issue.

If "933" appears on the first line of the address label after "Exp Yr/Qtr" your dues are due by August 30th. If there is no change in your address, phones, or member status, write your membership number (from the label) on your check and sent it to P.O. Box 187, Annapolis, MD 21404-0187 now. Otherwise, to make address changes or to add or subtract family members, complete the membership application on the back cover and submit it with your check.

If you have any questions about your status or your family's, call Jon Valentine, Membership Manager, 544-7321.



# Editors Column

**W**ell, summer has arrived! And the Striders have been busy racing, recreating and even recruiting. With informal distance runs at City Dock on Sunday mornings, ET's beginning runners Tuesday nights at Bates Track, workouts at the Anne Arundel Community College track Wednesday nights, Thursday Fun Runs at Bates, Junior Track meets on alternate Saturday evenings, and a monthly road race, how do we ever find time to vacation!

But summer's not over - nor is our busy race schedule. The BIG one is coming up Sunday, August 29th. Sue Briars, Annapolis 10-Mile Race Director, and her committee are busy preparing another memorable event. Your help is needed to make it the quality event that the participants have come to expect. Call today to volunteer. And keep on running!

*Eileen Hagan, Editor*

# Letter to the Editor

Dear Editor:

On behalf of the Crofton Kiwanis Foundation I would like to thank Annapolis Striders Evan Thomas, Lee Patrick, John Magnan, and any others I may have missed, for their continued support for our 10K race on June 12. Once again this year the Striders coordinated the entire finish line logistics and allowed us to rent the club's digital clock and other race equipment.

Thanks to the Striders we enjoyed another successful event, with 299 finishers and net profits of

over \$2000. In the last 5 years this annual race has allowed us to donate in excess of \$10,000 to local charities and youth programs.

Special congratulations to John Benkert, who at age 52, smashed the old men's masters record with a spectacular 34:36 finish. And to all the many Striders who participated, and went home with a large percentage of our 39 trophies, we hope to see you next year.

Sincerely,  
Reggie Haseltine  
Race Director



5th Annual Crofton  
Kiwanis 10K  
Challenge  
June 12, 1993  
Crofton, Maryland

1993  
FIRST WOMAN  
Rose Malloy, 44  
Time: 37:39

Won in 1992  
Holds women's  
course record  
Holds women's  
master's (over 40)  
record

## VOLUNTEERS NEEDED

Volunteers are needed for the  
**ANNAPOLIS TEN MILE RUN**  
on Sunday, August 29, 1993.

If you have worked before please contact the race official who directed you. If you don't remember or are a first time volunteer call **JULIE LANE, Volunteer Director**  
**(410) 987-6291**





## GET THE TRASH OUT!

### SEMI-ANNUAL STRIDERS CLEAN-UP OF RT. 450

**SATURDAY, SEPTEMBER 18TH 10:00 A.M.**

MEET AT CONTE BLDG, RT. 450

CALL DOUG JOYCE FOR MORE INFORMATION  
**410-721-2239**



**YOUR PARTICIPATION IS WORTH**

# ONE FREE ENTRY

**TO A CLUB RACE OF YOUR CHOICE**

## DISCOUNTS AND PREMIUMS FOR MEMBERS

SHOW YOUR MEMBERSHIP CARD and receive the following prerequisites of being an Annapolis Strider!

### THE ATHLETE'S FOOT

Annapolis Mall next to JC Penny 410-224-3455  
10% discount on any non-sale shoe.

### FOOT LOCKER

158 Annapolis Mall, Annapolis 410-841-5224  
10% discount on any running shoe in stock at regular price. Not valid with any other coupon or promotionally priced merchandise.

### A HEALTHIER YOU

815 Ritchie Hwy, Suite 103, Severna Park 410-544-0583  
10% discount on one hour Shiatsu session, an acupuncture treatment, fully clothed.

### IRVING'S SPORT SHOPS

Annapolis Mall, Annapolis 410-266-8000  
10% discount on all shoes, clothing and hardgoods not on sale.

### KIBBY CHIROPRACTIC CENTER

2110 Priest Bridge Rd, #6, Crofton 410-721-5050  
Complimentary initial consultation with Dr. Kibby to discuss your problem and courtesy examination in area of complaint along with treatment options. Dr. Kibby will also explain how chiropractic care is unique in its approach to musculoskeletal disorders.

### THE CHIROPRACTIC CENTER OF ANNAPOLIS

49 Old Solomons Island Rd. 2-104, Annapolis 410-266-5054  
Free initial consultation and testing of 20 muscles in the legs. In addition to spinal manipulation we evaluate balance and recommend exercises and stretches to strengthen upper and lower extremities. Office hours 10am to 7pm, Monday - Thursday.

### BIKEBIZ

1651 Crofton Blvd., Suite 13 Crofton 410-793-0049  
5% off Bicycles and fitness equipment. 10% off clothing, parts, accessories, baby joggers.

#### Annapolis Striders Events

### What's Coming Up

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

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

Sun., Sept 12, 8 a.m.  
\* Dawson's of Severna Park 5-Miler  
Severna Park High School

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

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

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

Sun., Dec. 26, 9 a.m.  
\* 15th Anniversary Run 15K  
Quiet Waters Park, Annapolis

\* = Championship Series



# President's Message

**D**o you believe in balance? You must be wondering what do I mean. The concept of balance in the sense of equilibrium or the world has existed for hundreds, maybe thousands, of years. Is it true today? We had a wonderfully invigorating and COOL spring. Now we just finished an unprecedented series of 90 degree or hotter days. After many years of drought (or near drought) conditions, we had a wet spring and the Mississippi valley – let's not even compare wet. Old philosophers and writers always maintained the world concept of balance. Read Shakespeare and when things went wrong, the world was out of balance.

Personally, balance also seems to apply. When things go well, everything appears smoother. We all know when you hit a bad streak (like the Orioles slump at the beginning of the season), nothing you do goes right. But everything seems to balance out in the end.

So when you face a hot, muggy, 90 degree day and think you should have your head examined, just remember you are staying in shape for the cool day that is bound to happen. Of course, we all hope that the balance does not come in the form of 10 foot snow drifts this winter. Keep running in face of the conditions. Encourage others to share the experience. It certainly helps to share your exhilaration (is that the right word for running in this weather??). Join in the Club events if only to see others and assure yourself that you are not alone in facing these conditions. Balance out your running by saving those hard workouts for days inevitably to come when you feel ten years younger after you finish running instead of like a wrung out washrag. If you really want an excuse not to run a Striders event, volunteer to work. We always need help. And it is less strenuous – most often.

*By Ron Jarashow*



## Welcome NEW MEMBERS



5/4/93-7/2/93

KAREN ARDIS - ARNOLD  
 STEVE ARDIS - ARNOLD  
 NANCY BAKER - ARNOLD  
 EDWARD BANNAT - NEW HOLLAND, PA  
 MICHAEL BRIAN - LUSBY  
 DEBRA BROWN - ANNAPOLIS  
 HILLARY BROWN - ANNAPOLIS  
 PAUL BROWN - ANNAPOLIS  
 BRAD CHAPMAN - CROFTON  
 CHRIS CIAMARRA - GLEN BURNIE  
 CECE CLEARY - TOWSON  
 DEBORAH CRAWFORD - SEVERN  
 MICHAEL CRAWFORD - SEVERN  
 BARBARA DAVICK - BALTIMORE  
 ANDREW EDEN - ANNAPOLIS  
 SUZANNE EDEN - ANNAPOLIS  
 WILLIAM EDEN - ANNAPOLIS  
 RICHARD FERRANTE - CROWNSVILLE  
 SUSIE FLOCKHART - ANNAPOLIS  
 BRITTANY FOX - ANNAPOLIS

WILLIAM FREED - BOWIE  
 JOHN GILBERT - SEVERNA PARK  
 STACI GILBERT - SEVERNA PARK  
 JOE HANDELMAN - ANNAPOLIS  
 JESSE HARRAHILL - ARNOLD  
 MARY HARRAHILL - ARNOLD  
 MARK JONES - ODENTON  
 FRAN MACKNEY - SEVERNA PARK  
 LARRY MILES - ST. COLL., PA  
 GEORGE PANOR - CHESTER  
 WENDY PANOR - CHESTER  
 DEBRA PELTOSALO - ANNAPOLIS  
 TED PELTOSALO - ANNAPOLIS  
 JOAN QUEEN - ODENTON  
 PAGE RIDDLEBERGER - ARNOLD  
 KENNETH RIFFLE - ARNOLD  
 JENNIFER RUSSELL - STEVENSVILLE  
 JON SCHAPPELL - ANNAPOLIS  
 DENNIS SNYDER - GLEN BURNIE  
 LAURA VARNADO - FORT MEADE  
 JOANNA WASHBURN - SEVERNA PK  
 JANIE WILT - PASADENA

## BUDGET

Following is the Striders Operating Budget for 1993 which was recently adopted by the Board of Directors. Questions regarding the budget should be directed to Dick Jedlicka, Treasurer.

### STRIDERS BUDGET

1-1-93 THROUGH 12-31-93

Category Description	Budget
<b>INCOME</b>	
ANNAPOLIS 10M	75,000.00
ANNIVERSARY RUN	250.00
ARTHRITIS 8K	250.00
B&A TR MARA	2,000.00
BAL FORWARD	12,689.00
BANQUET	2,000.00
BAY BRIDGE	75,000.00
CHERRY PIT	450.00
CLOTHES SALES	2,500.00
COLD TURKEY	350.00
CROFTON KIWANIS	150.00
DOG DAYS RUN	1,000.00
FATHER'S DAY	500.00
GRANTS	400.00
INTEREST	200.00
JOHN WALL RUN	100.00
JR. STRIDER TRK	100.00
JR. STRIDER XC	2,500.00
MAILING LIST	2,000.00
MARATHON TR	1,000.00
MD PRIDE	300.00
MEMBERSHIP	7,000.00
METRIC MARA	500.00
PENNSAVER	2,200.00
RUN AFTER WOMEN	500.00
SEMINARS	200.00
STREAK	750.00
SUMMER FUN RUN	100.00
TWO MILER	100.00
VALENTINE'S DAY	130.00
WASHINGTON 5K	600.00
WOMEN'S DISTANCE	1,300.00
YWCA 10K	300.00
<b>TOTAL INCOME</b>	<b>192,419.00</b>

### EXPENSES

2M TRACK RUN	100.00
AFFILIATE DUES	850.00
ANNAPOLIS RUN	72,000.00
ANNIVERSARY RUN	150.00
ANNUAL AWARDS	1,500.00
B&A TRAIL MARA	2,000.00
BAL FORWARD	1,000.00
BANQUET	3,500.00
BATES TRACK	100.00
BAY BRIDGE	70,000.00
CHERRY PIT	300.00
CLOTHING SALES	50.00
COLD TURKEY	150.00
DOG DAYS	300.00
EQUIP MAINT RPR	300.00
EQUIP PURCHASE	2,500.00
FATHERS DAY	100.00
GRANTS	400.00
INSURANCE	600.00
J. WALL RUN	200.00
JR. STR TRACK	350.00
JR. STR XC	2,000.00
JR. TR SER	400.00
MARATHON TR	1,500.00
MEMBERSHIP	350.00
METRIC MARATHON	300.00
PENNSAVER 5	200.00
POST & SHIPPING	450.00
PRINTING & PUB.	50.00
RACING TEAMS	500.00
RESERVE SET ASIDE	14,171.00
ROAD RACE SEMIN	400.00
RRCA ANNUAL MTG	1,500.00
RUN AFTER WOMEN	500.00
SEMINAR	200.00
STORAGE SHED	1,548.00
STREAK	8,000.00
SUMMER FUN	100.00
SUPPLIES	1,000.00
TELEPHONE	450.00
TRACK CLINICS	200.00
VALENTINE	100.00
VOLUNTEERS	200.00
WASH 5K	550.00
WOMEN'S DISTANCE	1,300.00
<b>TOTAL EXPENSES</b>	<b>192,419.00</b>



## A-10 WORKERS' PICNIC AND RUN

Annapolis Run Workers' Picnic is Saturday, August 21st from 1-5 p.m. at Leon Johnson's, 784 Mayo Road., Edgewater, 956-4335. Directions: Rt. 2 South to Rt. 214/ Central Avenue, turn left, stay on Rt. 2 past Loch Haven and Camp Letts. River Club Drive comes in on the right. Turn left off Rt. 214 here. Proceed through the twin pillars and up the road to Leon's house. Watch for signs. Come and enjoy food, soda, food, beer, food, ice cream, food, swimming, food and games. You may also pick up your workers' shirt and talk with your team leader. Notice: an informal Workers' Run along the Annapolis run course will be held on Sunday, August 22nd, at 7:30 a.m. Meet at the starting line on the Farragut Road side of the Stadium. 3 water stops will be available in the Academy and 1 will be provided at St. Margaret's Road and B & A Blvd.



# Beginning Running Program Takes Off!

By Evan Thomas

A program designed to get people running started on May 11 and reached its planned finish at the Women's Distance Festival/Run After the Women 5K's on July 17. Admittedly, this was an ambitious program starting with one minute of running followed by 2 minutes of walking. With 6 repetitions, we ran 7 minutes that first night. The ensuing weeks saw less walking and more running building up to a 20 minute run on July 13.

Thanks to our own publicity efforts and a nice article by Gabrielle deGroot in the Capital, about 35 hopefuls showed up the first night at the Bates track. Sessions were Tuesdays and Thursdays at 6PM and Saturday at 10AM (later changed to 8AM). In addition to doing the running, we enlisted the help of club members to talk on various subjects ranging from show selection, injury prevention and treatment, running safety, nutrition, heart rate monitoring, and everybody's favorite - Dick Hillman on "Dressing for Success" (he wore 3 layers of everything you can imagine plus all his medals!). The emphasis was on a running intensity low enough to maintain a conversation while running. Throughout, I attempted to distract as many people as possible with a dazzling display of different whistles, disguises, and general tom foolery (you remember him, he was in the Marines!).

I guess it must have worked because almost 25 made it through to the end. They should be feeling pretty good about themselves about now. I want to thank Meredith Bonta, Louise Zeitlin, Lee Patrick, Ben and Betty Moore, Ed Klebe, and Nancy Waddington for their continuing support. Hats off to Ben, Sue Briers, John Benkert, Rose Malloy, Patti Bembe, and Dick Hillman for taking time to talk to our select group. The information available during this program should save the new runners untold amounts of downtime. In addition, I think we all got back as much as we expended as the participants



managed to maintain a high enthusiasm level despite some of the hottest temperatures in recent memory.

Special thanks to Katherine Burke of The Annapolis Publishing Company for designing our distinctive flyers and t-shirts. Eileen Hagan not only included a nice article in the Streak on short notice, but also encouraged several participants to sign up. The

following new (or in some cases newly regenerated) runners should be proudly displaying their Annapolis Striders Summer 1993 Running Program Graduate t-shirts: Nancy Baker, Paul Brown, Lisa Phillips, Jennifer Russell, Sheila Walsmith, Lyn Strawser, Janie Wilt, Bernie Sniegowski, Susan Schwartz, Page Riddleberger, Gregory Cully, Norman Johnson, Kim Hoyt, Jamie Woods, Linda Buckley, Jonette Hahn, Sheila England, Ilene and Philip Caroom, Iris Wyvill, Ed Kirk, Judy Dooley, Wren Gooding, and Sandra Drew.

This was my first attempt at something like this and I can safely say I enjoyed it immensely. We are thinking of starting another class this fall. If you are interested or know of someone who is, please contact me at (760-9188) or the club hotline (268-1165) so we can make a determination whether to go ahead this fall or wait until 1994.



### Thanks, E.T.!

The graduates of the Annapolis Striders Beginning Running Program wish to express their sincere thanks to the program creator and Director, veteran Strider, Evan Thomas. Special thanks and recognition also go to Ben and Betty Moore, Meredith Bonta, Rose Malloy, Eileen Hagan, Nancy Waddington, Louise Zeitlin and Lee Patrick who shared their considerable talents and encouragement at practices. E.T. and staff not only kept the group focused towards successful completion of the program, they made it fun! The Beginners have been on a "runner's high" ever since graduation and have formed smaller groups to continue their running progress. Their next goal is to run in the Severna Park 5-Mile race on September 12. Again, from all the Beginning Striders, "Thanks, E.T. and staff!"

## COCHRAN EXTENDS RUNNING STREAK TO 15 YRS

By: *Nate Betnun*

Amazing as it may seem, or crazy, one of our Annapolis Striders, Gill Cochran, recently completed running at least a mile a day every day for the past fifteen years. His ongoing streak amounts to 5,479 straight days of running. With an average daily distance of about 6 miles per day, he's has logged over 32,000 miles, or twice the distance around the world. Witnesses to his feat are available for about 80% of the days. His normal routine is to run downtown each weekday morning from his home off of West Street and join a group of local runners who leave Church Circle promptly at 6:06 and run the perimeter of the Naval Academy.

The other 20% of the time he generally ran solo, usually just on Sundays or while on vacation.

Unlike the rest of us, Gill has virtually never had an injury. I am convinced that his secret is in his *technique*. His distinct style is a shuffle. He never lifts his feet more than about an inch off the ground. He also rarely runs in races. Join Gill and his fellow 6:06'ers at Church Circle at 6:06 a.m. on any weekday morning. He will probably be doing it for another 15 years.

## WHERE I LIKE TO RUN

By *Penny Mohr*

Along the Maryland side of the Potomac, just off the C & O Canal, is the Billy Goat trail. It plunges down steep hillsides and pulls you across small fingerlets of the Potomac until you burst into a prehistoric landscape of jumbled rocks and steep cliffs. Early in the morning with the mist rising off the waters, only the blue heron and Canadian geese share the trail with you. It is hard to believe you are still in the Washington, DC suburbs. The trail requires good balance, quick feet and supple calves, but it is as close to running along scree in the remotest Colorado mountains as you can come around here. A sheer delight!

## A Runner Remembered

It is with great sadness that I read in the June, 1993 edition of the Streak about the death of fellow runner Joe Porricelli. I remember Ben Moore's announcement in the middle of the annual Fall Moore's training season last year regarding Joe's discovery of lung cancer. Only weeks before we had trained with Joe on 450 and as in past year's, he was well along on his planning of his Fall marathon season for 1992. When I called Joe later that Saturday, he reported that the cancer has shown up during a recent routine physical but he and his wife assured me that he was well on his way to recovery. Joe said to expect him back on the roads next Spring or Fall.

Joe was one of the Moore's regulars; one of the midpackers I always chatted with. Below is a picture of a group of Striders who are about to embark on the great New York City Marathon experience in November, 1991. Joe had pretty much arranged the logistics of us meeting by the buses outside the New York City Public Library at 6:00 a.m. the morning of the race, after several of us realized during the

training seson that we were all going to do NYC. Joe drew the maps and circulated the phone numbers. Unlike most of us in the group, he was a veteran of the race, having done it and oved it at least once before. He clued us in on the 4 hour tent wait before the race and all the other tidbits a first-timer to the world's biggest marathon needed to know to get around. On the day of the race all of the information Joe provided proved extremely useful. Joe also took charge of making sure we each got a copy of the photo below.

Rest in peace, Joe. We'll be thinking of you this Fall as we run the hills of 450.

Sincerely, Reggie Haseltine

*Dear Striders:*

*Thank you for the lovely floral arrangement and for all the cards, calls and support you gave Joe and I during his illness. That support was a great source of comfort and strength to both of us.*

*Joe treasured the times he shared with you in races and especially the training runs along Route 450. You held a special spot in his heart.*

*Sincerely,  
Donna Porricelli*



Pictured (just across from the worlds' largest urinal) are Joe Porricelli (left), me, Joe, Dr Rich Colgan and Pat Colgan.

**APR 4 NORTHERN TELECOM CHERRY BLOSSOM 10 MILER WASH., DC**

Laura West ..... 1:23:21  
1st 10 miler - PR of course!

**APR 18 AACC TRIATHLON / ANNE ARUNDEL COMMUNITY COLLEGE**

Reggie Haseltine .. 1:09

**APR 25 BEACH FEST 5K/ JACKSONVILLE, FL**

John Benkert ..... 16:28  
1st Masters

**MAY 1 UNION MEMORIAL HOSPITAL 5K / BALTIMORE**

Reggie Haseltine .. 23:30

**MAY 2 CAPITAL CLASSIC / 10K WASHINGTON, DC (500+ RUNNERS)**

Leonard Kuentz ... 51+

**MAY 9 LAWYERS HAVE HEART 10K WASHINGTON, DC (700+ RUNNERS)**

Leonard Kuentz ... 46:36

**MAY 16 BRRC CHAMPIONSHIP 5M STEVENSON & HILLSIDE RDS / BALTIMORE**

Matt Mace ..... 28:32 5th  
Rose Malloy ..... 31:46 1st F  
Evan Thomas ..... 36:58  
John Strumsky ..... 40+

(John will pass 10 years daily running on May 22 - now that's a streak what's a streak!)

**MAY 16 CRYSTAL CITY 10K ARL., VA**

John Benkert ..... 35:30  
1st Masters

**MAY 22 PGRG RIVERDALE CLASSIS 10K RIVERDALE, MD (50 or so runners)**

Ed Klebe ..... 40:45 4th o/a  
1st Masters

**MAY 23 WORLD BANK 8K/ WASHI., DC**

John Benkert ..... 27:35 1st 50-59  
2nd Masters

**MAY 23 CONSTELLATION CLASSIC/10K / BALTIMORE**

Dave Wall ..... 32:26 1st AG  
David Webster ... 33:28 2nd AG  
Francisco Sanches ... 37:09 3rd AG  
Tom McKee ..... 43:25 3rd AG

Nice race

Meredity Bonta ... 44:08 5th AG  
Esther Weisman ... 52:42 1st AG  
Linda Simpson ... 52:25 3rd AG  
Joan Foreman ... 55:54 5th AG  
Tom Prendki ..... 36:04  
Fred Shanklin ... 39:12

Kim Noctor ..... 42:13 Zoom!  
Sue Briers ..... 42:53

Super (even if results missed her!)  
Bill Helms ..... 42:59  
Doug Custer ..... 43:26  
Evan Thomas ..... 44:37  
Clint Henderson ... 44:08  
Sean Sweeney ... 44:15  
Kitty Good ..... 45:05  
Neal Hinkle ..... 45:31  
Been Moore ..... 46:15  
Mark Chaput ..... 46+

Roy Elder ..... 48:20

# Striders On The Road



BY EVAN THOMAS

June Carter ..... 48:54  
Nancy Mann ..... 49:45  
Kevin Murnane ... 54:09  
Nancy Hans ..... 54:53  
Alan Wycherley ... 59:00

Ivan Pressman, Mary Ross, Karen Hosler, and Tim Stevens also ran and finished smiling! Nice course, nice weather for the first time in recent memory. Beer taps were secured a little early this year. About 2000 finishers. Return to Memorial Day weekend next year?

**MAY 29 CHESTERTOWN TEA PARTY 10 MILER / CHESTERTOWN, MD**

Matt Mace ..... 58:39 2nd  
Paul Serra ..... 1:00:25 5th  
Bill Turrentine ..... 1:02:50 2nd  
9th 40-49

Rose Malley ..... 1:03:44 1st F  
Joe Clorety ..... 1:05:17 1st 50-59  
Bill Peake ..... 1:05:36 18th  
Bob Field ..... 1:06:34 20th  
Robet Moore ..... 1:07:26  
Ed Klebe ..... 1:09:48

Mark Wilhelm ..... 1:10:00 3rd 20-29  
Tom Venator ..... 1:10:29  
Jim Woodcock ..... 1:11:18 FTIP  
Mike Bright ..... 1:11:27 Zoom!

Ivan Pressman ... 1:11:33  
Sue Briers ..... 1:12:17 4th F  
2nd 30-39

Jerry Haley ..... 1:12:18  
Ken Lyons ..... 1:13:56  
Sean Sweeney ... 1:15:02  
Bill Helms ..... 1:15:32  
T.J. Harrington ... 1:15:43  
Ray Wyvill ..... 1:16:28  
Evan Thomas ..... 1:16:35

Almost snuck up on Ray

Tom Bradford ..... 1:16:37  
On comeback trail

Eric Fredland ..... 1:17:10  
Meredity Bonta ... 1:17:21  
Long last water stop

Don Kennedy ..... 1:17:21  
Mary Macey ..... 1:18:42  
Ready for Annapolis Ten?

Will Myers ..... 1:19:27  
Charlie Lane ..... 1:19:36  
Dick Hillman ..... 1:20:06  
Jake was cheering!

Ceil Prendki ..... 1:20:16  
Ben Moore ..... 1:21:12 2nd 60-69  
Brenda Norman ... 1:22:05

Welcome back!

Roy Elder ..... 1:22:35 3rd 60-69

Will Scott ..... 1:22:39

92 Annapolis Run Director had fun!

Reggie Haseltine ... 1:22:52

John Guala ..... 1:23:35

Margaret Joseph ... 1:24:53

John Joseph ..... 1:24:59

Mickey Galuski ... 1:25:10

1st 10 miler in a while

Karen Hosler ..... 1:25:15

Mary Ross ..... 1:25:17

Moving to New Mexico, darn it.

Earl Scott ..... 1:25:33

Pam Haley ..... 1:25:48

Thelma Miller ..... 1:26:04 1st F 50-59

Robert Donald ... 1:26:43

Peggy Donald ..... 1:29:13

Sharon Serio ..... 1:30:43 Award winner!

Nicol Butters ..... 1:30:43

San Francisco Marathon next

Luanne Turrentine .. 1:31:09

Julie Lane ..... 1:31:41

Great smile!

Buck Cadell ..... 1:34:00

Ana Parada ..... 1:35:10

Frank Parada ..... 1:35:10

Dennis Melton ..... 1:38:04

Joe Walsmith ..... 1:38:27

1st 10m in a year - Oorah!

Dennis Williams ... 1:41:05

Doris Harrington ... 1:41:05

There were 221 finishers, so we made up 27% of the field - amazing. The hot, humid weather managed to return in time for the race so it was not an easy day. It was nice for the parade, craft and flower show and the post-race festivities. The awards ceremony was ridiculously late in taking place - after 2:00 pm! In all though, it was another wonderful day on the eastern shore. To Peter Salmon-Cox - hope the knee gets better!

**JUNE 5 RUN FOR THE PIES/5K JACKSONVILLE, FL (8PM/HHH)**

John Benkert ..... 16:45 1st 50-59  
last race of the year-long age graded championship series. John took 1st overall and \$1000!!

**JUNE 6 45TH ANNIVERSARY - STATE OF ISRAEL / 5K OWINGS MILLS (228 FINISHED)**

Kitty Good ..... .21+ 8th F  
Tom McKee ..... .22:37 1st 60+  
Esther Weisman ... .25:10 1st F 60+  
Jean Legum ..... .27:04

PR by 24 seconds!

Jonal Legum ..... .24:23

**JUNE 12 FLAG DAY PARADATHON 5K HARUNDALE - GLEN BURNIE - B&A TRAIL**

Steve Eglof ..... .16+ 1st o/a  
Tom Bradford ..... .21:02 5th o/a  
1st AG

Jeff Konyars also ran and had fun.

**JUNE 12 CROFTON KIWANIS 10K / (5TH ANNUAL with 297 FINISHERS)**

James Garrett ... .34:30 6th o/a  
2nd 20-29  
John Benkert ..... .34:36 7th o/a  
1st Masters/ course record

Scott Boetig ..... .34:45 8th o/a  
1st 15-19

Matt Mace ..... .35:09 10th o/a



# NEWS FLASH



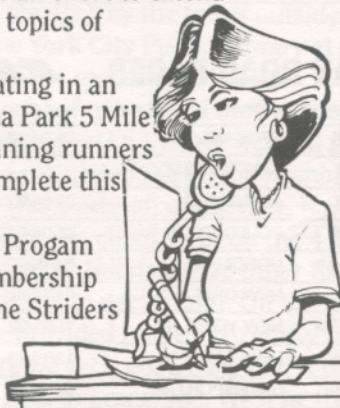
## STRIDERS TO CONTINUE FOR 2ND SESSION THEIR HIGHLY SUCCESSFUL BEGINNING RUNNING PROGRAM

The Annapolis Striders announce the continuation of an 8 week program for beginning runners. The program will guide the participants to a goal of running nonstop for 30 minutes. The Beginning Running Program will be held at the Bates Track on Tuesdays and Thursdays at 6 pm and Saturday at 8 am. The entrance to the parking lot is off Spa Road near the City Public Works Department. A donation of 50 cents per session is requested.

The first session will be held on July 20th at 6 pm at the Bates Track. Participants will be asked to verify that they are physically ready to continue or commence a running program. As with any new physical activity, you should consult your physician first. You should be capable of running for 20 minutes without stopping. Each session will include a 10 minute warm-up (including 5 minutes of walking). See the chart for the weekly schedule. The last lap(s) will be used as an effort to extend improvement of your running ability. Various topics of interest to runners will be discussed.

For runners who are interested in participating in an Annapolis Striders event the Dawson's Severna Park 5 Mile race will take place on September 12th. Beginning runners who follow this program should be able to complete this event at a 10 minute pace.

The 2nd session of the Beginning Runners Program is open to all runners. (Annapolis Strider membership is not required). For more information, call the Striders Hotline at 268-1165 (anytime) or Program Director, Nancy Waddington at 798-4193.



### 2ND SESSION BEGINNING RUNNERS PROGRAM SCHEDULE

Week	Run/Walk	Repeats	Total Time
1	Run 8 minutes Walk 2 minutes 8/2 8/2 8/2 1 lap at 2 minutes	3 repeats	30 minutes
2	Run 10 minutes Walk 3 minutes 10/3 10/3 10/3 1 lap at 2 minutes	3 repeats	39 minutes
3	Run 10 minutes Walk 2 minutes 10/2 10/2 10/2 1 1/2 laps at 3 minutes	3 repeats	36 minutes
4	Run 12 minutes Walk 4 minutes 12/4 12/4 12/4 1 1/2 laps at 3 minutes	3 repeats	48 minutes
5	Run 15 minutes Walk 5 minutes 15/5 15/5 2 laps at 4 minutes	2 repeats	40 minutes
6	Run 15 minutes Walk 3 minutes 15/3 15/3 15/3 2 laps at 4 minutes	3 repeats	54 minutes
7	Run 20 minutes Walk 4 minutes 20/4 20/4 2 1/2 laps at 5 minutes	2 repeats	48 minutes
8	Run 30 minutes nonstop once (a 30 second water break will be taken after 10 minutes of running)	30 minutes	

# Thoughts While Running

by Bob Field

## What would it be like if:

Runners were seeded by time starting with the slowest in the front?

Awards ceremonies started on time?

The distance from Athens to Marathon was only 19.74 miles?

The athletic shoe industry used terminology that you could understand?

You never got another race T-shirt?

Route 450 was closed and designated as a National Park?

The more time you spent running, the faster you got?

Bill Rogers joined the chess club in college instead of running?

All races had to start by seven AM?

Women's times were faster than the mens? Would there be pacing rules for men?

You had to carbo load for a 5K the way you do for a marathon?

## What would you do if:

A cigarette company sponsored a major marathon?

After doing a summer's worth of intervals at a local school track, you discovered that the track was 40 yards short of the standard 440?

You could win a gold medal in the Olympic marathon but

Continue on next page

Todd Unger ..... 36:09  
 John Kirkpatrick ... 36:47 3rd 40-49  
 Francisco Sanches . 37:35 2nd 50-59  
 Rose Malloy ..... 37:44 1st F!  
 Chris Riley ..... 37:49  
 Jim Buck ..... 39:41 3rd 50-59  
 Ed Klebe ..... 40:50  
 Clint Henderson ... 41:38 *Nice race*  
 Tom Venator ..... 41:40  
 Jose Badillo ..... 42:08  
 Bill Miller ..... 42:18  
 Ben Black ..... 42:32  
 Sue Briers ..... 42:41 4th F  
 2nd 30-39

Derek Ammons .... 42:58  
 Jum Noctor ..... 43:34  
 Patrick Donahue ... 43:42  
 Meredith Bonta .... 44:01 2nd 40-49/  
*speed pays*  
 1st 60+

Tom Mckee ..... 44:28  
 Larly Puglisi ..... 44:42  
 Richard Miller ..... 44:45  
 John Fay ..... 44:47  
 Bruce Soyars ..... 44:48  
*Must know the course*  
 Peter Salmon-Cox . 45:11  
 Danalee Green .... 45:13 3rd 40-49

Kitty Good ..... 45:24  
 Neal Hinkle ..... 45:49  
 Doug Herman ..... 46:17  
 John Hampton .... 46:52  
 John Tighe ..... 46:58  
 Marie Friedland ... 47:00  
 Jim Carter ..... 47:09  
 Linda Rogers ..... 47:21 3rd 60+  
 Ben Moore ..... 47:52  
 Nancy Mann ..... 48:37  
 Roy Elder ..... 49:31  
 Delma Miller ..... 49:34  
 Mike McAusland ... 50:07  
 Melissa Currance .. 52:41  
 Gail Cooper ..... 52:44  
 Al Stott ..... 52:56  
 Kevin Murnane .... 53:29  
 Esther Weisman ... 54:13  
 Nancy Hans ..... 56:15  
 Joan Forman ..... 57:00  
 Alan Wycherley ... 58:52  
 John Lloyd ..... 59:30  
 Jack Koletty ..... 1:05:25  
 Susan Bright ..... 1:20:20

**JUNE 19 SAVAGE RIVER MOONSHINE CLASSIS 10K/BIG RUN STATE PARK**

Evan Thomas ..... 44:39  
*Running and fishing - great fun in Western Md / Queen City Striders put on a nice event and yes, the beer was cold!*

**JUNE 19 YMCA TRIATHLON / SO. CO.**

*My spies tell me Rick Woods and Ry Wyvill had a lot of fun and didn't drink too much water!*

**JUNE 27 ANNAPOLIS TRIATHLON (750 FINISHERS)**

Bill Conroy ..... 2:11 1st 50-59  
 Chris Riley ..... 2:16 5th 40-49  
 Reggie Haseltine .. 3:03

*Where's the water? Ron Bowman also had fun trying to follow misleading sighs. Gabrielle deGrott said it best that those who tried to sabotage the event absolutely didn't care about the ath-*

*letes. This whole soap opera needs a new script and new actors to manage the event. The way it is now only casts a bad light on Annapolis!*

**JULY 3 DUNDALK HERITAGE 6K**

John Benkert ..... 19:50  
*1st Masters (despite what paper said)*

**JULY 4 DOWIE ROAD RUNNERS FREEDOM 4-MILER / ALLEN'S POND**

David Webster .... 22:08 1st!  
 Brad Boetig ..... 22:58 2nd  
 John Kirkpatrick ... 23:14  
*1st Masters*

Chris Riley ..... 24:29  
 Ed Klebe ..... 25:40 2nd 50-59  
 Jum Lundeen ..... 25:47  
 Bill Derr ..... 26:22  
 Rose Malloy ..... 23:52 1st F!  
 Sue Briers ..... 26:37 2nd  
 30-39 3rd F

Jim Buck ..... 25:10 1st 50-59  
 Jerry Haley ..... 26:45  
 Jennifer Lundeen .. 26:55 4th F  
 Meredith Bonta .... 27:13  
*1st Masters! (speedword dividend)*  
 Ken Lyons ..... 26:53  
*Mr. heavy breathing?*  
 Evan Thomas ..... 27:39  
*I love hot weather!*

Tom Bradford ..... 28:22  
*Coming back*  
 Joe Clorety ..... 25:59  
*Best shoes*  
 Bill Miller ..... 25:59  
 Susan Bright ..... 45:27 *still smiling*  
 Al Stott ..... 33:48  
 Will Scott ..... 30:41

*Back on the road*  
 Delma Miller ..... 30:38 2nd 50-59  
 Sharon Serio ..... 33:29  
*Where else can you have so much fun? More fun in the sun / Thanks to Bowie for another nice 4th / Lots of random prizes and good refreshments / Flat course!*

**JULY 5 ARBUTUS IRECRACKER 10K**

Kitty Good ..... 49:37 8th F  
 Don Kennedy survived another tour thru the hills of Arbutus!

**JULY 5 CHOPTANK RIVER 10M / CAMBRIDGE**

Davis Webster ..... 59:24  
 Matt Mace ..... 59:33  
*Good times on a hot day!*

**JULY 11 ORIOLE ADVOCATES 5K HOME RUN / KEY HIGHWAY**

Esther Weisman ... 25+ 2nd 60+  
 Tom Mckee, Kitty Good and Clint Henderson also finished smiling!



**FINISHING TOUCHES —**

Tired of reading about the same people at out of town races? Then send me your results from these events as well as any amplifying comments you think we should know about. You may call me on 760-9188 or drop a card to me at 7941 Queens Road, Glen Burnie, MD 21061. We want your times!! // Best wishes to Bill Shaughnessey on his recovery from recent health problems. We hope the doctors will turn you loose soon! // I hope you saw the separate article about our beginning running program. It really has been a lot of fun to see the development in new runners. If you know of others who might be interested in a new course in the fall, please let me know. // Want to get fast or faster. New member John Benkert (aka Fast John) is available for consultation in planning a program to enable you to "pick it up" this year. Confused about those plans & schedlues in the running magazines? John is the man to see. Recently arrived from the Jacksonville running scene, his entrance on the local scene was pretty impressive as he won the 50-59 age group at the Northern Telecom Cherry Blossom 10 mile race, besting such notables as Fay Bradley in the process. John will be helping

out with our Annapolis Strider teams and will help anyone interested in training for faster times. Call him on 360-3262. // Despite my informing you otherwise, it is Ed Klebe who is organizing the summer fun run series this year with help from Louise Zeitlin and Dick Hillman. Where else can you have so much fun and have pizza afterwards? // Hats off to Ivan Pressman who has jumped in to direct the Pennysaver 5 Miler on Sept 12th. Anyone who wants to help out with the race should call Ivan on 544-8367. // Leonard Kuentz found a unique way to reduce his mileage in late June. While solo hiking in the Adirondaks on Mt. Marcy, he took a spill that fractured his fibula. Fortunately, another hiker heard the fall (or was it the expletive deleted?) and he was able to get help up there in 3 hours - being helicoptered off a mountain must be rather exciting. Anyway, get well soon Leonard - you need to be a full strength for September's Nuptial Race!! // Bob Field writes that he is over the 22,000 mile mark in his running career - 1992 was his top year for mileage as he logged 2497 miles (about 7m/day)! // I hope this summer gives you that warm and fuzzy feeling (or is that warm and muggy?)



# CLUB CHAMPIONSHIP SERIES STANDINGS

TOTAL IS BEST 4 OUT OF 8 RACES

Women 13 & Under	5K	10M	2M	10K	1M	8K	5M	26K	Total
Dorrie Cronk	1	35	1	35					72
Adrienne Carter	2	35	2	35					74

Women 14 - 19	5K	10M	2M	10K	1M	8K	5M	26K	Total
Mary Norton	3	1	35	1					40
Sauna Donahue	1	35	35	35					106
Heidi Rudolph	2	35	35	35					107
Heidi Hillman	35	35	35	2					107

Women 20 - 29	5K	10M	2M	10K	1M	8K	5M	26K	Total
Ceil Prendki	35	1	1	1					38
Angie Jones	35	2	35	2					74
Kathleen Kernan	1	35	35	35					106
Bonita Kersner	3	35	35	35					108

Women 30 - 39	5K	10M	2M	10K	1M	8K	5M	26K	Total
Kitty Good	3	2	1	2					8
Melissa Currence	4	35	3	3					45
Margaret Joseph	5	35	4	4					48
Deborah Nielson	1	35	35	35					106
Ellen Lutrey	35	1	35	35					106
Jennifer Lundeen	35	35	35	1					106
Jean Albaugh	2	35	35	35					107
Brenda Norman	35	35	2	35					107
Leona Schultz	6	35	35	35					111

Women 40 - 49	5K	10M	2M	10K	1M	8K	5M	26K	Total
Danalee Green	1	2	1	3					7
Meredith Bonta	35	1	35	2					73
June Schneider	2	35	2	35					74
Linda Rogers	3	3	35	35					76
Rose Malloy	35	6	35	1					77
Rae Jean Goodman	35	35	3	35					108
Pam Haley	35	35	35	4					109
Karen Hosler	35	4	35	35					109
Louise Zeitlin	35	35	4	35					109
Pat Rehberg	4	35	35	35					109
Cynthia Leas	5	35	35	35					110
Kathy Hennes	35	35	35	5					110
Sharon Serio	35	5	35	35					110
Carmen Davis-Curry	6	35	35	35					111
Eleanor Kennedy	35	35	35	6					111
Ludmila Pruner	35	35	35	7					112
Jeanne Smith	7	35	35	35					112
Karen Trembly	8	35	35	35					120

Women 50 - 59	5K	10M	2M	10K	1M	8K	5M	26K	Total
Delma Miller	1	1	1	1					4
Linda Simpson	35	35	2	35					107
Nancy Waddington	35	35	35	2					107

Women 60 & Over	5K	10M	2M	10K	1M	8K	5M	26K	Total
Yvonne Aasen	1	1	4	2					8
Esther Weisman	35	2	3	1					41
Betty Moore	35	35	5	35					110

Men 13 & Under	5K	10M	2M	10K	1M	8K	5M	26K	Total
Greg Sullivan Jr.	1	35	35	1					72
Daniel Jost	35	35	1	35					106
Jon Donahue	2	35	35	35					107
Justin Gooding	35	35	2	35					107
Darrin Gooding	35	35	3	35					108
Kevin Sullivan	3	35	35	35					108

Men 14 - 19	5K	10M	2M	10K	1M	8K	5M	26K	Total
Dave Wall	1	35	35	35					106
Jere Hartman	2	35	35	35					107
Geoff Atkinson	3	35	35	35					108

Men 20 - 29	5K	10M	2M	10K	1M	8K	5M	26K	Total
Eric Schrader	2	3	1	35					41
Steve Eglof	1	1	35	35					72
William Leitch	35	4	35	1					75
Gregory Brandt	3	2	35	35					75
Mark Wilhelm	35	35	2	35					107
Jeff Jubera	4	35	35	35					109
Doug Custer	5	35	35	35					110

Men 30 - 34	5K	10M	2M	10K	1M	8K	5M	26K	Total
Matt Mace	1	1	1	1					4
Ralph Mang	2	4	2	4					12
Jon Valentine	5	6	3	5					19
Doug Herman	4	3	35	35					77
Bob Biddle	35	2	35	35					107
James Lundeen	35	35	35	2					107
Daniel Nellius	3	35	35	35					108
Derek Ammons	35	35	35	3					108
Mark Chaput	35	5	35	35					110
John Salemmme	6	35	35	35					111
Steve Bennett	35	35	35	6					111
Robert Rankin	7	35	35	35					112
Mark A. Jones	35	35	35	7					112
Greg Sullivan	35	35	35	8					113
Dave Brash	35	35	35	9					114

Men 35 - 39	5K	10M	2M	10K	1M	8K	5M	26K	Total
Rick Woods	3	2	2	7					14
Paul Serra	35	3	3	3					44
Bob Hoyt	12	5	4	35					56
Clint Henderson	10	6	35	10					61
Earl Keicher	2	1	35	35					73
Scott Eden	35	35	1	2					73
Tom Prendki	1	35	35	4					75
Ben Black	7	4	35	35					81
Scott Mangum	6	35	35	6					82
Ray Wyvill	35	35	5	13					88
Larry Puglisi	11	35	35	8					89
Jeff Konyar	35	35	6	14					90
Michael Benso	14	35	35	16					100
David Webster	35	35	35	1					106
Scott Lutrey	4	35	35	35					109
Steve Donnelly	5	35	35	35					110
George Dorsey	35	35	35	5					110
Brad Mahanes	35	7	35	35					112
Bob Palatka	8	35	35	35					113
Bennett Feld	9	35	35	35					114
David Karabinos	35	35	35	9					114
Anthony Pruner	35	35	35	11					116
James Carter	35	35	35	12					117
Dave Clark	13	35	35	35					118
Chuck Gorum	35	35	35	15					120


Men 40 - 44	5K	10M	2M	10K	1M	8K	5M	26K	Total
Bob Field Jr.	3	1	3	4					11
John Gallagher	5	5	5	5					20
Carl Reed	6	4	6	6					22
Pat Donahue	8	7	4	17					36
Will Myers	9	8	9	11					37
Jim Etchison	14	10	10	13					47
Gary McGuffin	1	35	1	35					72
Eric Pellosalo	35	35	2	1					73
Bill Turrentine	2	2	35	35					74
Jonas Legum	13	35	11	16					75
William Peake, Jr.	35	3	35	2					75
T.J. Harrington	35	6	35	10					86
Bruce Soyars	35	9	35	8					87
Vernon Stricklin	11	35	7	35					88
Will Scott	10	35	8	35					88
Harold Stanton	35	35	35	3					108
Paul Bakos	4	35	35	35					109
Bill Helms	7	35	35	35					112
Dick Shea	35	35	35	7					112
Charles Muskin	35	35	35	9					114
Reggie Haseltine	12	35	35	35					117
Wayne Ramsey	35	35	35	12					117
John Maynard	35	35	35	14					119
Tom Wright	35	35	35	15					120

Men 45 - 49	5K	10M	2M	10K	1M	8K	5M	26K	Total
Jon Meyer	2	4	5	9					20
Tom Bradford	8	5	6	8					27
John Fay	35	2	1	4					42

Freeman Bagnall	4	3	3	35						45
John Joseph	5	35	7	6						53
Cecil McDonald	9	35	8	10						62
Chris Riley	35	1	35	1						72
Fred Krug	1	35	35	2						73
Steve Keefer	3	35	35	5						78
Dick Hillman	35	35	2	7						79
Don Kennedy	10	35	4	35						84
Robert Moore	35	35	35	3						108
John Magnan	35	6	35	35						111
Robert Kennedy	6	35	35	35						111
Bruce Burns	7	35	35	35						112
<b>Men 50 - 59</b>	<b>5K</b>	<b>10M</b>	<b>2M</b>	<b>10K</b>	<b>1M</b>	<b>8K</b>	<b>5M</b>	<b>26K</b>	<b>Tot</b>	
Fred Shanklin	2	2	2	9						15
John Pack	7	9	9	12						37
Francisco Sanches	1	1	35	1						38
Eric Fredland	9	11	7	14						41
Joe Clorety	35	3	1	4						43
Peter Salmon-Cox	11	10	11	15						47
Milt Taylor	4	6	6	35						51
Ken Lyons	6	7	4	35						52
Jim Noctor	5	35	5	11						56
Lloyd Abbot	8	8	10	35						61
Lee Masser	18	15	15	17						65
Edward Klebe	24	35	8	5						72
Ed Mehew	22	16	19	19						76
Amadeu Sanches	35	4	35	2						76
Bart Clark	3	35	3	35						76
Alan Stott	20	17	17	35						89
Jose Badillo	35	12	35	7						89
William Derr	35	35	12	8						90
Jim Storey	35	13	13	35						96
Gary Sewell	13	35	35	13						96
Earl Scott	35	35	14	16						100

Neal Hinkle	15	35	35	22						107
Dayton Trubee	35	35	35	3						108
Jack Koletty	35	18	35	21						109
Robert McGee	35	5	35	35						110
Jim Buck	35	35	35	6						111
John Butterfield	10	35	35	35						115
Bill Miller	35	35	35	10						115
Thomas Belote	12	35	35	35						117
Jim Sharp	35	14	35	35						119
Allen Veasey	14	35	35	35						119
Tom Komarek	16	35	35	35						121
William Douglas	35	35	16	35						121
Doug Joyce	17	35	35	35						122
Ed Karlson	35	35	35	18						123
Clair Morris	35	35	18	35						123
John Strumsky	19	35	35	35						124
Norm Lee	35	35	35	20						125
Clark Rehberg	21	35	35	35						126
Joseph Grube	23	35	35	35						128
<b>Men 60 &amp; Over</b>	<b>5K</b>	<b>10M</b>	<b>2M</b>	<b>10K</b>	<b>1M</b>	<b>8K</b>	<b>5M</b>	<b>26K</b>	<b>Tot</b>	
Tom McKee	35	2	1	1						39
Leon Johnson	35	1	2	3						41
Edgar Parker	3	35	3	6						47
Denzil Pritchard	1	35	35	35						106
Web Chamberlain	35	35	35	2						107
Harold Michaelis	2	35	35	35						107
Ben Moore	35	35	35	4						109
Guy Riccio	35	35	35	5						110

If there are any problems with the standings please give me a call. Let's talk about it.  
Bob Walters 544-7615

**IT WAS EITHER  
CUSHION THE ENTIRE  
PLANET   
OR JUST YOUR FEET.**



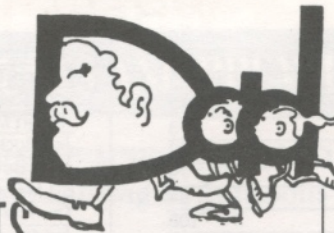
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# Father's Day 10K



## Pat Donahue, Race Director

As tradition has it, the Father's Day 10K is a hot and humid race. As luck would have it, this year's race was not an exception. It was a race for some but for many others it was a challenge just to finish. There were 1512 finishers, ranging in the ages from 10 to 72. In spite of these conditions and the mega hill at 4.5 miles, David Webster controlled the race and crossed the finish line in a time of 35:05. John Benkert finished second with 35:20. The women's race was closer as Rose Malloy (38:22) was able to hold off Karen Ardis (38:26) for first place.

This race represented the first leg of the county executive series. Mike Busch, from the House of Delegates (District 30) and Chairman of the Anne Arundel Delegates, presented awards to the 1st and 2nd place finishers and the top three age group winners. In addition to the kids fun run, there was an enlightening session on marathon training by Ben Moore.

This was my first attempt at being a race director and I want to thank the volunteers for making this a highly successful event. In particular, I would like to thank Don Kennedy (past Race Director), Tom Bradford (Club Race Director) and Marie Friedland (Volunteer Coordinator) for helping me get through the unknowns. The race day volunteers were: the Donahue's (Pam, Shauna & Jon), Kristin Wolfe, Karen Pumphrey, Mike Busch, Karen Boyle, Neil Hinkle, Joe Walsmith, Laura Benso, Sharon Bradford, Ron Jarashow, Marty Rosenberg, Don Kennedy, John Magnum, Jim Carter, Jody Roberts, Steve Keifer, Ed Mayhew, Christian Bishop, Pat and Carl Perkins, Marie Friedland and Gail Cooper. Finally, we are very appreciative of those individuals that donated water for the much needed water stops along the course. They are Nancy Waddington and Tom Quick. Hopefully, I didn't miss anyone but if I did thanks for being there. I look forward to 1994.

## RESULTS

Pos.	Name	Age	Time
1.	David Webster	40	35:05
2.	John Benkert	52	35:20
3.	Mark R. Jones	32	35:33
4.	Greg Smythe	28	35:59
5.	Matt Mace	32	36:12
6.	Scott Eden	39	36:25
7.	Scott Boetig	19	36:36
8.	Paul Serra	37	37:01
9.	John Kirkpatrick	49	37:10
10.	Tom Prendki	36	37:28
11.	Bill Leitch	27	37:58
12.	Bill Egan	37	38:03
13.	Rose Malloy	44	38:22
14.	Karen Ardis	28	38:26
15.	Eric Peltoosalo	43	38:42
16.	George Dorsey	40	38:47
17.	Francisco Sanches	51	38:52
18.	Chris Riley	49	39:15
19.	Jim Griffith	33	40:05
20.	Fred Krug	48	40:23
21.	Bill Peake	42	40:44
22.	Amadeau Sanches	52	40:50
23.	Dayton Trubee	57	40:59
24.	Robert Moore	46	41:23
25.	Bill Elzinga	55	41:24
26.	Harold Stanton	42	41:34
27.	Scott Mangum	36	41:47
28.	Joe Clorety	50	41:50
29.	Gabor Veres	28	41:58
30.	Bob Field	41	42:05
31.	Jeff Gorski	31	42:23
32.	Edward Klebe	53	42:31
33.	James Lundeen	34	42:36
34.	Rick Woods	38	42:41
35.	Jim Kaufman	39	42:44
36.	Jim Buck	50	42:45
37.	George Mackertich	31	42:49
38.	Jose Badillo	55	43:06
39.	William Freed	44	43:24
40.	Tony Buglisi	13	43:25
41.	John Fay	45	43:29
42.	Meredith Bonta	47	43:41
43.	Dave Walsler	43	43:47
44.	William Derr	54	43:51
45.	Fred Shanklin	52	44:03
46.	Mike Kennedy	35	44:25
47.	Derek Ammons	33	44:31
48.	John Gallagher	44	44:41
49.	Jennifer Lundeen	33	44:51
50.	Bill Miller	52	44:57
51.	Carl Reed	41	45:00
52.	Jim Noctor	53	46:05
53.	Ralph Mang	34	46:07
54.	Dick Shea	43	46:10
55.	Thomas McKee	65	46:12
56.	Danalee Green	46	46:30
57.	John Pack	53	46:36
58.	Larry Publisi	39	46:42
59.	Tom Winkert	29	47:01
60.	Gary Sewell	51	47:19
61.	Kitty Good	37	47:26
62.	Michael Brian	43	47:43
63.	Bruce Soyars	43	47:53
64.	John Winkert	39	47:56
65.	Erick Friedland	50	47:59
66.	David Karabwos	37	48:06
67.	Peter Salmon-Cox	53	48:17
68.	Steve Keefer	45	48:20
69.	Charlie Muskin	44	48:26
70.	Clint Henderson	37	48:30
71.	Web Chamberlin	62	48:35
72.	John Chamberlin	31	48:57
73.	Anthony Pruner	38	49:00
74.	James Carter	36	49:05
75.	T.J.Harrington	42	49:14
76.	Ceil Prendki	28	49:26
77.	Will Myers	43	49:34
78.	Ray Wyvill	37	49:51
79.	David Doody	35	49:54
80.	Cece Cleary	20	50:03
81.	Wayne Ramsay	43	50:04
82.	Delma Miller	50	50:22
83.	Larry Horner	46	50:56
84.	Jeff Konyar	40	50:59
85.	Rush Fritz	53	51:00
86.	Leon Johnson	63	51:06
87.	Pam Haley	43	51:16
88.	Ben Moore	67	51:22
89.	Chuck Gorum	39	51:32
90.	Jack Hilbert	46	51:55
91.	Greg Sullivan	10	51:56
92.	John Joseph	46	52:13
93.	Jim Etchison	40	52:25
94.	Steve Brady	36	52:26
95.	Earl Scott	53	52:49
96.	John Maynard	43	52:51
97.	Melissa Currence	37	52:56
98.	James Jerpe	53	53:03
99.	Jon Valentine	33	53:23
100.	Mary Norton	17	53:25
101.	Jan MacMullan	53	53:45
102.	Kathy Hennes	40	53:46
103.	Tom Wright	43	54:00
104.	Marco Gulotta	15	54:10
105.	Steve Bennett	33	54:13
106.	Brad Chapman	61	54:17
107.	Joe Broderick	55	54:18
108.	John Drake	23	54:26
109.	Michelle Aasen	27	54:30
110.	Mark A. Jones	35	54:33
111.	Jonas Legum	44	55:13
112.	Toni Getze	46	55:14
113.	Esther Weisman	61	55:19
114.	Peggy Joseph	40	55:28
115.	Tim Smith	39	55:32
116.	Heidi Hillman	19	55:37
117.	Dick Hillman	50	50:46
118.	Tom Bradford	50	55:50
119.	Greg Sullivan	34	56:22
120.	Jon Meyer	46	56:25
121.	Angela Jones	25	56:41
122.	Guy Riccio	72	56:43
123.	Lee Masser	57	56:52
124.	Pat Shea	45	56:53
125.	Cecil McDonald	47	57:26
126.	John Mackay	37	57:27
127.	Eleanor Kennedy	42	57:30
128.	Bert Thompson	60	57:33
129.	Ed Karlson	57	57:34
130.	Michael Benso	39	57:42
131.	Dave Brash	34	57:46
132.	Larry Mowdorff	44	58:19
133.	Ed Mahew	54	1:00:01
134.	Marco Gulotta	43	1:00:08
135.	Carol Gagnon	35	1:00:14
136.	Norm Lee	58	1:00:15
137.	Charles Bulter	36	1:00:17
138.	Yvonne Aasen	61	1:00:36
139.	Robert Team	46	1:02:44
140.	Anne Doody	36	1:03:22
141.	Ed Parker	60	1:04:16
142.	Bill Hoffman	54	1:05:23
143.	Ludmila Pruner	44	1:05:47
144.	Jack Kiletty	51	1:06:19
145.	Janet Miller	43	1:00:38
146.	David Walsler	11	1:09:38
147.	Harold Jones	68	1:12:36

### WORKER'S RUN

Pat Donahue	41	45:39
Neil Hinkle	56	45:54
Nancy Waddington		

# WHERE THE RACES ARE



THE BRAIN TRUST: SEAN SWEENEY, MATT MACE, TOM PRENDKI, BILL MILLER ENJOY A COLD ONE.

FOR INFORMATION ABOUT OTHER RUNNING EVENTS IN THE ANNAPOLIS/ BALTIMORE/ WASHINGTON METROPOLITAN AREA, CHECK THE RUNNING LISTINGS IN THE SPORTS SECTION OF THE TUESDAY BALTIMORE SUN, THE SPORTS SECTION OF THE THURSDAY BALTIMORE EVENING SUN, THE ANNAPOLIS CAPITOL, 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.



TYPICAL TURNOUT OF SATURDAY MORNING ZANIES FOR A RUN ON RTE 450: FRONT ROW - DELMA MILLER, BOB FIELD, BILL LAW, GARY SEWELL, GAIL COOPER; BACK ROW - DANALEE GREEN, BILL PEAKE, SUE BRIERS, BEN MOORE, PETER SALMON-COX, KEN LYONS, LEONARD JUENTZ, JERRY HALEY, ERIC FROMM, BUCK CADELL, LINDA ROGERS.



THE BRIGHT FAMILY WITH BILL PEAKE (CENTER)



BOSTON TEAM CHAMPIONS WITH PRESIDENT RON AND "COACH" ETI

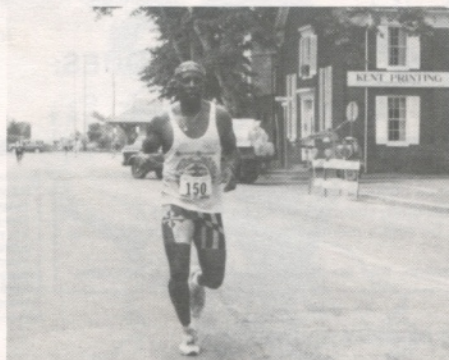


OUR HOSPITALITY COMMITTEE: MEREDITH BONTA, JIM (FROM NEW JERSEY), KAREN HOSLER, MARY ROSS, AND "MR HOSPITALITY" KEN LYONS.

## Photos of Striders at Chestertown 10-Miler



DELMA MILLER FLIES ACROSS THE FINISH LINE!



EARL SCOTT CRUISES IN TO THE FINISH.



JOHN JOSEPH(?), PEGGY JOSEPH(?), MICKEY GALUSKI (MAKING A COMEBACK FROM SOME SERIOUS HEART PROBLEMS).



IVAN PRESSMAN, CARL (FROM BALTIMORE), JIM WOODCOCK, DAVE HERRON(?)



DR. WILL SCOTT AND MR. WILL MYERS ENGAGE IN A BATTLE OF THE "WILLS"!



PAUL SERRA, RAY WYVILL (IRIS' HUSBAND) AND CEIL PRENDKI COMPARE NOTES.



## THE LARGEST 10 MILE RACES

(Reprinted from USA Track & Field "On The Roads" Vol. 7, No. 3, May/June, 1993 issue)

FINISHERS	RACE NAME	DISTANCE	LOCATION	DATE '92
1 5741	ARMY TEN MILER	10MI	WASHINGTON, DC	10/11/92
2 4716	BOBBY CRIM	10MI	FLINT, MI	08/22/92
3 4270	BROAD STREET RUN	10MI	PHILADELPHIA, PA	05/03/92
4 2890	ANNAPOLIS	10MI	ANNAPOLIS, MD	08/30/92
5 2867	N. TELECOM CHERRY BLOSSOM	10MI	WASHINGTON, D.C.	04/05/92
6 1950	YANKEE HOMECOMING	10MI	NEWBURYPORT, MA	07/28/92
7 1423	PEAR BLOSSOM	10MI	MEDFORD, OR	04/11/92
8 1304	PARK FOREST SCENIC 10	10MI	PARK FOREST, IL	09/07/92

## THE LARGEST WOMEN-ONLY RACES

FINISHERS	RACE NAME	DISTANCE	LOCATION	DATE
1 7680E	RACE FOR THE CURE:DALLAS	5K	DALLAS, TX	10/18/92
2 5275E	RACE FOR THE CURE:PEORIA	5K	PEORIA, IL	05/09/92
3 5195	COLUMBINE CLASSIC	5K	DENVER, CO	
4 4675E	RACE FOR THE CURE:PORTLAND	5K	PORTLAND, OR	10/11/92
5 3216	RACE FOR THE CURE:NEW YORK	5K	NEW YORK, NY	09/13/92
6 2866	ADVIL MINI MARATHON	10K	NEW YORK, NY	05/30/92
7 2826	TUFTS HEALTH PLAN FOR WOMEN	10K	BOSTON, MA	10/12/92
8. 2720E	ALASKA WOMEN'S RUN	10K	ANCHORAGE, AK	06/06/92
9 2204	NIKE WOMEN'S RACE	8K	WASHINGTON, DC	05/10/92
10 1721	FREIHOFFER'S RUN FOR WOMEN	5K	ALBANY, NY	06/06/92

## THE LARGEST '92 AMERICAN ROAD RACES

FINISHERS	RACE NAME	DISTANCE	LOCATION	DATE
1 53242	LILAC BLOOMSDAY RUN	12K	SPOKANE, WA	05/03/92
2 49609	S.F.EXAMINER BAY TO BREAKERS	12K	SANFRANCISCO	
3 42000E	PEACHTREE ROAD RACE	10K	ATLANTA, GA	07/04/92
4 29815	BOLDER BOULDER	10K	BOULDER, CO	05/25/92
5 2900E	GREAT ALOHA RUN	8.2 MI	HONOLULU, HI	02/16/92
6 28500E	CRESCENT CITY CLASSIC	10K	NEW ORLEANS, LA	04/18/92
7 27797	NEW YORK CITY	MARA	NEW YORK, NY	11/01/92
8 23598	HONOLULU	MARA	HONOLULU, HI	12/13/92
9 16247	BIX	7 MI	DAVENPORT, IA	07/25/92
10 16000E	AUSTIN AMERICAN-STATESMAN	10K	AUSTIN, TX	
11 15298	LOS ANGELES	MARA	LOS ANGELES, CA	03/01/92
12 13570E	CHEM.CORP CHALLENGE: NYC #2	3.5 MI	NEW YORK, NY	
13 13049	OMAHA CORPORATE CUP	10K	OMAHA, NE	09/20/92
14 12000E	WHARF TO WHARF	6MI	CAPITOLA, CA	07/26/92
15 11787E	GEORGIA FED. CORP. CHALLENGE	3.5MI	ATLANTA, GA	
16 11262	MARINE CORPS	MARA	WASHINGTON, D.C.	10/25/92
17 11185E	CHEM.CORP.CHAL.: BOSTON	3.5MI	BOSTON, MA	
18 10813	RACE FOR THE CURE: DC	5K	WASHINGTON, D.C.	06/20/92
19 10650E	CHEM.CORP.CHALLENGE: CHICAGO	3.5MI	CHICAGO, IL	
20 10639	COWTOWN	10K	FT.WORTH, TX	02/29/92
21 10575E	CHEM. CORP.CHALLENGE: NYC#3	3.5MI	NEW YORK, NY	
22 8319	500 FESTIVAL MINI MARATHON	HMAR	INDIANAPOLIS, IN	
23 8247	PITTSBURGH GREAT RACE	10K	PITTSBURGH, PA	09/27/92
24 8135	MANCHESTER ROAD RACE	4.77MI	MANCHESTER, CT	11/26/92
25 8121	BOSTON	MARA	BOSTON, MA	04/20/92
26 8091	DALLAS TURKEY TROT	3 MI	DALLAS, TX	11/26/92
27 7680	RACE FOR THE CURE: DALLAS	5K	DALLAS, TX	10/18/92
28 7583	SUPERBOWL/REDONDO BEACH	10K	REDONDO BEACH, CA	
29 6990	ST. PATRICK'S DAY DASH	4MI	LYNNWOOD, WA	03/15/92
30 6772	PHILADELPHIA DISTANCE RUN	HMAR	PHILADELPHIA, PA	

## THOUGHTS *continued*

never be able to run another race?

A shaggy looking skinny kid shows up at your door for a date with your 16-year-old daughter, and you notice that he drives an old van with a cot instead of seats, but he's wearing a Moore's Marines T-shirt, and has "fueled by power bar" bumper stickers on the back door?

### You're not really a runner unless:

Folded neatly in your dresser is that raggy looking T-shirt from the first 10K race in which you broke 59 minutes!

Your co-workers complain of the gym odor around your desk.

The backseat of your car looks like a locker room at the fitness club.

You always have at least one black or deformed toenail.

You've spent enough money on shoes and entry fees to put your kid through college.

You schedule work meetings around your training schedule and business travel to coincide with major running events in distant cities.

There is at least one pair of running shorts in your car trunk.

### Don't you think that ....?

Runners who complain about all the things that are wrong with a race should be given positions as race directors?

Most marathons on TV are about as interesting as a telethon?

There should be more marathon race coverage anyway?

Paying the TAC registration fee to run at Boston is a rip-off?

Running tights feel much better than those old gray sweat pants?

As you move up through the age groups, the competition gets tougher?