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Championship Series Results

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Nomination Form For All Members

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Annapolis Striders

DECEMBER 1993 VOLUME XV, NUMBER 6

ANNAPOLIS STRIDERS, INC.
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YOUTH

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HISTORIAN: (vacant)

ANNUAL BANQUET: Rose Malloy H:280-6733

LEGAL COUNSEL: Eric Peltosalo H:269-7513 W:263-4559

BATES TRACK: Dick Hillman H:263-1844 W:514-7245

NOVEMBER 1993

STREAK

VOLUME XV, NO. 6

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Streak Staff

EDITOR: Eileen Hagan H:263-1397
ASSISTANT EDITOR: Sharon Serio H:268-7140
REPORTERS: Evan Thomas H:760-9188 Ralph Mang 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 copyrighted materials.

Advertising Deadline & Rates

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 February Issue is January 3 / deadline for ad copy is January 14.

ADVERTISING RATES

BUSINESS CARD - $20 QUARTER PAGE - $40

HALF PAGE - $70 FULL PAGE - $100

Take Control of Your Nutritional Future!

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TAKE NOTE

RECENT ACTIONS BY THE BOARD

- ❒ Voted to appoint Julie Lane and Ludmila Pruner to fill vacant positions on the Board of Directors.
- ❒ Agreed to appoint Jim Buck as auditor to the Striders with instructions to begin a financial review of all major race records.
- ❒ Agreed to have the Striders represented at the Annapolis Merrit Club Health Fair in October. Jean Legum to handle the coordination.
- ❒ Approved the donation of $9,600 from the Annapolis 10 mile race to the Heart Fund.
- ❒ Nominated Scott Eden for consideration by the RRCA for outstanding Volunteer of the Year.
- ❒ Agreed to nominate the Streak for consideration as Best Newsletter for medium size running club.
- ❒ Appointed Will Scott to chair this year's nominating committee for the election of new officers. Call Will at 410-267-8013 if you are interested in serving on the committee or wish to nominate someone for the Board.
- ❒ Announced that the date for the Annual Banquet is Friday, March 4th, at St. John's College.

USNA WINTER TRACK

By Ed Parker

The Naval Academy winter track season started December 3rd. If you have been taking your children to the Strider's summer track meets, you ought to consider showing them the real thing. Naval Academy winter track meets are held in the Halsey field house near Gate 1 at the end of King George Street. There is ample seating in the balcony; you can view the whole scene and there is wriggle space for the children. Most meets last about two hours but it is convenient to come and go as you please. There is no admission charge.

Date	Time	Men/Women & Opponents
Jan 15	12:00	M / Virginia, Penn
	16:00	U. of MD, Virginia, Geo. Mason
Jan 22	13:00	M / Geogetown, William & Mary
Jan 29	12:00	M / U. of MD, Mt. St. Mary's
	16:00	W / Mount St. Mary's
Feb. 4	19:00	W / Army
Feb. 5	13:00	M / Army

MORE TRACK NEWS

The Mobil Invitational Track and Field Meet is scheduled for George Mason University on Sunday, February 6, Noon - 4 p.m. Various world class and Olympic athletes are scheduled to compete. For ticket information call the GMU ticket office at 703-993-3270.

MESSAGE

From The President

Ron Jarashow

Fall and Winter draw close around us at this time of the year making it more inconvenient to continue running. Let's admit it – darkness, cold, rain, snow, ice, etc. Excuses for not running abound for the next few months. Or maybe your injured and plotting your recovery – and triumphant return to your old form. Why do we do it?

Recently, I had an opportunity to investigate heart disease as it relates to good health habits. The Framingham study resulted in a chart that evaluated various risk factors on the chance of having a heart attack in the next few months. High cholesterol, high blood pressure, obesity, bad eating habits (excess sugar, fat or salt), smoking, stress, and sedentary lifestyle have been reported to be contributing factors to heart disease. Running on a regular basis helps address many of these factors.

RON JARASHOW, *President, Annapolis Striders*

Keep running to help maintain good health. Even with the dark and cold most of us persist. Whether you run for 5 minutes or 15 minutes per mile, we all are certain that running keeps us healthy.Inferentially, we must believe that it extends our lives. And don't forget the fringe benefits! Stories and jokes from those around you. All those T-shirts that will not fit in the drawer. Tons of old running shoes to trip over. Conversation pieces from the certificates or other odd premiums displayed over the mantlepiece. Keepsakes we hope to pass on to our kids. Or, at least, role models for other adults and children.

If you are injured and not running, make plans to return. I commend to you an old book (if you can find it in a library, book store, or a friend). HOW TO DOCTOR YOUR FEET WITHOUT THE DOCTOR, by M. Schneider & M. Sussman (Charles Scribner's Sons 1980) was written by two podiatrists. Almost every foot or leg injury or nagging problem is covered. There are general problems for anyone and problems common to athletes. It includes ingrown toenails to pain in the bottom of the foot. The text is straightforward and easy for a layperson to understand with recommendations about self-treatment (and when to see a doctor). If you are procrastinating about what to do for the twinges you feel when running or walking, check out this book.

Encourage others to run. Bring them to a Striders event for inspiration. Remember that we are trying to conduct children's runs at each Club event. So bring the kids along and make exercise a family pursuit.

STRIDERS ON THE ROAD

BY EVAN THOMAS

SEP 6 Poplar 5K/Chantilly, VA
John Benkert 16:54 1st Masters

SEP 6 BANGOR LABOR DAY 5M/BANGOR, ME
Matt Mace 28:30 Fast field/No tfc control or water

SEP 11Ducky Derby Woad Wace/5k/ ashville, NC
Ed Klebe 1st Grand Master = $)

SEP 11 Bottle And Cork 10M/ Dewey Beach, DE
(about 300)
Jim Carter 1:17:07 PR

SEP 12 Run For Shelter 10K/DC
John Benkert 37:35 1st Masters

SEP 12 Central Fidelity Women's 8k/ Alex, VA
(ex-Nike Women's 8k)
Jackie Small 39:10 Should move to Mother's Day in 94

SEP 19 Light Rail 7M/ Timonium
John Benkert 39:54 7th o/a, 1st Masters = $:)
Kitty Good 51:46 9thF

SEP 19 MS Half Marathon Hains Pt, E. Potomac Pk (1000+)
Larry Puglisi 1:38:24
Ray Wyvill 1:43:15 Double loop blues

SEP 19 Columbia Birthday Mara. & Relay (200 finishers+ relays)
Ed Klebe 3:14 PR by a bunch. Super effort!! 1st AG?
Sue Briers 3:35 Stopped counting after 30 hills
Mike Bright 3:35 Stopped smiling after 1 hill
Bob Field 3:32
T.J.Harrington 3:46
John Fay 3:35
Will Myers 4:20 Love those "donated" donuts!
Gary Sewell 3:50 Training run
Earl Scott 4:10
Pam Haley 4:10 Felt good
Delma Miller, Linda Rogers, Ceil Prendki 3:25 1st team 120+

SEP 25 Dickinson Cross Country Invitational/5m
Matt Mace 25 of 150 or so. His team got smushed.

SEP 26 The Great Race 10K/ Pittsburgh, PA (7200+)
James Garrett 32:09 38th!
Jim Carter 46:22

SEP 26? Sacred Heart 5K/Balti?
Linda Simpson 24:30 1st AG

SEP 26 Down Syndrome 8K/ BWI Airport (500/new course this year)
Steve Egolf 26:10 4th!
Jim Noctor 33:12 2nd 50-59
Yvonne Aasen 42:53 1st 60+
P. Salmon-Cox 35:35 Zoom
Neal Hinkle -----

SEP 26 Zoo Zoom/5M/ Baltimore Zoo (1200/RAINY)
Sue Briers Thanks for the ears & tail
Eileen Hagan 47:23 Liked the lions, tigers, and bears
Page Riddleberger 40+
Nancy Baker 49:06 PR
Jonette Hahn 52:54 love hills!
Tory Hahn 13:00 FRun- nice ears!
John Butterfield also ran & had fun.

SEP 26 United Way 10K/ DC
John Benkert 33:40 1st Masters!

SEP 26 Nat. Capitol 20M/ Alex. VA
Larry Puglisi 2:41:11

OCT 2 Race For The Cure 5K/ Key Hwy,Balti. (1000+!)
Bernadette Sniegowski 37:01 PR
Lisa Phillips 37:01 PR
Janie Wilt 39+ PR
Susan Schwartz
Had a good time even if Amber couldn't run.

OCT 3 Renie Amoss 5K/ Goucher College (100 or so)
Sue Briers 20:44 1stF!

OCT 3 Glen Burnie/B&A Trail 10K/Glen Burnie (300+)
The race for Pat was financally successful again this year. We hope to get a bigger turnout next when the club takes over production of the race - it will be a Championship Series race and possibly a County Executive series race also. Thanks to Kevin Murnane and the race committee we enjoyed one of the best post-race fests in the area. Look for it next year on Father's Day weekend.
Matt Mace 34:39 3rd
Stan Fletcher 34:51 1st 40-49
Jesse Harrahill 38:18
Bill Leitch 39:12 2nd 20-29
Joe Clorety 39:16 1st 50-59
James Buck 39:33 2nd 50-59
Scott Mangum 39:51
Bob Walters 40:35
James Woodcock 41:25
John Gilbert 42:02
Jim Noctor 42:04
Clint Henderson 42:04
Ivan Pressman 42:21
Derek Ammons 43:06
Andy Miller 43:28 1st under 19
Jim Fontaine 43:58
Elliott Gorbaty 44:32
Paul Stoneham 44:55
Thomas McKee 44:59
P. Salmon-Cox 45:22
Patrick Albornoz 45:36
Carl Perkins 45:50
Charles Muskin 46:08
Don Kennedy 46:14
James Carter 46:20
Bernie Mulroy 46:43
Wayne Ramsay 46:44
Thomas Bennett 47:21
Milt Sniegonski 48:54
Jeff Konyar 49:02
Tom Bradford 49:10
Warren Cooper 49:58
Reggie Haseltine 50:04
Len Zeminsky 50:16
Paul Brown 50:46
Michael Frank 51:34
Joe Walsmith 51:40
Al Stott 52:16
Kevin Murnane 52:41
Evan Thomas 53:12
Ed Parker 53:58
Bill Douglas 55:47
Hans Allender 56:00
Alan Wycherley 56:55
Ben Moore 57:17
Debbie Nielson 42:22 2nd 30-39
Kathryn Wittmer 43:34 3rd 30-39
Susan Michalski 45:32
Staci Gilbert 45:41
Kitty Good 46:02
Danalee Green 46:06 1st 40-49
Linda Michaelski 49:08
Deborah Crawford 49:29
Joanna Washburn 49:31
Eleanor Kennedy 51:18
Esther Weisman 51:27 1st 60 +
Heidi Rudolph 51:47 1st under 19
Linda Simpson 51:55 2nd 50-59
Susie Flockart 53:58
Sue Sebeniecher 54:16
Jackie Fletcher 54:25
Betty Moore 57:17 3rd 60+

OCT 7-9 Maryland Senior Olympics/ Towson State U.
Yvonne Aasen (60-64)
10K 60:00 Silver
5K 27:19 Gold
1500M 7:51 Gold
800M 3:42 Gold
100M 22.83 5th
Arnold Galiano (70-74)
800M 4:25 Bronze
1500M Race Walk 10:26 Silver
Nice haul, gang! I hope to be there in a few years too.

OCT 10 Georgetown 10K/ Washington, DC
Nancy Mann 47+ 4th AG
Joan Forman Also ran and enjoyed the hills

OCT 16 Marriott Hunt Valley/5K/Baltimore County
James Garrett 15:49 10th, 3rd AG
Jim Carter 22:01
Linda Simpson 24:20
1st AG=Free plane ticket in US

OCT 17 Police Pace 10K/ Columbia
(Never saw an ad for this one)
Jim Carter 47:27 Hilly & wet

OCT 17 PGRC Donut Run/8K/Greenbelt Park
Evan Thomas 38:45 3rd! A free t-shirt to the first caller with the correct number of entrants (it is more than 3!)

OCT 17 Army 10 M/ Pentagon-Hains Pt-Bridges (7000+)
Ray Wyvill 1:14:23 PR/Some problems w/splits and water/ Still a good race for a good time - flat)

OCT 17 A Day at the Races/ 5.1- 5.2M / Piney Orchard, Odenton
Peter Salmon-Cox "I'd love this race if only I knew how far it was."

OCT 23 Seaside 10 M/ Ocean City
John Benkert 58+ 1st Grand Masters= $
Don Kennedy 1:17:10 Warmed up with Frank Shorter
Eleanor Kennedy 1:25? Got a squeeze from Bill Rogers

OCT 31 Wild Goose Chase/ 10K/ Easton, MD (Misty but flat)
Betty Moore 57:18 2nd AG
Ben Moore 57:18
Sue Briers 43:27 3rdF/2nd AG
Earl Scott 47:45 Cross country paying off
Pam Haley 47:13 Nice race
Bob Field 40:08 3rd AG
Jerry Haley 40:20
Joe Clorety ----- 1st AG
Ken Lyons ----- 3rd AG
Joe Walsmith 51:36 3nd AG
Bill Law 49:50 1st AG
Buck Cadell -----
Sharon Serio ----- 2nd AG?
Surprise! No gooses this year for prizes. There were lots of random prizes as usual. Breakfast at various spots after- wards seemed to be the highlight.

NOV .5 Run For The Statehouse 5K, Ocean City
Mark Wilhelm 18:26 1st place!

THE COOLDOWN: I just heard the sad news about the passing of George Sheehan. He captured for me the essence of why running does what it does for many of us. For those who may have missed it, get a copy of "Running and Being" and you'll see what I'm talking about.//The State Department of Transportation is producing signs that say "Share the Road" followed by a depiction of a bike. Adding a picture of a runner doesn't seem to be too hard a job so I'll ask DOT what they can do for us. Route 450 would be a good place to start for these signs. If you have a road that runners use a lot, let me know and I'll add it to my letter.//Our Senior Olympians Yvonne Aasen and Arnold Galiano report that Ed Benham did not compete this year. In fact, his racing days may be over as he had an operation after which his doctor said he could jog but racing is not allowed.//We hope to start in 1994 a Grand Prix Series of races in Maryland (1 per RRCA club) to foster competition and provide some recognition for our up and coming runners. Each event will be USATF certified, scoring will be via RunScore, and results pro-

Continue on page 8

Welcome

NEW MEMBERS

JOHN BENSON
JOHN BRADFORD
ANN BRENNAN
BLAISE BRENNAN
HILLARY BROWN
DEBRA BROWN
PAUL BROWN
ROBERT BUCK
HEIDI CHAMBERLIN
REBECCA CHWAN
GAIL CHWAN
KIMBERLY CHWAN
JOHN CHWAN
ZACH CLAYTON
KATHLEEN COLGAN
MICHAL COLGAN
HARRY COLTER
NANCY CONNAUGHTON
MICHAEL CONNAUGHTON
LINDA CONNER
NORMAN COX
PRISCILLA CRESSMAN
ANNE DOODY
DAVID DOODY
BILL FURTON
JOANNE FURTON
MARY GALLAGHER
STACI GILBERT
JOHN F. GILBERT
CAROLINE GRANT
BARRY GRIER
MILTON GROSS JR.
JONETTE HAHN
TORY HAHN
BERT HAHN
KELLY HEIMBACH
DAVID HORN
KIMBERLY HOYT
PAUL JACOBS
JANE JENSON
MARK JONES
MARTY KEELEY
DEIRDRE KELLY
JILLIAN KELLY
MALCOLM KELLY
CATHERINE KELLY
ELIZABETH KINGSLEY, M.D.
EDWARD KIRK
MORTON LAPIDES
ADDIE LESSARD
NANCY LINDSAY
RICHARD LINDSAY
ERIC (TOM) LUTZ
SHANNON MANNING
ROBERT MANNING
JULIA MAYBEN
AMANDA MAYNARD
KATHY MAYNARD
JOHN MAYNARD, JR.
FRANK MCBREARTY
MICHAEL MCNULTY
TINA NOMM
KATHRYN O'CONNER
LAURA RHODES
STACY ROBERTS
WILLIAM ROBERTS
WALTON ROGERS
JENNIFER RUSSELL
TIMOTHY RYAN
WILLIAM SCHILDT
DON SCHMITT
ROB SCHNABEL
GERALD SCHWINN
SHARON SMITH
DAVID SMITH
SUSAN-MARIE STEDMAN
ROBERT PAULSEN STEDMAN
DAVID STERN
DON STODDARD
ROGER STONE
MARINA STONE
MARIAN STONEY
ELLEN STOUTE
JOSE STOUTE
JENNIFER SULLIVAN
KASIA TAYLOR
JONATHAN THOMPSON
STEPHEN VALENTI MD
BARBARA VOGEL
BERNARD VOITH
CHARLES WALSH
NIKKI WASHINGTON
ADDIE WELCH
MICHAEL WHOLIHAN
MARY WILLIAMS
MICHAEL WINGERT
JEANENE WINKLER
KATHRYN WITTMER
LEANNA WITTMER
GARY WITTMER
ENRICO WITTMER
REBECCA WITTMER
TIM WORM
TED WORM
LAUREL WORM
KEN WORM

discounts

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% dis- count on any non-sale shoe.

FOOT LOCKER
158 Annapolis Mall 410-841-5224. 10% discount on any running shoe in stock at regular price. Note valid with any other coupon or promotionally priced merchandise.

A HEALTHIER YOU
815 Ritchie Highway, # 103, Severna Park 410-544-0583. 10% discount on one hour shiatsu session, an acupressure treatment, fully clothed.

KIRBY CHIROPRACTIC CENTER
2110 Priest Bridge Road, #6, Crofton 410-721-5050. Complimentary consultation to discuss problem and courtesy examination in area of complaint along with treatment options. Dr Kibby will 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 leg muscles. In addition to spinal manipulation we evaluate balance and recommend exercises and stretches to strengthen upper and lower extremities. Hrs: 10am to 7pm, Mon. - Thursday.

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

CAROLINA FITNESS EQUIPMENT
Annapolis Plaza, 150B Jennifer Road 410-224-3868. 10% discount on all exercise equipment and accessories, Excluding sales items.

ERIC PELTOSALO
ATTORNEY AT LAW

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ANNAPOLIS, MD 21404

ANNAPOLIS (410) 263-4559
BALTIMORE (410) 269-7513

At The Meet

By KATHLEEN HEAGNEY

Hi everyone! Welcome to my first column featuring Annapolis Strider members. The club has approximately 1,000 members and I thought it would be nice to know who's who. While we meet at Strider races, Moore's Marines training runs, interval workouts, do we really know who we are?

My plan is to randomly spotlight members in order to get to know each other better, find running partners and make new friends. So if you see me with my pad and paper or I call you, be ready to tell all. You can call me, too, at 703-313-8874. But don't forget to include your picture - it's important in order for names to be connected with faces. (If you don't have one, we will arrange to have one taken).

The first runner I'd like to spotlight is ...ME! (I'm writing this so naturally I get to go first). Call me Kathleen - not Kathy. I am a middle of the pack runner. This way I always have someone to follow who knows the route and thereby upping the odds that I won't get lost. I started running in Seattle, WA seven years ago. My first race was modest 4 miler and my goal was simply to finish without stopping. Despite my shoelace coming untied (and visions of a bloody face from tripping), I met my goal (and finished bloodless). It was after running the Bloomsday Race (7 miles) in Spokane in 1986 that I first thought of doing a marathon. This dream became a realty when I was recruited by Ben Moore's Marine after moving to Annapolis in 1988. Since then, I have run eight marathons (just completed the '93 Marine Corps Marathon thanks to Ben, E.T., Ken Lyons and the support of the Moore's Marines), one 32-mile torture run (Reservoir 50 in Baltimore County) and one 50 mile pleasure run (JFK - thanks to Delma Miller's leadership and everyone else's support). I am definitely a distance freak - I guess I have those slow-twitch muscles. My pace varies but currently I'm a 9-minute-miler. I have lived in Annapolis for 5 1/2 years; been a Strider member for 5 years and now that I'm a new Board member, I have moved to Alexandria, VA. Good thing I am used to commuting. I have also lost my running partner due to pregnancy (congratulations Ana & Frank - due March 26th!). So I am in the market for a new partner - a running partner, that is...or whatever. I love being an Annapolis Strider and plan to continue running with the group at various races and training runs. In addition to running and running off at the mouth, I like to dance, read fiction, travel, stimulate the economy at various shopping malls and be entertained at the movies, theater, concerts, etc.

Roy Elder

Meet Roy Elder. Roy lives in Baltimore and belongs to several running clubs. He was recently featured in a local Baltimore paper for his running merits and earning the designation of "Local Hero" by Nike's Eastern Region. He used to work at AT&T but now is enjoying the good life as a retiree. He has been running for 8 years and has been a Strider member for 2. He started running to improve his health after his daughter entered him in a 2 mile run in Aiken, SC. Since then, Roy's lost some pounds and added some races under his loose-fitting belt. He has run seven 50 milers, 39 marathons, 16 half-marathons, 26 10 milers, 210 10K's and 280 5K's (Whew!!) He now runs 7 days a week and about 10 to 15 miles per day. In addition to competitive distance running, Roy enjoys golfing and woodworking. His next running goal is to qualify for Boston at 3:40. His advise for new runners is to eat healthy, run for fun, and select comfortable shoes. Next time you see Roy, say howdy, he's likely to have a big smile and hello for you!

Jackie Small

Jackie Small has the perfect job for a runner - she is Market Director for a chiropractic office. She has been running for 10 years but has only enjoyed the benefits of Strider membership for one. Jackie started running around the beginning of the running boom in 1981. She considers herself a competitive distance runner and has a myriad of top race events on her resume. Races such as the Nike Run for Women, Peachtree Road Race in Atlanta and the Marine Corps Marathon, to mention a few. Her favorite race was the Nike Women's race where she met and ran with world class runners such as Joan Benoit Samuelson, Priscilla Welch, Lynn Jennings and Sister Marion. Her favorite t-shirt is from the 1984 Peachtree since that is her hometown, finishing was mandatory and the race is such an EVENT! She also just completed the '93 Marine Corps Marathon in 4 hours and 8 minutes and said it was more fun than the last 3. When asked what next, Jackie says "Disneyworld for their first ever marathon!" I hope Jackie and the other Striders planning to attend will show Mickey, Donald and the gang how it's done in Annapolis. Happy Running!

Richard Feldman

Richard Feldman has been an Annapolis Strider member for a year but he's been running for 15 years. He started running in Manhattan Beach, CA - a land where the climate demands outside activities such as running. Richard started running 10-Ks in Manhattan Beach and still yearns for the Manhattan Beach Hometown 10-K. When asked what kind of runner he is, Richard proudly claims to be a Beer Runner. (Well I guess that is better than "Bare" Runner!). When not running, he enjoys visiting the Eastern Shore and working out at the Holiday Spa. He also owns Solar Pool Structure, Inc. His worst running experience still haunts him. It was in February, 1979, at Elision Park, Los Angels just outside Dodger Stadium. The course was up very steep hills for 5.8 miles with no leveling in sight. The only relief (if you can call it relief) was the .4 mile straight down hill that followed. It was the hardest race he has ever run. Right now he's running twice a week but plans to increase his miles and frequency. His running goal is to continue running and have fun! Look

Help Yourself

(Reprinted from Running & FitNews, May, 1993)

Even self-administered massage can be helpful for those of you who don't have the option of going to a professional. Here are some ways you can help yourself.

FEET - Pull your toes, one by one, to decompress the phalangeal joints. Next, take your foot in your hand and bend the toes all at once, flexing them as far as they go. Then press the bottom of your foot from toes to heel, alternating thumbs as you move. Do this four or five times. Finish by grasping the foot with both hands and alternately pushing and pulling the front of the foot longitudinally.

Knees - Start by working the tissue that surrounds the patella (kneecap). Press with your thumb or second and third fingers into the tissue just above the patella and move back and forth and up and down. Don't glide over the skin; stay in one place and move the tissue beneath the skin as if your finger was glued to the spot. Move to a new spot and repeat the up-and-down, back-and-forth motion until you reach the tibial tuberosity (the bony "bump" two to three centimeters below the patella). This should help relieve small pains and tightness you might feel at the beginning of a run.

Legs - Apply compression to the thighs by pressing with an open hand and covering as much area as possible. Do this rhythmically at a rate of slightly faster than one compression per second. Follow this by working on your lower leg. Place your right hand above your left ankle. Grasp the muscles on the outside of the tibia (shin bone) with your fingers while keeping the heel of your hand on the inside of the tibia. Squeeze. Move up the lower leg to the knee. This will be very tender for many runners.

Where has TAC gone and What is this thing called USATF

By CHRIS STOCKDALE

Earlier this year, The Athletics Congress (TAC) officially changed its name to USA Track & Field (USATF). "The Athletics What?" is no more! A new logo was also adopted, showing an inverted superman-like triangle. Unfortunately, the new name or logo still do not make it clear that long distance running, cross country, race walking and ultra running are included in the jurisdiction of the organization.

USA Track & Field is the official governing body in the United States for all of these events including ultra-running. Regional organizations consisting of individuals and clubs administering local USATF programs and activities. Your club is a member of the Potomac Valley Association of USATF. PVA has jurisdiction in the District of Columbia, the State of Maryland and the counties of Arlington and Fairfax and the independent cities within those counties, in the State of Virginia.

The purpose of PVA, as defined in its by-laws, is to: act as the local governing body under USATF; carry out that organization's purpose where possible; promote and encourage athletic competition; supervise and regulate all USATF championships; issue sanctions for all qualified events; and promote and encourage physical fitness through athletics.

Two every visible functions of the PVA/USAFT are those of course certification and event sanctioning. These are two completely separate issues. A race may be sanctioned even though its course is not certified. Any runner who is concerned about setting personal records for various distances should be aware that any race course that is not USATF certified may not be the exact distance advertised. USATF issues strict regulations on course measurement to guarantee an accurate course. Any road racing records set must be run on a certified course.

To be sanctioned, a race must agree to be conducted in accordance with USATF rules and regulations and meet a certain minimum set of competition standards. These include standards for officiating, timing and judging, safety precautions, on-site medical coverage and drug testing.

Obviously, you do not have to be a member of PVA/USATF to run in most road races; however, one benefit of your membership is personal accident insurance that applies if you run in a sanctioned race or are injured during practices conducted by USATF member organizations. You are even covered by insurance when traveling to and from these USATF member events. Your support of USATF by joining the Potomac Valley Association for the very reasonable fee of $10 per year will help the association to promote certification of race courses and sanctioned events. To join PVA/USATF send a self-addressed stamped envelope to Sharon Good, 12521 Eastborne Drive, Silver Spring, MD 20904. Questions regarding the organization should be referred to Chris Stockdale, USATF Masters Co-Chair, 8307 Greenwood Avenue, Takoma Park, MD 20912.

RECIPE

Seasoned Black-Eyed Peas

(American Heart Association)

1 lb. dried black-eyed peas
1/4 lb. Canadian bacon
2 medium onions, chopped
2 stalks celery, chopped
1 sm. bay leaf
1 clove garlic, chopped
1/4 teaspoon cayenne pepper
1 6-oz. can no-salt added tomato paste
Freshly ground black pepper to taste

Rinse peas and place them in a large saucepan. Cover with water and let soak for 45 minutes.

Cook Canadian bacon until crisp in a skillet over medium-high heat. Drain on paper towels. Chop and set aside.

Drain peas and return them to the large saucepan.

Add just enough fresh water to cover. Add bacon and remaining ingredients. Bring to a boil over medium-high heat. Reduce heat, cover and simmer 3 hours, or until tender.

Makes 16 1/2 cup servings.

115 calories 3 mg cholesterol 104 mg sodium 1 g total fat 19 g carbohydrate

Running Down South

Away Down South In Argentina

By JERRY HALEY

It's 7 a.m. on a Saturday morning August 7, 1993 and I'm rummaging through my Annapolis 10 bag for tights, gloves and a hat. What's wrong with this picture? Nothing at all when you're running down south, away down south in Argentina.

Properly attired for the cool August morning in Buenos Aires, I headed for the lobby to meet my running companions. Waiting patiently were the two Canadians and a Brit that I had met in the hotel lobby on Friday as they returned from their run.

The four of us spent some five or so minutes discussing our route of travel. All things considered i.e. terrain, dogs, traffic, female runners and the availability of water, we decided to head for Palermo Park via the Avenida Del Liberatador and the American Embassy grounds.

Our run covered a distance of some eight or so miles. The pace was relaxed with a steady dialogue of our past running experiences in Buenos Aires. The following extracts from that Saturday morning dialogue are offered for your reading pleasure. Although factual as best I can tell, the guidance offered here is not sanctioned as the "Ten Commandments of Running" by the Argentina Office of Tourism.

1. Thou shalt always watch the ground in Buenos Aires since there are more potholes in the sidewalk than in the streets.
2. Thou shalt closely watch for grounds keepers emerging from swanky condo gardens with water hoses running full blast.
3. Thou shalt watch carefully for animal droppings since they are more plentiful than potholes.
4. Thou shalt announce thy presence to dogs on sidewalks and park paths to avoid the possibility of a confrontation with a startled Rotweiler, Doberman or German Shepherd.
5. Thou shalt show all due respect to "Portenos" (i.e. residents of Buenos Aires) who are slowing your progress by walking, jogging or plodding along in your path.
6. Thou shalt cross one-way side streets with great care and total disregard for the posted direction of travel.
7. Thou shalt enter crosswalks at thy own risk for they mean nothing to the Porteno behind the wheel of a car, truck or bus.
8. Thou shalt not make unflattering remarks to Porteno women who are relatively new to running in a totally male dominated society.
9. Thou shalt only drink water from reliable sources such as the U.S. or friendly country embassies.
10. Thou shalt never drink water from questionable sources such as public fountains, police stations or embassies of third work countries such as Cuba, Libya or Iraq.

Despite the cautions that one must exercise in any foreign country, Buenos Aires is a great city to run in. The weather is generally good and the Portenos are friendly despite that little skirmish in the Faulklands a few years ago. Different, yet familiar is the way many have described Argentina. My British friend took that a bit further as he explained to us that a Porteno is an Italian who speaks Spanish and is sure he or she descended from British Royalty!

METRIC MARATHON

By AL STOTT, RACE DIRECTOR

THE THIRTEENTH ANNUAL Annapolis Striders Metric Marathon was held on Sunday, October 10 at Southern High School in Harwood. One hundred sixty four runners completed the 26.2 Kilometer (16.4 miles course which wound through scenic southern Anne Arundel County. The weather was cool (53 degrees) and overcast, with blustery winds.

The overall winner was James Garrett, 28, of Baltimore who completed the course in 1:29:47. Carole Rosasco, also of Baltimore, was the first female winner at 1:57:12. Other notable achievements included Bruce Soyars of Crofton completing his tenth consecutive Metric Marathon. Linda Simpson, mother of the first female finisher placed second in her age group making this the only mother/daughter team to each win a prize. One father and son team finished as well as several husband and wife teams proving once again that running is a family sport. Ages of the entrants ranged from 16 to 68 years old. The runners came from as far away as Houston, TX, Farmingville, NY and Greenfield, MA.

The safety of the runners was enhanced by the Lothian Fire Department paramedic unit and the Anne Arundel County Radio Operators Club which provided radio communications over the course. Many other volunteers worked as course monitors or manned water stops for the runners. Thanks to all who helped out at the race.

Tired of running alone these dark, cold, winter days? Come run with fellow Striders at the following locations for a change of pace!

MONDAY 6 P.M. **Naval Academy Track**
contact Lee Patrick 410-757-7098 (h)

WEDNESDAY 5:30 P.M. **AACC TRACK**
contact Evan Thomas 410-760-9188

SATURDAY 7:00 A.M. **CONTE BLDG/RT 450**
contact Ben Moore 410-268-3832

SATURDAY 8:00 A.M. **QUIET WATERS (in parking lot across street)**
contact Jonette Hahn 410-267-6985

SUNDAY 7:30 A.M. **MAIN STREET/CITY DOCK AREA**
contact Evan Thomas 410-760-9188

Notes from ET re:

OCT 24 MARINE CORPS MARATHON/WASH. DC

James Garrett 2:45* NY next/I've had easier training runs
Penny Sabatini 3:31* Thank you Ben!
Mary Macey 3:31* Thanks, thanks, I love you)
Linda Simpson 4:45 Thank you Pam& Jimmy!
Pam Haley 4:44
Evan Thomas 4:08 Ouch! Training run? Thanks Kathleen
Bob Field 3:24 Ham's for lunch!
Brad Chapman 4:36 First marathon smiles
Jennifer Twigg 4:40 Thanks, Ben. 1 down, how many to go?
Jerry Twigg ----
Bill Miller 3:28* Felt like an old mule
Greg Mitchell 3:47 First one! Last One?
T.J. Harrington 3:50 JFK next!
Brenda Lee Norman 3:46 Just missed Boston but felt great!
Danalee Green 3:45* Stuck in the crowd!
Earl Scott 4:30 Great 1st half
Kathleen Heagney 4:03 Best marathon physically.
Coleen Scully 4:27 Oh, Ben! It hurt!
Ben Moore 4:22 Cramps, cramps!
Penny Mohr 4:05 Thanks Ben!
Suzie Flockart 3:48 Thanks. Great race
Delma Miller 3:55 UFO - JFK training run
Linda Rogers 3:55 UFO - JFK training run
Jim Carter 3:36 PR yes! Training helps
John Hampton 4:21 No longer a marathon virgin
John Joseph 4:24 1st marathon grin. Tired too
Dave Bethel 4:11 I'm still too big to run this stuff!
Roger Sherman 3:16* PR. Thanks Ben, off to Boston!
Gary Sewell 3:49 B&A next?
Jose Badillo 3:29* 1st marathon/on a leg and a prayer!
Sue Briers 3:40* Training run
Jerry Haley 3:40 A walk in the park!
Karen Hosler 3:48* A very determined run
Tom Prendki 3:02* Warm up for Harrisburg
Ceil Prendki 3:51 PR/TJ tripped me into it!
John Fay 3:24* Thanks to Jim Kaufman and Sue-Boston!!
Roy Elder 4:17 Great 1st mile
Joe Clorety 3:06* Finished strong
Wolf Culp 3:45
Debby May 3:57 OOHRAH!
Bill Turrentine 3:10*
Eric Fromm 3:38
Milt Sniegowski 4:23 Unhappy hamstrings
Jennifer Lundeen 3:36* Yes! Beantown vacation next!
Jim Kaufman 3:21?
Neal Hinkle 3:52 Thanks TJ and Ceil!
Will Myers 3:59 Another happy camper
Jim Buck 3:14* Slow start, fast finish!
Tony Pruner 3:53 Looked smooth when I saw him
Ace Sarich --- Looked strong zooming past me
Larry Puglisi 3:41 Thanks for the Hains Pt goodies!
Kitty Good 4:08 Tough road

* = Boston Marathon qualifing time! Special thanks to our support teams: 13+ = Leonard and Laura Kuentz, Sharon Serio, Rose Malloy, Betty Moore, Ed Klebe; 21+ = John (honcho) Magnan, Iris and Ray Wyvill, Meredith Bonta, Doug Custer, Nancy Waddington. Roving team: Doris Harrington, Julie and Charlie Lane. Also thanks to the unidentified angel who gave me a glass of orange juice as I sat with Will Myers afterwards while looking rather dazed. Also, over 60 of us strutted our stuff at Ben's post-marathon party. Ken "Love Shack" Lyons led the charge. Ben was last seen wearing a table cloth!

STRIDERS SUPPORT MOORE'S MARINES

By John Magnun

A contingent of Striders set up camp at the 21 1/2 mile point to support Moore's Marines in this year's running of the Marine Corps Marathon. Iris & Ray Wyvill, Doug Custer, Meredith Bonta, Nancy Waddington, myself and a friend of the Striders, Bruce Blevins, served up a variety of goodies to those fortunate to make it that far in the race. Hundreds of other marathoners in dire need of Ben Gay, aspirin or a kick in their blood sugar also received tender, loving care. More than a few fading runners were comforted by Meredith's soothing call, "Honey, can I help you?"

In all the group dished out 20 pounds of bananas, 15 pounds of oranges, 10 pounds of cookies, 3 dozen bagels, 10 bags of candy, 30 liters of Coke, 10 gallons of water, 4 gallons of Ben's "bug juice" (we tried it out on a non-Strider first to be sure it was safe) and lots of Ben Gay, aspirin & vaseline. This is a satisfying (and fairly non-physical) way to support the club and lots of runners, while viewing a marathon from a unique perspective. Thanks to those mentioned for their help. And congratulations to all the competitors who gave me a chance to sit by the sidelines for a change!

This photo was captured at Mary Ross' farewell brunch hosted by Karen Hosler - bottom front: June Schneider and Betty Moore; standing in back: Karen, Peter Salmon-Cox, Mary, Rose Malloy, ET, Meredith, Ben Moore (obscured), & Ken Lyons.

Dawsons Results

Dawsons Severna Park 5-Mile Run

September 12, 1993
IVAN DRESSMAN, Race Director

1	MARINO, ROBERT J	35	25:42	100	SEWELL, GARY W	51	36:03	201	SULLIVAN, GREG J	35	40:43
2	EGOLF, STEVE	30	26:13	101	BRADY, PATRICK J	38	36:03	202	ANDERSON, MICHARL	43	40:45
3	JONES, MARK R	32	26:16	102	MUSKIN, CHARLES	44	36:03	203	STAMPS, RONALD C	37	40:46
4	WEBSTER, DAVID B	40	27:08	103	BRADY, STEVEN R	36	36:04	204	SACHS, THERESA L	30	40:46
5	EDEN, SCOTT	40	28:10	104	GOOD, KITTY	37	36:04	205	OBOYLE, JOSEPH R	50	40:47
6	SCHRADER, ERIC P	29	28:24	105	BARTLETT, JOHN L	40	36:04	206	BROWN, PAUL	40	40:47
7	HOFFMAN, MICHAEL E	37	28:27	106	KENNEDY, DON	46	36:06	207	JOSLIN, SKIP	16	40:57
8	BRADY, CHUCK E	27	28:54	107	FITZGERALD, JOSEPH	43	36:10	208	HALEY, PAM J	44	41:02
9	MACE, MATTHEW A	33	29:03	108	LARK, ROGER C.	49	36:14	209	SIMPSON, LINDA	51	41:04
10	KIRKPATRICK, JOHN	49	29:26	109	REICHARD, BOB	53	36:19	210	MCDONALD, CECIL D	48	41:09
11	PELTOSALO, ERIC	43	29:28	110	MOODY, RAY J.	37	36:22	211	MASSER, LEE	57	41:14
12	HOLT, JAMES L	33	29:33	111	PACK, JOHN M	53	36:26	212	FRANK, MICHAEL S	48	41:14
13	FRITSCH, BEA MARIE	26	29:52	112	BERGEN, RUSTY	41	36:28	213	FISH, JOHN H	44	41:15
14	GRIFFITH, JIM	33	29:54	113	BEVERS, HENRY J	34	36:29	214	LEGUM, JONAS D	45	41:23
15	CONNER, WILLIAM	19	30:05	114	RUSSELL, CHRISTINE	28	36:30	215	MCGARITY, SUZANNE	33	41:39
16	WELLS, BRIAN P	29	30:07	115	MOORE, BEN A.	63	36:31	216	MCBREARTY, FRANK T	50	41:43
17	RILEY, CHRIS J	49	30:18	116	BLANCHET, WILLIAM	40	36:33	217	CRAWFORD, DEBORAH	31	41:45
18	SINCLAIR, CHRIS S	25	30:20	117	CROWE, TERRY M	27	36:34	218	MORRISON, RANDY L	37	41:46
19	MCFALLS, JIM	33	30:26	118	GATHAGAN, BRYAN K	26	36:36	219	VOGEL, BARBARA M	27	41:46
20	MCNULTY, MIKE	44	30:28	119	WOODCOCK, KATIE T.	19	36:41	220	CRAIG, MALLEE	37	41:47
21	KRUG, FRED M	48	30:35	120	BONTA, MEREDITH L	47	36:45	221	BEACHLEY, RALPH	47	41:48
22	CLORITY JOE	50	30:39	121	ANDERSON, JOAN M	35	36:50	222	WEISMAN, ESTHER	62	41:48
23	BUCK, JAMES J	50	30:54	122	HINKLE, NEAL	56	36:51	223	HUSSY, NANCY	36	41:58
24	SCHNABEL, ROBERT P	26	31:01	123	ROESSLER, BILL	46	36:53	224	CRONK, DORRIE H.	13	41:58
25	WITTE, DAVID	32	31:06	124	TIGHE, JOHN R	32	36:55	225	KAUFMAN, JAMES M	39	42:05
26	WALSER, DAVE M	34	31:08	125	VALENTINE, JON M	33	36:56	226	EDELSTEIN, GALE	42	42:08
27	HERON, DAVID L	47	31:10	126	NUGENT, DENNIS M	42	37:04	227	KENNEDY, EILEEN	42	42:19
28	SANCHES, FRANCISCO	51	31:12	127	CIURCA, MICHAEL	47	37:05	228	SCOTT, ALAN P	52	42:24
29	GORSI, JEFF	31	31:16	128	ALBORNOZ, PATRICK	51	37:06	229	BENSA, MICHAEL J	40	42:26
30	SHANKLIN, FRED	52	31:23	129	COATES, CHET	53	37:13	230	OVERTON, STEVE	36	42:29
31	KENNEDY, MICHAEL	35	31:25	130	HAWTHORNE, DAVIEL	34	37:14	231	SEIDL, GREG	32	42:29
32	ROPER, SCOTT P	38	31:37	131	ALEXANDER, JOHN	34	37:16	232	O'CONNER, PEG	37	42:32
33	ELZINGA, BILL	55	32:02	132	BENNETT, GEORGE	37	37:19	233	JOSEPH, MARARET E	40	42:35
34	GODART, FRED	33	32:09	134	MYERS, WILLIAM T	44	37:30	234	WOODWARD, BEVERLY	27	42:38
35	FIELD, BOB	41	32:14	135	ECKERT, FRED C	53	37:33	235	SERIO, SHARON E.	46	42:44
36	KLEBE, EDWARD R	54	32:15	136	ALBAUGH, JEAN A	32	37:33	236	LOETZ, DEBBIE	41	42:45
37	MAJOR, TIM	31	32:22	137	PRENDKI, CECILIA M	29	37:34	237	ROBERTS, JODY H.	45	42:47
38	LANDEEN, JAMES C	34	32:23	138	MCKEE, THOMAS	65	37:42	238	GOTIMER, KATHLEEN	36	42:48
39	CRESSWELL, K.M	39	32:24	139	CARTER, JAMES	37	37:43	239	SEATON, COALE Y.	35	42:53
40	MANGUM, SCOTT R	36	32:34	140	BUSHMAN, KIM	31	37:45	240	THOMAS, NANCY S	49	43:00
41	SULLIVAN, JENNIFER	28	32:35	141	SEIDL, DAVID	37	37:47	241	GRUBE, JOSEPH C	53	43:11
42	ROESSLER, STEVE	12	32:36	142	FREEMAN, JOHN	22	37:48	242	BUCKLEY, PATTI V	34	43:21
43	SANCHES, AMADEU	54	32:42	143	PILSBURY, SCOTT E	40	37:52	243	BUCKLEY, JOHN	41	43:21
44	DERR, WILLIAM B	53	32:50	144	CROWE, MARIE L	26	37:55	244	COLTER, HARRY E	46	43:29
45	FREED, WILLIAM J	44	32:53	145	ZELLERS, NORMAN I.	45	38:01	245	MCCUTCHAN, JAMES E	49	43:34
46	MANG, RALPH A	34	32:55	146	HILLMAN RICHARD L	50	38:01	246	LANE, JULIE A.	30	43:38
47	WHITE, JUSTIN M	11	33:03	147	BEARD, HOWARD	47	38:06	247	SMITH, CAROL	34	43:39
48	THISTLETHWAITE,R.A	51	33:04	148	JERPE, JAMES H	54	38:07	248	LYNCH, PATRICK S	38	43:42
49	KEAGLE, JOSEPH M	30	33:15	149	RIDDLEBERGER	50	38:09	249	GETZE, TONI J	47	43:57
50	KRICK, CHARLES	16	33:30	150	GUERIN, MICHAEL R	24	38:12	250	SCHWABE	53	43:58
51	FAY, JOHN F	46	33:30	151	TAYLOR, KASIA J	35	38:14	251	POKE, EDWIN C	42	44:02
52	ROBINSON, VERON	49	33:39	152	KIRK, ED	33	38:19	252	PARKER, EDGAR	61	44:02
53	HENDERSON, CLINT	37	33:41	153	LUTZ, ED J	54	38:22	253	WELCH, ADDIE M	35	44:04
54	LYONS, KENNETH E	53	33:42	154	ETCHISON, JIM E	40	38:23	254	SULLIVAN, GARY P	53	44:06
55	STRINGER, SCOTT A	20	33:50	155	MAGI-FISHER, TINA	41	38:25	255	AUSTIN, GARY M	46	44:15
56	WOODCOCK, JAMES L.	50	33:51	156	COX, JOSEPH R	53	38:32	256	MEHEW, ED	54	44:25
57	HARVEY, KEITH E	45	33:56	157	HOSLER, KAREN A	44	38:35	257	WILSON, CATHY M	31	44:35
58	NOCTOR, JIM	54	33:57	158	MAYNARD, JOHN E	43	38:44	259	ROYER, KAREN G.	38	44:38
59	MELIN, BILL	52	34:00	159	SHAKLEE, GRANT I	15	38:45	260	DEGRAFFENREID, K.	49	44:38
60	ROBINSON, MARK	16	34:04	160	LAQUE, JOE B	14	38:46	261	WINKLER, JIMMY	31	44:48
61	SACHS, ADAM G	30	34:05	161	CLEMENT, RON E	49	38:48	262	WALSER, DAVID J	12	44:56
62	ROESSLER, JIM	44	34:09	162	TWIST, RITA A.	40	38:49	263	COLE, CATHERINE E	16	44:29
63	AMMONS, DEREK L	33	34:10	163	REHBERG, CLARK F	52	38:50	264	ROGERS, ROBIN D	37	45:21
64	PODANY, DAVID	35	34:13	164	STOREY, JAMES R	52	39:00	265	AASEN, YVONNE	62	45:21
65	BRIERS, SUSAN	38	34:19	165	CAVEY, ERIC A	32	39:02	266	WHITTINGTON, CONNIE	38	45:30
66	HALEY, JERRY	45	34:19	166	HERON, MAT	12	39:03	267	OWENS, SUSAN	52	45:34
68	DONAHUE, PATRICK J	41	34:27	167	MILLER, DANIEL K.	43	39:03	268	SAGHIRIAN, SARA L.	17	45:34
67	GILBERT, JOHN F	37	34:27	168	BOXER, ALAN D	50	39:04	269	SAGHIRIAN, GALE	49	45:35
69	REED, CARL W	41	34:29	169	FRITSCH, JILL A.	29	39:09	270	REHBERG, PAT L	41	45:51
70	DYKEWICZ, PAUL G	32	34:31	170	JOHNSON, LEON C	64	39:09	271	MAYNARD, KATHY M	40	46:04
71	GALLAGHER, JOHN M	44	34:35	171	HASELTINE, REGGIE	43	39:09	272	SCOONOVER, THOMAS	61	46:22
72	MACEY, MARY K	35	34:36	172	HARTZELL, ALBERT A	42	39:16	273	STOB, CAROL L.	43	46:22
73	NEWELL, WILLIAM B	39	34:37	173	BANNAT, EDWARD G	46	39:18	274	DELANEY, MAUREEN	33	46:40
74	BARRETT, TIMOTHY P	19	34:46	174	CRONK, JIM	46	39:22	275	ZEITLIN, LOUISE M	49	46:43
75	SLICK, ROBERT W	48	34:48	175	KORPI, DAVID N	37	39:26	276	CADELL, BUCK	59	47:09
76	ROESSLER, PHILLLIP	14	34:54	176	SLIDELL, JOHN B	49	39:27	277	MANDEL, KATE F	43	47:09
77	MIZE, EDWIN S	34	34:54	177	MILLER, DELMA	51	39:27	278	SACHS, STEPHEN N	11	47:35
78	BRADFORD, THOMAS	50	35:00	178	CURRENCE, MELISSA	38	39:28	279	BAKER, NANCY R	48	47:35
79	WOOLFORD, MICHAEL	31	35:04	179	SCOTT, EARL	53	39:29	280	LAQUE, HAROLD	45	47:59
80	HALLMARK, MELISSA	25	35:08	180	MCCANN, BERNIE	39	39:29	281	CRAWFORD, MICHAEL	29	48:33
81	LANDOLF, FRAN	44	35:09	181	PARKER, LARRY	45	39:34	282	GROSS, MILTON C	34	49:07
82	MELENDEZ, ISRAEL	34	35:09	182	RUDOLPH, HIEDI E	17	39:36	283	KOLETTY, JOHN	51	49:50
83	FRIEDMAN, PAUL	30	35:22	183	WILTSHIRE, STEPHEN	40	39:37	284	HAHN, JONETTE D	41	50:35
84	HENIGHAN, JESSE	48	35:26	184	STAUTS, DIANE C	47	39:38	285	MALONEY, LANCE A	39	51:35
85	BUSHMAN, SCOTT	31	35:33	185	TRESSLER, ROBERT S	28	39:40	286	FRIEDMAN, RICHARD	33	51:43
86	PUGLISI, LARRY E	39	35:35	186	OSTRYE, JIM	43	39:41	287	BARONE, ANNE-MARIE	33	51:57
87	GILBERT, STACI W	32	35:39	187	KONYAR, JEFF	40	39:43	288	BRADFORD, JOHN G	54	53:16
88	FREDLAND, ERIC	50	35:40	188	BISHOP, KRISTIN L	33	39:48	289	SACHS, MARIANNE S	47	53:18
89	FISHER, DON J	40	35:42	189	AASEN, MICHELL M	27	39:54	290	WYRILL, IRIS D	34	53:24
90	DOODY, DAVID W	36	35:42	190	SMITH, TIMOTHY S	39	39:58	291	RUSSELL, JENNIFER	42	53:28
91	PICKERING, CASSIE	24	35:45	191	NALLEY, CARRIE E	31	40:13	292	JONES, HAROLD H	68	57:19
92	WYVILL, RAY A	37	35:47	192	ROBERTS, ANN M	27	40:17				
93	COSGROVE, KEN E	43	35:48	193	BEACHLEY, GREG	15	40:24				
94	ROBERS, LINDA	43	35:48	194	HABICHT, BILL	49	40:29				
95	SALMON-COX, PETER	54	35:50	195	STRUMSKY, JOHN J	53	40:30				
96	SCHWARTZ, LOWELL H	22	35:57	196	MACKAY, JOHN JR	37	40:30				
97	WINWARD, ROBERT	36	35:57	197	SULLIVAN, GREGORY	11	40:32				
98	GREEN, DANALEE	47	35:58	198	JACOBI, PAUL	41	40:35				
99	CONTARINO, CINDI	32	36:02	199	LAW WILLIAM F	65	40:35				
				200	JOSEPH, JOHN P	46	40:37				

STRIDERS ON THE ROAD

Continued from page 2

vided to a central record keeper for compilation. At the end of the year we will award suitable prizes to Open male/female (1-5 or 1-10), many age groups (in 5 year categories), and teams (Open/Masters/Grand Masters(?) male/female. Each race will be worth points, so some of the smaller races could gain significantly in entries (races like the A10 and Constellation might not see much difference). We may also have a premium for each participant that completes over half the events. Look for more info after Christmas.//Volunteers needed!- to help with the 1994 RRCA National Convention, April 7-10 at the Ritz-Carlton hotel in the Pentagon City Mall. The RRCA national office will be open for visits Saturday, April 9, 4-6pm. I need people to help with setting up food, bus and other logistic arrangements. There will be some great gift provided by the RRCA for all volunteers (more than a whistle).//You can't escape: What a surprise for Jim and Jennifer Lundeen to meet up with Leonard and Laura Kuentz in Kona, Hawaii while on vacation. It's nice to know people do come up for air once in a while!//Don't forget to nominate someone for Runner of the Year/Most Improved Runner. Make it hard for the selection committee - send in several!. March 4 is the date for the banquet. For those contemplating a PR at the B&A Trail Marathon, attendance is mandatory as is dancing and general carrying on. Of course what worked for me may not work for you!//Congratulations to Will Scott on his assumption of the club Hot Line manager position. Most of all, heartfelt thanks to Dick Hillman for his years of dedicated service in ensuring the most accurate running data anywhere was always available on 268-1165.//Mark those calendars now for the 1994 Columbia MDC RRCA Club 10 Mile Challenge race - Feb 27! Entry is free to club members and a more exhilarating time can't be had anywhere. 8am start at Howard Community College - see you there.//I have found it! The perfect holiday gift for your favorite runner! It's the "Tojo Bag" which allows you to change clothes comfortably after a race. Simply slip into the Tojo and pull it over your shoulders. Tie the neck drawstring to suit, pull a towel and clean clothes through the large, covered hand holes and put them in the large utility pockets inside. Then, disrobe, towel off and get dressed. After, just fold the washable Tojo and put it in your travel bag. Yes, you can't see through it and it eliminates struggling in your cramped car or having to drive home wet. Just call me, ET, your friendly factory direct reporter for more details.//Have a safe winter. New Year's Resolution: Stretch!
See you on the road, ET.

The Price of Perfection —

"In front of excellence, the immortal gods have put sweat, and long and steep is the way to it."

HESIOD, C. 700 B.C.

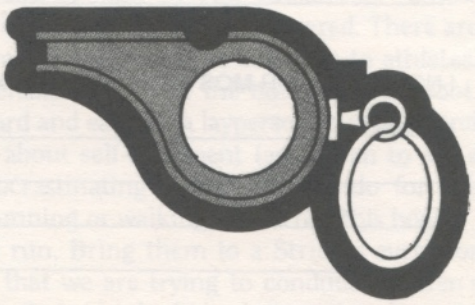
Championship Series Results

Final Results for 1993 Sanctioned Races

Women 13 and Under	5K	10M	2M	10K	1M	8K	5M	26K	Tot
Sarah Kaufman	3	35	3	35	35	1	35	35	112
Dorrie Cronk	4	35	4	35	35	35	1	35	114
Julie Bailey	2	35	1	35	35	35	35	35	143
Aileen Hartzell	1	35	2	35	35	35	35	35	143
Adrienne Carter	5	35	5	35	35	35	35	35	150
Women 14 - 19	**5K**	**10M**	**2M**	**10K**	**1M**	**8K**	**5M**	**26K**	**Tot**
Mary Norton	3	1	35	1	35	1	35	35	76
Heidi Rudolph	2	35	35	35	35	2	1	35	110
Shauna Donahue	1	35	35	35	1	35	35	35	142
Heidi Hillman	35	35	35	2	35	35	35	35	177
Rebekah Trimble	35	35	35	35	35	3	35	35	178
Women 20 - 29	**5K**	**10M**	**2M**	**10K**	**1M**	**8K**	**5M**	**26K**	**Tot**
Ceil Prendki	35	1	1	1	35	1	2	1	7
Angie Jones	35	2	35	2	35	35	35	2	111
Melissa Hallmark	35	35	35	35	35	35	1	35	176
Kathleen Kernan	1	35	35	35	35	35	35	35	176
Bonita Kersner	2	35	35	35	35	35	35	35	177
Julie Lane	35	35	35	35	35	35	3	35	178
Women 30 - 39	**5K**	**10M**	**2M**	**10K**	**1M**	**8K**	**5M**	**26K**	**Tot**
Kitty Good	3	2	1	2	2	2	2	35	11
Melissa Currence	4	35	3	3	3	4	3	35	20
Margaret Joseph	5	35	4	4	35	35	4	35	87
Sue Briers	35	35	35	35	1	35	1	2	109
Jennifer Lundeen	35	35	35	1	35	35	35	3	144
Brenda Norman	35	35	2	35	35	3	35	35	145
Laura Benso	7	35	5	35	35	35	35	35	152
Katherine Mandrin	35	35	35	35	35	1	35	35	176
Carole Rosasco	35	35	35	35	35	35	35	1	176
Deborah Nielson	1	35	35	35	35	35	35	35	176
Ellen Lutrey	35	1	35	35	35	35	35	35	176
Jean Albaugh	2	35	35	35	35	35	35	35	177
Susan Michalski	35	35	35	35	35	35	35	4	179
Carol Smith	35	35	35	35	35	35	5	35	180
Maureen Delaney	35	35	35	35	35	35	6	35	181
Leona Schultz	6	35	35	35	35	35	35	35	181
Iris Wyvill	35	35	35	35	35	35	7	35	182
Women 40 - 49	**5K**	**10M**	**2M**	**10K**	**1M**	**8K**	**5M**	**26K**	**Tot**
Danalee Green	1	2	1	3	2	2	2	3	10
Meredith Bonta	35	1	35	2	1	35	3	2	44
Linda Rogers	3	3	35	35	35	3	1	1	46
Rose Malloy	35	6	35	1	35	1	35	35	113
Karen Hosler	35	4	35	35	35	35	4	4	117
Pam Haley	35	35	35	4	35	35	5	5	119
Eleanor Kennedy	35	35	35	6	35	35	7	7	125
Louise Zeitlin	35	35	4	35	35	6	11	35	126
June Schneider	2	35	2	35	35	35	35	35	144
Kathy Hennes	35	35	35	5	35	4	35	35	149
Sharon Serio	35	5	35	35	35	35	8	35	153
Nancy Thomas	35	35	35	35	35	5	9	35	154
Pat Rehberg	4	35	35	35	35	35	10	35	154
Rae Jean Goodman	35	35	3	35	35	35	35	35	178
Cynthia Leas	5	35	35	35	35	35	35	35	180
Gale Edelstein	35	35	35	35	35	35	6	35	181
Jackie Small	35	35	35	35	35	35	35	6	181
Carmen Davis-Curry	6	35	35	35	35	35	35	35	181
Jeanne Smith	7	35	35	35	35	35	35	35	182
Ludmila Pruner	35	35	35	7	35	35	35	35	182
Karen Trembly	8	35	35	35	35	35	35	35	183
Jody Roberts	35	35	35	35	35	35	12	35	187
Women 50 - 59	**5K**	**10M**	**2M**	**10K**	**1M**	**8K**	**5M**	**26K**	**Tot**
Delma Miller	1	1	1	1	35	1	1	1	6
Linda Simpson	35	35	2	35	1	2	2	2	44
Nancy Waddington	35	35	35	2	35	35	35	35	177
Joan Forman	35	35	35	35	35	3	35	35	178
Women 60 and Over	**5K**	**10M**	**2M**	**10K**	**1M**	**8K**	**5M**	**26K**	**Tot**
Esther Weisman	35	2	3	1	2	1	1	35	10
Yvonne Aasen	1	1	4	2	3	2	2	35	11
Betty Moore	35	35	5	35	4	35	35	35	149
Men 13 and Under	**5K**	**10M**	**2M**	**10K**	**1M**	**8K**	**5M**	**26K**	**Tot**
Dave Walser	3	35	2	2	2	3	2	35	14
Greg Sullivan Jr.	1	35	35	1	1	1	1	35	40
Kevin Sullivan	4	35	35	35	3	35	35	35	147
Justin Gooding	35	35	3	35	4	35	35	35	147
Daniel Jost	35	35	1	35	35	35	35	35	176
Justin Peake	35	35	35	35	35	2	35	35	177
Jon Donahue	2	35	35	35	35	35	35	35	177
Darrin Gooding	35	35	4	35	35	35	35	35	179
Christopher Lane	35	35	35	35	5	35	35	35	180
Christopher Norman	35	35	35	35	6	35	35	35	181
Men 14 - 19	**5K**	**10M**	**2M**	**10K**	**1M**	**8K**	**5M**	**26K**	**Tot**
George Spilich	35	35	35	35	1	1	35	35	142
Mark Robinson	35	35	35	35	35	35	1	35	176
Dave Wall	1	35	35	35	35	35	35	35	176
Jere Hartman	2	35	35	35	35	35	35	35	177
Geoff Atkinson	3	35	35	35	35	35	35	35	178
Men 20 - 29	**5K**	**10M**	**2M**	**10K**	**1M**	**8K**	**5M**	**26K**	**Tot**
Eric Schrader	2	3	1	35	35	1	2	35	44
Steve Eglof	1	1	35	35	35	35	1	35	108
William Leitch	35	4	35	1	1	35	35	35	111

Gregory Brandt	3	2	35	35	35	35	35	35	145
Doug Custer	5	35	35	35	35	35	35	1	146
Mark Wilhelm	35	35	2	35	35	35	35	35	177
Jeff Jubera	4	35	35	35	35	35	35	35	179
Men 30 - 34	**5K**	**10M**	**2M**	**10K**	**1M**	**8K**	**5M**	**26K**	**Tot**
Matt Mace	1	1	1	1	1	1	1	1	6
Dave Walser	2	35	2	3	2	3	2	2	13
Jon Valentine	6	6	4	6	3	5	7	35	30
Ralph Mang	3	4	3	5	35	35	4	35	54
Greg Sullivan Sr.	35	35	35	9	4	6	8	35	97
James Lundeen	35	35	35	2	35	35	3	3	113
Doug Herman	5	3	35	35	35	35	35	5	118
Derek Ammons	35	35	35	4	35	4	5	35	118
Mark Chaput	35	5	35	35	35	35	35	4	149
Dave Brash	35	35	35	10	35	35	35	6	156
Bob Biddle	35	2	35	35	35	35	35	35	177
Ed Harte	35	35	35	35	35	2	35	35	177
Daniel Nellius	4	35	35	35	35	35	35	35	179
John Tighe	35	35	35	35	35	35	6	35	181
Steve Bennett	35	35	35	7	35	35	35	35	182
John Salemme	7	35	35	35	35	35	35	35	182
Bob Gilson	35	35	35	35	35	7	35	35	182
Mark A. Jones	35	35	35	8	35	35	35	35	183
Robert Rankin	8	35	35	35	35	35	35	35	183
Men 35 - 39	**5K**	**10M**	**2M**	**10K**	**1M**	**8K**	**5M**	**26K**	**Tot**
Rick Woods	3	2	2	7	5	3	35	35	22
Jim Kaufman	35	4	4	8	35	5	10	2	33
Clint Henderson	10	7	5	11	9	8	5	7	41
Paul Serra	35	3	3	3	4	2	35	35	50
Larry Puglisi	11	35	35	9	35	9	6	3	73
David Webster	35	35	35	1	2	1	1	35	75
Michael Benso	14	35	9	17	12	14	11	35	77
Scott Eden	35	35	1	2	3	35	2	35	78
James Carter	35	35	35	13	10	12	8	5	83
Ray Wyvill	35	35	7	14	11	10	7	35	84
Anthony Pruner	35	35	35	12	8	7	35	4	101
Bob Hoyt	12	6	6	35	7	35	35	35	101
Tom Prendki	1	35	35	4	35	35	35	1	111
Jeff Konyar	35	35	8	15	35	11	9	35	113
Scott Lutrey	4	35	35	35	6	4	35	35	119
Scott Mangum	6	35	35	6	35	35	4	35	121
Earl Keicher	2	1	35	35	35	35	35	35	143
Ben Black	7	5	35	35	35	35	35	35	152
Bennett Feld	9	35	35	35	35	6	35	35	155
David Karabinos	35	35	35	10	35	35	35	6	156
Ed Purpura	35	35	35	35	1	35	35	35	176
Michael Hoffman	35	35	35	35	35	35	3	35	178
Steve Donnelly	5	35	35	35	35	35	35	35	180
George Dorsey	35	35	35	5	35	35	35	35	180
David Bethel	35	35	35	35	35	35	35	8	183
Bob Palatka	8	35	35	35	35	35	35	35	183
Brad Mahanes	35	8	35	35	35	35	35	35	183
Joe Rosol	35	35	35	35	35	35	35	9	184
Dave Clark	13	35	35	35	35	35	35	35	188
Kevin Murnane	35	35	35	35	35	13	35	35	188
Chuck Gorum	35	35	35	16	35	35	35	35	191
Men 40 - 44	**5K**	**10M**	**2M**	**10K**	**1M**	**8K**	**5M**	**26K**	**Tot**
Bob Field Jr.	3	1	4	4	4	2	2	2	14
John Gallagher	7	5	8	5	5	35	6	7	35
Carl Reed	8	4	7	6	35	5	5	35	35
Pat Donahue	10	7	6	17	3	12	4	6	36
Bill Turrentine	2	2	35	35	2	3	35	1	45
Will Myers	11	8	11	11	7	6	35	11	54
Jim Etchison	16	10	12	13	6	11	9	16	61
Jonas Legum	15	35	13	16	35	9	14	35	102
Eric Peltosalo	35	35	2	1	35	35	1	35	109
William Peake, Jr.	35	3	35	2	35	4	35	35	114
John Maynard	35	35	35	14	35	10	10	15	119
Albert Hartzell	6	35	5	35	35	35	13	35	129
Bruce Soyars	35	9	35	8	35	35	35	12	134
Will Scott	12	35	10	35	8	35	35	35	135
Charles Muskin	35	35	35	9	35	35	8	13	135
Reggie Haseltine	14	35	35	35	35	7	12	35	138
Oliver Payne	35	35	35	35	1	1	35	35	142
Gary McGuffin	1	35	1	35	35	35	35	35	142
Jerry Haley	35	35	35	35	35	35	3	3	146
Harold Stanton	35	35	35	3	35	35	35	4	147
Robert Bailey	5	35	3	35	35	35	35	35	148
Ken Cosgrove	35	35	35	35	35	35	7	9	156
T.J. Harrington	35	6	35	10	35	35	35	35	156
Bill Helms	9	35	35	35	35	35	35	10	159
Vernon Stricklin	13	35	9	35	35	35	35	35	162
Daniel Miller	35	35	35	35	35	35	11	14	165
Paul Bakos	4	35	35	35	35	35	35	35	179
Roger Sherman	35	35	35	35	35	35	35	5	180
Dick Shea	35	35	35	7	35	35	35	35	182
Bob Buckley	35	35	35	35	35	8	35	35	183
Mike Bright	35	35	35	35	35	35	35	8	183
Wayne Ramsey	35	35	35	12	35	35	35	35	187
Tom Wright	35	35	35	15	35	35	35	35	190
Steven Watkins	35	35	35	35	35	35	35	17	192

Men 45 - 49	5K	10M	2M	10K	1M	8K	5M	26K	Tot
John Fay	2	2	1	5	2	3	4	5	14
Tom Bradford	9	5	6	9	4	5	6	8	34
John Kirkpatrick	35	35	35	1	1	1	1	1	40
Chris Riley	35	1	35	2	35	2	2	2	44
Cecil McDonald	10	35	8	11	5	6	13	35	53
John Joseph	6	35	7	7	35	35	12	9	76
Fred Krug	1	35	35	3	35	35	3	3	80
Jon Meyer	3	4	5	10	35	35	35	35	92
Don Kennedy	11	35	4	35	35	4	7	35	96
Freeman Bagnall	5	3	3	35	35	35	35	35	116
Dick Hillman	35	35	2	8	35	35	8	35	123
Robert Moore	35	35	35	4	35	35	35	4	148
Steve Keefer	4	35	35	6	35	35	35	35	150
John Gudas	35	35	35	35	3	35	35	35	178
James Wodcock	35	35	35	35	35	35	5	35	180
John Magnan	35	6	35	35	35	35	35	35	181
Greg Mitchell	35	35	35	35	35	35	35	6	181
Robert Kennedy	7	35	35	35	35	35	35	35	182
Lee Patrick	35	35	35	35	35	7	35	35	182
Eric Fromm	35	35	35	35	35	35	35	7	182
Bruce Burns	8	35	35	35	35	35	35	35	183
Howard Beard	35	35	35	35	35	35	9	35	184
John Slidell	35	35	35	35	35	35	10	35	185
Bill Habicht	35	35	35	35	35	35	11	35	186
Michael Frank	35	35	35	35	35	35	14	35	189
James McCutchan	35	35	35	35	35	35	15	35	190
Kenneth DeGraffenr	35	35	35	35	35	35	16	35	191
Men 50 - 59	**5K**	**10M**	**2M**	**10K**	**1M**	**8K**	**5M**	**26K**	**Tot**
Joe Clorety	35	3	1	4	1	1	1	1	8
Fred Shanklin	2	2	2	9	2	2	4	3	13
Edward Klebe	25	35	8	5	5	4	5	4	31
Jim Noctor	5	35	5	11	4	10	9	35	44
John Pack	7	9	9	12	6	12	13	6	49
Peter Salmon-Cox	11	10	11	15	7	13	11	12	64
Ken Lyons	6	7	4	35	35	7	8	35	67
William Derr	35	35	12	8	3	3	7	35	68
Francisco Sanches	1	1	35	1	35	35	3	35	76
Jim Storey	16	13	13	35	8	14	16	35	80
Amadeu Sanches	35	4	35	2	35	5	6	35	87
Gary Sewell	13	35	35	13	35	11	12	8	92
Lee Masser	19	15	15	17	12	18	20	18	95
Milt Taylor	4	6	6	35	35	35	35	14	100
Earl Scott	35	35	14	16	9	35	17	10	101
Bill Miller	35	35	35	10	35	6	10	7	103
Eric Fredland	9	11	7	14	35	35	35	35	111
Neal Hinkle	15	35	35	22	35	15	14	11	112
Jim Buck	35	35	35	6	35	35	2	2	115
Alan Stott	21	17	17	35	11	17	35	35	118
Lloyd Abbot	8	8	10	35	35	35	35	35	131
Ed Mehew	23	16	19	19	35	35	22	35	134
Bart Clark	3	35	3	35	35	35	35	35	146
Jack Koletty	35	18	35	22	35	21	24	35	155
Jose Badillo	35	12	35	7	35	35	35	35	159
Evan Thomas	35	35	35	35	35	8	35	13	161
Tom Komarek	17	35	35	35	10	35	35	35	167
Jim Sharp	35	14	35	35	35	35	35	15	169
Ed Karlson	35	35	35	18	35	16	35	35	174
Clark Rehberg	22	35	35	35	35	35	15	35	177
John Strumsky	20	35	35	35	35	35	18	35	178
Dayton Trubee	35	35	35	3	35	35	35	35	178
Robert McGee	35	5	35	35	35	35	35	35	180
Al Kubeluis	35	35	35	35	35	35	35	5	180
Buck Cadell	35	35	35	35	35	20	23	35	183
Jim Mandrin	35	35	35	35	35	9	35	35	184
Patrick Albornoz	35	35	35	35	35	35	35	9	184
John Butterfield	10	35	35	35	35	35	35	35	185
Joseph Grube	24	35	35	35	35	35	21	35	185
Thomas Belote	12	35	35	35	35	35	35	35	187
Allen Veasey	14	35	35	35	35	35	35	35	189
Brev Moore	35	35	35	35	35	35	35	16	191
William Douglas	35	35	16	35	35	35	35	35	191
David Bleil	35	35	35	35	35	35	35	17	192
Clair Morris	35	35	18	35	35	35	35	35	193
Doug Joyce	18	35	35	35	35	35	35	35	193
Alan Wycherley	35	35	35	35	35	19	35	35	194
Joe Oboyle	35	35	35	35	35	35	19	35	194
Howard Moore	35	35	35	35	35	35	35	19	194
Norm Lee	35	35	35	20	35	35	35	35	195
Bill Hoffman	35	35	35	21	35	35	35	35	196
Men 60 and Over	**5K**	**10M**	**2M**	**10K**	**1M**	**8K**	**5M**	**26K**	**Tot**
Edgar Parker	3	35	3	6	2	1	5	35	20
Tom McKee	35	2	1	1	35	35	2	35	76
Leon Johnson	35	1	2	3	35	35	3	35	79
Denzil Pritchard	1	35	35	35	1	35	35	35	142
Harold Michaelis	2	35	35	35	35	2	35	35	144
Ben Moore	35	35	35	4	35	35	1	35	145
Roy Elder	35	35	35	35	35	35	35	1	176
Web Chamberlain	35	35	35	2	35	35	35	35	177
Arnold Galiano	35	35	35	35	3	35	35	35	178
Bill Law	35	35	35	35	35	35	4	35	179
Guy Riccio	35	35	35	5	35	35	35	35	180



Total is best six. Everyone please review and call me if you spot something in error. There are only two races left for 1993. Standard Strider rules apply. Bob Walters 544-7615

Nominations, Please!

The Board of Directors wants to hear from the membership on candidates for Runner of the Year and Most Improved Runner. Your vote counts so don't be shy about sending in your nominations - even it if is you. Sent a note with your thoughts to PO Box 187, Annapolis, MD 21404 or leave a message on the Hotline: 268-1165. Presentation of the awards will be made at the Annual Meeting and Banquet, Friday, March 4 at St. John's College.

Runner of the Year

PURPOSE: The Runner of the Year Award honors a male and female member of the Annapolis Striders for excellence in participation in long distance running activities, and for their active participation in the organization and the community as members of the Striders in support of the goals of the club.

ELIGIBILITY: To be eligible for this award, the nominee must be a member in good standing for the entire year, and must have participated as both runner and volunteer in Striders events during the year.

A recipient of another award for the same year is not eligible for the Runner of the Year Award. However, a recipient of the Runner of the Year for a prior year shall not be disqualified.

CRITERIA: The following guidelines will be used in consideration of nominees for the Runner of the Year Award.

PRIMARY CONSIDERATION:

1. Placement in Annapolis Striders events
2. Noteworthy placement and performance in open category of other races taking into consideration the caliber of the competition.

SECONDARY CONSIDERATION:

To participation in Annapolis Strider activities including, but not limited to any or all of the following:

1. Serving as a club officer, event/activity director, etc.
2. Working as a volunteer for the organization in support of a Striders activity or as a consultant on behalf of the Striders, etc.
3. Participating as a Striders team member or in other activities that support the Annapolis Striders.

Most Improved Runner of the Year

In Memory of Elaine Shereika

PURPOSE: Honors a male and female member of the Annapolis Striders for significant personal improvement in performance in long distance running during the year.

ELIGIBILITY: Nominee must be a member in good standing for the entire year, and must have achieved significant improvement in personal best times for race events, compared to the preceding three years of performance. Performance improvement after injury is not accepted, unless the three-year period predates the injury. Records of performance are requested. There are no disqualifications because of receiving other awards in the same year.

CRITERIA: The following guidelines will be used in consideration of nominees to receive the Most Improved Runner of the Year Award:

A. Number of events in which performance exceeds past performance;
B. Amount of improvement in PR times for the events;
C. Other factors which may indicate improvement in running performance.

Nominating Form

The Annapolis Striders Board of Directors wants to hear from the membership on candidates for **Runner of the Year** and **Most Improved Runner.** Your vote counts so don't be shy abount sending in your nominations, even if it is you.

I NOMINATE FOR **RUNNER OF THE YEAR** Name: _____

comments _____

_____

_____

_____

I NOMINATE FOR **MOST IMPROVED RUNNER** Name _____

comments _____

_____

_____

_____

DEADLINE FOR MAILING IN THIS FORM IS DECEMBER 31.
Mail to: Annapolis Striders, PO Box 187, Annapolis, MD 21404-0187

Metric Marathon Race Results

Thirteenth Annual Metric Marathon (16.4 Miles)

October 1, 1993

TOM BRADFORD, Race Director

1.	James Garrett	28	1:29:47
2.	Mark Jones	32	1:31:32
3.	Scott Baker	25	1:38:30
4.	Matt Mace	33	1:39:19
5.	John Kirkpatrick	49	1:39:43
6.	Jim Griffith	33	1:39:59
7.	Mark Nicholson	34	1:40:58
8.	Tom Prendki	37	1:41:18
9.	Bill Peeling	37	1:42:26
10.	Chris Riley	49	1:44:49
11.	John Pitarra	52	1:47;10
12.	Ty Lanahan	36	1:47:45
13.	Bill Turrentine	44	1:48:16
14.	Mike Cady	46	1:48:30
15.	Fred Krug	48	1:48:41
16.	Joe Clorety	50	1:48:52
17.	Jim Buck	50	1:49:54
18.	Dave Walser	34	1:50:08
19.	Rob Schnabel	26	1:50:10
20.	Fred Shanklin	52	1:50:11
21.	Edward Klebe	54	1:51:55
22.	Charles Lumpkin	19	1:52:30
23.	Bob Field	41	1:53:15
24.	Robert Parisi	33	1:53:16
25.	Jerry Haley	45	1:53:17
26.	Douglas Custer	30	1:53:38
27.	Bob Burash	46	1:55:51
28.	Jim Kaufman	39	1:56:23
29.	Steven Werlin	30	1:56:36
30.	Bill Walczak	42	1:56:54
31.	Tim McCormick	29	1:57:10
32.	Carole Rosasco	34	1:57:12
33.	Harold Stanton	42	1:57:45
34.	Roger Sherman	42	1:58:08
35.	Robert Moore	46	1:58:09
36.	Dan Tompkins	42	1:58:48
37.	James Lundeen	34	2:00:27
38.	Cath. Thompson	32	2:00:48
39.	Pat Donahue	41	2:01:19
40.	Frank McDonald	42	2:01:44
41.	Sue Briers	38	2:02:00
42.	Jennifer Lundeen	33	2:02:09
43.	Al Kubeluis	51	2:02:15
44.	Sue Dymeki	32	2:02:18
45.	Dale Jordan	40	2:02:25
46.	Mary Macey	35	2:02:27
47.	Kathryn Wittmer	30	2:02:46
48.	Pen. Sabatini	37	2:02:49
49.	John Gallagher	44	2:03:03
50.	Ed McCauley	44	2:03:23
51.	Todd Olson	45	2:03:34
52.	John Fay	46	2:03:40
53.	Mike Bright	43	2:03:41
54.	Keith Harvey	45	2:03:41
55.	Dan Masterson	48	2:03:49
56.	Steve Brady	36	2:04:52
57.	Jesse Henighan	48	2:05:00
58.	Mike Farley	27	2:05:00
59.	Larry Puglisi	39	2:05:17
60.	Tony Pruner	38	2:05:20
61.	Terry Losonsky	49	2:05:26
62.	David Reider	36	2:05:36
63.	Brian Voith	34	2:05:47
64.	C. Neimeyer	39	2:06:02
65.	H. Brokenshire	37	2:06:06
66.	Michael Blanche	27	2:06:11
67.	John Pack	53	2:06:27
68.	Ken Cosgrove	43	2:06:45
69.	No Card		2:06:54
70.	Greg Mitchell	47	2:06:55
71.	Mervin Gross	54	2:06:58
72.	Bill Miller	52	2:07:17
73.	No Card		2:07:21
74.	No Card		2:07:23
75.	Susan Michalski	36	2:07:24
76.	Gary Sewell	51	2:07:40
77.	Bill Helms	43	2:07:56
78.	Linda Rogers	43	2:08:04
79.	Meredith Bonta	47	2:08:05
80.	Kyle Wilhelm	32	2:08:08
81.	Eric Fromm	47	2:08:34
82.	Zack Shariff	37	2:09:08
83.	Michael Maguire	54	2:09:11
84.	Patrick Albornoz	51	2:09:23
85.	Steve Nolan	34	2:09:36
86.	Richard Smith	50	2:09:37
87.	Tom Jennings	57	2:09;43
88.	Danalee Green	47	2:09:54
89.	James Carter	37	2:10:03
90.	Connie Barton	34	2:11:04
91.	Alice Deppe	42	2:11:26
92.	Tom Bradford	50	2:11:45
93.	Earl Scott	53	2:11:55
94.	Will Myers	44	2:12:27
95.	Neal Hinkle	56	2:12:30
96.	Tom Petska	45	2:12:42
97.	Bruce Soyars	43	2:13:20
98.	David Karabinos	37	2:13:55
99.	Marco Gulatto	16	2:14:06
100.	Jim Norton	37	2:14:10
101.	Clint Henderson	37	2:14:58
102.	P. Salmon-Cox	54	2:14:59
103.	Evan Thomas	52	2:15:00
104.	Steve Ciccarelli	46	2:15:12
105.	Milton Taylor	60	2:15:28
106.	Jim Sharp	51	2:15:30
107.	Ceil Prendki	29	2:16:00
108.	No Card		2:16:07
109.	Karen Hosler	45	2:16:10
110.	Mark Chaput	35	2:16:12
111.	David Bethel	36	2:16:29
112.	Doug Herman	35	2:16:45
113.	Charlie Muskin	44	2:16:56
114.	Jeffrey Castaldo	18	2:17:11
115.	V. Jimenez	20	2:17:11
116.	Debra May	37	2:18:06
117.	Jon Armao	54	2:19:14
118.	Miles Haven	48	2:19:20
119.	Dave Kerwan	40	2:19:27
120.	John Hampton	35	2:20:10
121.	Roy Elder	64	2:20:25
122.	Dan Miller	43	2:20:26
123.	Pam Haley	44	2:20:42
124.	Delma Miller	51	2:20:43
125.	Brev Moore	52	2:20:44
126.	Jane Polanka	37	2:21:07
127.	John Joseph	46	2:22:05
128.	Jack Hilbert	46	2:22:11
129.	Joe Rosol	36	2:23:09
130.	Jim Driver	51	2:23:32
131.	Eric Cavey	33	2:24:33
132.	Karen Stolka	41	2:24:38
133.	Jackie Small	44	2:24:43
134.	Denise Moroz	33	2:24:48
135.	Colleen Scully	32	2:24:58
136.	Brad Chapman	62	2:25:20
137.	Jay MacMullan	53	2:26:13
138.	John Maynard	43	2:26:17
139.	Ron Kanlow	50	2:26:18
140.	Tim Smith	39	2:26:18
141.	Jim Etchison	40	2:27:20
142.	Paul Sharp	52	2:27:43
143.	Nathaniel Jones	44	2:27:49
144.	Cyndi Conaway	31	2:28:08
145.	Deidre Cooper	28	2:28:09
146.	Sharon Caffrey	46	2:28:42
147.	Sarita Cargas	27	2:28:43
148.	Ed McAnineh	37	2:29:16
149.	Dave Brash	34	2:30:07
150.	Jose Stoute	32	2:30:14
151.	Jim Jerpe	54	2:30:40
152.	Robert Buck	30	2:33:42
153.	David Bleil	51	2:34:41
154.	Eleanor Kennedy	42	2:34:48
155.	Angie Jones	25	2:35:08
156.	Lee Masser	57	2:35:22
157.	Kathy Moore	32	2:36:49
158.	Judy Galewski	25	2:37:1
159.	Steven Watkins	41	2:37:42
160.	Linda Simpson	51	2:37:59
161.	Linda Reiter	36	2:38:20
162.	Howard Moore	55	2:42:55
163.	Shirley Moore	51	2:42:55
164.	Marco Gulotta	43	2:51:28

WOMEN - AGE GROUP AWARDS

FIRST FEMALE

Carole Rosasco 1:57:12

SECOND FEMALE

Catherine Thompson 2:00:48

29 AND UNDER

1.	Ceil Prendki	2:16:00
2.	Veronica Jimenez	2:17:11

30-39

1.	Sue Briers	2:02:00
2.	Jennifer Lundeen	2:02:09

40-49

1.	Linda Rogers	2:08:04
2.	Meredith Bonta	2:08:05

50 AND OVER

1.	Delma Miller	2:20:43
2.	Linda Simpson	2:37:59

MEN - AGE GROUP AWARDS

FIRST MALE

James Garrett 1:29:47

SECOND MALE

Mark Jones 1:31:32

29 AND UNDER

1.	Scott Baker	1:38:30
2.	Rob Schnabel	1:50:10

30-34

1.	Matt Mace	1:39:19
2.	Jim Griffith	1:39:59

35-39

1.	Tom Prendki	1:41:18
2.	Bill Peeling	1:42:26

40-44

1.	Bill Turrentine	1:48:16
2.	Bob Field	1:53:15

45-49

1.	John Kirkpatrick	1:39:43
2.	Chris Riley	1:44:49

50-54

1.	John Pitarra	1:47:10
2.	Joe Clorety	1:48:52

55-59

1.	Tom Jennings	2:09:43
2.	Neal Hinkle	2:12:30

60 AND OVER

1.	Leon Johnson	2:11:27
2.	Roy Elder	2:17:38

Seasons Greetings

Where

THE RACES ARE

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 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.

DEC 11 - Sat 9am: River Rumble 20K, Riley's Lock, Potomac, MCRRC, PO Box 1703, Rockville, MD 20849. 301-353-0200

DEC11 - Sat 9am: Dec 5K Dash, Fitness Center, 810 Wayne Ave, Chambersburg, PA 17201. 717-267-2291

DEC 12 - Sun 10:30am: Home Baked Bread Run 10K, Glen Echo Park, DCRRC, 6831 Stoneybrook Lane, Alex., VA 22306. 703-241-0395

DEC 12 - Sun 9am: Rudolph's Red Nose Run 10K, The New School of N.VA., 9431 Silver King Ct., Fairfax, VA. 703-691-3040

DEC 12 - Sun 9am: Fox 5K, Foxborough Farms RASAC, PO Box 844, Bel Air, MD 21014. Gary 410-638-2717

DEC 18 - Sat 6pm: Tri-State TC Indoor T&F Clasic, Wayne Vaughn, 734 W. Franklin, Hagerstown, MD 21740. 301-733-6076

DEC 18 - Sat 8:30am: Christmas Caper 5/10K, Hains Pt, PVTC, Sal Corallo. 703-243-1291

DEC 18 - Sat 10am: Santa's Sack Run 6M, Lake Montebello, BRRC, PO Box 9825, Balt, MD 21284. 410-243-3153

DEC 18 - Sat 10am: DCRRC 10/20M+20M relay, Branden Pk, Greenbelt, PO Box 1352, Arlington, VA 22210. 703-241-0395

DEC 19 - Sun 9am: Holiday Run 5K, Bel Air, RASAC PO Box 844, Bel Air, MD 21014. Larry 410-879-0018

DEC 19 - Sun Noon: Dancer Dash 10K, WRRC. Bob Leatherman 410-848-1782

DEC 26 - Sun 9am: Jingle Bell Jog 8K, Kensington, MCCRC, PO Box 1703, Rockville, MD 20849. 301-353-0200

DEC 26 - Sun 9am: Father Time Frolic 8M, Loch Raven, BRRC, PO Box 9825, Balt, MD 21284. 410-243-3153

JAN 1 - Sat Noon: 17th Ed Barron 8K Hangover Classic, Reflecting Pool, DC Race Day registration only. Sal Corallo 703-243-1291

JAN 1 - Sat 11am: St Mary's 6M, Bel Air, RASAC, PO Box 844 Bel Air, MD 21014. Bill 410-638-0235

JAN 2 - Sun 9am: Frozen Finger 5M, Hunt Valley, BRRC, PO Box 9825, Balt, MD 21284. 410-243-3153

JAN 8 - Sat: Winter Flower Runs, Rockville, MCRRC, PO Box 1703, Rockville 20849. 301-353-0200

JAN 9,23,30 & FEB 20 - 8:30am: Indoor Track Meets, T.J. Comm Center, Arlington, DCRRC, PO Box 1352, Arlington, VA 22210. 703-241-0395

JAN 15 - Say 10:30am: Snowflake Chaser 5/10M & Half Marathon, Big Run State Pk, Garrett Co, Upper Potomac JCs, PO Box 206 Westernport 21562.

JAN 16 - Sun 9am: Loch Raven 10M, BRRC, PO Box 9825, Balt, MD 21284. 410-243-3153

JAN 16 - Sun 10am: 28th Annual JFK Memorial 20K + 5K FR, Hains Pt, DCRRC, PO Box 1352, Arlington, VA 22210. 703-241-0395

JAN 16 - Sun 10am: Great Valley Marathon, Chambersburg, PA, Mike Witter, 5645 Stamy Hill Rd. Waynesboro, PA 17268. 717-263-5631

JAN 22 - Sat: Frosty Four, Rockville, MCRRC, PO Box 1703, Rockville, MD 20849. 301-353-0200

JAN 23 - Sun 9am: Homewood 8K Run, Memorial Stadium, BRRC, PO Box 9825, Balt, MD 21284. 410-243-3153 (tentative)

JAN 29 - Sat 10:45am: DCCRC 10K Track Race, Woodson HS, Fairfax, PO Box 1352, Arlington, VA 22210. 703-241-0395

FEB 5 - Sat 9am: Belle Haven 25K, Alexandria, DCRRC, PO Box 1352, Arlington VA 22210. 703-241-0395

FEB 13 - Sun 1pm: Hampton Coliseum Half Marathon/5K, 22 Lincoln, Hampton, VA 23669. 800-800-2202

FEB 20 - Sun 10:30am: Washington's Birthday Marathon and Relay, Greenbelt, DCCRC, PO Box 1352, Arlington, VA 22210. 703-241-0395; Teams: Geo. Banker, 1421 Potomac Hts Dr., Ft. Washington, MD 20744. 301-248-5619

FEB 27 - Sun 8am: MD-DC RRCA Club Challenge 10M, Howard CC, Columbia, ***FREE TO ANNAPOLIS STRIDERS!,*** call the club hotline to sigh up. 410-268-1165

ANNAPOLIS STRIDER EVENTS

What's Coming Up

Sunday, December 26, 9:00 a.m.
* 15th Anniversary Run 15K,
Quiet Waters Park, Annapolis

Sunday, February 13, 10:00 a.m.
VALENTINE'S TWOSOME RELAY 5K,
Severna Park Middle School

Saturday, February 19, 10:00 a.m.
*WASHINGTON'S BIRTHDAY 5K
Bay Hills, Arnold

Sunday, March 6, 7:30 a.m.
B&A TRAIL MARATHON
Severna Park High School

* = CHAMPIONSHIP SERIES