S'I ANNAPOLIS STRIDERS

Volume XVI Number 5

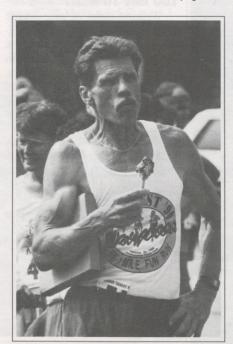
August/September 1994

John Wall Memorial Largest Yet

BY TOM BRADFORD, Race Director

Neither rain nor lightning kept 123 runners, the largest in the history of the race, from completing the 13th annual John Wall one mile run. The Wall family helped by providing the trophies and medal for this year's winners. Robert Marino won the race in a strong 4:30 (second fastest time in the history of the race), holding off 15 year old Andy Beal (4:33), who headed up a strong contingent of young runners from Bowie. Cynthia Symancyk won the women's race eas-

See JOHN WALL page 5



John Benkert enjoys some ice cream at the B&A Trail 10K. See story and pixs on page 9.



Jr. Striders love to compete!

The "Skinny" on Fat-Free

BY BOB FIELD

I'm sure all of you have been to the grocery store recently, and while strolling the aisles have noticed the ever increasing number of new products labeled "fat-free". If you are one of the many runners trying to lower their fat intake, and perhaps lose a few pounds of fat from your body, the sight of all these new fat-free products on the shelves can be truly mouth watering.

It seems to me that the shelves bulging with the most fat-free items

See FAT-FREE page 4

We Need Police Officers!

The Annapolis 10-Mile Race Committee needs off-duty law enforcement officers (city, state, or county) to donate their time on race day. If you are interested and available call Sue Briers, Race Director at 721-1442 for details.

INSIDE THIS ISSUE

Championship Series Results, page 8
Best T-Shirt Contest, page 11
Father's Day Race Results, page 13

Running In Egypt, page 9 John Wall Results, page 5 At The Meet, with Kathleen Heagney, page 8
PICTURES, PICTURES,







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MESSAGE

From the Editor

Eileen Hagan

y now everyone should have picked up on the fact that the Striders have a new logo. While the board and members got an early peak of the logo at the Annual banquet in March, it has taken us a bit longer to make the official change over. Jean Legum has our new stationary in circulation and Bob Field, Merchandise Manager for the Striders, informs me that he expects to have the Strider logo apparel debut at the Annapolis 10 mile run expo. (The expo is Saturday, August 27th at the Annapolis Lowes Hotel). Local graphic artist Ann Bakula designed the logo which projects a fresh modern image for the Club.

The Streak took the opportunity to reformat the newsletter. All reports seem to say it was a success - if I do say so myself! The three column format prepared by Katherine Burke at The Annapolis Publishing Company is more readable yet provides more space per page for articles and such. We have also begun using the cover page for copy again to provide more news. And I am delighted that Lee Masser, photographer par excellance, has joined the Streak staff. His photos which are in this issue and the previous one communicate the story in a way that mere words often cannot express. Thanks, Lee for sharing your time and talents.

Thanks to all of you who took time to express your satisfaction with the new Streak. I greatly appreciate your support. Enjoy your summer!



TOO HOT TO RUN?

Walking more of your speed? Consider joining the Bagel Walkers. The group meets daily at the Chesapeake Bagel Bakery in Severna Park and head out to the B&A Trail at 6:30, 7, 7:30 and 8 am. North Arundel Hospital and the Bakery are sponsoring the walks. The bagel shop rewards members with six free bagels each time they complete 25 miles. North Arundel Hospital has provided phamplets on nutrition and fitness.

Anyone interested should stop by the Bagel Bakery during one of the designated walking times or call North Arundel Hospital's Public Relations Department at 787-4367.

Another Jr. Strider gives it his all at the Bates Track.



MATT MACE, President Annapolis Striders

MESSAGE

From the President

Matt Mace

t is certainly difficult to believe that by the time you read this, the Summer will be winding down, Moore's Marines will be in full stride and only a few individuals will care enough to still debate whether three divisions are better than two for baseball. But before the Summer is over, please consider volunteering for the 19th annual Annapolis 10 miler. The field this year is expected to be the largest ever. Surely this year's participants will appreciate seeing another friendly face, particularly in light of the new "hill" (i.e. Severn River Bridge) that the State decided to add to the course. Plus you will also have the opportunity to attend the marvelous volunteer workers' picnic and pool party hosted each year by Leon and Bev Johnson. This year it is scheduled for Saturday, August 20th at 2:00 p.m.

Club Events Get Bigger And Better

This year has been a successful one for the Club, with more events than ever before in our history. Special thanks to Scott Eden, Ed Klebe and all those involved in the extremely successful Junior Striders. The bi-monthly Track Series for the kids conducted during the months of June and July had record turn outs. The club is considering the possibility of a youth cross country race this fall. Stay tuned for details.

Special thanks also to Even Thomas who has coordinated our Beginning Running Program. This is just the second year for this Club event and participation more than doubled over last year. One of the participants designed a commemorative T-shirt for the runners and staff which is just about the best I've seen this year. Additionally, ET signed up over 25 new Strider members, too! We may have to offer him a discount on his dues.

North County Here We Come

The Club's early summer exposure to North County runs was also a winner. Those of you who attended the Father's Day 10K with almost 350 runners will have to agree that Pat Donahue and the Race Committee, including the North Arundel Hospital volunteers, put on a first rate event. People are still talking about the tremendous outlay of food. (Other race directors take note!) We hope to follow through with more events in that area.

Those of you who will not be competing in a marathon in early November should consider running in a cross country meet to which the Striders have been CHALLENGED by the Baltimore Road Runners Club. Tentatively we are planning on Saturday, November 5 at 10 am. This 5K race to be held at Baybrook Park in Brooklyn Park would be a chance to fit cross country run into your schedule. More to follow on this and the possibility of a late Fall or early Winter run on the trail around the Fort Meade golf course.

Running In Annapolis

Those of you who read the editorial in The Evening Capital after the Annapolis Triathalon probably were as discouraged as I was. The writer was lamenting the proliferation of running and triathalon events which were tying up Annapolis and adding to the summer tourist congestion. For the record, the Striders are not in any way associated with the triathalon which was conducted in

June. Additionally, the Striders conduct only 2 of our 20 club races on the streets of Annapolis. (An extra 10 seconds per mile for those who know which 2 without looking at the list!). We conduct and are affiliated only with races which are well planned and carried out in accordance with RRCA guidelines. We like to think our races make a positive contribution to the community not only financially but for fitness and fun. Enough said.

Nominating Committee

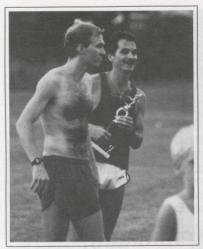
In accordance with a change enacted to the Bylaws at this year's annual meeting, the Board has elected a five member Nominating Committee. The individuals appointed are: Dick Hillman, Sue Briers, Ron Bowman, Will Scott and Tom Bradford. The Committee is responsible for filling unexpected vacancies on the Board between now and the end of the year and will be responsible for drafting a slate for the new year. Give one or all a call if you are interested in serving on the Board.

In Memoriam

I am sad to relay to those who do not already know that Jerry Wilson passed away while participating in the one mile open run with his son at the Junior Striders' June 11th meet. We are all certainly very saddened by the loss. I encourage everyone to be cautious while running in this hot, humid weather particularly if you are a beginning runner.

Finally, many of you may recall Joe Porricelli who passed away last year. Joe was active with Moore's Marines and a regular on the Saturday morning Rt. 450 runs. The Strider Board have voted to contribute up to \$1000 to assist Joe's family in the placement of a water fountain on the B&A Trail in his memory. Striders who also wish to donate to this very worthy cause should make their checks payable to the Club, specifically noting that the funds are to be used for the Porricelli memorial. Checks should be mailed to the Strider Post Office Box or maybe given directly to Ben Moore or Jonas Legum who are in charge of this project. I know the family will be most grateful for your thoughtful-

See you on the roads!



Matt Mace (left) seems to be ignoring the winner Bob Marino!



A focused June Schneider.



Dave Webster, our barefoot runner.



Sue Briers checks off the participants.



Wall One
Mile Run
July 9,'94

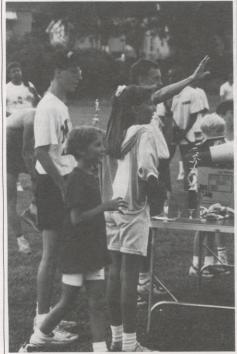
PHOTOS
BY LEE
MASSER



Ed Klebe is wired to record.

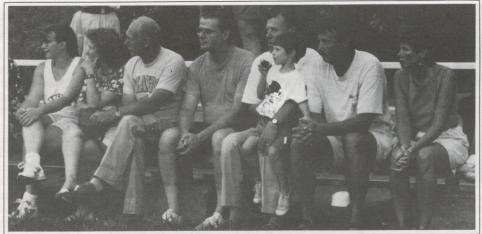
Left: Heat #2 gathers at the start.

Below: Heat #3 hits the mark!



Younger Wall children (Dave Wall in cap) assist with the awards.





Above: The family of John Wall gathers to take in the race.



Right: Race Director Tom Bradford surveys the field.

JOHN WALL ONE MILE RUN

Continued from page 1

ily for the second year in a row in 5:42. In the masters field, David Webster was first in 4:48 and running barefoot. Pam Haley won the women's trophy in 6:54. Two of the most impressive performances were turned in by runners at the opposite ends of the age spectrum. Cyril Holland at age 10 ran a 6:00 and Denzil Pritchard at age 73 turned in a 7:02. Unbelievable! If we ever have a Father & Son race watch out for Paul (36) and Aaryn (13) Baltutis who ran 4:57 and 5:35 respectively.

It is worth noting the conspicuous absence at this year's race of Will Scott, who had been the only runner to complete all previous races. Please give him a hard time when you see him about his obvious lack of dedication.

Thanks to all the volunteers. Ed "Bates Track" Klebe always makes every event at the Track a little smoother than it would be otherwise. I must express a very special thanks to my wife and best friend Sharon Bradford, who does the hard work at the table to sign up and score all the runners. She did it this year despite having had surgery the week before. See you all next year.

	RESULT	S	
1	Robert Marino	36	4:30
2	Andy Beal	15	4:33
3	Mitchell Conover	22	4:40
4	James Garrett	29	4:41
5	Mark Jones	33	4:43
6	David Webster	41	4:48
7	Ted Poulos	32	4:49
8	Timothy Briles	15	4:51
9	Scott Eden	40	4:54
10	Remus Medley	24	4:56
11	Paul Baltutis	36	4:57
12	Gary Rust	47	4:57
13	Matt Mace	33	4:59
14	Jim Griffith	34	5:00
15	Paul Serra	38	5:01
16	Steve Donahue	33 18	5:04 5:06
17 18	Jerry Pentoney Rick Woods	39	5:08
19	Chris Kennedy	16	5:09
20	Kevin Case	16	5:14
21	Clint Henderson	38	5:20
22	Eric Gyaki	45	5:20
23	Dave Walser	35	5:21
24	Joe Clorety	51	5:24
25	Elliott Flick	26	5:24
26	Jim Buck	51	5:24
27	Bill Turrentine	45	5:25
28	Aaron Rendahl	16	5:30
29	Francisco Sanches	52	5:31
30	Scott Mangum	38	5:31
31	Fred Shanklin	53	5:31
32	Oliver Payne	42	5:32
33	Jim Kaufman	40	5:33
34	Glen Bell	23	5:34
35	Fred Godart	34	5:35
36	Aaryn Baltutis	13	5:35
37	Dan Masterson	49	5:38
38	John Fay	47	5:39
39	James Lundeen	35	5:40
40	Bob Palatka	41 37	5:41 5:41
42	Bob Hoyt Cynthia Symancyk	20	5:42
43	Daniel Nellius	34	5:44
44	Ron Bowman	44	5:45
45	Chris Townson	17	5:47
46	Michael Banz	40	5:50
47	John Gallagher	45	5:52
48	Jason Case	15	5:52
49	Jennifer Sullivan	29	5:55
50	Fred Simpson	43	5:56
51	Mike Brian	44	5:57
52	Jose Badillo	56	5:57
53	Carl Reed	42	5:58
54	William Derr	55	5:58
55	Sarah Kaufman	15	6:00
56	Cyril Holland	10	6:00
57	Jennifer Lundeen	34	6:02
58	Diane Turchick	30	6:02
59	Ed Klebe	54	6:03
60	Jerry Pentoney	51	6:03
61	Jim Noctor	54	6:04

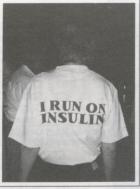
62	James Carter	37	6:05
63	Pat Donahue	42	6:05
64	Peter Salmon-Cox	54	6:05
65	Ray Wyvill	38	6:07
66	Sue Briers	38	6:09
67 68	Brad Mahanes Shauna Donahue	16	6:12
69	Gary Sewell	52	6:13
70	Connor Blemly	10	6:15
71	Craig Blemly	42	6:15
72	Kathryn Wittmer	30	6:17
73	Jim Storey	53	6:17
74	Andy Fitzgerald	18	6:18
75	John Pack	54	6:18
76	Jay Rohloff	33	6:20
77	Tim Smith	40	6:22
78	Richard Redwood	12	6:23
79	Paul Cleaves	39	6:23
80	Evan Thomas	53	6:26
81	Tom Bradford	51	6:34
82	Jon Meyer	47	6:36
83	Don Higdon	52	6:37
84	Jim Etchison	41	6:37
85	Brenda Lee Norman	36	6:39
86	Andy Masterson	10	6:39
87	Dan Symancyk	47	6:40
88	Will Myers	45	6:42
89	Kitty Good	38	6:44
90	David Richards	31	6:46
91	Antwan Slaughter	13	6:52
92	Ben Moore	69	6:53
93	Pam Haley	44	6:54
94	Mary Norton	18	6:55
95	Nancy Mann	48	6:56
96	David Walser	12	6:57
97	Hillary Brown	11	6:59
98	June Schneider	47	7:01
99	Paul Brown	41	7:02
100	Denzil Pritchard	73	7:02
101	John Strumsky	54	7:07
102		49	7:09
103		36	7:10
101			
104	Bill Vogenitz	46	7:14
105	Lee Masser	58	7:18
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62 James Carter

37 6:05



Arnie Henderson won for "Best in His Age Group" (He had very little competition).



Louise Turrentine won for the "Best Medical T-shirt" from the International Diabetes Assoc. Race.



Sue Briers wins in the "Longest Race" category.



Ben Moore, the cosummate Marine, arrived in the "Most Politically Incorrect" shirt.



Lee Patrick won for "Best Smile".

Best T-Shirts Contest

In early May several fun loving Striders showed up at Case Grande's to participate in the first official Streak sponsored Best Running T-Shirt Contest. While the turnout was below our expectations, the fun and frolic exceeded our wildest dreams. At any rate the smaller crowd assured that everyone could win a prize and how often in life does that happen? Some folks had a hard time choosing a shirt and so they brought an extra one along in addition to the one which they wore. None had such a hard time choosing, however, as Louise Zeitlen who wore 5 shirts! Wouldn't you know it though, June Schneider wore one of the same shirts. At the other extreme, Lee Patrick arrived sans t-shirt. We're not sure but we think he was there to disco. Jean and Jonas Legum showed up early but alas had to leave prior to judging so we didn't even get to see their shirts.

My apologies to those we failed to capture on film but rest assured that it was not because we didn't find their shirts interesting. Betty Moore won for having the oldest shirt - the 1979 Bonnie Bell 10,000 meters, a true classic (Betty and the race). Kathleen Heagney wore the prettiest shirt from the NY Runner's Midnight Run. Peter Salmon-Cox also had a second entry for the Ugliest and Dirtiest t-shirt (Tenley Town 10K) but this one was to ugly to bother with. Lee Masser easily won for the Craziest Award for a Pig R Precious Race which was obviously conducted by some crazed Redskins fans. Thanks to all who came out. We are looking for more fun loving events in the future so stay tuned and if you have any ideas drop us a line.

PHOTOS BY KATHLEEN HEAGNEY



Jean Legum & daughter

made an appearance.

Bill Turrentine easily won for having the "Most Obscure Race Shirt", the 7th Sgambettata Maggio in St. Maria, Capua, Italy.



Brev Moore models a "Classic Race Shirt", well done, Brev.



Alexis Turrentine had the "Best County Park" race shirt.



Ardis Henderson occasionally runs in this "Most Expressive" tee.



Jackie Crowe turned out in the "Best Custom Shirt" (his name appears on the back!).



June Schneider proudly displays the "Oldest Race for Women" shirt



Peter Salmon-Cox wore a shirt judged "Most Politically Correct", the female runner preceded the male runner.



Louise Zeitlen surveys the competition.

FAT-FREE

Continued from page 1

are in the snack food aisles. If you are tempted by the new fat-free versions of cookies, brownies, cakes, crackers, chips, candy, frozen desserts and the many other treats in disguise, then be aware that these products are often quite high in sugar, salt and calories. However, if you don't consume excessive amounts of sugar, salt and calories. then snacking on these fat-free products is fairly harmless. Since fat is the major culprit in raising blood cholesterol levels, these snacks are great substitutes for the fat-filled versions if you are concerned with lowering your blood cholesterol.

If you are watching your weight, however, beware! It is easy to consume vast quantities of snack items when the



fat-free alternative is available. After all, fat-free means it can not make you fat! NOT! However you consume them, eating more calories than you need to fuel your daily activities will result in energy storage by your body as fat. Fat-free deserts are often loaded with sugar and salt to compensate for the lack of fat. Eating lots of this stuff can and will result in weight gain.

Okay, so are fat-free products just plain bad news? Not at all! If you are watching your weight, fat-free snacks are a great substitute for the regular fat-filled versions when eaten in moderation. Keeping your consumption of these snacks under 10% - 15% of your total diet is a reasonable goal.

Also be aware, that many of these fatfree snacks contain "empty" calories due to their high sugar content, meaning few nutrients for all the calories they have. The smart choice of course for between meal snacks, are fresh fruits, crunchy vegetables and rich tasting whole grains which are packed with nutrients.

Let's face it though, at times the only way to satisfy a craving for a fattening food is to just go ahead and eat a small amount of the "real thing" instead of giant helpings of the fat-free substitute. So once in awhile allow yourself a small but gratifying indulgence without feeling guilty. After all, you earned it for completing that last run didn't you?

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% discount on any non-sale shoe.

FOOT LOCKER

Annapolis Harbour Center 2572 Solomons Island Road 410-798-6068. 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.

BIKEBIZ

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

MANDELL CHIROPRACTIC CLINIC

134 Holiday Court, Suite 309, Annapolis, Md 21401 410-266-3030. No charge initial consultation including computer muscle tests of quadriceps and hamstring muscles to determine unbalance or weakness. Call for appointment.

HELP WANTED

Annapolis 10 M Run



Exciting opportunity for "just the right" volunteers to learn from the masters the art of proper race volunteering.

Hundreds of volunteers are needed to work this year's race, deemed "one of America's Top 100 Races" by Runner's World.

If you worked before, please return, and if you're new, we are anxious to hear from you! Please call Julie Lane, Volunteer Director, today ((410) 987-6291

Be Part of The East Coast's BEST 10 Mile Race!

At The Meet

BY KATHLEEN HEAGNEY

ongratulations to Doris Harrington who has volunteered to co-author the upcoming publication, "Course Monitors' Cheers Handbook." Doris and I will be accepting your written sugges-



tions as we create this exciting and invigorating guide for course monitors around the country (the international edition will follow). Volunteers are encouraged to join us throughout the entire process - don't be shy – your

energy, suggestions, and talents may make a difference.

My running has been difficult lately due undoubtedly to the excessive temperatures and high humidity. Consequently, I've been taking it easy and stopping and smelling the roses, literally. On one particularly arduous outing, I wondered if my running would ever improve. Along this run, I stopped and admired some of the grand gardens nurtured to full bloom by their owners. Continuing along the route, I stopped again (it was hot!) and observed an ordinary weed revealing a purple flower. I was awed by its simplicity and quiet accomplishment. I thought if that unsightly weed could produce this poor man's rose without a gardner's care and attention, imagine what I can do with the strength of my running club and its many nurturing activities.

Our Annapolis Strider Running Club offers many short and long distance training runs to assist us in meeting our running goals and ambitions. I encourage each of you to take advantage of these activities through participation and volunteerism. I'm especially looking forward to meeting many of you this summer for the Marine Corps Marathon training runs on Saturdays. If marathon running is not your forte, the club has fun runs, short and long distance races (my favorite is the Annapolis 10 Mile), Tshirt contests, and many more activities that you can be a part of. If you're currently struggling in your running as I have been, plant yourself in some Annapolis Strider activities. You may experience a surge of growth in your running ability as a result of the nutritious Annapolis Strider soil. You'll probably get very fragrant (especially if you fail to shower), and beautiful - both inside and out!

Let's turn our attention now to some budding members from the club:

LUANNE TURRENTINE Luanne was a winner at the Striders' recent club T-shirt contest and continues to be a winner in her running. She began her running 14 years ago when her daughter Alexis was 2 years old. She confided in me that she, "...had to get OUT!!" Luanne started by walking, jogging, and then running with the Naples, Italy Running Club - I imagine they did quite a bit of carbo-loading there. Alexis and Luanne survived the terrible two's and are now a running family, joined by father and husband, Bill. Alexis runs cross-country and Bill enjoys endurance and ultra runs with Luanne.

Luanne has a rich history of travel and accomplishments She was born and raised in Hector, Minnesota, graduated in 1971 from the University of Minnesota and subsequently joined the Navy. As a result of her career with the Navy, she has traveled Europe and boasts of running international marathons in exotic locations such as Athens, Stockholm, and Spain. Spain was her first marathon after running a mere six months. The race the next year she won as the first woman finisher at 3:30.

Luanne's travels soon brought her to Annapolis in 1984 where, as a Lieutenant Commander, she taught political science at the Naval Academy. Around 1984, a German Exchange Officer and Strider member persuaded Luanne to join the club. Since then, she's continued to make great strides in her running and life. She's accomplished more than she ever imagined. In 1988 Luanne received what to many of us would have been devastating and debilitating news - she was diagnosed with diabetes. Yet Luanne states that since that time, she has continued to flourish in her running and has added a litany of miles to her course. She has completed four marathons, two 50mile races and one 100-mile race. And Luanne is not without humor and wit as evidenced by the back of her winning T-shirt which reads, "Running on Insulin".

Luanne's determination and perseverance has brought her many rewards and some pain. She told me her poorest running experiences were those races that weren't finished. During one particular race she was running 40 miles on a sprained ankle. She said it got "kind of painful." Yet it is that "kind" of strength from which Luanne thrives and breaks new ground as she continues to grow to her endless potential.

Luanne could rest on her laurels, but this is not a one-dimensional woman. Retired from the Navy, Luanne returned to higher education to study psychology. In May of this year, she graduated from the University of Maryland with a B.A. degree. Her goals are to contribute her skills and talents to resolve issues dealing with chronic pain, coping with disease and other mental/physical health issues.

Luanne's fantasy race is to run a 100K race in the Alps. Her goals are to improve her times and do more 100-mile races. Doesn't Luanne know that when someone says, "go on," it's just an expression and she needn't take it literally. But she just won't stop.

JIM BUCK A gentlemanly quiet (GQ) and patient man is he. I interviewed him back in February and am just now printing this interview. I hope he hasn't gotten married or added children to his family since then. I like my stuff to be currant. Jim was born in Philadelphia, moved to Annapolis in 1964, and now lives in Severna Park. Because he's from Philadelphia, he wants to get a recording of the Rocky theme (for those of you not in the know, of which I was not, Rocky's from Philadelphia) to go with his Chariots of Fire theme music which he listens to for inspiration.

A single parent, Jim has two children. His son Jeffrey is 25 yrs old and his daughter Kimberly is 30 years old. In an attempt to obfuscated that someone may call him Gramp, he told me that his son has a nephew six years old.

Jim works for the Department of Defense at Fort Meade as a TV Production Studio Manager. It was at Fort Meade where he began his running 10 years ago. He was challenged by a co-worker to complete a 5-mile race at Fort Meade and has been running ever since.

He runs competitively and enjoys the short races, 10 miles and under. But he doesn't shy away from the longer distances; in fact, his favorite race is the Marine Corps Marathon because of the beautiful monuments and invigorating crowd. He also enjoys bicycling, tennis, and racquetball. He's

most comfortable in sportswear participating in outdoor activities, but he knows how to wear a suit and tie and dance a step or two as evidenced at this years' Annual Banquet Award dinner/dance.

Jim lived in Europe for six years and, as a result, was able to travel to international and domestic locations such as Japan, Korea, Hong Kong, and Hawaii. He also has an interesting hobby of collecting civil war rifles. And, not least of all his activities is his service to the Annapolis Striders as Treasurer. Jim joined the Annapolis Striders in 1987 and became Club Treasurer this year.

This is another Strider who continues to thrive as he pursues his diverse interests and dedicates himself to running and the running community. Jim's formula for success is perseverance. He advises runners that speed and distance will come but not without perseverance - "just hang in there and work at it". His goals are to keep running and complete more marathons. He currently runs a training pace of 6:45 and race pace of 6:05. His running courses are as diverse as his interests. You may find him running out at Fort Meade, on Route 450, the B&A trail, and I might see him on my running grounds, the Mt. Vernon Bike Trail in Alexandria, Virginia. This GQ man gets around!

DENNIS MELTON Dennis and I were Bay Bridge Race finish line volunteers on that day of threatening torrential rains and potentially billowing winds. Of course, you may recall, the storm held off and the race was held. Nonetheless, Dennis was ready and prepared for the potentiality of the day by wrapping himself in his black rubberized trench coat. I might also add that with the coat buttoned and his shorts concealed, his appearance reflected a readiness for more than just rain. This was my first meeting of Dennis and I immediately knew he was one of those eventual achievers I referred to in my opening paragraph (see the discussion on the purple flower).

Dennis works for the State of Maryland as a CPA but also has an active and prosperous interest in old home restoration. He's a native of Southern Indiana and graduated from the University of Indiana in 1974. He's married to Jean and has two daughters, Katie who is 5 years old and Julia who is 3 years old.

He joined the Annapolis Striders in 1987 as a result of Dick Hillman's arm-twisting. He says his running type is "poor" and illustrates this by telling me about his recent New York Marathon experience. He thought he could run the marathon without doing the training. He admits he was wrong and confesses that he felt like a whooped dog by the time he finished the marathon at 4:50. But he's not discouraged and still has a running goal of completing two marathons a year.

His marathon history includes three marathons; two New York Marathons, and one Marine Corps Marathon. He's planning to run the Twin City Marathon in Minnesota this year. His favorite race is the George Washington 15K because he thinks it's the most scenic in this area. His best running time for a 10K is 42:00. A race designed by Dennis would be all downhill (I can think of a couple of course monitor cheers - "Last hill!" or "The rest is downhill!") He says he loves running, especially, he adds, when it's over.

This budding runner welcomes a partner to help him grow in his running potential. He is an early riser and runs around 5:30 a.m. to 6:00 a.m., about 3-4 miles on weekdays and 6-10 miles on the weekends at an 8-minute mile pace. One location he enjoys running is on the B&A trail. Call Dennis at 514-7473 if you'd like to run with him. And Dennis, join us for the Marine Corps training runs out on 450 - you may get to change your running type to "trained" if you join us and do the work before running your next 26.2 miles.



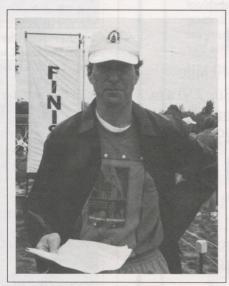
LUANNE TURRENTINE

Luanne
started by
walking,
jogging, and
then running
in beautiful
downtown
Naples, Italy.



Jim's favorite
race is the
Marine Corps
Marathon
because of the
beautiful
monuments
and
invigorating
crowd.

JIM BUCK



DENNIS MELTON

Dennis's
marathon
history includes
two New York
and one
Marine Corps
marathon. He
plans to run
Minnesota's
Twin City
Marathon
later this year.

WE NEED YOU

Volunteer PLEASE

Choose a race.

Dial the phone number listed and get the specifics about that race

Join the excitement and fun – volunteer!



Dog Days of Summer 8K Sunday, August 14th, 8:00 a.m. Paul Baltutis 674-5564



Annapolis 10 Mile Sunday, August 28th, 7:50 a.m. **Julie Lane** 987-6291



Dawson's 5M Sunday, Sept. 11, 8:00 a.m. Ivan Pressman 268-1165

Memories From Boston

BY JOSÉ BADILLO

he morning of the marathon I sat with other Striders near a brick wall at the Hopkington School contemplating what was ahead for myself. For a Boston'newbee', all I heard was that it was an easy course. My underlying fear is that anytime someone mentions an easy course is because they are trying to ease my anxieties or they did the course in the the passenger's seat of any air conditioned car. I kept thinking how the citizenry of Boston were gracious to comprehend my Texican lingo and I did not mimic their "Bostoneese" or driving habits.

When I was waiting at the starting line for the gun I was dreaming: if only the winter had not been so long and I could have had one more week to run... maybe another 10 mile run on Rt. 450 could have prepared me better or ...maybe I should not have ate so much junk food or ...perhaps an extra helping of pasta at the Runner's Pasta Dinner the night before would have given me an extra boost of energy. As these thoughts raced through my mind I was startled to hear the gun sound and we were saying goodbye to Hopkington ready or not.

As I trudged through Framingham, Natick, Wellesley and on, on, and on, I anxiously kept looking for a fire station and a dreaded HILL that finally came at the 20 mile split. The struggle up Heartbreak Hill reminded me of a Roman Coliseum from centuries gone by; the Coliseum (Boston Marathon), the spectators, the lion (Heartbreak Hill), the Gladiator (myself trying to avoid being devoured by the lion) I fortunately was able to gather enough strength and will power to struggle up the hill and felt like Rocky Balboa when I reached the top. Thankful that this time the lion had not devoured the gladiator.

After Heartbreak Hill the drama began because I was devoid of energy and sore from head to toe. Fortunately, I found enough energy and with the spectators on my side, I trotted sluggishly to the finish line (3:30:11) with a smile. Knowing full well that I had became part of the Boston Marathon lore' and thereby earned a return trip to battle the lion

again in 1995.

1995 DISNEY MARATHON

The Leukemia Society of America is asking runners who plan to participate in the Disney World Marathon on January 8, 1995 to join in the CURE FOR LEUKEMIA 2000. Each member of the Striders who signs up for this worthwhile effort will try and raise \$2000. In exchange, they will travel free to the race. Members may contact Ben Moore at 410-268-3832, the designated Annapolis area coach for the "Disney Team in Training".

1995 WHITE MOUNTAIN MARCO POLO EXCURSION

Dick Hillman has already mapped out eight days of endless hiking in the White Mountains of New Hampshire for the week of June 26-July 3, 1995. He promises something for everyone! And those of us who have travelled with Dick know he always lives up to his promises. Potluck dinner to discuss the trip (and rehash previous years hikes) is scheduled for Sunday October 23rd at 6 pm. at the Hillman abode for all interested persons. Call Dick at 410-263-1844 for more info.

RUNNER'S HOTLINE

The American Running and Fitness Association has a free sports medicine referral service. It lists more than 5,000 running oriented specialists nationwide and will put you in touch with local podiatrists, cardiologists, nutritionists, even trainers and coaches. The number is (800) 776-ARFA.

Get your message to the guys in the fast lane ADVERTISE in the STREAK!

Deadline for Oct. issue is Sept. 6th. • Call Eileen Hagan, 263-1397



Rose Mallov



Steve Egolf

PHOTOS BY

LEE MASSER

The B&A Trail 10K



Alan Wycherley



Yvonne Aasen proudly displays her trophy.



James Carter



The Colonial



Don Kennedy towels off.

"Are you sure you finished before me?"



Reggie Haseltine



Waiting for the awards announcements.



All ages participated in the 1994 B&A Trail 10K.



A-10 WORKERS' PICNIC AND RUN

Annapolis Run Workers' Picnic is Saturday, August 20th 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.



Steel, Plate Glass, & Surprises!

BY SHARON SERIO

The Pittsburgh Marathon is truly an event worthy of the energy and sweat it takes to run 26.2 miles. At the invitation of Mom Malloy's daughter Rose, Ken Lyons, Pam and Jerry Haley, Sue Briers, Eric Fromm, Bob "Five Percent" Fields, Doris and TJ Harrington, Brad Chapman, Ben Moore, Rose, and I traveled up, up, up to Steeltown on April 30 to run the May 1 race.

The City is situated in the valley where the Ohio, Allegheny, and Monongahela Rivers converge. Great, arched steel bridges span these rivers and shining steel and glass skyscrapers reach high, high into the sky. Looking out at the city from the window of the hotel room on the fifteenth floor, I was struck with the thought that everything -- from the swift, flowing green rivers and the hard-brown, rocky hillsides to the steel buildings towering around me -- everything in my sight looked rock-hard, powerful, and cold! I wondered if I was a "hard" enough runner to climb these hills and "own" these miles.

May 1 began as a fairly, mild, and overcast day with a temperature of 55 degrees at 5:30 a.m. As we walked the eight blocks to the Civic Arena to board the buses to the starting line, the wind began to pick up. By the time we lined up for the 8:30 a.m. start, the temperature had dropped several degrees and the wind was blowing hard! The heat generated by the 3,000 or so eager marathon runners packed tightly together in the starting line was welcome.

The course runs through many of the diverse and delightful neighborhoods of the city. Miles were marked both by 2 large shoe soles painted on the pavement next to the letters P. M. and by blue, and white placards. The course was closed to traffic; purple, white, and blue banners proclaiming, "City of Pittsburgh Marathon," hung from street lights and signposts, many

tossed and tangled by the 10-15 MPH wind that pushed me backwards and forwards as I crossed the rivers on giant steel bridges.

The marathon entry form shows the course as rolling, with a rise of a mile at Mile 11 and a long, descent beginning at Mile 22 -- all the way to the finish. Rose was very accurate in her description of the race as having only one hill. A few more discerning Striders, namely Ken and TJ, did mention at the finish several other " ascents" but I think they are being nit picky. Or they may have been suffering the effects of frostbitten hands because they also kept talking about the six pairs of new gloves that they had, at the urging of other Striders whose names I will not mention, left in their hotel rooms!

We ran across each river, along their banks, and through neighborhoods named Lawrenceville, the Strip District, North Side, Manchester, West End, Carson St. and South Side, Oakland, Shadyside, Homewood and Brushton, Highland Park, East Liberty and Bloomfield. Cheering spectators lined the street handing out oranges, bananas, and strawberries. Water stops were every 2.5 miles and, after the half-way point, every mile. Gatorade was also available and at Mile 23 there was a Beer Stop! Medical aid stations, 21 in all, doted the course. Each station I noticed was empty with the staff standing outside cheering. I knew I wasn't running that slow, so I attribute their lack of business to the cool weather.

We were entertained by high school bands, rock bands, groups playing steel drums (my favorite was the group of girls playing these at West End Bridge), polka bands, bagpipers, a lone guitarist, a single flautist, and people ringing cowbells and beating on tin cans! I ran the first 10 miles near a runner who, to the delight of the spectators (and his fellow runners), carried a bugle on which he played a call at every 1/4 mile! (I lost track of him but keep wondering if at the finish line he played "Taps" and fell over!) Before we were out of reach of the cheers and music from one neighborhood, we were picked up by the sounds of the next. All this carried me around, over, across, and through the city. It was very easy to stay away from feelings of pain and fatigue and let the sounds and sights move me along.

At the halfway point, right after "the hill," Dave, Betty Rae, Tom and Eric Malloy greeted me with coke, candy, encouraging smiles, and genuine enthusiam about the marathon. This was inspite of the fact they they were standing still and it was cold! (Later I found out it was 44 degrees!) With a support team like this, no wonder Rose is such a good runner! From this point to Mile 19, I ran strong and easy. Nothing hurt. I had passed Mile 16 at 2:02! The wind, as tormenting as it was at times, was cooling so I wasn't sweating too much. I couldn't believe it! I continually reminded myself to relax and not to tense.

At Mile 20, my legs began to tire and I could see "the wall" looming before me. A little girl offered me an orange slice and it had a magic effect! From here to the finish line, it was orange slice to orange slice! (I passed up the beer!) I crossed the finish line in 4:09:38, a PR for me. As one of the 2,000 volunteers it takes to put on this race put a medal around my neck, I was already envisioning a Boston marathon in my future and wondering why I had carried the bus fare back to the hotel in my shorts!

lap by lap six o'clock sunrise around the track gray shadow lightening

lap by lap quick feet flashing tap-tap-tap rose runner glimmering, racing the dawn. twelve o'clock noontime around the track fervid ray reddening

lap by lap blind feet blazing zap-zap-zap fire runner scorching, chasing the sun nine o'clock sunset around the track rose runner darkening

lap by lap quick feet flashing tap-tap-tap deep shadow breathing, dreaming of dawn.

CYNTHIA J. SYMANCYK

STREAK AUGUST / SEPTEMBER 1994

Father's Day 10K

Pat Donahue, Race Director

A new location but the same hot, humid weather was the order of the day for the Father's Day 10 K. A record number of runners (over 340) completed the scenic B&A Trail course. This Father's Day race represented a first in many ways. It was dedicated in memory of Pat O'Brien, an avid Strider and former Board member and employee of North Arundel Hospital. The race was also the first race in the Anne Arundel County's Executive Series challenge. Delegate Mike Busch represented the County and assisted in the awards ceremony. Keith Mills, Channel 2 News, was the honorary race chairman and presented awards to the top finishers.

North Arundel Hospital was a major factor in the success of this race. Hospital employees and volunteers manned the water stops; provided food and drinks at the finish line area; entertained with balloons and the kids run; donated the awards as well as the random prizes; and of course, provided medical support.

The winning time for the race was set by Steve Egolf at 33:09, a major accomplishment considering the wather. The first female was Rase Malloy in a time of 39:35. The youngest runner was David Walser at age 12 and the oldest runner was Denzil Pritchard at 73.

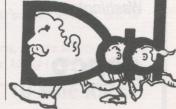
I would like to thank the Race Committee for their time and effort. The Commmittee included members from the hospital staff (lead by Kevin Murnane), Striders and Anne Arundel County Parks and Recreation staff. This nucleus of people, along with race day volunteers, made this race a HUGE success! Because of these people and the tremendous turnout, the Striders were able to make a significant donation to the Hospital's Pediatrics Department.

The volunteers from the Striders included: Ron Jarashow (Race Results). Kitty Good (His Side Kick), and Evan Thomas (Mr. All Around). Other volunteers I remember: Karen Pumphrey, Bridget and Jennifer Etchison and Jon Donahue. A few other people just jumped into help but got away before I could get their names. Thanks also to the Glen Burnie Improvement Association for allowing us to use their facilities.

1	EGOLF, STEVE GARRETT, JAMES POINTER, MAURICE MACE, MATTHEW BOETIG, SCOTT WEBSTER, DAVID BURNS, ROBERT	31	33:09
2 3	POINTER, MAURICE	29 38 33	
5	MACE, MATTHEW BOETIG, SCOTT	33	35:52
6 7	WEBSTER, DAVID BURNS, ROBERT	41	35:59 36:05
8	BURNS, ROBERT KAVANAGH, JACK BENKERT, JOHN PRENDKI, TOM GRIFFITH, JIM SCHRADER, ERIC MILLER, BRUCE KIRKPATRICK, JOHN	38	36:13 36:19
9	PRENDKI, TOM	53 37	36:29
11 12	GRIFFITH, JIM SCHRADER, ERIC	34	36:38 36:47
	MILLER, BRUCE KIRKPATRICK, JOHN	34 50	36:47 37:10 37:12
15	DOWNS, BOBBY	18	37:28
16	MILLER, BROCE KIRKPATRICK, JOHN DOWNS, BOBBY ZEWISKY BOB BRADLEY, RICKY VILLEMEZ, CLYDE	36 27 47	37:38 38:01
18 19	AIDDDINGS, CO.DD		
20	DRAENSFIELD, MICHAI RILEY, CHRIS LORDEN, RAY PITARRA, SR, JOHN SPLICH, GEORGE NECOX, JOHN SINCLAIR, CHRIS SANCHES, FRANCISCO PELTOSALO, ERIC TURBENTIME BILL	50	38:20 38:27 38:29
22 23	PITARRA, SR, JOHN	53	38:31
24	NECOX, JOHN	24	38:40 38:40
25	SINCLAIR, CHRIS SANCHES, FRANCISCO	26 59	38:40 38:52
27	SANCHES, FRANCISCO PELTOSALO, ERIC TURRENTINE, BILL SERRA, PAUL POLLARD, MARK MORTON, ERIC MALLOY, ROSE SCHNABLE, ROBERT HENS, PETER	44	38:55
29	SERRA, PAUL	38	39.17
31	MORTON, ERIC	31	39:06 39:17 39:20 39:28 39:35
32	MALLOY, ROSE SCHNABLE, ROBERT	45 27	39:35 40:07 40:10 40:12 40:32 40:39
34	HENS, PETER	43	40:10
36	HENS, PETER MIKO, JOE GRAY, MARK	27	40:32
37	MANGUM, SCOTT	37	40:53
39	SMITH, TIMOTHY KAVANAGH, MICHAEL	29 34	40:54
41	AULT, JOHN	42	41:00
43	GRAY, MARK CLORETY, JOE MANGUM, SCOTT SMITH, TIMOTHY KAVANAGH, MICHAEL AULT, JOHN LEEK, JAWES SOMERVILLE, RON WALSER, DAVE LEWIS.R. TROY ROSASCO, CAROLE WITTINGTON, ANDREW SHAWKLIN, FRED GYAKI.ERIC ARNOLD WILLIAM REPASKY, RICHARD	36 18 35 47	41:22
44	WALSER, DAVE LEWIS. JR. TROY	35 47	41:22 41:28 41:32 41:34
46	ROSASCO, CAROLE	34	41:34
48	SHANKLIN, FRED	46 52 45	
50	ARNOLD, WILLIAM	48 40	41:46
51 52	REPASKY, RICHARD SANDOVAL, JOE	40 30 28	42.07
53 54	SULLIVAN, JENNIFER	28	42:11
55	FELD BENNETT	38	42-17
57	GREENFIELD, JR, JO	43 H41	42:19 42:20
58 59	STANTON, HAROLD GREENFIELD, JR, JO LEAVITT, STEPHEN RAYMOND, BRIAN	42	42:27 42:27
	WEISGERBER, CRAIG KLEBE, ED KAUFMAN, JAMES ELZINGA, BILL DOWNS, JOHN	46 29 54	42:31 42:36 42:59 43:08
61	KAUFMAN, JAMES	40	42:59
64	RAUFMAN, JAMES ELZINGA, BILL DOWNS, JOHN NORTON, JAMES HENDERSON, CLINT KENNEDY, MICHAEL ROBINSON, VERN	56	43:13
65	NORTON, JAMES HENDERSON, CLINT	37	43:13 43:14 43:25
67	KENNEDY, MICHAEL ROBINSON, VERN	36	43:27 43:31 43:32
69	ROBINSON, VERN GILLILAND, MARK PASTORE, CARLA MALONEY, MICHAEL BASARA, DAVID KEAGLE, JOE DERR, WILLAM LINDERN, JENNIERR	30	
71	MALONEY, MICHAEL	26	43.50
72	BASARA, DAVID KEAGLE, JOE	31 31	43:51 43:56
74	DERR, WILLAM LUNDEEN, JENNIFER SYMANCYK, CYMTHIA GALLAGHER, JOHN GREEN, DANALEE FRANIL, FICOD MCCRACKEN, DEBBIE FLOCKART, SUZIE BRIGHT, MIKE LYONS, KEN GILBERT, JOHN FAY, JOHN FAY, JOHN FAY, JOHN FAY, JOHN	55	44:00 44:05
76	SYMANCYK, CYNTHIA	20	44:14 44:32
78	GREEN, DANALEE	47	44:35
80	FISHER, TODD	18	44:41
81	MCCRACKEN, DEBBIE FLOCKART, SUZIE	32	44:45 44:50
83	BRIGHT, MIKE	42	44:51 45:00
85 86	GILBERT, JOHN	37	45:05
87	FAY, JOHN TEMPLETON, CHRIS	26	45.15
88	TEMPLETON, CHRIS SACCOCCIO, LOUIS ZIEGLER, RONALD	39	45:27
90	ZIEGLER, RONALD BRADPORD, THOMAS NIELSEN, DEBRIE GROSS, MERVIN AMMONS, DEREK LOGAS, CHRISTOPHER LANDOLF, FRANCIS SANCHES, AMADEU WILHELM, MARK BOWHAN, RONALD ZIPPER, DAN	50 33 55	45:28 45:28
92	GROSS, MERVIN	55	45:30 45:30
93	LOGAS, CHRISTOPHER	24	45:30
95	LANDOLF, FRANCIS SANCHES, AMADEU	45 55	45:37 45:39
97	WILHELM, MARK BOWMAN BONALD	30	45:41
99	BOWMAN, RONALD ZIPPER, DAN	28	45:45
101	GENTRY, CHUCK	45	45:58
102	BRADY, STEVEN PRUNER, TONY	37	45:59
104	BRIAN, MICHAEL FOR. ROGER	44	40:07
106	WITTMER, KATHRYN	30	46:10
108	WITUMSKI, STAN	60	46:16
109	TOMLIN, ROB	37	46:18
111	MACEY, MARY BARTOSEVICH, IAN	36	46:18
113	NICKOLES, ANTHONY	38	46:21
115	REED, CLETUS	38	46:32
116	STOLL, KENNETH	45	46:45
118	BOWMAN, RONALD ZIPPER, DAN NELLIUS, DANIEL GENTRY, CHUCK BHADY, STEVEN PHUNEN, TONY BHIAN, HICHAEL FUX, HOUSE HILLER HITMER, KATHYN MILLER, BILL WITUMSKI, STAN HOMRER, ROBERT HACEY, MARY BAKTOSEVICHIAN NICKOLES, ANTHONY SALMON-COX, PETER REED, CLETUS SHERBUN, JON STOLL, KENNETH PACK, JOHN SEBRING, PHILIP	54	46:46

١	RACE RES	UL	TS
120	SEWELL, GARY	52 37	46:
121	CARTER, JAMES	37 54 49	46: 46: 46: 46:
123	WILLIAMS, ANTHONY SFEKAS, JOANNE BAILEY, JULIE ANN	49	
124	FREDLAND, ERIC		47:
126 127	CALLANAN, JACK NOCTOR, JIM TAYLOR, KASIA	32 54	47:
128	TAYLOR, KASIA	36	
129	TAYLOR. KASIA ROSACKER, ROCKY SAUNDERS, DOUGLAS TYLER, HAMILTON PUGLISKI, LARRY WEBB, BRYAN PILSBURY, SCOTT CHAMBERLIN, WEB BARTOSEVICH, DAVID KELLY, MALCOLM SWINARSKY, CRAIG	45	47:
131	TYLER, HAMILTON	30	47:
132	PUGLISKI, LARRY WEBB, BRYAN	40	47
134	PILSBURY, SCOTT	40	47:
135 136	BARTOSEVICH, DAVID	63	47:
137	KELLY, MALCOLM SWINARSKY, CRAIG DECAPRIO, DENNIS	35	47:
139	DECAPRIO, DENNIS REED, CARL	34 42 32	47
140	CHAMPEDIAN TOIN	32	47:
142	CHAMBERLIN, JOHN MANN, DOUGLASS GIVEN, BETSY STOREY, JAMES HORNER, LARRY LINYNSKY, MICHAEL DUKE, RANDY MAGUIDE MIKE	38	
143	STOREY, JAMES	21 53 47	48:
145 146	HORNER, LARRY	47	48
147	DUKE, RANDY	31	48
148	DUKE, RANDY MAGUIRE, MIKE ABURN, CLARKE ANDERSON, MICHAEL CHRISTIAN, WILLIAM GALUSKI, MICK SMITH, MICHAEL IVERSON, JOHN GORDON, MICHAEL WITT, STEVEN	26 38	48 48 48 48
150	ANDERSON, MICHAEL	44	48:
151	CHRISTIAN, WILLIAM GALUSKI, MICK	49	AR.
153	SMITH, MICHAEL	45 37 43	49
154	GORDON, MICHAEL	36	
156	WITT, STEVEN	36 47 36	49:
158	IVERSON, JOHN GORDON, MICHAEL WITT, STEVEN MICHALSKI, SUSAN KENNEDY, MARY ANN MYERS, WILL DORAN, ROBIN DUMENIK, PHILIP	36 42 44 36	49:
159	MYERS, WILL DORAN, ROBIN DUMENIK, PHILIP BENNETT, JAN SCOTT, WILFORD	36	49:
161	DUMENIK, PHILIP		49:
162	BENNETT, JAN SCOTT, WILFORD WORKMAN, KERRI SOYARS, BRUCE DANN. NANCY	32 41 44	49
164	WORKMAN, KERRI	38	50:
166	DANN, NANCY	38 44 48	50:
167	MUSKIN, CHARLES	45	50:
169	BROOKS, PAT	43	50:
170	LEE, NORMAN	59	50:
172	GAST, KEVIN	40	50:
173	SOYARS, BRUCE DANN, NANCY MUSKIN, CHARLES SYMANCYK, DANIEL BROOKS, PAT LEE, NORMAN DELOACHE, WYATTE GAST, KEVIN GAST, KRIS TWIST, RITA STEINHEIMER, RALPH	40	50:
174	TWIST, RITA STEINHEIMER, RALPH BOSCH, JEFF	41 37	50
176	STEINHEIMER, RALPH BOSCH, JEFF LINDSAY, DAVID DAVIS, WILLIAM BUCKLEY, ROBERT BAILEY, ROBERT	34	50
178	DAVIS, WILLIAM	34 49	En.
180	BAILEY, ROBERT	45	50 51
181		47	51
183	KONYAR, JEFF RAMSAY, WAYNE	41	51 51
184	SCHNEIDER HINE	47	51 51
186	CLEAVER, PAUL KENNEDY, CHARLES CROSSMAN, BRETT	52	51
187	HORN, THOMAS	29 51 43	51 51
189	HORN, THOMAS COHEN, HARVEY CHAPMAN, BRAD	43	51
191	MEYER, JON	62	51 51
192	MEYER, JON STANTON, JEANETTE KARLSON, ED STEDMAN, SUSAN-MARI JOSEPH, JOHN	42	51 51
194	STEDMAN, SUSAN-MARI	34	
195	JOSEPH, JOHN MIDDLETON, WILLIAM	34 47 62 37	51
197	MIDDLETON, WILLIAM GOOD, KITTY STRUMSKY, JOHN HASELTINE. REGGIE KENNEDY, DON	37	52 52
198	HASELTINE. REGGIE	54	52 52
200	KENNEDY, DON	40	52
201	SNIEGWOLSLI, MILTO	N45 50	52: 52:
203	GILBERT, JUDITH OKEARY, THOMAS MCAUSLAND, MICHAEL PETERSON, DENNIS	39	52:
204	MCAUSLAND, MICHAEL PETERSON, DENNIS	37	52.
206	SMITH, TIMOTHY	39 36	52: 52:
207	SMITH, TIMOTHY NORMAN, BRENDA COME? MATTHEW WARD, SHERY!	16	52:
209	WARD, SHERYL MOORE, BEN	31	69.
211	MOORE, BEN LODICO, CHARLES RICHARDS, DAVID	38	52:
213	WEIL, LEO		52:
214	WEIL, LEO VALENTINE, JON DAUM, FRAN CROWE, JACKIE	48	53: 53: 53:
215	CROWE, JACKIE	46	53:
217	CROWE, JACKIE JOHNSON, LEON MORGAN, GEOFREY ROSACKER, AMY	64	53:
219		36	23.
220	LOWSAW, DAVID	48	53:
777	MYFRS CHRISTOPHER	38	53:
223	DRIVER, JAMES GUERIN, MICHAEL	48	54:
225	COOPER, WARREN	41	54:
227	DASIVA, ARMINOR	37	54: 54:
22A	ONIVER, JAMES GUERIN, MICHAEL COOPER, WARREN RAFFERTY, MICHAEL DASIVA, ARMINOR RUSZIN, PAM OREPLE PAUL	37	54:
330	JACORS, PAUL	41	54:
231	WINNARD, ROBERT	35	54
233	GERNARD, CAROLYN	45	54:
234	WINNARD, ROBERT BROWN, DON GERNARD, CAROLYN VOISHAN, JENNIE STANTON, KELLY THOMAS DONALD	16 16	54:
236	THOMAS, DONALD	35	

239	LEGUM, JONAS ETCHISON, JIM BURRETT, VIRGINIA	45	54:48
240	ETCHISON, JIM	41	54:48 54:56 55:01 55:04
	DAY, DANIEL		55:04
243	SMITH, RICHARD	50	55:13
245	CURTIS. JENNIFER	25	55:25
246	MASSER, LEE	58	55:26 55:44
248	SEIDEL, MARGO GIBBONS, CHARLES NAVRATIL, JOSEPH	20	56:07
249	NAVRATIL, JOSEPH JANTZ, ED	30	56:12 56:16
		45 30	56:31
252	CRAWFORD, MICHAEL STOTT, ALAN JOSEPH, MARGARET CIVRVA, KAREN MONDORFF, LARRY	52	56:34 56:39
254	CIVRVA, KAREN	26	56:44
255	MONDORFF, LARRY	45	56:47 56:52
257	LANGENDORF, MARK	46	56:55
258	CRAMFORD, MICHAEL STOTT, ALAN JOSEPH, MARCARET CIVEVA, KAREN MONDORFF, LARRY BARTOSEVICH, DAVE LANGENDORF, MARK UPARK, MICHAEL STOONER, HEATHER BOIK, DOUGLAS MCCONALD, CECIL DIAUMERI, CARLE PARET, AND	31	57:00
260	STOONER, HEATHER	24	57:03
261	BOIK, DOUGLAS MACKAY, JOHN	31	57:05 57:33
263	O'BRIEN, KATIE	17	57:36
265	DIAUMERI, CARLA	40	57:37 57:38
266	WANBAUGH, STEVE	39	57:39
268	CAVEY, CLIFTON	47	57:41 57:48
269	PARKER, ED CAVEY, CLIFTON GEBWICKS, JAMES SEATON, GALE WALSER, DAVID THOMAS, NANCY FORMAN, JOAN	47	57:55 58:00
271	WALSER, DAVID	12	58:11
272	THOMAS, NANCY	42	58:12 58:17
274	RIGGIN, BARBARA	42 52 54	50.06
275	BRINLEY, TRISHA	26	58:37 58:45
277	TAYLOR, ALBERT	26 27 33	58:46
278	EGLOFF, ALLEN	52	58:49 58:52
280	ENGLE, ROBERT	67	58:53
281	ENGEL, FRED	28 57	58:53 58:56
283	THOMAS, NANCY FORMAN, JOAN RIGGIN, BARBARA BRINLEY, TRISHA KRAMPF, WILLIAM TAYLOR, ALBERT EGGLOFF, ALLEN SIMPSON, LINDA ENGLE, ROBERT ENGEL, FRED SLUNT, EDWARD KORPI, DAVID ZOLLER, DIANE	33 52 52 67 28 57 38	58:58
285	REBBERG. CLARK	53	59:13
286	CONNAUGHTON, NANCY	39	59:19
288	CONNAUGHTON, NANC BENSO, MICHAEL CONNAUGHTON, MICHA PRITCHARD, DENZIL BONTA, MEREDITH ROWELL, DICK DEVER, JERRY BAILEY, MICHAEL PETERSON, DAVID PATRICK, LEE GIVEN, DEAN AASEN, YVONNE WELCH, SUSAN MCALLISTER, SHAWN SCHWABE, JENNIFER	AE51	59:30
289	PRITCHARD, DENZIL	73	59:39
291	ROWELL, DICK	52	59:59
292	DEVER, JERRY	36	1:00:01
294	PETERSON, RAYMOND	51	1:00:14
295	PATRICK, LEE	51	1:00:14
297	GIVEN, DEAN	51	1:00:29
298	WELCH, SUSAN	34	1:01:02
300	MCALLISTER, SHAWN	27	1:02:01
301	SCHWABE, JENNIFER SCHWABE, KARL MAYNARD, KATHY NMITH DONALD SIMPSON, JOHN SMITH, CAROL DIFLUMERI, VANESSA	54	1-02-07
303	MAYNARD KATHY	41	
305	SIMPSON, JOHN	39	1.02.19
306	SMITH, CAROL	35	
308	WOLF, LESLIE	25	1:03:00
309	RODRIGUEZ, LISABET	H24	1:03:04
311	KOLETTY, JACK	52	1:03:42
312	BURNS, ANCY MIDDLETON MARY	40	1:03:53
314	SMITH, CAROL DIFLUMENI, VANESSA WOLF, LESLIE RODRIGUEZ, LISABET SARMIENTO, RICHARE KOLETTY, JACK BURNS, ANCY MIDDLETON, MARY PABLIOMSKI, SHARON SMALL, IFFF COMEZ, LIMMES HUSSEY, NANCY DELEOMINIS, ULLIF VANN, JOHN DEFENIAK, CHRISTOP O'BBIEN, BOB SMITH, BATDICTA CIDBAN KATHEVN MICHAFILS, HAROLD MICHAFILS, HAROLD MICHAFILS, HAROLD MICHAFILS, HAROLD MICHAFILS, HAROLD MITHLES HOSS	35	1:04:15
315	GOMEZ JAMES	61	1:04-19
317	HUSSEY, NANCY	36	1-04-20
314	DELEGRIBUS,	31	1-04-27
320	DREWNIAK, CHRISTOP	нзз	1-04:28
321	O'BRIEN, BOB	37	1-05-13
323	CHRRAN KATHRYN	33	1 - 05 - 76
375	MICHAFLIS, HAROLD RPINLEY ROSS SCOONOVER THOMAS	33	1:05:27
376	SCOONOVER THOMAS	67 51	1-05-36
328		46	1:06:38
330	BARRETT APRIL	10	1-07-21
331	TEAM, ROBERT	47	1:07:35
333	TEAM, ROBERT POULSEN, ROBERT WYCHERLEY, ALAN		
334		12	1 - 10 - 33
335	GRIER, BARRY	52	1:11:01
337	OFTER BARRY DEAN MELISSA	69	1:11:01 1:14:43 1:14:59 1:15:00
	JORDE, GINNY BOYAJIAN, MAGGIE	13	1-18-47
340	BOYAJIAN, MAGGIE	37	1.20.02
	MYERE IIII		
_	MYERS, ILIANITA	"	1:44:39



To prevent and treat running injuries...

Get help from a doctor who knows a runners problems

Dr. Brad Mandell knows what can happen to your body during training and competition. He has completed two marathons and numerous shorter races and has also competitively bicycle raced. His gentle chiropractic methods and physical therapy procedures can help you get back on the road faster and with less pain. Our special diagnostic computer muscle strength machine can determine if unbalanced or weak muscles are contributing to your injury.*



From a patient:

"I am a long distance runner who happens to be training for the Olympic Trials Marathon. Back in January of 1994 my sciatic nerve got irritated by my own lower vertebra. I could not run at all for two months, and when I did start running again I had bad fatigue problems with my left leg. It wasn't until I started seeing Dr. Brad Mandell in March of 1994 that I started seeing results in my running again. If it wasn't for his expert knowledge in how to take care of my problem with chiropractic help, I wouldn't have been able to train normally again. I'm confident that Dr. Brad can help you as much as he has helped me.

James Garrett, Strider member and Olympic Trials Marathon hopeful

* Mention this ad and receive a free consultation. examination and computer muscle tests. Most insurance covers chiropractic care. We are a preferred provider with Blue Cross Blue Shield of MD.

Call today for appointment in Annapolis at 410-266-3030 Dr. Brad Mandell, Chiropractor





Sunday, Sept. 25, 1994

Ohio Dr. & Independence Ave. Washington, D.C. 8 a.m.



IRFW

This course is scenic, flat, fast and T.A.C.-certified stretching out to and back from Hains Point. The race starts and finishes at Independence Ave. just east of the Lincoln Memorial. Split times, 3 water stations.

YOUR TAX-DEDUCTIBLE ENTRY FEE

The entry fee is \$15. Late registration after Sept. 16, 1994, is \$20. Your registration fee is completely tax-deductible-100% supports the good work of the United Way of the National Capital Area. Donations are welcome, too, whether or not you can participate on race day. Mark the amount on your entry form.

TEAM COMPETITION

Team competition will be held in several categories: Open, Masters, Coed and a "United Way Corporate Account" category where all members must belong to the same company, agency or organization. Call John Ng at (202) 872-2779 for more information and to have special applications mailed to the designated team captain.

Awards for top three overall, age group, wheelchair athlete, and team winners.

~REGISTRATION AND PACKET PICK-UP

Don't miss out! Send your entry form and fee today. Packet pick-up will be on Thursday and Friday, September 22 and 23, from 10 a.m. to 3 p.m., and Saturday, September 24, 9 a.m. to 2 p.m., at Potomac Electric Power Company (PEPCO), 1900 Pennsylvania Ave., in Northwest Washington (corner of 19th and Pennsylvania, conveniently located near the Farragut West Metro stop).

Packet pick-up also available at West Potomac Park on race day from 6:30 a.m. to 7:30 a.m. However, to ensure proper T-shirt size, we encourage you to pick up your packet at PEPCO. RACE DAY REGISTRATION AVAILABLE AT THE PEPCO BUILDING.

ADDITIONAL INFORMATION

To get the latest race information, to receive more applications, or to ask questions, call our 24-hour United Way 10K Hotline,

(202) 833-TenK.



Training In Egypt

BY KASIA TAYLOR

hen my husband and I moved from Washington, D.C. to Cairo, we wondered how the change would impact our lifestyle. We both exercise regularly - running, biking, squash and tennis. In fact, we met while running, but that's another story. As soon as we arrived in Cairo we realized that we could not use the streets for exercise. Cairo, a city of over 13 million people, uses the sidewalks for every purpose — parking, coffee houses, vendors, storage of building and agricultural products, etc. The streets are chocked with cars, trucks, limousines, scooters, donkey carts, camels and goats. But most important to me, Egypt is a Moslem country. It is not appropriate or safe for women to run and bike around the City.

So, we joined one of Cairo's sporting clubs, the Gezira Club. This 87 acre facility has almost every sport: tennis, squash, golf, horseback riding, soccer, hockey, swimming and croquet. It is also a social club with rooms and patios for eating and board games. There are instructors in every sport and its club-sponsored teams compete country wide. But even with all of these facilities you see few women exercising. Even though Egypt is in many ways a modern society, the world beyond the home remains focused on the men.

A Polish woman became my regular squash partner. I used a 400 meter track for running. I swam laps in the 50 meter pool. For running, I wore lycra tights and a very long t-shirt, rather than shorts. Most men ignored me. Occasionally, I would pass one who didn't like it. They would speed up to try to take the lead. It was satisfying to see them quit and walk away as if they had planned to stoop anyway. Only once was I really harassed. When I passed a man, he swatted my ponytail. I was so startled I kept running. He was standing near the edge of the track when I came around and I stopped and asked him what he thought he was doing. He said it was inexcusable but he didn't apologize.

in the United States I usually ran several 10 and 20 kilometer road races a year. I did them to give my exercising focus and because I enjoy being around other athletes. Unfortunately, there are few road races in Cairo. But, a year after our arrival, I heard about an annual triathlon. It is organized by a running club in Maadi, a Cairo suburb. It could be my first triathlon: a 1500 meter swim, 40 kilometer bike and 10 kilometer run.

My husband and I devised a training schedule which accommodated the restrictions of living in urban Cairo. I could use the pool and track at Gezira for swimming and running. For long runs I could use the roads in rural Giza, near the Pyramids, early in the morning when few people were out. But what about biking? We had brought our bicycles to Cairo, but the traffic and road conditions made it unpleasant and dangerous. Rather than risk road training we bought a stand to convert my bicycle into a stationary bike. I used it on our balcony so I could pretend that I was outside and enjoyed a great view of the Nile.

I worked out six days a week. On three days I biked or ran only. On the other three days I combined a ride or a run with a swim. I took one full day of rest each week. I increased my running distance by one lap and my biking time by five minutes each week. The weekend before the race I joined a few other competitors and rode the bicycle course. On the ride I met the female winner of that last two years. We had a great time and talked about strategy and training.

I didn't alter my diet. I made sure that I ate regularly and drank plenty of water. A week before the race I minimized fat and alcohol.

Nine weeks of training. Nine workouts a week. That's 81 workouts. Am I

ready? The swim was in a 30 meter pool so starting times were staggered in three heats. I was in the second heat, as was last year's winner. When the last swimmer of the first heat had left on his bicycle we got in to water. The whistle blew and we were off. I was so nervous I could feel my heart thudding as I swam. I wanted to swim faster but I was worried I would overextend and not have enough energy for the bike and run. I lost count of my laps, as usual. When I heard my counter yell "one lap to go!" I glanced at my watch as thought "no way". I got out after the next lap and told my husband that there must be a miscount. He assured me it was correct. I struggled into my shorts and t-shirt and jammed on my biking shoes. Last year's winner was two minutes in front of me.

The ride was out and back, with some hills on the way out. I passed last year's winner about a third of the way out. We mumbled words of encouragement as we puffed up a hill. I pushed as hard as I could, still worrying that I would have nothing left for the run I was amazed when I reached the turnaround point. I tried to drink as much of my diluted Gatoraid as I could while riding. Typical of Egypt, there wasn't a cloud in the sky or any shade.

When I returned to the starting point, a small crowd was cheering. I ditched my bike and changed shoes. I had planned to do some stretching before running but unfortunately all rationality was blocked by the desire to GO? The run followed the same course as the bike ride. I felt OK, not great, not horrible. I had a shin muscle threatening to cramp and my lung muscles were bellowing "enough". I tried to stay relaxed but in form. I passed a man. He protested at first and then slipped back. There was a water stop half way. I passed last year's winner on the way back and at last felt confident that if I kept going I would win. After a few minutes, to my horror, I realized that I had made a wrong turn down a small hill. I turned and retraced my steps. I spent the rest of the run reminding myself that it isn't over until it's over.

Of course, just finishing made this a successful experience. But being the first woman and sixth overall was a lifetime experience.

ED NOTE" Kasia wrote this article a few years ago while living overseas. She can now be found biking and running along the B&A Trail not far from her Severnal Park home.

Championship Series Results

RESULTS TO DATE FOR 1994 SANCTIONED RACES

Women 13 & Under	5K	10M	2M	10K	1M	Tot
Hillary Brown	35	35	35	35 35	35	141
Erin Masterson				1000		
Women 14 - 19	5K	10M	2M	10K	1M 3	Tol 11
Shauna Donahue Mary Norton	3	2	3	35	4	47
Cynthia Symancyk	35	35	1	1	1	73
Sarah Kaufman	35	35	35	35	2	142
Jessica Bagnall	2	35	35	35	35	142
Julie Bailey	35	35	35	2	35	142
Kelly Stanton	35	35	35	3	35	143
Heidi Rudolph	35	35	4	35	35	144
Women 20 - 29	5K	10M	2M	10K	1M	Tol
Jennifer Sullivan	1	1	1	1	1	5
Suzie Flockart	4	35	2	2	35	78
Ceil Prendki	3	2	35	35	35	110
Beverly Woodward	2	35	35	35	35	142
Kris Cannaday	5	35	35	35	35	145
Women 30 - 39	5K	10M	2M	10K	1M	Tol
Kathryn Wittmer	1	1	2	4	3	11
Brenda Norman	6	5	4	10	4	29
Kitty Good	35	4	3	9	5	56
Staci Gilbert	5	2	1	35	35	78
Jennifer Lundeen	35	35	35	2	1	108
Deborah Nielson	4	35	35	3	35	112
Carole Rosasco	35	35	35	1	35	141
Sue Briers	35	35	35	35	35	142
Cindi Contarino	2	35	35	35	35	143
Marie Friedland	35	35	35	35	35	143
Jean Albaugh Mary Macey	35	35	35	5	35	145
Julie Lane	35	35	35	35	6	146
Kasia Taylor	35	35	35	6	35	146
Cheryl Howard	7	35	35	35	35	147
Esther Mahanes	35	35	35	35	7	147
Susan Michalski	35	35	35	7	35	147
Lynn Digby	8	35	35	35	35	148
Susan-Marie Stedmar	n 35	35	35	8	35	148
Kimberly Hoyt	9	35	35	35	35	149
Nancy Connaughton	35	35	35	11	35	151
	00	33	00			
Carol Smith	35	35	35	12	35	152
Carol Smith Women 40 - 49						152 Tol
	35	35	35	12		
Women 40 - 49	35 5K	35 10M	35 2M	12 10K	1M	Tol
Women 40 - 49 Jackie Crowe	35 5K 5	35 10M 6	35 2M 3	12 10K	1 M 4 1 2	Tol 24 45 47
Women 40 - 49 Jackie Crowe Pam Haley	35 5K 5 2	35 10M 6 3 4 35	35 2M 3 4 35 2	12 10K 6 35 3 4	1M 4 1 2 3	Tol 24 45 47 50
Women 40 - 49 Jackie Crowe Parn Haley Nancy Mann	35 5K 5 2 3 6 1	35 10M 6 3 4 35 2	35 2M 3 4 35 2 35	12 10K 6 35 3 4 10	4 1 2 3 35	Tol 24 45 47 50 83
Women 40 - 49 Jackie Crowe Pam Haley Nancy Mann June Schneider Meredith Bonta Margaret Joseph	35 5K 5 2 3 6 1 9	35 10M 6 3 4 35 2 8	35 2M 3 4 35 2 35 35	12 10K 6 35 3 4 10 7	1M 4 1 2 3 35 35	Tol 24 45 47 50 83 94
Women 40 - 49 Jackie Crowe Pam Haley Nancy Mann June Schneider Meredith Bonta Margaret Joseph Rose Malloy	35 5K 5 2 3 6 1 9 35	35 10M 6 3 4 35 2 8 1	35 2M 3 4 35 2 35 35 35	12 10K 6 35 3 4 10 7	1M 4 1 2 3 35 35 35	Tol 24 45 47 50 83 94 107
Women 40 - 49 Jackie Crowe Pam Haley Nancy Mann June Schneider Meredith Bonta Margaret Joseph Rose Malloy Danalee Green	35 5K 5 2 3 6 1 9 35 35	35 10M 6 3 4 35 2 8 1 35	35 2M 3 4 35 2 35 35 35 35	12 10K 6 35 3 4 10 7 1	1M 4 1 2 3 35 35 35 35	Tol 24 45 47 50 83 94 107
Women 40 - 49 Jackie Crowe Pam Haley Nancy Mann June Schneider Meredith Bonta Margaret Joseph Rose Malloy Danalee Green Sharon Serio	35 5K 5 2 3 6 1 9 35 35 8	35 10M 6 3 4 35 2 8 1 35 7	35 2M 3 4 35 2 35 35 35 1 35	12 10K 6 35 3 4 10 7 1 2 35	1M 4 1 2 3 35 35 35 35 35	Tol 24 45 47 50 83 94 107 108 120
Women 40 - 49 Jackie Crowe Pam Haley Nancy Mann June Schneider Meredith Bonta Margaret Joseph Rose Malloy Danalee Green Sharon Serio Louise Zeitlin	35 5K 5 2 3 6 1 9 35 35 8 10	35 10M 6 3 4 35 2 8 1 35 7 35	35 2M 3 4 35 2 35 35 35 1 35 5	12 10K 6 35 3 4 10 7 1 2 35 35	1M 4 1 2 3 35 35 35 35 35 35 35	Tol 24 45 47 50 83 94 107 108 120 120
Women 40 - 49 Jackie Crowe Pam Haley Nancy Mann June Schneider Meredith Bonta Margaret Joseph Rose Malloy Danalee Green Sharon Serio Louise Zeitlin Kathy Maynard	35 5K 5 2 3 6 1 9 35 35 8 10 12	35 10M 6 3 4 35 2 8 1 35 7 35 35 35	35 2M 3 4 35 2 35 35 35 1 35 5 35	12 10K 6 35 3 4 10 7 1 2 35 35 11	1M 4 1 2 3 35 35 35 35 35 35 35 35	Tol 24 45 47 50 83 94 107 108 120 128
Women 40 - 49 Jackie Crowe Pam Haley Nancy Mann June Schneider Meredith Bonta Margaret Joseph Rose Malloy Danalee Green Sharon Serio Louise Zeitlin Kathy Maynard Debbie Loetz	35 5K 5 2 3 6 1 9 35 8 10 12 4	35 10M 6 3 4 35 2 8 1 35 7 35 35 35 35 35	35 2M 3 4 35 2 35 35 35 1 35 5 35 35 35 35 35	12 10K 6 35 3 4 10 7 1 2 35 35 35 11 35	1M 4 1 2 3 35 35 35 35 35 35 35 35 35	Tol 24 45 47 50 83 94 107 108 120 128 144
Women 40 - 49 Jackie Crowe Pam Haley Nancy Mann June Schneider Meredith Bonta Margaret Joseph Rose Malloy Danalee Green Sharon Serio Louise Zeitlin Kathy Maynard Debbie Loetz Julie Husson	35 5K 5 2 3 6 1 9 35 8 10 12 4 35	35 10M 6 3 4 35 2 8 1 35 7 35 35 35 5	35 2M 3 4 35 2 35 35 35 1 35 5 35 35 35 35 35 35 35 35	12 10K 6 35 3 4 10 7 1 2 35 35 35 11 35 35 35 35 35 35 35 35 35 35 35 35 35	1M 4 1 2 3 35 35 35 35 35 35 35 35 35 35 35	Tol 24 45 47 50 83 94 107 108 120 128 144 145
Women 40 - 49 Jackie Crowe Pam Haley Nancy Mann June Schneider Meredith Bonta Margaret Joseph Rose Malloy Danalee Green Sharon Serio Louise Zeitlin Kathy Maynard Debbie Loetz Julie Husson Jeanette Stanton	35 5K 5 2 3 6 1 9 35 35 8 10 12 4 35 35	35 10M 6 3 4 35 2 8 1 35 7 35 35 35 35 35 35 35 35 35 35	35 2M 3 4 35 2 35 35 35 35 5 35 35 35 35 35 35 35 35 3	12 10K 6 35 3 4 10 7 1 2 35 35 11 35 35 5	1M 4 1 2 3 35 35 35 35 35 35 35 35 35 35 35 35 3	Tol 24 45 47 50 83 94 107 108 120 128 144 145 145
Women 40 - 49 Jackie Crowe Pam Haley Nancy Mann June Schneider Meredith Bonta Margaret Joseph Rose Malloy Danalee Green Sharon Serio Louise Zeitlin Kathy Maynard Debbie Loetz Julie Husson Jeanette Stanton Kathy Higdon	35 5K 5 2 3 6 1 9 35 35 8 10 12 4 35 35 35 35	35 10M 6 3 4 35 2 8 1 35 7 35 35 35 35 35 35 35 35 35 35	35 2M 3 4 35 2 35 35 35 35 5 35 35 35 35 35 35 35 35 3	12 10K 6 35 3 4 10 7 1 2 35 35 11 35 35 5 35 5 35 35 35 35 35 35 35 35 35	1M 4 1 2 3 35 35 35 35 35 35 35 35 35 35 35 35 3	Tol 24 45 47 50 83 94 107 108 120 128 144 145 145
Women 40 - 49 Jackie Crowe Pam Haley Nancy Mann June Schneider Meredith Bonta Margaret Joseph Rose Malloy Danalee Green Sharon Serio Louise Zeitlin Kathy Maynard Debbie Loetz Julie Husson Jeanette Stanton Kathy Higdon Jonette Hahn	35 5K 5 2 3 6 1 9 35 35 8 10 12 4 35 35 35 35 35 35 35 35 35 35	35 10M 6 3 4 35 2 8 1 35 7 35 35 35 35 35 35 35 35 35 35	35 2M 3 4 35 2 35 35 35 5 35 5 35 35 35 35 35 35 35 35	12 10K 6 35 3 4 10 7 1 2 35 35 11 35 35 5 35 35 35 35 35 35 35 35 35 35 3	1M 4 1 2 3 35 35 35 35 35 35 35 35 35 35 35 35 3	Tol 24 45 47 50 83 94 107 108 120 128 144 145 145 146
Women 40 - 49 Jackie Crowe Pam Haley Nancy Mann June Schneider Meredith Bonta Margaret Joseph Rose Malloy Danalee Green Sharon Serio Louise Zeitlin Kathy Maynard Debbie Loetz Julie Husson Jeanette Stanton Kathy Higdon Jonette Hahn Cynthia Leas	35 5K 5 2 3 6 1 9 35 35 8 10 12 4 35 35 35 35 35 35 35 35 35 35	35 10M 6 3 4 35 2 8 1 35 7 35 35 35 35 35 35 35 35 35 35	35 2M 3 4 35 2 35 35 35 5 35 35 35 35 35 35 35 35 35 3	12 10K 6 35 3 4 10 7 1 2 35 35 11 35 35 5 35 35 35 35 35 35 35 35 35 35 3	1M 4 1 2 3 35 35 35 35 35 35 35 35 35 35 35 35 3	Tol 24 45 47 50 83 94 107 108 120 120 128 144 145 145
Women 40 - 49 Jackie Crowe Pam Haley Nancy Mann June Schneider Meredith Bonta Margaret Joseph Rose Malloy Danalee Green Sharon Serio Louise Zeitlin Kathy Maynard Debbie Loetz Julie Husson Jeanette Stanton Kathy Higdon Jonette Hahn Cynthia Leas Nancy Thomas	35 5K 5 2 3 6 1 9 35 35 8 10 12 4 35 35 35 35 35 35 35 35 35 35	35 10M 6 3 4 35 2 8 1 35 7 35 35 35 35 35 35 35 35 35 35	35 2M 3 4 35 2 35 35 35 35 35 35 35 35 35 35	12 10K 6 35 3 4 10 7 1 2 35 35 11 35 35 35 35 35 35 35 35 35 35 35 35 35	1M 4 1 2 3 35 35 35 35 35 35 35 35 35 35 35 35 3	Tol 24 45 47 50 83 94 107 108 120 128 144 145 145 146 147
Women 40 - 49 Jackie Crowe Pam Haley Nancy Mann June Schneider Meredith Bonta Margaret Joseph Rose Malloy Danalee Green Sharon Serio Louise Zeitlin Kathy Maynard Debbie Loetz Julie Husson Jeanette Stanton Kathy Higdon Jonette Hahn Cynthia Leas Nancy Thomas Diane Zoller	35 5K 5 2 3 6 1 9 35 8 10 12 4 35 35 35 35 35 35 35 35 35 35	35 10M 6 3 4 35 2 8 1 35 7 35 35 35 35 5 35 35 5 35 35	35 2M 3 4 35 2 35 35 35 5 35 35 35 35 35 35 35 35 35 3	12 10K 6 35 3 4 10 7 1 2 35 35 11 35 35 35 11 35 35 35 35 35 35 35 35 35 35 35 35 35	1M 4 1 2 3 35 35 35 35 35 35 35 35 35 35 35 35 3	Tol 24 45 47 50 83 94 107 108 120 128 144 145 145 146 147 148
Women 40 - 49 Jackie Crowe Pam Haley Nancy Mann June Schneider Meredith Bonta Margaret Joseph Rose Malloy Danalee Green Sharon Serio Louise Zeitlin Kathy Maynard Debbie Loetz Julie Husson Jeanette Stanton Kathy Higdon Jonette Hahn Cynthia Leas Nancy Thomas	35 5K 5 2 3 6 1 9 35 35 8 10 12 4 35 35 35 35 35 35 35 35 35 35	35 10M 6 3 4 35 2 8 1 35 7 35 35 35 35 35 35 35 35 35 35	35 2M 3 4 35 2 35 35 35 35 35 35 35 35 35 35	12 10K 6 35 3 4 10 7 1 2 35 35 35 11 35 35 35 35 35 35 35 35 35 35 35 35 35	1M 4 1 2 3 35 35 35 35 35 35 35 35 35 35 35 35 3	Tol 24 45 47 50 83 94 107 108 120 128 144 145 145 146 147 148 149

Women 50 - 59	5K	10M	2M	10K	1M	Tol
Linda Simpson	2	1	1	2	1	7
Joan Forman	3	2	35	1	2	43
Nancy Waddington	1	3	35	35	35	109
Women 60 & Over	5K	10M	2M	10K	1M	Tol
Yvonne Aasen	1	1	1	1	35	39
Betty Moore	2	35	35	35	35	142
Men 13 & Under	5K	10M	2M	10K	1M	Tol
Dave Walser	35	35	1	1	2	74
William Eden	3	35	3	35	3	79
Justin Gooding	2	35	4	35	4	80
Andy Masterson	35	35	2	35	1	108
Darrin Gooding	4	35	5	35	35	114
Mark Digby	1	35	35	35	35	141
Christopher Lane	35	35	35	35	5	145
Men 14 - 19	5K	10M	2M	10K	1M	Tol
George Spilich	1	35	35	1	35	107
Peter Ormsby	35	35	1	35	35	141
Mike Veasey	35	1	35	35	35	141
Tim Briles	35	35	35	35	1	141
Marco Gulotta Jr.	2	35	35	35	35	142
Melvin Gulotta	3	35	35	35	35	143
Men 20 - 29	5K	10M	2M	10K	1M	Tol
James Garrett	35	1	1	1	1	39
Eric Schrader	1	2	2	2	35	42
Rob Schnabel	3	3	35	3	35	79
Mark Dintino	2	35	35	35	35	142
Men 30 - 34	5K	10M	2M	10K	1M	Tol
Matt Mace	2	2	3	2	2	11
Jim Griffith	3	1	4	3	3	14
David Richards	10	9	8	8	6	41
Steve Donahue	4	3	5	35	4	51
Daniel Nellius	7	35	7	6	5	60
Jon Valentine	9	8	9	9	35	70
Mark A. Jones	1	35	1	35	1	73
Mark Wilhelm	5	5	35	5	35	85
Derek Ammons	6	35	6	4	35	86
Steve Eglof	35	35	2	7	35	108
Malcolm Kelly	35	6	35	10	35	123
Mike Crawford	35	35	35	35	35	144
Bob Biddle	35	7	35	35	35	147
Eric Cavey John Ryan	35	35	35	11	35	151
Steve Bennett	11	35	35	35	35	151
	5K	10M	2M			Tol
Men 35 - 39	5K	2	3	4	6	19
Dave Walser Scott Mangum	5	5	2	3	7	22
Clint Henderson	9	7	4	7	5	32
James Carter	14	9	7	11	11	52
John Gilbert	7	6	5	9	35	62
Jim Kaufman	8	8	35	6	8	65
Tom Prendki	3	4	35	1	35	78
Tim Smith	15		35	14	14	89
Paul Cleaver	13		6	35	35	99
Bob Marino	1	35	35	35	1	107
Rick Woods	35	1	35		4	110
Paul Serra	35		35		3	110
Bennett Feld	6	35	35		35	116
James Lundeen	35		35		9	117
Anthony Pruner	10		35		35	125
Bob Hoyt	12		35	_	10	127
Larry Puglisi	11		35		35	128
Ed Harte	35		1	35	_	141
Paul Baltutis	35	35	35	35	2	142

Mike Hoffman	2	35	35	35	35	142
Mike Kennedy	35	35	35	8	35	148
	35	12	35	35	35	152
John Salemme					12	152
Ray Wyvill	35	35	35	35	-	
Brad Mahanes	35	35	35	35	13	153
Paul Cleaver	35	35	35	13	35	153
Donald Thomas	35	35	35	15	35	155
Rick Davis	16	35	35	35	35	156
Donald Smith	35	35	35	16	35	156
		2800		1000	1M	Tol
Men 40 - 44	5K	10M	2M	10K		
Carl Reed	5	4	2	8	8	27
Mike Brian	9	5	3	6	7	30
Ron Bowman	7	1	14	5	5	32
David Webster	1	1	35	1	1	39
Scott Eden	2	2	1	35	2	42
Will Myers	13	10	6	10	11	50
Pat Donahue	6	7	9	24	9	55
	17	15	8	22	10	72
Jim Etchison				11	35	76
Will Scott	12	13	5			
Reggie Haseltine	16	35	7	17	35	110
Rita Twist	14	12	35	14	35	110
Bob Palatka	3	35	35	35	4	112
Warren Cooper	15	9	35	18	35	112
Harold Stanton	4	35	35	3	35	112
Kent Digby	10	8	35	35	35	123
John Iverson	35	14	35	9	35	128
		35	35	13	35	129
Charles Muskin	11				_	
Paul Brown	35	35	35	21	12	138
Jeff Konyar	18	35	35	16	35	139
Eric Peltosalo	35	35	35	2	35	142
Bob Field Jr.	35	3	35	35	35	143
Oliver Payne	35	35	35	35	3	143
Mike Bright	35	35	35	4	35	144
Mike Banz	35	35	35	35	6	146
			-	35	35	146
John Maynard	35	6	35			
Doug Saunders	35	35	35	7	35	147
Randall Snyder	8	35	35	35	35	148
Bruce Soyars	35	35	35	12	35	152
			OF	15	35	155
	35	35	35	15		
Bob Buckley		35	35	19	35	159
Bob Buckley Paul Jacobs	35	35	35	19	35	
Bob Buckley Paul Jacobs Marco Gulotta	35 19	35 35	35 35	19 35	35 35	159
Bob Buckley Paul Jacobs Marco Gulotta Philip Caroom	35 19 20	35 35 35	35 35 35	19 35 35	35 35 35	159 160
Bob Buckley Paul Jacobs Marco Gulotta Philip Caroom Don Brown	35 19 20 35	35 35 35 35	35 35 35 35	19 35 35 20	35 35 35 35	159 160 160
Bob Buckley Paul Jacobs Marco Gulotta Philip Caroom	35 19 20 35 35	35 35 35 35 35	35 35 35 35 35	19 35 35 20 23	35 35 35 35 35	159 160 160 163
Paul Jacobs Marco Gulotta Philip Caroom Don Brown	35 19 20 35	35 35 35 35	35 35 35 35	19 35 35 20 23	35 35 35 35 35	159 160 160
Bob Buckley Paul Jacobs Marco Gulotta Philip Caroom Don Brown Michael Benso	35 19 20 35 35	35 35 35 35 35	35 35 35 35 35	19 35 35 20 23	35 35 35 35 35	159 160 160 163
Bob Buckley Paul Jacobs Marco Gulotta Philip Caroom Don Brown Michael Benso Men 45 - 49 John Fay	35 19 20 35 35 5K 3	35 35 35 35 35 35	35 35 35 35 35 35	19 35 35 20 23	35 35 35 35 35 35	159 160 160 163 Tol
Bob Buckley Paul Jacobs Marco Gulotta Philip Caroom Don Brown Michael Benso Men 45 - 49 John Fay John Gallagher	35 19 20 35 35 5K 3 5	35 35 35 35 35 35 10M 6	35 35 35 35 35 2M 1 2	19 35 35 20 23 10 5 4	35 35 35 35 35 35 4 5	159 160 160 163 Tol 19 23
Bob Buckley Paul Jacobs Marco Gulotta Philip Caroom Don Brown Michael Benso Men 45 - 49 John Fay John Gallagher Jon Meyer	35 19 20 35 35 5K 3 5 8	35 35 35 35 35 35 10M 6 7	35 35 35 35 35 2M 1 2	19 35 35 20 23 10 5 4	35 35 35 35 35 4 4 5 6	159 160 160 163 Tol 19 23 66
Bob Buckley Paul Jacobs Marco Gulotta Philip Caroom Don Brown Michael Benso Men 45 - 49 John Fay John Gallagher Jon Meyer Cecil McDonald	35 19 20 35 35 5K 3 5 8	35 35 35 35 35 35 10M 6 7 8 35	35 35 35 35 35 2M 1 2 35 4	19 35 35 20 23 107 5 4 9	35 35 35 35 35 35 4 4 5 6 7	159 160 160 163 Tol 19 23 66 73
Bob Buckley Paul Jacobs Marco Gulotta Philip Caroom Don Brown Michael Benso Men 45 - 49 John Fay John Gallagher Jon Meyer Cecil McDonald Bill Turrentine	35 19 20 35 35 5 5 8 12 2	35 35 35 35 35 35 10M 6 7 8 35 35	35 35 35 35 35 2M 1 2 35 4 35	19 35 35 20 23 10 5 4 9 15	35 35 35 35 35 35 4 5 6 7	159 160 160 163 Tol 19 23 66 73 76
Bob Buckley Paul Jacobs Marco Gulotta Philip Caroom Don Brown Michael Benso Men 45 - 49 John Fay John Gallagher Jon Meyer Cecil McDonald Bill Turrentine John Joseph	35 19 20 35 35 5K 3 5 8 12 2	35 35 35 35 35 10M 6 7 8 35 35	35 35 35 35 35 2M 1 2 35 4 35 35	19 35 35 20 23 10 5 4 9 15 2	35 35 35 35 35 4 5 6 7 2 35	159 160 160 163 Tol 19 23 66 73 76 99
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Bob Buckley Paul Jacobs Marco Gulotta Philip Caroom Don Brown Michael Benso Men 45 - 49 John Fay John Gallagher Jon Meyer Cecil McDonald Bill Turrentine John Joseph	35 19 20 35 35 5K 3 5 8 12 2	35 35 35 35 35 10M 6 7 8 35 35	35 35 35 35 35 2M 1 2 35 4 35 35	19 35 35 20 23 10 5 4 9 15 2 10	35 35 35 35 35 4 5 6 7 2 35	159 160 160 163 Tol 19 23 66 73 76 99
Bob Buckley Paul Jacobs Marco Gulotta Philip Caroom Don Brown Michael Benso Men 45 - 49 John Fay John Gallagher Jon Meyer Cecil McDonald Bill Turrentine John Joseph Bill Vogenitz	35 19 20 35 35 5K 3 5 8 12 2 9	35 35 35 35 35 10M 6 7 8 35 35 10 35	35 35 35 35 35 2W 1 2 35 4 35 4 35 35	19 35 35 20 23 10 5 4 9 15 2 10 16 35	35 35 35 35 35 4 5 6 7 2 35 8	159 160 160 163 Tol 19 23 66 73 76 99 107
Bob Buckley Paul Jacobs Marco Gulotta Philip Caroom Don Brown Michael Benso Men 45 - 49 John Fay John Gallagher Jon Meyer Cecil McDonald Bill Turrentine John Joseph Bill Vogenitz Gary McGuffin	35 19 20 35 35 5K 3 5 8 12 2 9 13	35 35 35 35 35 10M 6 7 8 35 35 10 35	35 35 35 35 35 2M 1 2 35 4 35 4 35 35 35	19 35 35 20 23 10 5 4 9 15 2 10 16 35	35 35 35 35 35 35 4 5 6 7 2 35 8 35	159 160 160 163 Tol 19 23 66 73 76 99 107 107
Bob Buckley Paul Jacobs Marco Gulotta Philip Caroom Don Brown Michael Benso Men 45 - 49 John Fay John Gallagher Jon Meyer Cecil McDonald Bill Turrentine John Joseph Bill Vogenitz Gary McGuffin Chris Riley Dan Masterson	35 19 20 35 35 5K 3 5 8 12 2 9 13 1 35 35	35 35 35 35 35 10M 6 7 8 35 35 10 35	35 35 35 35 35 35 2M 1 2 35 4 35 35 4 35 35 35 35 35 35 35 35 35 35 35 35 35	19 35 35 20 23 10 5 4 9 15 2 10 16 35 35 10 15 2 10 16 16 16 17 18 18 18 18 18 18 18 18 18 18 18 18 18	35 35 35 35 35 35 4 4 5 6 7 2 35 8 35 35	159 160 160 163 Tol 19 23 66 73 76 99 107 107
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Bob Buckley Paul Jacobs Marco Gulotta Philip Caroom Don Brown Michael Benso Men 45 - 49 John Fay John Gallagher Jon Meyer Cecil McDonald Bill Turrentine John Joseph Bill Vogenitz Gary McGuffin Chris Riley Dan Masterson Jerry Haley Bill Habicht Gary Rust	35 19 20 35 35 5K 3 5 8 12 2 9 13 1 35 35 7	35 35 35 35 35 35 10M 6 7 8 35 35 10 35 10 2 35 4 9 35	35 35 35 35 35 2M 1 2 35 35 35 35 35 35 35 35 35 35 35 35 35	19 35 35 20 23 100 5 4 9 15 2 10 16 16 35 1 35 1 35 35 35 1 35 1 35 1 35	35 35 35 35 35 35 4 5 6 7 2 35 8 35 8 35 35 1	159 160 160 163 Tol 19 23 66 73 76 99 107 107 108 111 116 124
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Bob Buckley Paul Jacobs Marco Gulotta Philip Caroom Don Brown Michael Benso Men 45 - 49 John Fay John Gallagher Jon Meyer Cecil McDonald Bill Turrentine John Joseph Bill Vogenitz Gary McGuffin Chris Riley Dan Masterson Jerry Haley Bill Habicht Gary Rust Robert Moore	35 19 20 35 35 5 8 12 2 9 13 1 35 35 7 10 35 35 35 35 35 35 35 35 35 35 35 35 35	35 35 35 35 35 35 10M 6 7 8 35 35 10 35 10 2 35 4 9 35	35 35 35 35 35 2M 1 2 35 35 35 35 35 35 35 35 35 35 35 35 35	19 35 35 20 23 10 5 4 9 15 2 10 16 16 35 1 35 35 35 35 35 35 35 35 35 35 35 35 35	35 35 35 35 35 35 35 4 4 5 6 7 2 35 8 35 35 35 35 35 35 35 35 35 35 35 35 35	159 160 160 163 Tol 19 23 66 73 76 99 107 107 108 111 116 124 141
Bob Buckley Paul Jacobs Marco Gulotta Philip Caroom Don Brown Michael Benso Men 45 - 49 John Gallagher Jon Meyer Cecil McDonald Bill Turrentine John Joseph Bill Vogenitz Gary McGuffin Chris Riley Dan Masterson Jerry Haley Bill Habicht Gary Rust Robert Moore Vern Robinson Todd Olson	35 19 20 35 35 5 8 12 2 9 13 1 35 5 8 12 2 9 13 15 35 7 10 35 35 7 10 35 35 35 35 35 35 35 35 35 35 35 35 35	35 35 35 35 35 35 10M 6 7 8 35 35 10 35 12 35 4 9 35 35	35 35 35 35 35 35 35 35 35 35 35 35 35 3	19 35 35 20 23 100 5 4 9 15 2 10 16 16 35 13 35 35 35 35 35 35 35 35 35 35 35 35 35	35 35 35 35 35 35 35 4 4 5 6 7 2 35 8 35 35 35 35 35 35 35 35 35 35 35 35 35	159 160 160 163 Tol 19 23 66 73 76 99 107 107 108 111 116 124 141 143
Bob Buckley Paul Jacobs Marco Gulotta Philip Caroom Don Brown Michael Benso Men 45 - 49 John Fay John Gallagher Jon Meyer Cecil McDonald Bill Turrentine John Joseph Bill Vogenitz Gary McGuffin Chris Riley Dan Masterson Jerry Haley Bill Habicht Gary Rust Robert Moore Vern Robinson Todd Olson John Magnan	35 19 20 35 35 5 8 12 2 9 13 1 35 35 7 10 35 35 4 35 4	35 35 35 35 35 35 35 10M 6 7 8 35 35 10 35 1 2 35 4 9 35 35 35 5 5 5 5 5 5 5 6 7 7 8 8 8 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9	35 35 35 35 35 35 35 35 35 35 35 35 35 3	19 35 35 20 23 10 5 4 9 15 2 10 16 35 35 35 35 35 35 35 35 35 35 35 35 35	35 35 35 35 35 35 35 4 5 6 7 2 35 8 35 35 35 1 35 1 35 35 35 35 35 35 35 35 35 35 35 35 35	159 160 160 163 Tol 19 23 66 73 76 99 107 107 108 111 116 124 141 143 144 145
Bob Buckley Paul Jacobs Marco Gulotta Philip Caroom Don Brown Michael Benso Men 45 - 49 John Fay John Gallagher Jon Meyer Cecil McDonald Bill Turrentine John Joseph Bill Vogenitz Gary McGuffin Chris Riley Dan Masterson Jerry Haley Bill Habicht Gary Rust Robert Moore Vern Robinson Todd Olson John Magnan Paul Stoneham	35 19 20 35 35 5 8 12 2 9 13 1 35 35 7 10 35 35 4 35 35 4	35 35 35 35 35 35 10M 6 7 8 35 10 35 1 2 35 4 9 35 35 35 5 10 35 5 5 5 6 7 7 8 8 35 5 5 5 6 7 7 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	35 35 35 35 35 35 35 35 35 35 35 35 35 3	19 35 35 20 23 10 4 9 15 2 10 16 35 35 35 35 35 35 35 35 35 35 35 35 35	35 35 35 35 35 35 35 4 4 5 6 7 2 35 8 35 35 35 35 35 35 35 35 35 35 35 35 35	159 160 160 163 Tol 19 23 66 73 76 99 107 108 111 116 124 141 143 144 145 146
Bob Buckley Paul Jacobs Marco Gulotta Philip Caroom Don Brown Michael Benso Men 45 - 49 John Fay John Gallagher Jon Meyer Cecil McDonald Bill Turrentine John Joseph Bill Vogenitz Gary McGuffin Chris Riley Dan Masterson Jerry Haley Bill Habicht Gary Rust Robert Moore Vern Robinson Todd Olson John Magnan	35 19 20 35 35 5 8 12 2 9 13 1 35 35 7 10 35 35 4 35 4	35 35 35 35 35 35 10M 6 7 8 35 35 10 35 1 2 35 4 9 35 35 5 5 35 5 5 5 6 7 8 8 35 5 5 5 6 7 8 7 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	35 35 35 35 35 35 35 35 35 35 35 35 35 3	19 35 35 20 23 4 9 15 2 10 16 35 1 35 35 35 35 35 35 35 35 35 35 35 35 35	35 35 35 35 35 35 35 4 5 6 7 2 35 8 35 35 35 1 35 6 7 2 35 8 35 35 35 35 35 35 35 35 35 35 35 35 35	159 160 160 163 Tol 19 23 66 73 76 99 107 108 111 116 124 141 143 143 144 145 146

Championship

Ollani		U	110	111	P	
	RES	ШТ	2			
	ILO	02.	<u> </u>			
Wayne Ramsey	35	35	35	8	35	148
Don Kennedy	35	35	35	11	35	151
Freeman Bagnall	11	35	35	35	35	151
Jonas Legum	35	35	35	12	35	152
Ed Jantz	35	35	35	13	35	153
Michael Frank	35	35	35	14	35	154
Men 50 - 54	5K	10M	2M	10K	1M	Tol
Fred Shanklin	5	3	2	5	4	19
Edward Klebe	8	5	10	6	6	35
Joe Clorety	35	2	1.	4	2	44
Tom Bradford	11	7	5	9	13	45
Peter Salmon-Cox	13	6	8	12	8	47
Francisco Sanches	7	35	4	3	3	52
John Strumsky	18	12	11	19	15	75
John Kirkpatrick	2	1	35	2	35	75
Eric Fredland	12	9	6	15	35	77
Jim Buck	4	35	3	35	1	78
Jim Noctor	14	11	35	16	7	83
Jim Storey	17	35	7	17	10	86
William Derr	35	8	35	7	5	90
Ken Lyons	6	10	35	8	35	94
John Benkert	1	35	35	1	35	107
John Pack	16	35	35	13	11	110
Amadeu Sanches	35	4	35	10	35	119
Evan Thomas	35	35	9	35	12	126
Gary Sewell	35	35	35	14	9	128

35 35

35 35

35 21

35 35 35 149

35 35 35 150

29

11

14

35 143

35

35 148

153

Don Higdon

Bill Con

Alan Stott

Barry Grier

Bart Clark

Bill Miller

Joe Oboyle

Alan Wycherley

Charles Kennedy

Richard Smith

Jim Mandrin

Ed Karlson

Daniel Day

William Douglas
Michael McAusland

John Heilker

Ed Mehew	20	35	35	35	35	160
Allen Egloff	35	35	35	22	35	162
Clark Rehberg	35	35	35	23	35	163
Michael Connaughton	35	35	35	24	35	164
Lee Patrick	35	35	35	25	35	165
Karl Schwabe	35	35	35	26	35	166
Jack Koletty	35	35	35	27	35	167
Men 55 - 59	5K	10M	2M	10K	1M	Tol
Lee Masser	1	3	1	5	2	12
Norm Lee	35	4	35	1	3	78
Jose Badillo	35	1	35	35	1	107
Buck Cadell	2	35	35	35	35	142

35 35 35 2 35 142

35 35

35 3

35

35 143

3 35

19 35

35

10

35 13 35 35

21 35 35 28 35

35 35 35 18

14 35

35 35 20

William Mcgranahan	35	35	35	6	35	146
Men 60 and Over	5K	10M	2M	10K	1M	Tol
Edgar Parker	4	2	2	5	3	16
Leon Johnson	35	1	1	4	35	76
Web Chamberlain	2	35	35	1	35	108
Ben Moore	35	35	35	3	1	109
Denzil Pritchard	35	35	35	6	2	113
Milt Taylor	1	35	35	35	35	141
Brad Chapman	35	35	35	2	35	142
Guy Riccio	3	35	35	35	35	143
Roy Elder	35	3	35	35	35	143

Give me a call if you see an error, 544-7615. Bob Walters

MEADE HIGH SCHOOL

5K Track Run

May 14, 1994 - It takes a special kind of runner to spend this much time running round and round one track just to see how long it will take you. But these guys did it... just for the fun of it!

Results

-		
PI	ace / Name	Time
1	Jim Clelland	15:46:40
2	Alan Lovell	16:25:98
3	Terry Shaner	16:53:98
4	Matthew Mace	16:55:87
5	John Mecox	18:34:82
6	Ed Harte	18:54:46
7	Paul Garner	19:45:37
8	Keith Burkhart	20:02:08
9	Ed Klebe	20:55:03

HERE ARE SIX REASONS WHY YOU SHOULD RUN THE CHAPTICO CLASSIC!...

With weak
apologies
to David
Letterman,
following are
six reasons
why you
should run
the Chaptico
5K & 10K
Classic
Saturday,
August 27th.

- 1. You are entered in the Annapolis 10 mile the next day and this is your idea of a tune-up.
- 2. You are not entered in the Annapolis 10 mile the next day and you need to run a race that week-end.
- 3. It's an opportunity to watch politicians like Congressman Steny Hoyer and some local commissioners and members of the legislature do foolish things in public.
- 4. It's an opportunity to watch the Marine Saturday, August the 27th marks the 11th running of the Chaptico Classic, which is Southern Maryland's oldest and largest road race. Security Guard from the local Naval Air Station run the 5K in their fatigues, carrying flags and singing.
- 5. The course, while demanding, is very pretty and includes about 1 1/2mile through a farm and passes by a number of historic houses and a beautiful church.
- 6. All the application fees directly benefit Alternatives for Youth.

Alternatives for Youth is a private, nonprofit, local agency which operates a group home for kids and has a network of 25 therapeutic foster homes throughout the community. They provide a number of emergency services for children and their families. The race is a major fund raiser for the program and the proceeds from the race will pay for the cost of children in foster care for nearly a year. For more information contact 301-884-0312 FAX 301-274-4039.

APR 10 NORTHERN TELECOM CHERRY BLOSSOM 10 MILER WASH DC

CHERRI BLOSSON	10 MILLETT
WASH DC	
4500 FINISH	
Robert Marino	53:42 45th
Mark Jones	55:55 75th
Tom Prendki	1:01:30
Jim Buck	1:06:50
Daniel Atkinson	1:08:04
Paul Baltutis	1:09:36
Bill Conroy	1:09:41
Bennett Feld	1:10:07
Harold Stanton	1:10:13
Michael Blanche	1:10:36
Ivan Pressman	1:10:52
Tom Futch	1:13:43
	1.14.20
David Gough	1:14:30
Sean Sweeney	1:15:42
Danalee Green	1:15:42
6th AG	4 40 07
Paul Stoneham	1:16:27
Ray Wyvill	1:17:02
Sue Briers	1:17:08
	1.17.00
Mike Bright	1:17:09
Steve Kling	1:17:46
David Karabinos	1:18:02
Stephen Keefer	1:18:02
Pat Donahue	1:18:57
Larry Puglisi	1:19:04
Brad Mahanes	1:19:10
John Hampton	1:20:30
Michael Udell	1:21:13
Tom Potska	1:21:42
	1:21:53
Susan Michalski	
Ben Moore	1:23:53
5th AG	
James Cronk	1:23:55
Barb Vogel	1:24:10
Fred Jacoby	1:24:26
Evan Thomas	1:25:34
Dick Hillman	1:25:34
Dick Fillinan	
Roy Elder	1:26:25
Diane Frustaglio	1:26:55
Charles Muskin	1:27:02
	1:27:13
Steve Van Rees	
Don Stoddard	1:27:29
Erin Delaney	1:27:31
Jeanette Stanton	1:27:32
	1:27:37
Dennis Melton	
Frank Parada	1:28:06
Reggie Haseltine	1:28:32
Kathleen Heagney	1:29:08
Daniel Day	1:30:01
Brenda Norman	1:30:30
Marco Gulotta Jr	1:31:00
Charles Walsh	1:31:11
Jane Jenson	1:31:13
Scott Jamieson	1:31:30
	1:32:01
Marilyn Lehrer	
Penny Mohr	1:34:05
Jim Etchison	1:35:23
Doug Custer	1:36:43?
Anne Durkin	1:36:44
Dave Bliel	1:38:51
Harry Colter	1:39:34
Susan Stedman	1:40:05
Susan Gilson	1:41:14
David Kroll	1:44:04
	F 401/

APR 17 SALLIE MAE 10K WASH DC

WASH DC

Jim Carter 47:00

APR 17? 13TH ANNUAL TREE RUN 3.1M STILLPOND, MD George Spilich 20:03 1st

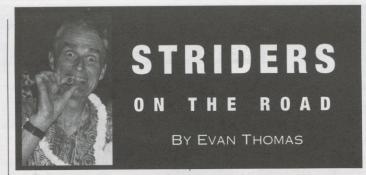
25' Cherry tree Mark Wilhelm 22:58 5th

Matt Spilich - 8th

APR 24? DRUG FREE 5K

COLLEGE PARK, MD Mark Wilhelm 19:37 6th!

APR 24 GEORGE WASH. PKWY 15K MT VERNON TO ALEX. Larry Puglisi 1:10:05



GENERAL RANTINGS - (was he in the Marines?) // Special thanks to DK for measuring the Father's Day/B&A Trail course // How about the nice string of cool weekend mornings we had this spring - awesome. I don't know if it was the weather or not, but I had some nice results for 3 weeks running - Constellation, Chestertown and Bel Air. I hope you took advantage of the conditions too! // The Beginning Running Program was a big hit again this year. We had over 80 folks take part in varying degrees and over 50 should finish by being able to run 20 minutes non- stop. I want to congratulate those that did it (many of them are now members of the club). Our staff of volunteers and lecturers was the reason things went so well. A big thank you to Iris Wyvill, Lee Patrick, Ben and Betty Moore, Meredith Bonta, Louise Zeitlin, Ed Klebe, Julie Lane, Sue Briers, Dick Hillman, John Benkert, Leona Schultz, June Scheider, Bob Bridges and Gary Lydard (Athlete's Foot). A number of last year's class showed up to lend some credence to the program - this year's "graduates" should be double that of last year. I think we've got a good thing going here. If anyone would like to run a program in the fall, I know there are more folks out there that would make it worthwhile. At any rate, I hope we can do it again next spring! It's really rewarding to watch people progress during the 10 weeks and start gaining some confidence in their abilities. I think we gained at least 25 new members also and generated a lot of goodwill for the club. // For those who don't know, I have a new work number 410-859-2874. For those who do know, the number is still 859-2874! Mailing address for On the Road results: 7941 Queens Rd, Glen Burnie, MD 21061 // We are happy to report that Doug Custer and Gabrielle deGroot finished in a tie at the altar in June! (and, yes, some fool had to pass out whistles at the reception) // Special to Patti Bembe: Hurry and get well soon! // Until next time - See you on the road - ET

APR 24 CLIDES AN	ILITICAL TOR
Jim Carter	48+
Nancy Mann	49+ 3rd AG
MAY 8 WASHINGTO MOTHERS DAY 8K	
Jackie Crowe	40:36
MAY 8 CARING CUI GOUCHER COLL., Leonard Kuentz	TOWSON, MD
MAY 14 PREAKNES CELEBRATION 5K Jim Carter	
MAY 15 CRYSTAL O	
John Benkert Masters & 50-59	35:20 1st

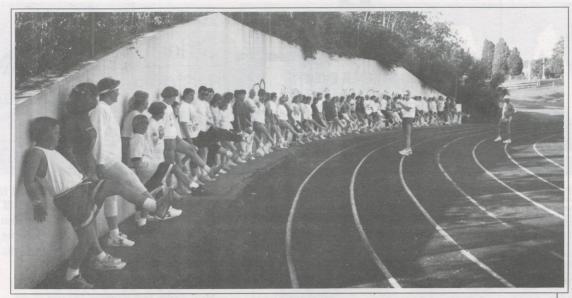
ADD 24 CLYDES AMERICAN 10K

Masters & 50-59	
MAY 22 CONSTELL	ATION
CLASSIC 10K INNE	RHARBOR
Dave Webster	34:00 1st AG
John Benkert	35:26 1st AG
Tom Prendki	36:15
Francisco Sanches	37:48
Joe Clorety	38:19
Fred Shanklin	39:00
Bill Conroy	39:23
Jim Noctor	42:50
Mary Macey	44:04

Evan Thomas	44:06	
Laura Nye	45:15 PR!!	
Jim Carter	47:31	
Roy Elder	48:40	
Nancy Mann	50:25	
Brad Chapman	51:02	
Dennis Melton	51:19	
Paul Stoneham	52:19 PW	
Linda Simpson	52:20	
Reggie Haseltine	53:21	
Joan Forman	54:04	
Dave Bliel	59:47	
Berie Voith	1:11+ Smiling!	
James Garrett w	as an ace timer	
at the race. I do I	ike the new	
course. Weather		
change. I hear th	e race will be	
back on Memoria		
(Sunday) next year. The 50 and		
over race results still have not		
been released yet - I think our		
folks are probabl		
hardware - Hey,	Les! It's July!	
MAY 24 GOLDE	N GATE BRIDGE	
3K SAN FRANCI	sco	
(250 ENTRANTS	3)	
Bob Field	10:27	
3rd O/A, 1st Mas	sters, PR	

PARTY 10M CHEST	
(235 FINISHERS)	
James Garrett	53:46 1st!
Matt Mace	58:13 3rd
Tom Prendki	58:22 4th
George Spilich	1:00:41
1st AG	4.00.04
Chris Riley	1:02:21
1st AG Nick Lakis	1:04:01
2nd AG	1.04.01
Larry Collins	1:04:21
3rd AG	
Bill Turrentine	1:04:27
Paul Serra	1:04:50
Dave Heron	1:04:57
Rose Malloy	1:05:07 1stF
Jim Buck	1:05:57
Dave Walser	1:07:03 1:07:23
Robert Moore Jim Woodcock	1:08:34
Eric Fromm	1:08:42
Bob Field	1:09:01
Bill Peake	1:09:01
Mike Bright	1:09:12 PR?
Ivan Pressman	1:10:02
John Gallagher	1:10:11!
Vern Robinson	1:10:24
Sue Briers	1:10:32 PR?
Ed Klebe	1:11:19
Mary Macey	1:11:38 TFFP
TJ Harrington	1:11:49 PR!
Daniel Atkinson	1:12:16
Peter Salmon-Cox	
Ray Wyvill	1:12:36
Evan Thomas	1:12:44
10th consec	1.10.00
Danalee Green	1:13:03 1:13:16
Tom Bradford	1.13.10
ACET! Jennifer Lundeen	1:13:30
Betty King	1:13:39
Ken Lyons	1:14:14
STET	1.17.17
Karen Zanni	1:14:37
Eric Fredland	1:14:40
Ben Moore	1:16:46
1st AG	
Sean Sweeney	1:16:56
Jim Carter	1:17:11 PR
Paul Tavel	1:17:51
Pam Haley	1:17:55
Bill Helms	1:18:27
Will Scott	1:19:04
Mick Galuski	1:19:33
Will Myers	1:19:40
Charlie Lane	1:19:47
Larry Horner	1:19:51
Brenda Norman	1:20:15
Paul Watson	1:20:45 1:21:08
Karen Hosler	1:22:56
Roy Elder 3rd AG	1.22.50
John Joseph	1:23:09
Stan Tunai	1:23:52
Stan Tupaj Dick Hillman	1:24:01
Tim Smith	1:24:04 PR!
Earl Scott	1:25:23
Sharon Serio	1:26:49
2nd AG	
Gail Cooper	1:27:28
Delma Miller	1:28:47
1st AG	
Kathleen Heagney	
Julie Lane	1:29:22
Linda Simpson	1:29:58
2nd AG	1.00.05
Dale Wood	1:30:26
Dennis Guard	1:30:28
Peggy Joseph	1:31:20
James Ross	1:32:06
Luanne Turrentine	1:33:41
Buck Cadell	1:34:24
Joe Walsmith	1:39:12

MAY 28 CHESTERTOWN TEA



ET's Beginning Runners all stretched out at the Bates Track.

ON THE ROAD

Continued from preceding page

Rhody Holthaus 1:58:41 What a glorious day! It was actually a cool day for Chestertown! Since the gods were with us, a lot of folks had nice results, including moi, third best 10m and best in seven years. Counting a few folks from the area who are not members (yet), we had over 30% of the field. John Benkert was there urging Tom B on. It was such a nice day, I went into a buying frenzy - flowers, crafts, food. For those of you who haven't been there, mark your calendar for the Saturday of Memorial Day weekend in 1995. Of course, if you want an accurate course, you should look elsewhere (miles 5 and 9 are way off). Memo to P S-C: next time you blow by someone, at least offer to drag them with you for a while! Tim Smith from Stevensville said he

managed his PR even after falling off his roof the week before the race. That must have been some wake up call!

MAY 29 BAY CAFE 5KARRIBEAN RUN INNER HARBOR

(745 FINISHERS) 22:03 Jim Carter 24:24 Linda Simpson 2nd AG Pam Haley 4th AG

JUN 4 CROFTON KIWANIS 10K CROFTON PARKWAY (229 FINISHERS)

James Garrett 32:44 1st!! Mark Jones 33:30 Tom Prendki 35:21 6th Matt Mace 35:45 7th 39:09 Bill Conrov 1st AG Rose Mallov 39:16 1stF Jim Buck 39:38

2nd AG Michael Kennedy 41:211 Bill Freed 41:36 Clint Henderson 41:50 Mike Bright 42:13 Fd Klebe 42.25 Jim Noctor 43:34

Bill Miller	43:49
Ron Bowman	43:52
Debbie Nielson	43:53
Derek Ammons	44:07
Danalee Green	44:34
	2ndAG
Larry Puglisi	44:42
Julie Bailey	44:47 2ndAG
Peter Salmon-Cox	44:56
Pat Donahue	45:02
Albert Hartzell	45:11
Bruce Soyars	45:16
Richard Miller	45:19
Jessica Palatka	46:07
	3rdAG
Carrie Nalley	46:18
Don Kennedy	46:38
Neal Hinkle	47:08
Robert Bailey	47:16
John Hampton	47:30
Diana Filo	47.56

Diane Filo 47:56 Sarah Kaufman 49:19 John Fay 49:30 Alan Murray 49:31 June Schneider 49:38 3rdAG Reggie Haseltine Mike McAusland Anthony Cruz 50:08 50:20 50:33

Brad Chapman

Robert Kennedy

50:47

52.42

Al Stott 53:53 **Edward Karlson** 54:18 Jose Stoute 55:22 Greg Sullivan 55:28 Ellen Stoute 55:39 Connie Whittington 55:51 Ellen Stephens 55:53 Don Stoddard 56:54 Harold Michaelis 58:18 Alan Wycherley 1:00:57 1:02:50 John Koletty 1:04:51 Susan Bright Sorry I missed this one - looks like everyone enjoyed themselves in the Crofton hills. JUN 5 BEL AIR TOWN RUN 5K **BEL AIR. MD** (516 FINISHERS) 17:00 1st John Benkert AG/18th (16:59 on some watches) Paul Baltutis 17:46 36th Fred Shanklin 18:43 Arryn Baltutis 19:39 1st AG Dave Walser 19:40 Jose Badillo 20:27 **Evan Thomas** 21:04 Best in 7 years Jim Storey 22:52 Roy Elder 23:15 3rd AG Nancy Mann 23:24 2nd AG Linda Simpson 24:41 2nd AG David Walser 24:49 PR Joan Forman 26:09 3rd AG Elizabeth Seibold 28:31 Nice course, cool temps, downhill a lot in mile one, but you pay later, still a fast course! **JUN 12 5 SMILER 5M INNER** HARBOR

Esther Alpert

Cecil McDonald

52:53

53:06

Jim Griffith 28:52 7th

29:00 8th Bruce Miller JUN 12? RUN FOR THE KIDS

5K SOLOMON'S ISLAND (Eric Schrader Race Dir)

Paul Serra 17:31 1st! Rick Woods 17:39 2nd Dave Walser 18:38 3rd Ray Wyvill 20:32 David Walser 24:05 PR. 1st AG

JUN 18 GRANDMA'S MARATHON, DULUTH, MN

Mark Jones 2:51 Nice course, lousy weather, 400+ ended up in the hospital tent. Nice finish in tough wx. He is going back again next year.

JUN 25 FOUNDER'S DAY 10K, CASHMERE, WA

46:15 2nd! **Evan Thomas** 1st AG

announced as "boys 50 & over."!! Not many runners in the 10K but cool temps and low humidity!

JUN 29BRRC SUMMER TRACK **SERIES GBHS**

Matt Mace 3200m 10:57 3rd

JUL 4 FIRECRACKER 10K **ARBUTUS**

LOVE THOSE HILLS Ed Klebe 45+ Neil Hinkle 48:20 Leonard Kuentz 48:42 Don Kennedy 49:02

JUL 8 HCS WDF 5K COLUMBIA MALL (MIDNIGHT RUN, HARD TO SEE, 90 DEG +)

Nancy Mann 23:59 3rd AG Joan Forman 28:20



ET, his staff, and most of '94 Strider Beginner's Running Club who competed in the Women's Distance Festival race on July 16th in West Annapolis.

STREAK STAFF

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The purpose of the organization is to improve the physical fitness and mental well-being of its members through the promotion and encouragement of long distance running.

Article II, By-Limes of the Annapola 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.

DEADLINES

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 and ADS for STREAK's October Issue is Sept. 6th

ADVERTISING RATES:

Business Card - \$20 • Quarter Page - \$40 Half Page - \$70 • Full Page - \$100

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DUES NOTICE

If "943" appears on the first line of the address label after "Exp Yr/Qtr" your dues are due by September 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.



ANNAPOLIS STRIDER EVENTS

What's Coming Up

AUGUST 4, 11 & 18 Thurs., 6pm, Summer Fun Run, Bates Track, Annapolis. Contact Ed Klebe 263-7106.

AUGUST 14, Sun., 8am, Dog Days of Summer 8K, AACC, Contact Paul Baltutis 674-5564.

AUGUST 28, Sun., 7:50 am, Annapolis 10 miler, Navy-Marine Corps Stadium, Annapolis. Contact Sue Briers 721-2116.

SEPTEMBER 6, Tues., 7:30 pm, Annapolis Striders Board Meeting, Nationwide Insurance Bldg., Riva Road, Contact Jean Legum 757-7888.

SEPTEMBER 11, Sun, 8 am, Dawson's Severna Park 5-mile run, Severna Park High School. Contact Ivan Pressman 544-8367.

OCTOBER 9, Sun., 8 am, Metric Marathon, Sother High School, Harwood. Contact Al Stott 647-4298.

INFORMAL DISTANCE RUNS:

Mondays 6 pm. Naval Academy (meet at the outdoor track). Contact Lee Patrick 410-757-098

M/W/F 6:06 am Church Circle neare Main Street. Contact Gill Gochran 268-5515

Wednesdays 5:30 pm. AACC Track. Contact Evan Thomas 410-760-9188

Saturdays 7 am. Conte Bldg Rt. 450. Contact Ben Moore 410-268-3832

Sundays 7:30 am. Main Street/City Dock area Contact Evan Thomas 410-760-9188

The STREAK is mailed by bulk mail and cannot be forwarded by the post office. If you are planning on a move, please notify the Membership Management Director. P.O. Box 187, Annapolis, MD 21404-0187 or call the HOTLINE.

HOTLINE: 268-1165

AREA CODE 410

This is the 23-hour phone number for The Annapolis Striders.

Annapolis Striders History — A Look Back



13 YEARS AGO – Streak August, 1981 Issue

The Striders crazy enough to commit to the Fort Meade 24 Hour run were: Bill Law, Don Waddington, Walt Eilers, Ben Matthews, Ken Kimble, Warren Cooper, Betty Impellizzeri, Don Kennedy, Lynn Burkhart and Demetris Fotos.

Father's Day 10K race winners: Steve Hull 33:55 and Barbara Stroud 46:46. Fastest Father: Steve Hull...Youngest Father... Ron Jarashow...Oldest Father: John Wall.

John Butterfield, departing for Greece, was awarded an honary lifetime membership in the Striders for his inspiration in formation of the Club.

10 YEARS AGO

???? Sorry to say that there is no history to repeat for this year. The official Streak files (which are sealed in a cardboard box on Funk and Wagnalls back porch) is missing this issue!

5 YEARS AGO – August, 1989 Issue

Property Chairman Ken Lyons cleans out the club's storage shed. (This is the last time we think it was done, too!)

Bobby Evans won the John Wall Memorial One Mile Race in a time of 4:31.

10th Annual Women's Distance Festival race results: Maureen Shaneman...18:02...Rose Malloy...18:13. Maureen was 24; Rose was 40.



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