

STREAK

ANNAPOLIS
STRIDERS

Volume XVI Number 6

October/November 1994

1994 ANNAPOLIS TEN MILE RUN

Nineteenth Run Has Record Field

by **SUE BRIERS**, Race Director

THE ANNAPOLIS Ten Mile Run enjoyed its nineteenth running with a record field on a new and "improved" course. The course was altered, due to construction in the Naval Academy, and had to be re-routed further down Route 648 to Route 50. This added a few scenic hills but the most significant change to the course was the inclusion of the newly opened Severn River Bridge. The bridge added new challenges never before seen in the race with its "incredible view from up there". The lead runners enjoyed the

change as there were less turns and cut ins and they could better judge their position and competition at the turn around. However, many others felt the course was much more challenging.

The weather cooperated this year in producing the traditional hot and humid conditions that have come to signify the Annapolis Ten Mile Run. With a field of 4260 runners when it closed on July 27, there were 3556 official finishers who received the special Annapolis Ten Mile finisher's jacket.

Gerry Clapper raced to his second consecutive win with a time of 52:22. Clapper, literally, ran unchallenged for the distance and held a 26 second lead over second place Navy runner, Bruce Frame.

The women's first place finisher, Bonnie Barnard-Lopez, also ran uncontested in a time of 1:00:02. Well ahead of second place Connie Buckwalter who finished 1:01:15, Bonnie looked strong at the finish.

This year the race also honored our Master's runners with overall Masters awards. See 10 MILE, page 7

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Runner stretches.

Masterful Performances at Dog Days

by **PAUL BALTUTIS**, Race Director

THE 7TH ANNIVERSARY race, in dog years, featured nearly tolerable conditions thanks to a breezy, less humid morning. When the dog whistle sounded the runners scampered off on Earl Scott's hand crafted course.

The men's race quickly became a two person duel between Scott Baker and Master's runner Dave Webster. Scott took the early lead with Dave close behind. Since Dave is known to run back-to-back-to-back-to-back races at track meets he is familiar with toughness. Dave held pace around the grueling second loop and passed Scott with roughly a mile to go. Dave Webster's winning time was 28:43, nine seconds ahead of Scott Davis. Terry Shaner from Fort Meade finished

See DOG DAYS 8K, page 5

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Update From a Seattle Based Strider

by JOHN LOCKWOOD

I've been out here almost a year now having a great time in the Pacific Northwest, enjoying the finest running environment that I have ever experienced. After two car moves across country last June and July and transitioning into a new assignment, I didn't get around to serious training until last August. I did a few 10Ks and a half marathon on Labor Day and thought to myself that I sure had a long way to go if I were to run fall marathon. I had picked up a subscription to Northwest Runner, which is a first class regional running magazine. I set my sights on the November 27th Seattle Marathon. An article on hill training and the abundance of that terrain in and around Seattle made me think that perhaps I should finally explore serious hill work.

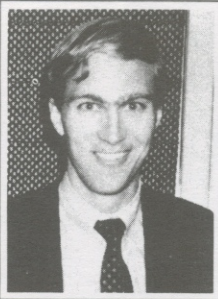
Consequently, I worked up a training schedule which went something like this: running five days a week of quality workouts; two 45-50 minute hill workouts with six repeats of a .3 mile moderate hill and two more hills on the way back home; two 5-7 mile flat runs at about an 8:15-8:30 pace; and either Saturday or Sunday for my long run. Once I got up to 16 miles on the weekend run, I alternated between runs of up to 25 miles and then on the alternative weekend a run of 15 or 16 miles. Amazingly, I stayed injury free throughout my training program and the marathon, which is a first for me.

One of my more interesting and fun training runs was with President Bill Clinton on November 19 during his visit for the Asian Pacific Economic Cooperation Council meeting. (The Coast Guard played a key role in facilitating this historic meeting on Blake Island, about five miles across the bay from Seattle.) After having told one of the White House advance folks of my interest in running with the President, I was fortunate enough to receive a call the night before and told to be at his hotel at 0630 the next morning. As most military folks are likely to do before meeting the Commander in Chief, I arrived early, suitably attired in a USCG emblazoned shirt. Along with other invited members of the morning's presidential running gaggle, I met the

President up on the 46th floor of his hotel and then climbed aboard the motorcade for a "moving drive" through the City to Green Lake park. Green Lake has about a three mile black top trail around the lake, and is a favorite place for runners, walkers, bicyclists, etc. After alighting from the car and shaking a few hands, the President took off with about a dozen of us close behind and with the ever present Secret Service agents out ahead on each flank. The run was punctuated by conversation and as you would expect, a lot of folks called out greetings to the President while a number of others wanted to join the group. The President moved along faster than I had anticipated and the last mile was at or slightly below an eight minute pace. All in all, it was a fun run. I also had the opportunity to present him with a Coast Guard hat and running jacket, which I hear he has been seen in from time to time back in DC and other environs.

A week later we lined up for the Seattle marathon, a flat and very enjoyable course made just a little more interesting by one or two inches of icy slush across the wooden footbridges that marked the trail going up and around Lake Washington. I was pleasantly surprised with a 4:15 and a much better last 10K than I have been able to muster in the past. With a good marathon behind me, I decided to see if I could do a little better at the Trails End Marathon on February 19 in Seaside, Oregon. Trails End is a small but quality race with four to five hundred runners, and the main attraction is the course's reputation for being ugly since the Oregon coast is known for high winds and rains particularly during that time of year. My training didn't go as well as I had hoped however, and I lost a week due to the flu. Weather wise, it couldn't have been better - clear and in the high 40's with very little wind. But the best I could manage was 4:30 after severe calf cramps throughout the last 10K. I'll keep trying to find that sub-4 hour run which I know is in me somewhere, though... next stop is the Portland, Oregon marathon in October.

I hope you all are still enjoying Route 450 on Saturdays. I'll see you out there again from time to time.



MATT MACE, President
Annapolis Striders

MESSAGE From the President

Matt Mace

THANKS go to all of the volunteers who made the 1994 Annapolis 10 Mile Run successful. Although more comprehensive accolades will be found in this issue of the STREAK, on behalf of the Board I would like to thank Sue Briers for a job well done, directing the largest field ever with over 4,000 entrants. Special thanks also go to Julie Lane, who did a tremendous job recruiting volunteers and course monitors. I was also particularly happy to see John Benkert's efforts in full force, with the Strider's Men's Masters team placing first and the Strider's Women's Masters team placing second. Racing teams is certainly an area in which I would like to see the Club positively expand.

Although the final figures are not yet in, it is important for the membership to remember that our efforts also go toward raising a significant sum for charity through the 10 Mile Run. Over \$10,000 will be split this year between the Cardiac Rehab Unit of Anne Arundel Medical Center and the Maryland Affiliate of the American Heart Association. The Board has been in touch with both groups, who are very appreciative of the Club's support.

Dawson's A Success

Ivan Pressman, Director of this year's Dawson's 5 Miler race, also guided a great event for the 7th installment of the Club's championship series. Over 300 finishers took advantage of the perfect early September conditions - Certainly the agreeable weather had a lot to do with another extremely good turnout. The only "complaint" I heard was that the weather was so good that it was difficult to find any excuses for a slow performance! Numerous volunteers from Severna Park again made the Dawson's race a success.

"Help Wanted"

Although appearing premature, there are several positions to be considered for the upcoming general membership election in March as well as for the two major races. I encourage all of the members to take part in the Club's activities. The Board would appreciate suggestions directed towards the Nominating Committee which will be developing a slate of officers and directors over the next month to be published in the December STREAK. Nominating Committee members Dick Hillman, Sue Briers, Ron Bowman, Will Scott and Tom Bradford (further members to be added) seek your input. If they do not hear from you, you will be hearing from them.

The Board is also seeking volunteers to work on the 1995 Annapolis 10-Mile Run. An ability for organization is the most desired trait. The Board would also like to hear from possible candidates to assist Tony and Ludmila Pruner, who were recently confirmed by the Board as Co-Race Directors for the 1995 Governor's Bay Bridge Run. This would be a great way to prepare to serve as a Director of a future race.

Upcoming Events.

Dan Masterson has contacted the State Highway Administration, which is interested in promoting the recent beautification of Rowe Boulevard. Discussions have been held with the Mayor's office as well as the State Highway Administration on the possibility of a 1 mile run on Rowe Boulevard in November. Tentatively, the Thanksgiving weekend, with an early starting time to avoid traffic congestion, has been suggested. Additional information will follow either in the STREAK or on the Hotline.

Also upcoming is the 8K race to benefit the Eastern Shore Land Con-

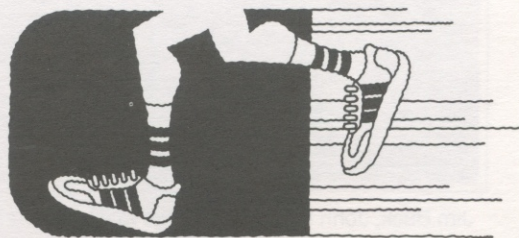
servancy. The Striders will be assisting George Kerchner, Race Director, to conduct the 8K race in Queenstown on Sunday, October 16th. This would be a good opportunity to "hit the shore" without waiting for next May's Chestertown race.

The Striders will once again be assisting the Arthritis Foundation with the Jingle Bell Run. This year's event is scheduled for Sunday, December 4th at the Marley Station Mall. Charlie Muskin has agreed to serve as the Club's liaison and is interested in hearing from anyone who can work on race day.

Finally, take special note of the Cross Country Series being conducted by the Baltimore Road Runners Club this Fall. We have been challenged to a 5K race by BRRC to be held on Saturday, November 5, at 10:00 A.M. in Baybrook Park. The Club would like to see a good showing and this would be a change of pace for those not training for a Fall marathon.

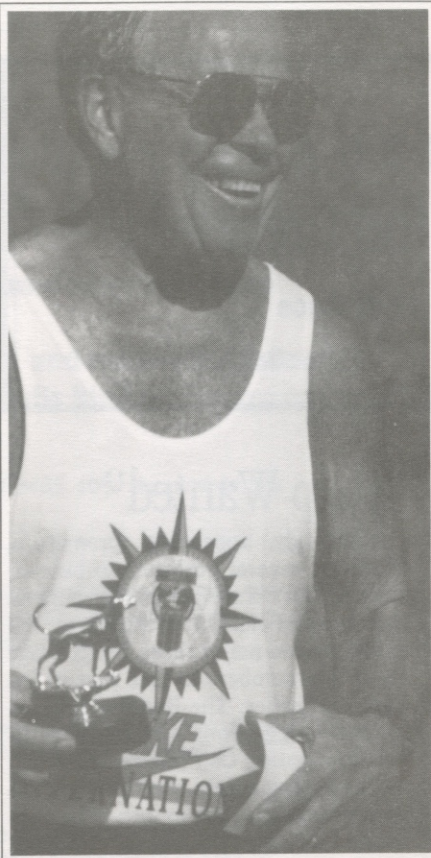
RRCA Notes

I recently received an updated list of the RRCA's affiliate clubs. Although the Striders are only the third largest RRCA outpost in Maryland, on a national basis we are one of the larger affiliates (but still a long way from the New York Road Runner's 29,000 members). As many may not be aware, we operate our events in compliance with the RRCA's rules and try to improve where possible the races which we conduct. As a governing body, the RRCA does not conduct races; instead, it provides the framework for the local affiliates to operate. If any club members have interest in becoming more involved in the RRCA, they should contact Evan Thomas, who is the RRCA Maryland State Representative. In addition, if you have any interest in racing during your next vacation, a quick call to one of the RRCA affiliate clubs will prove quite rewarding in locating an appropriate event.

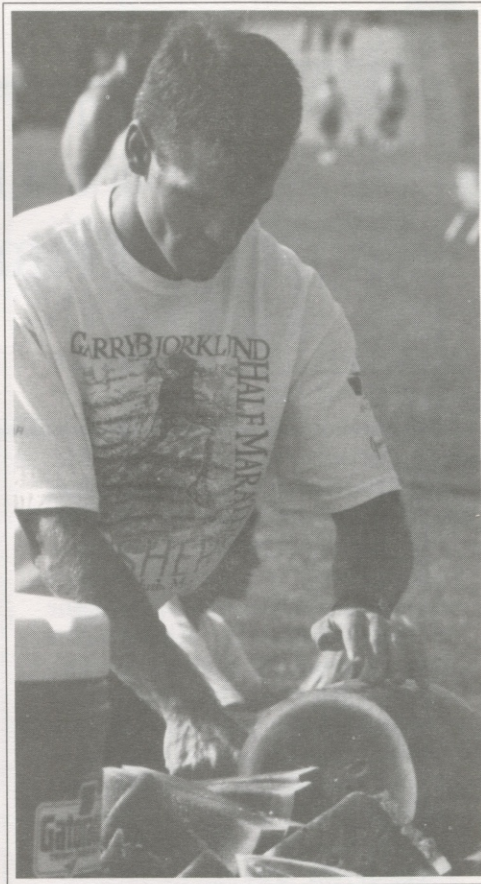




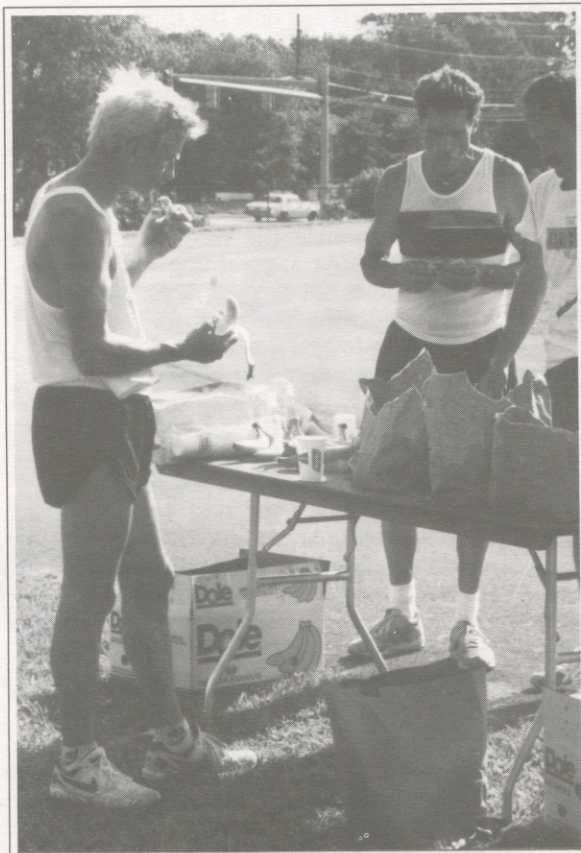
What me run?!



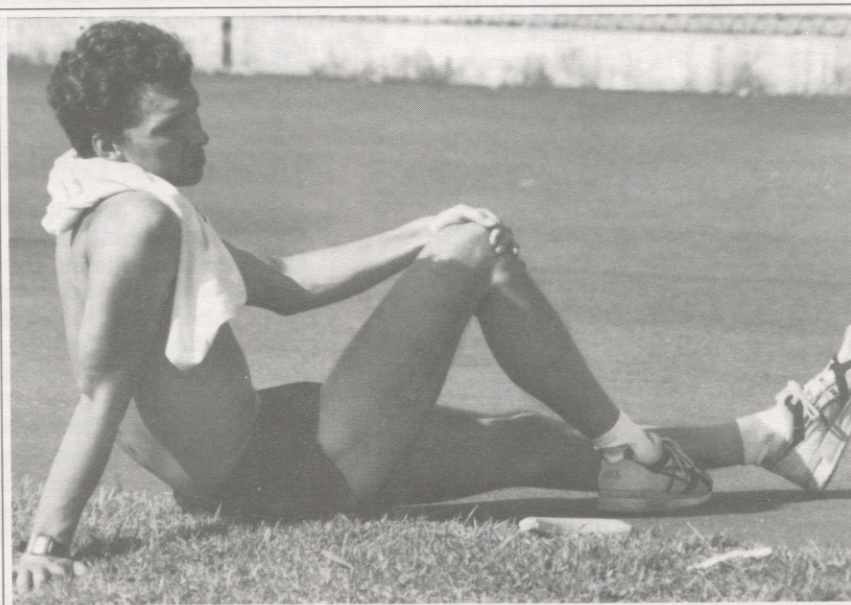
Roy Elder is pleased with his prize.



A runner enjoys the last post race watermelon for 1994.



Jim Buck, John Benkert and Don Masterson refueling.



Runner at rest.

Photos by LEE MASSER



Race Director, Paul Baltutis announces winners of Dog Day trophies.

DOG DAYS 8K Continued from page 1

third. Another speedy 40+, Scott Eden won the Master's age group category and was sixth overall.

In the women's division, Rose Malloy enjoyed equal success as a Master running in the Open category. Rose won the overall women's title in 32:42. Laura Heath finished second, thirty seconds ahead of Jennifer Sullivan. Danalee Green was the first Women's Master.

The award's ceremony and refreshments fitted the spirit of the race. Watermelon slices were added to the normal Annapolis Striders fare of bananas and Chesapeake Bagel Bakery bagels. The awards literally went to the dogs as both the overall and age group awards featured canine figures. Dave Webster made a rare appearance at the awards and Rose Malloy was kind enough to tell me she liked the winner's award design.

It was certainly a pleasure for me to conduct this race with so much club support. Special thanks to Tom and Sharon Bradford, Earl Scott, Ed Klebe, Don Kennedy and ET. Ben Moore gave us calibrated split times at one and three miles. All the volunteers were just super. Race directors the world over know how important they are.

RESULTS

POS / NAME	AGE	TIME
1. David Webster	41	28:43
2. Scott Baker	26	28:52
3. Terry Shaner	36	29:04
4. Mitchell Conover	22	29:16
5. Matt Mace	34	29:34
6. Scott Eden	40	30:02
7. Bobby Downs	18	30:10
8. John Kirkpatrick	50	30:54
9. Rick Bradley	27	31:03
10. Mark Cemiglia	32	31:10
11. Kyle Martin	18	31:22
12. John Hecox	24	31:42
13. Steve Donahue	33	32:04
14. Francisco Sanches	52	32:21
15. John Pitarra	53	32:28
16. Rose Malloy	45	32:42
17. Chris Riley	50	32:59
18. Paul Madden	18	33:23
19. Jim Buck	51	33:35
20. Marc Mallonee	25	33:39
21. Fred Shanklin	53	33:40
22. Robert Moore	47	33:57
23. Bob Palatka	11	34:00
24. Rob Schnabel	27	34:12
25. Ed Harte	35	34:16
26. Gregory Schell	31	34:17
27. Dave Walser	35	34:26
28. Curtis Johnson	34	34:31
29. Bill Turrentine	45	34:52
30. Rick Woods	39	34:53
31. Harold Stanton	43	35:01
32. Laura Herath	21	35:06
33. Patrick Mowles	22	35:16
34. Michael Kennedy	36	35:18
35. Bob Field	42	35:22
36. Jennifer Sullivan	29	35:36
37. William Derr	55	35:37
38. Jim Kaufman	40	36:05
39. Jose Badillo	56	36:15
40. Erik Bugler	29	36:22
41. Randy Snyder	45	36:29
42. Dan Masterson	49	36:38
43. Chris Logas	24	36:41
44. Bruce Bagley	17	36:47

POS / NAME	AGE	TIME
45. Amadeu Sanches	54	36:47
46. Tom Martiner	23	36:48
47. John Gallagher	45	36:55
48. Jed Boertlein	35	37:04
49. Pat Donahue	42	37:15
50. Susan Briers	39	37:24
51. Jennifer Bonfigli	23	37:26
52. Mike Brian	44	37:31
53. Diane Turchick	30	37:35
54. John Fay	47	37:38
55. Christine Westrich	22	37:46
56. Danalee Green	48	38:00
57. Charles Gentry	45	38:02
58. Tony Pruner	39	38:03
59. Daniel Nellius	34	38:17
60. John Pack	54	38:25
61. Cynthia Symancyk	20	38:36
62. Dick Shea	43	38:37
63. Derek Ammons	34	38:38
64. Gary Sewell	52	38:40
65. William Gessner	44	38:57
66. John Gilbert	38	38:59
67. Paul Henry	44	39:12
68. Jim Sullivan	29	39:14
69. Carl Reed	42	39:15
70. Rocky Rosacker	46	39:20
71. Ed Klebe	50	39:25
72. Peter Salmon-Cox	54	39:26
73. Pam Haley	44	39:27
74. Mark Stover	39	39:37
75. Ron Knode	48	39:41
76. Douglas Saunders	42	39:47
77. Staci Gilbert	33	39:50
78. Jay Rohloff	33	39:50
79. Joe Gardner	41	39:58
80. Tom Bradford	51	40:01
81. Meredith Bonta	48	40:16
82. Ken Lyons	54	40:17
83. Pat Albormoz	52	40:33
84. Norm Lee	59	40:33
85. Neal Hinkle	57	40:51
86. Don Higdon	52	41:03
87. Kathryn Wittmer	31	41:15
88. Bruce Bagley	42	41:22
89. Dan Symancyk	47	41:26
90. Clint Henderson	38	41:34
91. Don Kennedy		41:30
92. Charlie Muskin	45	41:47
93. Nancy Mann	48	41:50
94. Mary Norton	18	41:51
95. Ed Egan	43	41:52
96. Tim Smith	40	41:59
97. Jon Meyer	47	42:04
98. Brenda L. Norman	37	42:09
99. Jim Etchison	41	42:20
100. Will Myers	45	42:26
101. David Richards	31	42:28
102. Larry Parker	45	42:30
103. Ron Bowman	44	42:40
104. Greg Sullivan Jr.	12	42:50
105. Roy Elder	65	42:51
106. Rita Twist	41	42:52
107. Paul Cleaver	39	42:54
108. Wayne Ramsay	44	42:57
109. William Habicht II	50	43:10
110. George Bixler	28	43:30
111. Greg Sullivan Sr.	36	44:04
112. Leon Johnson	64	44:12
113. Jon Valentine	34	44:25
114. Shauna Donahue	16	44:39
115. Matt Sakal	19	44:40
116. Bill Vogenitz	46	44:40
117. Cecil McDonald	49	44:42
118. James Jerpe	55	44:49
119. Paul Brown	41	44:52
120. No Card		45:02
121. Daniel Day	57	45:45
122. Sharon Serio	47	45:37
123. Scott Cole	34	46:01
124. Karl Schwabe	54	46:01
125. Freeman Bagnall	47	46:04
126. Charles Wells	48	46:08

POS / NAME	AGE	TIME
127. Lee Masser	58	46:09
128. Dave Rey	32	46:15
129. Nancy Williamson	40	46:28
130. Ed Parker	62	46:40
131. Jackie Crowe	45	46:53
132. Linda Simpson	52	47:08
133. Diane Zoller	43	48:08
134. No card		48:23
135. Michael Benso	41	48:43
136. Philip Carvon	41	48:44
137. Dean Given	51	48:50
138. David Walser	12	48:52
139. Thomas Johnson	35	48:53
140. Mande Divittis	30	49:05
141. Andrea Shuck	46	49:08
142. Joan Forman	32	49:20
143. Marco Gulotta	16	50:06
144. Anne Crespo	15	50:08
145. Edward Wilborne	31	50:25
146. Bill Durkin	42	50:40
147. Harold Michaelis	68	51:28
148. Nancy Gardner	36	51:38
149. Ed Wintermute	60	52:20
150. Jack Koletty	52	52:43
151. Jennifer Schwabe	12	52:48
152. Judy Knode	47	52:49
153. Kathy Maynard	41	52:58
154. Alan Wycherley	52	54:27
155. Darlene Corbin	33	54:57
156. Marco Gulotta	44	DNF

MEN

AGE GROUP AWARDS

19 & Under

1. Bobby Downs
2. Kyle Martin
3. Terry Shaner

20 - 29

1. Mitchel Conover
2. Rick Bradley
3. John Hecox
- 30 - 39
1. Matt Mace
2. Mark Cemiglia
3. Steve Dohanue

40 - 49

1. Scott Eden
2. Robert Moore
3. Bob Palatka
- 50 - 59
1. John Kirkpatrick
2. Francisco Sanches
3. John Pitarra

60 & Over

1. Roy Elder
2. Leon Johnson
3. Ed Parker

WOMEN

AGE GROUP AWARDS

19 & Under

1. Mary Norton
2. Shauna Donahue
3. Anne Crespo

20 - 29

1. Jennifer Bonfigli
2. Christine Westrich
3. Cynthia Symancyk
- 30 - 39
1. Sue Briers
2. Diane Turchick
3. Staci Gilbert

40 - 49

1. Danalee Green
2. Pam Haley
3. Meredith Bonta
- 50 - 59
1. Linda Simpson
2. Joan Forman

Another Summer of Running for Fun

by ED KLEBE

The club completed another successful summer of Family Fun Runs at the Bates Track. Meeting every Thursday evening from mid-June to the end of August, an enthusiastic group of children and adults ran the one-mile course around the track and the Bates Middle School/Maryland Hall complex and the two-mile course around the scenic Murray Hill neighborhood. We were threatened with rain nearly every week, but managed to get every week's runs in – either the rain stopped before we started or it waited until everyone was finished running before it came down. Your friendly fun run director got wet a couple of times loading the clock, tables, and other equipment into his car or out of it at home – right next to turn 11 on your two-mile course. And who will ever forget sitting in our cars a little before six o'clock watching Joe Clorey getting in his speed (?) work in a driving rain storm. Some of us were certain we saw him actually run in place a couple of times, and not on purpose. Most of us absolutely refute the allegation that he was blown backwards during one lap.

A number of runners, particularly the younger ones, made great progress during the summer's running. Perhaps the most impressive accomplishment was that of Molly Friedland. Midway through the summer, when she was still only three, she surprised everyone after running mostly quarter-miles only by running a mile in a very creditable time of just over nine-and-a-half minutes. Then just two weeks later, by which time she had turned four, she blistered the course with a 9:03, nearly wearing out the somewhat more experienced Bill Law, who was trying to run with her. Chris Lane also made great

progress during the summer, as did Eric Elster, Alex Higdon, and Katie O'Leary. Others who ran well include Carolyn Friedland, Kerry Higdon, Hilary Brown, Vinnie Frustaglio, Meaghan Gardner, Sam Thorn, Nicola and Julia Payne, the Gooding brothers - Darrin, Justin, and Garrett, and the Loetz brothers - Chris, Carter, Colby, and Chase. Some of their parents ran well, too.

Special mention must be made of Eleanor Kennedy, who was the only runner who ran the two-mile loop twice for a four-mile run on a fairly regular basis. Special thanks to all of the adult runners who showed up with wonderful regularity to run with, help pace, and generally encourage, the younger runners – Lee Patrick, Bill Vogenitz, Evan Thomas, Rose Malloy, and, of course, Ben and Betty Moore. And an extra special thanks to all of the parents, aunts, uncles, and Grand

Dear Streak Editor

A great big hug and a giant THANK YOU to "Mr. Ed" Klebe for all of his help and cheers during our Thursday evening Fun Runs. Boy, did we have some fun and lots of watermelon too! See you next summer.

Thanks from your young runners!!!

*Carolyn & Molly Friedland,
Katie, Brendan & Steven
O'Leary, Alex & Kerry
Higdon, Julia & Nicola Barry
And of course much
appreciation from our Moms
and Dads*



Molly Friedland finishing her 9:03 one-mile run.

Bucks, who managed to get the children to the track week after week for the runs. And an extra extra special thanks to Rose Malloy, Sue Briers, Bill Vogenitz, and John Benkert, whose generous contributions made it possible for each child who ran with us this summer to receive a beautiful trophy to commemorate his or her wonderful effort. Your friendly fun run director will miss seeing you all, especially the children, so regularly until next summer.



Summer Fun Run Group pictures.

Photos by ED KLEBE

Championship Series Results

RESULTS TO DATE FOR 1994 SANCTIONED RACES.

Women 13 & Under

	5K	10M	2M	10K	1M	8K	TOTAL
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Hillary Brown	35	35	35	35	1	35	176
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Erin Masterson	35	35	1	35	35	35	176
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Women 14 - 19

	5K	10M	2M	10K	1M	8K	TOTAL
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Shauna Donahue	1	1	2	4	3	3	14
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Mary Norton	3	2	3	35	4	2	49
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Cynthia Symancyk	35	35	1	1	1	1	74
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Julie Bailey	35	35	35	2	35	35	177
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Sarah Kaufman	35	35	35	35	2	35	177
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Jessica Bagnall	2	35	35	35	35	35	177
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Kelly Stanton	35	35	35	3	35	35	178
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Heidi Rudolph	35	35	4	35	35	35	179
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Women 20 - 29

	5K	10M	2M	10K	1M	8K	TOTAL
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Jennifer Sullivan	1	1	1	1	1	1	6
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Suzie Flockart	4	35	2	2	35	35	113
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Ceil Prendki	3	2	35	35	35	35	145
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Beverly Woodward	2	35	35	35	35	35	177
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Kris Cannaday	5	35	35	35	35	35	180
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Women 30 - 39

	5K	10M	2M	10K	1M	8K	TOTAL
--	----	-----	----	-----	----	----	-------

Kathryn Wittmer	1	1	2	4	3	3	14
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Brenda Norman	6	5	4	10	4	4	33
---------------	---	---	---	----	---	---	----

Staci Gilbert	5	2	1	35	35	2	80
---------------	---	---	---	----	----	---	----

Kitty Good	35	4	3	9	5	35	91
------------	----	---	---	---	---	----	----

Jennifer Lundeen	35	35	35	2	1	35	143
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Sue Briens	35	35	35	35	2	1	143
------------	----	----	----	----	---	---	-----

Deborah Nielson	4	35	35	3	35	35	147
-----------------	---	----	----	---	----	----	-----

Carole Rosasco	35	35	35	1	35	35	176
----------------	----	----	----	---	----	----	-----

Cindi Contarino	2	35	35	35	35	35	177
-----------------	---	----	----	----	----	----	-----

Marie Friedland	35	3	35	35	35	35	178
-----------------	----	---	----	----	----	----	-----

Jean Albaugh	3	35	35	35	35	35	178
--------------	---	----	----	----	----	----	-----

Mary Macey	35	35	35	5	35	35	180
------------	----	----	----	---	----	----	-----

Julie Lane	35	35	35	35	6	35	181
------------	----	----	----	----	---	----	-----

Kasia Taylor	35	35	35	6	35	35	181
--------------	----	----	----	---	----	----	-----

Esther Mahanes	35	35	35	35	7	35	182
----------------	----	----	----	----	---	----	-----

Susan Michalski	35	35	35	7	35	35	182
-----------------	----	----	----	---	----	----	-----

Cheryl Howard	7	35	35	35	35	35	182
---------------	---	----	----	----	----	----	-----

Susan-Marie Stedman	35	35	35	8	35	35	183
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Lynn Digby	8	35	35	35	35	35	183
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Kimberly Hoyt	9	35	35	35	35	35	184
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Nancy Connaughton	35	35	35	11	35	35	186
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Carol Smith	35	35	35	12	35	35	187
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Women 40 - 49

	5K	10M	2M	10K	1M	8K	TOTAL
--	----	-----	----	-----	----	----	-------

Jackie Crowe	5	6	4	6	4	7	32
--------------	---	---	---	---	---	---	----

Pam Haley	2	3	3	35	1	3	47
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Nancy Mann	3	4	35	3	2	5	52
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Jane Schneider	6	35	2	4	3	35	85
----------------	---	----	---	---	---	----	----

Meredith Bonta	1	2	35	10	35	4	87
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Rose Malloy	35	1	35	1	35	1	108
-------------	----	---	----	---	----	---	-----

Danalee Green	35	35	1	2	35	2	110
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Sharon Serio	8	7	35	35	35	6	126
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Margaret Joseph	9	8	35	7	35	35	129
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Kathy Maynard	12	35	35	11	35	9	137
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Louise Zeitlin	10	35	5	35	35	35	155
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Diane Zoller	35	35	35	9	35	8	157
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Debbie Loetz	4	35	35	35	35	35	179
--------------	---	----	----	----	----	----	-----

Julie Husson	35	5	35	35	35	35	180
--------------	----	---	----	----	----	----	-----

Jeanette Stanton	35	35	35	5	35	35	180
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Kathy Higdon	35	35	35	35	5	35	180
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Jonette Hahn	35	35	6	35	35	35	181
--------------	----	----	---	----	----	----	-----

Cynthia Leas	7	35	35	35	35	35	182
--------------	---	----	----	----	----	----	-----

Nancy Thomas	35	35	35	8	35	35	183
--------------	----	----	----	---	----	----	-----

Eleanor Kennedy	11	35	35	35	35	35	186
-----------------	----	----	----	----	----	----	-----

Dotty Esher	13	35	35	35	35	35	188
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Ilene Caroom	14	35	35	35	35	35	189
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Women 50 - 59

	5K	10M	2M	10K	1M	8K	TOTAL
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Linda Simpson	2	1	1	2	1	1	8
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Joan Forman	3	2	35	1	2	2	45
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Nancy Waddington	1	3	35	35	35	35	144
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Women 60 & Over

	5K	10M	2M	10K	1M	8K	TOTAL
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Yvonne Aasen	1	1	1	1	35	35	74
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Betty Moore	2	35	35	35	35	35	177
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Men 13 & Under

	5K	10M	2M	10K	1M	8K	TOTAL
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Dave Walser	35	35	1	1	2	3	77
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William Eden	2	35	3	35	3	1	79
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Justin Gooding	3	35	4	35	4	35	116
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Andy Masterson	35	35	2	35	1	35	143
----------------	----	----	---	----	---	----	-----

Darrin Gooding	4	35	5	35	35	35	149
----------------	---	----	---	----	----	----	-----

Mark Digby	1	35	35	35	35	35	176
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Greg Sullivan Jr.	35	35	35	35	35	2	177
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Christopher Lane	35	35	35	35	5	35	180
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Men 14 - 19

	5K	10M	2M	10K	1M	8K	TOTAL
--	----	-----	----	-----	----	----	-------

George Spilich	1	35	35	1	35	35	142
----------------	---	----	----	---	----	----	-----

Marco Gulotta Jr.	2	35	35	35	35	1	143
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Peter Ormsby	35	35	1	35	35	35	176
--------------	----	----	---	----	----	----	-----

Tim Bries	35	35	35	35	1	35	176
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Mike Veasey	35	1	35	35	35	35	176
-------------	----	---	----	----	----	----	-----

Melvin Gulotta	3	35	35	35	35	35	178
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Men 20 - 29

	5K	10M	2M	10K	1M	8K	TOTAL
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James Garrett	35	1	1	1	1	35	74
---------------	----	---	---	---	---	----	----

Eric Schrader	1	2	2	2	35	35	77
---------------	---	---	---	---	----	----	----

Rob Schnabel	3	3	35	3	35	1	80
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Mark Dintino	2	35	35	35	35	35	177
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Men 30 - 34

	5K	10M	2M	10K	1M	8K	TOTAL
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Matt Mace	2	2	3	2	2	1	12
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Steve Donahue	4	3	5	4	4	3	23
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David Richards	11	9	8	9	6	6	49
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Jim Griffith	3	1	4	3	3	35	49
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Daniel Nellius	7	35	7	7	5	4	65
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Jon Valentine	9	8	9	10	35	7	78
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Derek Ammons	6	35	6	5	35	5	92
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Mark A. Jones	1	35	1	35	1	35	108
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Mark Wilhelm	5	5	35	6	35	35	121
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Steve Eglof	35	35	2	1	35	35	143
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Malcolm Kelly	35	6	35	8	35	35	154
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Mike Crawford	8	35	35	11	35	35	159
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Mark Cemiglia	35	35	35	35	35	2	177
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Bob Biddle	35	4	35	35	35	35	179
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Eric Cavey	35	7	35	35	35	35	182
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Steve Bennett	10	35	35	35	35	35	185
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John Ryan	35	35	35	12	35	35	187
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Men 35 - 39

	5K	10M	2M	10K	1M	8K	TOTAL
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Dave Walser	4	2	3	4	6	2	21
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Clint Henderson	9	7	4	7	5	9	41
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Scott Mangum	5	5	2	3	7	35	57
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Paul Cleaver	13	10	6	13	15	11	68
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John Gilbert	7	6	5	9	35	7	69
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Jim Kaufman	8	8	35	6	8	5	70
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James Carter	14	9	7	11	11	35	87
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Tim Smith	15
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Championship Series Results

Continued from preceding page

John Joseph	9	10	35	10	35	35	134
Bill Habicht	10	9	35	35	35	10	134
Gary McGuffin	1	1	35	35	35	35	142
Robert Moore	35	3	35	35	35	2	145
Jerry Haley	7	4	35	35	35	35	151
Wayne Ramsey	35	35	35	8	35	9	157
Don Kennedy	35	35	35	11	35	7	158
Freeman Bagnall	11	35	35	35	35	13	164
Gary Rust	35	35	35	35	1	35	176
Vern Robinson	35	35	35	3	35	35	178
Todd Olson	4	35	35	35	35	35	179
John Magnan	35	5	35	35	35	35	180
Paul Stoneham	35	35	35	6	35	35	181
Ron Bowles	6	35	35	35	35	35	181
Robert Bailey	35	35	35	7	35	35	182
Jonas Legum	35	35	35	12	35	35	187
Ed Jantz	35	35	35	13	35	35	188
Michael Frank	35	35	35	14	35	35	189
Men 50 - 54							
Fred Shanklin	5	3	2	5	3	4	22
Edward Klebe	8	5	10	6	6	9	44
Francisco Sanches	7	35	4	3	4	2	55
Tom Bradford	11	7	5	9	13	11	56
Peter Salmon-Cox	13	6	8	12	8	10	57
John Kirkpatrick	2	1	35	2	35	1	76
Joe Clorety	35	2	1	4	2	35	79
Jim Buck	4	35	3	35	1	3	81
William Derr	35	8	35	7	5	5	95

Ken Lyons	6	10	35	8	35	12	106
John Strumsky	18	12	11	19	15	35	110
Eric Fredland	12	9	6	15	35	35	112
John Pack	16	35	35	13	11	7	117
Jim Noctor	14	11	35	16	7	35	118
Jim Storey	17	35	7	17	10	35	121
Amadeu Sanches	35	4	35	10	35	6	125
Gary Sewell	35	35	35	14	9	8	136
John Benkert	1	35	35	1	35	35	142
Don Higdon	15	35	35	35	14	14	148
Evan Thomas	35	35	9	35	12	35	161
Alan Wycherley	21	35	35	28	35	17	171
Bill Conroy	3	35	35	35	35	35	178
Alan Stott	19	35	35	21	35	35	180
Karl Schwabe	35	35	35	26	35	15	181
Jack Koletty	35	35	35	27	35	16	183
Barry Grier	35	14	35	29	35	35	183
Bart Clark	9	35	35	35	35	35	184
John Heilker	10	35	35	35	35	35	185
Bill Miller	35	35	35	11	35	35	186
Joe Oboyle	35	13	35	35	35	35	188
Patrick Albormoz	35	35	35	35	35	13	188
Charles Kennedy	35	35	35	18	35	35	193
Ed Mehew	20	35	35	35	35	35	195
Richard Smith	35	35	35	20	35	35	195
Allen Egloff	35	35	35	22	35	35	197
Clark Rehberg	35	35	35	23	35	35	198
Michael Connaughton	35	35	35	24	35	35	199

Lee Patrick	35	35	35	25	35	35	200
Men 55-59							
Lee Masser	1	3	1	5	2	5	17
Norm Lee	35	4	35	1	3	2	80
Jose Badillo	35	1	35	35	1	1	108
Daniel Day	35	35	35	4	35	4	148
Jim Mandrin	35	2	35	35	35	35	177
William Douglas	35	35	2	35	35	35	177
Buck Cadell	2	35	35	35	35	35	177
Ed Karlson	35	35	35	2	35	35	177
Neal Hinkle	35	35	35	35	35	3	178
Michael McAusland	35	35	35	3	35	35	178
William McGranahan	35	35	35	6	35	35	181
Men 60 & Over							
Edgar Parker	4	2	2	5	3	3	19
Leon Johnson	35	1	1	4	35	2	78
Web Chamberlain	2	35	35	1	35	35	143
Roy Elder	35	3	35	35	35	1	144
Ben Moore	35	35	35	3	1	35	144
Denzil Pritchard	35	35	35	7	2	35	149
Guy Riccio	3	35	35	6	35	35	149
Milt Taylor	1	35	35	35	35	35	176
Brad Chapman	35	35	35	2	35	35	177
Harold Michaelis	35	35	35	35	35	4	179
Ed Wintermute	35	35	35	35	35	5	180

Call Bob Walters if you see an error. 544-7615

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



**MAY 1 BROAD STREET 10
MILER/ PHILADELPHIA**
Robert Marino 52:34
2nd 35-39

**MAY 14 RUN FOR THE HEALTH
OF IT/10K/ COOPERSTOWN, NY**
scenic course

Ralph Mang 42:10
Rolling hills, farmland, baseball!

**MAY 14 SHANE VIEREGGE
5K/SOMERSET, PA**

Steve Egolf 16:09 1st!
Prodigal son returns in triumph

**MAY 15 PHILADELPHIA BAR/PNC
BANK 10K/PHILADELPHIA**
Robert Marino 33:04 9th

**MAY 22 CONSTELLATION
CLASSIC 10K/INNER HARBOR**
Leonard Kuentz 49:20

**MAY 30 ELKHART HALF
MARATHON/ELKHART, IN**
Brad Chapman 1:56:21
3rd AG

**JUN 5 RUN THROUGH HISTORY
10K/ ANTIETAM
(765 FINISHERS)**
Chuck Gentry 46:54

**JUN 12 OLYMPIC DAY
5K/WASHINGTON, DC**
John Benkert 17:21
1st Masters!

**JUN 26 STAR TREK
5K/WASHINGTON, DC**
John Benkert 17:08 1st AG

**JUL 4 FREEDOM FOUR
MILER/BOWIE**
212 FINISHERS, THANKS, BOWIE
RRC

Rose Malloy 24:08 1stF
Julie Bailey 26:35 5th
2nd AG

Sue Briers 26:52 6th
2nd AG

Jennifer Lundeen 26:55 7th
3rd AG

MaryA. Zuckerman 27:33 8th
1st AG

June Schneider 30:23 13th
2nd AG

Karen Hosler 31:20 14th
3rd AG

Sarah Kaufman 31:32 16th
Delma Miller 31:38 18th
1st AG

David Webster 22:12 6th
1st AG

John Kirkpatrick 22:56 10th
Great finish! 1st AG

John Benkert 23:01 11th
2nd AG Oops!

Jim Buck 24:41

Joe Clorety 25:43

Jim Kaufman 26:21

Jim Lundeen 26:36

Ron Bowman 26:43

Bill Derr 27:09

Larry Puglisi 27:56

Charles Gentry 28:05

Tom Bradford 28:09

Some pacing going on?

Bill Miller 28:26

Peter Salmon-Cox 29:09

Where's Carla?

Bob Bailey 29:11

Ben Moore 29:27 3rd AG

Trey Cronk 30:13

Anthony Cruz 30:47

Jim Cronk 31:23

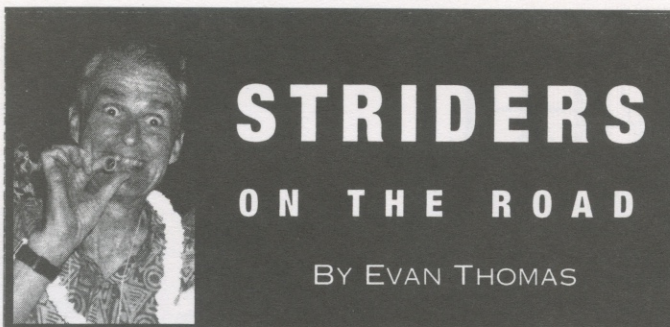
Reggie Haseltine 31:27

Brad Chapman 31:42

David Mitchell 32:33

Denzil Pritchard 33:45

Al Stott 35:07



STRIDERS ON THE ROAD

BY EVAN THOMAS

FINISHING LINES - Farewell to Jose and June Badillo who are headed for Nebraska (nearer the kids, I think, and jobs too). June was one our beginning runners this year and Jose qualified for Boston on his first marathon (USMC '93).//Quote of the month - identify the author and win an energy bar from IDN. "You know you're getting older when your wife goes on a trip and you look forward to getting to bed early"//Let's give credit to Sue Briers and her cast of hundreds for guiding us through another fine Annapolis Ten Mile Run. This was truly a Murphy's Law textbook case. Despite course changes, Naval Academy construction, new bridge opening, police charges for services, confirmation letter snafu, more entries than ever, the race really went smoothly. A record number of finishers survived the added hills (I counted 18 uphill and 17 downhill and that was just what I could tell from the car!) and everyone I spoke with really enjoyed themselves. It's too bad the editorial staff of the CAPITAL doesn't read their own paper - they could figure out how to avoid getting upset about the traffic! Their editorial about the race was one of the most misinformed and misleading items they have printed lately. I hope you all dropped them a note pointing out the positive things the race does for the city and citizenry.//Trail running got a push is the USA TODAY in August as they highlighted the Patapsco Stumble 10K in Patapsco River State Park. Put on by a new RRCA club, the Harbor Cruisers, our own Leonard Kuentz was quoted as saying: "Each run is an adventure. People need an adventure that is nearby and accessible. Trail running does that for me." For an autographed copy of the article, call Leonard.//We look forward to an article from Peter Salmon-Cox on his escapades in Pakistan last month. Jerry Haley filled him in on some of the hot spots before he left//This has been a tough summer for me. The promise of cooler temperatures does give me hope for a better Fall. If I do the Marine Corps this year, it will be another one of the miracles of massage that got me ready.//Start thinking about and documenting the exploits of those you feel should be recognized as runner of the year (M/F), and most improved (M/F) runner. Also, we need to recognize a volunteer of the year. Give your recommendations to any board member, preferably in writing.//Here's hoping you have a great fall running season. Don't forget the post marathon party - even if you didn't run one it's a good excuse to get down with your fellow runners. Call Ben Moore for info (268-3832).// See you on the road (and on the dance floor!) - ET.

JUL 9 DAILY AMERICAN 10K/SOMERSET, PA

Steve Egolf 34:31
1st again

JUL 16 ROCKVILLE ROTARY TWILIGHTER 8K/ ROCKVILLE TOWN CENTER

John Benkert 29:10
1st AG (Fay Bradley snuck by him)
Eric Schrader 29:21 98th
Francisco Sanches 30:16 3rd AG
Paul Serra 30:33
Rick Woods 31:33
Dave Walser 32:50
Jim Buck 33:10
Fred Shanklin 33:13
Jose Badillo 34:51
Ray Wyvill 36:19
Mike Pack 36:39
Doug Custer 36:43
Doug Herman 40:03
Roy Elder 43:17
Mark Chaput 43:24
Evan Thomas 44:13
Dragging his hamstring behind him
Denzil Pritchard 44:24 2nd AG
(Drafted off of ET!)

Dave Bleil 48:57
David Walser 49:44 Ouch
Jennifer Lundeen 35:19 52nd
Meredith Bonta 39:10
Nancy Mann 39:++
Laura West 42:51

Thanks for the pull!

Jackie Crowe 43:07

She's everywhere!

Linda Simpson 43:13

Are we having fun yet?

Joan Forman 47:10

Gabrielle Custer 48:16

Tried to hide using her maiden name

Another wonderful time in Rockville.

Awful weather as usual. Over 2200

finishers. Nice band but no

fireworks (We set up the Ten Mile

Run banner and handed out

applications until we ran out. We

then took names and mailed out 50

more. Marty Adelman had the best

response to some inane question:

Woman: "Does this year's jacket

match last year's gear bag?" Marty:

"Sure, just wash them together." :).

We'll see you there next year! And

the beer will be cold!

JUL 17 PATAPSCO STUMBLE 10K TRAIL RUN/ PATAPSCO RIVER ST PK/ AVALON

Leonard Kuentz loves those trails

JUL 20 BRRC TRACK SERIES/ UNK HIGH SCHOOL TRACK

Leonard Kuentz 15.5/100m,

6:33/1500m = hamstring probs

JUL 31 JJ'S CORNER MARKET 5K/ DEWEY BEACH, DE

159F/Nice event

Rick Woods 18:20 3rd AG
Ray Wyvill 21:18
Iris Wyvill 31:57
Melissa Wyvill 35:40 3rd AG!

**AUG 6 MCRRRC DELIGHTFUL
DAMASCUS 10K - also 5K
DAMASCUS**

Leonard Kuentz 48:01

**AUG 6/7 HCS 24 RELAY/
HOWARD HIGH SCHOOL,
COLUMBIA**

Wayne Ramsey, Jim Etchison, Pat Donahue, Ed Klebe (3rd AG), Roger Davis and Tom Bradford (5th AG) enjoyed almost perfect weather while competing as part of two teams. Best team: Young and Crazy (they were that as there were only 4 on the team - no rest for the weary).

**AUG 12 FRED KALEY MEMORIAL
10K/GREEN CASTLE, PA**

Roy Elder 54:18

**AUG 13 PENNANT RACE
5K/CAMDEN YARDS**

John Benkert 17:19 12th

1st AG

Bruce Miller 17:51 15th

**SEP 3 PUNXATAWNEY 50M/
ALBION, PA**

Leonard Kuentz 4:50 for 25m (one loop) Nice trails and roads. He's getting ready for the Mountain Masochist 50.

**SEP 4 GREENBELT 15K/
GREENBELT**

135 F, tough course, lots of hills

Clint Henderson 69+

Roy Elder 78+

Evan Thomas 82+

Achilles did not like this one

**SEP 5 THE COBB 10K/
MARIETTA, GA**

(AMERICA'S TOUGHEST 10K)

Nancy Mann 52:15

(still on Annapolis 10m pace)

Joan Forman 58:08

this is a toughie - 6 real hills!

SEP 5 ST AGNES HOS.

PROVIDENT BANK 8K/BALTI.

Jim Griffith 27:45 9th

John Benkert 28:29 1st AG

2nd Master

Ed Klebe 33:20

Mike Ciurka 36:50

Clint Henderson 36:15

Peter Salmon-Cox 36:20

Suzie Flokart 34:33

Derek Ammons 34:37

Jim Noctor 34:45

Joe O'Boyle 39:42

Kitty Good 37:40

June Schneider 37:50 2nd AG

Neal Hinkle 37:43

Roy Elder 39:50

John Joseph 40:03

Reggie Haseltine 41:02

John Strumsky 41:15

Peggy Joseph 41:50

Michelle Aasen 42:37

Yvonne Aasen 46:39 2nd AG

Evan Thomas Ace reporter.

Nice spread after. Some of us were

forced to have a bagel and a beer.

Nice course if you like store fronts

and factory buildings.

**SEP 10 CORK AND BOTTLE 10M/
DEWEY BEACH, DE**

James Garrett 53:18 1st!

Jim Noctor 74+

Jim Carter 75:23 PR

**SEP 10 MARRIOTT'S 5K/HUNT
VALLEY - 400 FINISHERS**

John Benkert 17:40 1st AG

At The Meet

BY KATHLEEN HEAGNEY



Time. Finish *time*; *time* running out; no *time*; column may not get written in *time*; TIME OUT!!

This issue's topic is time. A mighty word despite it's size. Each of us has our own perception of time and how we choose to live in that perception. As children, our perception of time is that there is too much, but alas, as we stealthily glide into our more senior years, we never have enough. The Boston Marathon recognizes this phenomenon and even provides staggering qualifying times to allow for nature's deterioration of time.

Thus, in the interest of time, mine and yours, this issue's column will be brief. But I can't leave you without offering free (and worth every cent) advice. As you run each day, or as each day runs you, take some time out to appreciate the moment, you won't experience it again.

Please take a little more time to meet our two featured Striders who undoubtedly have different perceptions of time.

Oh yeah, and one more thing about time – may your future races result in good times!

EILEEN HAGAN I'm happy to introduce you to Streak editor, Eileen. Since doing the "At the Meet" column,

I've enjoyed getting to know this bright and articulate woman. Her sharp editorial eye is *almost* always appreciated (sometimes we artists — even quasi-artists — get touchy!). Eileen and I think we may have some ancestral connection from Ireland since our names are similar. We're both of Irish heritage and since Irish history reflects the Irish as prolific — we're probably not only related to each other, but we're probably related to many of you — if you go back a bit in time. People confuse us for one another, so I thought it was about time to feature Eileen. She accepted the volunteer job of editing the Streak three years ago. Since then, the Streak has metamorphosed and was

nominated last year by the Road Runners Club of America for best newsletter among mid-size RRCA clubs in the Eastern Region. Of course, Eileen will be the first to say that the shiny product we know as the Streak has been a result of many Striders' efforts, assistance and generous gifts of time and talent.

Eileen has been an Annapolis Strider for seven years as a result of her acquaintance with that well-known (in some circles) member recruiter, Dick Hillman. Prior to joining, she'd been running for three years. She started running as a means to stay competitive in her sport of choice, tennis. She considers herself a part-time short-distance runner and enjoys races such as the Women's Distance Festival race in Annapolis and the Zoo Zoom in Baltimore. Her favorite race T-shirt is the Annapolis 10-mile Official T-shirt since it assures her a position on the supporting side of the race instead of the participating side of it. However, she has bravely made a crossroads decision and has begun training for the July 1995 Utica Boilermaker 10-miler. And, as if training for this distance wasn't remarkable enough, she's also volunteered to co-coordinate with Ivan Pressman a Striders' caravan to represent our club at this event. Call her if you would like to join this group.

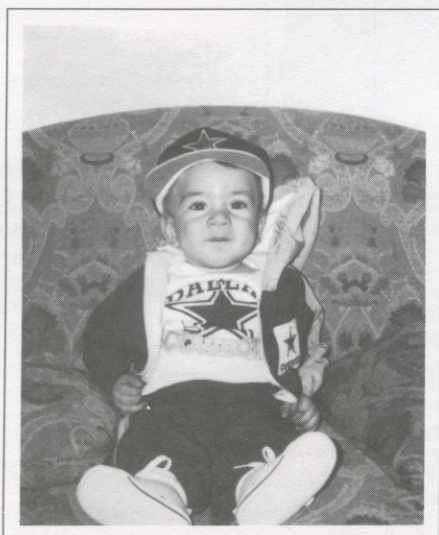
Eileen hails from Pittsburgh, Pennsylvania. She attended Chatham Women's Liberal Arts College in Pittsburgh majoring in Urban Studies. When she's not playing tennis, editing the Streak, running, hiking, gardening, and I'm sure I left a few other activities out, she finds time to work for the State of Maryland as a Deputy Program Director for the housing finance agency located in Crownsville. Her significant others include Christopher Columbus and Bennett, two charming but occasionally cavalier cats.

At some time you may find signs of Eileen in your Streak, or you may



EILEEN HAGAN

*Eileen has
begun training
for the July
1995 Utica
Boilermaker
10-miler.*



FRANCISCO E. PARADA

*Eddie looks
forward
to his
future as
a distance
runner. . .*

sight her meandering through the Academy on an easy run, or, perhaps you'll see her in Ireland where she dreams of visiting and running a 5K race. When you do find her, ask her what advice she has for runners. This is what she told me, "Join the Striders, find friends, get whistles, get moving!"

FRANCISCO EDUARDO PARADA

Eddie may not be the youngest Strider member, but he's the youngest member featured in this column. Here is a guy who's concept of time is abundant. He was born recently - March 24, 1994, to be exact. Although he has plenty of time to plan his first race, he's beginning to take those first steps. As runners themselves, his parents, Ana and Frank, were concerned that his first steps be protected and properly cushioned. So, they recently presented Eddie with his first pair of running shoes. He likes them somewhat, but confesses that at this stage of his running development, he would rather feel the mud between his toes.

He is asking fellow Striders to let him know if they have a baby jogger they're not using any longer. He's getting left at home while half of his parents go on training runs. He'll soon be ready to go on training runs with his folks, and he's quite concerned that if he isn't able to join them, he'll begin a life of couch po-

tato-ing. This, he says, would almost be as horrible as turning into a disobedient child. If no one knows of an available baby jogger, he wonders whether anyone can tell him where to buy one, cheap (his allowance equity is still in the seedling stage). He promises that his parents will not run races unofficially with this jogger; it will be used strictly for training runs. Since his conversation ability is severely limited, drop Ana or Frank a line via the Annapolis Striders' hotline or through this column if you can help him with this request.

Eddie stays home most of the day with his favorite running cousin named Rosalinda. Rosa is training for her first marathon with her Aunt Ana and intends to make the Marine Corps Marathon her first. She came all the way from El Paso, Texas to train with the Parada family and to take care of Eddie. Eddie tells me running has been very good for him and that his favorite running partners are Rosa, Ana and Frank. He says, "They run around me quite a bit. Isn't life great!"

Look for Eddie in his stroller or on the Mt. Vernon Bike Trail if he ever gets his baby jogger. Eddie is looking forward to his future but he's taking his time with his decisions - he's not sure if he's going to be a distance runner or a speed runner, but he guarantees, that he'll be running in "no time!"

The Ride to Hell and Back!

by LEE J. PATRICK

Five Striders let by Bill Law (Nancy Waddington, Doug Joyce, Colleen Zinn and yours truly) ventured out to Columbus, Ohio on May 6 to participate in the 1994 bike Tour of the Scioto River Valley (TOSRV). The TOSRV is a two day, double century, bike ride from Columbus to Portsmouth, Ohio and back. It has been called the Boston Marathon of bicycling because of its rich history and the challenge of a double century.

We were taking part in the 33rd TOSRV and most Ohioians we encountered were proud of this "American Classic". It was easy to get into the spirit of the event, but the weather gods soon took charge with disastrous results. After a night on the gym floor in the Columbus YMCA, we loaded our Portsmouth belongings on a truck, and at 6:00 a.m. took off under cloudy skies. At mile 25 the rain started, and in short, never did stop for the rest of the day. We are not talking about drizzle, easy rain, or intermittent rain. We are talking heavy, heavy rain with intermittent downpours! The food stops at mile 28, 53 and 75 were a welcome nourishment relief, but there was no escaping the constant rain, and cold temperature.

By mile 60 even the most enthusiastic Ohioian could not lift my spirits. I had had it with Ohio rain and cold and I started telling everyone this is "A Ride to Hell".

A great meal in Portsmouth followed by a camp out in a local school gym prepared us for our 6:00 a.m. departure on Sunday, for the 100 mile ride back to Columbus. The weather was supposed to be partly sunny, so things were looking up!! By mile 5, however, we realized there was a fairly strong headwind and by mile 25 it was clear that due to the wind, this "flat" ride back to Columbus would be up hill all the way! It was difficult, if not impossible to average 13-15 mph.

The sight of the Columbus skyline was indeed wonderful. Was there any good news? Yes, we all made it back to Columbus with hardly any bike or body-part problems, in time to enjoy a comfortable hotel room, hot bath, cold beer, pizza and REST! Would I do it again? Yes and No. NEVER again in the rain. I'll take dry, and yes, maybe even some wind, but no rain.

Boilermaker Experience

by IVAN PRESSMAN



LOOKING FOR THE ULTIMATE in a race? Don't even think Annapolis, Bay Bridge, Cherry Blossom, Clydes, Marine or any other local runs. Forget Peach Tree, the Bay-to-Breakers and even New York and Boston. Think about a 15K just eight hours up the road in the Mohawk Valley during the second Sunday in July. The race I am referring to is the BOILERMAKER 15K in Utica, New York. I recently returned from my second Boilermaker. Don't know why I missed it last year, but won't miss it again. I cannot imagine a better running experience. A community extravaganza that a blue collar town works all year to pull off. And indeed they do... with style and pizzazz.

The atmosphere of the event was apparent as soon as we drove off the expressway and notice the banner across the road "Welcome Boilermaker Runners." The atmosphere continued at the expo, at the Mohawk Community College where the dorms were turned into hotel rooms for runners and at the pre-race pasta dinner where Frank Shorter was the guest speaker. It continued in the morning when the clerk at the Quick Mart not only refused my money for a cup of coffee but wished us well in the race. The race itself was top-notch event which, because of the prize money, drew a world-class field including top Kenyans and Mexicans. The winner was Benson Masya from Kenya with a time of 42:57, a course record. Delillah Asiago, also of Kenya won the women's division with a 50:24.

The crowd support was unlike any race I have ever run. Official water stops were every mile but there was water, sport drinks, ice, sponges everywhere along the entire course. There were radio stations out on the course playing loud music, local school bands, rock bands, a bagpipe band and thousands of enthusiastic citizens cheering us on. There were signs, banners, balloon urging us to keep going. Even a few llamas out by the Utica zoo! It was so much fun that I didn't pay one bit of attention to my time. Didn't care. I even thought of slowing down to take in more of the activities along the sideline.

As good as the race was, the party afterwards was even better. It took place at the F.X. Matts Brewery. They had a large stage with a band, all kinds of food and lots and lots and lots of beer and other thirst quenchers. The best part,

however, was the crowd. All 5100 runner, race volunteers and their family and friends showed up ready to party. And party we did until about 1 PM when the beer finally stopped flowing. The race organizers even set up free return taxi rides. The locals were extremely friendly, thrilled to meet out of towners and went out of their way to make us feel welcome. I had a terrific time!

A local columnist for the Utica newspaper wrote that this year's Boilermaker was the best ever. The community, he said, did itself proud. "People who lived out of town, out of state or out of the country were impressed with the race, the area and its residents." I can't argue with anything he said. My only thoughts were why we cannot put on a similar event in Annapolis. As terrific as the A-10 is and as hard as the race committee works, our race lacks the total community involvement before, during and after the race than one experiences in Utica. My guess is that Annapolis, although similar in size, ain't Utica. Our town has too much else going - Academy events, state happenings, boat shows and the like. Utica, on the other hand, is different. What else goes on in that town? I assume most of the year residents are consumed with staying warm. I do know, however, that during the second Sunday in July, the town elected to go all out for our sport and those who participate in it.

So, how about trying to get together a group of Striders next year for the Boilermaker? Mark off July 9, 1995 on your calendars. Call me (410-544-8367) if you are interested and I'll try to organize something for next summer. You won't be sorry!

THIS AND THAT

Trail News

The first stretch of the BWI Hiker-Biker Trail opened in late July to rave reviews. The trail's 4.4 mile first phase runs from the end of the County's B&A Trail Park at Dorsey Road, through Sawmill Creek Park, across the Stewart Avenue Bridge over I97 to the Benson-Hammond House, up Aviation Boulevard to the new Andover Middle School and on to the Linthicum rail station. With the new stretch, a rider (or runner) will be able to travel 17.7 miles on a paved trail from Route 450 just north of Annapolis into the center of Linthicum.

Moore's Marine Update

John Magnus is coordinating the 20 mile support crew for Moore's Marines at the Marine Corps Marathon on Sunday, October 23rd. Call John at 573-6656 if you want to join in the fun and review Ben's troops!

Get your message to the guys
in the fast lane

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in the *STREAK*!

DEADLINE

for the December issue is

Nov. 7th. Call Eileen Hagan,

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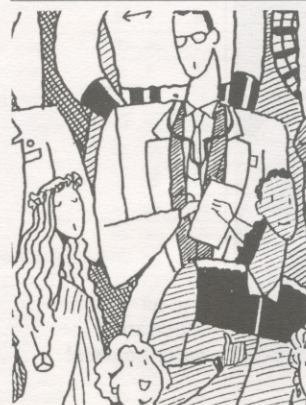
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TERRIE WURZBACHER
RUSTY YEISER
THOR YOUNG
JOSEPH ZEPEDA



TEN MILE

Continued from page 1

The men's winner, James Pryde, finished 53:48 and the women's was Annapolis Strider, Rose Malloy, in a time of 64:25.

The wheelchair division was represented by five participants. The race was won by last year's champion, Steve Lietz, in a time of 44:48 with second place Dana Jackson finished in 53:49.

There is no doubt the Annapolis Ten Mile Run is the most popular race

on the east coast and rightfully so. The hard work of over 450 volunteers and twenty of the race committee produces the most consistently well managed race in the country. It is all done through time given and much sacrifice on the part of the race committee. My thanks to all who participated and volunteered their services.

I would also like to thank all the sponsors that have contributed to the

success of the race. Katcek Brothers Distributing, Snow Valley Water, Sports Medicine Center, The Annapolis Publishing Company, Tropical Treats, Nationwide Insurance, Gatorade, Roy Rogers, Anne Arundel County Parks & Recreation, Powerbars, 1st National Bank and Anne Arundel Medical Center were contributing sponsors.



Can you find the Streak columnist in this photo?



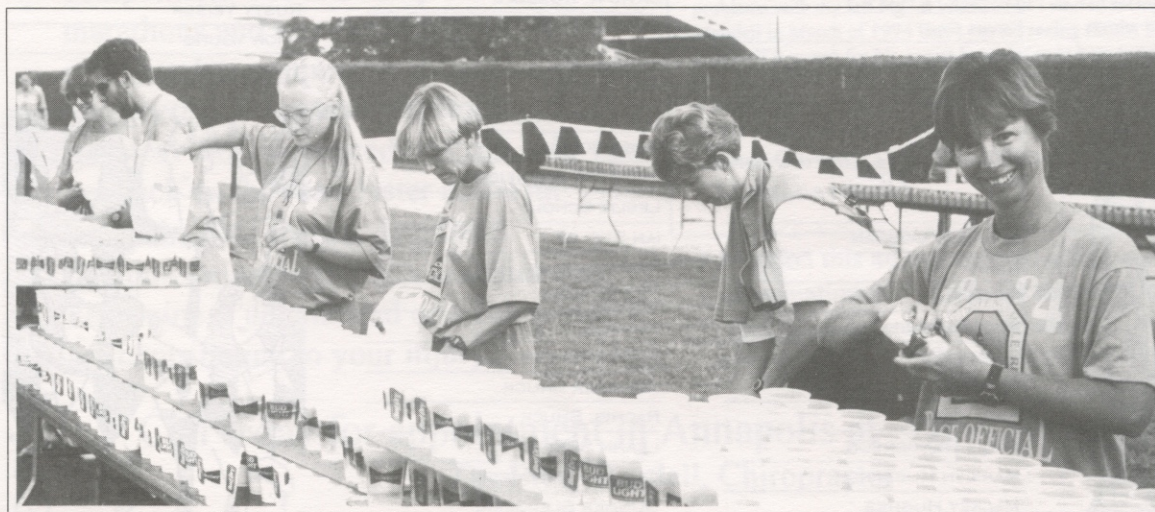
What's a race without the Bud?



Rose Malloy loves to run!

There is no doubt the Annapolis Ten Mile Run is the most popular race on the east coast and rightfully so. The hard work of over 450 volunteers and twenty of the race committee produces the most consistently well managed race in the country.

SUE BRIERS, RACE DIRECTOR



The all important water bearers!



Finish line volunteers and runners.



Buck Cadell (l) & Louise Zeitlen (r) congratulate Bill Vogenitz (c) on his A10 finish.



Director Sue Briers in her pre-race stance.



Finish line volunteers and runners.

**Photos
by
EILEEN
HAGAN**



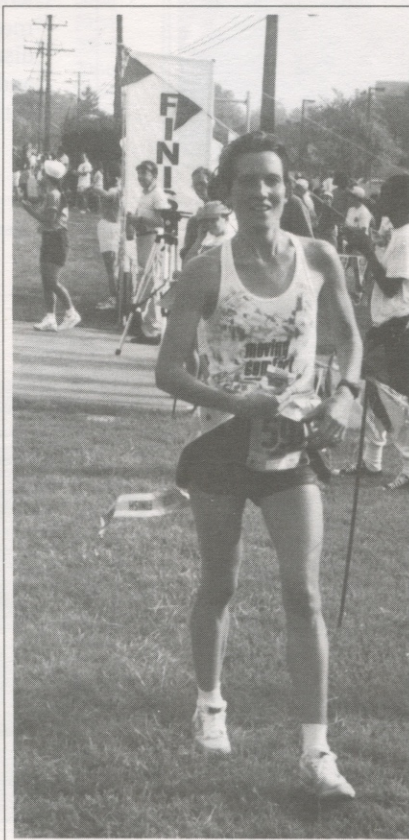
Will & Siena Scott with finish line balloons.



Wheelchair competitors take off.

WHEELCHAIR WINNERS

1	Steve Lietz	44:48
2	Dana Jackson	53:49
3	Eddie Betton	1:12:24
4	Mike Scrivens	2:15:07
5	Phil Cephas	1:30:09



One of the top female winners!

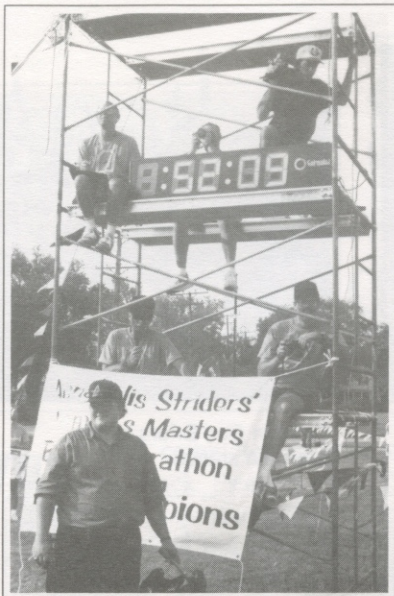
Letter From A Volunteer

(sent to Lee Patrick, Chairman of the A-10 Clean-up Crew)

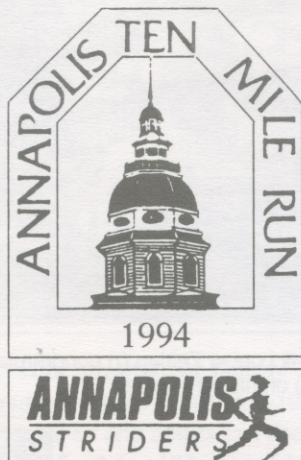
Lee,

This is just a note to congratulate you and all the Striders on a terrific Annapolis 10 mile race. I heard so many positive comments from all involved; from spectators and racers both of whom commented on the shirts we all wore, to racers who thanked us all for our efforts. Some even commented that they came back to this race each year because it was so well thought out, run and staffed. Even John Buren, the sports director from Channel 13, who was a runner, stopped for a banana and said what a great race it was. So kudos to you and all those involved in the race. It was truly a great event and one I know I'll be happy to participate in again.

Marsha A. Urban



The finish line apparatus.



Ben Moore leads the troops into action!



These volunteers took a few pages of finishers still in need of premiums.



Lee Patrick (l), Al Stott (r), and another dedicated volunteer on clean-up detail.

Giving Credit

by DICK HILLMAN

For the third year, the Annapolis Ten Mile Run offered 2-for-1 dinner coupons to entrants who picked up their bib numbers the day before the race. Over half the field took advantage of this promotion together with the opportunity to attend the pre-race expo which made life easier for the race morning registration crew. Hundreds more runners than ever before spent that Saturday in town. Local restaurateurs readily joined in the promotion and offered more than 600 dinners. Members of the Annapolis Striders are encouraged to acknowledge the generosity of these local businesses by patronizing them throughout the year and, when doing so, to specifically mentioning your appreciation to the management.

Participating restaurants were: Adams Ribs East, Buddy's Crabs & Ribs, Carrol's Creek Cafe, Corinthian, Crate Cafe, Fred's, Harbour House, Harry Browne's, India Palace, Middleton Tavern, Mum's, O'Brien's, Oxbow, and Sam's Waterfront Cafe. Moreover, since the invitation to participate was extended to all of the restaurants in the Greater Annapolis area, Striders who frequent other restaurants or who know the management of other establishments are encouraged to express your disappointment that they did not participate and to remind them that the 20th Annapolis Run is only 10 months away!

Annapolis 10 Mile Male Finishers

PLACE	NAME	CITY	ST	AG	TIME
1	CLAPPER, GERRY	COLUMBIA	MD	33	52:22
2	FRAME, BRUCE	ANNAPOLIS	MD	23	52:48
3	WOODMAN, MIKE	COCKEYSVI	MD	29	53:04
4	PRYDE, JAMES	BEL AIR	MD	41	53:48
5	CLARKE, STEVE	LEESBURG	VA	29	53:59
6	OCHS, RAYMOND	VIRGINIA	VA	33	54:01
7	POWELL, BRYAN	REISTERST	MD	35	54:11
8	GARRETT, JAMES	SEVERNA P	MD	29	54:28
9	GIBSON, PETE	MURFREESB	NC	38	54:39
10	JONES, THAD	RICHMOND	VA	38	54:42
11	MARINO, ROBERT	ANNAPOLIS	MD	36	54:45
12	DUNLAP, TIM	LANCASTER	PA	37	54:46
13	KULIK, RONALD	RESTON	VA	31	54:50
14	HANNSEN, PAUL	SYKESVILL	MD	21	54:54
15	JURICK, JERRY	BALTIMORE	MD	31	54:58
16	JACKSON, MICHAEL	FT MYER	VA	23	55:22
17	MAGIN, ROBERT	COLLEGE P	MD	23	55:32
18	REGAN, MICHAEL	WASHINGTON	DC	30	55:40
19	ANDERSON, NEVILL	BALTIMORE	MD	32	55:49
20	WORLEY, JOHN	BOWIE	MD	27	55:56
21	ADAMS, MATT	FREDERICK	MD	25	56:06
22	BLATT, RUSSELL	GLASTONBU	CT	37	56:12
23	MACK, ELDON	FALLS CHU	VA	30	56:16
24	KIRK, PETER	ROCKVILLE	MD	37	56:21
25	FENNIMORE, HAROL	ALEXANDRI	VA	34	56:25
26	EGOLF, STEPHEN	GLEN BURN	MD	31	56:32
27	HOLLAND, DANIEL	PITTSBURG	PA	25	56:45
28	WEBSTER, DAVID	STEVENSVI	MD	41	56:46
29	SOMMER, KEVIN	KINGSTOWN	VA	27	56:50
30	STERLING, MICHAEL	BALTIMORE	MD	33	57:01
31	SAMLEY, CHRIS	COLUMBIA	MD	32	57:20
32	REDMOND, STEVE	FT BELVOI	VA	36	57:20
33	HANNER, CRAIG	MECHANICS	VA	34	57:22
34	DATTKER, BRET	NORFOLK	VA	34	57:43
35	SHANER, TERRY	FT MEADE	MD	36	57:44
36	SHREINER, CHRIS	ALEXANDRI	VA	23	58:00
37	MCGRAW, JOHN	TACOMA PA	MD	27	58:05
38	FULLER, MICHAEL	CHESAPEAK	VA	39	58:13
39	DRUCKMAN, JAMIE	POTOMAC	MD	23	58:19
40	ARNOLD, TOM	UPPER MAR	MD	34	58:24
41	MILLER, KEVIN	ROCKVILLE	MD	38	58:28
42	EAGLESON, TOM	COLUMBIA	MD	24	58:38
43	POULOS, TED	MCLEAN	VA	32	58:44
44	BAYLESS, CHRIS	DAVIDSONV	MD	30	58:51
45	GRIFFITH, JIM	FERNDALE	MD	34	58:55
46	KEATING, PAUL	CLARKSVIL	MD	33	58:56
47	WALTER, CRAIG	EASTON	MD	31	58:58
48	SANTONI, MIKE	REISTERST	MD	31	59:05
49	DEFILIPPIS, ROB	COLUMBIA	MD	23	59:05
50	BAKER, SCOTT	ARNOLD	MD	26	59:08

Annapolis 10 Mile Female Finishers

PLACE	NAME	CITY	ST	AG	TIME
1	BARNARD-LOPEZ, B	BETHESDA	MD	35	1:00:02
2	BUCKWALTER, CONN	LANCASTER	PA	24	1:01:15
3	SCANLON, LIZ	ALEXANDRI	VA	23	1:01:28
4	ROUPAR, ALICE	ARLINGTON	VA	29	1:02:38
5	MINNIX-WOLFE, LE	RESTON	VA	33	1:03:09
6	HALL, MAUREEN	BALTIMORE	MD	29	1:03:53
7	MOORE, DONNA	KENSINGTO	MD	33	1:04:15
8	MALLOY, ROSE	ANNAPOLIS	MD	46	1:04:25
9	HUMPHREY, ROBYN	ELLICOTT	MD	30	1:04:26
10	STEARNS, JENNIFE	STAFFORD	VA	26	1:04:50
11	HUGHES, NATALIE	OAKTON	VA	36	1:05:03
12	CARPENTER, CYNTH	BALTIMORE	MD	32	1:05:40
13	REILLY, MONICA	VIRGINIA	VA	34	1:05:41
14	KNICKMAN, DENISE	BALTIMORE	MD	26	1:05:58
15	ROSASCO, CAROLE	BALTIMORE	MD	35	1:06:09
16	GALE, SANDRA	ALEXANDRI	VA	30	1:06:13
17	ANDREWS, ELIZABE	NORFOLK	VA	31	1:06:17
18	KINNECOME, SUSIE	BETHESDA	MD	30	1:06:24
19	ADAMS, JOYCE	RESTON	VA	40	1:06:29
20	BURNS, SHELLY	FALLS CUR	VA	34	1:06:46
21	CANNER, REBECCA	MONTREAL	CA	26	1:07:06
22	GRILLO, MONICA	ARLINGTON	VA	30	1:07:12
23	FLYNN, ANNE	VIRGINIA	VA	31	1:07:27
24	LANG, VICKI	COLUMBIA	MD	25	1:07:32
25	CONRAD, CHERYL	GREENBELT	MD	36	1:08:01
26	CIAVARELLA, CLAU	ARLINGTON	VA	45	1:08:02
27	LEWIS, DONNA	BELCAMP	MD	39	1:08:07
28	CONLIN, ANN	ARLINGTON	VA	34	1:08:13
29	BARNETT, DEBORAH	COLUMBIA	MD	35	1:08:17
30	HENKE, WENDY	STEVENSON	MD	25	1:08:22
31	FLYNN, BERNADETTE	BURKE	VA	37	1:08:30
32	CAIRNS, HILARY	WASHINGTON	DC	23	1:08:48
33	HOWELL, ANGIE	COLUMBIA	MD	32	1:08:51
34	DONOHUE, PATRICI	ALEXANDRI	VA	40	1:09:02
35	CHANEY, DEBORAH	COLUMBIA	MD	31	1:09:14
36	MCHALE, TANIA	FAIRFAX	VA	28	1:09:23
37	GRILLO, JEANNE	POTOMAC	MD	33	1:09:28
38	CARESE, KATHI	ARLINGTON	VA	36	1:09:48
39	MALLOY, PATRICE	BALTIMORE	MD	35	1:09:48
40	PHAM, LY	ALEXANDRI	VA	29	1:09:54
41	MILLS, LINDA	SALISBURY	MD	44	1:10:11
42	UNGER, ADRIAN	KNOXVILLE	MD	16	1:10:17
43	SULLIVAN, JENKIF	ANNAPOLIS	MD	29	1:10:18
44	BUCKMAN-LEWIS, L	VIRGINIA	VA	30	1:10:20
45	LEWIS, JANE	BALTIMORE	MD	26	1:10:22
46	GALLAS, SUSAN	ALEXANDRI	VA	33	1:10:42
47	GLASS, JOY	WESTMINST	MD	40	1:11:05
48	ERB, KAREN	ALEXANDRI	VA	43	1:11:07
49	SOLOMON, PAMELA	SILVER SP	MD	23	1:11:08
50	STARNES, MARGARE		MD	39	1:11:13

Women's Distance Festival & Run After The Women Photos

JULY 16, 1994 - race results will appear in the December Streak.



Striders enjoy a cup of post race Java.



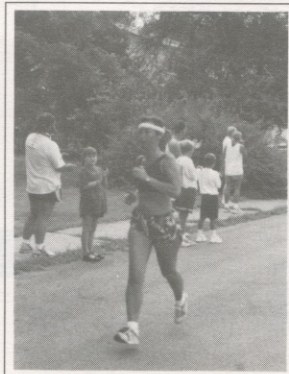
Ready, set, go!



Winner Maureen Hall checks in at the finish.



The men poised to punch the timer.



Jonette Hahn glides in to her 2nd WDF finish.



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 acupuncture 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.

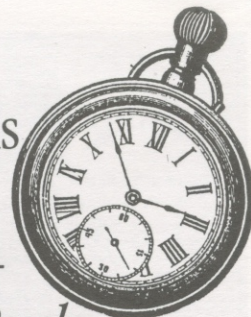
MANDELL CHIROPRACTIC CLINIC

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.

ATTENTION RUNNERS with *artistic aspirations*

The club will be sponsoring, along with the Annapolis City Recreation and Parks Department and the Bates Middle School, a student Community Service Project to paint a mural on the wall at the North end of the Bates Track. This is to occur sometime this Fall. If there are any Striders who would be interested in helping to advise and support this project we would love to have your help. Call and leave your name and number with Ed Klebe - 410-263-7106. Ed will call you when the project date is set by the Bates Middle School.

Annapolis Striders History — *A Look Back*



13 Years ago - Oct., 1981 Streak

President Mike Van Beuren congratulated Race Director Walt Eilers on a successful A10 Race. The race featured 1500 runners and race proceeds were donated to the Annapolis Police and Fire Fighters to start an exercise program.

Richard Hillman stormed the course of the Nike Marathon in Eugene, OR for a PR of 3:16:35 - without cheating!

"The Best of the Streakers" featured Gert Spadone. You may not know that she completed her 1st marathon in 1980. Her best races were "...any that I won." For the record she was first in her age group in a 10K in Tampa; 2nd in her age group in the A10; and 1st in her age group in the first B&A trail race. Gert remains a Strider in good standing though she no longer races.

10 Years ago - Oct., 1984 Streak

A10 winners: Patty McGovern-58:11 Matt Wilson-49:30 • Race Director-Mike Van Beuren • 1,947 finishers.

Women's Distance Festival Race winners
(1) Jennifer Anyx (age 14) 19:34:36
(2) Pat O'Brien (age 36) 20:00:69
(3) Kathleen Gebauer (age 35) 20:47:66.
Rose Malloy was conspicuously absent from the list of finishers!

5 Years ago - Oct., 1989 Streak

Top local finishers in A10 Race: MEN: Robert Eden (55:16), Patrick McCoy (55:19), Jeff Long (55:21), Anthony Basile (56:01); Matt Mace (58:08). WOMEN: Rose Malloy (1:00:32); Nancy Staub (1:07:51); Julie Haynes (1:10:32); Allyson Nathan (1:11:57); Penelope Sabatini (1:15:16).

President Dick Hillman eulogized Don Waddington..."I have never known any Strider, in fact, any person, who better personified the words "dedication" and "conscientiousness". For nine years, Donald has always been the first Strider to be at any event (sometimes at 4 am), the last to leave, the hardest worker, least complainer, and first to volunteer to do it again next year. We can aspire to emulate or even imitate these qualities, but I fear, "aspire" is all we will be able to do. There was only one Donald." Amen.



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.

ANNAPOLIS STRIDERS

HOTLINE
268-1165

AREA CODE 410
THIS IS THE 24-HOUR PHONE NUMBER FOR
THE ANNAPOLIS STRIDERS

APPLICATION & RENEWAL

Membership Form

OFFICIAL USE ONLY

MAIL WITH CHECK OR
MONEY ORDER TO:

Annapolis Striders, Inc.
PO. Box 187
Annapolis, MD 21404-0187

Type	New	Renewal	Address Change	Last Name	First Name	Birth Date	Gender
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Mo. Day Yr.	M/F
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mailing Address	Yes	No	Street (Include Apt. No.)	City	State		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Zip Code	Area Code	Business Phone	Area Code	Home Phone	Occupation		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

WAIVER & RELEASE I recognize that participation in activities of the organization may involve certain hazards. I understand that I should not participate unless medically able. I assume the risks associated with involvement in these activities including but not limited to: falls, contact with participants, effects of weather, road and traffic conditions, these risks being known and appreciated by me. Having read the Waiver and Release and considering the acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the Annapolis Striders, Inc., the Road Runners Club of America, and all sponsors and hosts, their representatives and successors from any claim or liability arising from my involvement in activities of the organization.

I VOLUNTEER FOR THE FOLLOWING ACTIVITIES

- | | | | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> | 6 <input type="checkbox"/> | 7 <input type="checkbox"/> |
| Race/
Runs | Clinics/
Training | Public
Relations | News-
letter | Member-
ship | Bay Bridge
Run | Annapolis
Run |

Signature of Applicant (or parent if applicant under 18)

Date

DUES:

Individual

Family*

Youth (under 18)

☐☐☐

\$10

\$15

\$5

- Call for information on coming events and to leave messages 24 hours a day: (410) 268-1165.
- When requesting information by mail, include a long, self-addressed, stamped envelope (S.A.S.E.)
- Please allow 4 weeks for processing this application. You will be sent a membership card good for discounts on running gear at selected area stores.
- The Annapolis Striders, Inc. is a non-profit, charitable organization. Your tax-deductible donation is welcome.

INCLUDE OTHER FAMILY MEMBER INFORMATION HERE

First Name	Gender	Birth Date
<input type="checkbox"/>	M/F	Mo. Day Yr.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Signature of Family Member
(or parent if Family Member under 18)

Date

Signature of Family Member
(or parent if Family Member under 18)

Date

Signature of Family Member
(or parent if Family Member under 18)

Date

Signature of Family Member
(or parent if Family Member under 18)

Date

Signature of Family Member
(or parent if Family Member under 18)

Date

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

Article II, By-Laws of the Annapolis Striders

The Streak, published bi-monthly, is the official newsletter of the Annapolis Striders, 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 December Issue is November 7th.

ADVERTISING RATES:

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

ERIC PELTOSALO

ATTORNEY AT LAW

POST OFFICE BOX 1581

SUITE 7

100 CATHEDRAL STREET
ANNAPOLIS, MARYLAND 21404

ANNAPOLIS (410) 263-4559

BALTIMORE (410) 269-7513

DUES NOTICE

If "1143" appears on the first line of the address label after "Exp Yr/Qtr" your dues are due by November 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

NOVEMBER 7, Monday, 7:30 p.m.
Nationwide Insurance Building,
Streak Board Meeting.

NOVEMBER 12, Sat., 8:30 am,
Downs Park, Hog Neck Scamper
5mile. Contact Don Higdon 266-0561.

NOVEMBER 27, Sun., 10 am, Cold
Turkey 20k, South River High
School, Edgewater. Contact John
Magnan 573-0571.

DECEMBER 18, 10 am, Annapolis
Striders 16th Anniversary Run, Quiet
Waters Park. Contact Tony or
Ludmila Pruner 268-1165.

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

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ANNAPOLIS STRIDERS

ANNAPOLIS STRIDERS, INC.
POST OFFICE BOX 187
ANNAPOLIS, MARYLAND 21404-0187

Where

THE RACES ARE

Oct 9, Sun 930am, George-
town Classic 10K, SASE to
6441 Backlick Rd, Suite 201,
Springfield, VA 22150.

Oct 9, Sun 8am, Columbus
Chase 10K, Howard County
Striders, 410-964-1998.

Oct 9, Sun 8am, Paolo's 5K,
BRRC, 410-243-3153.

Oct 9, Sun 830am, Bachman
Valley Half Marathon, WRRRC,
Frank Baylor, 410-876-6201.

Oct 15, Sat 11am, Lake
Lingnore Octoberfest 5K,
FSC, Pat Wright, 301-865-
1909.

Oct 15, Sat 1130am, Slater
Blackiston Memorial 5K, 145
Earle's Branch, Centreville,
21617.

Oct 15, Sat 8:30am Baybrook
Park 3 Miles (near Meyer's
Pavilion, BRRC Ed Harte 789-
7560.

Oct 16, Sun 8am, Army Ten
Miler, the Pentagon, MWR,
703-614-1551.

Oct 16, Sun 9am, Lawyers
Have a Heart 5K, Towson,
Dave Cooley, 410-377-8882.

Oct 22, sat 630am, Mountain
Masochist 50M trail run, 12Hr
limit, David Horton, 804-582-
2330 w/239-1324h.

Oct 23, Sun 9am, USMC Mar-
athon, Washington, PO Box
188, Quantico, VA 22134-
0188.

Oct 27, Thurs 715pm, Spooky
Sprint 1M, Hanover, PA, South
Penn RR, Jim Rollin, 717-637-
5074 after 6pm.

Oct 29, Sat 9am, Halloween
Happening 94, 4M, Oregon
Ridge State Pk, Hunt Valley,
Dave Cooley, 410-377-8882.

Oct 29, Sat 10am, Autumn
Leaves 5M, Mt St Mary's Col-
lege, Emmitsburg, George
Gelles, 301-447-6122.

Oct 29, Sat 9am, Seaside
10M, Ocean City, Les Kinion
410-882-5455.

Oct 30, Sun 9am, National
Pike 6M, Middletown, FSC,
Anne Zumbach, 301-834-
8045.

Oct 30, Sun 8am, Baugher's
10/20K, Rte 140 Westminster,
WRRRC Frank Schaeffer, 410-
857-5154.

Nov 6, Sun 9am, Run Through
the Grapevine 8K Cross Coun-
try, HCS, Gerry Clapper, 301-
776-3153.

Nov 6, Sun 9am, Caple's 3M
Cross Country, WRRRC,
Warfieldsburg Rd. Rte 27,
Jenny Caple, 410-848-4092.

Nov 5, Sat 10am BRRC vs An-
napolis Striders Dual Meet at
Baybrook Park, 3 miles. BRRC
Ed Harte 789-7560.

Nov 6, Sun 9am, Tenleytown
10K/3K, Washington DC, 202-
966-5435.

Nov 12, Sat 8:15am, Big
Bumpy Cross Country 6K,
MCRRC, 301-353-0200.

Nov 13, Sun 9am BRRC Club
and Team Championship at
Herring Run - 6 miles. BRRC
Ed Harte 789-7560.

Nov 13, Sun 8am, Vietnam
Veterans Memorial 10K
Run/5K walk, Washington, DC,
703-525-1109.

Nov 19, Sat 10am Grand Prix
Championship at Oregon
Ridge 5 Miles, BRRC Ed Harte
789-7560

Nov 19, Sat 7am, JFK 50M
Boonsboro to Williamsport,
Cumberland Valley Athletic
Club, Mike Spinnler, 301-739-
7004.

Nov 20, Sun 8am, Metric Mar-
athon, Columbia, HCS, Phil
Lang, 410-964-8258.

Nov 26, Sat 10am, Turkey
Burnoff 5/10M, Seneca Creek
St Pk, Gaithersburg, MCRRC
301-353-0200.

Nov 26, Sat 930am, Northern
Central Trail Marathon,
Sparks, MD, BRRC, 410-243-
3153.

Nov 27, Sun Noon, Frozen
Finger 5M, Westminster,
WRRRC, Dave Herlocker, 410-
848-8332.

Dec 3, Sat 8am, Arthritis Run
5K, Frederick Community Col-
lege, Arthritis Foundation, 301-
663-0303.

Dec 11, Sun noon, Dancer
Dash 10k, Bare's Farm, Sulli-
van Rd/Lemmon Rd, Westmin-
ster, Bob Leatherman,
410-848-1782.

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