

STREETAK



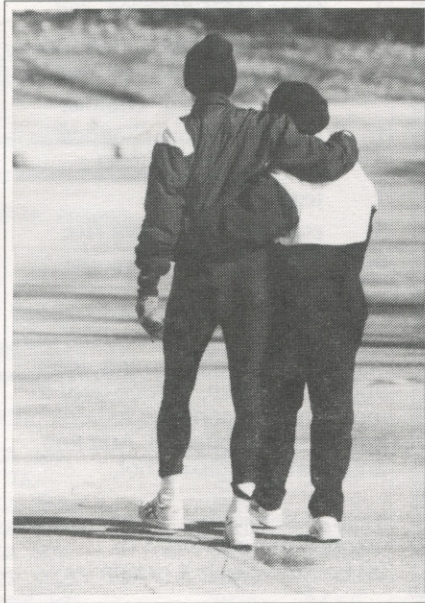
Volume XVII Number 2

Voted Best Large Club Newsletter in RRCA Eastern Region

April 1995



Heather Simpson, 5, keeps score at the Washington's Birthday Race. See page 11



Valentine Day Twosome. See page 16 for race results and more photos.



Disney World gang, above (l to r) Nick Latkis, Ben Moore, T.J. Harrington and Dave Walsler enjoying dinner. (right) A pre-dawn group gathers before the race. Story on page 4.



ROWE BOULEVARD

Annapolis Gateway Mile

The Striders will conduct a one mile street race on Rowe Boulevard on Saturday, April 22 beginning at the early hour of 7:30 am. The race will be run on the outbound lanes of Rowe Blvd beginning slightly before Lawyer's Mall. Runners will be grouped in heats in the following order: Heat 1: 7 minute milers and above; Heat 2: 5-7 minute milers; Heat 3: Sub 5 minute milers. These heats may be split depending upon the number of runners. Quarter mile splits will be given to all runners on what promises to be a fast course!

Parking will be available in the Graul's parking lot at Taylor Avenue and Rowe Blvd. Awards and well deserved refreshments will be available at Lawyer's Mall at the conclusion of the races. If you are an early bird looking for a one mile PR, put the first Annapolis Gateway Mile on your racing calendar. For further information and race confirmation call Dan Masterson at 410-268-2314 (H) or 410-293-6296 (W) or the Striders Hotline.

Clean It Up!

Route 450, The Striders Saturday morning workout track, in desperate need of a clean-up. Gary Sweall, Clean-Up Coordinator, has set Saturday, April 15th, 9 - 10:30 a.m. for this Strider environmental outing. Come prepared with long pants and shirt, gloves, shovels, etc. Meet at the Conte Building or join the group at Rt. 450 and Stevens Church Road. If you run it, bike it, drive it, you should clean it!

Call Gary Sweall at 721-0081 or the Striders Hotline for additional info.

INSIDE THIS ISSUE

Message from the President / 3

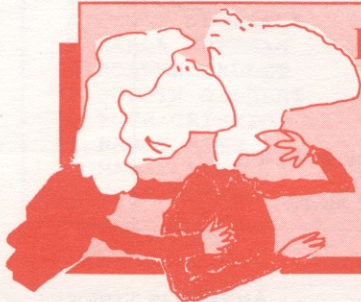
1995 Strider Award Winners / 5

At The Meet with Kathleen Heagney / 6

A Faint Smell of Lilac by John O'Hara / 8

Running in the North of England by Scott Lutry / 14

Striders On The Road with Evan Thomas / 15



MATT MACE

PRESIDENT

H: 647-7633 W: 410-347-7690

RON BOWMAN

VICE PRESIDENT

H: 573-1929 W: 202-208-2695

MARK AELING

SECRETARY

H: 760-3012

JIM BUCK

TREASURER

H: 647-8108 W: 688-4371

TOM BRADFORD

RACE DIRECTOR

H: 987-0674 W: 688-7923

DICK HILLMAN

ANNAPOLIS RUN DIRECTOR

H: 263-1844 W: 514-7252

GOVERNOR'S BAY BRIDE RUN DIRECTORS

TONY & LUDMILA PRUNER

H: 757-2116

DIRECTORS

BUCK CADELL

H: 263-6426

GABRIELLE DEGROOT-CUSTER

H: 266-1339 W: 202-336-6112

ROY ELDER

H: 335-8511

JIM ETCHISON

H: 544-6452 W: 410-338-4427

SUE BRIERS

H: 410-721-1442

ARNIE HENDERSON

H: 263-0863

DON KENNEDY

H: 268-0982

ED KLEBE

H: 263-7106

CEIL PRENDKI

H: 626-7249 W: 301-853-9722

EVAN THOMAS

H: 760-9188 W: 859-2874

CLUB COORDINATORS

MOORE'S MARINES

BEN MOORE H: 268-3832

SUMMER FUN RUNS

ED KLEBE H: 263-7106

PUBLICITY

YVONNE AASEN H: 647-0879

HOTLINE

WILL SCOTT H: 267-8013

CHAMPIONSHIP SERIES

BOB WALTERS H: 544-7615

PROPERTY & EQUIPMENT

BOB FIELD H: 301-855-2918

JUNIOR STRIDERS

SCOTT EDEN H: 263-5117

MEMBERSHIP MGMT

JOHN VALENTINE H: 544-7321

MEMBERSHIP SERVICES

LOUISE ZEITLEN H: 757-1407

ANNUAL BANQUET

ROSE MALLOY H: 280-6733

Recipes



PEPPERED RICE PILAF

This dish can be prepared as a side dish or served as a main entree.

- 1 tablespoon olive oil
- 2 large EACH of green, red, and yellow sweet peppers, core, and seeds removed, flesh cut into 1" chunks.
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon salt
- 3 cups cooked brown rice

Optional: 1/8 tsp. ground black pepper

Heat olive oil until hot. Add rest of ingredients except rice to the pan, stirring to prevent burning. After about 5 minutes, reduce heat to medium, and continue to cook until peppers are softened. Add rice, and heat until piping hot.

Yield: 8 servings
calories per serving: 115
fat per serving: 2.4 grams

CORN MUFFINS

These muffins can be eaten with soups and stews, or as lowfat breakfast muffin.

- 1 cup creamed corn
- 1/2 tablespoon sugar
- 1 large egg
- 1/4 cup skim milk
- 2 tablespoon chopped onion
- 1 cup self-rising cornmeal mix

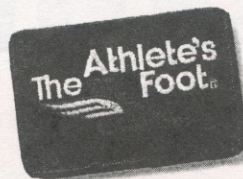
Preheat oven to 400 degrees. Spray muffin tins with nonstick spray. Mix together all ingredients until cornmeal is completely moistened. Pour batter into muffin tins until almost full. Bake for 14 to 16 minutes, or until cooked throughout.

Yield: 8 to 10 muffins
calories per serving: 82
fat per serving: 1.2 grams

Recipes provided by The Low-Fat Epicure, September/October 1994. Falls Church, Virginia. Contributed by Sue James

We Know Your Feet Like The Back Of Our Hands.

In fact, The Athlete's Foot knows your foot type all too well. Thanks to our standard Fit Check, we can give you the right shoe and right size no matter what your feet look like. It's no problem. Really.



68 ANNAPOLIS MALL Next to J.C. Penny 224-3455

The Area's ONLY Athletic Shoe Store

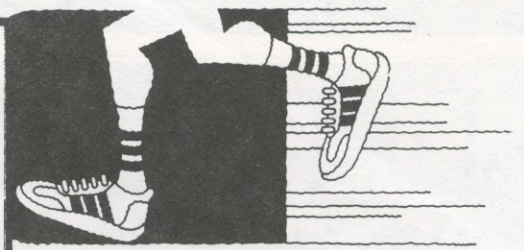


MATT MACE, *President*
Annapolis Striders

MESSAGE

From the President

Matt Mace



GREAT BANQUET!

Congratulations to all of the award winners at the 1995 Strider's Banquet. For those of you who missed the event, it was a tremendous success with a record breaking attendance. Please give Rose Malloy your thanks for a job well done on this year's event. Of course, the fastest business meeting (30 minutes) in Club history helped the effort. If only I could drop my 10K times to the same range.

AT THE RACES...

This year's Washington's Birthday 5K produced some very quick times. The weather performed as requested and greatly added to another successful event. Thanks to Jim Hall and his race committee.

The Striders once again held to form at the Maryland RRCA Club Championship Ten Miler, fielding a complete team that had the opportunity to enjoy the challenging Columbia hills. The post-race Maryland RRCA Club President's meeting had a good showing and the RRCA State Championship Series was the primary topic. See Evan Thomas for your chance to run to statewide fame.

This year's B & A Trail Marathon produced several outstanding performances by your Club members. Race Director Tom Bradford orchestrated a command performance — and the volunteer's hats were certainly conspicuous.

The marathon is a puzzling event, but runners are drawn to it nonetheless. There were several participants in this year's B & A that even ran the previous day's Last Train marathon. Mark Jones and Jim Griffith turned in great efforts to place first and second in this year's race, and I had a curious viewpoint as the 5 and 10 mile

timer to watch both, as well as the woman's winner, Jennifer Sullivan. The B & A is unusual, and almost the quintessential marathon, because most of the runners cover the course alone. Even at 5 miles, the field had spread out enough so that the roughly 80 participants were "on their own" for the duration.

One runner's efforts particularly impressed me at that race. He had been working on the Boston qualifying standard with persistence. When he passed at 10 miles, the mental calculations were only fair; his pace was good, but 16 more miles alone on the trail would break most. Not to be denied, at approximately 3:14 into the race, Dave Walser appeared back at Severna Park High School and sprinted across the finish line with less than a minute to spare. (As anyone who has ever qualified for Boston knows, time is a weird medium — one second or ten minutes under the qualifying time for your age group does not matter, as long as you qualify.) He qualified for Boston with the persistence of that strange breed, the marathoner. Congratulations to Dave on a 110% effort.

Age Group Competitors

At this year's Annual Meeting the issue of increased awards and recognition for the older runners, particularly those over 60, was raised. The Board subsequently passed a motion to increase the number of age groups recognized at the 1995 Championship Series races. Beginning with the Two Mile Track Run, there will be five year age groups for each race's field, starting with the 14-19 age group. (Our Junior Striders already use tighter age groups for their races.) The purpose of this motion is

to increase participation in the Club races, most importantly in the age groups starting with the 55-59 level. You will be interested to note that the Annapolis Ten Miler and the Bay Bridge Run already employ expanded age categories. In fact, runners 55 and over constituted 5.9% of last year's Annapolis Ten Mile finishers and as a group they received 26.2% of the age group awards.

RRCA Annual Convention

If anyone has any interest in attending the RRCA National Convention the first weekend in May, please drop me a line or give me a call. This year's event in Allentown, PA should prove to be a great event and our hopes are high for national recognition now that the Club's newsletter has once again been selected as the large club category regional winner. If anyone has any issues which they wish to have raised at the convention, please let me know.

GBBR

The 11th Annual Governor's Bay Bridge Run is in full swing. The applications have already been distributed and, as always, the race directors are looking for a "few good volunteers". As with all of our events, success is dependent upon your assistance.

Annapolis Mile

Please come out for the First Annual Annapolis Striders Gateway Mile to be conducted running in Rowe Boulevard on April 22nd. A street mile is still unique for runners and this is your chance to show your stride. The Striders are encouraging the younger runners to come out and try this one.

Disney Marathon

26.2 Miles Around the World

By SUE BRIERS

The theme for the 1995 Disney Marathon in Orlando was "26.2 miles around the world" and it lived up to its promise. Having run the 1994 Disney marathon, I, my husband and a group of about twenty Striders and local runners traveled to Orlando for the second running of this fast growing event. Last year's marathon drew a field of about 3500 and this year's event had a field of 8500. A big jump but Disney was anxious to grow.

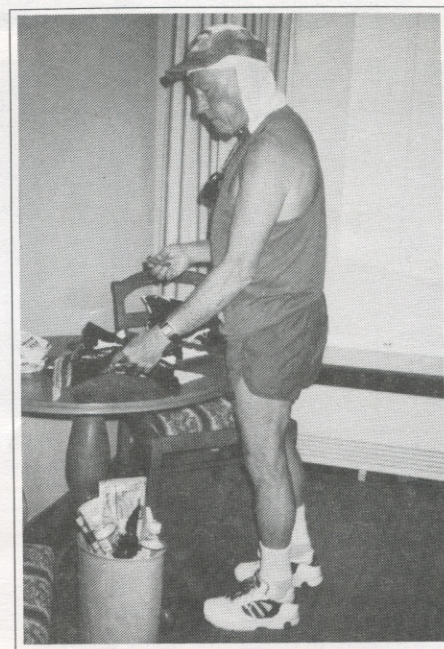
The weather was beautiful when we arrived in our winter escape on Friday, January 6 (if you remember Baltimore/Washington had an ice storm at rush hour, or so we heard). Julie Lane and I quickly rushed off to the Expo held in the Contemporary Hotel. The expo was mostly a SHOW & TELL event without retail sales; however, there were many guest appearances and demonstrations. We were lucky enough to arrive when Frank Shorter and Alberto Salazar were having a casual training discussion. It was very informative and entertaining not to mention we had our numbers signed. Chris Lane, Julie's son, was running the fun run the next day and was thrilled to have Frank Shorter's autograph. The shirts were great and the give aways were a nice addition.

The morning of the marathon came too fast with an early wakeup call of 3:30 am. The last bus departed at 5:00. We were corralled in five separate areas based on expected finish time with a 10 minute walk down to the start areas to follow. This was interesting and a little disconcerting as one can imagine. There were approximately 8500 runners in 45 degree weather, well hydrated with very little clothing on. Needless to say when each corralled area was moved on the start the runners quickly moved out into the woods. No pot-a-johns created a stressful situation for the marathoners. Not to mention it seems sacrilegious to answer the call of nature on the pristine grounds of Disney. However, marathoning being what it is, the conflict was quickly forgotten. TJ Harrington wanted to know who the poor person was that would have to paint all those brown spots on the grass green.

The start was delayed by 30 minutes due to scheduling and bus problems. After stepping in a drainage ditch, on the way to the woods again, mine and many others' feet were soaked and muddy which lead to even more uncomfortable conditions. However, finally at 6:35, after the music, national anthem and fireworks Mickey officially started the race.

It took over four miles for my feet to thaw but the weather was beautiful. The temperatures stayed between 50 and 60 degrees with a slight breeze and beautiful clear skies. The Disney staff did an excellent job with water provided at least every mile and sometimes 3/4 mile. We first ran into the Magic Kingdom at 8 miles with Mickey and all his friends encouraging us through the Cinderella Castle. We then moved onto the highways surrounding the theme parks. There were many tumarounds in the 26.2 miles which was nice. It gave all us non-elite runners a chance to see the fast runners. I passed Joan Benoit-Samuelson, going the other way, and called out to her She even acknowledged my cheers, We roamed all over the Disney grounds and T.J.. and I were feeling great. A strong steady pace had been set and we had already overcome the two minutes we lost at the start.

We moved on and took in the scenery as well as the many Disney characters and entertainment provided at water stops. Barbie was even there (yes, a real live human Barbie) with her enormous pink stretch Cadillac and her characteristic Barbie attire. It inspired many of the men, including TJ. This is where he took off and I was left to finish the event on my own. No problem, I



Ben Moore

was feeling great. We moved on to MJM Studios with gangsters and bands cheering us on. We then ran through the Epcot Resorts area with lots of spectators from the hotels coming out to encourage and some simply to stare. The finish was through Epcot running past Germany, America, France, China and many other countries on the way to the finish line. The finish came with much more excitement and fanfare than last year. There were crowds of spectators, balloons, music, Disney characters and lots of food at the end. The white rabbit from Alice in Wonderland placed my Mickey medal over my head as an eager volunteer wrapped me in a mylar blanket. It was a great ending to a super marathon.

We waited at the finish for the remainder of the Striders and Leukemia Society Team in Training members from Annapolis to finish. Ben Moore looked fresh as a daisy from Annapolis to finish. Doris Harrington took in the sights for the last 5 miles and couldn't wait to get her Mickey medal. Ron Bowman and Lynn Hopkins made it a run to spend time together.

Disney Marathon is a great event not only for the runners but also for their families. They do an excellent job considering it's only in its second year with very few trouble spots (however next time make sure the Powerbar station is near a water stop). I loved it and next year "I'M GOING TO DISNEY WORLD!"

1994 Strider Award Winners

Runners of the Year

Mark Jones
Jennifer Sullivan

Most Improved Runners of the Year

Pam Haley
Jim Carter
T.J. Harrington

Volunteer of the Year

Eileen R. Hagan

Volunteer Hall of Fame

Arnie Henderson
Bob Field
Tom Bradford
Leon Johnson
Ron Jarashow
Julie & Charlie Lane Family

Special Recognition Award

Kevin Murnane
*Public Relations Director at North Arundel Hospital
for work at the Father's Day B & A Trail race*

1994 Iron People

*Named here
are the twenty
Annapolis Striders
who completed
the Club
Championship
Series*

Ron Bowman
Tom Bradford
Mike Brian
Jackie Crowe
Pat Donahue
Steve Donahue
Jim Etchison
John Fay
John Gallagher
Clint Henderson
Ed Klebe
Matt Mace
Lee Masser
Will Myers
Pater Salmon-Cox
Fred Shanklin
Linda Simpson
Jennifer Sullivan
Dave Walser
Kathryn Wittmer



AT THE MEET

By KATHLEEN A. HEAGNEY

The Annapolis Striders just celebrated another year of dedication, training, and accomplishments at the Annual Meeting and Awards Banquet held on Friday, March 3rd. Rose Malloy and her assistants put on a great banquet as usual. Friday's annual meeting and banquet sported a record turnout of healthy thriving runners and their supporters.

If you've not had an opportunity to volunteer your services to the Annapolis Striders, I encourage you to call the hotline and do it. What you will gain from it will be as invigorating as that which you've gained as a runner. Are you thinking, "I'm *too tired* to go to a board meeting, volunteer for a race, submit an article to the Streak, or attend that Strider event?" Surely you remember -- way back for some, yesterday for others -- thinking the same thing about running, only to discover that running provided you with much more than tired muscles and in fact *MORE ENERGY!* It's the same with this, volunteering your time with the Striders will be exhilarating -- you'll gain pizzazz!

I am grateful to the Annapolis Striders for giving me the opportunity to serve on the board and be a part of a dedicated group of volunteers striving to promote running in our community. My 2-year term ended officially at the last board meeting on Monday, March 8th. Serving on this board taught me more than the running magazines or books about the benefits of running, how to run a race, and the profiles of

runners. It inspired me to write this column to feature you, our members.

Now that I've been retired as a board member and have been replaced by fresh meat - I'm wondering if you think it's time to retire this "Meet" or replace my byline with your name. I'm also curious how many of you read this. So here's the deal, call the Annapolis Striders hotline (it's not a 900 number so it won't cost you more than a call to Annapolis), and let me know: (1) Do you want me to continue writing this column; (2) Do you want to gain pizzazz and write this column (or your own creative version); (3) Do you *hate* this column and want white space to replace it; or (4) Other (specify). I'm serious -- there are a thousand of you out there so let's hear from you. If you don't see "At the Meet" (or another creative version) in the next issue, it will be because (1) you said, "QUIT!"; or (2) no one called.

But until we meet again - or not - let me introduce you to two Striders who give to the club.

JIM SANDISON

I met Jim at the Awards Banquet -- sat across from him as a matter of fact. He was joined by his friend and running mate, Nancy Harrison. In between bites and napkin wipes, I found out that this gentleman was one of the club organizers back in 1971. Jim's early work with the Striders undoubtedly set the pace for today's active club. In those early days, he designed and directed quite a few races, such as the Cherry Pit, Turkey Trot and the Father's Day run in Loch Haven. Today, he continues a tradition of coordinating the Annapolis 10-Mile Water Stops. Jim moved to this area in 1971 for two reasons: (1) his first love is sailing; and (2) he got a job.

But even before Jim landed in Maryland, he experienced thrills that few of us will ever know. He was born in Atlanta, Georgia; a southerner. But apparently, it wasn't south enough for him. He must have heard the

advice, "Go west young man" as he heeded it with a southern twist. He attended the University of Hawaii and played football for a semester until 1960 when he got the offer he wouldn't refuse. Would he be willing to crew a tourist boat in Tahiti? The answer was YES! and he crewed for six months. From that day on, he joined the ranks of the professional boat bumming society. He raced incessantly on famous boats and not so famous boats. His proudest accomplishment was his winning race in 1962 from Sidney to Hobert in 3-5 days. His boat bumming landed him in Australia as an apprentice boat builder and he worked on the first Australian American Cup winner.

Jim realized his dream but was ready for a career change - one that might reap in a little more money. So, in 1965, he took his love of boats and newly acquired skill of boat building, turned himself upside down from down under, and went north to Michigan. He graduated from the University of Michigan in 1971 in Naval Architecture (ship designing) and was hired as a Civilian Naval Architect with the Navy in Washington, DC He moved to Loch Haven, bought a 23 foot sailboat, and has lived there ever since. He has two sons, a 24 year-old living in Australia and a 27 year-old living in London. Living with him is his physically-challenged Jack Russell terrier, whom he occasionally takes running with him in a doggie wheel-chair.

His physical activities now include race walking, competitive masters swimming, sailing, cross-country skiing, and cycling. During his running days, he was a back-of-the-pack runner and says he has never had a bad running experience. Jim may have been an average runner, but he's no ordinary man. When asked what his next goal is, he says he'd like to do some mountain climbing or dog sledding in Alaska. Meeting Jim reinforces my belief that our club swells with a diverse and interesting membership.

PETER SALMON-COX

Here's another example of a textured individual - very! My few brushes with Peter can be likened to imbibing in a very dry martini after six months of sobriety. For those of you who have never tasted a very dry martini or known sobriety, it's like being tickled in a desert. Finally, for the couple of

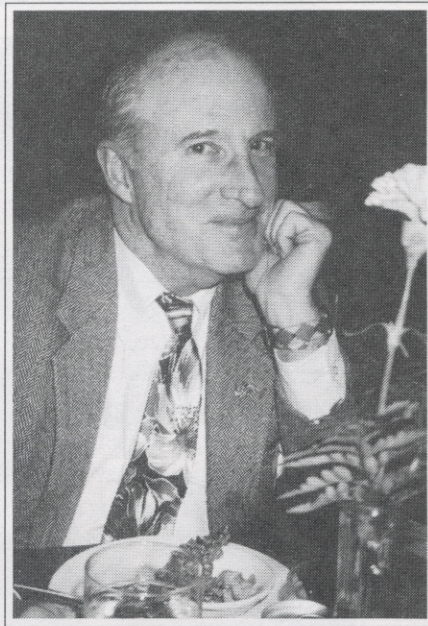
you I have missed, it's like experiencing runner's high. He's a delightful character?

His name is as curious as he. You might have guessed that he was simply a modern man and hyphenated his wife's maiden name to his. If so, you're wrong. The real story is much more interesting. Peter, a native of Norfolk County, England, explained that sometime in the middle of the 19th century in a small English village, there were two dominant families – Salmon and Cox. A young woman from the Salmon family, Susanna, gave birth to two boys out of wedlock. When the boys, known by the surname Salmon, were aged 9 and 11, Susanna married a man from the Cox family. Susanna, modern before modern, hyphenated her new husband's name to her sons', creating Salmon-Cox. Peter's great-great grandfather was one of those Salmon-Cox boys and somewhere down the line the family unofficially dropped the hyphenated name. Peter knew his name as Peter Salmon until age 15 when he applied for a passport to France and discovered his official name was Salmon-Cox.

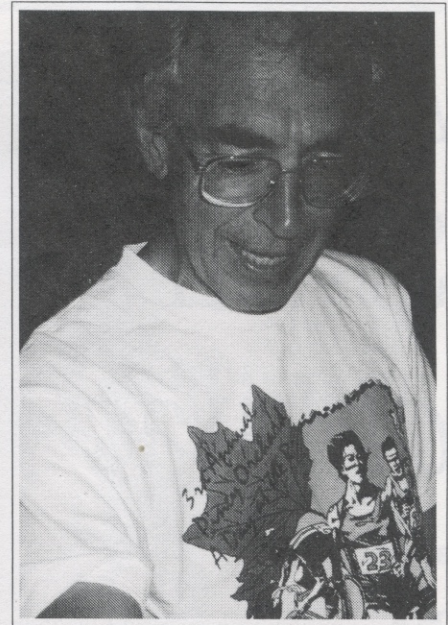
Coincidentally, both featured Striders share a love of sailing and have boat building in their blood. Peter inherited a love of sailing from his father who was a boat builder in England. Consequently, when the United States was experiencing a "brain-drain" in 1964 and the demand for scientists and engineers was high, Peter, took the bait and sailed over. Employment landed him in Pittsburgh, Pennsylvania with US Steel in research and management from 1964 to 1987. While in Pittsburgh, he raced 2-person sail boats and took up running with his sailing, running, and significant other partner, June Schneider. The steel business began faltering and June and Peter yearned for deeper waters. So, in 1987, they moved to Millersville, Maryland.

Peter now works for the U.S. Department of Energy with the Office of Industrial Technologies. He's responsible for energy efficient technologies and promotes international trade in American technologies. He has traveled extensively as a result of this job to places such as China, Pakistan, Japan, Venezuela, and throughout the domestic U.S.

Peter has been running consistently since 1979. He joined the Annapolis Striders about the time he moved to this area. He



JIM SANDISON



PETER SALMON-COX

has always been active in sports such as rugby, squash, sailing, cricket, and field hockey. He enjoys reading fiction, going to the theater, and listening to June, an accomplished pianist, play Chopin – she learns a new piece each year for his birthday.

His favorite race is the Chestertown 10-mile because of the festivities, food, and folly. His favorite T-shirt, a winner at the Annapolis Strider T-shirt contest, is the Odenton/Crofton Race T-shirt for its politi-

cally-correct picture of a woman leading the race; and because it reminds him of June who is always a step ahead (or something like that). His advise for runners is to "stretch" and "live with a masseuse."

If Peter's not out of town, you can join him and other Striders on Sunday morning at City Dock. Ask Peter about runner's high and he just might share his fantasy with you – setting a PR on the moon. Check him out, he is definitely out there!

Celebrate running with the Annapolis Striders at the . . .

Women's Distance Festival

in beautiful Annapolis, Maryland
SATURDAY, JULY 15th, 1995

WOMEN'S 5K Run

& RUN AFTER THE WOMEN - Men's 5K

For an entry, send a business size, self-addressed, stamped envelope to WOMEN'S DISTANCE FESTIVAL, 1341 Black Walnut Court, Annapolis, Md 21403.

For general info call our hotline: anytime!

410-268-1165



A Faint Smell of Lilac

By JOHN O'HARA

During the week between Christmas and New Years I decided to take a much needed vacation. As I was catching up on some long delayed reading, I came across the article "The Triathlon to Hell" by David Wycherly published in the April edition of the STREAK. The article brought back memories of a similar event that happened to me during one of the Striders' Bay Bridge Runs.

Since the 70's I have been a Strider and at one time a fairly decent runner. I loved to run the long distance training runs on 450 as well as the post-run get togethers at McDonald's. In those days I trained frequently with two Striders named Ray and Bill, both much better runners than me. Bill was ten years my junior and Ray (a geriatric marvel) was 6 months younger than me. They tolerated my slow pace during training runs and we developed a wonderful camaraderie. During races when running for hardware, however, they cleaned my clock by a substantial margin. Even when they had a bad day and I had a good day I could not beat them. But I regularly dreamed of it. In the Spring of 1986 we all planned to run the third Governor's Bay Bridge Run. I knew I could not beat Ray or Bill but I did harbor thoughts of finishing in the top three in my age bracket.

As I recall, the day of the run dawned beautifully as I drove up Route 50 from Bowie. The exit line into Sandy Point was longer than expected and I arrived at the bus departure area just in time to catch the last

shuttle to the Eastern side of the bridge. The bus was jammed with eager runners and I was immediately caught up in the pre-race excitement. As we motored across the bridge we could feel the juices running through our calves and thighs in anticipation of the start-guns.

Due to our late arrival I was in the process of checking in my running gear when the starting gun went off. This required starting at the back behind some 3,000 runners. For the first mile I ran through a maze of runners like some half-crazed broken field football player only to find that my first mile split was 8:10. I had been planning a sub-six minute split so I immediately abandoned all hope of winning a trophy and decided to kick back and enjoy the beauty of the run. At the crest of the bridge the runners had thinned significantly and my body was running nicely in cruise control. As I started the long Western decent, I hugged the Northern rail and adjusted my stride to accommodate the long downward slope. Then it happened.

My olfactory sense denoted a faint smell of Lilac. I thought this a little strange but I rationalized that after all, it is Spring and perhaps Mother Nature was manipulating her flora and air currents as a reward for the 3,000 people crazy enough to leave their comfortable beds to run ten thousand meters at such an early hour. Then the smell of Lilac became stronger and I heard a very charming feminine voice say,

"My Johnny, you have a very nice stride. It is a shame that you are so far behind in the race."

I looked to my left and found the source of the voice to be a beautiful Loni Anderson look alike running in a lovely Lilac colored set of shorts and halter. I could not recall seeing her before but I reasoned that she must be a Strider because she knew my name. Although we were running at roughly a flat six minute pace she seemed to be exerting little effort. Yet she did not try to pass me. The fact that this lovely woman chose to run with me was quite flattering and my pace quickened as my feet seemed to barely touch the Bridge surface. I was about to ask her name when she said,

"How would you like to win your age bracket and finish ahead of Ray and Bill in this race?"

"But that is impossible I replied. Those

guys are probably a mile ahead of me. There is no way on earth I can beat them."
"I can do some marvelous things she said. For example, do you realize that you are now running at a five minute pace even though you are quite relaxed?"

For the first time since I felt her presence I took my eyes from her and looked around. To my surprise we were passing dozens of runners as if they were running in place. It was then that I realized this beautiful woman possessed supernatural powers and that my dream of beating Ray and Bill was there for the asking. The offer was overwhelming.

"But what must I do to repay you?", I asked.

"Your repayment is to spend eternity with me in the hereafter," she replied with a coquettish smile.

I was about to say yes when the faces of my lovely wife and beautiful 11 year old daughter appeared before my eyes.

"But what of my wife and daughter? Where will they be in the hereafter?" I asked.

The exquisite smile that had adorned her delicate features turned to a frown as she said rather abruptly,

"I care not for them, it is your soul I relish. Now I must have your answer immediately."

"I cannot betray my family," I stated without hesitation, to which she replied, *"Then you shall feel my wrath."*

At that instant I bumped into a runner in front of me and even though we both tripped neither of us fell. When I recovered my balance and looked to my left for the woman in Lilac, she and the Lilac fragrance were gone. Suddenly my running was no longer effortless but much to my amazement I realized that the bridge entrance booths were within 50 feet. There was only about one mile left in the race. My God, had I hallucinated for the last two miles?!

Although I did not beat Ray or Bill, I did manage to finish second in my age bracket in that race and received a beautiful etched glass plate from the Governor. Unfortunately my running career has been a shambles since then. In the many years I ran prior to that race I had never had a disabling running injury. Since that day I have had injuries ranging from stress fractures to heel

LILAC

Continued from previous page

I recently started running after a two year lay-off due to a heel spur operation and finally built up to where I could run 10K again. I even harbored thoughts of running the 1995 Bay Bridge Run. These thoughts were dashed when I tore a muscle in my right calf town miles into a training run. As I limped back to my house I swear I could sense a faint smell of Lilac in the cold December air.



STREAK STAFF

EDITOR

Eileen Hagan H:263-1397

ASSISTANT EDITOR

Sharon Serio H:268-7140

REPORTERS

Evan Thomas H:760-9188 W: 859-0879

Kathleen Heagney H:703-313-8874

PHOTOGRAPHER

Lee Masser H:224-2133

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 June Issue is May 6th

ADVERTISING RATES:

Business Card - \$20
1/4 Page - \$40
Half Page - \$70
Full Page - \$100

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.

SUE A. JAMES, MS, RD, LD

600 Ridgely Avenue, Suite 210, Annapolis 410-266-8555. 10% for initial nutrition assessment and consultation (1 hour); 10% discount for follow-up consultation (30 minutes).

**Books
Directories
Newsletters**

The
**Annapolis
Publishing
Company**

280-1414

114 WEST STREET
ANNAPOLIS, MARYLAND 21401

**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



Governor's
Bay Bridge Run

Volunteer

HELP MAN THE MASSES!

Join the excitement and
fun — call 268-1165

SUNDAY MAY 7, 1995 – 8:00AM

Maryland's Most Spectacular Run!

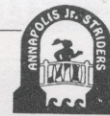
*Get your message to the guys
in the fast lane*

Advertising Rates
BUSINESS CARD \$20.00
QUARTER PAGE AD \$40.00
HALF PAGE AD \$70.00
FULL PAGE AD \$100.00

ADVERTISE in the STREAK

Deadline for June issue is May 6th

Call Eileen Hagan, 263-1397



JUNIOR STRIDERS UPDATE

Jr. Striders invite Young Runners & Adults to
Practice Sessions

3 Practices WEEKLY

WHERE: The Track & Athletic Fields behind
Bates Jr. High

TUESDAYS at 4:15 p.m.

This is a speed workout, with short fast runs and
appropriate rest intervals.

THURSDAYS at 4:15 p.m.

This is an endurance workout, with up to 3 miles of
steady running (total distance adjusted according to
runner's ability)

SATURDAYS at 9:00 a.m.

Another endurance workout, sometimes
with longer intervals.

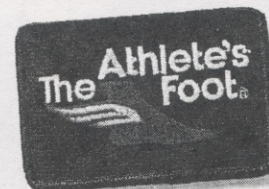
ALL ARE WELCOME!

Questions — call Scott Eden 263-5117

**EVERYTHING
YOU WANT IN A 
RUNNING SHOE
(EXCEPT SOMEONE ELSE'S FOOT).**



Air Max Triax.

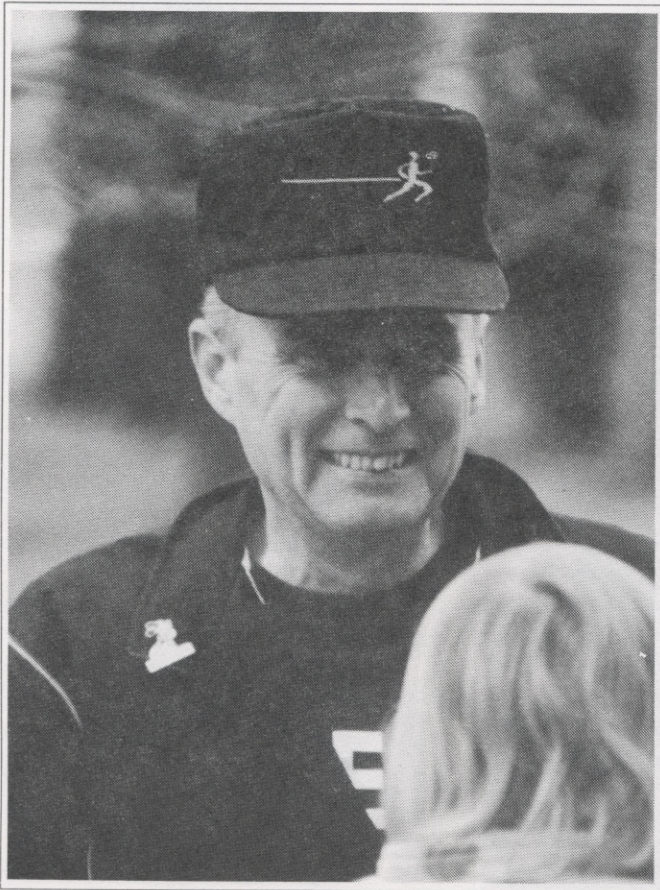


68 ANNAPOLIS MALL Next to J.C. Penny 224-3455

The Area's ONLY Athletic Shoe Store



Rose Malloy and Don Kennedy share their excuse for not running the race.



Mr. Annapolis Strider – ET!

1995 Washington's Birthday 5k

By **EVAN THOMAS, Asst Race Director**

At least 4 previous winners toed the line wondering who would set the pace on this rolling suburban course. The weather was crisp (Fred Shanklin wore a singlet) and the course was dry as over 190 showed to see how far behind last year's training they were. Previous winners Robert Marino, Dave Wall, Tony Basile, and Chris Bayless didn't have long to wonder about the pace as Richard Cochran ran off and hid, winning in 15:17. This looks like an event record as the fastest other finish I could find was Kurt Kroemer's 15:35 in 1986. Marino, the defending champ, had to settle for 2nd in 15:45 (11 seconds faster than 1994). John Kirkpatrick led a trio of 50+ speedsters to be first masters in 18:06. Watch out for Maurice Pointer (7th o/a) next year as he turns 40.

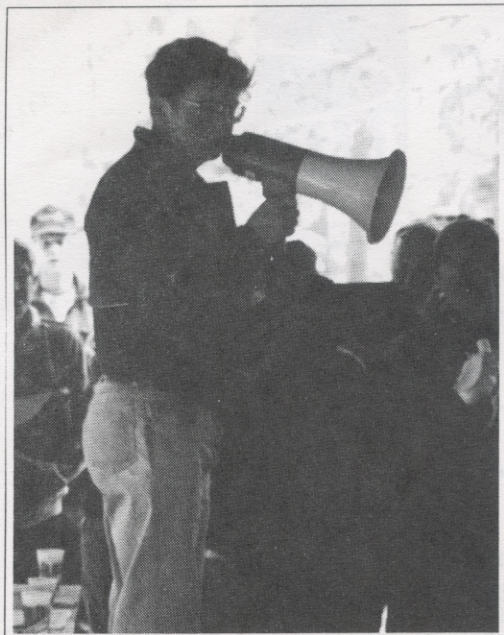
1994 Runner of the Year Jennifer Sullivan showed she was in good early season form as she tuned up for the B&A Trail Marathon by winning by almost 2 minutes over fourteen year old Gretchen Oaksmith. June Schneider took time off from her massage practice to show us that speed work pays off with her 22:34 breeze into a first masters finish. 50 women competed this day: a hopeful sign of increased distaff participation this year.

Thanks to our ace volunteers who make this event possible: Ed Klebe, Rose (frozen pen) Malloy, Betty (I could do this in my sleep) Moore, Dick (finish line) Hillman, Ed Parker, Lee (Mr Tumaround) Patrick, Carl Schwabe. Thanks also to the Bay Hills Golf Course for allowing us to use their rest rooms. Special thanks again to the Bay Hills Community Association for their support of the race. The county police were everywhere to ensure a smooth event. Thanks to Jim Hall for directing another quality race - the prizes were great and random awards at the finish line is the way to go.

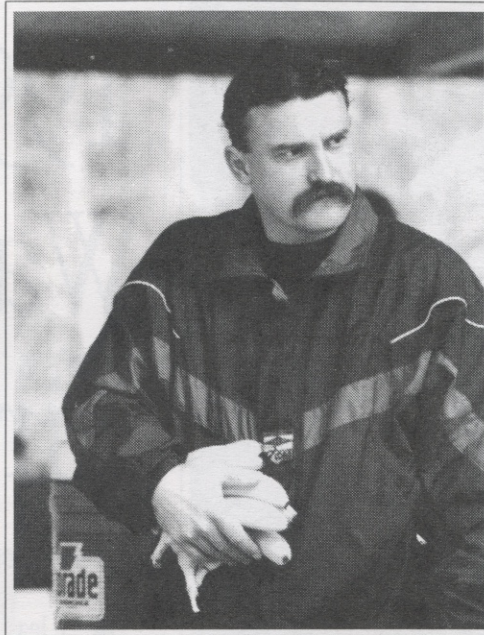
So, when you hear the ice cracking in the rivers next February, remember, the hills of the WB5K are waiting for you - especially the slightly uphill finish!! See you then for more fun in Bay Hills.

PHOTOS BY LEE MASSER

WASHINGTON'S BIRTHDAY 5K RACE RESULTS



Race Director Jim Hall announces the winners.



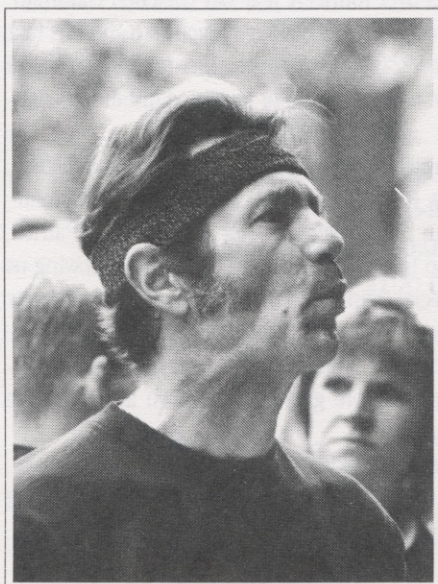
Jim Carter with his banana winnings.

55. Randy Walker	27	21:18
56. Jim Noctor	55	21:26
57. Jon Valentine	34	21:39
58. Dennis McGinley, III	27	21:41
59. John Pack	55	21:42
60. Carolyn Colaccio	13	21:50
61. T. J. Harrington	43	21:55
62. Ben Carroll	25	21:55
63. Cindy Contarino	34	21:57
64. John Magnan	49	22:00
65. Michael Hall	10	22:02
66. Milt Taylor	62	22:05
67. Greg Sullivan	12	22:07
68. Howard Beard	48	22:09
69. Jon Meyer	47	22:10
70. Susie Flockert	24	22:19
71. Carl Reed	43	22:25
72. Wilford Scott	45	22:28
73. Arnie Henderson	58	22:30
74. Leon Gray III	18	22:33
75. June Schneider	47	22:34
76. Neal Hinkle	58	22:36
77. James Carter	38	22:41
78. Brenda Allen	31	22:43
79. Sidney Oaksmith	39	22:45
80. Steve Keefer	47	22:49
81. Allen Yeasy	55	22:50
82. Tom Petske	47	22:52
83. Will Myers	45	22:54
84. Paul Tavel	44	22:57
85. Doug Herman	36	23:02
86. Mary Lang	41	23:04
87. Charles Gentry	45	23:06
88. David Karabines	39	23:10
89. Jim Sullivan	29	23:12
90. Freeman Bagnall	47	23:13
91. William Gerald, Jr.	39	23:14
92. Eric Fromm	49	23:17
93. Michael McAusland	60	23:25
94. Don Kennedy	47	23:26
95. Daniel Shea	31	23:27
96. Charlie Muskin	45	23:31
97. Doug Joyce	55	23:31
98. Calvin Moy	42	23:33

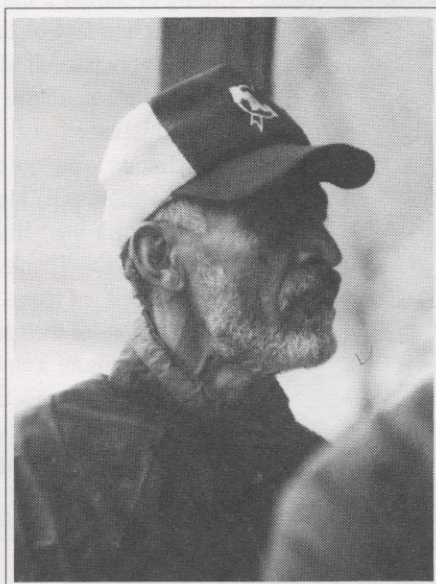
1. Richard Cochran	21	15:17
2. Robert Marino	37	15:45
3. Dave Wall	21	16:15
4. Chris Bayless	30	16:34
5. Rod Stahl	27	16:35
6. Anthony Basile	36	16:48
7. Maurice Pointer	39	16:56
8. Jim Griffith	34	17:02
9. Michael Hoffman	39	17:19
10. Matt Mace	34	17:33
11. Eric Schrader	30	17:42
12. Steven Donahue	33	17:45
13. Rick Bradley	28	17:56
14. Paul Serra	38	18:00
15. Paul Baltutis	37	18:04
16. John Kirkpatrick	51	18:06
17. Chris Sinclair	27	18:36
18. Joe Clorety	52	18:53

19. Jim Buck	52	18:55
20. Robert Biddle	35	18:56
21. Michael Rea	18	19:01
22. Keith Kelly	43	19:04
23. Joe Haubrich	31	19:10
24. Fred Shanklin	53	19:15
25. Jennifer Sullivan	30	19:17
26. Eric Gyaki	46	19:19
27. Rick Woods	49	19:22
28. Timothy Thurtle	28	19:42
29. George Kerchner	35	19:46
30. Christopher Logas	25	19:48
31. Edward Bannat	47	19:52
32. Dave Walsler	36	19:55
33. Bob Field	49	20:06
34. Michael McGuire	27	20:07
35. Francisco Sanchez	52	20:12
36. Dan Mauck	51	20:14

37. Patrick Alborno	52	20:16
38. Bill Elzinga	57	20:18
39. Charlie Ryan	15	20:22
40. Pete Soucy	38	20:24
41. Derek Ammons	34	20:36
42. Ed Klebe	55	20:44
43. John Gallagher	46	20:48
44. John Fay	47	20:53
45. Ken Lyons	55	20:54
46. Clint Henderson	38	20:59
47. Stanley Witomski	61	21:01
48. Gretchen Oaksmith	14	21:02
49. Tom Bradford	51	21:08
50. Craig Blemly	43	21:10
51. Mike Banz	41	21:11
52. Larry Puglisi	40	21:11
53. Gerald Kashuba	21	21:12
54. Gary Sewell	53	21:16



Eric Jockey.



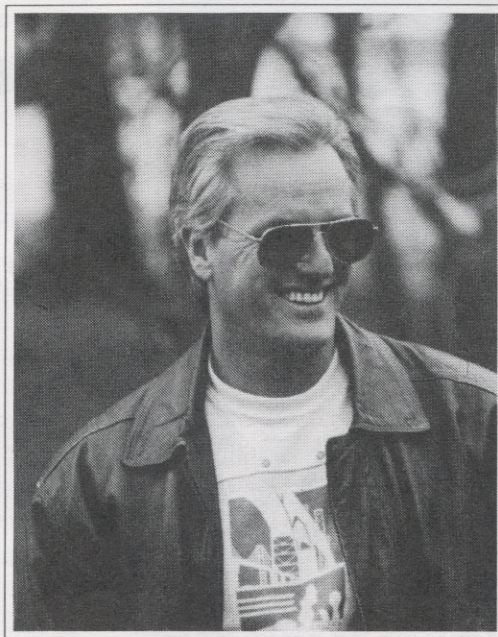
Milt Taylor.



Linda Sunpson - "I missed the start?!"

WASHINGTON'S BIRTHDAY 5K RACE RESULTS

99. Caroline Grant	36	23:36
100. Colleen Zinn	39	23:36
101. Edward Karlson	59	23:39
102. Warren Cooper	42	23:43
103. Mike Ciorca	49	23:44
104. Meredith Alig	15	23:45
105. James Kaufman	40	23:46
106. John Joseph	47	23:52
107. John Bilobran	48	23:58
108. Nancy Mann	49	23:59
109. Mike Tichenor	43	23:59
110. Rita Twist	42	24:05
111. Norm Lee	59	24:06
112. Don Higdon	52	24:08
113. Melissa Currence	39	24:09
114. Brian Grizzle	23	24:13
115. Meredith Bonta	49	24:17
116. Jim Etchison	42	24:18
117. Joseph Zepeda	54	24:21
118. Robert Donald	55	24:26
119. Rex Myers	44	24:31
120. Charlie Lane	48	24:33
121. Tom Killeen	33	24:35
122. Douglas Vick	44	24:36
123. Ann Magee	15	24:40
124. Brenda Norman	37	24:44
125. Cecil McDonald	49	24:46
126. Arthur Valliere	50	24:47
127. Denzil Pritchard	73	24:50
128. Sarah Haines	14	24:51
129. Wally Neill	22	24:52
130. John Strumsky, Jr.	54	24:55
131. Kathy Blaha	37	24:57
132. Greg Sullivan	30	25:00
133. Reggie Haseltine	45	25:01
134. Russ Irvine	39	25:10
135. Lee Masser	59	25:12
136. Edward Jantz	46	25:15
137. Roy Elder	65	25:16
138. Steve Barney	43	25:16
139. Kevin Sullivan	8	25:29
140. Kitty Good	38	25:34
141. Dennis Guard	56	25:35
142. Dale Wood	59	25:37



Charlie Lane.



Tom Bradford, the number 3 Strider?!

143. Jackie Crowe	46	25:57	160. Julie Lane	31	27:16	177. Jenny Hale	23	29:41
144. Dick Rowell	53	25:57	161. Clair Morris	59	27:22	178. Yvonne Aasen	63	29:48
145. Thomas Kessler	41	25:57	162. Ann Sessions	33	27:26	179. John Bjorke	62	30:21
146. Linda Simpson	52	26:03	163. Allen Wycherley	52	27:52	180. Sharon Gannon	35	30:33
147. Peggy Joseph	42	26:04	164. Jennifer Council	21	27:58	181. John Salemme	36	30:33
148. Hollis Carroll	29	26:09	165. Joan Forman	53	28:12	182. Carol Haubrich	31	30:47
149. Russell Harrison	35	26:10	166. Chris Garner	44	28:13	183. Janet Miller	45	30:57
150. Thomas O'Leary	40	26:17	167. Sharon Jones	47	28:14	184. Liz Kennedy	32	31:51
151. Elizabeth Michael	33	26:35	168. Lori Sirotek	34	28:31	185. Christine Castillo	35	32:00
152. Guy Riccio	60	26:36	169. John Wanat	41	28:37	186. Chris Lane	11	32:18
153. William Douglas	60	26:43	170. Larry Gleisner	36	28:39	187. Patricia Kelley	35	32:21
154. Nancy Thomas	43	26:45	171. Judy Reyes	29	28:41	188. Tammy Holloway	26	33:00
155. Andrea Shuck	46	26:55	172. Alex Pruner	15	28:52	189. Lindsey Oaksmith	12	33:32
156. Mike Benso	41	27:10	173. Jackie Clark	30	28:52	190. Janine Haines	11	35:33
157. Julie White	14	27:14	174. Tony Pruner	40	28:53	191. Rich Marshall	69	36:37
158. Ernest Cihzmer	46	27:15	175. Harold Michaelis	67	28:54			
159. Sue Briers	39	27:16	176. Jennifer Shuck	26	29:38			



The Strider Choir await their cue.



The cosmo girl.

Running in the North of England

By SCOTT LUTRY

Baltimore Road Runners. Westminster Road Runners. Howard Country Striders. Annapolis Striders. And now the Nidd Valley Road Runners. While we still belong to both Baltimore and Annapolis, it's a long haul from Oak Terrace to Rt 450. So when Ellen and I were transferred to England in September '93, we knew there would be some changes.

We are living in Harrogate, North Yorkshire. We're 190 miles north of London, just 20 miles west of York, the one-time capital of Viking England. Harrogate came to prominence as a spa in the 19th Century and today this town of 70,000 leans heavily on its reputation of "England's Floral Town" to bring in tourists, and its modern conference facilities to bring in meetings and trade fairs.

Harrogate supports three separate running clubs: Harrogate AC, Imperial AC, and the Nidd Valley RR. Their membership is drawn from Harrogate and the surrounding villages within perhaps a ten mile radius.

Nidd Valley is the largest of the three Harrogate clubs with just over 100 members including now the Lutreys. We've been running with the club since late fall '93 and formally joined in December '93. Club participation revolves around the group training sessions, every Tuesday and Thursday evening at 7:00 p.m.

We generally forgo the Tuesday session, but most Thursdays we leave Brian, Hannah, and a baby-sitter behind and drive the two miles to the Harrogate Railway Football Club with whom Nidd Valley shares quarters. We change into running attire in the dressing rooms, listen for club secretary Jeff Leigh's announcements and decide where and with whom we're running that evening. Alan Harby cries "Who's ready for a steady eight?" setting up a mixed group of generally older men and more ambitious women. This is Ellen's usual pack although it has sometimes been a stretch for her to stay up with them. I'm usually chasing along with the "elite" group in what is rarely a steady

run. A constant is every group's determination to make sure that everyone has someone to run with and that nobody is left behind.

When we began running in November it was very dark at 7 p.m. and Ellen and I often had little idea of where we were running through the dark and darker streets of Harrogate and neighboring Knaresborough. Familiar roads in the car in the light are often hard to recognize on foot at night, especially when your major concern is to stay up with the pace. Just as we were beginning to gain confidence in the usual routes, England switched to British Summer Time, it was light at 7 p.m., and we moved off-road to the web of foot paths crisscrossing Harrogate and the surrounding countryside. From April through September the preponderance of our Thursday evening mileage has been on trails, with slogging through mud gradually giving way to trampling down the undergrowth. We go from road to wooded trails and across stiles (don't ask) through pastures scattering sheep before us. The cows tend to stampede along with the runners.

After each run, we return to the dressing rooms to shower and change. The club members then move on to the club bar to order a pint (or two) of bitter and discuss the problems of the world. Ellen and I usually forgo this in order to rescue the baby-sitter, but now and then we let him fend for himself and indulge ourselves in conversation (and British beer).

The summer also brings pub runs when the Thursday evening session goes from one of the local public houses over set routes of

"We go from road to wooded trails and across stiles (don't ask) through pastures scattering sheep before us. The cows tend to stampede along with the runners."

four to seven miles. This offers us a chance to run in new surroundings, and if we hang around after the run, a chance to explore a typically British camaraderie. Another staple of the summer is the Evening League, a series of team races matching eight of the local clubs. Nidd Valley finished third behind Otley A.C. and the Ripon Roadrunners in the men's competition and fourth among the women. I generally ran as Nidd Valley's number four man though I should have been around eighth had we gotten all our top runners to the starting line. Competition between local clubs is keen including road and cross country relays, the British cross country season which extends from October to March, and team prizes at local road races. Nidd Valley puts on several races over the year and individual members take responsibility for local races sponsored by a variety of organizations, but it is a very different emphasis than we see in the U.S. Road Runners Clubs.

The quality of the top runners is very good, especially in the Veteran's (Masters) ranks. But there are enthusiastic runners of all speeds and abilities. Running in England has been a very rewarding experience and one of the highlights of our time here.

**DEC 17 DCRRRC 20
MILER/GREENBELT**

Jim Griffith 2:04:01 4th

**JAN 8 DISNEYWORLD
MARATHON/ORLANDO, FL**

Gerald Royce 5:00+,
Also ran USMC and Memphis
with a PR of 5:01. Drove all the
way from Dahlgren, Va for
training on Rte 450!
Dan Starter Spotted by Sue
Briers but no time established.

**JAN 15 HOUSTON
MARATHON**

(6000+, 30-50 degrees, 70%
humidity)
Brad Chapman 4:13

**JAN 15 GREAT VALLEY
MARATHON
CHAMBERSBURG, PA**

(about 100)
Nick Taylor 40th
Eric Fromm 3:45
Will Myers 4:05
Roy Elder 4:15?1st AG
Linda Simpson 5:091st AG
Support team: Rose Malloy,
Gary Sewell, ET. Almost like
USMC but the rain was not as
hard. It was pretty warm, thank
God. Linda found out what it's
like to run on little training (but
an AG win is an AG win!) Rose
was happy because the
Steelers won that day. The hot
tub was hot and the beer was
cold!

**JAN 22 BOWIE WINTER
10K/BOWIE**

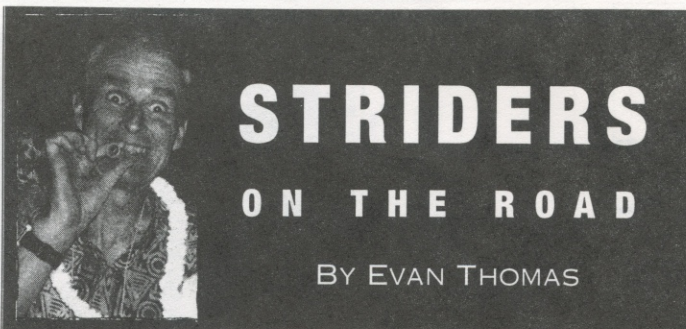
(126 RUNNERS, WINDY, HILLY)
John Kirkpatrick 37:10 4th
Rose Malloy 38:28 1stF
Joe Clorety 38:40 7th
Jim Buck 40:17 2nd AG
Jim Kaufman 40:34
Curtis Johnson 42:13 4th AG
Evan Thomas 42:23 5th AG,
Best in 7 years!!
Sue Briers 42:37 3rdF,
2nd AG
BJ King 45:02 2nd AG
Derek Ammons 45:09
Julie Bailey 45:26 1st AG
Larry Puglisi 45:34
Peter Salmon-Cox 46:34
Richard Miller 46:48
Brad Chapman 51:26
Kathy Hennes 51+ 4th AG
Julie Lane 53:40 4th AG
Linda Simpson 54:17 2nd

**FEB 4 TYBEE ISLAND
MARATHON/SAVANNAH, GA**

Roy Elder 4:17

**FEB 4 BRRC CHERRY PIE
10 MILER/PATTERSON
PARK, BALTIMORE**

Jim Buck 3rd on a
wonderful 5 loop course/cold!



THE COOLDOWN - Be sure to send me your out of town

results, call 760-9188 or mail to 7941 Queens Rd, Glen Burnie,
MD 21061. // Here are the winners in last issue's whistle contest:
Betty Moore (1st caller), Marie Friedland, Sharon Serio, Jackie
Crow, and Iris Wyvill. I'll have a new shipment of ring whistles
soon. // My latest noise maker is called the Rapper - made of
plastic, it features 2 flexible hand shaped pieces that "rap (clap)"
against a hard center piece to create a most annoying sound al-
most like loud applause. Perfect for disrupting about any event,
I'll gladly demonstrate it for you and (of course) take your order
for mass quantities! // It was a good winter for training and I
managed to get a 10K in sub-seven minute miles. The outlook
was great for another assault on the B&A Trail marathon course.
Only one problem - a quad injury on the last long run slowed me
down for a week, and then I caught whatever it is that is going
around - it turned into mild bronchitis and poof, there went the
B&A. There's still Shamrock - I'll keep you posted. // Don't forget
the RRCA Convention will be in Allentown, PA this year (May 4-
7). I have applications for those who are interested - the club will
help with expenses. This year a tour of the Runner's World facility
will be included. That plus interesting seminars and Yuengling
beer guarantee another fun time for those who attend. See Ei-
leen get her award for the best large club newsletter in the
Eastern Region (and maybe the national award as well!) // What
a great banquet this year - over 150 dancing fools enjoyed seeing
runners with their clothes on, great food, an entertaining awards
ceremony, and Ben Moore's clogging class! St John's even kept
the DJ spinning almost 30 minutes over the normal closing time.
// It looks like this year will be the last 24 Hour Relay for a while.
The Howard County Striders will stage the event the first weekend
in August. If you ever thought about doing it, this is the year! Call
Tom Bradford or Ron Bowman to sign up! // May there be PRs in
your spring schedule! See you on the road! - ET

PS - *speedy recovery to Rick Woods (knee problems)*
PPS - *if anyone wants one of the Marathon Man ties I was
sporting at the banquet, they are available from "What on
Earth", 1-216-963-6556 (fax) or 1-216-425-4600 (customer
service) for \$26.95 each plus shipping. Ask for item V626. Also
available: Bike race tie and full court press, V627 and V625,
respectively.*

**FEB 4 LAS VEGAS
MARATHON
LAS VEGAS, NV**

Mark Jones 2:33:35 45th
Jim Griffith 2:43:17 84th

**FEB 11 CAROLINA
MARATHON/COLUMBIA, SC**

Roy Elder 4:19
Marathon # 61

**FEB 12 HAMPTON
COLISEUM HALF
MARATHON
HAMPTON, VA**

(1000)
Rose Malloy 1:24:26 1stF
Masters
Don Kennedy 1:54:35
Eleanor Kennedy 2:02
Roy Elder 2:04
Barbara Riggan 3rd AG
Laura Nye also ran and had fun.

**FEB 19 GEORGE
WASHINGTON BIRTHDAY
MARATHON/GREENBELT**

Eric Fromm 3:50
A long, slow, depletion run!

**FEB 26 MD-DC RRCA
CLUB CHALLENGE
10M/HCC, COLUMBIA**

Scott Scheffler 58:13
Terry Shaner 1:00:06
Matt Mace 1:00:19
Chris Riley 1:02:55
Rose Malloy 1:04:09 3rdF
Joe Clorety 1:05:44
Paul Baltutis 1:06:31
Jim Tuson 1:07:59
Jennifer Lundeen 1:09:13
Kay Carver 1:13:10
Ed Klebe 1:15:20
Tom Bradford 1:17:58
Jim Noctor 1:18:32
Jim Carter 1:18:44
Clint Henderson 1:19:30
Evan Thomas 1:19:43
Karen Stolka 1:20:23
Don Kennedy 1:20:33
John Benkert 1:22:10
1st 10 since surgery
Carl Reed 1:24:45
Kathy Hennes 1:28:51
Lee Masser 1:34:34

We did it again! A full team and
we came in last overall. The
women tried to help by coming
in third but we men ran slow
enough to assure a cellar finish.
Almost nice weather for the
"death march" this year but at
least the course was certified
as it was the first race in the
1995 State Championship
Series.

Valentine Twosome

By **JUNE SCHNEIDER, Race Director**

Nineteen hardy couples braved a cold and windy morning on February 12 to run the Valentine's Twosome Relay Race. One week after the first (and at this writing, we hope last) snowfall of the winter, the course was modified from 5K to 2.2 mile legs in order to avoid the icy conditions of the field at Severna Park Middle School. Perhaps even more hardy (or foolhardy) were the great group of volunteers who stood in the sub-zero wind chill and made everything go smoothly for the first time race director (i.e. chief holder of the bag). Thank you all again and my gratitude also to Ronald Shockey, the extremely helpful school custodian - he even had hot coffee for us!



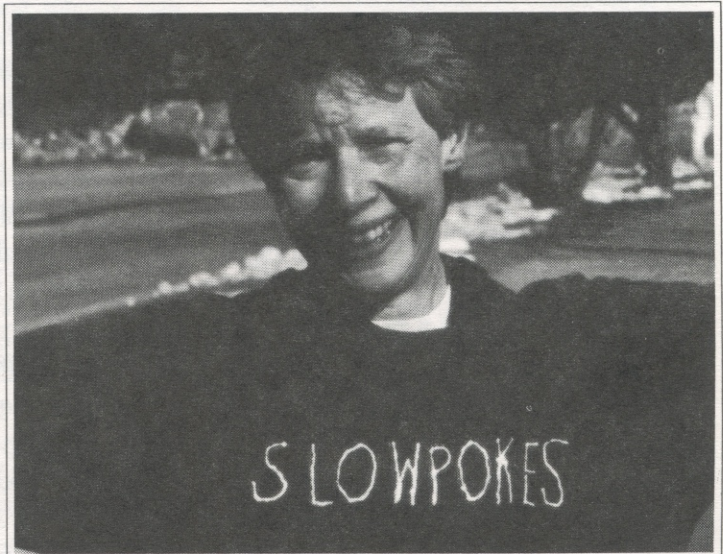
The women push off at the start.



Sue Briers (right) questions why he's in the women's heat!

<i>Results</i>	<i>Combined Ages</i>	<i>Time</i>
1 Mary Kerr & Mark Aeling	77	27:58 1st overall
2 Sandra Seward & Scott Mangum	67	28:28 1st 61-70
3 Lisa Toohey & Eric Schrader	69	29:31
4 Sue Briers & Tom Bradford	90	30:33 1st 81-100
5 Jennifer Sullivan & Jim Sullivan	59	30:43 1st 41-60
6 Gretchen & Sid Oaksmith	53	31:28
7 Colleen Ziir & Doug Joyce	94	33:05
8 Sarah Haines & Derek Ammons	48	33:10 Youngest Couple
9 Cindi Contarino & Steve Barney	77	33:21 1st 71-80
10 Nancy Karabaic & Chris LaChat	77	33:24
11 Linda Simpson & Jim Noctor	107	33:29 1st over 100
12 Yvonne Aasen & Joe Clorety	115	34:06 Oldest couple
13 Stacey Wallace & Jim Halper	57	34:13
14 Yvonne Hebda & Bruce Brannon	57	34:21
15 Martha Vivarito & Jim Buck	82	35:03 Best Name "Cold Cold Hearts"
16 Elizabeth Baker & John Hayes	51	36:33
17 Susan Schiavone & Ralpph Mang	68	37:58
18 Rae Jean Goodman & Clair Morris	105	38:41
19 Ilene Caroom & Phil Caroom	82	42:03

PHOTOS BY LEE MASSER

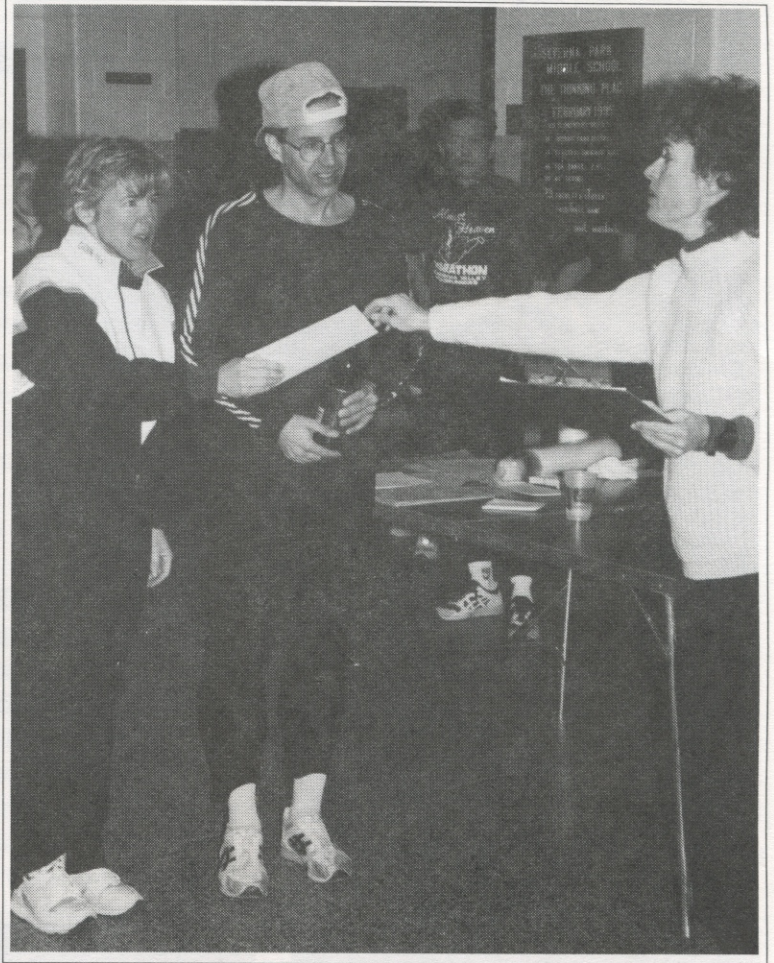


Ilene Caroom, 1/2 of the slowpokes, "the slower you go... the better it feels!"

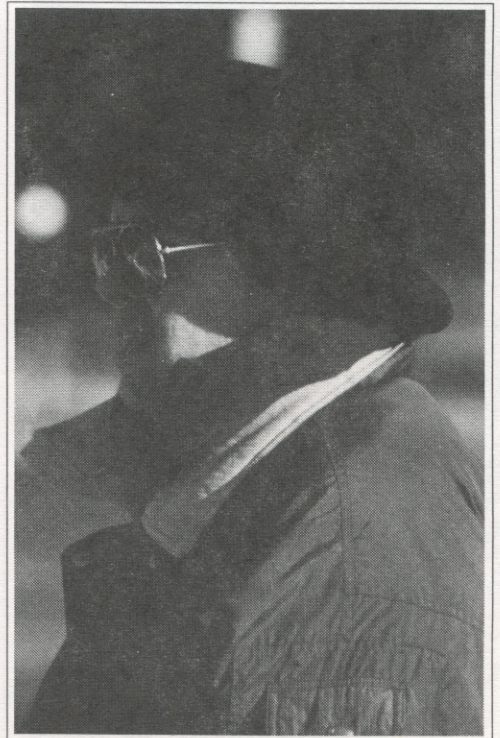
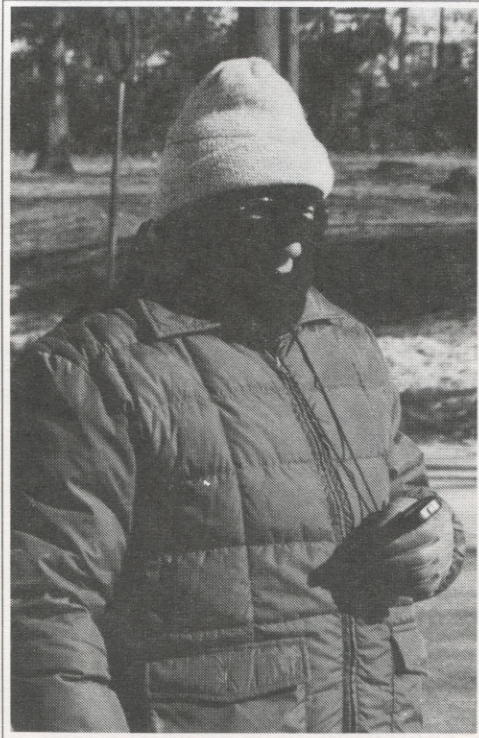
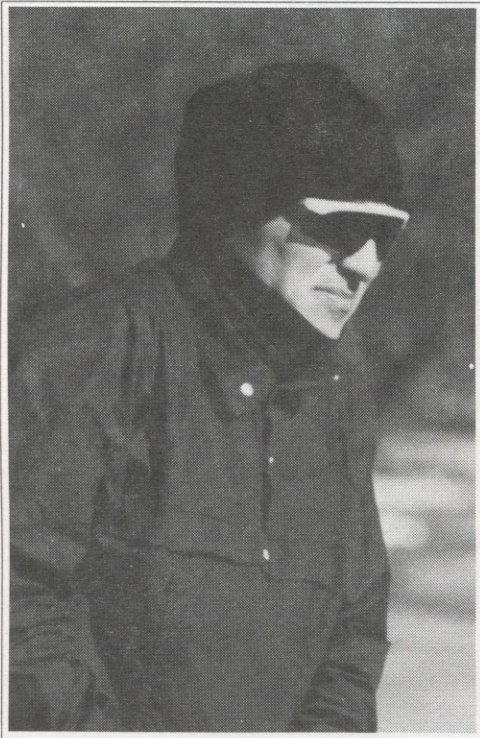
THE VALENTINE TWOSOME



Winter Runner Yvonne Aasen.

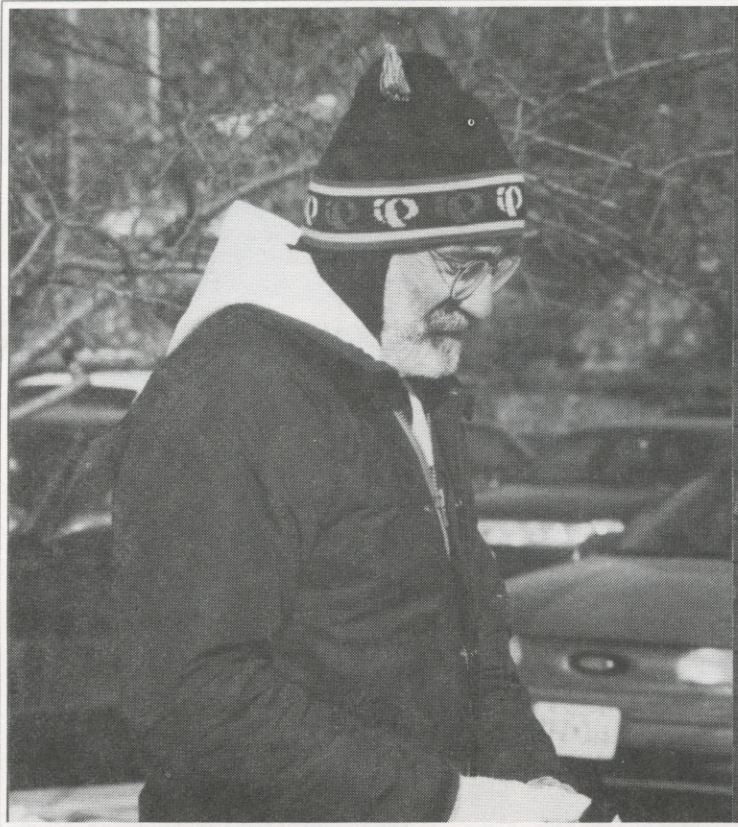


Mary Kerr & Mark Aeling accept their 1st place award from June Schneider.

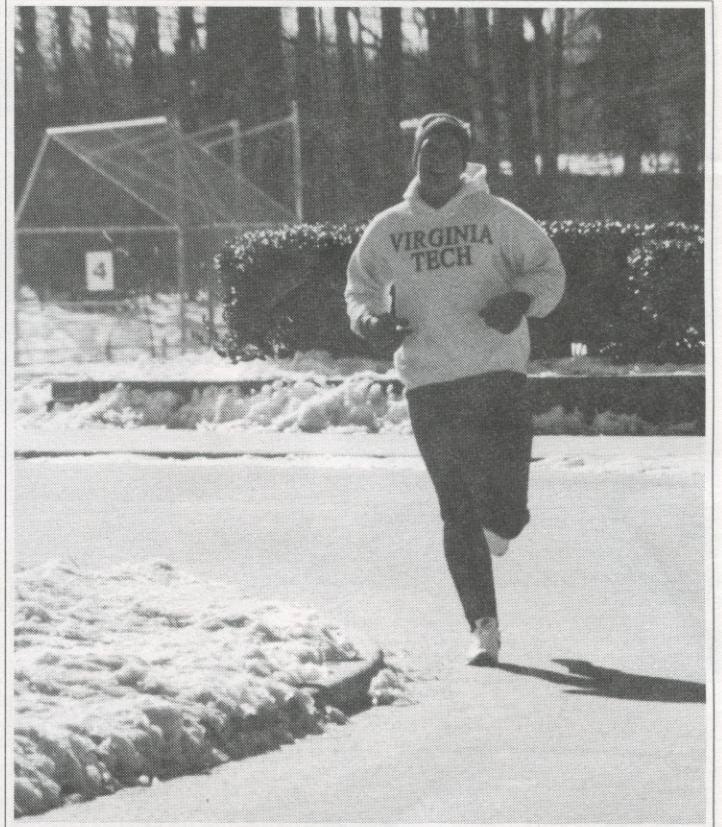


Can you identify these cold and well disguised Striders?

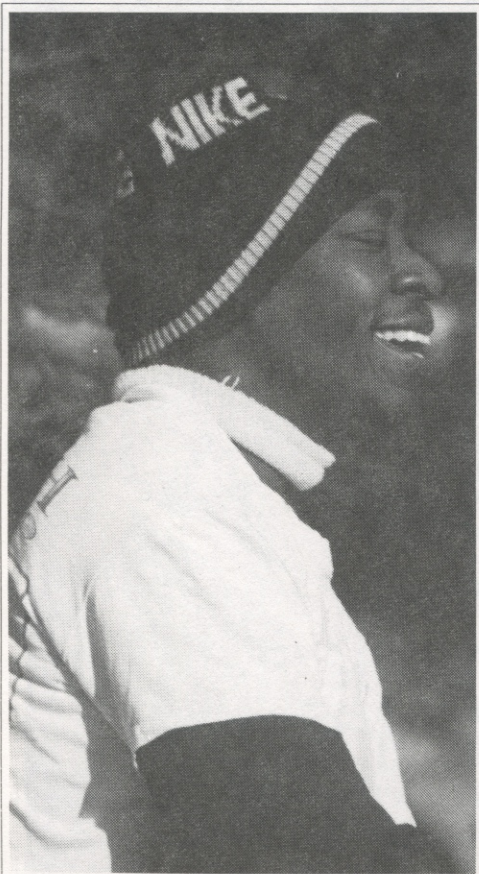
THE VALENTINE TWOSOME



Master timer, Ed Klebe models his winter wear.



Virginia Tech rounding the curve.



Derek Ammons smiles through the cold & wind



Race Director June Schneider.



Sarah Haines "chillin".



Annapolis Strider Events

What's Coming Up

Fathers Day Race

April 9, 2:00 pm 15th Annual Cherry Pit 10-M, South River High School. Contact Arnie Henderson 263-0863.

April 22, 7:30 am Annapolis Gateway Mile, Jack Martin Insurance, Rowe Blvd. Contact Dan Masterson 268-2314

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 near 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 24-hour phone number for The Annapolis Striders.

DUES NOTICE

If "952" appears on the first line of the address label after "Exp Yr/Qtr" your dues are due by March 31th. 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



Locally members,
membership
ANNUAL COVER
ROSE MALLOY

Apr 8 - Sat, 9am: Mattapanny Trail Half Marathon, Athl Dir, Naval Air Station, Patuxent River, MD 20670, 301-826-3508.

Apr 15 - Sat, 10am: Mt Penn Mudfest 15K Trail Run, Reading, PA, Ron Horn, 112 W. 36th St, Reading, 19606, 610-921-6260(d)/779-2668(e).

Apr 19 - Wed, Noon: Tidal Basin 3K, DCRRRC 703-241-0395.

Apr 19, Wed, 7pm: Main St Mile, WRRC, Liuda Galinaitis, 1796 Mt Pleasant Valley Rd, Westminster, MD 21158.

Apr 22 - Sat, 8am: Dick Howard Mem 10K, Laurel Vol Rescue Sqd, C/O Race Committee, POB 1278, Laurel, MD 410-674-4741.

Apr 22, Sat, 9am: Run the Line 10K, New Freedom, PA, Penn-Mar, Box 36, Maryland Line, MD 21105, 410-343-1069/717-235-7656 (Good road trip!).

Apr 22, Sat, 8am: Tortoise and the Hare 8K, Health Club of Reston, VA, 703-476-5300.

Apr 22, Sat: Bull Run 50M, Chris Scott, 6424 Cygnet Dr, Alex, VA 22307, 703-765-3270 (\$50/\$65 after 4/8)

Apr 22, Sat, 8am, 5K Run/Walk for Head Start, Robert Durham, 810 Potomac Ave SE, Wash, DC 20003, 202-546-7300 (ext 312).

Apr 23, Sun, 8am: Clydes American 10K, Columbia, 410-992-5800/964-1998.

Apr 23, Sun, 8am: BRRC 10K Championship, Loch Raven, BRRC, POB 9825, Balt, 21284, 410-243-3153.

Apr 23, Sun, 8am: George Washington Parkway 15K, Alexandria United Way, 300N Washington St (Suite 100), Alex, VA 22314, 703-549-4447.

Apr 23, Sun 2pm: Glenn Brenner 5K, WUSA TV, 4100 Wisconsin Ave NW, 202-895-5990.

Apr 23, Sun 830am: Penn Relays 20K, PR Distance Classic, Weightman Hall, U of Penn, Philadelphia, PA 19104.

Apr 23, Sun 2pm: Williamsburg

Winery 5K, Rick Platt, Colonial RR, 113 Anthony Wayne Rd, Williamsburg, VA 23185, 804-229-7375.

Apr 29, Sat, 8am: Patapsco Scramble 4.5 Trail Run, Mike Strzelecki, 1502 Marshall St, Balt, 21230, 410-727-2523.

Apr 29, Sat, 9am: Lady White Rose 5K for women, Bobbi Kehr, 386 Spartan Rd, York, PA 17403, 717-741-3836(d)/741-3693(e).

Apr 29, Sat, 830am: Karen Schroeder Mem 5K Run, Balt, Dave Cooley, 410-377-8882.

Apr 29, Sat, 8am: Francis Scott Key 10K Run, YMCA, Celia Ridge, 1000 N Market St, Frederick, MD 21701, 301-663-5131.

Apr 29, Sat, 930am: Rock Creek Park 15K, DCRRRC, 703-241-0395.

Apr 30, Sun, 8am: Sallie Mae 10K, Donna Morris, Am Red Cross, Nat Cap Chapter, 2025 E St NW, Wash, DC 20006, 202-728-6456.

Apr 30, Sun, 9am: Winding Wheaton 5.3M Run, Wheaton Reg Pk, MCRRC, POB 1703, Rockville, MD 20849, 301-353-0200.

Apr 30, Sun, 9am: Chatham Mall 5K Viking Run, Mt Hebron HS, 5K, POB 775, Ellicott City, MD 21041, 410-461-1261.

May 6, Sat, 9am: Byron 15K, Emmitsburg, 301-447-5330.

May 6, Sat, 10am, Apple Blossom 10K, Tom Scully, AB Fest, 135 N Cameron St, Winchester, VA 22601, 703-665-4528.

May 6, Sat: Elizabeth River Run 10K (RRCA East Reg Champshp), a ERR, 1349 Pamlico Blvd, Chesapeake, VA 23322, 804-482-6552.

May 7, Sun, 830am: Capitol Hill Classic 10K?, Peabody Sch, 5th

& C Sts NW, Wash, DC, 202-546-5858.

May 7, Sun, 830am: Pittsburgh Marathon, 1001 Law & Finance Bldg, Fourth Ave, Pitts, PA 15219, 412-765-3773.

May 7, Sun: Sunday in Druid Hill Park 5M Run/Walk, Les Kinion, POB 11394, Balt, MD 21239, 410-882-5455.

May 7, Sun, 830am, Broad St 10M, BSR, POB 18543, Philadelphia, PA 19129, 215-877-1356.

May 7, Sun, 8am: 8K in the Park, RRCA Convention Race, LHRRC/Runners World, Bart Yasso, 33 E. Minor St, Emmaus, PA 18098, 610-967-8159.

May 7, Sun 8am: Frost Multi-Milers (4/6/8/10M), MCRRC, POB 1703, Rockville, MD 20849, 301-353-0200.

May 7, Sun, 8am, Run For the River 10K, Anacostia Park, DCRRRC, 703-241-0395.

May 13, Sat 930am: Preakness Celebration 5K, Balt, Dave Cooley, POB 5464, Towson, MD 21285, 410-377-8882.

May 13, Sat, 815am: Cardinal Cup 5K, Cathedral of Mary our Queen Sch, CCR, POB 10006, Towson, MD 21285.

May 14, 9am: Masser 5 Miler, Lewes, DE, Lee Masser, 2126 Espey Ct, Suite B, Crofton, MD 21114-2425, 301-858-1337(d).

May 14, Sun, 8am: Lady Avia 8K (Mother's Day), Rash Field, Balt, BRRC, POB 9825, Balt 21284, 410-243-3153.

May 19, Fri, 7pm: Hills of Bullis Cross Country 5K, Bullis Sch, Potomac, MCRRC, POB 1702, Rockville, MD 20849, 301-353-0200.

Where

THE RACES ARE

May 20, Sat, 9am: Racquet Town 5K, DCRRRC, 703-241-0395.

May 20, Sat, 8am, Drachen Fire 5K, Busch Gardens, DF5K, one Busch Gardens Blvd, POB 8785, Williamsburg, VA 23187, 804-253-3355.

May 20, Sat, 9am: Kennett Square 10K/5K, KSR, POB 327, Kennett Square, PA 19348, 610-388-1556.

May 21, Sun, 9am: Karibbean 5K at Bay Cafe, Balt, Dave Cooley, 410-377-8882.

May 21, Sun, 8am: Arlington Red Cross Crystal City 10K, RC10K, 4333 Arlington Blvd, Arlington, VA 22203, 703-527-3010.

May 27, Sat, 8am: Chestertown 10M, Chestertown, MD (Call ET for entries).

May 28, Sun 8am: Constellation Classic 10K, Inner Harbor, BRRC, POB 9825, Balt 21284, 410-243-3153.

May 29, Mon: Cathedral Run 10K, West Potomac Pk, RCP, 19751 Frederick Rd, Suite 373, Germantown, MD 20876.

May 29, Mon, 8am: MCRRC Ekiden Relay 10/3/8/1/5K), Kensington, MCRRC, POB 1703, Rockville, MD 20849, 310-353-0200.

May 29, Mon, 10am: Human Race 5K, 12th & Const, DC, DCRRRC 703-241-0395.

Jun 3, Sat, 9am: Capital Crescent 8K, Bethesda, MCRRC POB 1703, Rockville, MD 20849, 301-353-0200.

Jun 4, Sun 8am: Bel Air Town Run 5K, RASAC, Mike Early, POB 844, Bel Air, MD 21014, 410-879-0056.

Jun 4, Sun, 730am: Herdon Festival 10K, Herdon Comm Center, 814 Ferndale Ave. POB 427, Herdon, VA 22070, 703-435-6866.

Jun 4, Sun 8am, BRRC 5K Championship, BRRC, POB 9825, Balt 21284, 410-243-3153.

Jun 10, Sat, 830am, Crofton Kiwanis 10K, Crofton, Larry Trowel, POB 3721, Crofton, MD 21114, 410-721-6156.



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

Non-Profit Org.
U.S. POSTAGE
PAID
PERMIT NO. 526
ANNAPOLIS, MD.