

STREAK

ANNAPOLIS
STRIDERS

Volume XVII Number 3

Voted Best Large Club Newsletter in RRCA Eastern Region

June 1995

THIS AND THAT...

Kudos to Rose Malloy! She made USA Track and Field list of "Best 1994 Female Road Race Performances" (35+) for 10km time. In her age group, Rose was 16 out of 20 notable runners. Her adjusted time of 37:19 was achieved during the Army Ten Miler last October. The best time in the age group of 45-49 was 34:42. Other local runners making the list include Bonnie Barnard-Lopez (34:14) and Chris Stockdale (40:08).

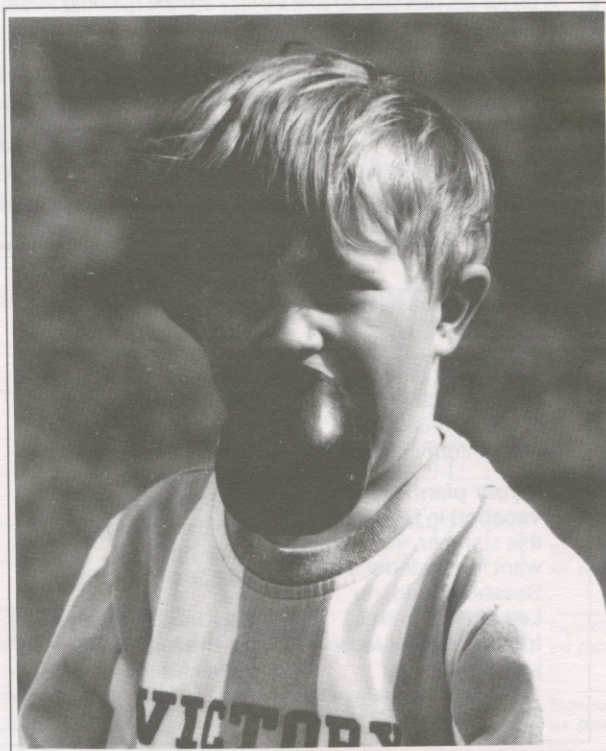
The American Association for Nude Recreation recently revealed that among its 45,000 members, hiking is the fifth most popular nude activity and that 35 percent favor nude
see page 2

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Sue Briers was wired! More Cherry Pit photos on page 6.



Ryan Turner celebrates his friend Steve Egolfs' first place victory in the Cherry Pit 10 Mile Run.

Cherry Pit 10M

By ARNIE HENDERSON

The 1995 Cherry Pit 10-Mile race went smoothly except for the freakish heat wave that produced racetime temperatures of close to 90 degrees Fahrenheit. Several people (about 6) dropped out approaching the 1st or 2nd water stops, but it appeared that all of them sensibly quit before they were in extremis.

Steve Egolf bested the heat and the field to win the Cherry Pit for the first time after years

see Cherry Pit, page 7

Record Turnout

By ED KLEBE

A record turnout for the Bates two-mile race brought record times. A beautiful late April Saturday morning brought a record crowd of entries for the annual Striders Championship Series two-mile race at the Bates Track. A total of 116 runners completed the race. So many runners showed that the first heat, of those who expected to finish in 14 minutes or more, had more than 60 runners. Those of us at the finish line had a great time

see Bates, page 12

Gateway Mile

By DAN MASTERSON

More than one hundred runners, many of them under the age of sixteen participated in the first Annapolis Striders Gateway Mile Run on Rowe Blvd on Saturday April 22. A clear sunny morning enhanced by the blooming flowers and trees along the Boulevard, greeted runners as they raced from Farragut Road to Lawyer's Mall. Mayor Alfred Hopkins was the official starter for first heat of the race which was geared to seven minute milers and above. Faster runners, including the men's overall

see Gateway Mile, page 4

MATT MACE

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MESSAGE
From the Editor

Eileen Hagan



Carol Lassiter, Editor of Running Times, and Eileen Hagan, Streak Editor, together at the RRCA Convention.

I am pleased to report that the Annapolis Striders made a strong showing at the RRCA convention in Allentown last month. ET, Buck Cadell, Kathy Toskes and myself enjoyed the hospitality of the Lehigh Valley Road Runners and some of

us even took in a few of the interesting work sessions. Buck (who incidentally goes by the name of Charles when attending conferences) managed to get through the conference without even opening the agenda! While few in number, ET brought lots of whistles to give the impression that Annapolis Striders were everywhere! Highlights for me included running the Thursday evening relay race with Carol Lassiter, editor of Running Times magazine. Not only did I have the opportunity to connect with a real editor, it also presented the opportunity to win the race as Carol is one fast lady runner!

The folks at Rodale Press, publishers of Runners World among other things, rolled out the red carpet to entertain us at their offices. You must be highly health conscious to work at Rodale. Not only are their publications focused on the topic of health and fitness, but they also have a fitness center for their employees and their families and a marvelous Fitness Park which the employees helped design. ET was lucky enough to win a much coveted Runners World sweatshirt for correctly guessing their two best magazine covers of the last year.

I was delighted to receive the award from Freddi Carlip for Best Large Club Newsletter in the RRCA Eastern Region. I am proud that the Streak was selected once again for this recognition. My thanks to all the contributors who make it worth reading. The challenge is on for the new year so that we can win the national award and I can retire!

Speaking of Streak news, you may have noticed that we have added another columnist to our staff. Sue James, a licensed dietician with a practice in Annapolis, will be reporting regularly on nutrition and tossing in a few good recipes now and then. Check out her article on carbohydrates in this issue. Have a topic you would like her to address? Give Sue a call (266-8555) or drop a line to the Striders Post Office Box.

Keep those articles coming!

THIS AND THAT...

from page 1

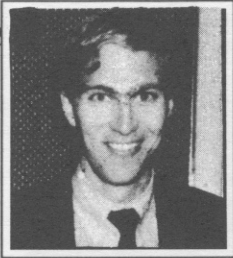
hiking as their "primary activity". Call 1-800-879-6833 for more information.

If your planning to vacation in Delaware this summer, you may want to check out the Seashore Striders. Lee Masser and friends conduct races just about every Saturday or Sunday in

Rehoboth, Lewes and Dewey. And best of all they are short - 5K or 5 miles. Call Lee if you are interested (224-2133) or the Seashore Strider Race hotline 302-684-1512.

Ed Klebe is always on the lookout for prizes for the kids at the Thursday evening

fun runs at Bates Track. If you have extra trophies, medals or other race memorabilia you no longer have a use for, give Ed a call or better yet bring them with you to the track on Thursday evening. Fun runs resume June 15 at 6pm.



MATT MACE, *President*
Annapolis Striders

MESSAGE From the President

Matt Mace

The Striders have been extremely busy over the last couple of months with several successful events. Hundreds of volunteers helped to make the 11th Annual Governor's Bay Bridge Run highly successful. If you missed it, the race received a good write-up in *The Capital*, thanks to Gabby Custer, and mention from *USA Today* in the Maryland section.

It is certainly dangerous to begin thanking volunteers, not because they don't deserve all of the credit, but because it is all too easy to miss someone. Nonetheless, there are a few individuals who deserve some special recognition. As finish line coordinator, my "hidden hero" award for the 1995 Governor's Bay Bridge Run goes to Lee Patrick. Although not carrying a title for this year's race, Lee was there from start to finish on Saturday and Sunday and his "behind the scenes" efforts are precisely the manner in which so much of the work to produce our first-class events occurs.

I am embarrassed to say that I do not even know the second individual's last name. "David" was also there to lend a hand on both Saturday and Sunday. I apologize that I did not get his last name, but I am certainly appreciative of his efforts, as well as all the other anonymous assistants who offered and made our event first class.

My personal thank you list must include Gabby and Doug Custer. My willingness to take on this year's finish line responsibility was certainly more palatable as a result of my very competent "assistants". Both took on the lion's share of the pre-race calls for volunteers. Not only am I grateful for their persistence, but I must send special kudos to our beginning running program members who came out in full force to work the Governor's Bay Bridge Run finish line. Please keep Gabby and Doug in mind this summer, because they have volunteered to

coordinate the Annapolis 10 Miler finish line.

Finally, I cannot avoid sending the Club's high praise to Tony and Ludmilla Pruner, this year's Co-Race Directors. Together they coordinated a truly first-class event, even in the face of potential adversity which resulted from the construction project at Sandy Point State Park.

Gateway Mile

For those of you who missed the inaugural running of the Annapolis Gateway Mile on Rowe Boulevard, the event was extremely successful. Almost 100 participants made our first attempt at a street mile a great step in the right direction. With the continued support of the City of Annapolis, we look forward to having the event again next year. Dan Masterson, along with Scott Eden, coordinated a tremendous effort.

Two Mile Run

The Two Mile Run held at Bates Track was also extremely successful. Special thanks go to Ed Klebe, who coordinated this third leg of the 1995 Championship Series. For those of you who don't know, Ed will be moving to North Carolina shortly and we will miss his tremendous efforts. Not only will the Two Mile Run need a new race director next year, but the Club is looking for an individual to help coordinate the summer fun runs at Bates Track which Ed has been conducting so successfully.

RRCA Convention News

Evan Thomas took on double duty recently while attending the National RRCA Convention in Allentown, Pennsylvania. Evan received special recognition as the

region's top state RRCA representative and also helped ensure that *The Streak* received special recognition as the top regional RRCA newsletter in the large club category. Eileen Hagan shares well deserved praise for the latter award for the second year running with all those who contribute. Now if the RRCA would just realize that *The Streak* is also the best newsletter nationally.

Fountain Dedication

We recently dedicated the Joe Porricelli Memorial Fountain at the one-mile mark of the B&A Trail. This ceremony, attended by myself and several other club members, including Ben and Betty Moore and Evan Thomas, also brought out Diane Evans of the County Council and several representatives of the Trail Park Service. Those of you who knew Joe and have not yet been to this site should take the opportunity to stop by for a drink.

Track News

For those of you who cannot seem to get enough fast training in your schedules, the Baltimore Road Runners Summer Track Series starts on June 14th and continues bi-weekly throughout the summer. One of our members, Ed Harte, is assisting with those events and he welcomes the Striders to come out to these low key events. (Two installments will be held at the North County High School Track in Linthicum.) The events are also listed in Mike Reeb's weekly running column in the *Sunpapers*.

Changing Format of Annual Meeting?

Finally, the Board recently determined that it is appropriate for the Club to review the manner in which the annual meeting is conducted. The question raised is whether another format would yield greater participation from the general membership. I would appreciate any comments from the membership on the topic.

See you on the roads.

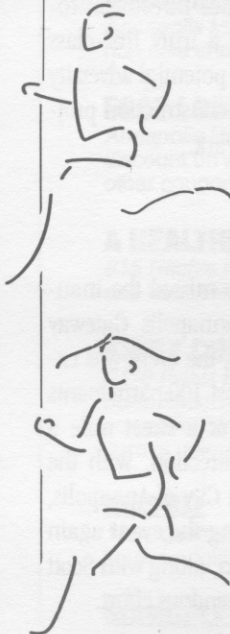
GATEWAY

from page 1

winner Rich Cochrane(4:27.6) of the Naval Academy, were given a clean start by Alderman Dean Johnson in the second heat. The course proved to be fast, particularly the first half mile, with the leaders passing that mark well below 2:20.

Jennifer Sullivan ran another strong race in winning the women's division in a time of 5:52.5. Jennifer was followed closely across the the finish line by fourteen year old Gretchen Oaksmith in 5:57.5 and twelve year old Regina Powell 5:59.8. Young runners who performed well in the boys division were eight year old William Eden(7:04.3), eleven year old Andy Masterson (6:05.4) and brothers Conner and Justin Blemley who both ran under 6:13.

Among the masters runners, John Benkert ran a strong mile despite a recent injury, and Scott Eden, even though he "gunned the first 880 in 2:17, was able to hold on to win the masters division in 4:58. Web Chamberlain established a tough standard for future Gateway Milers in the 60+ category with a 6:35. Particularly fine races were run in women's masters division by Nancy Mann, Pam Wallace and Linda Simpson. Scott Eden and Dan Masterson were aided in their first venture into race directing by the able support of Strider volunteers including Matt Mace, Tom Bradford, Ben and Betty Moore, Rose Malloy, Don Kennedy, Ed Klebe, Ed Parker, Jim Ross, Danalle Green, Bill Miller, Nancy Waddington, Eileen Hagan, Roz Rice and Debby Masterson. Thanks to all these volunteers and all other who helped get the first Gateway Mile off and running.



GATEWAY RESULTS

Place / Name	Age / Time	Place / Name	Age / Time
1. Rich Cochrane	21 4:27.57	52. A. Wycherley	52 7:20.23
2. Robert Marino	37 4:30.61	53. Linda Simpson	53 7:26.80
3. Mark Jones	34 4:34.04	54. Staci Henderson	9 7:29.69
4. Chris Shelby	23 4:56.30	55. Larry Henderson	42 7:40.40
5. Scott Eden	41 4:57.95	56. Garrett Gooding	7 7:46.47
6. Michael Kennedy	36 5:05.30	57. Gary Fowler	49 7:47.27
7. Steve Donnelly	38 5:11.80	58. Abe Henderson	11 7:51.02
8. John Benkert	54 5:19.76	59. Tess Glaser	45 7:54.56
9. Eric Peltosalo	45 5:23.35	60. Joan Forman	53 7:55.17
10. Bill Freed	46 5:25.59	61. Susie Tighe	34 7:58.03
11. Mike McGuire	28 5:25.87	62. Dennis Lojek	39 8:03.04
12. Joe Clorey	52 5:29.06	63. Bridgit Morris	12 8:03.62
13. Jim Buck	52 5:30.19	64. Diane Elliot	38 8:06.50
14. Clint Henderson	9 5:31.67	65. Hammet Adam	39 8:10.10
15. Dave Walsler	36 5:34.78	66. Darren Gooding	11 8:10.31
16. Ed Bannat	47 5:35.82	67. Chri s Lane	11 8:15.27
17. John Fay	47 5:49.90	68. Andrew Storey	10 8:15.78
18. Jennifer Sullivan	30 5:52.47	69. Jim Storey	54 8:19.04
19. Gretchen Oaksmith	14 5:57.44	70. Louise Zeitlin	50 8:19.48
20. Regina Powell	12 5:59.78	71. Lindsey Oaksmith	12 8:20.25
21. Howard Beard	48 6:02.78	72. Lauren Faust	12 8:23.15
22. Jim Sullivan	29 6:03.43	73. Alexis Elliot	12 8:24.29
23. Amanda Schmidt	14 6:04.57	74. Joan Blemley	42 8:25.41
24. Andy Masterson	11 6:05.36	75. Natalie Davis	13 8:28.51
25. Bruce Bagley	41 6:07.93	76. Andrew Bright	10 8:29.88
26. Conner Blemley	11 6:09.87	77. Kristen Gaudreau	12 8:38.90
27. Craig Blemley	47 6:10.16	78. Molly Thompson	8 8:42.25
28. Justin Blemley	13 6:12.61	79. Collen Siebery	12 8:45.26
29. Erin Masterson	11 6:17.72	80. Meghan Fisher	13 8:46.69
30. Mark Wallace	41 6:20.18	81. Anna Keicher	11 8:50.57
31. Jeff Small	14 6:22.61	82. Amanda Lehman	8 8:51.52
32. Mike Udell	37 6:23.08	83. Martha Lehman	39 8:54.96
33. Sidney Oaksmith	39 6:26.84	84. Pam Gateau	12 8:55.87
34. Web Chamberlain	64 6:34.93	85. Alexis Tilton	13 8:58.20
35. Reggie Haseltine	45 6:51.02	86. Robin Small	11 9:02.58
36. Michael Strackbein	10 6:51.44	87. Katie Colgan	10 9:04.57
37. Steve Faust	48 6:51.82	88. Amy Greenip	8 9:27.78
38. David Walsler	13 6:52.78	89. Larry Henderson	11 9:32.93
39. Sarah Haines	15 6:53.12	90. Janine Haines	12 9:33.60
40. Ashley Lehman	11 6:54:77	91. Mollie Devlin	11 9:38.85
41. William Douglas	61 7:00.59	92. Laurel Wyatt	11 9:44.36
42. Roy Elder	65 7:03.23	93. Edith Greenip	46 9:45.19
43. Suzanne Eden	11 7:03.55	94. Ardis Henderson	55 9:45.90
44. William Eden	8 7:04:25	95. Amie Henderson	58 9:49.95
45. Nancy Mann	49 7:04.42	96. Elaine Storey	12 10:16.39
46. Joe O'Boyle	52 7:06.61	97. Matt Devlin	9 10:17.77
47. Elizabeth Fowler	12 7:08.96	98. Michael Colgan	8 10:23.53
48. Pam Wallace	39 7:12.98	99. No Card	
49. No Card		100. Pricilla Davis	10 10:51.52
50. John Strumsky	54 7:18.14	101. Katie Eisiminger	8 11:33.00
51. Sara Wallace	12 7:19.66	102. Tom Eisiminger	12:32.00

Grand Canyon Backpacking Challenge

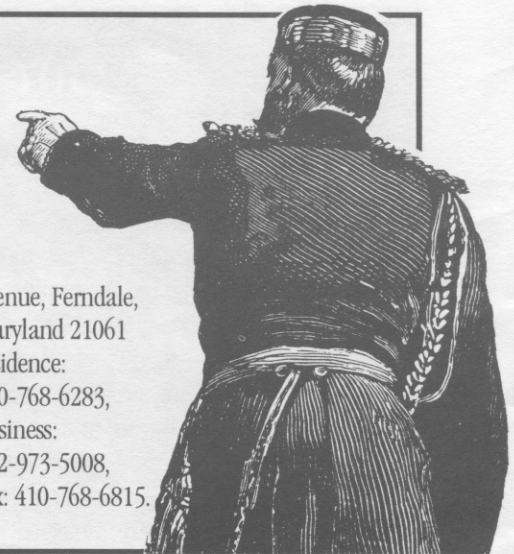
Bill Law and friends are in the early stages of an exciting and challenging backpacking trip to the Grand Canyon scheduled for September, 1996. The trip will likely take 6-8 days and include stop overs in Las Vegas, but the itinerary is not yet finalized. Reservations will be made later this year. Previous backpacking experience is not necessary; training and conditioning shakedown trips will be planned according to participant experience levels.

If you are interested in learning more

about the trip as plans progress please provide the following information for each potential participant: name, mailing address, residence/ business/ fax phone numbers, backpacking experience (categorized as novice, intermediate, or experienced), and likelihood of participation (rated on a scale from 1 (not very likley) to 10 (already packing!).

Forward information to 1996 ANAPOLIS STRIDERS GRAND CANYON EXCURSION, c/o Tom Kessler, 703 Winton

Avenue, Ferndale, Maryland 21061
 residence: 410-768-6283,
 business: 202-973-5008,
 fax: 410-768-6815.



Carbohydrates Fuel Activity

By Sue James MS, RD, LD

Whether a person is in training for a marathon or exercising for improved health and fitness, carbohydrates are the primary fuel for the activity!

Once a carbohydrate is ingested it may be stored in the liver or muscle tissue as glycogen. Glycogen is mobilized to supply the cells that move the muscle. When an athlete's glycogen stores are depleted, they experience "hitting the wall". The "bonking" may be the result of an inadequate carbohydrate intake, overtraining and leaving little time for muscles to recover their glycogen levels.

The amount of carbohydrate recommended for an athlete is 55-65% of their total caloric intake. People mistakenly believe that eating too many carbohydrates will result in excessive weight gain. Weight

gain occurs when the total calories for the day exceeds the individual's need. When a person does not eat enough carbohydrates, he may feel fatigued and lethargic. These symptoms are the result of not enough fuel in the muscles or liver to be used for energy. In other words, the glycogen stores are depleted.

To prevent glycogen depletion, an athlete needs to eat a carbohydrate rich diet. It is also important to eat regular meals to ensure an adequate carbohydrate intake. Skipping meals or fasting, especially during training, may result in hypoglycemia or lightheadedness following exercise. This is a signal that the person's diet is not meeting his activity needs and may need readjustment.

As a recreational athlete or competitive runner, it is beneficial to choose carbohy-

drate rich foods at every meal. Carbohydrates may be simple such as a butterscotch candy, or complex, like pasta and rice. Some of the healthiest food choices when trying to maximize one's carbohydrate intake include bagels with jelly, orange juice, and thick crust pizza with vegetable toppings. Table I is an example of a high carbohydrate diet.

Carbohydrates are the primary nutrient source for athletes. Always remember, for optimal performance in athletic endeavors, Fuel Up!

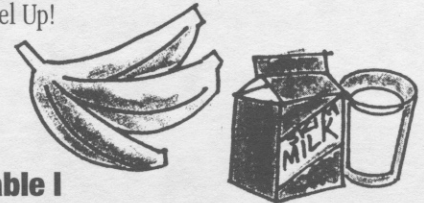
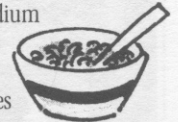


Table I

Breakfast	Serving Size
Orange juice	1 cup
Cornflakes	2 cups
Skim milk	1-1/2 cups
Cracked-wheat bread	2 slices
Jelly	2 teaspoons
Banana	1 medium

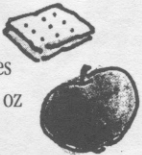
Snack

Whole-wheat bread	2 slices
Honey	2 teaspoons
Orange juice	1 cup



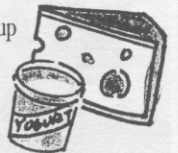
Lunch

Cracked-wheat bread	4 slices
Turkey breast	4-1/2 oz
American cheese	2 oz
Granola bars	2
Apple juice	1 cup



Snack

Low-fat frozen yogurt	3/4 cup
Apple juice	1 cup



Dinner

Spaghetti with meatless sauce and cheese	2 cups
Steamed green beans	1 cup
Whole-wheat dinner roll	1 medium
Margarine	2 tablespoons
Apple	1 medium
Skim milk	1 cup

Snack

Cranberry juice cocktail	1 cup
Orange	1 medium
Gingersnap cookies	3

TOTALS

3938 calories; 623 grams carbohydrates (64%); 142 grams protein (14%); 108 grams fat (25%)

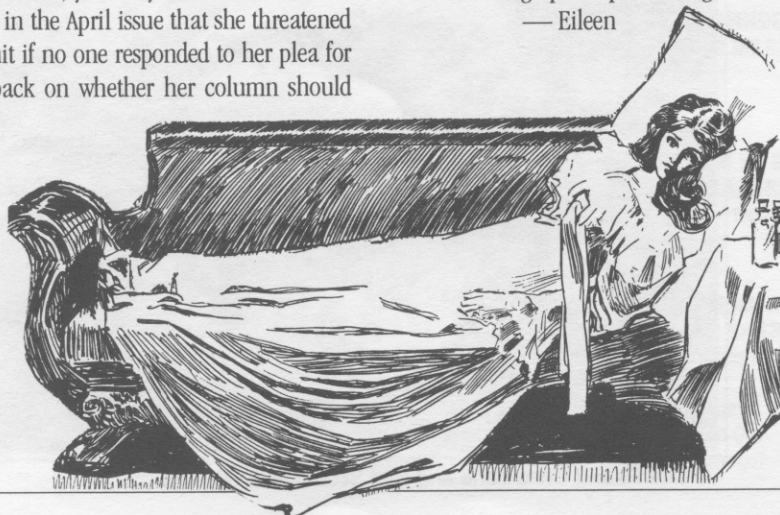
News Flash!! News Flash!! News Flash!!

At the Meet columnist, Kathleen Heagney, was attacked and bitten by a spider in her own bed! The bite was so severe that she broke out in hives and lost the use of her hands for two weeks. (No word on the state of the spider). At least that's the story told to her editor as to why she had no column for this issue of the Streak. Really, Kathleen, a simple, "I am too busy to write this month" would have sufficed!

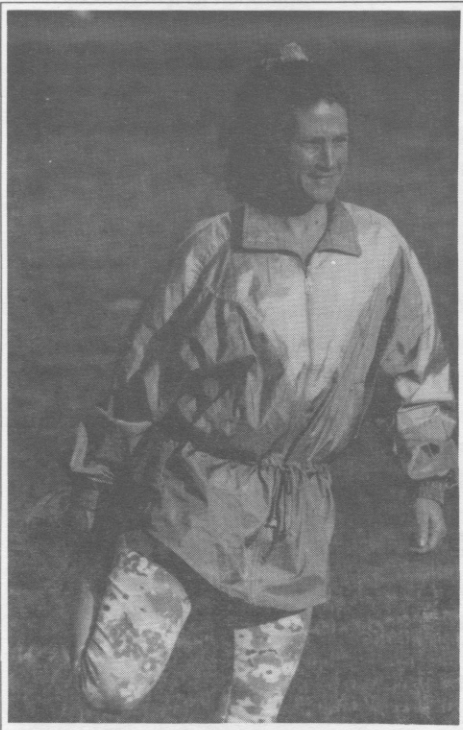
However, you may recall from her column in the April issue that she threatened to quit if no one responded to her plea for feedback on whether her column should

be continued. We are pleased to report that the response has been well, less than expected but more than enough to keep Kathleen on board for another year. Being a sensitive soul (and one who is always interested in talking to fellow runners), Kathleen could still use a few more calls of endorsement. So do give her a buzz at 703-313-8874 (h). Be sure to ask her about the new man in her life but I wouldn't bring up the spider thing!

— Eileen



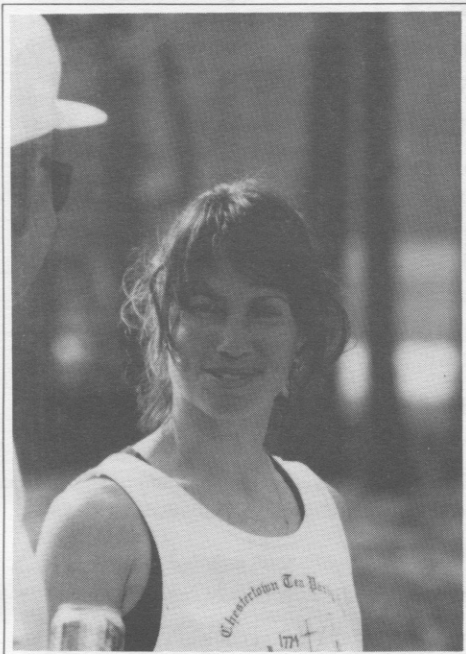
CHERRY PIT



Hope Shakya
warms up.



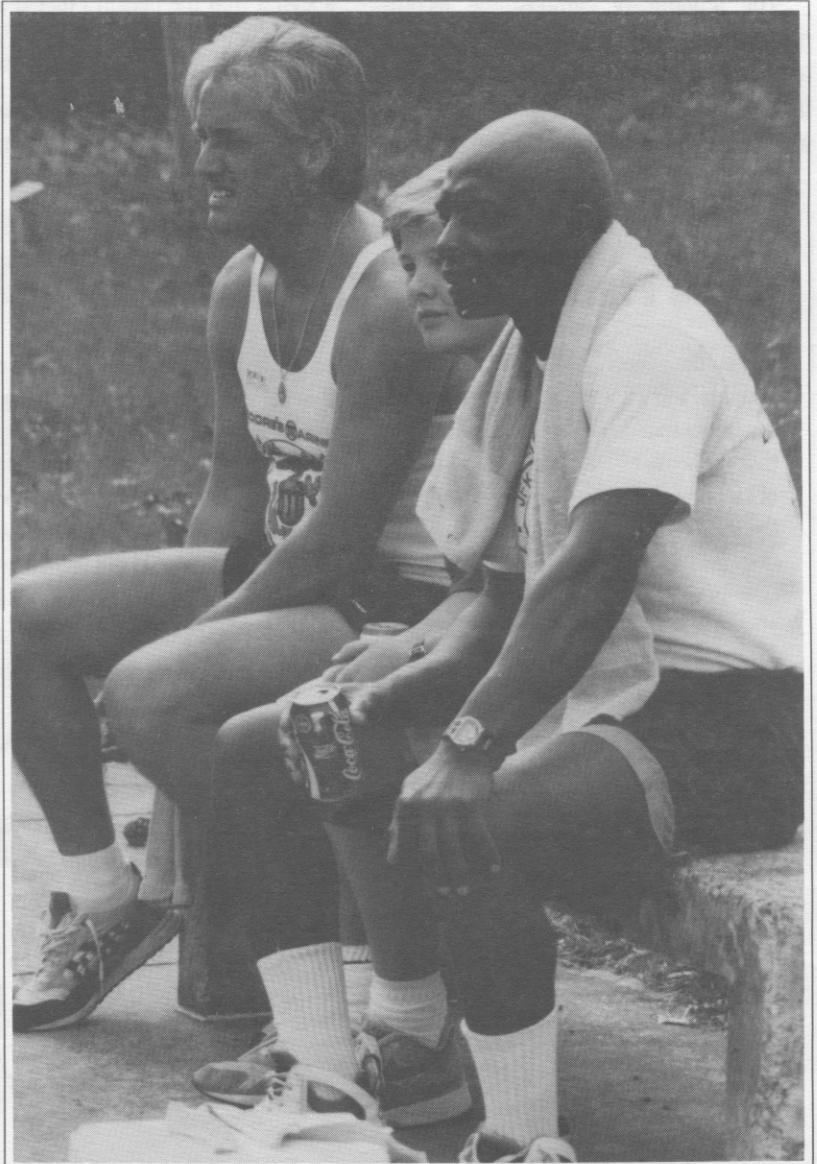
Timing
can be a
dull job.



Peggy
Joseph



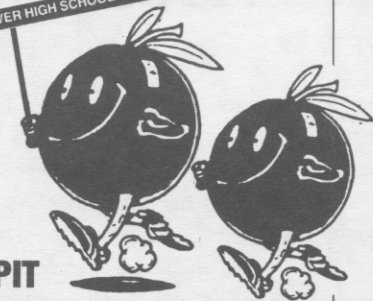
Sue Briars in a rare moment of rest.



Charlie and Chris Lane and Earl Scott look on in awe.

CHERRY PIT 10-Mile Race

SOUTH RIVER HIGH SCHOOL



CHERRY PIT

from page 1

of being just edged out. Past winner Tony Basile was 2nd this year and Striders President Matt Mace came in 3rd.

Maureen Kubicek, visiting from Ohio, was the women's winner, apparently running that fast to avoid missing her plane home. She was last heard admonishing her Annapolis friends not to use her prize (dinner for two at Fergie's) until she returned in a few months.

This will be our last Cherry Pit. Ardis and I would like to thank the volunteers who have sacrificed their Sunday afternoons for the past several years and suffered through the vicissitudes of rain, cold, heat, locked schools, missing police, etc. You guys made the race happen each time with your experience and positive attitude, and we have gained a real appreciation for the generosity of the our Strider friends. We would particularly like to thank this year's Cherry Pit volunteers (listed below). Hope we see you next year, even though we won't be directing.

TRAILER TOW & MILE MARKER/CONE DISTRIB.

Don Kennedy

CHECK-IN

Betty Moore, Brenda Norman,
Delma Miller & Marie Friedland

COURSE MONITORS

Larry Puglisi, Brev Moore, Ed Parker, Jim Sullivan
Neal Hinkle, Sean Sweeney & Rose Malloy

EARLY SET-UP

Don Kennedy, Ed Parker & Brev Moore

WATER STOPS

Julie, Chris, & Amy Lane
Lynn Hopkins, Bill Ammon & Neal Hinkle
Ken Lyons & Sharon Serio

START/FINISH LINE

Sue Briens & Ray Wyvill

LEAD BIKE & SWEEPUP

Lee Patrick

REFRESHMENTS/CLEANUP COORDINATORS

Kim Hoyt & Iris Wyvill

TIMERS

Ben Moore & Joe Walsmith

CHERRY PIT RACE RESULTS

Pos. / Name	Age / Time	Pos. / Name	Age / Time
1 Steve Egolf	32 57 04	75 Ken Nikl	33 1 2903
2 Tony Basile	36 9 27	76 Cindi Contarino	34 1 2923
3 Matt Mace	34 1 0118	77 Leon Johnson	65 1 2925
4 Andrew Peffer	29 1 0317	78 Chad Klakring	15 1 2951
5 John Kirkpatrick	52 1 0323	79 Joe Toscano	49 1 2957
6 Christian Moore	28 1 0400	80 Meredith Bonta	49 1 3020
7 Paul Serra	39 1 0517	81 John Joseph	47 1 3034
8 James Lundeen	36 1 0720	82 Gretchen Oaksmith	14 1 3042
9 Francisco Sanches	52 1 0751	83 Pam Haley	45 1 3102
10 Scott Mangum	37 1 0840	84 No Name	1 3108
11 Curtis Johnson	35 1 0920	85 Melissa Currence	39 1 3132
12 Andrew Wylie	20 1 0943	86 Bruce Bagley	41 1 3214
13 Larry Collins	47 1 1045	87 Don Kennedy	47 1 3236
14 Jim Kaufman	41 1 1113	88 Jackie Crowe	46 1 3244
15 Chad Van Someren	20 1 1133	89 Hank Blaney	44 1 3316
16 Joe Clorety	52 1 1151	90 Jon Valentine	34 1 3321
17 Jay Myers	24 1 1223	91 Charlie Muskin	45 1 3335
18 Fred Shanklin	53 1 1224	92 Derek Ammons	34 1 3336
19 Bill Egan	39 1 1234	93 Willian Derr	56 1 3338
20 Robert Moore	48 1 1334	94 Will Scott	45 1 3340
21 John Fay	47 1 1347	95 Reggie Haseltine	45 1 3419
22 Jim Buck	52 1 1429	96 Jon Meyer	47 1 3429
23 Maureen Kubicek	32 1 1525	97 Charlie Lane	48 1 3438
24 Bill Elzinga	57 1 1527	98 Ed Klebe	55 1 3443
25 William Peake	43 1 1606	99 Howard Beard	48 1 3501
26 Jerry Haley	46 1 1623	100 No Card	
27 Bob Field	43 1 1624	101 No Card	
28 Dale Trott	40 1 1647	102 No Card	
29 Denise Sutton	27 1 1656	103 Don Higdon	52 1 3528
30 Tom Bradford	51 1 1730	104 Oliver Payne	42 1 3529
31 Dave Walsler	36 1 1748	105 Marie Friedland	40 1 3530
32 Mike Rea	15 1 1748	106 Bob Sommerville	47 1 3538
33 Ian Stevens	18 1 1749	107 Joe Zepeda	54 1 3658
34 Pete Soucy	38 1 1821	108 Russ Irvine	39 1 3734
35 James McAvoy	31 1 1837	109 Roy Elder	65 1 3758
36 CeCe Cleary	21 1 1842	110 Margie Boyd	33 1 3812
37 Jim Bitgood	49 1 1933	111 Walter Taylor	37 1 3845
38 Eric Fromm	49 1 1956	112 Mike Rogan	42 1 3855
39 John Gallagher	46 1 2017	113 No Card	
40 Jerry Pentoney	52 1 2030	114 No Card	
41 Jennifer Sullivan	30 1 2044	115 No Card	
42 Steve Donnelly	38 1 2059	116 Peggy Joseph	42 1 4011
43 Robert Biddle	35 1 2121	117 Denzil Pritchard	73 1 4127
44 Mike McMahon	28 1 2137	118 No Card	
45 Martha Marchildon	30 1 2203	119 Mike Long	54 1 4149
46 Mike Marchildon	30 1 2204	120 Diane Frustaglio	33 1 4149
47 Mike Pack	55 1 2207	121 Brenda Lee Norman	37 1 4215
48 Amadeu Sanches	54 1 2211	122 Earl Scott	54 1 4217
49 Ron Bowman	45 1 2216	123 Lee Masser	59 1 4233
50 Gary Sewell	53 1 2223	124 Kitty Good	38 1 4249
51 James Carter	38 1 2233	125 Patrick Donahue	43 1 4417
52 Jim Noctor	55 1 2245	126 Tim Smith	41 1 4422
53 Evan Thomas	53 1 2258	127 Janet Mulderrig	36 1 4423
54 Dan Zipper	29 1 2311	128 William Greenwell	54 1 4444
55 Paul Tavel	45 1 2327	129 Linda Simpson	53 1 4645
56 Elizabeth Williams	47 1 2345	130 Leon Gray III	18 1 4701
57 Peter Salmon-Cox	55 1 234	131 Alan Landay	47 1 4715
58 Ed Trottier	51 1 2347	132 Deborah Hopkins	39 1 4743
59 Mike Brian	44 1 2411	133 Steve Barney	43 1 4814
60 Daniel Nellius	34 1 2419	134 Beth Chase	43 1 4834
61 Mike McGuire	28 1 2426	135 Sarah Haines	14 1 4914
62 Mike Banz	41 1 2439	136 Yvonne Aasen	63 1 5133
63 Dan Symancyk	48 1 2444	137 Ed Janitz	46 1 5327
64 Tony Pruner	40 1 2548	138 Ernest Cihzmar	46 1 5610
65 Ed Karlson	59 1 2612	139 Susan Bright	44 2 0050
66 Tom Eisiminger	32 1 2635	140 Andrew Chase	44 2 0700
67 Dottie Mullen	37 1 2704	141 David Walsler	13 2 0732
68 Patrick Alborno	52 1 2705	142 Jim Etchison	42 2 0821
69 Mike McAusland	60 1 2716	143 Patricia Kelley	35 2 1016
70 John Magnan	49 1 2717	144 Tom Kessler	41 2 1019
71 Will Myers	45 1 2718		
72 Norm Lee	60 1 2748		
73 Web Chamberlin	64 1 2756		
74 Neal Barrett	42 1 2845		

Workers' Run, April 8, 1995

Karl Schwabe	1 44 30
Lee Patrick	1 48 35



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)

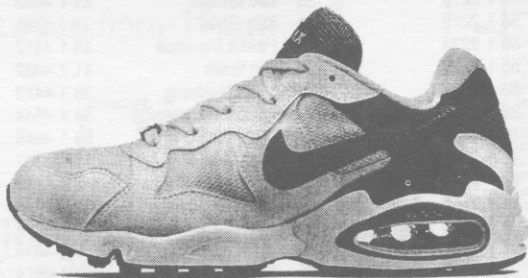
SATURDAYS at 9:00 a.m.

Another endurance workout, sometimes with longer intervals.

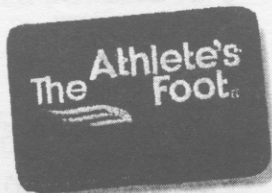
ALL ARE WELCOME!

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

Moore's Marines '95

By **BEN MOORE**

For the 16th time, I am reporting that it is time to start thinking about doing the Marine Corps Marathon on 22 October 1995. This year's marathon will be the 20th for the Corps. It was the first Marine Corps Marathon in 1976 that got many of us in Annapolis hooked on marathoning. There were only a handful of runners from Annapolis who tried the first 2. It was 1978 before I tried the ego boasting routine of running a marathon as a team. That year, an Annapolitan, (a Duke University student in 1978) ran the Marine Corps so well he won it! That was Dr. Scott Eden, the leader of our children's running program. Dr. Scott believes in getting the young out on the road. I have always believed in getting everyone - young and old alike - out to train to run the Marine Corps Marathon.

That is the way our first Moore's Marines started, 18 women ages 20 to 60, Bucky Cadell and myself. We trained together to finish the marathon as a group and not get hurt or discouraged with running in the process. It worked and, in fact, about half of the original group is still on the road and 2 have completed 56 marathons since then. We must have done something right!

Let's do it again. New, first time marathoners are welcome. There are many very experienced marathoners who come out on Saturday and Sunday mornings to do some long distance training runs with our group.

We have some wonderful volunteers who put out water and "goodies" for us at every two mile point. All you need to do is show up on Saturday morning at the back parking lot of the Conte Building, 116 Defense Hwy. (Rte. 450) - about 1/4 mile from the Annapolis Mall at 0645 to commence running at 0700. On Sundays, we sleep in an extra 30 minutes and meet in the vicinity of the City Dock to do an optional 6-10 mile social run through the Naval Academy. Running commences at 0730 sharp!

Come on out and join the fun bunch! Master mind over body and get your body in the best shape it has ever been. You don't have to be a member of the Annapolis Striders but we encourage you to join. There is no fee charged but donations to the "pot" helps the volunteers keep the "goodies" coming week after week. Unique t-shirts will be designed to identify you as a member of this courageous group of runners.

You can do a marathon if you make the commitment to do the training. As a first timer, you shouldn't worry about the clock, just run as your body tells you. Your goal is FINISH and enjoy the experience so that in 1996 you can go for time. Call me if you have questions, need advise or just want to talk (410-268-3832).

MOORE'S MARINES TRAINING SCHEDULE - 16TH YEAR



WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	REMARKS
	EASY JULY	HARD	EASY	HARD	REST DAY	LSD	OPTIONAL	
1	5-E 17	5-H 18	5-E 19	5-H 20	R 21	10-LSD 22	10-E 23	THAN RACE PACE LSD - LONG-SLOW DISTANCE LESS THAN RACE PACE
2	5-E 24	5-H 25	5-E 26	5-H 27	R 28	12-LSD 29	10-E 30	ON REST DAYS OR OPTIONAL DAYS, ONE MAY DO ALTERNATE SPORTS - SWIM - BIKE - YOGA - DANCE OR JUST REST
3	5-E 31	5-H 1	5-E 2	5-H 3	R 4	14-LSD 5	10-E 6	
4	AUG. 6-E 7	6-H 8	6-E 9	6-H 10	R 11	12-LSD 12	10-E 13	
5	6-E 14	6-H 15	6-E 16	6-H 17	R 18	14-LSD 19	10-E 20	DO SOME LOCAL 10K - 10MI. EVENTS ON SOME SUNDAYS.
6	6-E 21	6-H 22	6-E 23	6-H 24	5-E 25	REST 26	ANNA 10 27	SUNDAYS ARE FUN & FAMILY DAYS.
7	6-E 28	6-H 29	6-E 30	6-H 31	R 1	16-LSD 2	10-E 3	THE ANNA 10 MILER IS A GOOD RACE TO TEST YOUR CONDITIONING.
8	SEP 6-E 4	6-H 5	6-E 6	6-H 7	R 8	18-LSD 9	10-E 10	MODIFY THIS SCH. TO FIT YOUR OWN TRAINING LEVEL
9	7-E 11	7-H 12	7-E 13	7-H 14	R 15	16-LSD 16	10-E 17	TO RUN AN 8MIN/MILE (3:30) MARATHON, ONE MUST DO MUCH OF ONE'S TRAINING AT 7:30/MILE OR FASTER.
10	7-E 18	7-H 19	7-E 20	7-H 21	R 22	20-LSD 23	10-E 24	
11	7-E 25	7-H 26	7-E 27	7-H 28	R 29	16-LSD 30	10-E 1	
12	OCT 7-E 2	7-H 3	7-E 4	7-H 5	R 6	22-LSD 7	* REST 8	* METRIC MARATHON - IF YOU DO THIS, DON'T DO 22 ON SAT. -
13	6-E 9	8-H 10	8-E 11	8-H 12	REST 13	12-E 14	REST 15	AND DON'T PUSH SO HARD ON THIS, YOU LOSE IT FOR
14	8-E 16	8-E 17	8-E 18	8-E 19	REST 20	REST 21	USMC 22	THIS RACE !! 20 TH ANNIVERSARY
15	WALK REST 23	2-E 24	REST 25	4-E 26	REST 27	8-E 28	8-E 29	REST IS IMPORTANT TO ALLOW YOUR MUSCLES TO GAIN STRENGTH.
16	5-E NOV. 30	5-E 31	5-E 1	5-E 2	5-E 3	10-E 4	10-E 5	
17	6-E 6	6-H 7	6-E 8	6-H 9	R 10	12-E 11	10-E 12	THE LONG RUNS ARE MOST IMPORTANT
18	7-E 13	7-H 14	7-E 15	7-H 16	R 17	14-E 18	10-E 19	EMPIRICAL FORMULA: 3X YOUR DAILY AVG. IS YOUR COLLAPSE POINT. APPLIES TO ANY DISTANCE
19	7-E 20	7-H 21	7-E 22	7-H 23	R 24	18-E 25	10-E 26	
20	8-E 27	8-H 28	8-E 29	REST 30	REST 1	REST 2	MEIA. 3	+ INCREASE YOUR CARBO INTAKE TO LOAD UP FOR MARA. MEMPHIS MARATHON
21	DEC. REST 4	2-E 5	4-E 6	5-E 7	REST 8	10-LSD 9	REST 10	
INTERGRATE - SPEED - WEIGHT WORKOUTS INTO THE TUES. & THUR. HARD DAYS								
CROSS TRAINING IS GOOD. DO YOUR STRETCHING - MAINTAIN FLEXIBILITY -								
PUSH YOUR ANAEROBIC THRESHOLD - INCREASE YOUR VO ₂ MAX - WORK ON								
NEGATIVE SPLITS ON A COUPLE DAYS (RUN THE LAST 1/2 FASTER THAN								
THE FIRST HALF. IF YOU NEED MORE REST, TAKE IT!!								


1995 BRRC Summer Track Series

Last year 200 runners, including 1992 Olympian Meredith Rainey, ran in at least one series event. All meets begin at 6:30 PM. Registration is prior to the meet.

Two dollar entry fee gets you into as many races and events as you can make. To encourage family participation, entire family can enter for only \$3. Fee go towards awards. Any profit will go to a post race party after the championship meet. One extra dollar charged for championship meet.

Grand prix point scoring for awards. At end of series there will be two categories: sprint 100-600m and distance 800-5000m. Men, women and masters in each category. 10-8-6-4-2-1 points for placing in each race. Race as often as you like. One extra point for each meet in which you participate. Series is more than welcome to all runners of all abilities and all ages. You do not have to participate in grand prix series to run in one of the track meets. Summer is a great time for track races. So come on out...the more the merrier!! Questions call Chris Cucuzzella (323-1614) or Ed Harte (789-7560).

Date	Location	Distances
June 14	Loyola H.S.	1500M, 100M, 1000M, 400M, 3 mile, 4x100M relay
June 21	Johns Hopkins	2000M, 200M, 800M, 600M, 2 mile, 4x200M relay
June 28	Loyola H.S.	Tetrathon - each competitor runs 400M, 800M, 1600M and 3200M runs. Total points based on times. Age graded.
July 5	Johns Hopkins	800M, 100M, 1200M, 400M, 5000M, 4x400M relay
July 12	North County High	1 mile, 300M, 1000M, 200M, 3200M, 4x100M relay
July 19	TBD	BRRC Championship Meet of Miles. Separate entry fee. Not part of Grand Prix Series
July 25	Hereford High	Two person ten mile relay. Partners alternate miles for 10 miles.
July 26	North Co. H.S.	Sprint Tetrathon - 100M, 200M, 400M, 800M. Same rules as distance tetrathon.
August 2	Johns Hopkins	800M, 100M, 2000M, 500M, 2 mile, 4x200M relay.
August 9	North County High	1600M, 300M, 1200M, 400M, 3000M, 4x400M relay.
August 16	Hereford High	1500M, 200M, 800M, 500M, 5000M, 4x100M relay.
August 23	TBD	Championship Meet 200M, 1500M, 100M, 800M, 400M, 3000M. Awards for top men, women and masters in each event.



Do thing. Do it well.

One thing everyone should do is run the 14th Annual Women's Distance Festival 5K.

See you at the starting line 8am Saturday, July 15th.

Presenting Sponsor **moving comfort** fit for women

1995 Saucony/RRCA

Women's Distance Festival 5K

& Run-After-The-Women 5K MENS RACE

Saturday, July 15
8:00am - Women's 5K
8:45am - Men's 5K

For an entry form, send a business size, self-addressed, stamped envelope to: WOMEN'S DISTANCE FESTIVAL, 114 West Street, Annapolis, MD 21401

To request a faxed entry form, or to hear race details, call 267-9653.

For general information call:

410-268-1165



Postscript to John O'Hara's 1986 Bay Bridge Run Article

By JOE WALSMITH

I thoroughly enjoyed John's "Lilac" story (April '95 Streak). He certainly strung me along for part of it! It also reminded me of the time I ran the '84 Bay To Breakers with John and his mimesis "Ray" (I'll go along with John and not use Ray's last name).

Like John, in those days I was a fairly decent runner for a 55 year old (72 minute 10 mile and 42 min 10K). But that was before I became physically and mentally infirm, and even then I could seldom keep up with John, far less Ray.

Perhaps, some are not aware that the Bay To Breakers is far from a conventional race, where speed and endurance are the prime factors governing the outcome. The 7.5 mile Bay To Breakers is more often referred to as a circus. The number of runners, including bandits, sometimes approaches a hundred thousand. The outcome is often determined by blind luck.

On this particular occasion I must have been aided by John's Lilac creature, because every time I'd veer, I'd find that the crowd had parted and given me a wide opening.

The results only became clear the next morning when Ray, John and I lolled around the motel pool, reading the write-ups in the San Francisco Examiner. The paper had only printed the results of the first five thousand finishers. John and Ray entertained me by searching in vain for their names, only to find mine listed with a time of 56 minutes!

I should have known then, that this would prove to be a one time experience. I don't believe that I ever again finished ahead of either John or Ray, even in training.

Excessive Pronation of the Foot During Running and Walking

By Dr. Robert A. Rowe

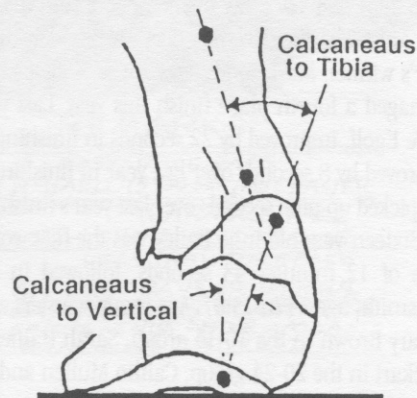
(The author is a certified chiropractic sports injury practitioner and former member of the US Olympic Committee Sports Biomechanics Department)

The human foot is designed to absorb shock for the entire body. During running the amount of force absorbed by the foot can be up to five times a person's body weight. Movement of any kind, but especially that which is imposed by sports activities, places great stress on the foot as it makes contact with a surface. The type of surface which the foot interacts with will effect how much shock is absorbed. Softer surfaces such as rubberized tracks, dirt or gravel paths will absorb and reduce forces more than asphalt or cement surfaces during running or jogging.

If a foot is abnormally structured such as with flat feet, undue stress will be imparted to the foot ankle, shin, knee, hip and low back during running. This can lead to repetitive strain type injuries developing over time. A foot that functions normally will place no undue stress on itself or other joints of the lower limb.

Gait Cycle

Gait is the term which refers to the mechanical characteristics of human movement particularly during walking or running. The gait cycle includes three phases: foot contact, midstance and propulsion. Poor mechanics in walking or running during any of these phases can often cause ligament and muscular injuries of the foot, ankle and knee. These injuries become chronic when faulty alignment of the foot and leg persists. When poor mechanics are observed, footwear should be checked. Improperly fitting or poorly designed shoes may cause or aggravate condition or injury. The most common abnormality of the foot during walking or running is excessive pronation (inward rotation of the foot and ankle during contact phase). This condition can be caused for a number of reasons, but excessive pronation will lead to injury. Pain will develop within the foot, ankle, shin and knee. The hip and low back can also develop problems over time resulting in pain and a decreased level of performance.



Running Shoes

Some shoes are specially designed for pronators and give added support on the inner side of the shoe. While other shoes are designed to give more support to the outer side of the shoe. If a runner with a pronation problem wears a shoe designed with more support on the outer side, this will compound the pronation problem and more severe injury to the foot and leg could develop. Therefore, it is essential for a runner or walker to know what type of foot mechanics they have.

Looking at the underside of your running shoes can provide clues about whether or not you have a pronation problem. This is one of the first steps in the evaluation process. Excess wear on the inner heel is an indication of excessive pronation. Once identified this can be corrected. A specially designed orthotic insert for the foot can be produced and placed into a running or walking shoe. This will help to support and stabilize the foot, leading to improved function. Computerized motion analysis of the foot during running or walking is currently the most sophisticated and accurate method for evaluating foot mechanics.

Correction of a biomechanical flaw such as excessive pronation will not only reduce the risk and incidence of injuries, it will improve performance. Foot and lower leg movements during the gait cycle will require less effort. Efficient mechanical motion requires less energy expenditure by the body and will improve overall performance.

trying to figure out who was lapping whom and how often. Thanks for the cooperation of all the competitors who followed our frantic instructions to raise their hands as they prepared to cross the finish line.

The overall winner, Rich Cochrane, a midshipman at the Naval Academy, won the race in a course record time of 9 minutes 28 seconds; this a week after he blew away the competition in the inaugural Annapolis Gateway Mile. The first five finishers were under 10 minutes for the race. Last year's winner, Mark Jones, was six seconds faster than last year, and only managed a fourth place finish this year. Last year's second place finisher, Steve Egolf, improved by 22 seconds in finishing second again. Jim Griffith improved by 8 seconds over last year in finishing 7th. President Mace himself picked up nine seconds over last year's finish.

Sixteen-year-old Julie Bailey was the first woman finisher in a very nice time of 12 minutes 43 seconds, followed in second place by Gretchen Oaksmith, age 14 in 13:07. Age group winners among the women included Hillary Brown in the 10-14 group, Sarah Haines in the 15-19 group, Suzie Flockart in the 20-24 group, Caitlin Mullen and Brenda Norman in the 30-34 and 35-39 group, Lisa Changuris and Danalee Green in the 40-44 and 45-59, and perennial favorites Linda Simpson and Yvonne Aasen in the more experienced categories.

One of the most remarkable age group winners among the men was Justin Gooding, who won the under-10 group with a nearly two-minute improvement over last year's time, and just four weeks after suffering a bout of pneumonia. Way to go, Justin! His younger brother Garrett at age seven was this year's youngest finisher, with a very credible time of 16:35. Other age group winners among the men were Nathan Clark, who led the 10-14 group, Kevin Case in the 15-19 group, Elliott Flick in the 25-29 group, the aforementioned Mark Jones and Robert Marino in the 30s categories, Scott Eden and Eric Gyaki who led the 40s group, John Kirkpatrick and John Pack in the 50s group, and Mike McAusland in the 60-65 group. Special mention must be made of the ageless Guy Riccio who so dominates his age group that he can't even get anyone to compete against him anymore.

A number of runners made wonderful improvements over last year's times in this race. Young Andy Masterson improved by over two minutes to break 14 minutes. His father, Dan, knocked 40 seconds from last year. Others who improved included Scott Mangnan, Jim Buck, John Fay, John Gallagher, Derek Ammons, Robert Middleton, Pat Donahue, Danalee Green, June Schneider, and David Walser. Yvonne Aasen knocked 10 seconds off last year's time. Talk about amazing! The most amazing story, however, concerns Francisco Sanches and Dave Walser. Last time they finished in essentially the same time - 12:08. This year they both improved - each by five seconds - and running in different heats. How do people do that?

As promised in last year's race article, your race director managed an even slower time than the year before - for the 3rd straight year. He was slower this year by only one second over last year, however. He attributes this sort-of-improvement to the new training and warm-up regimen he's been following lately; that is, run only once or twice a week to rest a sore sacroiliac, and warm up primarily by sitting down on the field to remove his trousers immediately before the race.

Special thanks to Betty Moore and Sharon Bradford, who helped with registration; Sharon and Tom Bradford, who compiled race results, and to Sue Briers, Bob Field, Chris Baylis, who helped the finish line; and particularly to Doris Harrington, whose talented index finger started the big clock for each heat.

BATES 2 MILE RACE RESULTS

1. Rich Cochrane	21	9:28	59. Leon Gray	18	13:56
2. Steve Egolf	32	9:42	60. Arnie Henderson	58	13:57
3. Robert Marino	37	9:44	61. Andy Masterson	11	13:59
4. Mark Jones	34	9:46	62. Dan Symanycyk	48	14:04
5. Anthony Vodacek	36	9:56	63. Scott Doughty	15	14:06
6. Ted Poulos	33	10:08	64. Will Scott	45	14:09
7. Jim Griffith	34	10:31	65. Jon Meyer	47	14:10
8. Matt Mace	34	10:35	66. Peter Salmon-Cox	48	14:14
9. Scott Eden	41	10:38	67. Christopher Strackbein	16	14:18
10. Kevin Case	17	10:40	68. June Schneider	47	14:20
11. Eric Schrader	30	10:44	69. Will Myers	45	14:21
12. John Kirkpatrick	51	11:07	70. Paul Tavel	45	14:27
13. Mike Rea	15	11:14	71. Don Higdon	53	14:28
14. Michael Kennedy	36	11:18	72. Jim Echison	42	14:29
15. Brian McDaniel	15	11:26	73. Don Kennedy	47	14:30
16. Rick Woods	40	11:28	74. Freeman Bagnall	47	14:31
17. Scott Mangum	37	11:32	75. Michael Strackbein	10	14:32
18. Keith Kelley	44	11:33	76. Ed Karlson	59	14:34
19. Eric Gyaki	46	11:36	77. David Walser	13	14:36
20. Jim Buck	52	11:37	78. Richard Hillman	52	14:38
21. Steve Donnelly	38	11:43	79. Brenda Lee Norman	36	14:40
22. Joe Clorety	52	11:48	80. Steve Barney	43	14:40
23. Francisco Sanches	53	12:03	81. Mike McAusland	60	14:42
24. Dave Walser	36	12:03	82. Melissa Currence	39	14:45
25. Elliott Flick	27	12:05	83. Norm Lee	60	14:46
26. Jim Kaufman	41	12:07	84. Eric Fromm	49	14:46
27. Ed Bannat	47	12:14	85. Ed Jantz	46	14:48
28. Nathan Clark	14	12:21	86. Nancy Mann	49	14:48
29. Fred Shanklin	53	12:23	87. Tom Kessler	41	14:51
30. John Fay	47	12:24	88. Paul Brown	42	14:53
31. Cephas Knusenberger	15	12:25	89. Charlie Lane	48	14:55
32. Tom Venator	38	12:33	90. Justin Gooding	9	15:12
33. John Gallagher	46	12:39	91. Russ Irvine	39	15:12
34. Derek Ammons	34	12:40	92. Kitty Good	39	15:20
35. Jason Case	15	12:42	93. Sarah Haines	15	15:21
36. Dan Masterson	50	12:43	94. Hillary Brown	12	15:25
37. Julie Bailey	16	12:43	95. Julie Lane	31	15:37
38. Ralph Mang	35	12:47	96. William Eden	8	15:44
39. Larry Puglisi	40	12:58	97. Jackie Crowe	46	15:47
40. Craig Blemly	43	12:59	98. Linda Simpson	53	15:50
41. David Ramdial	14	13:03	99. Ernest Chizmar	46	15:52
42. Gretchen Oaksmith	14	13:07	100. Lee Masser	59	15:53
43. Mike Banz	41	13:09	101. William Douglas	61	16:01
44. Tom Bradford	51	13:10	102. Matt Vogenitz	14	16:20
45. Caitlin Mullen	31	13:20	103. Guy Riccio	74	16:25
46. Jon Valentine	34	13:14	104. Garrett Gooding	7	16:35
47. Robert Middleton	36	13:17	105. Bill Vogenitz	47	16:53
48. Susie Flockart	24	13:20	106. Joan Forman	53	16:55
49. Cindi Conatino	34	13:20	107. Lindsay Oaksmith	12	17:00
50. John Magnan	49	13:23	108. Yvonne Aasen	63	17:25
51. John Pack	55	13:26	109. Hope Shakya	45	17:26
52. Pat Donahue	43	13:34	110. Karl Schwabe	55	17:28
53. Bill Gerardi	39	13:37	111. Chris Lane	11	17:52
54. Danalee Green	48	13:38	112. Lee Patrick	52	17:58
55. Gary Sowell	53	13:46	113. Ed Partrick	62	18:19
56. Lisa Changuris	40	13:47	114. Pamy Kelley	35	18:41
57. Ed Klebe	55	13:49	115. Darrin Gooding	11	18:47
58. Evan Thomas	53	13:56	116. Ardis Henderson	55	20:13

WE NEED YOU!

**Volunteers
needed to help out at the
Annapolis 10Mile**

Sunday August 27th

Join the excitement and fun

CALL BRENDA NORMAN

410-757-0926

BATES 2 MILE RUN



The "Fast Heat"



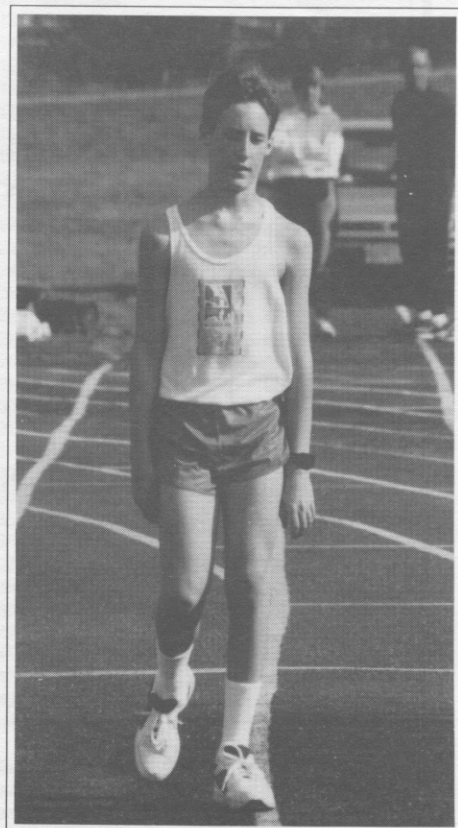
Jr. Striders ready to run



"Trucking"



Rose Malloy and her flash cards.



Young Dave Walser

WE NEED YOU!

Volunteer

1.

Choose a race.

2.

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

3.

Join the excitement and fun - volunteer!



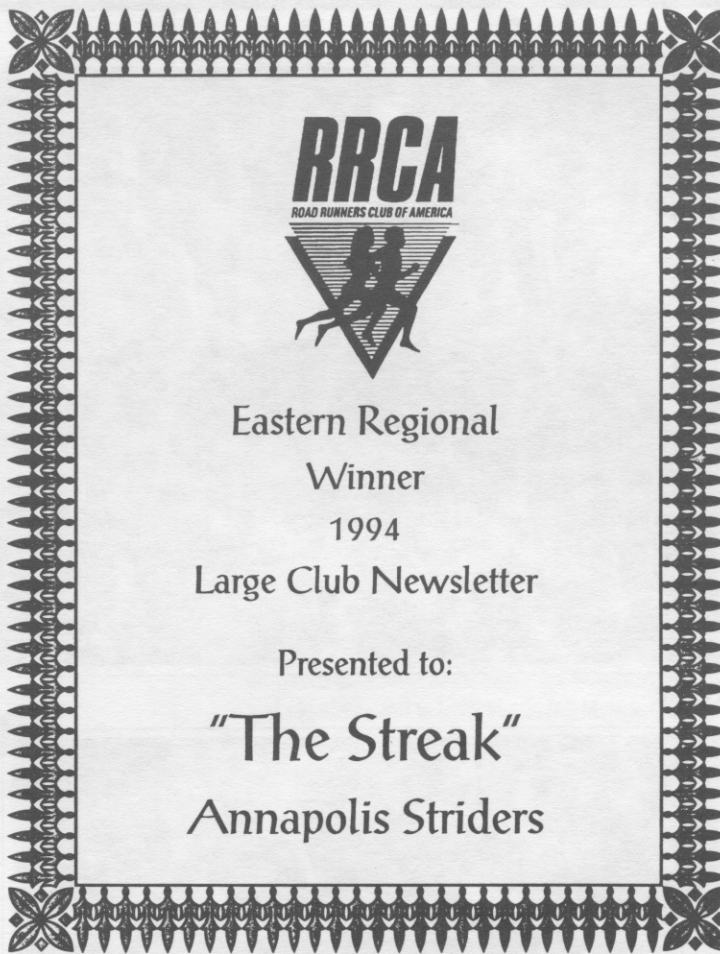
Father's Day 10K
Sunday, June 18, 8:00 am
Pat Donahue 672-5992
between 6pm-10pm



John Wall Memorial 1M
Track Run Saturday July 8,
6pm Bates Track
Tom Bradford 987-0674



Women's Distance Festival
Saturday July 15, 8am
K. Burke 267-9653



Final Results of the 1994 Maryland RRCA Championship Series

MALE AGE GROUP: 35 - 39			
1 DENNIS ALBRIGHT	35	QCS	2867
2 BOBBY GESSLER	37	HCS	2774
3 PAUL BALTOTIS	36	AS	2616
4 DAVE WALSER	35	AS	2552
FEMALE AGE GROUP: 35 - 39			
1 PAULIEN ADAMSE	36	PGRC	2812
2 VALERIE GUILFOIL	37	HCS	2750
MALE AGE GROUP: 40 - 44			
1 WILLIAM ENGLISH	42	PGRC	3000
2 MICHAEL SLOWAKER	44	HCS	2848
3 TIM OKEEFE	40	FSC	2845
FEMALE AGE GROUP: 40 - 44			
1 MARJY RAMLE	40	RASAC	3000
MALE AGE GROUP: 45 - 49			
1 THOMAS DELANEY	46	MCRRRC	2906
2 HEIDE HEIDEFRIEN	47	HCS	2701
3 JEFFREY JONES	46	FSC	2559
FEMALE AGE GROUP: 45 - 49			
1 RUTH CRISCIO	45	MCRRRC	2935
2 NANCY MANN	48	AS	2477
MALE AGE GROUP: 50 - 54			
1 JOHN BENKERT	53	AS	3000
2 FRANCISCO SANCHES	51	AS	2920
3 BILL WOODEN	50	MCRRRC	2836
4 FRED SHANKLIN	52	AS	2830
5 DAVID HERLOCKER	53	WRRC	2642
6 JIM STOREY	53	AS	2563
7 EVAN THOMAS	52	AS	2358
8 JOSEPH SLUNT	53	MCRRRC	1969
FEMALE AGE GROUP: 50 - 54			
1 DEE NELSON	50	MCRRRC	3000
2 JUDITH GILBERT	50	RASAC	2708
3 JOAN FORMAN	52	AS	2459
MALE AGE GROUP: 55 - 59 no qualifiers			
FEMALE AGE GROUP: 55 - 59 no qualifiers			
MALE AGE GROUP: 60 - 64			
1 GEORGE YANNAKAKIS	62	BRRC	3000
2 ROY ELDER	64	AS	2948
FEMALE AGE GROUP: 60 - 64			
1 JOANNE MALLET	60	MCRRRC	3000
MALE AGE GROUP: 65 - 69			
1 BILL MORRISON	67	MCRRRC	3000

Final Team Standings (All Races Count)

Male Open	Points
HCS	21
MCRRRC	18
BRRC	13
AS	13
QCRRC	6
FSC	4
RASAC	3
PGRC	2
WRRC	2
QCS	2
Female Open	Points
MCRRRC	7
BRRC	6
HCS	6
PGRC	2
AS	2
FSC	1
QCS	1
Male Masters	Points
AS	8
MCRRRC	6
HCS	7
BRRC	7
DCRRRC	3
FSC	1
QCS	1
WRRC	1
RASAC	1
Female Masters	Points
AS	7
MCRRRC	6
BRRC	4
HCS	3
PGRC	1
QCS	1
Male Grand Masters	Points
MCRRRC	9
AS	6
BRRC	3
DCRRRC	2
Female Grand Masters	Points
MCRRRC	2
PGRC	1

FEB18 GEORGE WASHINGTON'S BIRTHDAY 10K/ALEX., VA (650 ran)
Kathy Hennes 51:43 PR! :)

MAR 4CENTRAL PARK/ UNITED NATIONS 5M FUN RUN
Leonard Kuentz
Finished at Tavern on the Green

MAR 7RESTON 10 MILER/RESTON, VA
Larry Puglisi 1:14:34
Good result

MAR 12 Rite of Spring 5K/BROOKLANDVILLE, MD (390 finished)
David Webster 17:19
10th/3rd Masters

MAR 12 DISNEYLAND 5K/ANAHEIM, CA
Craig, Conner & Justin Blemley celebrated Justin's 1st 5K!

MAR 18 SHAMROCK MARATHON & 8K/VA BEACH
(tough headwind again)

Jennifer Lundeen	3:29 PR
Jim Lundeen	3:29 #1 escort
Michael Brian	3:47
Great 1st Marathon!	
Will Myers	3:55
11 Min faster than last year!	
Roy Elder	4:15 8K
Jim Noctor	35:38
Evan Thomas	36:10
	154 of 660
Peter Salmon-Cox	37:15
"Mr Attachments"	
June Schneider	37:51 5th AG
Jim Carter	37:51
"Beer cramps"	
Joe O'Boyle	40:19
John Benkert	41+ Easy jog
Yvonne Aasen	46:57 3rd AG

Nice expo. Great party - starts after the Masters 8K at 0930 and goes until the marathon is over at 2pm! Coyotes were howling!

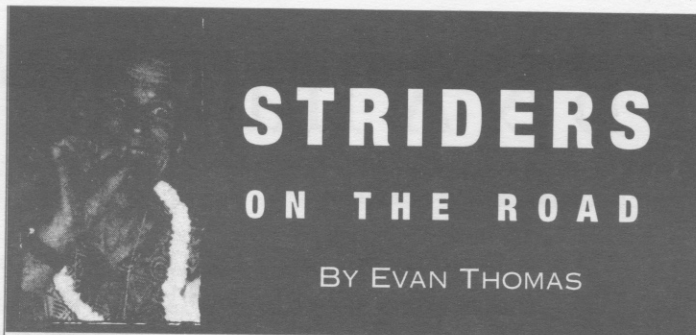
MAR 19 CAESAR RODNEY HALF MARATHON/ WILMINGTON, DE
(ran the old course)

Rose Malloy	1:26:03
-------------	---------

2ndF/1st Masters
Ken Lyons - Ran & did not have fun
Don Kennedy - Beat the Governor!
Sharon Serio 2:01+

MAR 19 ST PATRICK'S DAY SHAMROCK 5K/BALTIMORE
Mark Aeling 1st masters
John Benkert 18:24 4th AG
Michelle St Laurent 19:37 9thF

MAR 19 ROEMER'S ROLLERCOASTER 8M/ HAMPSTEAD, MD
Terry Shaner 51:24 2nd
Jim Tuson 58:07 4th
Paul Baltutis 58:07 5th



STRIDERS ON THE ROAD

BY EVAN THOMAS

HEARD ON THE ROAD - Apologies to Eric Gyaki (not Jockey) and to Linda Simpson (not Sunpson) - We'll spell much better this issue!! I saw a result for a noon time DC event in January that purported to have Earl Keicher as a finisher. It was probably true as wife Maryanne confirmed that he has been training recently and now that he is over 40, masters should beware.// Best wishes to Al Stott on his continued recovery.// Update on Fred Shanklin: In April 1989 I reported Fred has missed the WBDay5K start because of another driver's carelessness. Up to this year's WBDay5K that is still the only club championship event that he has missed since joining the club in 1987! (and his only accident too!)// Speaking of the 5K, I was reminded that the previous fastest time was not Kurt Kroemer's 15:35 in 1986, but rather it was Robert Marino's 15:26 in 1992 (Bruce Frame was second in 15:36). The least I could do is get the facts straight!! The beginning running program is off and running again. Come on down some Tues or Thurs at 6pm and encourage our latest crop of runners. Don't forget the Summer fun runs start June 15th at 6pm - all of this fun takes place at the Bates track.// There's still time to order your own copy of the Clapper (Rapper) - call me on 760-9188.// Don't forget to send me your wild race results from the summer - we print anything and most of the time we can back it up!! See you on the road, ET

MAR 25 HINTE-ANDERSON TRAIL 50K ENDURANCE RUN/HARFORD COUNTY
Eric Fromm 4:17:27
14min faster than '94
Sue Briers 4:54:21
Leader of the "pack"
TJ Harrington 4:54:23
Found the wal @ 20 miles
Mike Bright 4:54:26
8min faster than '94
Brenda Norman 5:17:21
Earl Scott 5:44:00
Julie Lane 6:20:30
Doris Harrington 6:20:40
1st ultra smiles
Linda Simpson 1 loop/ace finish line announcer!

MAR 26 REINDEER RUN 5K/UPPER MARLBORO
John Benkert 19:08 2nd AG
Jim Buck 19:27 3rd AG
Tom Bradford 20:51

APR 1 RUN VS ROW 10K/ALEXANDRIA
(Double loop, 1000 runners)
John Benkert 39:27 AG
Kathy Hennes 52+

APR 2 ORIOLE ADVOCATES 8K/INNER HARBOR
(New cse w/hills & bridges)
Jim Carter 37:15
June Schneider 37:48 1st AG
Peter Salmon-Cox 38:28
Where did she go?

Kathy Hennes 44+
Linda Simpson
So, when did Randi Fritsch turn 50??

APR 2 BILLY KORROW MEMORIAL 5K/LOYOLA HS, BALTIMORE
(300F)
Tom Bradford 20:30 1st 50+ :)

APR 9 RASAC COVERED BRIDGE 5.85 M/ FALLSTON, MD
David Webster 34:20 1st!

APR 10 NORTHERN TELECOM CHERRY BLOSSOM 10 MILER/WASHINGTON, DC
(5500+)

Scott Larcher	59:29
Mark Aeling	1:00:00?
Chris Riley	1:02:04
Rose Malloy	1:02:14
1stF Masters	
Jim Buck	1:05:42
Jennifer Lundeen	1:08+ PR
Kay Carver	1:11:22
B.J. King	1:13:52 4th AG
Ken Lyons	1:14:38
Danalee Green	1:14:51
John Benkert	1:16+
Sue Briers	1:18+
Mike Bright	1:18+
Pat Donahue	1:18:52
Ray Wyvill	1:19:30
Laura Nye	1:20:30
Larry Puglisi	1:20+

Crowded start
Ben Moore 1:22:30
Abbie Welsh 1:26:15
Roy Elder 1:27:00
Laura West 1:27:30
Sharon Serio 1:32:38u
Barbara Rizzo 1:33+
Jim Etchison 1:33:55
Gerald Royce 1:46+
Brad Chapman, Doug Custer, and Ivan Pressman (among others) also enjoyed their 10 miles in D.C.

APR 17 99TH BOSTON MARATHON/HOPKINTON TO BOSTON

Jim Griffith	2:44 274th!
John Kirkpatrick	2:48 391st
John Major	3:07
Jennifer Sullivan	3:10 PR
Robert Moore	3:11
Ann Stairs	3:25
Jim Lundeen	3:27
Jennifer Lundeen	3:27 PR
Dave Walsar	3:34
B.J. King	3:34
Danalee Green	3:37
Meredith Bonta	3:48
Bob Field	3:48
Laura Nye	4:02 (3:58really)

includes 4x1:00 backward
Pam Haley 4:30
Got her medal
Jose Badillo joined our group again - all the way from Omaha, NE. Condolences

See ON THE ROAD, next page

ON THE ROAD

from previous page

to Kay Carver who did incur a ligament injury at about 5m and had to bag it. I hope a few more of us can join her next year on the starting line.

APR 19 MAIN ST. MILE WESTMINSTER

Jim Buck 4:52! Awesome PR
Clint Henderson 5:03

APR 23 CLYDES AMERICAN 10K/COLUMBIA

500+
Matt Mace 36:40
Clint Henderson 43:17 Yes!
Jim Noctor 45:22
Jim Carter 45:50
Kitty Good 52+ Running for fun

APR 23 POLICE CHASE 5M/BALT. 500+

Joe O'Boyle 40:05
Linda Webb 11:00 1Mi fun run

APR 23 GLENN BRENNER 5K/WASHINGTON, DC

5000+
Laura Nye 24:22

APR 23 GW PARKWAY CLASSIC 15K/MT VERNON TO ALEXANDRIA

Rose Malloy 57:52
1st masters = \$:)
Jim Buck 1:00:25
Random prize winner
Jim Kaufman 1:01:20 Zoom!
Ken Lyons 1:07:30
Feeling better
Larry Puglisi 1:07+ Nice effort
Don Kennedy 1:13+
Ben Moore 1:15:10 3rd AG
Evan Thomas 1:16:05
Nice downhill course
Sharon Serio 1:21:24
Kathy Hennes 1:21+
Brent d'Arcy 1:22:50
Kathleen Heagney 1:26+
Ana Estrada-Parada 1:26+
Moving to Kansas City
Frank Parada 1:26+
Dennis Melton, Stanley Tupaj, & Mike Impellizzeri also ran & had fun. Susan Bright had another PR! Joe Clorely incorporated the course into a 20 mile training run. Great brunch after at Kathleen's after - I got most of the smoked salmon.

APR 30 SALLIE MAE 10K/ HAINS PT, WASHINGTON, DC

Rose Malloy 38:28
Only :20 behind Barbara Filutzej
David Webster 33+ (I think)
Fred Shanklin and Jim Carter also splashed their way around Hains Pt. The cold rain kept most from staying too long after the race.

MAY 11 RUNNING TIMES RELAY/ ALLENTOWN, PA

Eileen Hagan First Place
in Age Category
ET Best Hand Off!
Buck Cadell and Cathy Toskes watched.

B & A Trail Marathon

By TOM BRADFORD - Race Director

THE MARATHON GODS WERE KIND for the fourth running of the B&A and managed to bring out a near-perfect marathon day despite earlier predictions for rain and sleet. This brought out 26 runners for race-day sign up and the starting field was 86. Of these, 68 finished and 17 ran Boston-qualifying times.

Mark Jones defended his title and improved on his 1994 win in a time of 2:39:06. Jim Griffith was runner-up for the second year in a PR of 2:41:51. Chris Riley was 3rd overall in 2:59:40 leading a strong contingent of 50 year olds including Francisco Sanches, Budd Bettler and Fred Shanklin. Tom Prendki, Doc Gallagher, Roy Elder, Bill Law, and Robert Koehl have completed all four B&A's. Roy Elder did his double again running a marathon the day before in Aberdeen. He even talked some others into coming down.

Six of the nine women finishers qualified for Boston. Last year's champion Leann Myhre improved her time but was unable to run down Jennifer Sullivan who was 7th overall in an impressive 3:06:55.

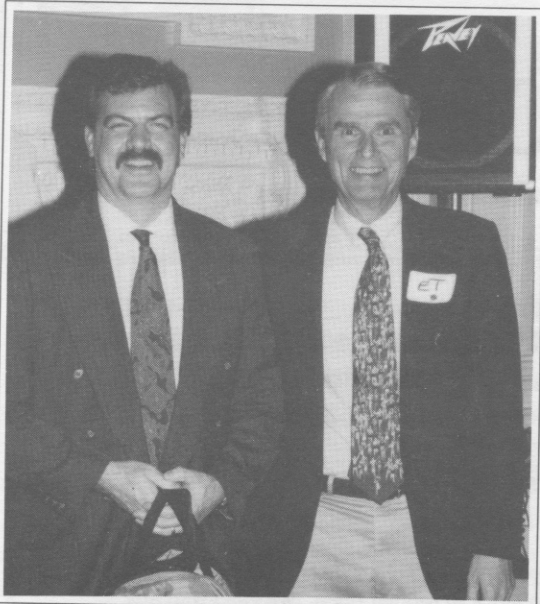
To put on a successful marathon requires lots of volunteers and this year's event was a tremendous success. Many of the runners told me how great the support was but I received a post card from Gary Bruner of Chambersburg, Pa and it is meant for all you Annapolis Striders who helped out.

Tom, Just a quick note to say "Thanks" for putting on a great race with the B&A Marathon. The event is well organized, excellent support, and just plain fun (or as fun as 26.2 miles can be!). Please extend my thanks to all the folks who helped. — Gary Bruner

And thank you all for your help and I'll see you next year. The plan is to have a half marathon along with the marathon.

B1. Mark Jones	33	2:39:06*	42. Tommy Shankle	55	3:49:01	30-34 Male	
2. Jim Griffith	34	2:41:51*	43. Mary Lang	41	3:49:08 F*	1. Jim Griffith	2:41:51
3. Chris Riley	51	2:59:40*	44. Joseph Harvey	57	3:49:17	2. Doc Gallagher	3:17:27
4. Craig Conover	45	3:01:41*	45. William Myers	45	3:54:01	3. Jay Bryson	3:19:00
5. Timothy Briscoe	42	3:02:31*	46. Michael Kennedy	36	3:56:22	35-39 Women	
6. Jennifer Sullivan	30	3:06:31 F*	47. Milton Taylor	62	3:58:45	1. Leann Myhre	3:17:52
7. Francisco Sanches	52	3:06:55*	48. Michael Gross	24	3:59:11	2. Sue Briers	3:37:35
8. Budd Bettler	51	3:08:33*	49. Mervin Gross	56	3:59:13	3. Brenda Lee Norman	4:09:51
9. Michael McHale	44	3:09:14*	50. Gilbert Fraijo	34	3:59:38	35-39 Male	
10. Nicholas Walraven	36	3:10:40*	51. Bill Law	67	4:02:55	1. Nicholas Walraven	3:10:40
11. Dave Waiser	36	3:14:10*	52. John Oates	51	4:05:00	2. Dave Waiser	3:14:10
12. Peter Gustafson	38	3:15:16	53. Charlie Muskin	45	4:08:16	3. Peter Gustafson	3:15:16
13. Fred Shanklin	53	3:16:04*	54. Patrick Reardon	41	4:09:42	40-44 Women	
14. Doc Gallagher	33	3:17:27	55. Brenda Lee Norman	37	4:09:51 F	1. Nancy Walz	3:38:35
15. Leann Myhre	37	3:17:52 F*	56. Robert Koehl	54	4:10:24	2. Mary Lang	3:49:08
16. Sophie Senn	29	3:18:45 F*	57. John Joseph	47	4:11:04	40-44 Male	
17. Jay Bryson	36	3:19:00	58. Daniel Baxter	41	4:13:38	1. Timothy Briscoe	3:02:31
18. Tom Prendki	38	3:19:22	59. Taylor Waters	29	4:16:12 F	2. Michael McHale	3:09:14
19. George Baugher	44	3:21:55	60. Jeff Bosch	38	4:19:59	3. George Baugher	3:21:55
20. T.J. Harrington	43	3:24:28	61. Neal Barrett	42	4:25:51	45-49 Women	
21. Michael Davis	48	3:25:28	62. Randy Snyder	46	4:31:00	1. Lynne Kruck	4:56:09
22. Mike Bright	44	3:26:11	63. Roy Elder	65	4:39:52	45-49	
23. Harold Stanton	43	3:28:52	64. Christopher Vaughn	31	4:40:32	1. Craig Conover	3:01:41
24. Matt Mellin	38	3:31:52	65. Michael Olivera	36	4:42:18	2. Michael Davis	3:25:28
25. Mark Keltner	37	3:32:51	66. Lynn Kruck	49	4:56:09 F	3. Jerry Haley	3:46:06
26. Gary Bruner	42	3:32:59	67. Ray Campbell	62	5:17:26	50-54	
27. Dave Reider	37	3:34:32	68. Bob Price	39	5:50:42	1. Chris Riley	2:59:40
28. Gary Sewell	53	3:36:25				2. Francisco Sanchez	3:06:55
29. Sue Briers	39	3:37:35 F*	* Boston qualifier			3. Budd Bettler	3:08:03
30. Robert Brenton	40	3:37:56				55-59	
31. Nancy Walz	43	3:38:25 F*	OVERALL MALE			1. Joseph Harvey	3:49:17
32. Albert Kubeluis	52	3:40:08	1. Mark Jones	2:39:06		2. Tommy Shankle	3:49:52
33. Declan Depaur	43	3:40:39	OVERALL WOMAN			3. Mervin Gross	3:59:13
34. Kirk Bome	40	3:41:23	1. Jennifer Sullivan	3:06:31		60 - 64	
35. Paul Kemp	45	3:42:04	29 & Under Male			1. Milton Taylor	3:58:45
36. Erik Poffelt	35	3:42:40	1. Michael Gross	3:59:11		2. Ray Campbell	5:17:26
37. Michael Anderson	44	3:43:00	29 & Under Woman			65-69	
38. James Carter	38	3:44:10	1. Bill Law	4:02:55		1. Bill Law	4:02:55
39. Patrick Albornoz	52	3:45:18	2. Roy Elder	4:39:52		2. Roy Elder	4:39:52
40. Jerry Haley	46	3:46:06					
41. Howard Bowen	36	3:46:43					

ANNAPOLIS STRIDERS BANQUET



KEVIN MURANE AND EVAN THOMAS
Special Recognition Award



BOB FIELD, TOM BRADFORD, ARNIE HENDERSON, RON JARASHOW -
Volunteer Hall of Fame



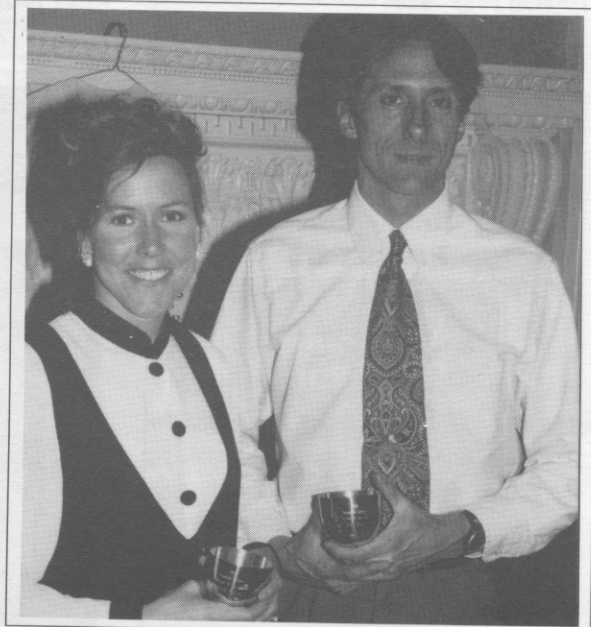
PAM HALEY, TJ HARRINGTON, JIM CARTER
Most Improved Runners of the year



EILEEN R. HAGAN, *Volunteer of the Year*



Left: JULIE
LANE
(CHARLIE
AND CHRIS
MISSING)
*Volunteer
Family
of the Year*



Right:
JENNIFER
SULLIVAN
& MARK
JONES
Runners of the year

STREAK STAFF

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

Article II, By-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 August Issue is July 6th

ADVERTISING RATES:

Business Card - \$20

1/4 Page - \$40

Half Page - \$70

Full Page - \$100

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Directories
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The
**Annapolis
Publishing
Company**

280-1414

114 WEST STREET
ANNAPOLIS, MARYLAND 21401

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. Not valid with any other coupon or promotionally priced merchandise.

A HEALTHIER YOU

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

KIRBY CHIROPRACTIC CENTER

2110 Priest Bridge Road, #6, Crofton 410-721-5050. Complimentary consultation to discuss problem and courtesy examination in area of complaint along with treatment options. Dr Kirby 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).

WE NEED YOU!
Volunteer

**Help Man the Masses
at the Women's Distance Festival**

Saturday, July 15th

West Annapolis Elementary School

Join the excitement and fun - call 267-9653

Annapolis Strider Events What's Coming Up

June 10, Jr. Striders Track Series, 6pm Bates Track. Contact Scott Eden 263-5117.

June 18, Father's Day 10K 8am North Arundel Hospital. Contact Race Director Pat Donahue 410-672-5992.

June 24, Jr. Striders Track Series, 6pm Bates Track. Contact Scott Eden 263-5117.

July 8, John Wall Memorial 1 Mile Track Run & Jr. Striders Track Series. 6pm, Bates Track.

July 15, Women's Distance Festival 5K 8am West Annapolis Elementary School. Call 267-9653.

July 15, Run After The Women 5K 8:40am West Annapolis Elementary School. Call 267-9653.

July 22, Jr. Striders Track Series, 6pm Bates Track. Contact Scott Eden 263-5117.

August 13, Dog Days of Summer, 8am, Patuxent North Track, next to Ft. Meade. Contact Paul Baltutis 647-5564.

INFORMAL DISTANCE RUNS:

Mondays 6 pm. Naval Academy (meet at the outdoor track). Contact Lee Patrick, 410-757-7098

M/W/F 6:06 am Church Circle near Main Street. Contact Gill Cochran 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 "953" appears on the first line of the address label after "Exp Yr/Qtr" your dues are due by June 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 inside 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.



Where THE RACES ARE



June 8, Thurs, 7pm, Loch NIST Monster Cross Country 8K, Gaithersburg, MCRRC, POB 1703, Rockville, MD 20849, 301/353-0200
June 10, Sat, 830am, CroftonKiwaniis 10K, PO Box 3721, Crofton, MD21114, (410) 721-6156, Larry Trowel

June 10, Sat, 830am, Hugh Jascourt 4M, Ft McNair, Wash, DC, DCRRC, 703- 241-0395

June 11, Sun, 8am, Essex Comm College 5K, Les Kinion, POB 11394, Balt, MD 21239, 410-882-5455

June 17, Sat, 8am, National Race for the Cure 5K, Wash, DC 703-848-8884

June 17, Sat, 8am, Gunpowder Neck 10-miler, Edgewood, RASAC, PO Box 844, Bel Air, MD 21014

June 18, Sun, 930am, Peachtree Road Mile, Barnesville School, MCRRC, POB 1703, Rockville, MD 20849

June 18, Sun, 8am, GBMC Father's Day 5K, towson, Dave Cooley, POB 5464, Towson, MD 21285, 410-377-8882

June19, Mon, 7pm, MCRRC 5K Cross Country, Bullis School, Potomac, (301) 353-0200

June 24, Sat, 8am, Iron Furnace 5K, Tom Dawson, 17 Island Av, Lonaconing, MD 21539, (301) 463-6231

June 24, Sat 830am, Loudon Street Mile, Winchester, VA, Kathy Smart, 217 S. Wash St, Winchester, VA 22601, 703-662-1562

June 24, Sat, 8am, MCRRC WDF 5K, Ken Gar Recreation Center, MCRRC, POB 1703, Rockville, MD 20849, 310-353-0200

June 25, Sun, 8am, "Paramount 20" 5K Star Trek & Waterfront Festival, 301-986-9322

Jun 25, Sun, 8am, Ashland 10K, Northern Central Trail/Ashland, BRRC, PO Box 9825, Balt, MD 21284, (410) 243-3153

Jun 25, Sun,8am, Rock Hill Mill 10K,Havre de Grace, RASAC,PO Box 844, Bel Air, MD 21014, (410) 939-0821

July 1, Sat, 8am, Kingsville Firecracker 5K, Kingsville, MD, Patti Von Paris 410-592-7524

July 2, Sun,8am, Havre de Grace Independence 4-Miler, RASAC, PO Box 844,Bel Air, MD 21-14, (410) 692-5383

July 4, Tues,8am,Bowie RRC 4th of July 4-miler, PO Box 971, Bowie, MD 20718, (301) 451-1616

July 4, Tues, 8am, Arbutus Firecracker 10K, Rec & Parks Council, PO Box7437, Arbutus, MD 21227, (410) 242-0809

July 4, Tues, 730am, Dundalk Heritage 6K, DHS Alumni Assn, 1400 Midvale Av, Catonsville, MD 2128-4332, (410) 337-8882

July 4, Tues, 7pm, Fredericks Fourth 5K, Frederick Steeplechasers, Tim O'Keefe, 7214 Limestone Ln, Middletown, MD 21769, (301)371-9562

July 7, Fri, Midnight, HCS WDF 5K, Columbia Mall, Pat Brooks, (410) 461-1197

July 12, Wed, 6pm, Smith Barney Harrisburg Mile, Ward Acher, 7001 N Front St, Harrisburg, PA 17101, 717-232-9622

July 15, Sat, 8am,Great Wyoming Buffalo Stampede, Downstate Delaware Striders, PO Box 1379, Dover, DE 19903, (302) 734-5157

July 15, Sat 845pm,Rockville Rotary Twilight Runfest 8K, MCRRC, PO Box 1703, Rockville, MD 20849, (301) 353-0200

July 16, Sun 8am?, Market Street Mile, Yrk, PA, Bob Hollis, 629 Smith St, York, PA 17404, 717-854-9709

July 16, Sun, 730am, Rehoboth Avenue Mile, Seashore Striders, POB

485, Rehoboth Beach, DE 19971, 302-684-1512

July 21, Fri, 730pm, Go For the Gold 5K, Wooton HS, MCRRC, POB 1703, Rockville, MD 20849, 310-353-0200

July 23, Sun, 8am?, Patapsco Stumble Trail 10K, Patapsco St Park., Mike Strzelecki, 1502 Marshall St, Balt 21230, 410-727-2523

July 22, Sat, 6am, John Laughland's Long Distance Lunacy 18-Miler, Urbana,Frederick Steeplechasers,PO Box 669, Fredrck, 21701,(301)662-4500

July 30, Sun, 830am, JJ's Corner Market 5K, Dewey Beach, DE, Seashore Striders, POB 485, Rehoboth Beach, DE 19971, 302-684-1512

August 5, Sat, 8am, Reston Runners WDF 5K, PO Box 2924, Reston, VA 22090, (703) 620-0652

Aug 5/6, Sat/Sun, Noon, 22nd Annual (and possibly last) 24-Hour Relay, HCS, Tim Beaty,6084 Babylon Crest, Columbia, MD 21045, (410) 596-6453

Aug 6, Sun, 8am, BRRC WDF 5K, Goucher Coll, PO Box 9825, Balt, 21284, (410)243-3153

Aug 12, Sat,8am, WRRC Hampstead 5K Run for Cancer,Tracey Folio , 619 Washington Rd, Westminster, MD 21157, (410) 848-4620

Aug 12, Sat, 8am?, Geroge Sheehan 10K, Red Bank, NJ, John Haulenbeek, POB 157, Spring Lake, NJ 07762, 908-974-8457

Aug 12, Sat, 830am, Tom Aushman 5M,Chambersburg, PA, John Aushman, Aushman Bros Realty, 229 N, Second St, Chambersburg, 17201, 717-264- 6715

Sug 20, Sun, 8am?, DCRRC WDF 5K, POB 1352, Arlington, VA 22210, 703-241- 0395



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