

# STREAK



Volume XVII Number 4

Voted Best Large Club Newsletter in RRCA Eastern Region

August 1995



Patti Bembe, Women's Distance Festival Race Director since 1991.

## Women's 5K

### RECORD BREAKING TEMPERATURE & ENTRANTS

By JAMES PARKER

Despite the stifling heat and humidity, 330 runners participated in the Women's Distance Festival 5K and the men's Run After The Women's 5K Race Saturday, July 15th. Temperatures race day morning were in the nineties, and it would turn out to be the hottest day of the summer.

Just before the 8:00 a.m. start, everyone joined in to do a "group stretch" led by Jan Bennett of Body Business.

Casey Giddings, husband of race director Patti Bembe, gave last minute course instructions via the bullhorn to the runners at

see WOMEN'S 5K, page 8

## Father's Day 10K

By PAT DONAHUE

The Father's Day race was highlighted with this years repeat winners in both the Male and Female Categories in the Second Annual North Arundel Hospital/Annapolis Strider's Father Day 10-K Race. New course records by Steve Egolf (32:10) and Rose Malloy (36:55) may have resulted from the new course and the fine weather. As a Strider's event not only were these the fastest times ever, Rose has won the Father's Day 10-K in the last four years of my involvement.

This was the largest number of registered runners with approximately 400 and there were nearly 350 finishers. The youngest runner was Christopher Lane (11) and the oldest runner was Guy Riccio (74). This is also the first year for a new age group category. We now have a more senior and experienced category for 70 and older. Aside from the Annapolis 10-Miler and The Bay Bridge Run, this is possibly the largest Strider's Series Event.

see FATHER'S DAY, page 4

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## John Wall 1M

### ANOTHER GREAT ONE AT BATES!

By TOM BRADFORD

The 14th annual John Wall set a record for the second year in a row with 140 runners. The Wall family once again provided the trophies and medals and brought along some of the best weather we have had for this race. Jason Reckner won the race with a strong finish in 4:30. In a very close race for 2nd place, former winner Dave Wall (4:34) just edged out Mark Jones (4:35). Paul Peterson won the masters trophy with a 4:42, finishing 4th overall. Fourteen year old Gretchen Oaksmith won the women's race in

see JOHN WALL 1M, page 6

## THIS AND THAT...

**INTERNET JUNKIES** Do you want to set up your next run with your running partner(s) on the Information Highway? Exchange vital running news? Compare race results? There are a lot of Striders out there "riding the Net". We would like to set up a listing of Strider Internet addresses. If you would like to participate call the Hot Line and leave your name and Internet address or send it to Ron Bowman at [rbowman@ios.doi.gov](mailto:rbowman@ios.doi.gov) or Ken Lyons at [klyons@arinc.com](mailto:klyons@arinc.com). See you on the NET.

see THIS & THAT, page 3



## Annapolis Strider Events

### What's Coming Up

#### Dog Days of Summer 8K

Sunday, August 13, 8:00 a.m.  
Paul Baltutis, 674-5564

#### Annapolis 10 Mile

Sunday, August 27th, 7:30 a.m.  
Brenda Norman, 757-0926

#### Dawson's 5M

Sunday, Sept. 10, 8:00 a.m.  
Ivan Pressman, 410-484-1474

#### Metric Marathon

Sunday, October 8, 8:00 a.m.  
Al Stott, 647-4298

#### 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 September 30st. If there is no change in your address, phones, or member status, write your membership number (from the label) on your check and sent it to P.O. Box 187, Annapolis, MD 21404-0187 now. Otherwise, to make address changes or to add or subtract family members, complete the membership application on the back cover and submit it with your check. If you have any questions about your status or your family's, call Jon Valentine, Membership Manager, 544-7321.



## ANNAPOLIS STRIDERS

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



484 Exp year/qtr 962 August 1995 Streak  
Thomas Bradford  
746 Mimosa Court  
Millersville MD 21108

# 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 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 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).

Non-Profit Org.  
U.S. POSTAGE

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ANNAPOLIS, MD.



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Striders in the White Mountains

## MESSAGE From the Editor

**Eileen Hagan**

Summer's here and the running is HOT! The weather has not affected the races, however. All three race directors reporting in this issue, you will note, report record turnouts for their events. Can it be that running is on the rebound as a sport or is it that these Annapolis Strider Race Directors continue to outdo themselves in the quality of event they conduct?

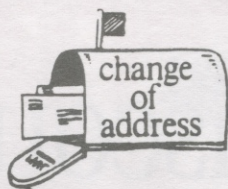
Speaking of outdoing himself, ET had another bumper crop of beginning runners participating at the Women's Distance Festival in mid-July. Photo of the 40 or so successful participants on page 13. And Iris Wyvill, a previous graduate of the ET School of Run, Fun and Whistle Mania, tells her story on page 5.

August is another big month for Strider races. So mark you calendar now for the Dog Days (new course this year at Patuxent Wildlife North Tract) on August 13th and of course, the BIG ONE on Sunday, August 27. Most loyal Striders we know arrange their vacation schedules around the latter event.

Speaking of vacations (noticed how I segued into it!), I am pleased to report that the White Mountains (New Hampshire) survived another onslaught of Annapolis Striders the week prior to the July 4th holiday. This somewhat annual Strider hiking excursion, was initiated several years ago by Don Waddington and Bill Law. Dick Hillman, a master scheduler and indefatigable hiker, has been leading the charge over the last five years. At Lakes in the Clouds Hut at the Summit of Mt. Washington, we numbered eighteen, many of us (see photo above) attired in A-10 race shirts. We left many ET whistles behind in the mountains during our week long excursion and in turn, we came back with bug bites, black toes, sore knees, lots of dirty clothes but, most importantly, memories of a great time and friendships which will last a lifetime! Look for all the details (including the inside scoop on Ken "Mr. Hospitality" Lyons in a skirt at 5550 feet) in the next issue! Did you have a summer vacation revolving around a race or other outdoor excursion? If so, take a moment to share it with us.

*We'd love to hear from you.*





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# ANNAPOLIS STRIDERS

**HOTLINE**  
**268-1165**

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

## APPLICATION & RENEWAL

# Membership Form

OFFICIAL USE ONLY

MAIL WITH CHECK OR  
MONEY ORDER TO:

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

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

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

### I VOLUNTEER FOR THE FOLLOWING ACTIVITIES

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

Signature of Applicant (or parent if applicant under 18)

Date

### DUES:

Individual

Family\*

Youth (under 18)

\$10

\$15

\$5

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

### INCLUDE OTHER FAMILY MEMBER INFORMATION HERE

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

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

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

Date

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

Date

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

Date

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

Date

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

Date





MATT MACE, President  
Annapolis Striders

## MESSAGE From the President

Matt Mace

**P**ARTICIPATION has been racing ahead for the Club's events over the last year, obviously indicating greater interest in our events. The recent **Father's Day 10K** produced a field of almost 400 entrants and thanks to Race Director **Pat Donahue's** efforts, was extremely successful. Special thanks also goes to **Kevin Murnane** of North Arundel Hospital for his efforts. The new course was particularly well received.

### John Wall One Mile

The **John Wall One Mile** was also extremely successful. Race Director **Tom Bradford**, with assistance from **Scott Eden** and **Ed Klebe** who were directing the Junior Striders' races, combined for a tremendous evening. The Club is most appreciative of the Wall family's commitment to the event and look forward to working with them next year.

### Women's Distance Festival

The **Women's Distance Festival 5K** was also extremely successful, despite the heat, humidity, and fat'n fruity Joe Gross. That race, together with the **Run After The Women 5K**, has seen a marked increase over the past two years. **Patty**

**Bembe** and her family deserve a lot of credit for the success of that event.

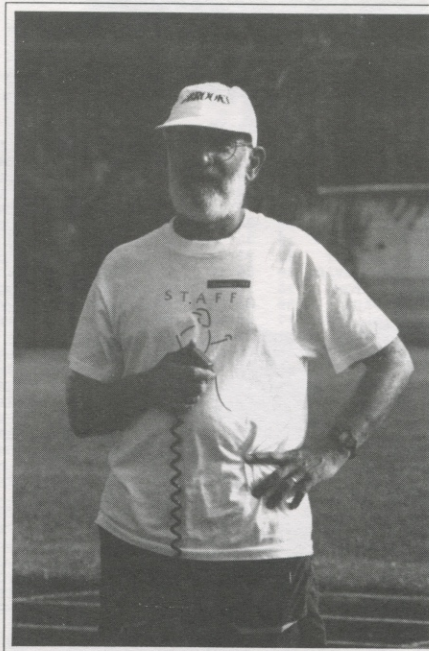
### New Race Clock

Reporting on behalf of the Board of Directors, your Club officers have been busy as well. Look for the new Club race clock at upcoming events. I certainly appreciate everyone's efforts and their continued support to make all of our events first class. To those with comments and/or concerns with respect to the events, I can only remind them that the events will improve solely as a result of their input and the efforts of everyone.

### Remember These Dates

It is hard to think about the Fall in the middle of a hot summer, but please keep two tentative dates in mind. First, the **Second Annual Race to Save Open Space** will be held on October 15, 1995. Last year's event was well attended and the Eastern Shore course certainly received accolades. **George Kirschner** promises another good race.

Also for the fall, please mark your calendars for Saturday, November 4, 1995 for the **Second Annual Cross Country Challenge**. As with last year's event, the site will be Bay Brook Park. This will provide the club members with the opportunity



**Goodby, Ed Klebe** – Board Member, Race Director, Summer Fun Coordinator, Bates Track Supervisor, runner, and friend... you will be missed.

to run against the Baltimore Roadrunners in a cross country team format style. More to follow on this event in the next issue of the Streak.

Finally, I would like to take the opportunity to thank **Ed Klebe** for all of his hard work over the past several years. As many of you are aware, Ed has been a mainstay at the Junior Striders events, the Summer Series events at Bates Track and has served as Race Director for the Two Mile Track Race for several years. Our great appreciation goes out to Ed and we are certain that the Asheville Track Club from Asheville, North Carolina will be the benefactors of Ed's move to that area.

See you on the roads.

## THIS AND THAT

FROM PAGE 1

### Personal Note from Betty

**Moore...** Thanks to the runner seen in the Race for the Cure in Washington last month who ran with my name on their shirt as a Breast Cancer Survivor. I was deeply touched. –**Betty**  
Note that the next Race for the Cure in the local area is Saturday, October 7 at Rash Field in Baltimore. There will be a

5K Run/Walk for Women, 5K Run for All and a 1 mile Fun Walk. Money raised provides breast health care and education for medically underserved women in Maryland and helps fund research. This is a race not to be missed! Call 410-433-Race to request an application.

**Attention Runners!** Join the St. Mary's Marathoners for training tips, motivation and friendship. All levels welcome. For more information, call 757-1657 or 849-8888.

**Hiker Updates** Bill Law and Tom Kessler are still interested in hearing from potential hikers for the Grand Canyon one week excursion being planned for September, 1996. Call Tom (410-768-6283) if you are interested in more details.

**Hillmans Happy Hikers** are planning their next hike for Sun, September 17 to North Point and Fort Howard Parks. Call Dick Hillman for more details (263-1844).





## A10 WORKERS' PICNIC AND RUN

Annapolis Run Workers' Picnic is Saturday, August 19 from 2 - 5 p.m. at Leon Johnson's home - 780 Mayo Road, Edgewater, 956-4335.

Directions: Rt. 2 South to Rt. 214/Central Ave., turn left, stay on Rt. 2 past Loch Haven and Camp Letts. River Club Drive comes in on the right. Turn left off Rt. 214 here. Proceed through the twin pillars and up the road to Leon's house. Watch for signs.

Come and enjoy food, soda, food, beer, food, ice cream, food, swimming and games. You may also pick up your workers' shirt and talk with your team leader.



### Letter To The Editor

Dear Annapolis Striders,

I've just spent eight days in Italy and far and away the best item of clothing I brought were the light blue pants you gave out one year at the Ten Miler. They took up almost no room in my suitcase and backpack and I could throw them on if it got cool or I toured a cathedral. Thank you!

Sincerely, Ben Beach

*(Ed. Note: Ditto! I've taken my blue pants along with me to the High Huts in the White Mountain and found all of the above to be true. But of course, there are no cathedrals to speak of in the Whites. What's the most distant, exotic, unusual place you've been seen in your A-10 wear?!?!)*

## 11th Annual Governors Bay Bridge Run

### Picture Perfect

by Tony & Ludmila Pruner,  
Race Directors



RACE DAY MORNING DAWNED warm, sunny, and bright on May 7, 1995 for the 11th Annual Governor's Bay Bridge Run over the Chesapeake Bay. After fighting traffic and squeezing into limited parking the runners were transported across the bridge via buses furnished by the Maryland Department of Transportation. Runners warmed up at the Eastern Shore start line with the typical pre-race activities of stretching, jogging, and anxious jostling for access to the limited supply of Port-o-Lets which, as at all races, never seem quite enough for the infinite pre-race calls of nature. The race began promptly at 8:00 as planned with a truckload of timers, media types, and race officials leading the way across the Bridge. The initial 2 mile long 10% uphill grade is not the most pleasant way to start a race but the runners are swiftly rewarded with the 2 mile long descent from the crest of the Bridge. The panoramic view up and down the Chesapeake Bay along this 4 mile stretch is a delight to the eyes and most runners will agree that this is truly Maryland's most spectacular run. The traditional finish line of the race at West Beach was temporarily relocated to East Beach this year due to construction activity. The change required the introduction of a sharp hairpin turn at the 5.5 mile mark. Park officials have assured the race committee that the finish line will revert back to the traditional location next year.

The men's race was won by Tim Dunlap of Lancaster, Pennsylvania with a very respectable pace of

5:25/mile. The women's winner was Liz Scanlon of Alexandria, Virginia with an excellent race pace of 5:57/mile. A total of 2,632 finishers crossed the line and immediately partook of post race refreshments.

The race premium for 1995 was a handsome 100% cotton sweatshirt with the traditional Bay Bridge design. The sweatshirt will be supplemented next year with a matching set of sweat pants. From the proceeds of the race the Annapolis Striders will donate \$3,000 to Sandy State Point Park for their help and use of the facilities as well as \$5,000 to the Chesapeake Bay Trust. To date the event has generated more than \$130,000 to the Chesapeake Bay Trust. All runners donating \$12 or more will be sent a commemorative pin for their generosity.

Thanks to all the sponsors, 1st National Bank, Coca Cola, Spring Valley, and Power Bar. Extra thanks to all pre-race and raceday workers, runners, and race officials who helped this to become a memorable event. And extra special thanks to the dedicated Striders who pitched in at the last minute and helped us pull off the race. These helpful folks included Ed Carlson, Gabrielle de Groot-Custer et ux, Ron Jarashow, Leon Johnson, Don Kennedy, Mike Long, Matt Mace, and Ben & Betty Moore.

## WE STILL NEED VOLUNTEERS FOR THE BIG ONE

### — The Annapolis 10M, Sunday, August 27th.

PLEASE CALL BRENDA NORMAN: 757-0926



# FATHER'S DAY 10K RACE RESULTS

1	EGOLF, STEVE	32	32:10
2	JONES, MARK	34	33:09
3	POINTER, MAURICE	39	34:09
4	ROSASCO, MARK	36	34:52
5	SCHRAEDER, ERIC	30	35:09
6	MACE, MATT	34	35:14
7	WALTERS, PAUL	25	35:24
8	BRADY, CHUCK	28	35:34
9	BURNS, ROBERT	42	35:36
10	GOUCHER, DAVID	39	35:50
11	PRENDKI, TOM	38	35:58
12	SERRA, PAUL	39	36:31
13	SINCLAIR, CHRIS	27	36:35
14	KIRKPATRICK, JOH51		36:42
15	DONAHUE, STEVEN	33	36:46
16	MALLONEE, MARC	25	36:50
17	GROSS, MICHAEL	24	36:51
18	BARTO, TODD	18	37:13
19	REA, MICHAEL	15	37:32
20	SANCHES, FRANCIS52		37:37
21	CERNIGLIA, MARK	33	37:42
22	KLOSE, MICHAEL	27	37:54
23	KENNEDY, MICHAEL37		38:06
24	MARTIN, KYLE	19	38:25
25	BERNHARD, DAVID	42	38:32
26	DONNELLY, STEPH38		38:36
27	RILEY, CHRIS	51	38:41
28	WALSER, DAVE	36	38:43
29	CLARK, STEPHEN	32	38:44
30	MCNULTY, MICHAEL46		38:53
31	BERNHARD, MATTHE18		38:54
32	SCHNABEL, ROB	28	38:57
33	WOODS, RICK	40	38:59
34	MOORE, ROBERT	48	39:01
35	KERCHNER, GEORGE35		39:19
36	KEENE, JOHATHAN	37	39:24
37	SOMERVILLE, RON	19	39:28
38	BUSH, BILL	18	39:28
39	CLORETY, JOE	52	39:32
40	MATHERS, JEREMY	52	39:33
41	GYAKI, ERIC	46	39:46
42	MARTIN, KUR.	19	39:58
43	NORTON, JAMES	38	40:19
44	AULT, JOHN	43	40:25
45	TURNER, KEITH	39	40:48
46	ELZINGA, BILL	57	40:50
47	VAN DYCK, LOUIS	38	40:55
48	CLARK, BRYAN	32	40:58
49	MAUCK, DANIEL	52	41:16
50	LOGAS, CHRIS	25	41:27
51	HARRINGTON, T J	44	41:31
52	TAVENER, ANDREW	25	41:34
53	FLICK, ELLIOTT	27	41:35
54	TYLER, HAMILTON	31	42:01
55	SHANKLIN, FRED	53	42:03
56	ARNOLD, BILL	49	42:09
57	VENATOR, TOM	38	42:17
58	ROBINSON, VERN	51	42:17
59	GALLAGHER, JOHN	46	42:21
60	MIKO, JOE	31	42:26
61	PUGLISI, LARRY	41	42:27
62	FENNELL, SKIP	50	42:32
63	KAUFMAN, JAMES	40	42:36
64	WITOMSKI, STANLE61		42:41
65	RIPPINGER, DANIE40		42:42
66	MOTE, WILLIAM	40	42:45
67	SENO, MARK	31	42:53
68	HENDERSON, CLINT38		42:57
69	BROWN, PATRICK	50	43:05
70	MILLER, JAMES	38	43:06
71	GROSS, MERVIN	56	43:08
72	FAY, JOHN	47	43:09
73	SANCHES, AMADEU	55	43:12
74	SIMPSON, FREDER144		43:15
75	BRADFORD, TOM	51	43:23
76	BURASH, ROBERT	48	43:24
77	BRIAN, MICHAEL	44	43:30
78	LANDOLF, FRANCIS46		43:38
79	BROWN, MARC	26	43:40
80	MAGNAN, JOHN	49	43:42
81	MEEHAN, RICHARD	30	43:43
82	LIPPS, JAMES	32	43:48
83	WALLACE, STEPHEN26		43:49
84	POLSON, THOR	37	43:52
85	TIGHE, JOHN	34	43:58
86	GWYN, JAMES	40	44:02
87	BANZ, MICHAEL	41	44:04
88	BOWMAN, RON	45	44:08
89	KLING, STEVE	36	44:15
90	BITGOOD, JAMES	49	44:22
91	BRADY, STEVEN	38	44:28
92	NOCTOR, JIM	55	44:36
93	RAFFERTY, MICHAEL15		44:37
94	PACK, JOHN	55	44:44
95	CARTER, JAMES	38	44:47
96	ALLEN, JR, DENN132		44:58
97	KERCHNER, GREG	40	44:59
98	BOSCH, JEFF	38	45:00
99	WILLIAMS, ANTHON55		45:08
100	KAVANOUGH, MICHAEL35		45:10
101	PRUNER, ANTHONY	40	45:16
102	KENNEDY, DONALD	47	45:22
103	LANE, CHARLES	48	45:26
104	BARRETT, NEAL	42	45:26
105	KLEBE, ED	55	45:31
106	WHITE, MARK	37	45:35
107	TAVEL, PAUL	45	45:39
108	LEVIN, PHILLIP	36	45:41
109	SEWELL, GARY	53	45:51
110	HANLEEN, GERRY	37	45:55
111	FREDLAND, ERIC	52	45:59
112	GERRITY, MIKE	47	46:09
113	BOLT, RONALD	53	46:10
114	BARTOSEVICH, IAN21		46:12

115	KEAGLE, JOE	32	46:13
116	SYNANCYK, DANIEL48		46:16
117	O'HANLON, CHAREL34		46:21
118	COHEN, HARVEY	44	46:26
119	HENDERSON, ARNOL58		46:30
120	BRUUN, PETER	31	46:35
121	BERRY, TRACY	45	46:37
122	MOOD, RICK	47	46:39
123	HAINES, GORDON	42	46:43
124	LEE, NORMAN	60	46:50
125	CARTER, RODGER	50	46:51
126	AMMONS, DEREK	35	47:00
127	SULLIVAN, JIM	29	47:02
128	SALMON-COX, PETE55		47:04
129	MUSKIN, CHARLES	46	47:05
130	WOODHAM, KURT	34	47:14
131	BRIGHT, MIKE	44	47:23
132	BERGESON, MICHAEL42		47:24
133	DAUBERT, CHRIS	25	47:25
134	HRONER, LARRY	49	47:30
135	MAYNARD, JOHN	45	47:31
136	MCASLAND, MICHA60		47:32
137	MARTIN, MIKE	34	47:41
138	CHAMBERLIN, WEBS64		47:43
139	SCOTT, WILFORD	45	47:44
140	PERRY, CHUCK	27	47:47
141	HAYDEN, ROBERT	40	47:47
142	BAGLEY, BRUCE	43	47:48
143	DARDEN, ANTONY	35	47:48
144	SCHENKER, STEVEN33		47:49
145	PARKER, LARRY	46	47:53
146	CHAMBERLIN, JOHN33		47:56
147	KOCH, DAVID	32	47:59
148	SAPPINGTON, JOE	43	48:01
149	WHITEHEAD, JAMES31		48:05
150	JOSEPH, JOHN	48	48:10
151	RUSSELL, DAVID	42	48:10
152	HAWORTH, WILLIAM32		48:11
153	SOYARS, BRUCE	45	48:12
154	MEYER, JON	47	48:20
155	LUDICO, CHARLES	39	48:24
156	FURTON, WILLIAM	37	48:25
157	DAVIS, WILLIAM	50	48:30
158	BRENTON, ROBERT	40	48:33
159	STONERAM, PAUL	48	48:36
160	MOORE, BEN	69	48:39
161	KESLER, THOMAS	41	48:41
162	BLEMLY, CRAIG	43	48:43
163	JERPE, JAMES	55	48:48
164	MILLER, DANIEL	39	48:49
165	TICHENOR, MIKE	43	48:51
166	DELOACHE, WYATTE42		48:52
167	CHRISTIAN, WILLI51		48:58
168	SMITH, TIM	41	49:02
169	DENSMORE, KEVIN	25	49:03
170	MAHER, KEVIN	36	49:05
171	GLEASON, PETER	42	49:06
172	MARCUS, GERALD	28	49:07
173	O'BOYLE, JOSEPH	52	49:11
174	ZIEGLER, RONALD	30	49:13
175	HIGDON, DON	52	49:15
176	THOMPSON, ROBERT41		49:26
177	FARRELL, JR, HEN32		49:28
178	DOWNES, ROBERT	40	49:38
179	MYERS, WILL	45	49:48
180	GAST, KEVIN	41	49:49
181	HUHN, THOMAS	52	49:56
182	JACOBS, PAUL	42	49:57
183	ETCHISON, JIM	42	50:11
184	LUTZ, EDWARD	56	50:15
185	GREENSPAN, ANDRE34		50:19
186	KONYAR, JEFF	42	50:21
187	CHAPMAN, BRAD	25	50:38
189	PERKINS, CARL	44	50:40
190	GALUSKI, MICK	46	50:43
191	GETWICKS, JAMES	48	51:03
192	WANBAUGH, STEVE	40	51:13
193	WATSON, PAUL	45	51:14
194	SCHOBEL, ERIC	24	51:19
195	HERMAN, DOUG	37	51:22
196	BROWN, PAUL	42	51:22
197	BENSO, MICHAEL	41	51:25
198	NISLEIN, GEORGE	54	51:29
199	SMITH, RICHARD	52	51:33
200	DONALD, ROBERT	56	51:37
201	APPEL, KARL	36	51:39
202	BARNEY, STEVE	43	51:49
203	DRIVER, JAMES	53	51:50
204	GELLERT, JEFF	31	51:55
205	O'MAHONY, TERRY	32	52:04
206	TURK, RONALD	41	52:27
207	ROWELL, DICK	53	52:33
208	BARTOSEVICH, DAV48		52:34
209	PRITCHARD, DENZI73		52:40
210	JIMENEZ, MANUEL	55	52:46
211	FREMUTH, JACK	45	52:53
212	MURPHY, WILLIAM	48	52:54
213	SCOTT, EARL	55	53:03
214	ENGEL, ALAN	42	53:05
215	REHBERG, CLARK	54	53:09
216	KRYSIK, DANIEL	31	53:24
217	COLE, TONY	34	53:33
218	COLE, EDDIE	36	53:42
219	FRANK, MICHAEL	50	53:56
220	RICCIO, GUY	74	53:58
221	KRUCK, RALPH	53	54:08
222	WILSON, NICHOLAS51		54:15
223	MC DONALD, CECIL	49	54:22
224	MACKAY, JOHN	39	54:29
225	SARMIENTO, RICK	50	54:31
226	COLLINSON, BILL	29	54:33
227	FROMM, ERIC	49	54:42
228	SWANN, TIMOTHY	37	54:46

229	VOGENITZ, BILL	47	54:55
230	DASILVA, JR, ARM38		55:03
231	DAVIS, MICHAEL	30	55:04
232	MURNANE, KEVIN	39	55:22
233	WALSER, DAVID	13	55:28
234	DAVIS, GORMAN	54	55:28
235	IRVINE, RUSS	39	55:29
236	CROSSMAN, BRETT	30	55:47
237	KRYSIK, DENNIS	31	55:49
238	MONDORFF, LARRY	46	56:00
239	STROHEKER, NEAL	52	56:02
240	MCEVERS, DON	51	56:29
241	LUCIA SR., JOHN	52	56:30
242	ROYCE, GERALD	53	56:33
243	STARNES, KENT	35	56:36
244	KOLETTY, JOHN	53	56:55
245	PAVLINIC, NICK	43	57:00
246	WYCHERLEY, ALAN	52	57:39
247	ABDUL KHALIQ, WI46		57:47
248	SCHWABE, KARL	55	58:07
249	WHITE, JOHN	27	58:08
250	MCGRATH, ARTHUR	24	58:08
251	CHIZMAR, ERNEST	46	58:27
252	BRADFORD, JOHN	56	58:27
253	KURPUJWEIT, JOHN50		59:57
254	PATRICK, LEE	52	59:59
255	MOORE, RICHARD	55	59:59
256	ENGEL, ROBERT	68	1:00:13
257	HASKELL, JOSEPH	28	1:01:16
258	BUCK, PAUL	25	1:01:26
259	LANE, CHRISTOPHE11		1:01:51
260	RILEY, THOMAS	36	1:02:25
261	COGSWELL, EDWIN	40	1:02:28
262	DEAN, ROBERT	70	1:02:29
263	WRIGHT, GENE	57	1:02:57
264	DARRAGH, TIMOTHY41		1:03:42
265	JONES, HAROLD	70	1:05:14
266	GIBSON, GEORGE	53	1:06:14

## FEMALE FINISHERS

1	MALLY, ROSE	46	36:55
2	ROSASCO, CAROLE	35	39:14
3	BROOKOVER, TRIC127		39:54
4	LUNDEEN, JENNIFE35		42:10
5	BRIERS, SUSAN	39	43:36
6	GAUCK, GRETCHEN	29	44:09
7	GREEN, DANALEE	48	44:52
8	CONTARINO, CYNTH34		45:08
9	WELSH-PELLEGRINO,	48	45:38
10	BONTA, MEREDITH	49	45:46
11	SFEKAS, JOANNE	50	45:53
12	BROWN, LESLIE	29	45:56
13	ROBERTS, ANN	29	46:23
14	BARR, MARYPAT	35	46:29
15	SULLIVAN, JENNIF30		47:02
16	FLOCKART, SUZIE	24	47:03
17	NYE, ALURA	32	47:26
18	BAR-DIN, MIRIAM	28	47:54
19	TOOHEY, LISA	40	47:57
20	LANG, MARY	41	48:01
21	BUNTING, KAREN	38	48:15
22	LAIRD, HELEN	36	48:29
23	GRILLO, ANN	23	48:35
24	HALEY, PAMELA	45	48:36
25	GRAF, TAMI	58	48:45
26	PARVIS, BARBARA	28	48:53
27	NORMAN, BRENDA	37	49:06
28	MANN, NANCY	49	49:16
29	WATSON, CHRIS	30	49:22
30	NORTON, MARY	19	49:32
31	FRUSTAGLIO, DIAN33		49:47
32	BOLT, KIRSTEN	16	50:53
33	SCHNEIDER, JANE	48	51:05
34	CROWE, JACKIE	46	51:10
35	MCGARITY, SUZY	35	51:20
36	TWIST, RITA	42	51:51
37	BLAHA, KATHY	37	51:55
38	TOWNSEND, EMILY	39	51:59
39	BOLLINO, BARBARA34		51:59
40	SERIO, SHARON	48	52:03
41	WEBB, KERRY	21	52:18
42	FARRELL, PATTIE	31	52:23
43	CIURCA, DEBORAH	22	52:34
44	DORSEY, DEBORAH	27	53:31
45	KAHL, LINDA	41	53:56
46	MCCRAY, ROBYN	24	54:11
47	ANDERSON, PAT	42	54:30
48	LANE, JULIA	31	54:53
49	WEINSTOCK, SUSAN29		55:01
50	RIGGIN, BARBARA	55	55:06
51	KURTH, SABRA	33	55:22
52	HAWORTH, CINDY	31	55:39
53	SIMPSON, LINDA	53	55:40
54	FURTON, JOANNE	35	55:44
55	ZOLLAR, DIANE	44	55:45
56	GRILLO, MARY	56	55:56
57	SCHAUS, JENNIFER23		56:37
58	FORMAN, JOAN	53	57:03
59	SHAFFER, KIMBERLY21		57:08
60	KEENE, JUDITH	35	57:17
61	AASEN, YVONNE	63	57:44
62	BURASH, SANDRA	48	57:50
63	BAGDASIAN, CHERY35		57:57
64	REHBERG, PAT	42	58:17
65	HAINES, SARAH	14	58:28
66	ALIG, MEREDITH	15	58:50
67	THOMAS, NANCY	43	59:51
68	MAYNARD, KATHY	42	:00:20
69	SCHULTZ, PAULA	40	:00:52
70	MILANI, JACKIE	29	:02:18
71	DARROWSMITH, PAT33		:03:15
72	WEBB, LINDA	46	:03:19
73	LEWIS, MARIA	39	:03:40
74	BENSO, LAURA	37	:03:41
75	WEBB, TERRI	23	:04:17
76	CAVEY, CLAUDIA	37	:06:48



## American Cancer Society 24-Hour Relay For Life

# Striders For Life

BY RON BOWMAN

**R**ecently a group of Striders got the opportunity to do what they like to do best - run - and to participate in a worthy cause.

The American Cancer Society each year sponsors 24-Hour Relay's For Life in various cities across the country to raise funds to continue the search for a cure to this disease that, it is safe to say, has touched each one of us in some way at some time.

This year the local Society arranged to put on a relay at the Severna Park High School track from Friday evening May 19 to Saturday May 20. The event caught the interest of two long time Striders, Lynn Hopkins and Sandy Balderson. Although the Relay is intended to consist of 10 person teams that walk in 30 minute intervals, Lynn and Sandy arranged with Relay officials to allow the Strider team to run the entire 24 hours.

The team came together quickly as word got around that it was NOT going to be a competitive event. On Relay day, the STRIDERS FOR LIFE team, as we had dubbed ourselves, was ready to go. The team consisted of Sandy and Lynn, Ron Bowman, Ben Moore, Paul Tavel, Brenda Norman, Jim Carter, and Julie Bocker. The event began with great fanfare; the Severna Park High School band played all the inspiring tunes they knew, the Severna Park Bans Booster Club was out in force and would keep the concession stands open the entire 24 hours with proceeds going to the Society. The first lap was a symbolic procession of cancer survivors wearing purple sashes. Our own honorees were Gert Spadone and Betty Moore.

Then we got down to business. Let me tell you, there is no comparison

between running 30 minutes with a 3 1/2 hour break and a live disc jockey and all kinds of entertainment going on with the 24 Hour Relay in Howard County that a lot of us are familiar with! The hours were occupied with contests for best looking camp, camp with the best food, and participants with the best logo. Although we Striders For Life didn't capture any of those titles it wasn't for not trying - we even offered to bribe the female judges with Ben's body!

A number of Striders stopped by to offer support. Tom Bradford even got his long run in for the week by running with us for two hours. Sue Briers offered her "insights" on the (in)compatibility of Striders and fried chicken, of which we had plenty. Julie Lane graced us with her perky smile and ran with Brenda for quite a while both days. Ed Klebe brought us donut holes, which we all tried to avoid but somehow most of them were gone by morning, and T.J. Harrington found time from his responsibilities with Annapolis' finest to visit for a while. The night brought that experience that only ultrarunners and 24-hour relay participants can fully appreciate; the stories that legends are made of - Ben Moore and his beef stew or baked beans at the last 24-hour relay comes to mind. This relay was no different. None of us will forget Paul Tavel thrashing around in his gym bag, folding and unfolding something in plastic for what seemed like hours... at 2:00am, or being awakened by Sandy yelling from the track (a good 50 yards away) that she was going to have to run an extra lap if her relief (yours truly was sound asleep with 5 minutes left before I was to relieve her) didn't get a move on. I want you to know that I made it with seconds to spare even though the port-a-potty door snagged my hat and hair and wouldn't let go! Jim Carter had to be suffering the next day; when he would finish his turn running he found he couldn't get to sleep so he spent most of the night wide awake making the rounds, talking to everyone. Every one of the participants knew Jimmy by the next morning. We all expressed our sympathies to Betty for having to put up with Ben's snoring, and we found out



Jim Carter ready for life, May 19th and 20th, 1995

that even normally mild-mannered Brenda could be grumpy when she came in from her shift and found every item she brought was soaked from the dew.

After dark, we all participated in another ceremony honoring victims of cancer by lighting luminarias around the track with names of friends and loved ones written on them. We all remembered Don Waddington fondly, he was one of our own. On Saturday, after suffering through the heat of the day, we wound down for the closing ceremonies. All participants from the 17 teams gathered to do the "last lap" together. Awards were given for the team collecting the most donations; Anne Arundel Medical Center won that by collecting over \$2000 (between their 4 teams). Striders For Life came in a respectable fourth by collecting over \$1400 with only 8 people. Sandy won an exquisite jeweled watch by collecting more donations than any other participate, over \$500!

It was truly an enjoyable experience, elevated by the fact that we contributed to the collection of over \$20,000 in donations to go toward finding a cure for cancer. Next year we hope to see even greater participation from Striders and maybe field two teams.

You've got a year to think about it.

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**The night brought that experience that only ultrarunners can fully appreciate; the stories that legends are made of - like the one about Ben Moore and his baked beans at the last 24-hour relay...**

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# How I Became A Runner

By Iris D. Wyvill

I'M NOT REALLY SURE how it all started, I remember being on the side lines at various races watching the runners go by and thinking how easy it all looked. So when I saw the advertisement in the 1993 spring issue of the "Streak" for the new Beginning Runners Program, I thought it couldn't be all that hard and I'd give it a try. Little did I know at the time what I was getting myself into.

You would think that after living with a runner for two years and seeing how fanatical he was, I would have been a little more prepared. Certainly I would never end up like him; only running in certain clothes; having to run at least four

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**I felt that Evan would never  
blow the whistle that  
signaled walk time.**

---

to five times a week or life was hell (not only for him but for the entire family); relating every ache or pain: or worse, reliving splits every time we went by a certain race course or to anyone who would listen. No, I was certain I would never end up like that.

It's funny though how life plays certain tricks on you, or you think you know yourself better than you actually do. I began the Beginning Runners Program with a certain amount of ignorance. The first lesson I learned was that running is not easy. The second lesson was that I was a glutton for punishment. Things didn't seem bad in the beginning. The weather was cool (being mid May/early June), the group was friendly and everyone was enjoying the running. We were, however, only running three minutes at a time with one minute walks in between. However, several weeks later the area experienced the most intense heat and humidity that it had in years. I wondered, when I looked ahead to the coming weeks of the program, how in the world was I ever going to run five whole minutes without stopping, and worse, what about the additional minutes after that? There was

**ET  
made me  
do it.**

no way I could do it. As I ran I kept thinking about how stupid I was for signing up for this class, that any one who really enjoyed this was out of their mind, and I was certainly out of mine for being there. I felt that Evan would never blow the whistle that signaled walk time. (I often wondered if E.T. didn't cheat us out of some of our rest time, because that minute went awful fast)

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**I am sure that this was the  
slowest 5K Meredith ever ran  
in her life, but her support  
was typical of the support we  
received from Striders  
throughout the program.**

---

After each session though, I was back for the next class, and of course the same thoughts ran through my head. I was convinced I had lost my mind. Not only did I keep coming back for more, but I was now relaying my aches and pains to my husband, and when he suggested a short break to recover, I thought he was out of his mind. Stop running and lose ground! No way!

It wasn't easy, at least in my mind, but I made it to graduation. Graduation being the Women's Distance Festival/Run After the Women 5K on July 17, 1993. There I was on the other side of the line; no longer on the sidelines, but at the start line. Of course, I had help, Meredith Bonta was there running every step with me and Jenny (my new running partner/classmate

and now friend). I am sure that this was the slowest 5K Meredith ever ran in her life, but her support was typical of the support we received from various Striders throughout the running program. It wasn't a fast race and it wasn't as easy as it looks on the sidelines, but it was one of my biggest accomplishments and I was on cloud nine. I did it. I ran my first race. I was slow but I didn't walk. I was, I must admit, obnoxious in relating my splits to anyone who would listen, and I apologize to my husband for making him ride around the race course afterward so I could give him a step by step analysis of the race.

I've run several 5K's since that day and have even completed a couple of 5 milers. My times have improved; it's easy to improve mega-slow times to slow times, and running has become part of my life. Unfortunately, I had a skiing accident right after Christmas, 1993 and hurt my left knee. When the doctor said no running for at least three months and possible surgery, I was depressed. There went the first half of 1994. That was going to be the year for greater strides and increased training. I had my races mapped out, beginning with the Valentine's Day Twosome. For some reason I thought this would be a romantic race to run with my husband. (Boy had things changed in my life. Running romantic, I had lost my mind). However, I may have been down but I was not out. The key words now were BAY BRIDGE, my goal was to rehabilitate and run the 1995 Bay Bridge race as my first 10K. So after a year of regrouping and training, guess what? I did it. I ran my first Bay Bridge 10K. It wasn't fast, but it was wonderful. The

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**I ran across the bridge  
and looked out over the  
sky I felt that I could  
accomplish anything.**

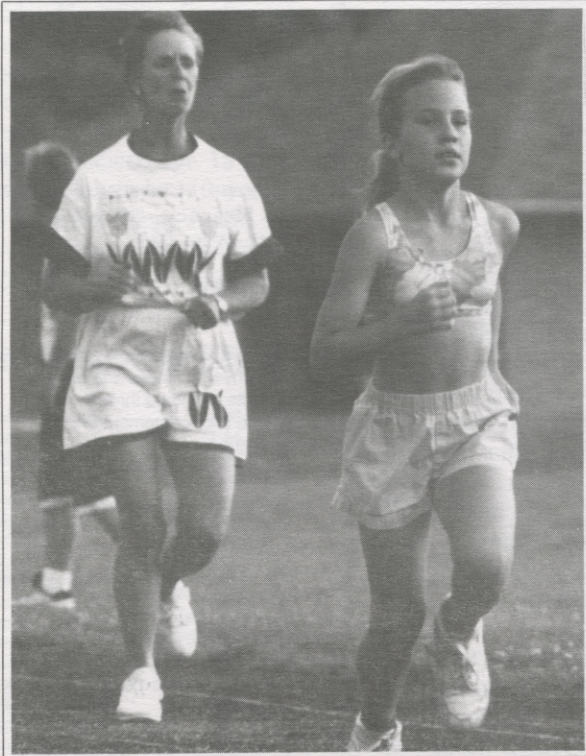
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weather was beautiful and as I ran across the bridge and looked out over the sky I felt that I could accomplish anything.

I am not a fast runner, and I know that I will not win any races in the true sense of that phrase, but I am a runner and in that sense I am a winner.



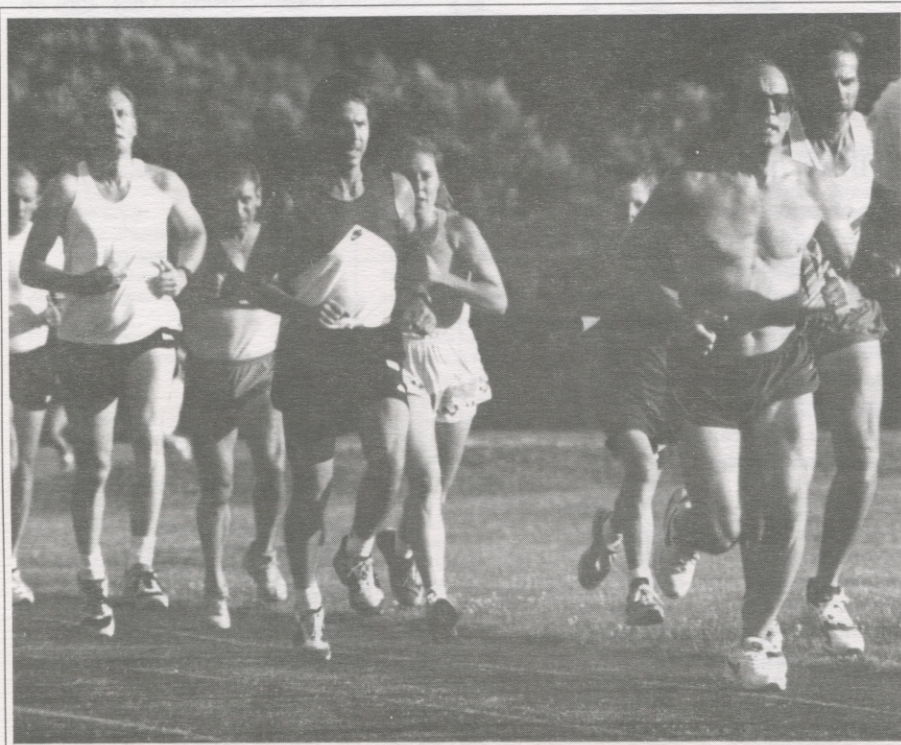
## SUMMER STRIDERS



Delma Miller (I) follows a young Jr. Strider on the Bates track for the John Wall 1 Mile run.



Women's Distance Festival Runners enjoy the abundance of fruit and refreshments.



Tony Pruner (sunglasses) goes for the gusto in the John Wall 1M run.

**Photos by  
Lee Masser &  
Sharon Serio**



Heat? What heat?



# JOHN WALL 1M

from page 1

5:55 with Cynthia Symancyk a close second. Meredith Bonta was the masters's winner in 6:23.

Young striders were out in force and running some impressive times. Connor Blemly age 11 ran a 6:02 and Carolyn Colacicco age 13 ran a 6:03. Other milers under 10 years of age were William Eden, Justin Gooding, Kevin Sullivan, Garrett Gooding, Jessie Paltell, Staci Henderson, Steven

Hall, Alex Jaulegui, Aaron Washington, Tommy Sullivan, and Nicola Payne. Let's not forget our more mature runners. Recently turned 70 Ben Moore recorded a 6:56 (watch out Denzil).

Embarrassed by his first absence since the race started last year, Will Scott showed up and finished his 13th John Wall. Will also holds the distinction of having run more championship races than anyone (more to come on this subject in a future article).

Thanks to all who helped make the

John Wall and the Junior Strider's events one of the best ever. Despite the great weather and the great turnout there was some sadness associated with this year's race - the realization that Ed "Bates Track" Klebe will soon be leaving to begin his professional running career in North Carolina. We wish him all the best and hope to see him show up from time to time in the Annapolis area as an invited runner.

See you all next year!!

## JOHN WALL RACE RESULTS

1. Jason Reckner	18	4:30	67. Jon Meyer	48	6:18
2. Dave Wall	21	4:34	68. Cynthia Contarino	34	6:20
3. Mark Jones	34	4:35	69. Evan Thomas	54	6:21
4. Paul Peterson	41	4:42	70. Meredith Bonta	49	6:23
5. Tim Briles	16	4:44	71. Erin Masterson	11	6:25
6. Steve Egolf	32	4:44	72. Charlie Lane	48	6:25
7. Ted Poulos	33	4:45	73. Scott Eden	41	6:25
8. Jim Griffith	35	4:52	74. Suzie Flockard	24	6:25
9. Eric Schrader	30	4:55	75. Edward Klebe	55	6:28
10. David Webster	42	4:55	76. Jim Etchison	42	6:28
11. Remus Medley	25	4:56	77. Dan Symancyk	48	6:28
12. Paul Serra	39	4:57	78. Greg Sullivan	12	6:32
13. Matt Mace	34	4:58	79. Steve Barney	43	6:33
14. Andy Owings	17	5:00	80. Don Kennedy	48	6:33
15. Mike Kennedy	37	5:00	81. Gordon Haines	42	6:33
16. Jerry Pentoney	19	5:01	82. Paul Tavel	45	6:35
17. Mike Rea	15	5:02	83. Sean Murphy	10	6:35
18. Tony Basile	36	5:03	84. Danalee Green	48	6:37
19. Paul Baltutis	37	5:03	85. Steve Wambaugh	46	6:41
20. Steve Donnelly	38	5:04	86. Dick Hillman	52	6:46
21. John Kirkpatrick	51	5:06	87. Will Scott	45	6:47
22. Rick Woods	40	5:08	88. Brenda Lee Norman	37	6:48
23. Dave Walser	36	5:09	89. Hillary Brown	12	6:49
24. Brian McDaniel	15	5:14	90. Lisa Toohey	40	6:50
25. Jason Hash	16	5:14	91. Ron Twist	44	6:50
26. Webster Powell	15	5:17	92. Bill Vogenitz	47	6:52
27. Chris Cornwell	17	5:17	93. Michael Benso	42	6:53
28. Bob Weiner	48	5:21	94. William Eden	9	6:54
29. Oliver Payne	42	5:21	95. Will Myers	46	6:54
30. Bob Biddle	35	5:23	96. Sidney Oaksmith	40	6:54
31. Elliott Flick	27	5:29	97. Justin Gooding	9	6:55
32. Jason Case	16	5:30	98. Ben Moore	70	6:56
33. Francisco Sanchez	53	5:30	99. Kathy Blaha	37	6:57
34. Jim Buck	52	5:30	100. Mary Norton	19	6:59
35. Steve Clark	32	5:31	101. Sarah Haines	14	7:00
36. Brooks Sherman	44	5:32	102. Rita Twist	42	7:01
37. Geoff Atkinson	20	5:33	103. Kevin Sullivan	8	7:03
38. Clint Henderson	39	5:38	104. Norm Lee	60	7:04
39. Chris Logas	25	5:38	105. David Walser	13	7:06
40. Ed Bannat	48	5:41	106. Garrett Gooding	7	7:07
41. Joe Clorey	52	5:47	107. Mike McAusland	60	7:10
42. Jim Kaufman	42	5:48	108. Jessie Paltell	8	7:12
43. Steve Scott	35	5:50	109. Julie Lane	31	7:13
44. Barton Clark	52	5:52	110. Russ Irvine	39	7:13
45. Ron Bowman	45	5:53	111. Cecil McDonald	50	7:14
46. Derek Ammons	35	5:53	112. Chris Fritz	11	7:15
47. Mike Brian	45	5:55	113. Kitty Good	39	7:20
48. Gretchen Oaksmith	14	5:55	114. Kevin Tavel	10	7:26
49. John Fay	48	5:56	115. Allan Wycherley	53	7:27
50. Michael Banz	41	5:57	116. Jackie Crowe	46	7:34
51. Cynthia Symancyk	21	5:58	117. Lee Masser	59	7:36
52. Amadeu Sanchez	55	5:59	118. Linda Simpson	53	7:36
53. John Gallagher	46	5:59	119. Staci Henderson	9	7:39
54. Tony Pruner	40	6:01	120. Karl Schwabe	55	7:40
55. Fred Shanklin	54	6:01	121. Eric Fromm	49	7:45
56. Connor Blemly	11	6:02	122. Nicole Jantz	13	7:49
57. Craig Blemly	43	6:03	123. Guy Riccio	74	8:08
58. Carolyn Colacicco	13	6:03	124. Steven Hall	7	8:10
59. T.J. Harrington	44	6:05	125. Alex Jaulegui	7	8:11
60. Pat Donahue	43	6:08	126. Lee Patrick	52	8:13
61. John Pack	55	6:08	127. Aaron Washington	9	8:14
62. Jennifer Sullivan	30	6:11	128. Ed Jantz	46	8:15
63. Jim Noctor	55	6:11	129. Tommy Sullivan	6	8:22
64. Tom Bradford	52	6:12	130. Chris Lane	11	8:25
65. Susan Briers	39	6:15	131. Ernest Chizmar	47	8:31
66. Brian Scott	17	6:17	132. Cheryl Bagdasian	35	8:34

133. Nicola Payne	7	8:37
134. Joan Forman	53	8:41
135. Darrin Gooding	11	8:46
136. Danielle Jaulegui	39	8:47
137. Patricia Berg	51	9:14
138. Yvonne Aasen	63	9:41
139. Frances Kushner	40	10:07
140. Peggy Haines	40	10:09

### Women - Age Group Winners

#### Under 10

1. Jessie Paltell	7:12
2. Staci Henderson	7:39
3. Nicola Payne	8:37

#### 10-14

1. Carolyn Colacicco	6:03
2. Erin Masterson	6:25
3. Hillary Brown	6:49

#### 14-19

1. Mary Norton	6:59
----------------	------

#### 20-24

1. Cynthia Symancyk	5:58
2. Suzie Flockard	6:25

#### 30-34

1. Jennifer Sullivan	6:11
2. Cynthia Contarino	6:20
3. Julie Lane	7:13

#### 35-39

1. Susan Briers	6:15
2. Brenda Lee Norman	6:48
3. Kathy Blaha	6:57

#### 40-44

1. Lisa Toohey	6:50
2. Rita Twist	7:01
3. Frances Kushner	10:07

#### 45-49

1. Danalee Green	6:37
2. Jackie Crowe	7:34

#### 50-54

1. Linda Simpson	7:36
2. Joan Forman	8:41
3. Patricia Berg	9:14

#### 60-64

1. Yvonne Aasen	9:41
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### Men - Age Group Winners

#### Under 10

1. William Eden	6:54
2. Justin Gooding	6:55
3. Kevin Sullivan	7:03

#### 10-14

1. Connor Blemly	6:02
2. Greg Sullivan	6:32
3. Sean Murphy	6:35

#### 15-19

1. Jason Reckner	4:30
2. Tim Briles	4:44
3. Andy Owings	5:00

#### 20-24

1. Dave Wall	4:34
2. Geoff Atkinson	5:33

#### 25-29

1. Remus Medley	4:56
2. Elliott Flick	5:29
3. Chris Logas	5:38

#### 30-34

1. Mark Jones	4:35
2. Steve Egolf	4:44
3. Ted Poulos	4:45

### 35-39

1. Jim Griffith	4:52
2. Paul Serra	4:57
3. Mike Kennedy	5:00

### 40-44

1. David Webster	4:55
2. Rick Woods	5:08
3. Oliver Payne	5:21

### 45-49

1. Bob Weiner	5:21
2. Ed Bannat	5:41
3. Ron Bowman	5:53

### 50-54

1. John Kirkpatrick	5:06
2. Francisco Sanchez	5:30
3. Jim Buck	5:30

### 55-59

1. Amadeu Sanchez	5:59
2. John Pack	6:08
3. Jim Noctor	6:11

### 60-64

1. Norm Lee	7:04
2. Mike McAusland	7:10

### 70-74

1. Ben Moore	6:56
2. Guy Riccio	8:08

### New Age Group Records - Men

Garrett Gooding	7	7:07
Connor Blemly	11	6:02
Jason Reckner	18	4:30
Paul Peterson	41	4:42
John Kirkpatrick	51	5:06
Francisco Sanchez	53	5:30
Ben Moore	70	6:56
Guy Riccio	74	8:08

### Women

Jessie Paltell	8	7:12
Staci Henderson	9	7:39
Erin Masterson	11	6:25
Carolyn Colacicco	13	6:03
Gretchen Oaksmith	14	5:55
Cynthia Symancyk	21	5:58
Sue Briers	39	6:15
Meredith Bonta	49	6:23
Yvonne Aasen	63	9:41

### Age Group Records broken this year

#### Men

10 Cyril Holland	6:00
13 Aaryn Balutis	5:35
15 Andy Beal	4:33
36 Robert Marino	4:30
41 David Webster	4:48
45 Eric Gyaki	5:20
47 Gary Rust	4:57
51 Joe Clorey	5:24
53 Fred Shanklin	5:31
73 Denzil Pritchard	7:02

### Age Group Records broken this year

#### Women

11 Hillary Brown	6:59
15 Sarah Kaufman	6:00
20 Cynthia Symancyk	5:42
34 Jennifer Lundeen	6:02
38 Sue Briers	6:09
52 Linda Simpson	7:38



## Championship Series Results

continued from page 14

Francisco Sanches	5	2	4	2	13
Fred Shanklin	4	4	5	6	19
Tom Bradford	8	6	6	7	27
Gary Sewell	9	8	7	8	32
Don Higdon	10	11	9	11	41
Jim Buck	3	5	2	35	45
Karl Schwabe	14	15	11	20	60
Lee Patrick	14	15	12	22	63
Dan Mauck	6	35	35	5	81
Patrick Albornoz	7	10	35	35	87
Evan Thomas	35	9	8	35	87
Joseph Zepeda	11	12	35	35	93
Earl Scott	35	14	35	13	97
Alan Wycherley	13	35	35	19	102
Chris Riley	35	35	35	3	108
Jerry Pentoney	35	7	35	35	112
Eric Fredland	35	35	35	9	114
Joe O'Boyle	35	35	35	10	115
Dick Hillman	35	35	10	35	115
Richard Smith	35	35	35	12	117
John Strumsky	12	35	35	35	117
Mike Long	35	13	35	35	118
Clark Rehberg	35	35	35	14	119
Michael Frank	35	35	35	15	120
John Lucia	35	35	35	16	121
Gerald Royce	35	35	35	17	122
Jack Koletty	35	35	35	18	123
John Bradford	35	35	35	21	126
<b>Men 55 - 59</b>					
John Pack	4	1	1	3	9
Edward Klebe	1	8	2	4	15
Michael McAusland	7	5	6	8	26
Norm Lee	10	6	7	6	29
Jim Noctor	3	3	35	2	43
Amie Henderson	5	35	3	5	48
Peter Salmon-Cox	35	4	4	7	50
Lee Masser	12	9	8	35	64
Amadeu Sanches	35	2	35	1	73
Ed Karlson	9	35	5	35	84
Robert Donald	11	35	35	9	90
Ken Lyons	2	35	35	35	107
Neal Hinkle	6	35	35	35	111
William Derr	35	7	35	35	112
Doug Joyce	8	35	35	35	113
Clair Morris	13	35	35	35	118
<b>Men 60 - 64</b>					
Web Chamberlain	35	1	35	2	73
William Douglas	2	35	1	35	73
Milt Taylor	1	35	35	35	106
Stanley Witomski	35	35	35	1	106
Edgar Parker	35	35	2	35	107
Brad Chapman	35	35	35	3	108
<b>Men 65 - 69</b>					
Roy Elder	1	2	35	35	73
Ben Moore	35	35	35	1	106
Leon Johnson	35	1	35	35	106
Harold Michaelis	2	35	35	35	107
Harold Jones	35	35	35	2	107
Rich Marshall	3	35	35	35	108
<b>Men 70 - 74</b>					
Denzil Pritchard	1	1	35	1	38
Guy Riccio	2	35	1	2	40

This is the first edition of the 1995 champ series. If you see any errors or your name is missing and you think you should be included please call me, Bob Walters, at 544-7615

## Run to Bermuda

Run or walk your way to Honolulu or Bermuda! The Leukemia Society of America-Maryland Chapter, is currently recruiting experienced and novice runners and walkers to participate in the Honolulu Marathon (December 10) and Bermuda Marathon (January 14).

Team In Training is a unique program organized by the Leukemia Society of America in which team members are trained by experienced running and walking coaches and receive the support needed to participate in the marathon - including air and hotel reservations! In return, you run or walk the marathon and raise money in honor of a leukemia patient.

Nationally, there are 85 teams with more than 7,000 novice and experienced Team In Training members participating in 36 marathons in the United States and abroad.

Jeff Sanborne, an experienced runner and former president of the Baltimore Road Runners will be your running coach and Erin Miller, head of aerobics with Brick Bodies, will be your walking coach.

For more info about the Maryland Team In Training program, call (410) 825-2500.

## RECIPE for...

### Summer Squash Casserole

- 6 cups shredded zucchini
- 3 cups shredded yellow squash
- 1-1/2 cups chopped onions
- 1 cup shredded Cheddar cheese
- 2 to 3 teaspoons dried whole thyme
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 eggs lightly beaten
- 1/4 cup fine, dry breadcrumbs
- 1/8 teaspoon paprika

Saute onions 5 minutes or until tender over medium-high heat in a medium skillet coated with cooking spray. Combine squash, onion, cheese and next 4 ingredients in a large bowl. Stir well. Spoon into a 1-1/2 quart casserole coated with cooking spray. Combine breadcrumbs and paprika. Sprinkle evenly over squash mixture. Bake at 350 for 40 minutes or until golden.

Yield 14 servings.

Source: *Cooking for Runners. Collection of recipes assembled by Running Journal*

## 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 OCTOBER Issue is September 8th.

### ADVERTISING RATES:

Business Card - \$20

1/4 Page - \$40

Half Page - \$70

Full Page - \$100

## Books Directories Newsletters

The  
Annapolis  
Publishing  
Company

280-1414

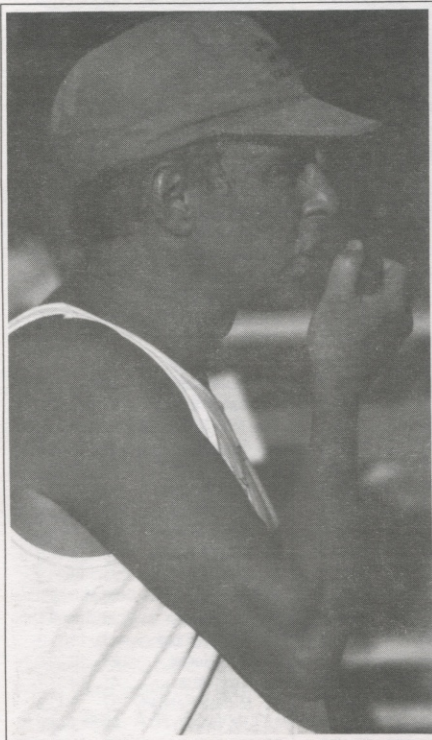
114 WEST STREET  
ANNAPOLIS, MARYLAND 21401



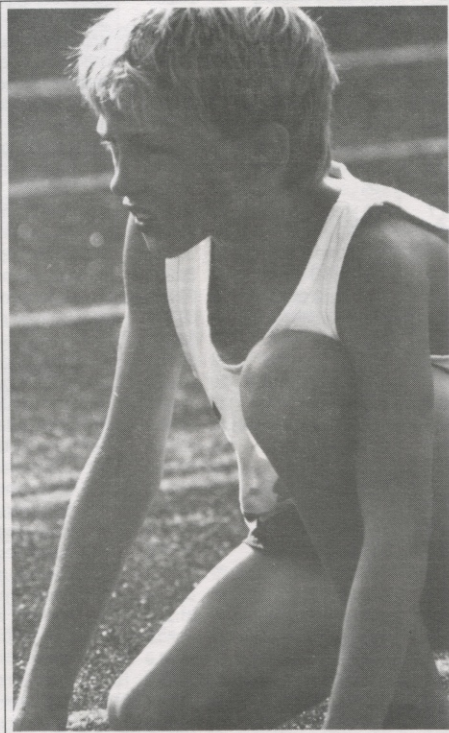
## JOHN WALL ONE MILE TRACK RUN



Father/Son duo, Scott and William Eden (center of photo) poised to run.



Race Director Tom Bradford calls the runners into place (or is he ordering a pizza?)



Junior Strider plans victory.



Running is fun!



# Championship Series Results

## 1995 CLUB CHAMPIONSHIP SERIES

Women 13 & Under	5K	10M	2M	10K	Total
Lindsey Oaksmith	2	35	2	35	74
Hillary Brown	35	35	1	35	106
Carolyn Colaccio	1	35	35	35	106
Janine Haines	3	35	35	35	108

Women 14 - 19	5K	10M	2M	10K	Total
Sarah Haines	3	2	3	2	10
Gretchen Oaksmith	1	1	2	35	39
Mary Norton	35	35	35	1	106
Julie Bailey	35	35	1	35	106
Jessica Bagnall	2	35	35	35	107

Women 20 - 24	5K	10M	2M	10K	Total
Suzie Flockart	1	35	1	1	38
CeCe Cleary	35	1	35	35	106
Kerry Webb	35	35	35	2	107

Women 25 - 29	5K	10M	2M	10K	Total
Jennifer Sullivan	1	1	35	2	39
Ann Roberts	35	35	35	1	106
Caitlin Mullen	35	35	1	35	106
Jennifer Shuck	2	35	35	35	107

Women 30 - 34	5K	10M	2M	10K	Total
Cindi Contarino	1	1	1	2	5
Julie Lane	2	35	2	5	44
Patty Kelley	5	4	3	35	47
Diane Frustaglio	35	3	35	4	77
Jennifer Lundeen	35	35	35	1	106
Margie Boyd	35	2	35	35	107
Laura Nye	35	35	35	3	108
Lori Sirotek	3	35	35	35	108
Liz Kennedy	4	35	35	35	109

Women 35 - 39	5K	10M	2M	10K	Total
Brenda Norman	3	4	1	4	12
Kitty Good	4	5	3	6	18
Melissa Currence	2	2	2	35	41
Sue Briers	5	35	35	2	77
Dottie Mullen	35	1	35	35	106
Caroline Grant	1	35	35	35	106
Carole Rosasco	35	35	35	1	106
Helen Laird	35	35	35	3	108
Marie Friedland	35	3	35	35	108
Laura Benso	35	35	35	5	110
Christine Castillo	6	35	35	35	111

Women 40 - 44	5K	10M	2M	10K	Total
Rita Twist	2	35	35	1	73
Peggy Joseph	3	1	35	35	74
Nancy Thomas	4	35	35	5	79
Mary Lang	1	35	35	35	106
Pat Anderson	35	35	35	2	107
Susan Bright	35	2	35	35	107
Diane Zoller	35	35	35	3	108
Pat Rehberg	35	35	35	4	109

Women 45 - 49	5K	10M	2M	10K	Total
Jackie Crowe	4	4	4	3	15
June Schneider	1	35	2	2	40
Meredith Bonta	3	2	35	5	45
Nancy Mann	2	35	3	7	47
Danalee Green	35	35	1	4	75
Pam Haley	35	3	35	6	79
Rose Malloy	35	35	35	1	106
Elizabeth Williams	35	1	35	35	106
Andrea Shuck	5	35	35	35	110
Sharon Serio	35	35	35	8	113

Women 50 - 54	5K	10M	2M	10K	Total
Linda Simpson	1	1	1	1	4
Joan Forman	2	35	2	2	41

Women 60 - 64	5K	10M	2M	10K	Total
Yvonne Aasen	1	1	1	1	4

Men 13 and Under	5K	10M	2M	10K	Total
Dave Walser	35	1	2	1	39
Christopher Lane	4	35	6	2	47
Andy Masterson	35	35	1	35	106
Michael Hall	1	35	35	35	106
Greg Sullivan Jr.	2	35	35	35	107
Justin Gooding	35	35	3	35	108
Kevin Sullivan	3	35	35	35	108
William Eden	35	35	4	35	109
Garrett Gooding	35	35	5	35	110
Darrin Gooding	35	35	7	35	112

Men 14 - 19	5K	10M	2M	10K	Total
Michael Rea	1	1	1	1	4
Leon Gray	2	2	2	35	41

Men 25 - 29	5K	10M	2M	10K	Total
Chris Sinclair	1	35	35	1	72
Chris Logas	2	35	35	2	74
Elliot Flick	35	35	1	3	74
Dennis McGinley	3	35	35	35	108

Men 30 - 34	5K	10M	2M	10K	Total
Matt Mace	2	2	4	4	12
Derek Ammons	5	6	6	8	25
Steve Egloff	35	1	1	1	38
Eric Schrader	3	35	5	3	46
Jon Valentine	6	5	7	35	53
Mark A. Jones	35	35	2	2	74
Jim Griffith	1	35	3	35	74
Steve Donahue	4	35	35	5	79
Mike Marchildon	35	3	35	35	108
Daniel Nellius	35	4	35	35	109
Mark Cerniglia	35	35	35	6	111
John Tighe	35	35	35	7	112

Men 35 - 39	5K	10M	2M	10K	Total
Dave Walser	8	6	5	6	25
Paul Serra	4	2	35	3	44
Russ Irvine	14	10	8	15	47
Steve Donnelly	35	7	4	5	51
James Carter	10	9	35	11	65
Bob Marino	1	35	1	35	72
Tony Basile	2	1	35	35	73
Mike Kennedy	35	35	2	4	76
Scott Mangum	35	4	3	35	77
Tom Venator	35	35	6	8	84
Bob Biddle	6	8	35	35	84
George Kerchner	7	35	35	7	84
Clint Henderson	9	35	35	9	88
Doug Herman	12	35	35	13	95
Mark Rosasco	35	35	35	1	106
Tom Prendki	35	35	35	2	107
Mike Hoffman	3	35	35	35	108
James Lundeen	35	3	35	35	108
Curtis Johnson	35	5	35	35	110
Paul Baltutis	5	35	35	35	110
Ralph Mang	35	35	7	35	112
Steve Kling	35	35	35	10	115
Sidney Oaksmith	11	35	35	35	116
Robert Downes	35	35	35	12	117
Greg Sullivan Sr.	13	35	35	35	118
Kevin Murnane	35	35	35	14	119
John Salemme	15	35	35	35	120

Men 40 - 44	5K	10M	2M	10K	Total
Jim Kaufman	11	1	3	4	19
Mike Banz	5	7	6	6	24
Paul Tavel	9	5	9	9	32

Will Scott	8	9	8	12	37
Rick Woods	1	35	2	1	39
Larry Puglisi	4	35	4	3	46
Craig Blemly	3	35	5	16	59
Jim Etchison	13	15	10	21	59
Thomas Kessler	17	16	12	15	60
Pat Donahue	21	12	7	27	67
Steve Barney	16	14	11	26	67
Anthony Pruner	20	8	35	8	71
Bob Field Jr.	2	3	35	35	75
T.J. Harrington	6	35	35	2	78
Ron Bowman	35	4	35	7	81
Mike Brian	35	6	35	5	81
Reggie Haseltine	15	10	35	35	95
Mike Tichenor	12	35	35	17	99
Tim Smith	35	13	35	18	101
Scott Eden	35	35	1	35	106
William Peake, Jr.	35	2	35	35	107
Paul Brown	35	35	13	24	107
Carl Reed	7	35	35	35	112
Michael Benso	19	35	35	25	114
Mike Bright	35	35	35	10	115
Dick Shea	10	35	35	35	115
John Maynard	35	35	35	11	116
Oliver Payne	35	11	35	35	116
David Russell	35	35	35	13	118
Rex Myers	14	35	35	35	119
Bruce Soyars	35	35	35	14	119
Thomas O'Leary	18	35	35	35	123
Kevin Gast	35	35	35	19	124
Paul Jacobs	35	35	35	20	125
Jeff Konyar	35	35	35	22	127
Carl Perkins	35	35	35	23	128

Men 45 - 49	5K	10M	2M	10K	Total
John Fay	4	2	3	5	14
John Gallagher	3	5	4	4	16
John Magnan	5	6	6	6	23
Jon Meyer	7	11	7	12	37
Don Kennedy	12	9	9	7	37
Will Myers	9	7	8	15	39
Eric Gyaki	1	35	1	3	40
Eric Fromm	11	4	11	17	43
Charlie Lane	17	12	13	8	50
Ernest Chizmar	20	15	14	19	68
Charlie Muskin	13	10	35	10	68
John Joseph	15	8	35	11	69
Robert Moore	35	1	35	2	73
Ed Bannat	2	35	2	35	74
Ed Jantz	19	14	12	35	80
Howard Beard	6	13	35	35	89
Bill Vogenitz	35	35	15	18	103
Cecil McDonald	18	35	35	16	104
Mike McNulty	35	35	35	1	106
Jerry Haley	35	3	35	35	108
Dan Masterson	35	35	5	35	110
Steve Keefer	8	35	35	35	113
Rick Mood	35	35	35	9	114
Charles Gentry	10	35	35	35	115
Freeman Bagnall	35	35	10	35	115
Paul Stoneham	35	35	35	13	118
Michael Ciurca	14	35	35	35	119
Daniel Miller	35	35	35	14	119
John Bilobran	16	35	35	35	121
John Kurpiuweit	35	35	35	20	125

Men 50 - 54	5K	10M	2M	10K	Total
John Kirkpatrick	1	1	1	1	4
Joe Clorety	2	3	3	4	12



Bill Helms 1:26:04  
 Peggy Joseph 1:26:23  
 Julie Lane 1:26:36  
 Linda Rogers 1:26:38  
 Delma Miller 1:26:38 3rdAG  
 Dennis Guard 1:26:40  
 Dale Wood 1:26:40  
 Kerry Webb 1:27:28  
 Meredith Bonta 1:27:30  
 Pam Haley 1:27:30  
 Sharon Serio 1:28:28  
 Kathy Hennes 1:28:43  
 Denzil Pritchard 1:29:25  
 Kayla Lehmann 1:30:28  
 Jim Lehmann 1:30:28  
 Ceil Prendki 1:30:33 Go Mom!  
 Cecil McDonald 1:31:08  
 Linda Simpson 1:31:21  
 Mick Galuski 1:32:21  
 Dennis Williams 1:32:36  
 Buck Cadell 1:33:55  
 Luanne Turrentine 1:35:13  
 Nancy Waddington 1:39:29  
 Jim Ross 1:44:18  
 Joe Walsmith 1:44:53

Another wonderful day on the eastern shore. We only had 25% of the field this year, but there were almost 60 more finishers this year. I made it back from England in time to enjoy my favorite race day. Tell your friends to come on over next year! As usual, there was a plethora of goodies to be had, both free and for sale. Some lucky folks continued on to Rockhall for crabs by the water. Note to TB: look in your rear view mirror next year! Congratulations to TJ Harrington for dipping under 70 minutes this year and to Peggy Joseph for taking 4 minutes off her time from last year!

#### MAY 28 CONSTELLATION CLASSIC 10K INNER HARBOR

1400+ FINISHERS?

Bruce Frame 30:1222:03  
 Robert Marino 32:15 13th/2ndAG  
 Mark Jones 33:58  
 David Webster 34:01 2ndAG  
 Jim Griffith 34:25 PR  
 John Benkert 37:50  
 Francisco Sanches 37+  
 Fred Shanklin 40:15  
 Amadeu Sanches 41:59  
 Jim Noctor 42+  
 Larry Puglisi 44:05  
 Jim Carter 45:27 Course PR  
 Evan Thomas 50:31  
 Doubling back from Chestertown  
 Roy Elder 50:51  
 Kevin Mumane 54:59  
 Yes, the beer was cold  
 John Fink? 59:45 PR  
 Rondi Stearns 1:02+  
 Kitty Good and Joe O'Boyle also ran and had fun. Nice weather for a change - we needed jackets afterwards. ANG band was nice but Mama Jama would be better!!

#### JUN 4 BEL AIR TOWN RUN 5K BEL AIR

597 FINISHERS  
 Fred Shanklin 19:55 5thAG  
 Evan Thomas 21:46 Come on 55!  
 Meredith Bonta 22:57 1st AG  
 Nancy Mann 23:47 3rd AG  
 Denzil Pritchard 25:24 3rd AG  
 Joan Forman 28:41



E.T.U., class of 1995.

#### JUN 4 LAWYERS HAVE HEART 10K WASHINGTON, DC

1400 FINISHERS

Kathy Hennes 54:13

#### JUN 10 CROFTON KIWANIS 10K CROFTON PARKWAY

306 FINISHERS  
 Mark Jones 32:29 1st!!  
 Jim Griffith 34:27 2nd!  
 John Kirkpatrick 36:44 1stAG  
 Rose Malloy 37:05 1stF!  
 Michael Kennedy 38:39  
 Dave Walser 39:00  
 Bob Moore 40:22 3rdAG  
 Joe Clorety 40:46 2ndAG  
 Stan Witomski 42:17 1stAG  
 Mike Blanche 42:25  
 Jennifer Sullivan 42:28 3rdAG  
 Bill Freed 42:40  
 Larry Puglisi 42:47  
 Clint Henderson 42:57  
 Sue Briers 44:04  
 Tom Bradford 44:05 Drafting?  
 Ed Klebe 45:09  
 Danalee Green 45:31 2ndAG  
 Charlie Lane 45:38  
 Jim Noctor 45:45  
 Bill Miller 46:07  
 Mary Lang 46:54 3rdAG  
 Meredith Bonta 46:55  
 Derek Ammons 47:15  
 Peter Salmon-Cox 48:06  
 Karen Stolka 48:21  
 Mike Ciurca 49:02  
 Nancy Mann 49:39  
 Mike McAusland 49:46  
 Jackie Crowe 51:26  
 Reggie Haseltine 51:37  
 Denzil Pritchard 52:24  
 Kitty Good 54:03  
 Gerald Royce 57:12  
 Yvonne Aasen 58:39 1stAG  
 Joan Forman 58:59 2ndAG  
 Alan Wycherley 1:01:00  
 Kim Hoyt 1:02:28  
 Jonette Hahn 1:04:03

Sorry I missed this one - looks like everyone enjoyed themselves in the Crofton hills. Some notable performances: Mark Jones took 1 min off last year's time, Rose lost 2 minutes, Michael Kennedy was 3 min faster and Larry Puglisi took 2 minutes off his time. On the other,

hand my friend P S-C had so much fun, he stayed out there for an extra 3 minutes (must have been looking for CC).

#### JUN 17 RACE FOR THE CURE/WASHINGTON, DC

Katherine Burke enjoyed her first 5K along with Patti Bembe, Al and Tipper Gore and Sharon Stone plus 27,000 others! Our publisher's "secret" training regimen paid off with an easy finish in this meg- event.)

#### JUN 24 WOMEN'S DISTANCE FESTIVAL/5K KENSINGTON (MCRR)

Nancy Mann 23+ 1stAG, Joan Forman also ran and had fun.

#### JUN 25 PARAMOUNT 20 STAR TREK 5K/WASHINGTON, DC

Ray Wyvill 23:01  
 Iris Wyvill 33:50  
 Jim Carter and Joe O'Boyle were also spotting "trekking" around the course. Sorry I missed it.

#### JUN 25? WYOLA LAKE 4.8M/SHUTESBURY, MA

TOUGH HILLS  
 Mike Hoffman 28:04  
 6TH O/A - 90 finish

#### JUL 4 FIRECRACKER 10K/ARBUTUS

LOVE THOSE HILLS  
 Don Kennedy 48:02?  
 Kathy Hennes 56:10

#### JUL 4 FOUR ON THE FOURTH/4M BOWIE - ALLAN POND

David Webster 22:21  
 4th/1stMasters  
 Matt Mace 22:40 2ndAG  
 John Kirkpatrick 22:58 1stAG  
 Rose Malloy 23:46 1stF  
 Dave Walser 24:29  
 Bob Moore 24:36  
 Scott Mangum 24:39  
 Chris Riley 24:48  
 Pete Soucey 24:58  
 "Great in the woods" M.F!  
 Joe Clorety 25:09  
 Jim Lundeen 25:15  
 Larry Puglisi 26:34  
 Fartlek pays off  
 Jennifer Lundeen 26:47 2ndF

John Gallagher 27:14  
 Tom Bradford 27:32 Tommy Tan  
 Sue Briers 27:47  
 Meredith Bonta 27:58 1stF Masters  
 Ben Moore 29:31 2ndAG (age 69yrs,364 days!)  
 Milt Taylor 29:56  
 Needs 4 states for a marathon in each!  
 Marie Friedland 30:09 M.F. 2ndAG  
 Jon Valentine 30:28  
 Will Scott 30:45  
 Reggie Haseltine 30:54  
 Michael Benso 31:05  
 Denzil Pritchard 32:08  
 Karen Hosler 32:31  
 Larry Martin 35:15  
 1st 4M race -PR of course!  
 Lee Patrick 37:41?  
 Had more fun than anyone.  
 Another nice race by the Bowie Road Runners. I vote for bringing the clock to the race next year. It was nice to see Marion and Mike there also.

#### JUL 4 FREDERICK'S FOURTH OF JULY 5K FREDERICK, MD

300+  
 Eric Gyaki 18:56 2ndAG  
 Francisco Sanches 18:25 2ndAG  
 Fred Shanklin 20:07  
 Evan Thomas 21:59  
 Roy Elder 25:26 1stAG  
 Kathy Hennes 27+

Double from Arbutus = blood blister. Nice party atmosphere. Narrow and winding course past many festival vendors, etc. Fireworks after. Parking is not easy.

#### JUL 7 HCS WDF 5K/COLUMBIA MALL

MIDNIGHT RUN, HARD TO SEE, 80 DEG +  
 Cathy Gibbons 31:49 PR  
 Diana Stratton 32:06 PR  
 Beth Chamberlim 38+ PR  
 Katherine Burke and Patti Bembe ran and had fun (Katherine took 2 min off her first 5K!). The three PRs you see above are all from my current new runners class). Nancy Mann and Joan Forman were also there. Only one problem - Nancy caught a speed bump near the finish much to the chagrin of her knee (get well soon).



# WOMEN'S 5K

from page 1

the starting line, many of them first-timers. And then they were off.

At the water stop, about the half-way mark, Rose Malloy had taken a large lead. Following behind her were Carole Rosasco, Audrey Herold, Debbie McCracken, and Randon Fritsch. Most runners seemed to be struggling; because of the heat, there was a span of several minutes between the top five runners and the core of the women. Rose Malloy kept her lead, and finished first at 18:45, followed by Carole Rosasco (19:36). Debbie McCracken (20:27) edged Audrey Herold (20:37) in the final stretch of the race, and Randon Fritsch (20:41) finished fifth.

The race course was hilly and particularly tough for the many first-time runners. But the heat presented a real obstacle. Rose Malloy, the overall winner of the race, said she tried to run under six minutes per mile, but found it tough because of the heat. "The first two miles were okay

for me, but the last mile was a killer." Sue Briers agreed: "Usually I run much cooler races. I'm not used to this kind of heat." Reflecting upon the large turnout for the race, Rose Malloy commented, "It's great to have so many women out here running. I'm really surprised. I thought that the heat would keep people away, but there's a huge crowd!" Offering a slightly different opinion, Ultra runner Sue Briers said, "I'm not surprised at the large number of women here today. Short distance races, such as this one, attract more women."

A large portion of the participants were beginning running students of Evan Thomas. This was the first race for all of his students, 40 of whom ran and finished. "It's a low-key way to try running," said Mr. Thomas, speaking about his program. "I have about 70 students, and about half of them had never run before. The program goes for ten weeks, and my students go from almost no running to running nonstop for twenty minutes." For most of his students, this 5K race was

the longest distance they had ever run. Congratulations!

In the Run After The Women's 5K Race, the men experienced the same blistering heat. At the water stop Steve Egolf lead the way, ahead of Dave Wall. Following were Mark Rosasco, David Webster, and Matt Mace. Steve Egolf (15:58) stayed ahead all the way to the finish line. Behind him was Dave Wall (16:37), and Mark Rosasco (17:48) bested David Webster (17:50) in a battle to the finish line. Of his performance, Steve Egolf felt, "I'm definitely better when there's good weather. But I've been doing some good running this year, and I finished at about the time that I expected to finish at, with this heat."

In spite of the weather, the Women's Distance Festival and Men's 5K were definitely successful.

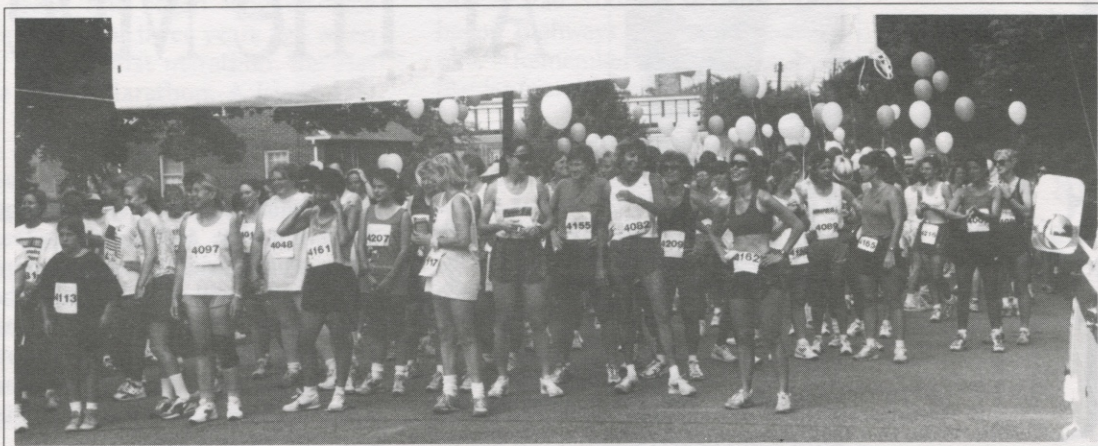
We received great photo coverage in the Sunday Capital, and even silly part-time semi-reporter Joe Gross tried his best to compliment the runners for a record breaking event. Congratulations to all participants!

## WOMEN'S 5K RACE RESULTS

1 Linda Ausfresser 38 25:29.5	49 Cathie Hall 42 26:26.0	97 Eileen Hagan 42 29:00.2	145 Audrey Sumaray 29 32:37.2	193 Ilene Caroom 42 39:59.8				
2 Rose Malloy 46 18:45.1	50 Kathy Hennes 43 26:28.7	98 Liz Barclay 44 29:01.1	146 Katie Colgan 10 32:38.7	194 Kathleen Finn 26 40:11.7				
3 Carole Rosasco 35 19:36.0	51 Patricia Snodgrass 41 26:31.8	99 Patricia Brooks 46 29:03.7	147 Doosenberry 31 32:47.2	195 Julie Brown 34 40:12.0				
4 Debbie McCracken 33 20:27.1	52 Linda Reiter 37 26:34.7	100 Nancy Blessing 54 29:26.1	148 Laurie Thurtle 27 33:09.2	196 Beth Boldowski 48 40:15.9				
5 Audrey Herold 33 20:37.5	53 Erin Fisher 15 26:43.6	101 Marcia Deihl 38 29:40.6	149 Brenda Luck 30 33:16.4	197 Nan Henry 41 40:27.5				
6 Randon Fritsch 50 20:41.0	54 Corinne Shuck 15 26:44.5	102 Stacey Ausfresser 15 29:41.0	150 Joanne Pasquarelli 27 33:17.8	198 June Fischer 57 40:58.0				
7 Jennifer Sullivan 30 21:11.3	55 Kathryn Keller 30 26:46.7	103 Joan Forman 53 29:54.6	151 Donna Boetig 45 33:26.2	199 Jeanne Knaepfle 48 41:56.0				
8 Carolyn Colacicco 13 21:17.1	56 Lindsay Burns 10 6:48.7	104 Linda Dechant 39 29:56.1	152 Anita Millison 57 33:32.4	200 Janesherman 43 41:56.8				
9 Peggy Dickison 35 21:18.8	57 Katie Bauer 16 26:52.3	105 Jennifer Lord 23 30:01.1	153 Rebecca Kaweck 29 33:32.6	201 Pamela Connolly 47 41:58.2				
10 Meg Larko 32 21:28.4	58 Linda Simpson 53 26:53.4	106 Ann Thusius 25 30:01.3	154 Katy Beall 30 33:32.9	202 Cindy Barry 43 42:48.4				
11 Kim Chwan 21 21:28.7	59 Gale Browning 39 26:58.4	107 Louise Gianotti 19 30:03.8	155 Kelly Boldowsky 21 33:41.8	203 Helen Johnson 59 42:59.8				
12 Leah Walker 21 21:41.0	60 Mary Seigrist 14 26:59.2	108 Donna Scimonelli 45 30:10.0	156 Dianne Kvech 41 33:42.1	204 Mary McLadden 34 43:17.2				
13 Cynthia Symancyk 21 21:50.1	61 Michele Verrone 39 27:09.1	109 Corinne Weigand 28 30:16.9	157 Stephanie Tuttle 27 33:55.4	205 Lillian Wolf 61 43:18.6				
14 Peggy Roche 27 22:26.6	62 Christine Forand 26 27:11.7	110 Stacey Fuhrman 28 30:17.9	158 Margo Dunlavy 57 33:59.6	206 AnnWass 43 43:19.0				
15 Angela Lyden 24 22:47.8	63 Erin Masterson 11 27:26.7	111 Mary Allen 38 30:19.4	159 Arleen Kvech 52 33:53.8	207 Siena Scott 45 43:24.3				
16 Susan Briers 39 23:09.9	64 Meredith Allig 15 27:33.1	112 Kimberly Cotterill 38 30:23.6	160 Renee Slagle 49 34:06.0	208 Betty Moore 66 43:54.4				
17 Margaret Olson 29 23:25.6	65 Denise Hanna 29 27:34.1	113 Trish O'connor 40 30:26.6	161 Kelly Harmon 26 34:15.1	209 Laurie Fisher 36 44:42.9				
18 Helen Laird 36 23:26.7	66 Patricia Barnes 35 27:34.5	114 Angela Sheenan 32 30:27.5	162 Liz Kennedy 33 34:20.8	210 Jonette Hahn 42 45:01.6				
19 Ann Roberts 29 23:38.6	67 Tracy Cannon 30 27:35.8	115 Mary Hall 49 30:33.3	163 Karen Maim 42 34:29.7	211 Pat Sheppard 58 45:07.8				
20 Marie Friedland 40 23:57.1	68 Harriet Adam 39 27:36.5	116 Donna Stitz 54 30:35.1	164 Heather Cadwell 22 34:48.0	212 Dodi Paugh 42 45:08.0				
21 Mary Lang 41 24:06.2	69 Sara Schultz 47 27:37.4	117 Kori Cornelius 18 30:38.1	165 Ardis Henderson 56 34:55.7	213 Lavern Mayo 46 45:09.0				
22 Nancy Mann 49 24:15.4	70 Michal Blancke 33 27:38.7	118 Suzanne Heaton 26 30:39.4	166 Cindy Ferguson 42 34:57.3	214 Laura Breslin 39 46:00.3				
23 Beth Mills 31 24:19.2	71 Jodi O'day 37 27:48.2	119 Kathleen Mallet 33 30:45.8	167 Lucy Younes 40 34:59.8	215 Audrey Collins 9 47:00.0				
24 Tami Graf 59 24:26.6	72 Ashley Lehman 12 27:51.2	120 Joann Brokenshire 40 30:49.8	168 ChristinaNewburgh11 35:05.1	<b>TOP MEN FINISHERS</b>				
25 June Schneider 48 24:30.0	73 Connie Whittington 40 27:52.3	121 Diane Kelly 38 30:52.5	169 Diana Caramanico 33 35:21.3	1 Steve Egolf 32 15:58.6				
26 Leann Shuck 26 24:39.2	74 Margaret Joseph 48 27:53.6	122 Janet Miller 45 30:52.9	170 Debra Larsson 35 35:22.8	2 David Wall 21 16:37.1				
27 Nicole Weisburger 18 24:41.7	75 Michele Sticha 21 27:54.8	123 Karen Howarth 52 31:01.6	171 Marisa Burns 35 35:23.1	3 Mark Rosasco 36 17:23.4				
28 Toni Cofer 34 24:43.3	76 Christina Ward 26 27:55.2	124 Martha Lehman 39 31:04.0	172 Erin Brooks 12 35:29.1	4 Matthewmace 34 17:48.0				
29 Mary Alice Beazley 29 24:46.3	77 Kelti Sleight 22 27:56.9	125 Peggy Muth 40 31:12.3	173 Debby Stodd 46 35:30.5	5 David Webster 42 17:50.3				
30 Suzy Mcgarity 35 24:46.7	78 Cheryl Bagdasian 35 27:58.4	126 Nancy Grzesik 47 31:18.3	174 CarolAnderson 41 35:49.3	6 Galen Holland 18 18:16.6				
31 Terry Lochey 43 24:48.3	79 Leigh Appel 36 28:01.9	127 Kara Eichelman 25 31:18.7	175 FrancesKushner 40 35:55.2	7 Charlestiff 21 18:23.9				
32 Debra Gilbert 37 24:50.3	80 Sarah Haines 15 28:02.9	128 Anne Sessions 33 31:21.9	176 Amelia Finan 57 36:04.5	8 Ed Purpura 42 18:52.3				
33 Janet Newburgh 53 24:52.4	81 Cecile Spiegel 40 28:10.3	129 Anne Harnish 38 31:36.1	177 Reb.Wanbaugh 39 36:06.3	9 Pete Soucy 38 19:09.1				
34 Terri Jo Kilponen 33 24:55.8	82 Amy Holm 52 28:16.2	130 Danielle Jauregui 39 31:40.9	178 Lindie McDonough 12 36:18.5	10 Robert Moore 48 19:11.0				
35 Kathy Moringiello 35 24:56.2	83 Cathy Gardner 46 28:16.7	131 Diana Stratton 48 31:44.9	179 Monica Marr 54 36:42.5	11 John Hecax 25 19:20.0				
36 Kate Bauman 21 25:09.3	84 Mary Northam 53 28:18.4	132 Catherine Gibbons 47 31:45.3	180 Susan Gilbert 49 36:45.9	12 Chris Hara 41 19:37.7				
37 Karen Hosler 46 25:12.5	85 Meredith Lecourt 33 28:20.4	133 Regina Miente 44 31:49.4	181 Margaret Haines 40 36:49.2	13 Michael Kennedy 37 19:43.8				
38 Sara Jane Frock 26 25:14.5	86 Nancy Burns 41 28:21.4	134 Cheryl Howard 33 31:49.6	182 Phyllisemge 47 37:07.2	14 Joe Cloreth 52 19:48.8				
39 Jacqueline Pruner 15 25:19.9	87 Andrea Shuck 47 28:24.3	135 Jackie Fletcher 36 31:49.8	183 Mary Gludt 58 37:10.2	15 Jamie Jankowski 20 20:00.1				
40 Leslie James 30 25:20.9	88 Sabra Kurth 33 28:24.9	136 Jan Bennett 42 31:50.8	184 Mildredlieder 68 37:13.2	16 Brooks Sherman 20 20:03.5				
41 Kathy Blaha 37 25:23.4	89 Carolyn Foster 50 28:35.9	137 Amy Jarjoura 27 31:54.0	185 Christa Zeman 53 37:13.5	17 James Lundeen 36 20:10.4				
42 Alicia Siegrist 42 25:43.2	90 Sue Strickland 47 28:36.6	138 Rachel Shuck 12 31:54.3	186 Beth Chamberlin 59 37:28.2	18 David Walatka 32 20:10.9				
43 Melissa Currence 40 25:43.5	91 Barbara Calvert 45 28:38.3	139 Jennifer Shuck 26 32:07.2	187 Leslie Grader 48 37:32.4	19 Jim Corcoran 83 20:17.7				
44 Julie Lane 31 25:52.2	92 Staci Henderson 9 28:42.6	140 Maggie Kerchner 33 32:12.5	188 Patricia Rich 55 38:22.6	20 Harold Brokenshire39 20:24.6				
45 Barbara Riggan 55 25:54.9	93 Muz Wheeler 25 28:51.6	141 Susan Chapman 28 32:12.7	189 Josephineconway 51 38:35.4	21 Mitchell Wallin 31 20:31.6				
46 Polly Burks 31 25:58.6	94 Cindy Haworth 31 28:53.4	142 Carolyn Berfelt 31 32:14.6	190 Dorismurphy 51 39:44.3	22 Daniel Manck 52 20:31.9				
47 Nancy Williamson 41 26:07.6	95 Lynn Kralhing 42 28:53.8	143 Mary Sachtjen 36 32:32.1	191 Marilynhubbard 59 39:44.7	23 James Buck 52 20:37.8				



# WOMEN'S DISTANCE FESTIVAL 5K / RUN AFTER THE WOMEN 5K



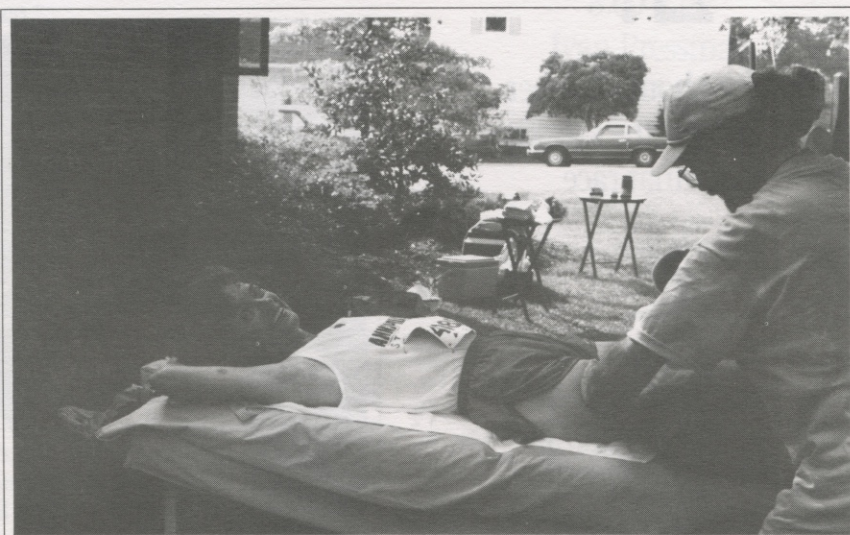
Starting line for the 1995 Women's Distance Festival.



Men waiting to run after the women



Lisa Hillman checking notes for finish line procedures.



Strider member and professional masseuse June Schneider enjoys being on the receiving end.



**MAR 18 SHAMROCK  
MARATHON & 8K/VIRGINIA  
BEACH**

Tom Futch	3:24 Boston quals!
Mike Blanche	3:32
Charles Hudicek	3:40
Yael Fortier	3:47
Dennis Williams	5:07
Amanda Falk	5:41
Stan Witomski (8K)	33:57 5thAG

**APR 1 RUN VS ROW  
10K/ALEXANDRIA, VA  
(900 FINISH)**

Jim Buck	39:20 5thAG
Fred Shanklin	39:47 6thAG
Sam Neill	42:02
Jim Noctor	44:00

**APR 2 LE MARATHON DE  
PARIS, PARIS, FRANCE**  
Kip Eldridge 4:45-PW  
but the best ever race!

**APR 2 ORIOLES  
ADVOCATES 8K CAMDEN  
YARDS**

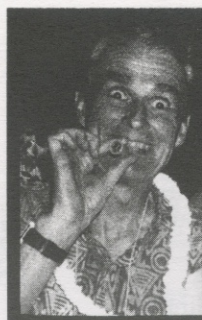
David Webster	27:00
4th/1stMasters	
Michelle St Laurent	33:00 6thF

**APR 9 NO. TELECOM  
CHERRY BLOSSOM 10  
MILER WASH DC**

5210 FINISH	
Robert Marino	52:46 38th
Mark Jones	53:58 50th
Terry Shaner	56:05
Jim Griffith	57:13
Mark Aeling	1:00:11
Paul Baltutis	1:01:21
Paul Ryan	1:02:09
Jim Buck	1:05:46
Nick Lakis	1:05:47
Ivan Pressman	1:10:16
Mike Blanche	1:11:18
Sam Neill	1:12:06
Rusty Yelser	1:12:17
Mike Anderson	1:13:37
Ken Lyons	1:14:37
David Gough	1:15:41
Donald Smith	1:16:34
Mike Bright	1:17:00
Daniel Atkinson	1:17:26
Doug Custer	1:18:40
Pat Donahue	1:18:56
Larry Puglisi	1:20:50
Paul Stoneham	1:21:44
John Hampton	1:23:10
Ben Moore	1:23:28 4thAG
Paul Jacobs	1:24:03
Mike Ciurca	1:24:13
Richard Smith	1:25:37
Roy Elder	1:27:03 6th AG
Jim Barnett	1:27:42
David Stern	1:29:06
Bill Habicht	1:29:07
George Sweger	1:30:39
Don Stoddard	1:30:45
Jim Etchison	1:30:56
Brad Chapman	1:32:44
Pete Lynch	1:33:49
Robert Adkinson	1:39:08
Harry Colter	1:46:10
Jack Koletty	1:48:51
Harold Jones	2:02:28

**WOMEN**

Rose Malloy	1:02:13 29th/1stM
Jennifer Lundeen	1:08:14
BJ King	1:13:02 5thAG
Danalee Green	1:14:51



# STRIDERS

## ON THE ROAD

BY EVAN THOMAS

GENERAL RANTINGS - (was he in the Marines?) // Special thanks to DK for measuring the Father's Day/B&A Trail course again this year. I think we can say this race is now one of the best around. North Arundel Hospital really went all out with the amenities. Great post-race spread, 350+ finishers, nice weather-what's not to like?// How about the nice string of cool weekend mornings we had this spring - awesome. I don't know if There's something about this time of year that gets me back in the swing. That plus nice events - Constellation, Chestertown and Bel Air. I hope you took advantage of the conditions too! // The Beginning Running Program was a big hit again this year. We had over 80 folks take part in varying degrees and over 50 should finish by being able to run 20 minutes non-stop. I want to congratulate those that did it (many of them are now members of the club). Our staff of volunteers and lecturers was the reason things went so well. A big thank you to Regina Miente, Iris Wyvill, Lee Patrick, Ben and Betty Moore, Meredith Bonta, Louise Zeitlin, Ed Klebe, Sue Briers, Dick Hillman, Leona Schultz, Gary Lydard (Athlete's Foot) and Katherine Burke. A number of last year's class showed up to lend some credence to the program - this year's "graduates" should be about the same as last year. I know we've got a good thing going here. If anyone would like to run a program in the fall, there are more folks out there that would make it worthwhile. At any rate, I hope we can do it again next spring! It's really rewarding to watch people progress during the 10 weeks and start gaining some confidence in their abilities. I think we gained at least 60 new members also and generated a lot of goodwill for the club. // For those who are looking for the perfect gift this summer, I recommend the new "wonder shorts" now on the market. This is the perfect complement to the "wonder bra" for some and an amazing addition to the wardrobe of he or she that has everything! They are in local stores now (no word on whether the Athlete's Foot will carry them). // Keep those cards and letters coming. Until next time, I'll see you on the roads. I hope your marathon training is going well (Twin Cities anyone?). Don't forget to send your Boston Marathon entries in ASAP, especially for the lottery - it's will be a zoo up there but it will be an event for the ages. -ET

Sue Briers	1:17:02
Laura Nye	1:20:58
Erin Delaney	1:23:06
Susan Michalski	1:23:4
Jeanett Stanton	1:25:33
Paula Kendrick	1:26:25
Jane Jensen	1:27:13
Laura West	1:27:31
Mindy Habicht	1:27:35
Addie Welch	1:28:03
Katherine Garrett	1:31:38
Sharon Serio	1:32:38
Taylor Waters	1:34:43
Pat Rehberg	1:39:17
Mary Brown	1:40:05

Jill Dodge	1:43:15
Mary Plumer	1:44:10
Ann Wilner	1:48:10
Evelyn Shaia	1:50:01

**APR 21 REACH OUT TO A  
CHILD 5K WASHINGTON, DC**  
Larry Puglisi 20:50 Zoom!

**APR 29 U.S. GEOLOGIC  
SURVEY 5K WASHINGTON,  
DC**

Ron Bowman	21:07
Kathy Hennes	24:51
Deborah Brewer	25:14
Lynn Hopkins	28:45

**APR 30 JAY'S RUN  
10K/POTOMAC,MD**  
Kathy Hennes 54:10

**MAY 7 PITTSBURGH  
MARATHON**

Steve Egolf	2:42 39th!
Jim Buck	3:05 PR/2ndAG!
Todd Olson	3:24
Vivian Rowe	4:11
Roy Elder	4:14

**MAY 14 LADY AVIA 8K,  
BALTIMORE**

Rose Malloy	30:28
1stMasters/6th O/A	
Sue Briers	34+ 3rdAG
Julie Lane	40:59 PR!
Linda Simpson	42+
Liz Kennedy	50+

**MAY 21 CRYSTAL CITY  
10K/ARLINGTON, VA**  
1000+

Kathy Hennes	52:39
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**MAY 27 CHESTERTOWN  
TEA PARTY 10M  
CHESTERTOWN, MD**  
299 FINISHERS

Matt Mace	58:37 5th
Paul Serra	100:54 8th
Tom Prendki	1:02:00
Rose Malloy	1:02:20 1stF
Nick Lakis	1:04:19 3rdAG
Jim Lundeen	1:04:59
Bob Moore	1:05:14:21
Bill Turrentine	1:05:15
Joe Clorey	1:05:50
Dave Walser	1:06:48
Jennifer Sullivan	1:07:38 1stAG
Tom Venator	1:08:34
Bill Peake	1:08:37
Bob Field	1:08:43
Jennifer Lundeen	1:09:10 2ndAG
TJ Harrington	1:09:16
Mike Blanche	1:09:31
John Gallagher	1:10:53
Ken Lyons	1:12:24
Tom Bradford	1:12:43
Daniel Adkinson	1:12:58!
Ron Bowman	1:13:49
Mike Bright	1:14:08
Bill Miller	1:14:23
Sue Briers	1:14:28
BJ King	1:14:48 1st AG
Danalee Green	1:15:20 2ndAG
Pat M. Donahue	1:15:38
Paul Tavel	1:15:48
Gary Sewell	1:15:55
Eric Fredland	1:16:06
Evan Thomas	1:17:30 11th consec
Charlie Lane	1:17:53
Peter Salmon-Cox	1:18:44
Ed Klebe	1:19:26
Will Myers	1:19:33
Will Scott	1:20:21
Arnie Henderson	1:21:07
Brenda Norman	1:21:21
Ben Moore	1:21:19 3rdAG
Stevie Donahue	1:21:32
Charlie Muskin	1:21:38
Jay Joseph	1:21:43
Yael Fortier	1:22:20
Doug Custer	1:22:20
Joe O'Boyle	1:22:30
Brad Chapman	1:23:08
Dick Hillman	1:23:13
Tim Smith	1:23:26 PR?
Earl Scott	1:24:31
Michael Benso	1:25:46



# WE NEED YOU!

**Volunteers  
needed for our  
upcoming races**

1.

Choose a race.

2.

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

3.

Join the excitement and  
fun – volunteer!

*now please look over to your right and choose!*



BY KATHLEEN HEAGNEY

**T**he spider is dead and I'm back! (I was out for three weeks from some strange outbreak of hives with minor paralysis from a spider bite.)

I thought this would be my farewell column but I've decided not to put down my keyboard – yet. Some of you called, wrote, and told me in-person to keep writing this column (thank you Yvonne Aasen for your lovely note) so I will continue until a meaner spider comes along or an ambitious Strider takes over.

Still, this will be a farewell column but instead of mine - it's farewell to my special Annapolis Strider running friends, Ana and Frank Parada, and their son, Eddie. This is a sad column for me to write. Ana and Frank's friendship has been inspirational in running and in living. Saying goodbye to the Parada's means saying goodbye to runs along the river as we talk about our jobs, our weight, the runner ahead of us (probably Frank), our aching muscles, the diamond-like reflections on the water, our big breakfast planned after the run, and God's presence during and at the end of each run. It means saying goodbye to local

## At The Meet

phone calls, shopping sprees, laughs about our day, and consoling each other upon brief disappointments. The Parada's will soon be doing their running in high-altitude Denver, Colorado. They've invited us all over to their place for the Denver Marathon (is there such a race?) so start your hill training now.

I wish my beautiful friends well as they soar in their running and life out West. But first, before we say adios, let's meet our long-distance members, Ana and Frank. (This picture was taken after we ran the Potomac Overlook Trail Run in Arlington, Virginia - Frank and Eddie won those Ghengis Kahn hats - now they're ready for the cold climate in Denver.)

### ANA G. PARADA

Ana hails from Socorro, Texas which is very near El Paso. After graduating from the University of Texas at El Paso with a Business Administration degree in 1979, the United States Department of Agriculture (USDA) recruited her for work in Wash., DC. Ana was recently promoted as a Dispute Resolution Mediator with the USDA. As such, her job will be to resolve employee/ employer differences. This promotion is



Ana and Frank Parada, and their son, Eddie at the Potomac Overlook Trail run.



the reason she and her family will be moving to Denver, Colorado.

Ana has been running for about 23 years. She began long distance running about three years ago when she ran her first marathon, the Marine Corps Marathon. A friend told her that if she could run 10 miles, she could run a marathon. She followed the Moores Marine training program and proved her friend right. She has completed six marathons since. Success and camaraderie with Moores Marines developed and inspired her to join the Annapolis Striders', despite the long commute from her residence in Alexandria, Virginia.

**Ana's favorite race is the Runners World Midnight Run in Central Park on New Years' Eve. They start the race with fireworks and serve champagne at the water stops!**

Ana currently enjoys running around the Lincoln & Jefferson Memorials and National Monument area, Haines Point, and the Mt. Vernon Bike Trail. She runs about 4 to 5 miles 3 times a week and a long run on Saturday – unless something interferes with that schedule such as her work, son, or sleep.

Her favorite race is the Runners World Midnight Run in Central Park which is held on New Years' Eve. They start the race with fireworks and serve champagne at the water stops. Her favorite t-shirt comes from this race. It's long-sleeved and colorful and evokes many textured memories of her stay in New York.

Ana enjoys spending time with her family, reading (lately she's a John Grisham addict), traveling, listening and dancing to country and Mexican music.

Her advice to runners is to believe in themselves and stick to their goals. Ana's next goal may be to run a race of her design. This race is a marathon on a flat picturesque course in 60 degree weather with country and Mexican music playing

every mile. She plans to join a running group in Colorado to stay fit and sane. Good luck to you Ana, may your Nike's lead you to healthy paths, happy highways, and glittering waters. Remember your Annapolis Strider friends – we won't forget you!

### **FRANCISCO (FRANK) PARADA**

Frank is also a Texan from Clint, which is near El Paso. He moved to Alexandria, Virginia about four years ago to court Ana. He finally won her over and they married in November 1993.

Frank's first run was on a Moore's Marines training run. The group was on an 18-mile run and Frank planned to run just 5 miles. The 5 miles hastily turned into 18 miles. His muscles screamed with pain and exhaustion. Just as he thought he'd never walk again, Ana informed him they were committed to walking around Annapolis for a shopping spree. Despite a bad start, he has since properly trained for and completed many long distance runs.

Frank's running has taken him to many races and has given him fodder for many stories. He could tell you about his favorite race, the Shamrock Marathon, where he enjoyed the pre-race activities (shopping at the expo and drinking at Bubba's), the post-race "smokeless" dance party, and the laughs he shared with great friends.

When asked what was his best running time, he said it hasn't happened yet but "the older I get, the faster I was." When running a race, he abides by the T.J. Harrington principle, "start slow and then slow down."

Frank also enjoys 4-wheeling, camping, and participating in family activities. He's leaving his position with LogEtronics Inc. as Production Manager to relocate with his family in Lakewood, Colorado. He'll be temporarily placed as a domestic engineer and child caretaker until he finds salaried employment in Colorado. After three weeks of dirty diapers, cooking, cleaning, shopping, soap operas, and talk shows, you can bet Frank will find something else to do. Maybe he'll organize that race he's always been talking about, the 2-countries, 3-states, Half Marathon. It will start in El Paso, Texas, cross into Juarez, Mexico and wind back into Sunland Park, New Mexico. If you do it, Frank, we'll run it!

1.



Dog Days of Summer 8K

Sunday, August 13

8:00 a.m.

Paul Baltutis

674-5564

2.



Annapolis 10 Mile

Sunday, August 27th

7:30 a.m.

Brenda Norman

757-0926

3.



Dawson's 5M

Sunday, Sept. 10

8:00 a.m.

Ivan Pressman

410-484-1474

4.



Metric Marathon

Sunday, October 8

8:00 a.m.

Al Stott

647-4298