

STREAK



Volume XVIII Number 6

December 1996

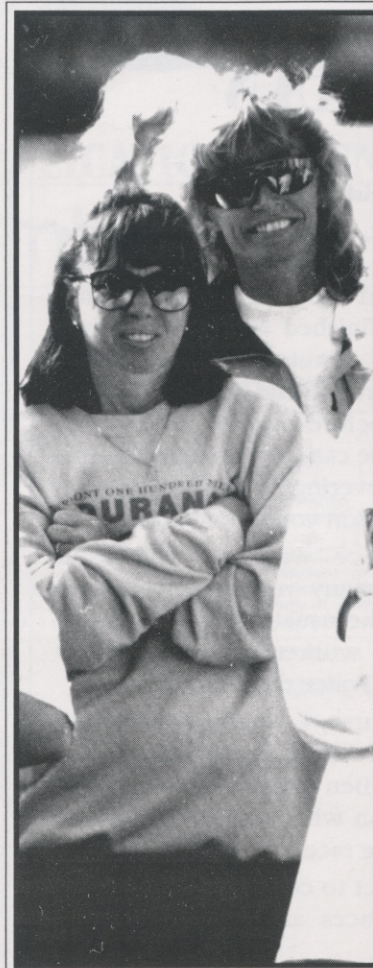
Metric Marathon

by Race Director - Al Stott

OUR 16th annual Annapolis Striders Metric Marathon was held Sunday, October 13th at Southern High School in Harwood where 129 runners completed the scenic 26.2 kilometer (16.3 mile) course.

Jim Griffith was the overall winner, completing the course in 1:37:43. **Margie Boyd** was the first female winner at 2:05:23, and a Special Director's Award went to **Dave Walser** who at age 15 is the youngest runner to complete the course.

see METRIC, page 11



Annapolis Striders enjoy the 8K Race to Save Open Space. See page 11.

Photo by George A. Kerchner



King of beers stands between Ann Roberts and Michael Burgeson at the Dog Days 8K. Race results and more photos on page 4.

Photo by Lee Masser

THIS & THAT

STRIDERS IN THE NEWS... The September 9th issue of *Newsweek* included an advertisement insert for life insurance featuring Strider, **John Strumsky**, an avid runner and local insurance agent. John appeared in two colored photos!...

A more recent *Baltimore Sun* article featured our very own Marine, retired captain, **Ben Moore** on the wonders of his marathon training... Not to be out done, **Don Higdon**, assistant track coach and appeared in a *Channel 2* newsclip, featuring

see THIS & THAT, page 2

Happy Holidays

from the
S T R E A K
S T A F F

Nominations, Please!

The Board of Directors wants to hear from the membership on candidates for Runner of the Year and Most Improved Runner. Your vote counts so don't be shy about sending in your nominations even if its YOU! The Nomination form is on page 11. Send a note with your thoughts to PO Box 187, Annapolis, MD 21404, or leave a message on the Hotline 268-1165. Presentation of the awards will be made at the Annual Meeting and banquet, Saturday, March 8, 1997 at St. John's College.

csee NOMINATIONS, page 16

**ANNAPOLIS STRIDER'S
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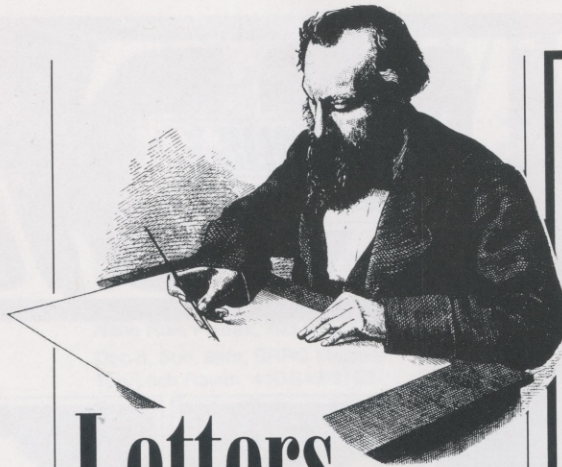
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H: 224-2133
W 301-858-1337



Letters

Dear Strider Friends:

Sunday, September 8th at the Dawson's 5 Mile Race in Severna Park, I ran the greatest race of my life and finished *dead last* in just under 59 minutes. How so? If you had seen me a little more than three months before pushing an I.V. pole around the cancer ward at AAG Hospital recovering from a colon cancer operation you would know.

The race was just wonderful with so many young, new people plus all the usual friendly faces. All the race workers and the AACO Auxiliary Police did a fine job.

Of course, I want to thank my personal coach, Betty Moore, her husband Ben plus Arnie and Ardis Henderson who kept an eye on my during the race.

I expect to continue entering the shorter races and if I finish last, that's OK.

The Best to All of You,
Ed Parker

Dear Striders:

I would like to thank you for the very generous donation of \$500 to the Bill Ammon Memorial Fund. This, along with the many donations from individual Striders as well as friends of Bill Ammon, will allow us to dedicate a grove of oak trees in the new park along side of the B&A Trail (just behind Don Waddington's water fountain). I believe that this is a fitting memorial to Bill A. since he loved the Trail, as well as the outdoors. Again, thank you very much.

Sincerely,
Bill Conroy

THIS & THAT

continued from page 1
the first ever win by Arundel High over Severna Park in girls cross country.

HILLMAN HAPPY HIKERS

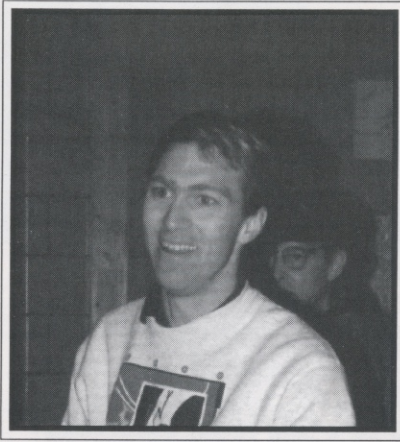
Next hike with an Urban Adventure (think Baltimore City) theme is scheduled for Saturday, January 4th at noon and Sunday, February 16th, 12:30 with that Old Goat, opps! I mean *on* the Billy Goat Trail with Joe "the Hiker" Walsmith. The 1997 Marco Polo White Mountain Backpacking Adventure is scheduled for June 29 - July 7. Contact Dick NOW for details... space is limited! <http://www.erols.com/stearns/hillman.htm> for those who like communicating with a machine or 263-1844 for those preferring a personal touch!

**UPCOMING NAVY
TRACK EVENTS**

Navy Invite, December 6th, 3 pm (men's), 6:30 pm (women's), Jan 4th, noon (Navy men vs. Princeton), Jan 11th, noon (Navy men vs. Penn, NC State), Jan 11th, 3:30 pm (Navy women vs. Western MD, UMBC), Jan 18, noon (Navy men vs. Georgetown, W&M, LaSalle), Jan 25, 3 pm (Navy women vs. W&M), Jan 23, noon (Navy men vs. UNC Wilmington). All meets are held in Halsey Field House and are free of charge.

**PARKING AT THE
ANNAPOLIS MALL**

For those of you who routinely use the Annapolis Mall parking lot as a meeting grounds for non-Mall events such as car pooling for hikes, please note that you must notify Bob Garrison of the Mall Management (266-5432) in advance! Seemed to have something to do with Bill Law driving in *one too* many times in that beat up old van of his!



Message

From the
President
Matt Mace

Gerte Spadone Trust Fund

The Gerte Spadone Volunteerism Trust Fund is being established to endow the Volunteer of the Year Award presented by the Annapolis Striders at the Annual Banquet. In addition to whatever recognition in the form of a plaque or certificate customarily is presented, it is anticipated that the annual earnings of the Trust Fund will be utilized to purchase a gift for presentation to the recipient as an additional expression of the organization's gratitude. Donations to the Fund are still being accepted.

The Board of Directors of the Annapolis Striders has also voted that The Volunteer of the Year Award will now be presented "In Memory of Gerte Spadone" serving to memorialize her special qualities of deep loyalty to the organization, unwavering commitment to the task at hand, uncompromising pursuit of excellence and unflagging enthusiasm which brought out the best in others.

At The Races

Metric Marathon Madness. Special thanks go to Al Stott, who once again supervised a very successful Metric Marathon. The weather was perfect and Al, his family and numerous faithful Striders conducted another great event. Keeping with tradition, mums and home-made brownies were had by all. The at-

tendance was a little off, and the Board will be addressing this with a change of date for next year.

There was an unfortunate incident at the Metric Marathon involving a vehicle whose driver had made a decision that runners should not be using the roadway and thought that he would do something about it. The police were alerted and investigated the situation. At least no one was injured, so we should all use this as an unfortunate reminder that we must be cautious along our public thoroughfares, regardless of whether we are in the middle of a race or out on our favorite daily run. Even without encountering a driver who is maliciously endangering others, the inattentive driver (or cyclist) can also pose a serious threat. Now that we have once again reached that time of the year when we find ourselves all too often exercising in the dark and on unsteady footing, please remember to take extra care for your own safety.

Help Wanted

This year's Annapolis Ten Mile Run was a distinct success. Although the final numbers have not been completed, your Board made a contribution of over \$1,500 to the American Heart Association from the proceeds of the race and looks forward to making a significant contribution to the Anne Arundel Medical Center. An update will be provided for the membership at the earliest possible date.

In order to maintain our tradition as host of two of Maryland's premium running events, the Board's greatest current need is for a race director for the 1997 Annapolis Ten Mile Run. This year's race director, Dick Hillman, has graciously volunteered to assist with next year's race and I certainly have no doubt that the Striders faithful will be out in full force to ensure the Ten Mile Run's success. The Club needs a director, however, and the Board would obviously like to fill this position as soon as possible. Even if you do not see yourself as a director, there are many other positions which need to be filled and the Club always is looking for volunteers.

The Junior Striders program is also in need of assistance. Scott Eden and Dan Masterson have done a tremendous job with this program, which has been enjoyed by many of our younger members. We are looking for someone who could take over this program for 1997 and hope that those individuals who have benefited from it in the past and wish to see it continue will consider volunteering for this very important position.

Putting on Quality Events

You will probably find interesting an article that was recently published by Road Race Management detailing how for the second time in a little over a year a major U.S. Road Race had a record nullified because a course turned out to be short. At the USATF's Women's 5k National Championships, Lynn Jennings and Jane Welzel bettered the existing all-women's race open and master records. The course was ultimately determined to be 5 meters short of the allowable distance. The problem stemmed from the placement of several road cones in the middle of the course. What we need to take from this story is not that mistakes are made, but that if situations are broken down into manageable parts, it is possible to cover all of these details. Unfortunately, it is too easy to overlook some.

Membership

Lee Masser has been doing a tremendous job sorting out the membership process. By now everyone should be on a schedule for their renewals. You will also be happy to know that the Club has seen quite an increase in membership over the past several months.

Nominations & Budget

As the year winds down, please consider nominating one or more individuals (male or female) as Runner of the Year and Volunteer of the Year. Any suggestions should be passed along to your favorite Board member. An additional year-end consideration is the 1997 Budget, which will be approved by the Board at the December meeting. Look for a summary to appear in an upcoming *STREAK* and feel free to ask questions.

Upcoming Events

I look forward to seeing everyone at the Anniversary Run in Quiet Waters Park. Dave Walser is this year's Race Director and, as a new director, he could use a few volunteers. Otherwise, we might end up going off course or something like that!

Your Board recently adopted the 1997 race calendar. You will see that there have been a few changes, not only to the race schedule, but also to the Club Championship series guidelines. These improvements are the first we have instituted in quite a number of years, and they result from our efforts to positively respond to your feedback.

See you on the roads!



Young runner waiting for the winners to be announced.



Dog Days of Summer Race Director Paul Baltutis (left) and Tom Bradford.
Photos by Lee Masser

DOG DAYS OF SUMMER 8K

Sunday, August 11th
Fort Meade, Maryland

Paul Baltutis, Race Director

RACE RESULTS

Pos.	Name	Time	Age
1.	Matt Smith	25.42	26
2.	Edmund Burke	25.43	27
3.	Robert Radewich	27.15	26
4.	Steve Egolf	27.21	33
5.	Jeffrey Regelman	27.27	34
6.	Paul Walters	27.34	26
7.	Jaime Dick	27.51	25
8.	Michael Morton	28.05	24
9.	Mike Bronson	28.08	25
10.	Steve Hedgepeth	28.15	18
11.	David Webster	28.21	43
12.	Twias Brillig	28.24	38
13.	Ryan Stevens	28.41	19
14.	Mark Rosasco	28.45	37
15.	Barton Jennings	28.47	25
16.	Thomas Berzansky	29.06	22
17.	Spark Rogers	29.17	42
18.	Steve Donahue	29.19	35
19.	Brian Miller	29.21	19
20.	Matt Mace	29.42	35
21.	Flak Hohmann	29.54	20
22.	John Povelones	29.56	34
23.	Paul Serra	30.08	40
24.	Tom Prendki	30.17	39
25.	John Kirkpatrick	30.32	52
26.	Oliver Payne	30.58	44
27.	John Thomas	31.27	17
28.	Bob Ladebush	31.28	38
29.	Dennis Coates	31.29	36
30.	Carole Rosasco	31.32	37
31.	Donald Scarborough	31.51	48
32.	John Pitarra	31.59	55
33.	Clyde Villemez	32.02	50
34.	Chris Robey	32.15	15
35.	Mike Kennedy	32.24	38
36.	Donald Maltin	32.31	27
37.	Jon Swan	32.43	18
38.	Dave Walser	32.53	37
39.	James Stines	33.21	45
40.	Time Thurtle	33.24	29



HOG NECK SCAMPER

Saturday, November 2nd

Don Higdon, Race Director

I would like to thank Mike Busch of the Anne Arundel County Department of Parks and Recreation for his efforts in coordinating this event and lining up the sponsors, Bud Light and Coca-Cola. Low runner turnout was due to a change in the race date but a good time was had by those who remembered to adjust their race calendars.

RACE RESULTS

Place/Name	Age	Time
1 Mike Hoffman	41	28:34
2 Spark Rogers	42	28:36
3 Paul Serra	40	29:10
4 Bob Keating	36	30:33
5 Dave Alser	38	30:48

6 Pete Soucy	39	32:27
7 Scott Rober	42	32:34
8 Joe Clorety	53	32:46
9 Chris Mairs	24	33:00
10 Jeff Bosch	40	33:04
11 Barton Clark	53	34:12
12 David Walser	15	34:22
13 Mervin Gross	57	34:31
14 Bob Burash	49	34:48
15 John DeGreck	51	35:35
16 Larry Puglisi	42	35:36
17 Greg Awalt	29	35:48
18 Doug Saunders	45	35:58
19 Jim Noctor	57	36:21
20 Charlie Muskin	47	37:16
21 Helen Laird	38	37:39
22 Justin Gooding	10	37:44
23 Susan Michalski	39	37:47
24 Garrett Gooding	9	38:02
25 Cass Mairs	26	38:16
26 Jack Kratt	59	38:21
27 John Joseph	49	38:46
28 Carl Perkins	46	38:49
29 Court Blatchford	38	38:58
30 Ed Karlson	60+	39:06
31 Court Blatchford	38	38:58
32 Neal Hinkle	59	39:33
33 Eileen Prouix	36	40:49
34 Emily Townsend	41	40:50

35 Eileen Martini	37	40:59
36 Don Stoddard	60	41:02
37 Lee Masser	60	41:11
38 Margy McArdle	36	41:37
39 Joan Bradford	57	42:36
40 Joe O'Boyle	54	42:42
41 Rob Mairs	53	42:55
42 Peggy Joseph	44	43:20
43 Linda Simpson	54	43:35
44 Conni Kellish	32	43:56
45 Desiree Hartman	36	44:16
46 Mary Lou Lindsay	55	44:44
47 Suzanne Heaton	28	44:45
48 William Douglas	62	44:55
49 Yvonne Aasen	65	46:28
50 Ed Wintermute	63	46:50
51 Diane Zoller	46	47:03
52 Alan Wycherley	54	47:32
53 Bob Rankin	57	48:07
54 Bob Dean	71	48:25
55 Kara Eichelman	26	48:34
56 Carl Moffett	59	48:50
57 Linda Webb	47	49:46
58 Stacey Cooper	29	50:12
59 Sandi Burash	49	50:12
60 Lori Mahmot	20	56:20
61 Earl Scott	56	56:29

DOG DAYS RESULTS

continued from preceeding page

41. Rose Malloy	33.25	47	79. Chad Finch	36.46	26	120. Elizabeth Williams	39.31	48	162. Wendy Shuh	44.17	22
42. Jascha Fields	33.35	19	80. Steve Brady	36.49	39	121. Rob Twitty	39.31	42	163. Jackie Crowe	44.32	47
43. Tom Dekornfeld	33.38	43	81. Derek Ammons	36.49	35	122. Tami Graf	39.43	60	164. Don Stoddard	44.45	59
44. Jennifer Sullivan	33.41	31	82. Reginald Bursej	36.51	29	123. Cass Mairs	39.51	26	165. Wayne Denny	44.54	52
45. Ed Jablonski	34.01	35	83. Paul Barrette	36.54	61	124. Charles Vanvoorhis	39.57	45	166. Ronald Tuttle	45.21	51
46. Eric Gyaki	34.05	47	84. Charlie Phillips	36.57	33	125. Francis McGrath	39.59	44	167. Ray Cambell	45.23	64
47. Kirk Ealder	34.19	43	85. Dwight Johnson	37.01	53	126. Peter Salon-Cox	40.11	56	168. Randy Augustin	45.25	14
48. Bill Arnold	34.21	50	86. Larry Puglisi	37.01	42	127. Brian Stack	40.13	48	169. Edward Jantz	45.28	47
49. Michael Dalgetty	34.22	31	87. Pat Donahue	37.11	44	128. Marcie Friedland	40.21	41	170. Nancy Williamson	45.29	42
50. Steven Moe	34.26	32	88. Butch Proctor	37.15	52	129. Charles Fisher	40.29	48	171. Linda Simpson	45.48	54
51. Randy Synder	34.27	47	89. Kirsten Laclair	37.16	27	130. Wayne McCaughey	40.34	57	172. Wendy Flynn	46.16	34
52. Steven Butler	34.27	33	90. Daniel Symanchk	37.29	49	132. David Wilson	40.41	33	173. Wayne Nilsen	46.17	30
53. Kristy Hope	34.28	21	91. Ann Roberts	37.38	30	133. Jeff Konyar	40.44	43	174. Sharon Jans	46.23	39
54. Chris Place	34.29	26	92. Chris Wagon	37.39	39	134. Warren Cooper	40.55	43	175. John Bradord	46.24	57
55. Bill Peake	34.32	45	93. Mark Kirkendall	37.45	31	135. Charlie Muskin	40.56	47	176. Rob Mairs	46.46	53
56. Michael Bergeson	34.41	43	94. Eric Fromm	37.46	50	136. Joseph Fortuna	40.57	57	177. Seth Lehner	46.48	27
57. Bob Field	34.43	44	95. Thomas Morrison	37.47	26	137. Ray Blue	40.58	72	178. Maria Lewis	46.49	41
58. Ryan Kellish	34.44	15	96. Don Higdon	37.49	54	138. Edward Karlson	41.01	60	179. Diane Goodman	46.49	33
59. Josh Dorsey	34.46	14	97. David Toops	37.51	47	139. Will Myers	41.02	47	180. John Salemme	46.51	38
60. Jim Bitgood	34.47	50	98. George White	37.51	44	140. Beth Mills	41.04	32	181. Diane Lowe	47.15	32
61. Joe Mazzola	34.54	42	99. Danalee Green	37.52	50	141. Matt Mekinney	41.24	13	182. Conni Kellish	47.46	31
62. John Gallagher	34.58	47	100. Henry Sierka	37.57	54	142. Ann Parker	41.25	29	183. Charlotte Rock	47.56	38
63. Franklin Willis	35.02	52	101. Das Ramon	38.11	28	143. Diane Wilson	41.26	31	184. Brenda Derby	47.57	30
64. Gregory Awalt	35.04	30	102. Christy Das	38.12	27	144. Melissa Currence	41.32	41	185. Carl Moffett	48.01	59
65. James Kaufman	35.07	41	103. Ron Bowman	38.13	46	145. Cheryl Bagdasian	41.41	35	186. Teresa Sifventes	48.16	39
66. Michael Chapline	35.08	37	104. Mary Norton	38.16	20	146. Richard Moore	41.49	29	187. Dale Richmond	48.25	33
67. Robert Moore	35.19	47	105. Dave Walser	38.24	14	147. Neal Hinkle	41.52	59	188. Helen Briggs	48.51	28
68. Joseph Kaniewski	35.25	30	106. Bill Derr	38.25	57	148. Norman Lee	41.58	60	189. Kari Richardson	48.52	28
69. David Schriener	35.29	26	107. Gary Sewell	38.25	54	149. John Ryan	42.05	52	190. Yvonne Aasen	49.25	64
70. Susan Briers	35.48	41	108. Joseph Harrison	38.26	27	150. Cathy Wilson	42.17	34	191. Higley Harmon	49.35	41
71. John Fay	35.51	48	109. Eric Fredland	38.31	53	151. Eileen Scanlan	42.32	36	192. Jack Coletty	49.43	54
72. Richard Bergey	36.01	36	110. Allen Veasey	38.41	56	152. John Strumsky	42.41	56	193. Robert Rankin	50.32	57
73. Fred Shanklin	36.07	55	111. Michael Norton	38.46	21	153. Eileen Martini	42.47	37	194. Laurie Thurtle	50.43	27
74. Dan Miller	36.08	41	112. Mary Lang	39.05	42	154. Nancy Lowry	42.56	29	195. Lee Patrick	53.16	53
75. Jonathon Parker	36.09	31	113. David Atterbury	39.06	46	155. Mindy Hope	43.02	15	196. Marc Augustin	54.43	11
76. William Davis	36.21	52	114. Justin Gooding	39.07	10	156. Brad Chapman	43.03	65	197. Regina Miante	55.21	45
77. William Hewitson	36.26	35	115. Beth Sherry	39.09	25	157. Denzil Pritchard	43.09	75	198. Arnie Henderson	57.21	60
78. Amanda Schmidt	36.29	15	116. Denneth Cresswell	39.11	42	158. Reggie Haseltine	43.14	46	199. Ardis Henderson	57.21	57
			117. Jim Etchison	39.16	43	159. Lee Masser	43.17	60	200. Deanne Hewitson	104.35	36
			118. Sherri Fisher	39.28	32	160. Bradley Hunt	43.23	29	Worker's Run:		
			119. Brian Duffield	39.29	30	161. Cecile Spiegel	43.26	41	Tom Bradford & Evan Thomas		

Hello Evan and Happy Fall

by Laura West

Well, the verdict is in and is unanimous: I was dropped one too many times as a child, and, I lack the common sense gene! How could this happen to me is a question I ask myself repeatedly.

I know it must be true because why else would I put myself through marathon training and another Marine Corps Marathon after last year? My running partners must have caught me on a really vulnerable day in early April (probably that fresh Spring air). The next thing I knew I was signing that darn waiver statement.

This year's race was much different than 95. The runners were more aggressive and it seemed like I was in a constant pack with little room to maneuver. I didn't particularly care for the temperature but tried to make the best of it. At the 4-mile water stop I knew it was gonna be tough going as my right hand was tingling. My fingers were so fat they all looked like thumbs (kind of like the Flintstones' stubby little fingers!) I made sure that I double dipped at every water stop. I felt

My fingers were so fat they all looked like thumbs...

pretty good up until the 15 mile mark and then began feeling nauseous. I really wanted to stop but right around the corner I saw my guys. Justin was waiving the bright lime green sign we made yelling "looking good Mom, we know you can do it" and Bob was snapping picture after picture and yelling "see ya at the finish line." What was I to do but keep on running? And so I did.

I lost my running partner just before going into Hains Point. She wanted to walk so I kept on going. One of my goals was not to walk this year. Hains Point wasn't that bad until the last water stop that had no cups! The Marines were pouring water into runners hands and into their mouths directly from pitchers. It was a disaster. Many runners were picking up cups from the ground. In the background I noticed a Marine running from a truck with several sleeves of cups. I grabbed some cups from his arms. At this point a crowd of runners had gathered at the table wondering why in the world there were no cups! We started throwing them into the crowd and filling them up as fast as we could. I had done my good deed for the day.

I knew I had to be close the Striders table and kept wishing for a familiar face. Then all of a sudden

The Marines were pouring water into runners hands and into their mouths directly from pitchers!

I heard that crazy whistle. You have no idea how glad I was to hear that sound. I had some banana, a sip of Coke, met another determined Strider taking brief break, Beth, and then we headed out of Hains Point together. My friend, Banks, hopped out of the crowd and helped me up the ramp to the 14th Street Bridge. Somehow right before the 23-mile marker, I fell. I went flying forward, landed on my palms, then right elbow, and ended up on my fanny

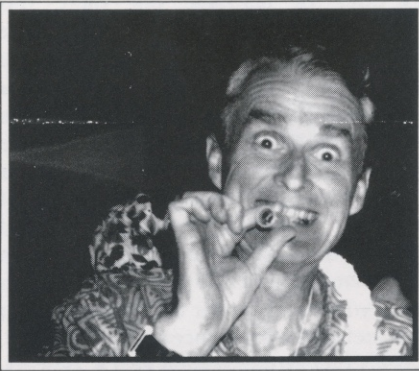


facing the wrong direction. This is a new twist to "Striders on the Road." I can laugh about it now but I wasn't having much fun at this point. My palms were bleeding and had rocks stuck in them, my elbow was cut up, and I really thought my wrist was broken. Fortunately Banks was there to scoop me up and point me in the right direction. The last 3 miles felt like a marathon in themselves and were slower than slow. But I hung in there and didn't stop.

Then all of a sudden I heard that crazy whistle. You have no idea how glad I was to hear that sound!

The good part about the ending is that I beat the hill this year. I pictured that beast in my mind for days and just knew I was going to conquer it. My legs weren't cooperating but I was determined to make it to the top without walking a step. I crossed the finish line in 4:37:15 which was 15 minutes faster than last year. I really wanted to break 4 1/2 hours but I finished and I'm happy with that, plus, I met another Strider. My family already has me out there next year taking 15 minutes more off my time. Their support is amazing (they still don't understand why I torture myself like this) and I thank them for their patience while I've trained for the second marathon which I swore I would never do again! I really enjoyed training with Moore's Marines on Saturdays and especially seeing all those club shirts out on the course. The friendly hello's and encouragement from other Striders were helpful. Take care ET - enjoy the Fall running weather.

*To Your Health,
Laura West*



STRIDERS ON THE ROAD

BY EVAN THOMAS

JUN 1 PENN. AVE MILE WASH., DC

Jim Storey 6:34

JUL 4 PEACHTREE CLASSIC/10K ATLANTA, GA

(Huge event)

Alan Wycherly 55+

Great organization, bands, piped-in music, t-shirt to finishers only, two wonderful hills, still a world record course and an experience not to be missed.

AUG 24 PENNANT RACE 5K CAMDEN YARDS

Ryan Kellish 20:04 1st 13-15 AG

Conni Kellish 27:15

SEP 2 ST AGNES LABOR DAY 8K PATAPSCO ST PARK (AVALON AREA)

Ryan Kellish 34:34

Cecile Spiegel 42:05

Conni Kellish 44:03

SEP 7 BOTTLE & CORK 10 MILER DEWEY BEACH, DE

Jim Griffith 59:25 2nd

Yael Fortier 1:15+

Jim Carter 1:19+

Evan Thomas 1:23+

Jim Noctor 1:34+

A wonderful warm day at the beach. No water for 3.5 miles -bummer. I carried my own - people were trying to buy water on the boardwalk! Nice party after - the beer was cold and the water temp was wonderful at the beach. Went to the Starboard for sustenance after - best Bloody Mary fixings bar anywhere. Hot sauces rated from 1 to 15 in terms of degree of heat - yeeha!

SEP 8 FREDDIE MAC REACH OUT TO A CHILD/5K WEST POTOMAC PARK

Larry Puglisi 23:05

SEP 8 MARATHON OF THE ROSES LANCASTER, PA

Tom Prendki 3:36

T.J. Harrington 3:38

Mike Bright 3:38

Sue Briers 3:45

Meredith Bonta 3:51

Sherrie Kosnar 4:02

Brad Chapman 4:45

It was hot. It was hilly. It was awful. If you like roller coasters, then this is the race for you. It might be a one time only event, but we'll see.

SEP 15 UNION MILLS 8K Near Westminster

Eric Gyaki 32:01

Evan Thomas 36:48 2nd AG

Roy Elder 51:08

Had more fun than anyone

SEP 15 BAR HARBOR HALF MARATHON/BAR HARBOR, ME

Matt Mace 1:20+ Zoom!

Jim Etchison also enjoyed the Maine air.

SEP 15 MS HALF MARATHON WASH., DC

T.J. Harrington 1:36+

Larry Puglisi 1:41:09

Doris Harrington 2:18+

Patti Bembe 2:25+

Susan Bright 2:30+

Iris Wyvill 30:10 PR (5K)

Ardis Henderson 31:50 (5K)

Arnie Henderson 31:51 (5K)

SEP 15 MARYLAND RELAY 4M or 2M RELAY

Ryan Kellish 26:44

Conni Kellish 33:40

Great random prizes!

SEP 22 PHILADELPHIA DISTANCE RUN/13.1M PHILADELPHIA, PA

Jim Carter 1:38+

Rained the whole way!

SEP 28 CENTERVILLE 5K

CENTERVILLE (EASTERN SHORE)

Peter Salmon Cox 19:31 PR?

June Schneider 20:55 PR?

Cross country with a head wind! Hmm, me thinks the measuring folks might have erred somewhat here. But the real question was, "Where were you, Jennifer??"

SEP 29 NATIONAL CAPITAL 20M (& 5M)/ALEXANDRIA, VA

Sue Briers 2nd AG

Meredith Bonta 1st AG

Joe Clorety 1st Annapolis Strider

T.J. Harrington 2:36

Larry Puglisi 2:42

Ray Wyvill 2:49

Susan Bright 4:13?

Eleanor Kennedy and Derek Ammons also ran and had fun.

Rose Malloy 31:08 (5M) 1st F

Iris Wyvill 49:15 PR (5M)

Ardis Henderson 54:37 PR (5M)

Arnie Henderson 54:38 (5M)

DK was there to ensure everyone had a good time. The 20 miler goes from Jones Point Park to Mt Vernon and back.

SEP 29 PAOLO'S 5K/TOWSON (300+ runners)

Michelle St Laurent 21:20 2nd AG

Jim Noctor 21:40 2nd AG

Evan Thomas 23:37

Mike Ciorca 24+

Della McIntyre 24+ 2nd AG

Ivan Pressman 25+

Ran with his daughter

Henry from the Tuesday night track runs at Severna Park HS ran 20:47. Nice cool day.

Sam Adams on draft after (should have been there, Will). Nice downhill at the start, but you paid for it in the last mile

SEP 29 FOX CITIES MARATHON WISCONSIN

Tom Bradford 3:54

700 finishers, # 37 for Tom and state # 24.

Mississippi next!

OCT 3,4,5 MD SENIOR OLYMPICS TOWSON

Yvonne Aasen AG 65-69

5K 27:45 - Gold, 10K 58:30 - Gold, 1500M

7:47.5 - Silver, 800M 3:50 - Silver

Meredith Bonta AG 50-54

5K 21:35 - Gold, 800M 2:58 - Gold

Denzil Pritchard AG 75-79

5K 23+ - Gold, 800M 3:22 - Gold, 1500M time not avail - Gold

Quite a haul for our gang. If someone has the complete results, I would like to see them (just to see what the competition is doing!!)

OCT 5 SEAGULL CENTURY 100M BIKE RIDE/SALISBURY

Meredith Bonta (no crash this year), Bill Law, Lee Patrick, Bob Field, Ron Bowman, Lynn Hopkins, and Sue Briers were among the happy riders this year. Linda Simpson did the Metric Century (62M?).

I think Mike Chamberlin and Will Scott were also there.

OCT 5 CORRIDOR CLASSIC 8K HYATTSVILLE

Mike Brian 33:55 PR

OCT 5 MARKET STREET MILE FREDERICK

Jim Storey 6:42 5th AG = trophy!

OCT 6 WINEGLASS MARATHON CORNING, NY

Dave Walser 3:40

Eric Fromm 3:52

Jim Carter 3:54

200 or so runners. Headwind all the way. At

least the temperature was reasonable and there was no extra charge for ribbons this year!

OCT 12 BRIAN VETTER 5K MT ST JOSEPH HS

(cross country)

Ryan Kellish 20:08

Conni Kellish 25:26 1st F

OCT 13 RACE TO SAVE OPEN SPACE QUEENSTOWN (WYE MILLS)

Steve Egolf 1st O/A

Rob Marino 2nd (nice run, Dad)

Mark Jones 3rd

Dave Webster 4th, 1st Masters

Rose Malloy 29:56 1st F

Joe Clorety 1st AG

Lee Masser 1st AG

Meredith Bonta 1st AG

Sue Briers 1st AG

Ryan Kellish 32:04? 2nd AG

Conni Kellish 42:26

Ken Lyons, Sharon Serio, Ivan Pressman, Mike Hoffman, Joan Forman, and Nancy Mann all ran and enjoyed the flat and fast course. About 100 runners finished - maybe next year they won't go up against 5 other races!

OCT 13 STEAMTOWN MARATHON SCRANTON, PA

Jennifer Sullivan 3:22 4th F, Boston qualifier

Mike Blanche 3:25?

Slow going at the end for our contingent.

Eleanor Kennedy ran part as a marathon build up. DK was the ace photographer. About 400 finished this first time event.

OCT 13 WATKINS PARK 5K/LARGO

Justin Gooding 21:12 PR

Garrett Gooding 21:57 PR

OCT 13 ARMY 10 MILER/ WASH., DC

Jose Stoute 1:24 PR!

Ellen Stoute 1:37

continue on next page

STRIDERS ON THE ROAD

continued from previous page

I know Arnie Henderson was there, but I didn't get any other times or names.

OCT 17 UMBC MINDFEST 5K CATONSVILLE

Dave Walatka 19:34

Best in 18 months! About 200 runners.

OCT 19? MOUNTAIN MASOCHIST 50 MILE TRAIL RUN/LYNCHBURG, VA

Sue Briers 11:05

Meredith Bonta 11:05

Bill Peake 11:05

Ron Bowman 11:57

Bill Turrentine also finished his 9th MM 50M - next year he gets the coveted jacket. Eric Fromm also competed and did 40 miles before stopping. This is the race for you if you like long uphill, rocks, roots and great scenery. Falls were common but no serious consequences as far as I could tell. About 175 started and 81% finished. There is a 12 hour cutoff for this event so you can finish in the light (you need a flashlight at the start). Someone with the initials MB forgot to pack her shoes -so the night before, a raid had to be made on a local mall to get her out there - I hear the replacement shoes worked out just fine. Don't try this one without training! Hats off to Bill Peake for taking the most abuse (you'll have to ask him why).

OCT 19 SEASIDE 10 MILER OCEAN CITY

Mike Brian 1:11:11 PR!

OCT 20 BRRC HALF MARATHON NORTHERN CENTRAL TRAIL Ashland

Evan Thomas 1:43+ Good training run

Tom Bradford 2:03

Includes 2 carbo unloading stops. Pretty nice day for running.

OCT 26 HALLOWEEN HAPPENING 4M / OREGON RIDGE PARK, HUNT VALLEY

Ryan Kellish 25:59 1st AG

Conni Kellish 33:50

Patrick Kellish 1st AG for the half-mile fun run. A great day and setting for the run.

NOV 2 JUG BAY 10K (RUN FOR WILDLIFE) /JUG BAY PRESERVE, UPPER MARLBORO

Rose Malloy 38:18 1st F

Jennifer Sullivan 41:02 3rd F

Mike Blanche 43:10

Peter Salmon Cox 47:21 Long last .2?

About 200 runners with nice prizes. Rose likes her framed blue Heron picture. Mainly flat course - nice scenery- all in the park.

NOV 2 EDGEMEADE 10K UPPER MARBORO

Evan Thomas 46:40 2nd AG.

Only 30 finishers probably due to the Jug Bay race just a few miles away. Hopefully, they can work out a date change for next year. This is a certified course all on county roads - fairly scenic with lots of hills!

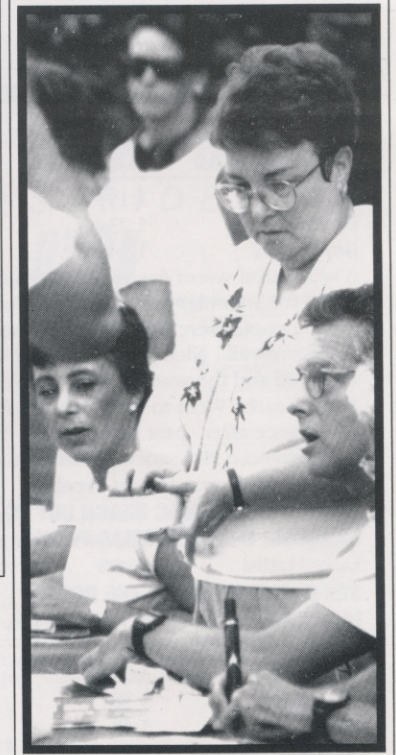
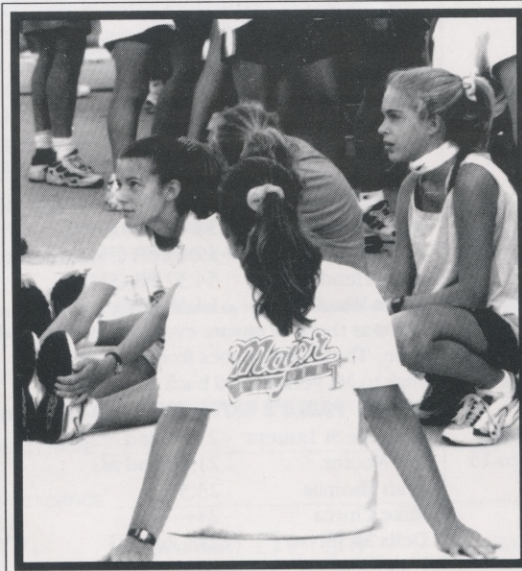
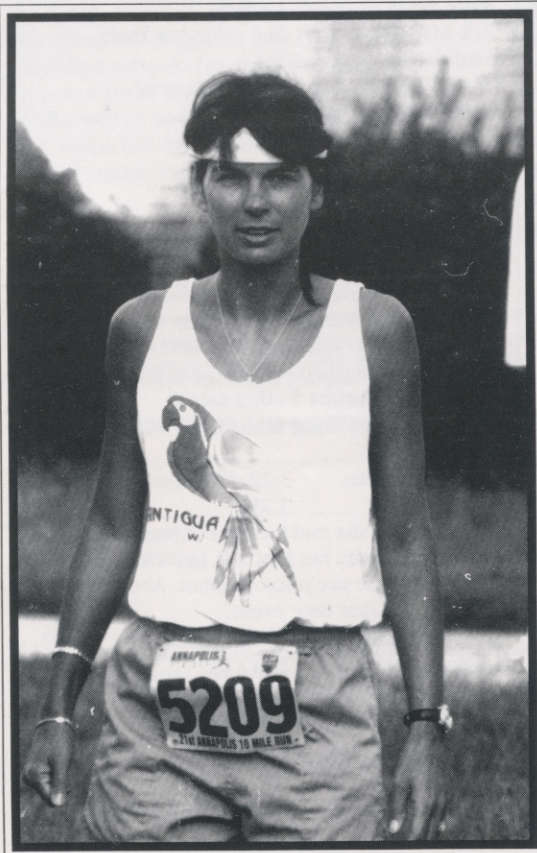
Hamburgers and hot dogs for breakfast?!



FINISHING LINES

Congratulations to all who finished the Marine Corps Marathon. We had our usual crew of zanies out at the 21.5 mile mark to pump up the spirits of those who needed it. Thanks to Gary Sewell, Rose Malloy, Jennifer (the bunny) Sullivan, Betty Moore, Ardis Henderson, Ken Lyons, Sharon Serio, and Mike Blanche. It really makes a difference to the runners to have that extra stop on Hains Point! Even I got

an offer of marriage out there this year! We will print all the results that we can get in the next STREAK. So, if you didn't give me or Ben your results, call or mail them to me: 7941 Queens Rd, Glen Burnie, MD 21061, 760-9188.// Now is the time to get those nominations for runner of the year, most improved, volunteer of the year, etc in mind. Better yet, send them in the post office box or give them to a board member. It is not too early to mark your calendar for the famous Strider Banquet and annual meeting on March 8, 1997. Come, vote for next year's officers, have a great meal and dance the night away at St John's College. See if you can out last Ben Moore on the dance floor!// Thanks to Earl Scott we will have the lights on at the Community College this winter since the cross country team will be practicing then. The times are 5:30 to 6:30 (at least). Earl's women's team won the regionals recently.// I guess we missed the event of the summer. It was the Conestoga Trail 10 mile hike / climb / run somewhere near Lancaster, PA. I think it was Bob Field, Sue Briers, Ron Bowman and Meredith Bonta who scrambled through the woods to the finish. In some spots you had to pull yourself up by roots, branches, or whatever means to get up some of those hills. There were several bee attacks and several falls for everyone. Maybe one of the survivors will treat us to a story about it. I remember Leonard Kuentz telling me about this one last year and I guess it lived up to its reputation. — ET.



...and here are a few more great photos taken by Lee Masser at the 1996 A10 Mile.

Moore's Marines Running Machines

By Gale and Ed Taliaferro

My brother said run it, you'll have a ball!
So sometime in June we made phone call
To Ben Moore who said he would teach us to run.
Only Ben could make running in the summertime fun.

So then in July at Conte we met Ben
Who pointed down 450 and said, "Okay, run 10.
Twenty year smokers and with middle age weight
We looked pretty bad and didn't jog great.

But he gave us the schedule and we thought, "Get real."
But we ran Monday and Tuesday because it did make us feel
Better on Wednesday and Thursday. Soon we couldn't get enough!
And Ben kept saying you have the right stuff.

And on Friday and then it was Saturday again
And Ben pointed down 450 even in the rain.
The Annapolis 10 Miler and the Dawsons race too
And then the day we actually ran 22.

So finally when October 27 was in sight
We thought that maybe, we could, possibly, might
Actually finish the 26 plus course
if not on our feet maybe up on a horse.

So off to Iwo Jima we went that day
The howitzer fired and we were on our way!
The crowds were fantastic, the monuments plenty
And the Annapolis Striders encouraged us at mile twenty-two

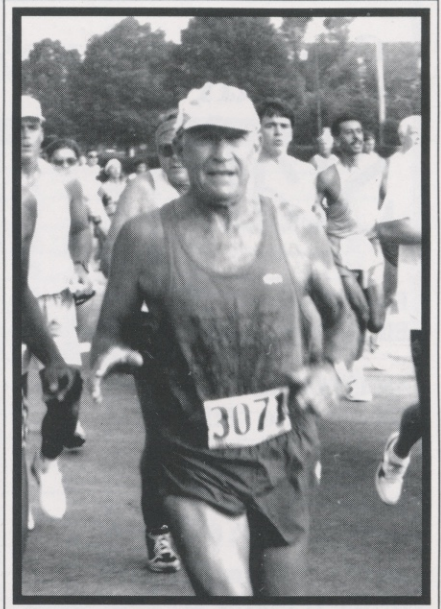
with their candy and cokes and smiles
They rallied us on with "Just a few more miles!"
Across Memorial Bridge to the Pentagon once more.
We'd run past it three times. It was becoming a bore.

And then we saw shining mile 25
We were feeling really bad, like barely alive.
Then came that hill at 26.
Thought we would puke. We had taken our licks.

The Marines and medals just around the bend.
The people were cheering 'cause it was the end!!!!
We walked all around just enjoying the glory
and pride in ourselves. What a story!

We finished at just about 4:49
Not a record, but, hey, it's just our first time.
So Ben we owe it all to you:
The encouragement, the schedule and advice about Gu.

You honed us into fine running machines
We are two, very proud, Ben Moore's Marines.



Training for a Follow-Up Marathon

By Ben Moore

Now that we have trained up to do a marathon this fall, why not use that training to get ready to do a follow-up marathon?

Keep your conditioning and new life style and increased physical fitness to launch into more ego boosting opportunities and run some more marathons in exotic places and even in some cooler, comfortable places - New York, Seattle, Memphis, San Francisco, Pittsburgh, Minneapolis, Toronto, London, Berlin. They are everywhere! "Stay in shape to keep from getting into shape!"

Once one has trained up for running a marathon, running a follow-up marathon in 4-6-8 weeks is easier than you think. The follow-up schedules will give you a starting point. And if you aren't ready to try another marathon, follow the maintenance schedule and continue to do some long-slow-distance runs on Saturday and Sunday mornings.

Come on out on Rt. 450 Saturday mornings and enlist in "Moore's Marines" run and talk to experts in all fields!

See Schedule on page 22

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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.

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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.

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THE ANNAPOLIS PUBLISHING COMPANY
LOCATED AT 114 WEST STREET, IN THE OLD
FIREHOUSE NEXT TO LOEWS HOTEL.

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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.

KIBBY CHIROPRACTIC AND REHABILITATION CENTER

2110 Priest Bridge Road, #6, Crofton 410-721-5050. Complimentary consultation and examination. Fully equipped rehab center with chiropractic and physical therapy for managing headaches, neck pain, back pain, and lower extremity 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).

ATHLETES' KNEAD

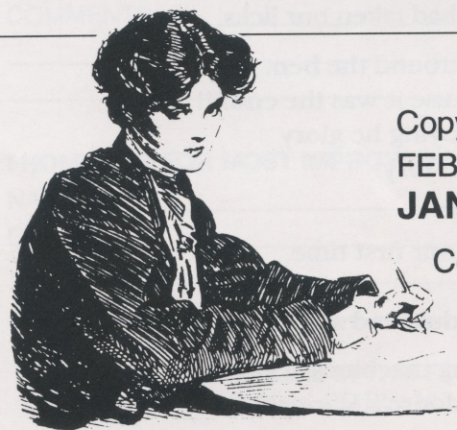
Sports Massage, Inc., (410) 987-0281 June E. Schneider, Certified Massage Practitioner. Millersville, Maryland 20% off first massage. 30 minute, one hour or full body appointments available.

COHL FAMILY CHIROPRACTIC & SPORTS THERAPY

1404 S. Crain Hwy, Suite 112, Glen Burnie (410) 760-6443 (1 mile north of Walmart) Free initial consultation. Schedule for a lower extremity analysis; includes gait and kinesiology evaluation.

ATHLETE'S EDGE

Footwear and Sportswear. Chris and Kelly Kishis (410) 280-2391. Discount of 15% to all members of the Annapolis Striders.



Copy and Ad Deadline for your
FEBRUARY Issue is
JANUARY 8th!

Contact Eileen Hagan,
Streak Editor
263-1397



8K Race to Save Open Space

by **George A. Kerchner**

Once again gorgeous fall weather and Canada geese greeted runners on the morning of October 13th for the 3rd annual *8k Race to Save Open Space*. Each year the race is held at the Wye Research and Education Center located in Queenstown, Maryland. The Eastern Shore Land Conservancy hosts the race for the purpose of promoting the Conservancy's goal of protecting farmland and critical habitat on Maryland's Eastern Shore. The Conservancy has preserved (or assisted in preserving) over 15,000 acres on the Eastern Shore since 1990.

The rural setting of the WREC provided runners with an enjoyable, traffic-free course which included views of the Wye River and smiling pumpkins at each mile marker. The first male finisher, Steve Egolf, completed the course in a time of 25:40. Rose Malloy, the first female finisher, crossed the finish line in 29:56.

The race's main sponsor over the years has been Patagonia of Washington DC, and once again they did not disappoint. Patagonia provided an abundance of quality merchandise for overall awards and a snappy jacket for a grand prize drawing. Athletes Foot of Easton also provided gift certificates for age category winners and random



giveaways. Other sponsors providing merchandise for random drawings included Chesapeake Bay Kayaks (one free kayaking tour) and Hemmingway's Restaurant (two dinner gift certificates).

This 8K race remains the best kept secret in the area (although the race director would certainly like all that to change in the coming years). The rural, waterfront setting, quality awards, abundant giveaways, and bountiful post-race food offers all participants and guests a relaxing and rewarding morning on Maryland's Eastern Shore.

WE NEED YOU!

Volunteer

P L E A S E

1.

Choose a race.

2.

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

3.

Join the excitement and fun - volunteer!



18th Anniversary Run
Sunday, Dec. 15, 1996
10:00 a.m.
HOTLINE: 268-1165



Valentine's Twosome Relay
Sunday February 9, 1997
Peter Salmon-Cox, Race Dir.
HOTLINE 268-1165



Washington's Birthday 5K
Saturday, February 15, 1997
10:00 a.m.
Jim Hall, Race Dir. 757-5482



B&A Trail Marathon
and Half Marathon
Sunday, March 9, 1997
7:30 a.m.
Tom Bradford, Race Dir.
410-987-0674

DAWSON'S SEVERNA PARK 5 MILE RUN

Sunday, September 8th
Severna Park, Maryland

Mike Brian, Race Director

RACE RESULTS

Place / Name	Age	Time
1. Dave Wall	22	26:20
2. Steve Egolf	32	26:42
3. Mark Jones	35	26:54
4. Spider Pye	38	27:39
5. Mark Rosasco	37	27:54
6. Mark Tompkins	20	28:32
7. Matt Mace	35	28:40
8. Jim Griffith	36	28:47
9. Steven Donahue	35	28:53
10. Scott Eden	40	29:06
11. Chris Robey	15	29:32
12. Charles Iliff	22	29:40
13. Dennis Coates	36	29:56
14. Jerry Pentoney	20	30:01
15. Paul Serra	40	30:24
16. John Kirkpatrick	52	30:29
17. Brian Wells	32	30:38
18. James Sullivan	30	30:46
19. John Downs	19	30:52
20. Carol Rosasco	37	31:04
21. Tim Saha	45	31:18
22. Christopher Heron	17	31:23
23. Don Scarborough	48	31:23
24. Bob Keating	36	31:26
25. John Pitara	55	31:30
26. Mike McNulty	42	31:32
27. Thor Young	26	31:49
28. Pete Hind	45	31:51
29. Clyde Villemez	50	32:02
30. Rose Malloy	48	32:07
31. James Lundeen	37	32:30
32. Ted Kennedy	35	32:32
33. Bruce Bagley	19	32:33
34. Dave Walsler	37	32:43
35. Dave Parke	24	32:44
36. Sam Ches	54	32:47
37. Kevin Nesselroad	18	32:50
38. Kender Woodcock		32:53
39. Jennifer Sullivan	31	32:58
40. Bill Arnold	50	32:59
41. Bill Peake	45	33:01
42. Eric Gyaki	47	33:03
43. Matthew Heron	15	33:10
44. Bryan Clark	33	33:10
45. Joe Clorey	53	33:18
46. Vanessa Cox	35	33:19
47. Tom Dekornfeld	43	33:22
48. Carla Pastore	41	33:34
49. Ed Jablonski	35	33:44
50. Marge Boyd	35	33:45
51. James Norton	40	33:48
52. Devid Heron	50	33:53
53. James Kaufman	41	33:55
54. Chris Mairs	24	34:21
55. Dave Kitzmiller	36	34:25
56. John Greenfield	44	34:31
57. Andrew Palowitch	36	34:56
58. John Gallagher	47	35:00
59. Mike Dorsey	33	35:01
60. Donald Smith	41	35:03
61. Michael Bergeson	42	35:05
62. Brooks Sherman	45	35:14
63. Ron Bowman	46	35:26
64. Amadeu Sanchez	57	35:31



Dawson's Severna Park 5 Mile Run Race Director Mike Brian prepares to address the runners.

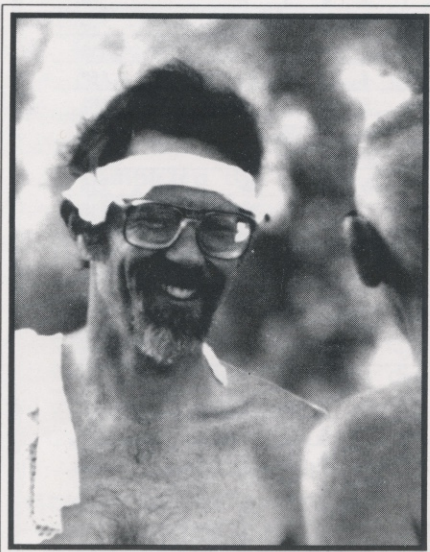
Photos by Lee Masser

65. Gregory Awalt	30	35:38	104. Kevin Krupinsky	25	38:13
66. John Fay	48	35:39	105. Aley Woodcock	15	38:20
67. Tom Tuscott	35	35:40	106. Karen Cuirea	28	38:25
68. John Tighe	35	35:42	107. Michael Smith	40	38:26
69. George Russell	45	35:48	108. Bill Roessler	49	38:34
70. J.B. Nassif	17	36:05	109. Patrick Donahue	44	38:44
71. Charles Muskin	47	36:07	110. James Woodcock	53	38:48
72. Ann Roberts	30	36:08	111. George White	44	38:56
73. Mike Blanche	30	36:08	112. Mary Lang	41	39:01
74. Keegan Evans	16	36:24	113. Ken Cosgrove	46	34:04
75. Sean Carey	31	36:25	114. Jim Etchison	43	39:10
76. Steve Kling	37	36:27	115. Mike Berdegez	25	39:11
77. Ivan Pressman	51	36:30	116. John Pereira	35	39:12
78. Dan Masterson	51	36:34	117. Deborah Young	25	39:14
79. Dan Soeffing	18	36:36	118. Derek Ammons	35	39:18
80. Steven Brady	39	36:42	119. Bill Warnock		39:20
81. Don Higdon	53	36:44	120. Tim Coughlin	39	39:25
82. Rick Shea	45	36:46	121. Gary Furton	34	39:26
83. Clint Henderson	40	36:48	122. Maria Shelds	34	39:27
84. Michael Anderson	46	36:50	123. Donald Cebulski	36	39:31
85. Jude Roeger	29	36:50	124. John Nassif	44	39:32
86. Gary Sewell	54	36:52	125. Charlie Lane	50	39:33
87. Dave Walsler	14	36:56	126. Philip Sebring	43	39:34
88. Rita Twist	43	36:57	127. Neal Hinkle	59	39:38
89. William Derr	57	37:00	128. Peter Salmon-Cox	56	39:39
90. Kerk Walder	43	37:10	129. Edward Karlson	60	39:41
91. Daniel Symancyk	49	37:11	130. Tony Jackson	36	39:43
92. Fred Shanklin	55	37:19	131. Jenna Nugent	15	39:46
93. Justin Gooding	10	37:23	132. Dennis Nugent	45	39:47
94. David Allen	44	37:23	133. Sean Dawson	37	39:55
95. Greg Kirkbride	44	37:24	134. Bob Hayden	41	40:02
96. Matt Bevil	18	37:25	135. Jim Noctor	56	40:03
97. Jeff Bosch	40	37:26	136. Nancy Mdann	50	40:03
98. Mark Seno		37:28	137. Beth Trescott	32	40:04
99. Danalee Green	51	37:31	138. Carl Perkins	46	40:08
100. John Peck	56	37:36	139. Ralph Pisani	31	40:16
101. Tom Bradford	52	37:42	140. Beth Horn	16	40:17
102. Roy Peacock	56	37:47	141. Cheryl Bagdasian	35	40:18
103. Dennis Hall	41	37:54	142. John Joseph	49	40:26

143. Ray Moody	40	40:30
144. Jerry E. Pentoney	53	40:41
145. Keith Bowen	41	40:44
146. Christine Parr	14	40:44
147. Allison Weitz	17	40:46
148. Chris Gallagher	31	40:48
149. Jeff Hunter	29	40:51
150. Jim Ostrye	46	40:51
151. Melissa Currence	41	40:53
152. Christer Bromen	44	41:04
153. Ray Beitzell	41	41:05
154. Rusty Vanvoorhis	45	41:06
155. Don Stoddard	59	41:08
156. Will Myers	46	41:09
157. Mike Tichner	44	41:11
158. Mariangela Crowley	33	41:11
159. David Hexter	34	41:13
160. Reggie Haseltine	46	41:29
161. Norm Lee	60	41:30
162. Richard Furton	29	41:39
163. Thomas Schall	58	41:43
164. Will Scott	46	41:46
165. Walt Morgan	47	41:48
166. Eddie McDewitt	45	41:51
167. Rick Moran	34	41:53
168. June Schneider	48	41:53
169. Diane Parisi	21	41:55
170. Mike Garcia	43	41:59
171. Jeff Konyar	43	42:01
172. Michael Kersch	33	42:02
173. Colleen McLaughlin	18	42:05
174. Lynne Reeder	32	42:08
175. Mary Iliff	29	42:15
176. Doug Leahner	11	42:16
177. Warren Cooper	43	42:16
178. Mark Lehner	42	42:18
179. Sue King	32	42:18
180. Paul Stoneham	49	42:22
181. Jackie Crowe	47	42:28
182. Doug May	26	42:32
183. Stuart Kichne	35	42:32
184. Warren Price	16	42:33
185. Jenny Jansure	17	42:34
186. Hannah Powers	16	42:35
187. Earl IIScott	56	42:38
188. Bill Law	68	42:41
189. Jenn Dunham	17	42:41
190. Amy Noble	17	42:42
191. Julie Shank	15	42:42
192. Kristin Crawford	16	42:43
193. Laren Hancock	16	42:43
194. Bob Richard	56	42:44
195. Denzil Pritchard	75	42:45
196. Duane Linbacker	39	42:51

197. Katie Reim	14	42:52
198. Kim Davis	17	42:53
199. Suzy McGarthy	36	42:54
200. Sue Pisani	39	42:56
201. Lee Masser	60	43:01
202. Patrick Harvey	37	43:04
203. Susie Morris	29	43:05
204. Ron Robisch	29	43:07
205. Christine Boch	25	43:19
206. Glen Ross	38	43:29
207. Bob Towk	38	43:29
208. Edward Taliaferro	48	43:42
209. Dan Miller	46	43:46
210. Gale Edelstein	45	43:46
211. Paul Brown	43	43:54
212. Shelly Pellegrino	35	43:54
213. Jenny Wenkler	34	44:00
214. Gale Taliaferro	47	44:04
215. Nancy Hans	39	44:10
216. Erin Brook	17	44:15
217. Erin Shaker	14	44:16
218. Abigail Robinson	16	44:17
219. Kelly Adlam	15	44:22
220. Beth Davis	15	44:30
221. Guy Riccio	75	44:44
222. Linda Simpson	54	44:53
223. Mary Rossing	33	44:55
224. Rob Roptel		44:57
225. Connie Kellish	31	45:08
226. Julie Bailey	17	45:13
227. Katie Lewis	17	45:16
228. Lawrence Priebe	24	45:17
229. David Peterson	51	45:21
230. Rob Mairs	53	45:30
231. Al Hause	51	45:34
232. Wayne Denney	52	45:35
233. Neil Becker	34	45:44
234. James Noble	46	45:53
235. Richard Sarmento	52	45:58
236. Higley Harmon	41	46:13
237. John Morris	37	46:15
238. Margaret Joseph	43	46:16
239. Gary Sullivan	56	46:18
240. Christy Stickler	15	46:19
241. Jessica Gaiter	15	46:19
242. D.F. Rethlenberg	19	46:47
243. Patricia Snodgrass	42	46:48
244. Harriet Adam	40	46:52
245. John Bradford	57	46:54
246. Cindy Haworth	32	46:55
247. Carol Stob	46	46:56
248. Bill Phillips	47	47:00
249. Joan Forman	54	47:02
250. Stacey Manis	33	47:04
251. Sara Zuckerman	15	47:16
252. Karen Levin	46	47:17
253. Lisa Mulholland	16	47:18
254. Jill Reim	17	47:21
255. Katie Tewes	14	47:26
256. Jess Mundt	15	47:26
257. Nancy Thomas	44	47:40
258. Lyn Hammer	27	47:41
259. Yasemin Jamison	30	47:42

260. Don Snoodgrass	46	47:43
261. Ana Docouto	22	47:47
262. Karen Royer	41	48:01
263. Emily Mooney	16	48:05
264. Caitie Deneen	14	48:05
265. Edwin Wintermute	62	48:16
266. Dave Mundt	44	48:17
267. Stephen Gray	16	48:29
268. Maggie Shank	51	48:38
269. John Lucia	53	48:41
270. Becky Skinner	14	48:48
271. Beth Neuberger	16	48:49
272. Brandi Care	15	48:50
273. Barbara Dewink	37	48:54
274. Barbara Pfarr	36	49:00
275. Yvonne Aasen	64	49:03
276. Erin Hancock	15	49:08
277. Nancy Inman	40	49:11
278. Chip Taylor	48	49:23
279. Anita Taylor	34	49:23
280. Robert Rankin	51	49:35
281. Allison Grupsky	16	49:42
282. Thomas Grupsky	40	49:43
283. Dave Burns		49:8
284. Dave Surgent	39	49:49
285. Lauren Huber	14	49:52
286. Kathi Carr	32	50:10
287. Christine Ballance	16	50:11
288. Hillary Brown	13	50:19
289. Terri Daubert	25	50:31
290. Shawn Smith	11	50:34
291. Cathy Gardner	47	50:41
292. Carol Smith	37	50:47
293. Linda Webb	47	50:48
294. Barbie Morgan	14	50:49
295. Jack Koletty	54	51:10
296. Alan Wycherly	54	51:18
297. Lauri Thurtle	27	51:28
298. Lauren Back	14	51:30
299. Lee Patrick	53	51:39
300. Courtney Tomlinson	14	51:52
301. Eva Jensen	39	52:05
302. Leslie Adlam	45	52:09
303. Emily Higgs	14	52:54
304. Lissa Morris	13	52:55
305. Kim Lawton	14	53:08
306. Krista Bowerman	16	53:15
307. Amy Mathiew	16	53:23
308. Kristin Grupski	17	53:27
309. Susan Chapman	29	53:39
310. Glenn Loos	33	53:39
311. Jamara Fischer	26	53:49
312. Karen Grupski	14	54:32
313. Bernadette Wilsman	14	54:33
314. Regina Miente	45	55:01
315. Mary Gronkiewicz	15	56:15
316. Marie Zejewski	32	56:43
317. Ardis Henderson	57	57:43
318. Arnold Henderson	60	57:44
319. Ed Parker	64	58:10
320. Neal Ruchman	45	1:07:22
321. Dorothy Belschner	61	1:16:56
322. Sheila Jenkins	36	1:16:56



Eric Gyaki (left) and Bill Derr relax after crossing the finish line.

Feel great ~ Look great

Cristy's
at the
Club

Massage ~ facials ~ bodycare

Located at the
Big Vanilla Tennis/Athletic Club
1209 Ritchie Hwy, Arnold, MD 21012

Cristy vanReuth
(410) 518-6016

1996 Championship Series Results

Women 14-19	5K	10M	2M	10K	1M	8K	5M	26K	20K	15K	Total
Amanda Schmidt	35	1	1	1	35	1	35				109
Sarah Haines	1	2	35	35	35	35	35				178
Mary Norton	35	35	35	35	35	2	35				212

Women 20-24	5K	10M	2M	10K	1M	8K	5M	26K	20K	15K	Total
Terri Daubert	35	35	35	1	35	35	1				177
CeCe Cleary	35	1	35	35	35	35	35				211

Women 25-29	5K	10M	2M	10K	1M	8K	5M	26K	20K	15K	Total
Ann Roberts	1	1	2	2	1	1	1				9
Laurie Thurtle	2	2	3	4	2	4	2				19
Susie Flockart	35	35	1	1	35	35	35				177
Beth Sherry	35	35	35	35	35	2	35				212
Gabrielle de Groot	35	35	35	3	35	35	35				213
Nancy Lowry	35	35	35	35	35	3	35				213

Women 30-34	5K	10M	2M	10K	1M	8K	5M	26K	20K	15K	Total
Jennifer Sullivan	2	2	1	1	1	1	1				9
Cheryl Bagdasian	3	3	2	2	2	3	4				19
Margie Boyd	35	1	35	35	35	35	2				178
Beth Trescott	4	35	35	35	35	35	3				182
Jean Albaugh	1	35	35	35	35	35	35				211
Beth Mills	35	35	35	35	35	2	35				212
Collen Hughes	35	35	35	3	35	35	35				213
Diane Webb	5	35	35	35	35	35	35				215
Julie Lane	6	35	35	35	35	35	35				216

Women 35-39	5K	10M	2M	10K	1M	8K	5M	26K	20K	15K	Total
Carol Rosasco	1	1	1	1	35	1	1				41
Kitty Good	3	4	35	3	1	35	35				116
Helen Laird	2	35	2	2	35	35	35				146
Melanie Mendoza	4	3	3	35	35	35	35				150
Cynthia Contarino	35	2	35	35	35	35	35				212
Eileen Martini	35	35	35	35	35	2	35				212
Iris Wyvill	35	35	35	4	35	35	35				214
Patricia Kelley	5	35	35	35	35	35	35				215
Julie Brown	6	35	35	35	35	35	35				216

Women 40-44	5K	10M	2M	10K	1M	8K	5M	26K	20K	15K	Total
Melissa Currence	4	3	2	3	2	4	3				21
Rita Twist	3	2	1	1	1	35	1				44
Mary Lang	2	1	35	2	35	2	2				79
Nancy Thomas	8	4	3	4	35	35	6				95
Margaret Joseph	10	35	35	5	35	35	4				159
Sue Briers	1	35	35	35	35	1	35				177
Patty Snodgrass	5	35	35	35	35	35	5				185
Frances Kushner	13	35	4	35	35	35	35				192
Marcie Friedland	35	35	35	35	35	3	35				213
Cecile Spiegel	35	35	35	35	35	5	35				215
Eileen Caroom	35	35	35	6	35	35	35				216
Beverly Centrowitz	6	35	35	35	35	35	35				216
Ilene Nathan	35	35	35	7	35	35	35				217
Debbie Heller	9	35	35	35	35	35	35				219
Cindy Ferguson	11	35	35	35	35	35	35				221
Lyn Hopkins	12	35	35	35	35	35	35				220

Women 45-49	5K	10M	2M	10K	1M	8K	5M	26K	20K	15K	Total
Jackie Crowe	2	2	3	3	4	4	5				23
Regina Miente	6	6	5	7	5	5	7				41
Cathy Gardner	4	5	4	6	3	35	6				63
June Schneider	2	35	1	4	2	35	4				83
Nancy Mann	1	35	2	35	1	35	3				112
Rose Malloy	35	35	35	1	35	1	1				143
Elizabeth Williams	35	1	35	2	35	3	35				146
Danalee Green	35	35	35	35	35	2	2				179
Catherine Gibbons	35	35	35	8	6	35	35				189
Sharon Serio	35	3	35	35	35	35	35				213
Andrea Shuck	3	35	35	35	35	35	35				213
Eleanor Kennedy	35	4	35	35	35	35	35				214

Rae Jean Goodman	5	35	35	35	35	35	35				215
Diane Zoller	35	35	35	5	35	35	35				215

Women 50-54	5K	10M	2M	10K	1M	8K	5M	26K	20K	15K	Total
Linda Simpson	2	2	1	3	35	1	1				45
Joan Forman	3	35	2	6	2	35	2				85
Barbara Riggan	35	1	35	4	1	35	35				146
Meredith Bonta	1	35	35	5	35	35	35				181
Linda Webb	35	3	35	7	35	35	35				185
Amy Holm	35	35	35	1	35	35	35				211
Gale Taliaferro	35	35	35	2	35	35	35				212

Women 55-59	5K	10M	2M	10K	1M	8K	5M	26K	20K	15K	Total
Ardis Henderson	2	35	1	1	2	1	1				43
Claire Morris	1	35	35	35	1	35	35				177

Women 60-64	5K	10M	2M	10K	1M	8K	5M	26K	20K	15K	Total
Yvonne Aasen	1	1	1	35	1	1	1				41

Men 13 & Under	5K	10M	2M	10K	1M	8K	5M	26K	20K	15K	Total
Justin Gooding	2	35	2	35	35	1	1				111
Garrett Gooding	3	35	3	35	1	35	35				147
Darrin Gooding	4	35	4	35	2	35	35				150
Chris Lane	5	35	35	1	35	35	35				181
Michael Hall	1	35	35	35	35	35	35				211
Andy Masterson	35	35	1	35	35	35	35				211
Jesse Bergeson	6	35	35	35	35	35	35				216

Men 14-19	5K	10M	2M	10K	1M	8K	5M	26K	20K	15K	Total
David Walser	3	4	2	2	3	2	3				19
Chris Robey	2	1	35	1	1	1	1				42
Jerry Pentoney	1	2	1	35	2	35	2				78
Matthew Vogenitz	4	3	3	35	35	35	35				150
Ray Putt	5	35	35	35	35	35	35				215

Men 25-29	5K	10M	2M	10K	1M	8K	5M	26K	20K	15K	Total
Tim Thurtle	2	2	2	4	1	2	35				48
Gregory Awalt	5	35	35	6	4	3	2				90
Chris Sinclair	35	2	1	3	2	35	35				113
Elliott Flick	1	3	35	5	3	35	35				117
Paul Walter	35	35	35	1	35	1	35				177
James Sullivan	35	35	35	2	35	35	1				178
Tommy Clowes	35	1	35	35	35	35	35				211
Mike McGuire	3	35	35	35	35	35	35				213
Dennis McGinley	4	35	35	35	35	35	35				214
Joe Haskell	35	35	35	7	35	35	35				217

Men 30-34	5K	10M	2M	10K	1M	8K	5M	26K	20K	15K	Total
Steve Egolf	1	1	1	1	2	1	1				8
Steven Donahue	4	2	2	3	3	2	3				19
Mark Jones	2	35	35	2	1	35	2				112
Eric Schrader	3	5	35	4	35	35	35				152
Ted Kennedy	35	3	35	5	35	35	4				152
Tom Trescott	6	35	35	35	35	35	5				186
Mike Blanoke	35	4	35	35	35	35	35				214
David Walatka	5	35	35	35	35	35	35				215
Douglas Robinson	35	35	35	6	35	35	35				216

Men 35-39	5K	10M	2M	10K	1M	8K	5M	26K	20K	15K	Total
Matt Mace	2	2	4	1	3	2	2				16
David Walser	7	4	8	3	6	5	6				39
Mark Rosasco	1	1	2	2	35	1	1				43
Derek Ammons	9	13	10	14	10	8	11				75
Edward Jablonski	12	8	35	5	35	6	7				102
Jim Griffith	3	35	3	35	2	35	3				

1996 Championship Series Results

Steven Brady	10	35	35	13	35	7	35													170	
James Schraf	13	9	35	35	9	35	35														171
Robert Marino	35	35	1	35	1	35	35														177
Tim Ryan	16	10	35	16	35	35	35														182
James Lundeen	35	35	35	4	35	35	5														184
Paul Baltutis	5	35	35	35	5	35	35														185
James Carter	17	35	35	6	35	35	35														198
Eric Karanby	35	12	35	12	35	35	35														199
Dave Belue	14	11	35	35	35	35	35														200
Curtis Johnson	35	5	35	35	35	35	35														215
Scott Larcher	35	35	7	35	35	35	35														217
Rich Barnhart	35	7	35	35	35	35	35														217
Bob Hoyt	35	35	35	8	35	35	35														218
Ross Heisman	35	35	35	9	35	35	35														219
Tom Venator	35	35	11	35	35	35	35														221
David Jones	35	35	35	15	35	35	35														225
Steve Scott	15	35	35	35	35	35	35														225
Mike Udell	18	35	35	35	35	35	35														228

Men 40-44	5K	10M	2M	10K	1M	8K	5M	26K	20K	15K	Total
Bill Peake	4	2	4	1	4	5	2				22
James Kaufman	6	4	3	3	3	8	4				31
Pat Donahue	12	5	7	10	6	10	7				57
Jim Etchison	16	10	10	14	7	11	8				76
Michael Bergeson	10	35	5	6	35	6	5				102
Oliver Payne	3	1	35	35	1	3	35				113
Jeff Konyor	35	35	11	13	8	12	9				123
Bob Field	9	3	35	5	35	7	35				129
Larry Puglisi	11	35	6	4	35	9	35				135
Warren Cooper	35	6	35	11	35	13	10				145
Tom Dekornfeld	35	35	35	2	35	4	3				149
Rick Woods	2	14	35	7	35	35	35				163
Carl Reed	13	7	8	35	35	35	35				168
Steve Barney	18	8	9	35	35	35	35				175
Scott Eden	35	35	1	35	35	35	1				177
Dave Webster	35	35	35	35	2	1	35				178
Paul Serra	1	35	35	35	35	2	35				178
Steven Watkins	17	12	12	35	35	35	35				181
Dennis Hall	35	35	35	35	5	35	6				186
Tim Smith	35	9	35	15	35	35	35				199
Ray Beitzell	15	35	35	35	35	35	9				199
Mike Van Beuren	35	35	2	35	35	35	35				212
Jesse Harrahill	5	35	35	35	35	35	35				215
Bob Palatka	7	35	35	35	35	35	35				217
Harold Stanton	8	35	35	35	35	35	35				218
Ray Wyvill	35	35	35	8	35	35	35				218
Neal Barrett	35	35	35	9	35	35	35				219
Howard Dew	35	11	35	35	35	35	35				221
Bruce Bagley	35	35	35	12	35	35	35				222
Doug Nauman	35	13	35	35	35	35	35				223
Ray Wyvill	35	14	35	35	35	35	35				224
Ray Putt	14	35	35	35	35	35	35				224
Len Zeminsky	35	35	35	16	35	35	35				226
Jim Bausell	35	35	35	17	35	35	35				227
Philip Caroom	35	35	35	18	35	35	35				228
Neal Ruchman	35	35	35	19	35	35	35				229
Tom Kessler	19	35	35	35	35	35	35				229

Changes to 1997 Championship Series

There are only 8 races instead of the usual 10 (the 2-miler and Dog Days were dropped). Five races must be run to be considered for overall awards. The Cold Turkey will be an 8K instead of a 20K and will move to AACC. Registration form on page 17.

Men 45-49	5K	10M	2M	10K	1M	8K	5M	26K	20K	15K	Total
Eric Gyaki	1	3	1	9	1	1	1				17
John Gallagher	3	8	4	6	4	2	2				29
John Fay	5	7	3	5	3	4	4				31
Ron Bowman	2	12	2	12	2	6	3				39
Charlie Muskin	4	11	5	7	6	8	5				46
Will Myers	8	16	8	17	9	9	11				78
Reggie Haseltine	10	19	9	19	11	11	12				91
Dan Synanczyk	35	9	6	35	8	5	6				104
Will Scott	7	17	7	15	10	35	13				104
John Joseph	9	18	35	14	35	35	9				155
Charlie Lane	6	35	35	8	35	35	7				161
Jon Meyer	35	14	35	16	7	35	35				177
Robert Moore	35	1	35	35	35	3	35				179
Mike Bright	35	2	35	3	35	35	35				180
Michael Brian	35	4	35	2	35	35	35				181
Charles Vanvoorhis	35	35	35	35	35	7	10				192
Bruce Soyars	35	10	35	11	35	35	35				196
Russell Duncan	35	13	35	10	35	35	35				198
Jonas Legum	14	35	10	35	35	35	35				199
Ed Jantz	12	35	35	35	35	12	35				199
Mark Galuski	11	35	35	13	35	35	35				199
Bill Vogenitz	15	35	11	35	35	35	35				201
Neal Hinkle	35	35	35	18	35	10	35				203
Carl Perkins	35	35	35	20	35	35	8				203
Michael McNulty	35	35	35	1	35	35	35				211
Bob Burash	35	35	35	4	35	35	35				214
Neal Brown	35	35	35	35	5	35	35				215
Bill Turrentine	35	5	35	35	35	35	35				215
Todd Olson	35	6	35	35	35	35	35				216
Cliff Andrew	13	35	35	35	35	35	35				223
Michael Ciorca	35	15	35	35	35	35	35				225
Robert Fogler	16	35	35	35	35	35	35				226
Earnest Chizmar	35	35	35	21	35	35	35				231

Men 50-54	5K	10M	2M	10K	1M	8K	5M	26K	20K	15K	Total
Fred Shankin	2	2	5	4	6	2	6				27
Gary Sewell	8	6	7	10	3	5	5				44
Don Hidgon	9	7	8	9	4	4	4				45
Tom Bradford	6	9	6	5	5	10	7				48
Joe Clorety	3	3	3	3	1	35	2				50
John Kirkpatrick	1	35	1	1	35	1	1				75
Lee Patrick	14	9	11	18	9	9	11				81
Eric Fredland	7	5	35	7	35	6	35				130
Evan Thomas	35	4	10	6	35	10	35				135
Dan Masterson	4	35	4	35	35	35	3				151
Rob Mairs	12	35	35	35	35	7	8				167
Jack Koletty	35	35	35	16	35	8	9				173
Alan Wycherly	35	35	35	17	8	35	10				175
Francisco Sanches	35	1	35	35	2	35	35				178
Eric Fromm	5	35	35	35	35	3	35				183
Richard Hillman	35	35	9	35	7	35	35				191
Joe O'Boyle	35	8	35	15	35	35	35				198
Jim Buck	35	35	2	35	35	35	35				212
Chris Riley	35	35	35	2	35	35	35				212
Ronald Bolt	35	35	35	8	35	35	35				218
Ron Bowles	10	35	35	35	35	35	35				220
Bruce Burns	11	35	35	35	35	35	35				221
Bill Habicht	35	35	35	11	35	35	35				221
Paul Stoneham	35	35	35	12	35	35	35				222
David Branning	13	35	35	35	35	35	35				223
Michael Benso	35	35	35	13	35	35	35				223
Gerald Royce	35	35	35	14	35	35	35				224
John Degreck	35	35	35	19	35	35	35				220

continue on page 16

Champ Series Results

continued from page 15

Men 55-59	5K	10M	2M	10K	1M	8K	5M	26K	20K	15K	Total
Peter Salmon-Cox	2	4	2	7	5	3	4				27
Don Stoddard	6	6	4	6	8	5	6				41
Bob Rankin	7	5	6	11	9	6	7				51
Allen Veasey	3	3	3	4	4	2	35				54
Amie Henderson	9	35	1	35	6	7	8				93
John Strumsky	5	35	5	8	7	4	35				99
John Pack	1	35	35	2	2	35	3				113
William Derr	35	35	35	5	3	1	2				116
Jim Noctor	4	2	35	3	35	35	5				119
Amadeu Sanches	35	1	35	35	1	35	1				143
Mervin Gross	35	35	35	1	35	35	35				211
Jim Mallow	8	35	35	35	35	35	35				218
Ed Taliaferro	35	35	35	9	35	35	35				219
Michael Frank	35	35	35	10	35	35	35				220
Thomas Ebbitt	35	35	35	35	35	35	35				245

Men 60-64	5K	10M	2M	10K	1M	8K	5M	26K	20K	15K	Total
Norm Lee	5	4	1	4	2	2	2				20
Edward Karlson	3	3	35	2	1	1	1				46
Lee Masser	4	5	2	35	3	3	3				55
Stan Witomski	1	35	35	1	35	35	35				177
Milton Taylor	2	1	35	35	35	35	35				178
Web Chamberlin	35	2	35	3	35	35	35				180
Ed Wintermute	35	35	35	6	35	35	4				185
Edgar Parker	7	35	35	35	35	35	5				187
Sean Sweeney	35	35	35	5	35	35	35				215
William Douglas	6	35	35	35	35	35	35				216
Bill McGranahan	35	35	35	7	35	35	35				217
Men 65-69	5K	10M	2M	10K	1M	8K	5M	26K	20K	15K	Total
Brad Chapman	35	35	35	35	35	1	35				211
Men 70-74	5K	10M	2M	10K	1M	8K	5M	26K	20K	15K	Total
Guy Riccio	1	35	1	1	2	35	2				77
Denzil Pritchard	35	35	35	2	1	1	1				110

Questions, comments, errors?
Call Bill Peake, Championship Series Coordinator, 410-643-2480

NOMINATION

continued from page 1

Runner of the Year

PURPOSE: The Runner of the Year Award honors a male and female member of the Annapolis Striders for excellence in participation in the organization and the community as members of the Striders in support of the goals of the club.

ELIGIBILITY: To be eligible for this award, the nominee must be a member in good standing for the entire year, and must have participated as both runner and volunteer in Striders events during the year.

A recipient of another award for the same year is not eligible for the Runner of the Year Award. However, a recipient of the Runner of the Year for a prior year shall not be disqualified.

CRITERIA: The following guidelines will be used in consideration of nominees for the Runner of the Year Award:

PRIMARY CONSIDERATION

- Placement in Annapolis Striders events.
- Noteworthy placement and performance in open category of other races taking into consideration the caliber of the competition

SECONDARY CONSIDERATION

Participation in Annapolis Strider activities including, but not limited to, any or all of the following:

- Serving as a club officer, event/activity director, etc.
- Working as a volunteer for the organization in support of a Striders

activity or as a consultant on behalf of the Striders, etc.

- Participation as a Strider team member or in other activities that support the Annapolis Striders.

Most Improved Runner of the Year

in memory of Elaine Shereika

PURPOSE: Honors a male and female member of the Annapolis Striders for significant personal improvement in performance in long-distance running during the year.

ELIGIBILITY: Nominee must be a member in good standing for the entire year, and must have achieved significant improvement in personal best times

for race events, compared to the preceding three years of performance. Performance improvement after injury is not accepted, unless the three-year period predates the injury. Records of performance are requested. There is no disqualification because of receiving other awards in the same year.

CRITERIA: The following guidelines will be used in consideration of nominees to receive the Most Improved Runner of the Year Award:

- Number of events in which performance exceeds past performance;
- Amount of improvement in PR times for the events;
- Other factors which may indicate improvement in running performance.

NOMINATION FORM

The Annapolis Striders Board of Directors wants to hear from the membership on candidates for Runner of the Year and Most Improved Runner. Your vote counts so don't be shy about sending in your nominations, even if it is you!

I NOMINATE FOR RUNNER OF THE YEAR:

NAME _____
COMMENTS _____

I NOMINATE FOR MOST IMPROVED RUNNER:

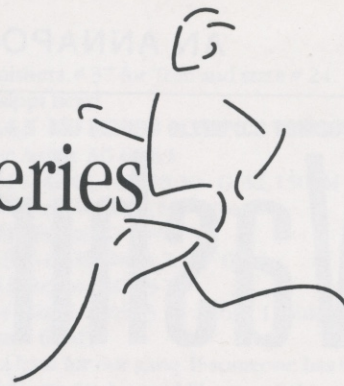
NAME _____
COMMENTS _____

DEADLINE FOR MAILING IN THIS FORM IS DECEMBER 31st
Mail to Annapolis Striders, PO Box 187, Annapolis, MD 21404-0187

Annapolis Striders

1997 Championship Series

Race Schedule



Changes to 1997 Championship Series: There are only 8 races instead of the usual 10 (the 2-miler and Dog Days were dropped). Five races must be run to be considered for overall awards. The Cold Turkey will be an 8K instead of a 20K and will move to AACC.

**Full
Season
Fee
only
\$22!**

**Full
Season
Fee
only
\$22!**

Leg	Date	Time	Race	Distance
	09 FEB	10:00 a.m.	VALENTINE'S TWOSOME RELAY Shipley's Choice Elementary School, Millersville	5K
1st	15 FEB	10:00 a.m.	WASHINGTON'S BIRTHDAY , Bay Hills, Annapolis	5K
	09 MAR	7:30 a.m.	B & A TRAIL MARATHON , Severna Park High School	marathon
2nd	13 APR	8:00 a.m.	CHERRY PIT 10-MILER , South River High School, Edgewater	10M
	20or27 APR	7:30 a.m.	ANNAPOLIS GATEWAY MILE , Rowe Boulevard, Annapolis	1M
	04 MAY	8:00 a.m.	ANNUAL GOVERNOR'S BAY BRIDGE 10K RUN	10K
3rd	15 JUN 3	8:00 a.m.	FATHER'S DAY 10K , B&A Trail, Glen Burnie	10K
4th	12 JUL 4	6:00 p.m.	JOHN WALL MEMORIAL 1 MILE TRACK RACE , Bates Track	1M
	19 JUL	8:00a.m.	WOMEN'S DISTANCE FESTIVAL 5K/RUN AFTER West Annapolis Elementary School, Annapolis, MD	5K
	24 AUG	7:30a.m.	22ND ANNUAL ANNAPOLIS TEN MILE RUN Navy-Marine Corps Stadium, Annapolis, MD	10M
5th	07 SEP	8:00 a.m.	DAWSON'S 5 MILER Severna Park High School	5M
6th	05 OCT	8:00 a.m.	METRIC MARATHON Southern High School, Harwood	marathon
	01 NOV	8:30 a.m.	HOG NECK 5M SCAMPER , Down's Park, Annapolis, MD	5M
7th	30 NOV	10:00 a.m.	COLD TURKEY 8K RUN Anne Arundel CC, Arnold, MD	8K
8th	14 DEC	9:00 a.m.	19TH ANNIVERSARY 5K RUN , Quiet Waters Park, Annapolis	5K

Must run 5 Legs to figure in overall standings.

☆ RULES & REGULATIONS:

- ☆ Members in good standing with the Annapolis Striders as of the date of the first event, and who maintain membership in good standing through the last event, are eligible.
- ☆ A member's age as of the first of January

determines the group in which the member will be scored for the year.

- ☆ Members who participate in all eight races will receive an award regardless of the member's cumulative score and place in an age group.
- ☆ As many as three awards will be made in each

5-year age group depending upon the participation in that group.

- ☆ To be eligible the runners must complete 5 of the 8 races.
- ☆ The decisions of the Series Coordinator are final.

1997 CHAMPIONSHIP SERIES - COMPLETE ALL INFO., PLEASE PRINT.
Make check payable to Annapolis Striders, Inc. NO CASH BY MAIL.
Send with form to: Tom Bradford, 746 Mimosa Ct., Millersville, MD 21108

OFFICIAL USE ONLY

LAST NAME _____ FIRST NAME _____ MI _____ TELEPHONE _____

STREET _____ POST OFFICE _____ ZIP _____

AGE ON JAN 1, 1997 [] GENDER M F

WAIVER & RELEASE: I recognize that participation in this activity may involve certain hazards. I understand that I should not participate unless medically able. I assume the risks associated with involvement in this activity, including but not limited to falls, contact with participants, effects of weather and road and traffic conditions, these risks being known and appreciated by me. Having read this Waiver 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, all sponsors and hosts, and their representatives and successors, from any claim of liability arising from my involvement in this activity.

SIGNATURE OF ENTRANT _____ DATE _____

SIGNATURE OF PARENT IF ENTRANT UNDER AGE 18 _____ DATE _____
MANDATORY

Washington's 5K Birthday



5K



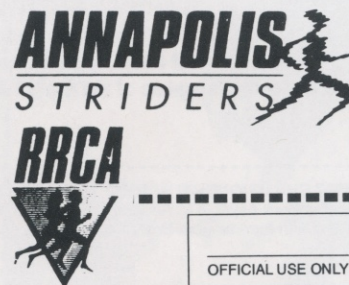
1st LEG OF 1997
CHAMPIONSHIP SERIES

SATURDAY ■ FEBRUARY 15, 1997 ■ 10:00 AM
Bay Hills Community Center, Arnold, Maryland

DATE: Saturday, February 15, 1997
PLACE: Bay Hills Community Center, Arnold.
DISTANCE: 3.1 miles (Jones counter measurement)
COURSE: Rolling hills, out and back.
Residential streets. No strollers. No headphones. No roller blades.
DIRECTIONS: Ritchie Highway (Rt. 2) to College Parkway. Go 5 stop lights to Shore Acres Rd. Turn left on Shore Acres to Bay Hills Drive. Turn right on Bay Hills to the start/finish area across from Bay Hills Golf Course. Please carpool, parking is limited. **NO PARKING IN GOLF COURSE PARKING LOT.** Please **DO NOT** warm up by running on the golf course (save their grass).
TIME:
Registration 8:30 - 9:30
Race Starts 10:00 a.m.
Awards Ceremony 11:30 a.m.

ENTRY:
BY MAIL, enter before February 10, 1997
Strider Members \$3.00
Non Striders \$4.00
RACE DAY ENTRY FEE
Strider Members \$4.00
Non Striders \$5.00
Limited to first 300 entrants.
No confirmations will be sent.
AWARDS: Merchandise prizes to overall M/F winners and runners-up, to first M/F Master, and to the first three finishers in 15 age-group categories (8 men's, 7 women's). At least 30 random prizes also awarded at finish line (no waiting!)
REFRESHMENTS: Hot cider, fruit, cookies
FOR MORE INFO: Contact Race Director Jim Hall (410) 757-5482, Asst. E. Thomas 760-9188 or the Striders' Hotline: (410) 268-1165

1996 OPEN CHAMPIONS
STEVE EGOLF - 16:14
CAROLE ROSASCO - 19:11
MASTERS CHAMPIONS
ANTHONY GRIER - 16:50
SUE BRIERS - 21:28
1996 FINISHERS: 216



WASHINGTON'S BIRTHDAY 5K - COMPLETE ALL INFO., PLEASE PRINT.
Make check payable to Annapolis Striders, Inc. NO CASH BY MAIL.
Send with form to: 5K RACE, 756 Windgate Way, Annapolis MD 21401-46611

LAST NAME _____ FIRST NAME _____ MI _____ TELEPHONE _____
STREET _____ POST OFFICE _____ ZIP _____
AGE ON RACE DAY [] GENDER M F STRIDER? Y N RACE DAY WORKER? Y N

WAIVER & RELEASE: I recognize that participation in this activity may involve certain hazards. I understand that I should not participate unless medically able. I assume the risks associated with involvement in this activity, including but not limited to falls, contact with participants, effects of weather and road and traffic conditions, these risks being known and appreciated by me. Having read this Waiver 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, all sponsors and hosts, and their representatives and successors, from any claim of liability arising from my involvement in this activity.

SIGNATURE OF ENTRANT _____ DATE _____
SIGNATURE OF PARENT IF ENTRANT UNDER AGE 18 _____ DATE _____
MANDATORY

6th Annual
B&A Trail Marathon
and

Half Marathon

Sunday
March 9, 1997

7:30 a.m.

SEVERNA PARK, MARYLAND

Race Packets

- Race Packets will be available for early pickup on Saturday, March 8 at Wyndham Garden Hotel.
- Race Day Registration begins at 6 a.m. on March 9.

Entry Fees

- Marathon \$20 - Race Day \$25
- Half Marathon \$15 - Race Day \$20
- Forms may be photocopied.
- Entry fee is non-refundable.

Spectators

There are numerous opportunities for spectators along the trail. Half Marathon point is near start and finish.

Course

The first three miles are on residential streets. The remainder of the Marathon and Half Marathon is on the B&A Trail - an asphalted bike and running path along a Rails-to-Trails Park.

Hill at mile 2 and 7. The rest of the course is railroad grade - mostly flat. The course is USATF certified; numerous runners have qualified for the Boston Marathon on this course.

Course Markings

Volunteers will monitor all turns and intersections. Each mile of the Marathon and Half Marathon is marked. The course will be closed to traffic but the trail itself will be open to other runners, bikers, roller bladers, and walkers. Please be alert and courteous.

Split Times

Split times will be called at mile marks 1, 5, 10, 13.1, 15, and 20. Digital clocks will be located at the finish line and the Half Marathon point. The official clock will be maintained until the last runner finishes.

Awards

- Medals to all marathon finishers.
- Shirts to all registered runners.
- Awards will go to first three men and women in categories 15-19 and five year age groups for all ages above 20.
- Special awards will go to male and female overall, and masters winners.
- No awards will be mailed. Race results and certificates will be mailed to all marathon runners.

Award Ceremonies

- Half Marathon : 10 a.m. - Marathon: 12 noon

For Information

- Tom Bradford, Race Director - 410-987-0674



6th Annual
B&A Trail Marathon
and
and Half Marathon

Sunday, March 9, 1997, 7:30 a.m. SEVERNA PARK, MARYLAND

ENTRY FORM

To register, complete and return this form with payment. Make checks payable to Annapolis Striders, Inc. (DO NOT SEND CASH). Mail to: Tom Bradford, 746 Mimosa Ct., Millersville, MD 21108

SIGN ME UP FOR THE:

- Marathon** \$20.00 entry fee
- Half Marathon** \$15.00 entry fee

T-shirt size: M L XL

Sex: M F _____

Age on March 9, 1997: _____

Number of Marathons completed: _____

Best Marathon Time: _____

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

NAME _____

ADDRESS _____

PHONE _____

Signature of entrant _____ Date _____

Signature of Parent if entrant under 18 _____ Date _____

Mandatory: I understand that motor vehicles and other wheeled vehicles may be on portions of the course and I accept this risk.

Note: Marathoners may opt to finish the Half Marathon on the race day and will be scored for awards in that event.



Runners please note: Bicycles, skateboards, baby joggers, rollerskates/blades, animals, and headsets are not allowed in Annapolis Strider races.



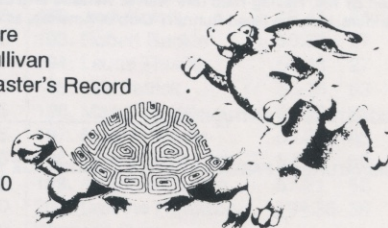
Race History

MARATHON

- 1992 David Lieb
Rose Malloy - 3:02:08 Course and Master's Record
- 1993 Rob Marino - 2:33:02 Course Record
Meredith Bonta
- 1994 Mark Jones, Leann Myhre
- 1995 Mark Jones, Jennifer Sullivan
Chris Riley - 2:59:40 Master's Record
- 1996 Mark Jones, Kay Carver

HALF MARATHON

- 1996 Rob Marino - 1:12:22
Carole Rosasco - 1:25:30
Masters:
Tony Grier - 1:17:55
Rose Malloy - 1:26:74





valentine's twosome relay

- ♥ REGISTRATION: 8:30 A.M.
- ♥ SIGN UP CLEVER TEAM NAMES
- ♥ 10:00 START
- ♥ 11:00 AWARDS CEREMONY
- ♥ REFRESHMENTS AT FINISH
- ♥ COURSE: 5k (3.1 miles) per person
- ♥ MONITORS
- ♥ WATER STOP AT FINISH LINE
- ♥ NOT HANDICAP ACCESSIBLE
- ♥ *T-Shirts available at a Great price!*

- ♥ WHEN: SUNDAY, FEBRUARY 9, 1997
- ♥ TIME: 10:00 A.M.
- ♥ WHERE: SHIPLEY'S CHOICE ELEMENTARY SCHOOL
- ♥ QUESTIONS: CALL HOTLINE: 410-268-1165
- ♥ DIRECTIONS: From I-97, take Exit 10 to Benfield Blvd. East, left on Governor Stone; second left to school.
- ♥ ENTRY: Complete form below (photocopies accepted) and mail with check by January 31, 1996.
- ♥ FEE: \$8.00 per couple; \$10.00 on race day. No confirmation, No refunds.
- ♥ AWARDS: Prizes to the fastest male/female team overall, fastest mother/son team, overall, fastest father/daughter team, overall, and male/female teams in the following age categories: COMBINED AGE TOTALING 40 and under, 41-60, 61-80, 81-100, over 100
— AND Special awards to team with best name.
— AND fastest male & female team from Shipley's Choice!
- ♥ RACE DIRECTOR: Peter Salmon-Cox, Hotline 268-1165

VALENTINE'S TWOSOME RELAY — COMPLETE ALL INFO., PLEASE PRINT.
Make check payable to Annapolis Striders, Inc. No Cash BY MAIL.
Send with form to: VALENTINE'S TWOSOME RELAY
c/o Peter Salmon-Cox, 773 Brushwood Ct., Millersville, MD 21108

OFFICIAL USE ONLY

LAST NAME _____ FIRST NAME _____ MI _____ TELEPHONE _____

STREET _____ POST OFFICE _____ ZIP _____

AGE ON RACE DAY [] GENDER M F STRIDER? Y N Are you a resident of SHIPLEY'S CHOICE? Y N

TEAM NAME _____ PARTNER'S NAME (please submit forms together) _____

MOTHER / SON? Y N FATHER / DAUGHTER? Y N

WAIVER & RELEASE: I recognize that participation in this activity may involve certain hazards. I understand that I should not participate unless medically able. I assume the risks associated with involvement in this activity, including but not limited to falls, contact with participants, effects of weather and road and traffic conditions, these risks being known and appreciated by me. Having read this Waiver 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, all sponsors and hosts, and their representatives and successors, from any claim of liability arising from my involvement in this activity.

SIGNATURE OF ENTRANT _____ DATE _____

SIGNATURE OF PARENT IF ENTRANT UNDER AGE 18 _____ DATE _____

MANDATORY



ANNOUNCING

The Annapolis Striders Awards Banquet & Annual Meeting

Saturday, March 1, 1997 🐾 St. John's College

Francis Scott Key

RECEPTION & ANNUAL MEETING

with complimentary beer, wine & soda, 6:00 to 7:15 pm

Randall Hall

PRESENTATION OF CHAMPIONSHIP SERIES & SPECIAL AWARDS

Buffet Banquet 7:15 to 8:30 pm 🐾 followed by dancing, 8:30 to 11:30 pm

AWARDS BANQUET RESERVATION

\$20.00 per person

NAME _____

TELEPHONE _____

NUMBER OF PEOPLE ATTENDING _____

AMOUNT ENCLOSED _____

AND THEIR NAMES _____

Please Make Checks Payable to the ANNAPOLIS STRIDERS

**MAIL BEFORE FEBRUARY 19, 1997 to:
480 Bay Green Court, Arnold, Maryland 21012**

For Further Information Call Sandy Balderson at 410-757-9713

18th Anniversary Run

Sunday, December 15, 1996, 10:00 a.m.



Hosted by Quiet Waters Park
10th and FINAL LEG of the
1996 Club Championship Series
QUIET WATERS PARK
all runners welcome!

15k

DATE: Sunday, December 15, 1996

PLACE: Quiet Waters Park

DISTANCE: 15k (9.3 miles)

COURSE: 15k (9.3 miles) Start and finish at Quiet Waters Park - Blue Heron parking lot. Monitors, splits & water stops. No strollers. No headphones. No roller blades.

TIME:

Registration 8:00 - 9:30 a.m.
Race Starts Blue Heron Rim.
Awards Ceremony 10:00 a.m.
Workers Run (based on interest) 11:30 a.m. Noon

Strider Members \$3.00
Non Striders \$4.00

FOR MORE INFO or to Volunteer, contact the Striders' Hotline: 410-268-1165



COMPLETE ALL INFORMATION - PLEASE PRINT.

Make check payable to Annapolis Striders, Inc. No Cash BY MAIL.
Send with form to: 18th ANNIVERSARY RUN
Annapolis Striders, P.O. Box 187, Annapolis, MD 21404

LAST NAME _____ FIRST NAME _____ MI _____
TELEPHONE _____ CITY _____
STREET _____
POST OFFICE / STATE _____ ZIP _____

AGE ON RACE DAY [] SEX M F STRIDER? Y N RACE DAY WORKER? Y N

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

SIGNATURE OF ENTRANT _____ DATE _____

SIGNATURE OF PARENT if entrant under age 18 _____ DATE _____
MANDATORY

POST MARATHON

MARATHON TRAINING

4 WEEKS TO PREPARE


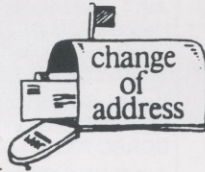
WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL MI
1*	2 (E)	4 (E)	4 (E)	6 (H)	4 (E)	12 (LSD)	10 (LSD)	42
2	6 (E)	7 (H)	6 (E)	7 (H)	6 (E)	16 (LSD)	10 (O)	58
3	7 (E)	8 (H)	7 (E)	8 (H)	6 (E)	18 (LSD)	6 (O)	60
4	8 (E)	6 (H)	8 (E)	6 (H)	R	R	MARA.	54
6 WEEKS TO PREPARE								
1*	2 (E)	4 (E)	4 (E)	6 (H)	4 (E)	12 (LSD)	10 (LSD)	42
2	6 (E)	7 (H)	6 (E)	7 (H)	6 (E)	16 (LSD)	10 (O)	58
3	7 (E)	8 (H)	7 (E)	8 (H)	6 (E)	18 (LSD)	6 (O)	60
4	8 (E)	9 (H)	8 (E)	9 (H)	4 (E)	20 (LSD)	4 (O)	63
5	9 (E)	10 (H)	9 (E)	10 (H)	4 (E)	16 (LSD)	R	58
6	10 (E)	8 (H)	6 (E)	4 (E)	R	R	MARA	52

8 WEEKS TO PREPARE

1*	2 (E)	4 (E)	4 (E)	6 (H)	4 (E)	12 (LSD)	10 (LSD)	42
2	8 (E)	7 (H)	8 (E)	7 (H)	6 (E)	14 (LSD)	10 (O)	60
3	8 (E)	7 (H)	8 (E)	7 (H)	8 (E)	16 (LSD)	10 (O)	64
4	9 (E)	8 (H)	9 (E)	8 (H)	6 (E)	18 (LSD)	6 (O)	64
5	9 (E)	8 (H)	10 (E)	8 (H)	6 (E)	18 (LSD)	6 (O)	65
6	10 (E)	8 (H)	10 (E)	8 (H)	8 (E)	20 (LSD)	4 (O)	64
7	10 (E)	8 (H)	10 (E)	8 (H)	4 (E)	14 (LSD)	4 (O)	54
8	10 (E)	8 (H)	6 (E)	4 (E)	R	R	MARA	52
TOTAL	6 (E)	7 (H)	6 (E)	7 (H)	6 (E)	10-14 (LSD)	10 (O)	52-56

WEEK #1 IS THE WEEK FOLLOWING YOUR LAST MARATHON
EASY RUN AT 30 SEC/MILE SLOWER THAN YOUR 10K PACE
HARD RUN AT YOUR 10K PACE
LONG SLOW DISTANCE - RUN WITH UNLABORED BREATHING
REST DAY
SUNDAYS ARE OPTIONAL DAYS - FAMILY-HIKING - BIKING - SWIMMING - ETC.

ANNAPOLIS STRIDERS

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**

APPLICATION & RENEWAL

Membership Form

MAIL WITH CHECK OR
MONEY ORDER TO:

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

OFFICIAL USE ONLY

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

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

I VOLUNTEER FOR THE FOLLOWING ACTIVITIES

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

Signature of Applicant (or parent if applicant under 18)

Date

DUES:

Individual	Family*	Youth (under 18)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
\$10	\$15	\$5

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

INCLUDE OTHER FAMILY MEMBER INFORMATION HERE

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

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.

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



Annapolis Strider Events What's Coming Up

18th Anniversary Run

Sunday, Dec. 15, 1996, 10:00 a.m.
Hotline: 268-1165

Valentine's Twosome Relay

Sunday February 9, 1997
Peter Salmon-Cox, Race Dir.
Hotline 268-1165

Washington's Birthday 5K

Saturday, February 15, 1997, 10:00 a.m.
Jim Hall, Race Dir. 757-5482

Striders Awards Banquet & Annual Meeting

Saturday, March 8, 1997, St. John's
College - RSVP by Feb. 19th. *Your Reservation Form is on page 22 of this issue.*

B&A Trail Marathon and Half Marathon

Sunday, March 9, 1997, 7:30 a.m.
Tom Bradford, Race Dir. 410-987-0674

STRIDER BOARD MEETINGS

Monday, December 2, 1996, 7:30 p.m., AA
Medical Center Park, Jennifer Road
Monday, January 6, 1997, 7:30 p.m., AA
Medical Center Park, Jennifer Road

INFORMAL DISTANCE RUNS

Mondays & Thursdays 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: 410/268-1165

DUES NOTICE DUES NOTICE DUES NOTICE

If "0197" appears on the first line of the address label after "Exp Qtr/Yr" your dues are due now. 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, Maryland 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.



Where THE RACES ARE



Dec 7, Sat, 830am, Jingle Bell 5K, Baltimore 410-377-8882.

Dec 8, Sun 8am, Jingle Bell 5K, Marley Station, 410-377-8882

Dec 8, Sun 8am, Rudolphs Red Nose Run, Fairfax, 703-691-3040.

Dec 8, Sun, 9am, BRRC Masters 10K/Loch Raven, 410-243-3153

Dec 14, Sat, 8am?, Jingle Bell 5K, Frederick, Arthritis Foundation, 800-365-3811

Dec 14, Sat, 9am, Santa's Sack 5M, Lake Montebello, BRRC, 410-243-3153

Dec 15, Sun, 8am?, Jingle Bell Jog 8K + 1M fun run, Rockville, MCRRC 301-353-0200.

Dec 15, Sun, 8am?, Belle Haven Half Marathon, DCRRC 703-241-0395.

Dec 15, Sun, 8am?, Holiday Run 5K, Bel Air, RASAC 410-879-0018.

Dec 28, Sat, 10am, DCRRC 10/20M + 20M relay, Braden Park, Greenbelt, 703-241-0395.

Jan 1, Wed, Noon, 20th Ed Barron Hangover Classic, Reflecting Pool, DC, Race Day Registration only, Sal Corallo, 703-243-1291.

Dec 31, Tues, time unknown, Red Ribbon 5K, Alexandria, VA, DCRRC 703-241-0395

Jan 1, Wed, 930am, HCS Prediction Run 10K, Jeffers Hill Neighborhood Center, Columbia, Dave Tripp, 410-730-4499.

Jan 1, Wed, 11am, tentative St Mary's 6M, Bel Air, RASAC 410-638-0235.

Jan 4, Sat, 9am, tentative Wintery Rockville Run 4M, MCRRC 310-353-0200.

Jan 5, Sun, 9am, tentative Frozen Finger 5M, Hunt Valley, BRRC 410-243-3153.

Jan 11, Sat, 1030am, Snowflake Chaser 5/10/13.1M, Big Run State Park, Garrett Co, Upper Potomac JCs, PO Box 206, Westernport, 21562.

Jan 12, Sun, 9am, tentative Loch Raven 10M, BRRC 410-243-3153.

Jan 12, Sun, 10am, JFK Memorial 20K + 5K fun run, Hains Pt, DC, DCRRC 703-241-0395.

Jan 19, Sun, 10am, Great Valley Marathon, Chambersburg, PA, 717-263-5631 (Mike).

Feb 1, Sat, 9am, Belle Haven 25K, Alexandria, VA DCRRC, 703-241-0395

Feb 9, Sun, 1pm, Hampton Coliseum Half Marathon, 800-800-2202.

Feb 16, Sun, 8am, Washington's Birthday Marathon and Relay, Greenbelt, DCRRC 703-241-0395.

Feb 23, Sun, 8am, Annual MD-DC RRCA club challenge 10M, Howard CC, Columbia, free to club members, call the club hotline to confirm your entry.

NOMINATING COMMITTEE ANNOUNCEMENT

The following Striders have been selected by the Board of Directors to serve on the Nominating Committee:

♣ **Bob Field, Chairman: 202-268-4334** ♣

♣ **Tom Bradford: 987-0674** ♣

Ron Bowman: 573-1929 ♣ **Sue Briers: 721-1442**

Gabriel DeGrott: 267-7660 ♣ **Lynn Hopkins: 573-1929**

Will Scott: 267-8013 ♣ **Jennifer Sullivan: 280-0476**

The Committee is charged with the responsibility of nominating a slate of officers for election at the Annual Meeting in March, 1997. The slate will include president, vice president, secretary and treasurer, for one year terms, and directors for two year terms. Any Strider wishing to discuss a nomination, either his own or someone else's, should contact a member of the Committee as soon as possible, but definitely before mid-January.

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

ADDRESS CORRECTION REQUESTED



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