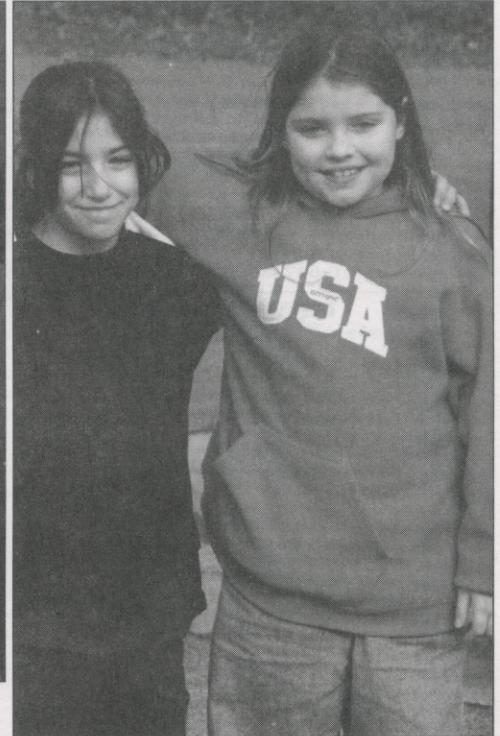
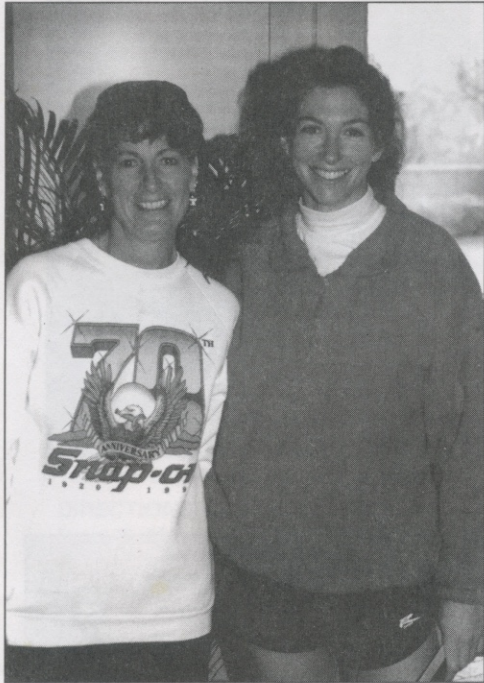


STREAK

ANNAPOLIS
STRIDERS

Volume XXI Number 1

February 1999



Anniversary Run

By Dave Walser

DECEMBER brought us unusually warm weather and lots of beautiful running weather. Our Anniversary Run fell right in with a beautiful day. Instead of tights and long sleeve shirts, most of the runners opted for shorts and singlets, not the apparel expected for mid December. Along with the record temperatures,, this year's race produced a record of 240 runners, 100 more than last year. To mark the club's 20th Anniversary, we started by adding a premium for Strider members running the race - free gloves with the Strider logo. For those who didn't run, these gloves can be purchased at future events.

The course was new to us but the overall leader was a familiar one. **Mark Jones** lead the race from start to finish, running alone the entire race and winning by 3 minutes.

The women's race was won by a newcomer to our fall races, **Chrissie Morganti**.

Once again our post race spread was fantastic thanks to **Jennifer Sullivan**. Without our volunteer help we couldn't have these races - thank you all who helped out. Special thanks to the Patuxent High

Anniversary Run participants are:
far left: Mary Lang and Helen Laird.
center: Eric Gyaki.
above: Heather Simpson (r) with friend.
More photos on page 2.

Cross Country team for manning the water stop and the cheerful Christmas carols they produced. Lets keep running and we'll see you at the races in the new year. ■

Old Turkey 10k

By Chris Riley &
Denzil Pritchard

IT IS NEW YEAR'S Day, and a day to catch up on tasks left undone like writing our race report. The race and all its preparations seem a long time ago, but there are several thoughts that immediately spring to mind. First, there is **Yvonne Aason's** E-mail after the race,

where she describes the thrill of being first (which we are sure most of us have given up on, except for our dreams). Yvonne left the start line in first position, because she had the greatest handicap. So, for the first mile or so, she was awarded with the police escort car; but then 78-year old **Guy Riccio**

See OLD TURKEY, page 4



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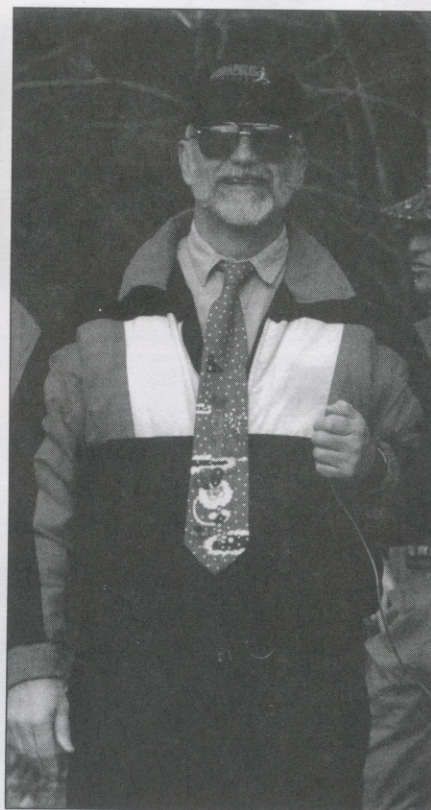
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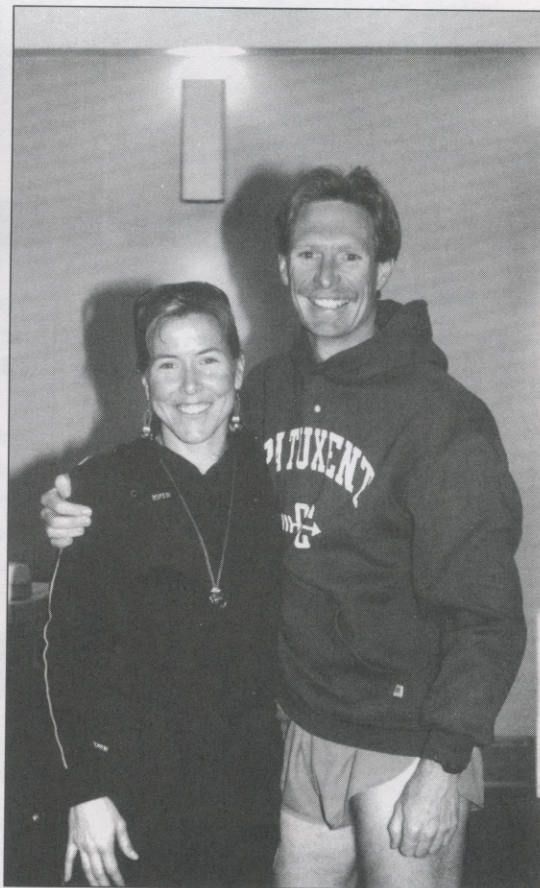
Carla Pastore with her winnings.



Al Stott sports his Christmas tie.



Ardis Henderson helps out on the new race course.



Co-Race Directors for the 20th Anniversary Run are Jennifer Sullivan and Dave Walser.

ANNIVERSARY RUN PHOTOS BY LEE MASSER

<http://calvin.arundel.aa.k12.md.us/~striders>

Message

From the

President

Sue Briers



Sue Briers,
President
Annapolis
Striders, Inc.

President's Message

Hope everyone is doing fine and working hard not to gain the traditional 5-7 pounds of the New Year. Speaking of the New Year, have you made your resolutions for 1999? This is your last chance to make it right for the end of the millenium. If you haven't, or even if you have, here are a few you might add to your list.

- Resolve to stay in running or fitness form for the entire year - not just the spring and summer.
- Resolve to try an alternative sport like cycling or swimming. You never know when you might become injured and not are able to run for a period time. It's great to have a back up training plan.
- Resolve to challenge yourself at a new distance or goal race. Try a marathon in 1999 or a special race you have always wanted to do but haven't.
- Resolve to sign up for the Marine Corps Marathon by April (or else you won't be able to run it as it already has over 6,000 entries).
- Resolve to lose that middle-age spread that seems to keep spreading. How did that extra 2 lbs. turn into 10?
- Resolve to be a better person - especially to your family who so patiently tolerates your running lifestyle.
- Resolve to volunteer. Give back to your sport and it will come back to you three fold.

Happy New Year and good luck with your resolutions.

1998 - A Year in Review

For those who come to the Annual Board of Directors Meeting of the Annapolis Striders, I usually share a run down of the accomplishments and challenges of the club. However, there are many of you who are not at the meeting and perhaps don't realize the tremendous amount work that is accomplished by our club and volunteers in the span of 12 months.

- The Anne Arundel Co. Cross-Country Scholarship Award is created.
- The B & A Marathon and Half-Marathon had a banner year in participants, over 500.
- \$1,000 donated to the Friends of the B & A Trail, \$500 to AA Co. Police Reserve and \$150 to AA Co Radio Club from proceeds from the
- B & A Trail Marathon and Half-marathon. A commemorative brick is placed in the Annapolis Striders name at the B & A Trail gazebo.
- The ChampionChip system was purchased for use at our 2 major races - Governor's Bay Bridge and Annapolis Ten-Mile Run.
- The membership grew by over 100 members
- \$5,000 is donated to the Friends of the Sandy Point Park fund as proceeds from the Governor's Bay Bridge Run
- Conducted 2 major running events - Annapolis Ten Mile Run and Governor's Bay Bridge Race. Tremendous success with both races.
- Conducted 13 smaller club races
- Assisted with over 10 non-Striders running events as consultants
- Donated \$15,000 to Anne Arundel Medical Center from 1998 Annapolis Ten Mile Run. As well \$200 to AA Co Radio Club and \$200 to the Boy Scouts.
- Pledged \$50,000 over the next 5 years to Anne Arundel Medical Center from the Annapolis Ten-Mile Run. The Annapolis Striders were the first non-profit organization to make a pledge of this level. The Annapolis Striders will have a room named in their honor in the new facility.
- New age graded race started with the Old Turkey 10k.
- The Annapolis Striders web-site is refined and a huge success.
- New sponsors for both our major races help to improve the overall amenities and defray expenses
- Dog Days Cross-Country 8k Race returns at AACC
- New rental storage sheds for our growing equipment inventory
- Secured 40 slots in the Marine Marathon for our training program, Moore's Marines, participants. Thanks to the USMC for being so cooperative.
- \$1,000 donation to the Admiral's Cup - a program for under privileged youth to attend Naval Academy football games sponsored by the Naval Academy Athletic Assoc.
- Father's Day Race raised \$4058 for North Arundel Hospital
- The Annapolis Striders celebrated our 20th birthday at the Anniversary Run. Free gloves were given to all Annapolis Striders who ran or volunteered at the race.

We have had a great year and look forward to 1999. We accomplish so much because we have a fantastic group of volunteers who give every year. I would like to thank all the runners and non-run-

Continue on page 4

Presidents Message

Continued from page 3

ners who give so much as volunteers so that we can give back to our sport and our community. The Annapolis Striders are an exceptional group. Thank you for letting me be President for the past 2 years and I hope to see more of you who are new to volunteering helping us to accomplish even more in 1999.

RRCA Club Challenge

The annual Maryland RRCA Club Challenge will be held again at Howard Community College in Columbia. This year's event will be on Sunday, February 21 at 8:00 a.m. The course is a challenging 10 miles through the neighborhoods of Columbia. The RRCA clubs each assemble a team of which the top 7 men and 3 women of a club score for their club. The results are tabulated and awards are given to the top 3 clubs. The Annapolis Striders cover

your entry fee and there are refreshments and a participant gift from the host club, Howard County Striders. If you are interested please call Tom Bradford at (410)987-0674.

Annual Meeting and Awards Banquet

Please make your reservation now for the annual meeting and awards banquet if you haven't already. The event is on Saturday, February 27 at 6:00 p.m. at the Annapolis Holiday Inn on Riva Road. For information call Jennifer Sullivan at (410)280-0476. Reservations must be paid for by February 23.

Champion Series

Final results of the Championship Series is based on the best of 5 out of 8 races, and not 6 out of 8 as stated in the last issue of the *Streak*. We regret the error, and any confusion it may have caused our members and participants. ■

OLD TURKEY

Continued from page 1

passed her, and then when Rose Malloy sped by, the litany began. But that is what we expected with a handicap race, where age and ability are in competition.

The Grand Gobbler went to John Benkert, who passed Rose about the two-mile mark and never looked back. Rose held on to second place, and crossed the line as the first woman (dare we say the Old Turkey, but we know we will be ever banished to eating her dust in all future races). Both these great runners exhibited their talents by running at over 85% of the world class level for their age. After that, we saw a number of runners achieving at least 70% of their age-graded ability, which we know from experience, is a compliment.

We set up the race based on age-graded handicaps that are designed to equalize both age and sex, to put all runners on the same basis. The handicaps were assigned at the start, and theoretically, everyone was supposed to finish together. This was our worst scenario, giving rise to images of a mass of runners sprinting down Highway 2, towards the finish line. Fortunately, personal abilities took care of that eventual-

Continue on next page

Here's a 10 week schedule

for those who are up to a long run of 5M/10K and want to do the Annapolis 10M or Chestertown 10M:

Starting the weekend of March 20/21 - run 6 miles easy

March 27/28 - run 3 miles at your expected race pace
(10K pace plus 30 seconds)

April 3/4 - run 7 miles easy

April 10/11 - run 4 miles at your race pace

April 17/18 - run 8 miles easy

April 24/25 - run 5 miles at your race pace

May 1/2 - run 9 miles easy

May 8/9 - run 6 miles at your race pace

May 15/16 - run 10 miles easy

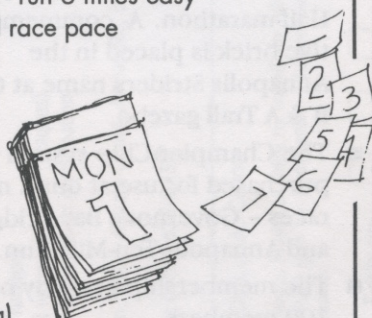
May 22/23 - run 6 miles easy (start tapering)

May 29 - Race Chestertown -finish smiling

During the week try to run at least 2 or 3 days, distance up to you. On one day, however, try to do a quality workout (440's ,880's or hills). 440's at your 5K pace, 880's at your 10K pace, hills (run up for 1 minute and jog back down for 1 min, repeat). Start with 2 and add 1 or 2 each week. Vary the quality work from week to week: 440 one week, 880 one week, hills another week, etc. If you feel tired, wait til the next day or take a week off. But be sure to do the long runs and tempo runs on the weekend (or what ever your schedule allows).

ENJOY! :) (Questions? Call me at 410-760-9188).

— ET



1999 Strider Board Meetings

Schedule of Strider Board Meetings are as follows:

Tuesday – February 2

Tuesday – March 2

Tuesday – April 6

Tuesday – May 4

Tuesday – June 1

Tuesday – July 6

Tuesday – August 3

Tuesday – September 7

Tuesday – October 5,

Tuesday – November 2

Tuesday – December 7

Remember, board meetings are open to the entire membership. ■

OLD TURKEY 10K RACE RESULTS

Continued from page 4

ity, and the pack finished not too differently from a normal race where everyone starts together. The results that follow are in order of finish, but the times have been adjusted to account for individual handicaps. Next to each time is the percentage of national class time for the runner's age. As you can see, the percentages are only generally consistent with the order of finish. Lets put that down to the inexactitude of the system. Apparently, there are several ways of calculating age graded rankings. But this was only meant to be a fun race, and that is what everyone seemed to have. Thanks too all the volunteers who made the race go off as planned. Let's do it again next season.

Race Results

| Place | Runner | Age | Sex | Adjusted Time | | National Achievem Level (%) |
|-------|------------------|-----|-----|---------------|-----|-----------------------------|
| | | | | Min | Sec | |
| 1 | John Benkert | 57 | m | 37 | 9 | 86.13 |
| 2 | Rose Malloy | 50 | f | 40 | 28 | 85.07 |
| 3 | Carla Pastore | 43 | f | 41 | 21 | 72.6 |
| 4 | John Ward | 34 | m | 36 | 29 | 74.93 |
| 5 | Eric Schrader | 34 | m | 37 | 39 | 72.9 |
| 6 | Eric Gyaki | 50 | m | 40 | 48 | 75.09 |
| 7 | Joe Clorey | 56 | m | 43 | 0 | 69.85 |
| 8 | Dave Walser | 40 | m | 40 | 41 | 69.67 |
| 9 | Rich Burton | 43 | m | 40 | 20 | 71.2 |
| 10 | Mike Ewals | 35 | m | 39 | 20 | 69.16 |
| 11 | Ben Moore | 73 | m | 50 | 17 | 75.75 |
| 12 | Maureen Rolus | 43 | f | 45 | 51 | 71.11 |
| 13 | Michael Rodger | 20 | m | 40 | 56 | 67.43 |
| 14 | Suzanne Furr | 37 | f | 43 | 29 | 70.86 |
| 15 | Arnie Henderson | 62 | m | 47 | 33 | 71.07 |
| 16 | Joe Zocchi | 46 | m | 42 | 29 | 67.73 |
| 17 | Rita Twist | 45 | f | 46 | 58 | 70.75 |
| 18 | Michael Bergeson | 45 | m | 42 | 27 | 68.81 |
| 19 | Peter Martineau | 37 | m | 41 | 55 | 66.56 |
| 20 | Danalee Green | 52 | f | 48 | 24 | 72.24 |
| 21 | Mervin Gross | 59 | m | 46 | 17 | 70.55 |
| 22 | Stan Witonski | 64 | m | 48 | 57 | 71.01 |
| 23 | Laura Osuna | 27 | f | 44 | 4 | 67.99 |
| 24 | Michael Senita | 42 | m | 43 | 47 | 65.75 |
| 25 | Alan Murray | 63 | m | 45 | 21 | 68.41 |
| 26 | Larry Puglisi | 44 | m | 43 | 17 | 66.72 |
| 27 | Brian Wright | 36 | m | 42 | 29 | 64.53 |
| 28 | Laura Nye | 35 | f | 45 | 41 | 66.65 |
| 29 | Fred Shanklin | 57 | m | 47 | 41 | 67.8 |
| 30 | Helen Laird | 40 | f | 46 | 22 | 67.85 |
| 31 | Elliot Flick | 31 | m | 42 | 16 | 64.22 |
| 32 | Amy Betz | 22 | f | 46 | 38 | 65.04 |
| 33 | Charles Gripe | 32 | m | 43 | 49 | 62.73 |
| 34 | John DeGreek | 53 | m | 47 | 43 | 65.5 |
| 35 | Roy Peacock | 59 | m | 49 | 45 | 66.23 |
| 36 | Tim Coughlin | 41 | m | 45 | 32 | 62.37 |
| 37 | Keith Harvey | 50 | m | 47 | 32 | 63.91 |
| 38 | Peter Salmon-Cox | 59 | m | 49 | 20 | 65.2 |
| 39 | Erin Wilde | 22 | f | 47 | 51 | 63.65 |
| 40 | Sean Aherr | 31 | m | 44 | 2 | 61.3 |
| 41 | William Stikey | 54 | m | 48 | 8 | 64.67 |
| 42 | Jim Noctor | 59 | m | 50 | 41 | 64.9 |
| 43 | Alan Sucklins | 42 | m | 46 | 30 | 61.46 |
| 44 | Judith Scott | 31 | f | 47 | 20 | 63.65 |
| 45 | Tim Nagle | 42 | m | 46 | 43 | 61.36 |

| Place | Runner | Age | Sex | Adjusted Time | | National Achievem Level (%) |
|-------|--------------------|-----|-----|---------------|-----|-----------------------------|
| | | | | Min | Sec | |
| 46 | Bob Bailey | 50 | m | 48 | 47 | 62.58 |
| 47 | Bruce Bagley | 46 | m | 47 | 9 | 61.96 |
| 48 | John Meyer | 51 | m | 49 | 31 | 61.8 |
| 49 | Archie Holder | 46 | m | 48 | 39 | 60.67 |
| 50 | Bill Law | 70 | m | 55 | 3 | 66.25 |
| 51 | Helen Brennan | 40 | f | 50 | 53 | 62.42 |
| 52 | Bob Steen | 56 | m | 50 | 15 | 63.17 |
| 53 | Bryan Ball | 39 | m | 46 | 24 | 60.16 |
| 54 | Eric Karandy | 40 | m | 47 | 37 | 59.29 |
| 55 | Shelley Row | 38 | f | 50 | 49 | 61.42 |
| 56 | June Schneider | 51 | f | 54 | 0 | 63.61 |
| 57 | Noreen Zubterhof | 22 | f | 50 | 36 | 59.83 |
| 58 | Linda Simpson | 56 | f | 56 | 54 | 64.4 |
| 59 | Alan Marshall | 15 | m | 48 | 5 | 58.72 |
| 60 | Yvonne Aasen | 67 | f | 61 | 9 | 67.05 |
| 61 | Cecile Spiegel | 43 | f | 52 | 2 | 61.54 |
| 62 | Neal Himille | 61 | m | 53 | 7 | 62.4 |
| 63 | John Ryan | 63 | m | 54 | 26 | 62.48 |
| 64 | Joe Braderick | 60 | m | 54 | 37 | 60.65 |
| 65 | Dave Demers | 49 | m | 51 | 51 | 58.43 |
| 66 | George Sweger | 59 | m | 54 | 41 | 60.09 |
| 67 | Justin Gooding | 12 | m | 51 | 5 | 58.26 |
| 68 | Calvin Vain | 31 | m | 48 | 21 | 56.19 |
| 69 | Sandy Burton | 50 | f | 56 | 35 | 60.76 |
| 70 | Alan Marshall Jr | 41 | m | 50 | 43 | 56.147 |
| 71 | Christine Brungot | 46 | f | 55 | 31 | 59.69 |
| 72 | Molly Bianning | 20 | f | 52 | 44 | 57.53 |
| 73 | Lynne Rader | 34 | f | 52 | 54 | 57.53 |
| 74 | Marc Brummitt | 37 | m | 49 | 17 | 55.69 |
| 75 | Meghan Banning | 22 | f | 52 | 55 | 57.53 |
| 76 | Rhody Hothaus | 65 | m | 57 | 33 | 60.41 |
| 77 | Mike Blanche | 32 | m | 49 | 12 | 55.05 |
| 78 | Michael Ciurco | 52 | m | 53 | 59 | 57.61 |
| 79 | Les Pang | 45 | m | 51 | 29 | 56.67 |
| 80 | Marty VanDoorninck | 34 | m | 50 | 35 | 53.95 |
| 81 | Vince Grimadi | 32 | m | 50 | 41 | 53.95 |
| 82 | Trish Lilck | 49 | f | 56 | 29 | 60.21 |
| 83 | Patty Snodgrass | 44 | f | 55 | 10 | 58.67 |
| 84 | Will Myers | 49 | m | 53 | 49 | 56.23 |
| 85 | Mike Galiski | 50 | m | 53 | 17 | 56.67 |
| 86 | Serelee Hefler | 48 | f | 57 | 58 | 58.63 |
| 87 | Guy Riccio | 78 | m | 64 | 20 | 63.62 |
| 88 | Steven Brady | 41 | m | 52 | 4 | 54.37 |
| 89 | Jeff Konyer | 45 | m | 53 | 8 | 54.53 |
| 90 | Joe O'Boyle | 56 | m | 56 | 6 | 56.4 |
| 91 | Ray Campbell | 66 | m | 59 | 29 | 59.01 |
| 92 | Reggie Haseltine | 48 | m | 54 | 22 | 54.76 |
| 93 | Joe Gudas | 52 | m | 56 | 17 | 54.52 |
| 94 | Janice Fisher | 34 | f | 56 | 43 | 53.42 |
| 95 | Fred Betz | 49 | m | 56 | 54 | 53.22 |
| 96 | Joe Muncks | 49 | m | 56 | 56 | 53.2 |
| 97 | Ginger Andrews | 34 | f | 56 | 5 | 48.17 |
| 98 | Susan Zevin | 49 | f | 60 | 56 | 56.2 |
| 99 | Donna Cogle | 44 | f | 60 | 20 | 53.78 |
| 100 | Catherine Gibbons | 51 | f | 62 | 25 | 55.4 |
| 101 | Barbara Delwink | 39 | f | 60 | 52 | 51.6 |
| 102 | Osuna James | 31 | m | 56 | 3 | 48.17 |
| 103 | Linda Webb | 49 | f | 63 | 11 | 53.52 |
| 104 | Alan Wycherley | 56 | m | 61 | 14 | 51.78 |
| 105 | Caroline Purdy | 52 | f | 64 | 24 | 64.41 |
| 106 | Kathy Cotts | 38 | f | 61 | 41 | 50.35 |
| 107 | Norman Everett | 54 | m | 61 | 24 | 50.89 |
| 108 | Kevin Murnane | 42 | m | 59 | 45 | 54.24 |
| 109 | Don Snodgrass | 48 | m | 60 | 5 | 49.29 |
| 110 | Jodi Macgibbon | 38 | f | 62 | 14 | 49.54 |
| 111 | George Swartzbaugh | 28 | m | 59 | 5 | 45.72 |
| 112 | Barry Jones | 40 | m | 63 | 56 | 44.23 |
| 113 | Jim Schropp | 55 | m | 68 | 32 | 46.04 |
| 114 | Dene Caroom | 45 | m | 66 | 7 | 43.79 |
| 115 | Darrin Gooding | 14 | m | 74 | 11 | 38.64 |

Pain to Memories

by Tom Dechant

I'VE BEEN AN AVID RUNNER for many years now and I was looking forward to another great experience at the Cherry Blossom Run in Washington, D.C. in the spring of '97. I was with my training buddies, Bob Saunders and "Big" Mike Farrell and we were ready for a good race.

The race started off well enough and I felt great. However, at the 7th mile I ran into some trouble. I noticed that my pace had slowed down and my gait had shortened. No matter how hard I tried I couldn't make up any time. I finished with no pain and went home happy to have participated. Then, the pain began!

I had tightness of the lower back, pain in the glut area, and pain down the right leg. I went to see my Primary Care doctor, who recommended x-rays. The x-rays of the lower back showed no major abnormalities, so I went to a physical therapist per the doctor's recommendation. Three to four weeks of therapy and a new set of orthotics were to be the cure for all my pain.

The therapist told me to run for as long as I could with the new inserts, then come back in 6 months to evaluate the status of my condition. So, for 6 months I ran with what felt like concrete blocks in my shoes, never being able to complete more than 3 or 4 miles at a very slow pace. Unfortunately, the pain continued, and it was constant both day and night. I decided that I was stuck with a bad back and running was a thing of the past.

Then, just before the Annapolis 10 Miler last year, the unexpected

Dr. Cohl put my hip back into place on the spot and told me to throw away my "concrete" orthotics.

happened. While accompanying my wife to pick up her race packet, I met Dr. Robert Cohl, a local chiropractor. He was giving out free consultations at the Clatinoff Pavilion at the pre-race Expo. I took a chance and got on his table. In a matter minutes, he had discovered that it wasn't a back problem at all, but my sacro-iliac joint. Somehow, I had thrown out my hip and it was causing my pain. Dr. Cohl put my hip back into place on the spot and told me to throw away my "concrete" orthotics. He explained that after a couple more visits to his office, I would be able to resume a normal running regime.

As Dr. Cohl predicted, I have since run the Cherry Blossom, the Bay Bridge Run, Annapolis 10 Miler and my first marathon, the Marine Corps! I am thankful to have found Dr. Cohl. His special talents have allowed me to enjoy these many races and given me the ability to create the memories I now have for the rest of my life. I am most grateful to have participated in the Marine Corps Marathon for my 50th birthday. I never could have done it without you, Doc. ■



Early Alert for Marine Corps Marathon

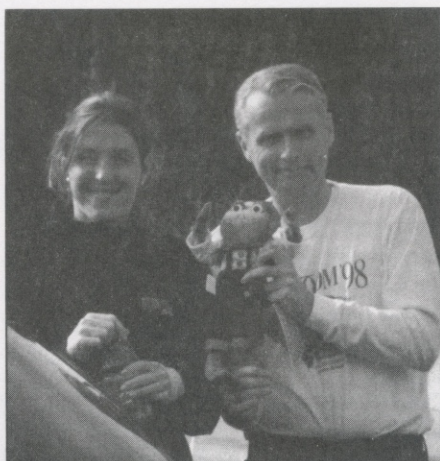
By Ben Moore

As many of you know, the '98 Marine Corps Marathon closed out their acceptance of applications on June 17, 1998 - 4 months before the race. After conversations with the Race Director in November, I was informed that the '99 race has already received 5000 applications. Since it is now possible to register for these large marathons through the Internet, the '99 race may well be "closed out" in April!! So, if your plans include running the Marine Corps, sign up early on the Net.

Printed applications may not be available before May. Although we were fortunate to have received an allocation of spaces for the '98 race which allowed all our first timers and Striders who missed the cut off date to get into the race, we cannot count on that very special consideration being available every year.

Moore's Marines will go into training for the 20th anniversary running of the on July 21. on July 26, you should be able to do your first 10 mile long slow distance run.

All the First Timers should start in May to gradually build up their running base to -5 miles per day at least 4 days a week. Start your long unlabored breathing weekend run at 6 miles and build up a mile each week to reach 10 miles by July 26 - the date of the first long run for the Marine Corps Marathon. Semper Fi! ■



Denise Hyde and ET with frog that croaks Jingle Bells.

STRIDERS ON THE ROAD

BY EVAN THOMAS

18 OCT ROCKVILLE 5K/ROCKVILLE

Maria Shields 23:16
1st F Masters - hills!

25 OCT MARINE CORPS MARATHON/WASHINGTON, DC

Web Chamberlin 4:20
Laura West 4:30
Mary Jefferson 4:49
Jim Carter 5:01

OCT 26 DUBLIN MARATHON/DUBLIN, IRELAND

Maria Shields 3:54
Carla Dal Colletto 3:58 1st marathon in 14 years!

NOV 1 NEW YORK CITY MARATHON

Muffet Chatterton 3:51 Boston Quals
Laura West 4:47

Took her camera to record everything. Wore her yellow Moore's Marines singlet. She saw Karen Hosler. The New Yorkers were wonderful. Laura's new name: "Iron Laura" (of course) - back to back marathons - awesome!

NOV 7 RICHMOND MARATHON/RICHMOND, VA

Dave Turban 3:14 Boston qual?
Ross Heisman 3:58
New, flatter course and earlier start (9am) helped make this a much better event. And it was nice that it didn't rain the whole way this year!

NOV 7 STATE FARM 5K/FREDERICK

Eric Gyaki 18:59 2nd AG

NOV 8 VICTIM'S RIGHTS 5K/SEVERNA PARK

(342 finishers!)

| | |
|--------------------|-------------------|
| Mark Jones | 15:09 1st! |
| Steve Egolf | 15:40 2nd |
| Jim Griffith | 17:13 4th |
| Scott Lutrey | 17:23 5th |
| Dave Walser | 17:27 6th |
| Eric Gyaki | 17:59 12th |
| Eric Peltosalo | 18:13 15th |
| Ted Kennedy | 18:17 16th |
| Carla Pastore | 18:34 3rd F |
| Ryan Kellish | 18:37 20th |
| Jennifer Sullivan | 18:44 4th F |
| Brian Wright | 18:51 |
| Christopher Taylor | 18:56 |
| Michael Smith | 19:18 |
| Clint Henderson | 19:30 |
| T.J. Harrington | 19:43 |
| Carl Reed | 19:53 |
| Evan Beard | 20:28 great name! |
| Mary Pat Meaney | 20:27 |
| Susan Michalski | 20:37 |
| Rita Twist | 20:38 |
| Carla Dal Colletto | 21:10 |
| Charlie Muskin | 21:37 |
| Stan Witomski | 21:37 |
| Derek Ammons | 21:49 |
| Jim Noctor | 22:05 |
| Michael Dammeyer | 22:15 |
| Mary Lang | 22:19 |
| Peter Salmon-Cox | 22:25 |
| Steve Brady | 22:57 |
| Linda Rogers | 23:29 |
| Kent Starnes | 23:35 |
| Lynne Reeder | 23:49 |
| Bill Katcef | 23:54 |
| Barbara Devink | 24:23 |
| Jesse Bergeson | 24:36 |
| Philip Caroom | 24:43 |
| Dave Branning | 24:46 |
| David Zoller | 24:49 |
| Jonas Legum | 25:20 |
| Bill Weisburger | 25:35 |
| Chris Beard | 25:39 |
| Kevin Murnane | 25:47 |
| Sharon Serio | 26:01 |
| William Douglas | 26:06 |
| Brian Lutrey | 26:09 |
| Kathleen Gotimer | 26:14 |
| Nancy Thomas | 26:27 |
| Matt Laird | 27:03 |
| Jean Legum | 27:22 |
| Alan Wycherley | 27:40 |
| Yvonne Aasen | 27:50 |
| Gill Cochran | 27:57 |
| Michael Bellote | 28:29 |
| Penny Goldstein | 28:30 |
| James Dammeyer | 28:30 |
| Margaret Dammeyer | 28:30 |
| Laura Bellote | 32:52 |

Chase Bergeson 34:16

Great turn out for a first time event! Kudos to Michael Bergeson for steering this in the right direction. I tried to find as many club members as I could - but if I missed you, let me know and we'll print your results next time. Speaking of time, finishing times were a little quick as the course was a tad short.

NOV 8 COLUMBUS MARATHON/COLUMBUS, OH

Gerald Royce 4:27 Flat course, temps in the 40's - loved it!

NOV 8 VIETNAM VETERANS 4M/SOUTH NORWALK, CONN

Will Scott 31:23 random prize winner

NOV 8 NASDAQ VETERANS DAY 10K/WASHINGTON, DC

(1197 finishers)

Denise Hyde 49:13 PR! :-)

NOV 15 ZOO ZOOM 5M/BALTIMORE ZOO

(686 finishers)

| | |
|---------------------|--------------|
| Eric Gyaki | 31:39 2nd AG |
| Chad Kendzierski | 36:55 |
| Steve Brady | 37:11? |
| Ritchie Sebeniecher | 38:57 |
| Evan Thomas | 39:03 3rd AG |
| Della McIntyre | 41:20 2nd AG |
| Neal Hinkle | 44:10 |
| Kathleen Heagney | 54:10 |
| Mary Jefferson | 54:11 |
| Corey Jefferson | 54:12 |

A wonderful day at the zoo! Crisp temps & lots of hills. Dan and Erin Masterson also ran and had fun. I manage to win the prize for the Best Impersonation of a Zoo Animal (adult male) as I was the ONLY one who wore a "costume" (tiger ears and a springy tail). My prize: A one adoption of a zoo animal! Neat, huh? Well, let me show you my Eyelash Viper! I get to visit whenever I want. Anybody want to help me feed it??

NOV 15 METRIC MARATHON (16.3M)/COLUMBIA

(294 finishers)

| | |
|----------------------|----------------------------------|
| Rose Malloy | 1:53 1st F Masters, 6th F o/a |
| Chris Riley | 1:54 2nd AG |
| Jennifer Sullivan | 1:58 7th F (Includes one splat?) |
| Fred Shanklin | 2:15 |
| Peter Salmon-Cox | 2:21 |
| Ken Lyons | 2:22 |
| Jim/Jennifer Lundeen | 2:22? |
| Derek Ammons | 2:25 too warm! |
| Jim Carter | 2:33 |
| Barbara Devink | 2:44 |

Continue on next page

Continued from previous page

NOV 21 PARKS & RECREATION 2M/DENTON

Ken Lyons 13+ 2nd AG
(red ribbon)
Sharon Serio 17+ 1st AG
(blue ribbon!)

NOV 21 JFK 50M RUN/HIKE/BOONSBORO TO WILLIAMSPORT

(900 starters??)

Matt Mace 7:46 49th
Mark Rosasco 7:51 58th
Bob Field 8:41 134th
Tony Pruner 8:47* 141st
Susie Flockart 8:55* 11th F
Yael Fortier 8:55* 12th F
Sue Briers 9:15 214th
Mike Bright 9:31
Meredith Bonta 9:35
Neil Barrett 9:51
Chris Filiopoulos 9:56*
Jay Joseph 10:17*
Linda Rogers 10:18
John Gallagher 10:20*
John Fay 10:20*
Ron Hooker 10:20*
Keith Harvey 10:27
Ann Roberts 10:53*
Charlie Muskin 10:54
Will Myers 11:19
Don Higdon 11:32*
Elizabeth Pavaliwtk 11:36*
Nick ____? 11:45*
Earl Scott 12:30
Ron Bowman 13:10

* = first time finishers - Well done to all
and to their support teams! Meredith
claims to have run her last JFK - teary
eyes make it tough to run!

NOV 21 PHILADELPHIA MARATHON

(3291 finishers)

Margie Boyd 3:34
Sherry Kosnar 3:48
Rita Twist 3:51
Suzanne Marran-Charles 3:52
Mary Lang 3:53
Kathleen Heagney 4:37
Mary Jefferson 4:50+

NOV 23 AACC TURKEY TROT 5K/ARNOLD

Helen Brennan 2nd F
I know many of you dashed for a
chance to win a Turkey (I heard Steve
Brady did win one) but I didn't get any
other results.

NOV 26 HOWARD COUNTY STRIDERS PREDICTION RUN 10K/COLUMBIA

Closest to 11am is the winner
Evan Thomas 10:59:45 (9th)
June Schneider 10:59:44 (10th)
Barbara Devink 10:58+

Will Scott 10:57:18
Peter Salmon-Cox 11:01:24
Clint Henderson also scampered on the
Columbia hills. About 100 runners.

NOV 26 YMCA TURKEY TROT 5K/TOWSON

Eric Gyaki 19:21 2nd AG

NOV 28 NORTHERN CENTRAL TRAIL MARATHON/SPARKS

(303 finishers)

Mark Jones 2:43 1st for
the second time!
Ed Jablonski 3:12 Boston Qual
Jennifer Sullivan 3:17 4th F, 2nd AG
Derek Ammons 4:23
Rondi Stearns 4:29

1st marathon grin :-)

Allen Veasey 4:30+
I think Della McIntyre also had fun on
this flat & fast course. Tom Bradford & I
"escorted" Jennifer the last 10K - It was
all we could do to hold on to her as she
blazed for the finish. To add to her
enjoyment we stopped at a Wendy's on
the way back - the most untidy fast food
spot on York Rd! Best of all was the
Carrollton Bank's holiday treat - they
towed Jennifer's van from their parking
lot at 1pm (when they were closing and
you know how much they need their
space when they are closed!!) You may
send messages of any color to the
manager, Carrollton Bank, Veteran's
Hwy, Millersville.

NOV 28 MISSISSIPPI COASTAL MARATHON/STENNIS SPACE CENTER

Brad Chapman 4:49 Another notch
in the marathon belt!

NOV 28 SEATTLE MARATHON

Pete Souci 3:19:59
Boston qual in the rain!

NOV 28 MARYLAND MASTERS TRACK CLUB 1.5M CROSS COUNTRY

Yvonne Aasen 19:49
Yvonne streaked around Catonsville HS
and promptly got lost but still won for
her age group. You've got to love hills to
do this one.

DEC 6 MEMPHIS MARATHON/MEMPHIS, TN

Ben Moore 4:59:30
Nieces were everywhere!

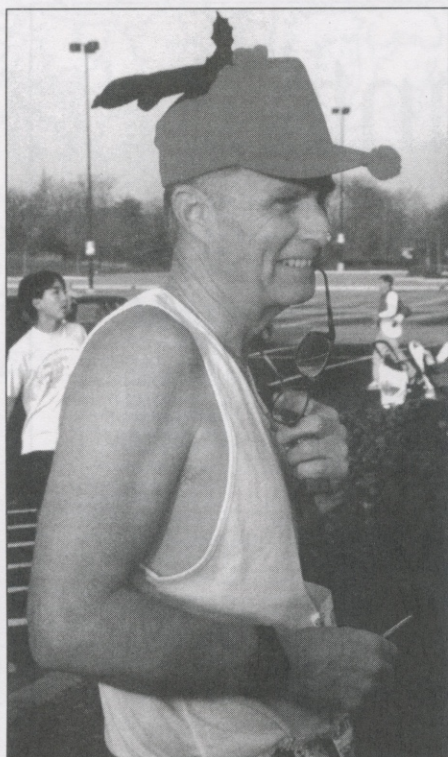
DEC 6 DELAWARE MARATHON/MIDDLETOWN, DE

Ross Heisman 4:09 Too hot
Gerald Royce 4:57
73 degrees, ouch!

DEC 6 JINGLE BELL RUN FOR ARTHRITIS/MARLEY STATION

(327 finishers)
Steve Egolf 27:20 2nd

John Benkert 28:57 4th, 1st AG
Eric Gyaki 31:25 12th
Carla Pastore 33:12 2nd F
Kurt Kuhn 33:15
Michael Bergeson 33:35
Michael Smith 33:42
Dan Shea 33:48
Larry Puglisi 34:00
Tim Coughlin 34:13
Dave Campion 34:17
Dave Kitzmiller 34:25
Ron Bolt 34:33
Chad Kendzierski 35:02
John Hall 35:11
Carla Dal Colletto 35:39
Steve Wambaugh 35:52
Rita Twist 35:59
Doug Frazee 36:15
Mary Pat Meaney 36:24
Steve Brady 36:35
Margaret Olson 36:52
Arnie Henderson 37:18
Alison Suckling 37:21
Jim Shaughnessy 37:38
Jim Noctor 38:03
Maria Shields 38:13
Terry Haley 38:16
Allen Veasey 38:59
Mick Galuski 39:25
Evan Thomas 39:26
Harmon Bullard 39:28
Terry O'Donovan 39:28
Cecile Spiegel 40:07
Bruce Rogers 40:45
Reggie Haseltine 41:40
Robert Von Tersch 42:05
Peter Salmon-Cox 42:08
Nancy Hans 42:15
Ed Karlson 42:15
Kent Starnes 42:49
Bill Weisburger 42:50
John Kehs 42:53
Tammy Mazzola 43:17
Linda Simpson 44:05
John Strumsky 45:31
Kevin Tavel 45:42
Paul Tavel 45:45
Susan Zevin 46:20
Cathy Gibbons 46:31
Yvonne Aasen 47:33
Caitlyn Callahan 47:38
Diane Zoller 47:46
Alan Wycherley 48:26
Susan Shelton 49:03
Donna Cogle 49:04
Penny Goldstein 49:33
Cathy Chisholm 52:15
Regina Miente 55:51
Frances Kushner 55:58
Margaret Haines 56:23
Some others ran/walked the 5K: Chris
& Beth Castillo, Marie & Mollie
Friedland (her first 5K!!), Sharon
Blackman and Mary Jo McNamara.



The Annapolis Strider's Jingle Bell 8K Team "Leader", Evan Thomas.

Jennifer Beard and Sue Ruberg were there too. A great day for running. Wonderful weather to boot! We had the largest team (next year we may even get recognized for it!). Next our team will all get free noses (red of course!).

DEC 27 LAST RUN FOR 98 5M/HONOLULU, HI

Ron Hooker 34:55

30 DEC HOLIDAY BOWL 5K/SAN DIEGO, CA

Don Stoddard 28:29 Pre-race fest included the "weiner race" for dachshunds. ("Most of the dogs had a better time than I did"- DS)

1 JAN HOWARD COUNTY STRIDERS PREDICTION RUN 8K/COLUMBIA

Again, closest to 11 am wins

| | |
|------------------|--------------------|
| Rita Twist | 10:58:25 |
| Stan Witomski | 10:58:56 |
| Denise Hyde | 10:59:26 |
| Ann Roberts | 11:00:03 3rd place |
| June Schneider | 11:00:20 |
| Peter Salmon-Cox | 11:00:36 |
| Will Scott | 11:00:39? |
| Evan Thomas | 11:00:46 |
| Mary Lang | 11:02:05 |

This is the only race where anyone can really win it. You could walk it and win if you can judge your pace. We hope to try one in our area soon.



Strider Team at the Jingle Bell 8k Run / 5k Run/Walk on December 8, 1998 at Marley Station.

FINISHING LINES - Apologies to Mary Lang - I must have had a senior moment when I identified her as Mary Ross. At least it was a nice comparison - no one else noticed? But look at those times - Mary is back!!.. Apologies also to Susan Zevin who finished the Chicago Marathon much stronger than I had indicated. Dr Z will get her chance to get even when she takes control of the Board Meeting Minutes later this year!... Note: this year (1999) Board Meetings will be on the first Tuesday of the month and not on Mondays... Remember, if you do sign up for the Series and can't run one the races, try to let the appropriate race director know. It is not productive to have to enter people in the race data base that won't be there. So, help out our RD's and let them know when you *can't* make it... 1998 Maryland RRCA Championship Series results: Men 45-49: Eric Gyaki 4th; Women 45-49: Kathy Hennes 4th; Women 50-54: Rose Malloy 4th; Men 55-59: Fred Shanklin 1st... Current Washington Running Report rankings: Submasters Men: Mark Jones 9th; women 45-49: Maria Shields 8th; Women 50-54: Rose

Malloy 1st, Meridith Bonta 3rd; Men 55-59: John Benkert 1st... This month's Darwin award to Charles McFerron of Salem, OR who was deaf and was tragically hit and killed by a train which he couldn't hear while jogging along a railroad track in Castle Rock, CO. He was 82... Congratulations to the Arthritis Foundation of Anne Arundel County for raising over \$30K at the Jingle Bell (our team accounted for at least \$1100 of that total!)... Special Kudos to John Gudas and Fred Betz who celebrated 20 years of running on November 22... Finally, we are looking for a sponsor for a county-wide Viagra Run. Awards only to those 50 and over who can keep up the pace the longest! Call the hotline if you have a sponsor... Until next time, may there be a few PRs in your future. Remember, age group PRs count too!.. So keep those cards and emails coming (you *will* get your name in print!), 7941 Queens Rd, Glen Burnie, MD 21061, 410-865-8252(w), 410-760-9188(h), ethomasjr@prodigy.net

See you on the roads - ET ■

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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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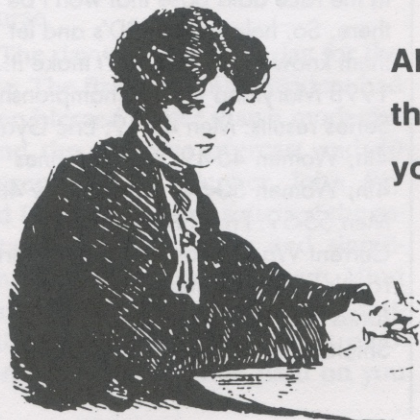
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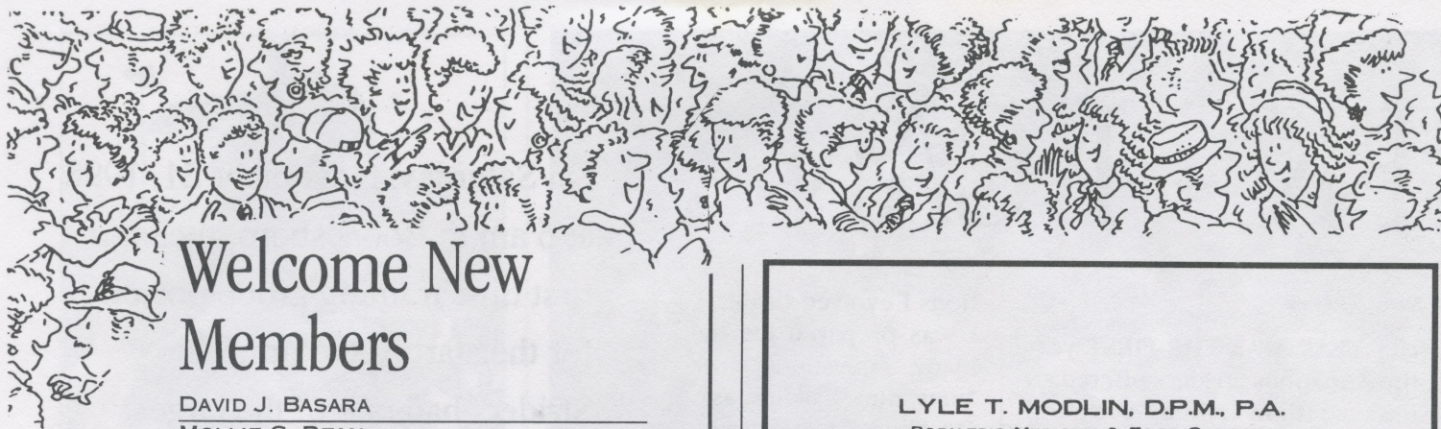
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JFK - I CAN

By Sue Briers

THIS YEAR WAS THE FIRST year the Annapolis Striders offered an ultramarathon training program. I am sure many of you are asking why would anyone want to run beyond the distance of 26.2 miles but believe it or not, this program was born by request. It all started with a soon to be 50 year old Striders wish to run the miles of his age. **John Gallagher** and **John Fay** both were going to be 50 in 1998 and wanted to challenge themselves to run 50 miles. They selected the JFK 50 Mile Run because it is local and is one of the best ultras for a first time attempt. The goal was simple; the process to achieve the goal was a challenge. That is when they approached me about starting a training program for aspiring ultra runners. No problem - having a reputation as Sgt. Sue and running 26 mile training runs regularly, I felt honored to help anyone achieve a goal that seemed impossible to them.

We started our training program in July along with Moore's Marines but advanced the mileage and started earlier in the morning. The program started with a base of 16 miles and progressed to 26 mile training runs. Many runners questioned the philosophy of running 50 miles without coming closer to the distance in training. The basic premise of this program was to complete the race and not be injured; therefore the conditioning to achieve this is far less than someone who aspires to race for their best time. Remember this is 50 miles not a 10K. All the participants in the program were first timers and had no idea how their body would react to distances beyond the marathon.

We ran through the summer as a group. Having been a first timer at one time and remembering the emo-

tions I evolved through, I was prepared for the many questions the "new meat" would ask. On every Saturday training run, new and unusual questions would be asked. What is the trail like? What strategy do you follow for the mountains, the canal and the road? What clothes do I where? As each week passed the questions became more specific and the closer we got to the actual day the more nervous the group got. They were really going to line up at the start of a 50 mile race.

On Saturday, November 21, 1998 at 6 am in Boonesboro, the entire first time training group posted for the start of the run. The Striders had one of the largest representations I can ever remember - at least 27 members were entered. Most of the Striders were dressed in florescent green shirts that designated our club affiliation and motto - "Whether I can or I can't, it is up to me - JFK, I CAN". The shirt proved to be a huge success not only for recognition for the club but for visibility for the crew who would look anxiously for their friend or loved one along the course.

The day was a perfect day for the race. The first time ultra Striders had been blessed. Other than a moderate wind the day was overcast and 40 degrees. John Gallagher, John Fay and Ron Hooker had solicited the assistance of their wives and significant others to crew for them. Mind you ultra training is not only a physically demanding effort but an emotional one as well. It is hard on you

On Saturday, November 21, 1998 at 6 am in Boonesboro, the entire first time training group posted for the start of the run. The Striders had one of the largest representations I can ever remember - at least 27 members... Most dressed in florescent green shirts that designated our club affiliation and motto -

*Whether I can or I can't,
it is up to me - JFK, I CAN.*

as a runner but also on your family. When you tow that starting line, you also represent the family who stood behind you and sacrificed while you spent long hours on the road training. The crew who comes to help really gets a flavor of the effort and commitment it takes to finish an event such as this. Not only does the training commit you physically but it is a huge mental commitment. As I told the trainees, never give up. It is going to hurt but the pain will hit a plateau and you will adjust. If you feel down, just keep moving forward, your bad feelings will be replaced in short order with positive elation at seeing the finish line. Stay positive and remove yourself from negative influences. Keep focused on the goal.

In the end all of my little inspirational sayings, miles of brainwashing, hours of questions and answers and countless pushes to keep pressing on must have been the right mix. I am proud to say every last one of the trainees finished the race and all

felt great. I have never seen such proud faces and smiles at the finish of a grueling event not only on the runners but also on the crew members.

Would they do it again? Only they can answer that question but I have had inquiries as to what the Vermont 100 mile race is like and it was overheard from John Gallagher that he already had a strategy for next year. You all proved that it was up to you and you did it. Congratulations to all who attempted and those who finished. Next year's race is Saturday, November 20th. Training starts on Saturday, July 24. See you there!! ■

JFK 50 Mile Race - Saturday, November 21, 1998

Eric Clifton 6:06

Course record holder & 1998 Master record holder

Matt Mace 7:46

Mark Rosasco 7:51

Bob Field 8:41

King Jordan 8:29

Tony Pruner 8:47*

Susie Flockart 8:55*

Yael Fortier 8:55*

Sue Briers 9:15

10 JFK finishes -

JFK Legend status!

Mike Bright 9:31

Meredith Bonta 9:35

Neal Barrett 9:51

Chris Filiopoulos 9:57*

John Joseph 10:17

Linda Rogers 10:18

Ron Hooker 10:20*

John Fay 10:20*

John Gallagher 10:20*

Keith Harvey 10:29*

Ann Roberts 10:53*

Charlie Muskin 10:55*

Will Myers 11:10

Don Higdon 11:32*

Elizabeth Williams 11:36*

Nick Pavlinic 11:44

Earl Scott 12:33

17 finishes at JFK -

Beyond Legend!

Ron Bowman 13:20

10 finishes at JFK -

JFK Legend Status!

*Denotes first time finisher



Carla Pastore and John Gallagher outside the U.S. Botanic Garden in Washington, D.C. where they train during their lunch hour.

When Opposites Unite to Make a Great Running Team

By Carla Pastore

One of the best parts of my work week is my lunch time run. Over the past 7 years, about three times a week my running partner and I slip out the front door of the U.S. Botanic Garden Production Facility in Washington, D.C. to run on a beautiful rural trail which leads around Oxon Cove up to Oxen Hill Farm. What makes this run special is not only the tranquil setting and the freedom of shedding formal clothes for running shoes and shorts, but the partnership I have formed with my running buddy, John Gallagher.

Recently I came to the astounding realization that I had spent over 1,000 hours (equivalent of 25 forty hour-work weeks) and run nearly 5,000 miles with John. We could easily have crossed the United

States from coast to coast on foot with that kind of mileage! Yet people who meet us would consider us opposites in almost every way. I began to wonder how two people

Continue on next page

who are so different could put in that kind of time and mileage?

A classic introvert, John is a tall man at 6'1" with blue eyes and a steady gaze. As an ex-Marine, he is disciplined and determined, and not afraid to buckle down to hard work and training. This veteran runner of 12 years has completed over 10 marathons. Although not the fastest runner, he doggedly persists and always finished a run or race despite any hardship. These traits serve him well for his position at the U.S. Botanic Garden where he is assistant head of our maintenance division. A master at planning complex projects which require careful, analytical skills, John has conquered the technology that automates our greenhouse facility. In his spare time he is studying for a degree in engineering.

On the other hand, I am petite at 5'0" and have a reputation for my loud, boisterous laughter and chatty, extroverted style as I run along with the guys. Naturally blessed with the type of legs that just go fast, I have won and placed in numerous races over the past 20 years without much training. In 1981, I completed a marathon, but it has taken me nearly 18 years to get up the nerve to try again. My degree in horticulture brought me to the U.S. Botanic Garden where I manage a large greenhouse complex. Surrounded by a fascinating array of orchids, tropicals, insectivorous plants and many rare and endangered species, I focus my attention on "people skills", overseeing the work of a horticultural staff. Fortunately, my job allows me to design beautiful floral exhibits and flower shows, providing an outlet for my creative energy.

When John and I first began to work together our relationship was strained. Since he is responsible for maintaining the greenhouses where my staff house their plants, conflicts arouse when he assigned "the wrong" priorities to my work requests. After six months our relationship began a new phase when we became aware of our mutual interest in running and began to jog together at lunch. Despite our initial

period of conflict, over time we became good friends and our lunch time runs grew into therapeutic sessions. We would spend long hours discussing problems with our staff and trying to make sense of a frustrating bureaucratic system working as managers in the federal government. These runs spared our spouses from hearing all the absurd and mundane details of our work day; topics which normally caused their eyes to roll back and glaze over.

As our friendship and level of trust developed, our focus turned to serious running. We both set our sites on new goals. John wanted to complete the JFK 50 miler before his 50th birthday; his mantra became "Fifty before Fifty" with his birthday fast approaching in December. I wanted to run a marathon and qualify for Boston in 1999. So together we developed our plans and strengthened our commitment.

We were both training with a group at Rt.450 on Saturday mornings so it was logical move to hook up with Sue Briers and join her JFK 50 training program. Each Saturday from July through November John and I met at 6:30 am to crank out the miles. Even though I wasn't doing the 50 miler, I used the sessions to train for Marine Corps Marathon. We worked our way up to 24 miles, which was a phenomenal feat to me - since I hadn't run that distance in 18 years! All this training paid off the day of Marine Corps Marathon. Although it was a warm day, heat has never bothered me much and I had a nearly perfect run. John and I and the rest of our group met at the starting line and we helped and supported each other through various parts of the race. I finished in 3:31:41 and met my goal to qualify for Boston.

Next came John's challenge - the JFK 50 Miler! He approached this run in a logical, rational manner. In addition to the weekly training with Sue's Saturday group, he found a dedicated running partner with John Fay. Over the past five years they had competed and later trained together, so it made some sense that

they would do their first 50 miler together.

When the day of the big race came, Frank Callahan, Jim Kaufmann and I (the core support team from Saturday mornings) loaded up a van with bikes and running gear and headed out to Boonsboro to provide assistance for the two Johns. Our plan was to meet them at mile 22 and bike and/or run the rest of the course with them, doing whatever it might take to help them finish. When we met them they looked fine, grumbling only slightly about their bruised feet from picking through boulders in the first part of the course. We began running with them and settled into a nice run 8 minutes, walk 2 minutes routine. But around mile 38 the most remarkable thing happened - they took off on us! With John Gallagher as the lead, the group including John Fay and Ron Hooker caught a second wind and began cruising along at about 8 minutes a mile! As their support group we were stunned - Frank, Jim and I literally couldn't believe our eyes and could hardly keep up the pace. The group finished in 10 hours, 20 minutes, feeling relatively good. In fact, they said they felt better than after completing a marathon!

Three days later found us running again at lunch time, looking back with satisfaction on two goals met. When I think back over the years of running with John, I realize that we always shared two goals: a desire to do an outstanding job in our work and to become the runners we are capable of being. By recognizing each others strengths and abilities we have worked together to reach our goals and have had a really good time along the way.

My advice to any beginner or even veteran runner is to find a good running partner. Someone who is loyal and dedicated and willing to work with you over time to achieve your goals. As we have found in our relationship, different running styles and goals can work together to form a strong team. ■

Final 1998 Championship Series Race Results

| Women 13 & Under | 5K | 10M | 10K | 1M | 8K | 5M | 26K | 15K | Total |
|-----------------------|----|-----|-----|----|----|----|-----|-----|-------|
| Ann Norton | 1 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 246 |
| Ashley Walser | 35 | 35 | 1 | 35 | 35 | 35 | 35 | 35 | 246 |
| Women 14-19 | 5K | 10M | 10K | 1M | 8K | 5M | 26K | 15K | Total |
| Megan Putt | 1 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 246 |
| Allison Weitz | 35 | 35 | 1 | 35 | 35 | 35 | 35 | 35 | 246 |
| Laura Campbell | 2 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 247 |
| Janine Haines | 3 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 248 |
| Women 20-24 | 5K | 10M | 10K | 1M | 8K | 5M | 26K | 15K | Total |
| Mary Norton | 1 | 35 | 35 | 35 | 35 | 35 | 1 | 35 | 212 |
| Sarah Ochs | 35 | 1 | 35 | 35 | 35 | 35 | 35 | 35 | 246 |
| CeCe Cleary | 35 | 2 | 35 | 35 | 35 | 35 | 35 | 35 | 247 |
| Women 25-29 | 5K | 10M | 10K | 1M | 8K | 5M | 26K | 15K | Total |
| Terrey Haley | 2 | 2 | 1 | 1 | 1 | 1 | 35 | 35 | 78 |
| Ann Brennan | 35 | 3 | 35 | 35 | 3 | 35 | 35 | 2 | 183 |
| Susie Flockart | 35 | 1 | 35 | 35 | 35 | 35 | 35 | 1 | 212 |
| Cassie Pickering | 35 | 35 | 3 | 35 | 2 | 35 | 35 | 35 | 215 |
| Mindy Haines | 1 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 246 |
| Tara Vaughn | 35 | 35 | 2 | 35 | 35 | 35 | 35 | 35 | 247 |
| Kimberly Stringfellow | 3 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 248 |
| Women 30-34 | 5K | 10M | 10K | 1M | 8K | 5M | 26K | 15K | Total |
| Jennifer Sullivan | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 35 | 42 |
| Ann Roberts | 2 | 35 | 2 | 35 | 2 | 2 | 2 | 35 | 115 |
| Denise Hyde | 4 | 35 | 3 | 35 | 35 | 3 | 35 | 1 | 151 |
| Lyn Jablonski | 3 | 35 | 35 | 2 | 35 | 35 | 35 | 35 | 215 |
| Margaret Olson | 35 | 2 | 35 | 35 | 35 | 35 | 3 | 35 | 215 |
| Conni Kellish | 5 | 35 | 5 | 35 | 35 | 35 | 35 | 35 | 220 |
| Linda Eckert | 35 | 3 | 35 | 35 | 35 | 35 | 35 | 35 | 248 |
| Susan Ruberg | 35 | 35 | 4 | 35 | 35 | 35 | 35 | 35 | 249 |
| Marie Zejewski | 6 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 251 |
| Women 35-39 | 5K | 10M | 10K | 1M | 8K | 5M | 26K | 15K | Total |
| Helen Brennan | 6 | 4 | 5 | 3 | 3 | 4 | 35 | 4 | 64 |
| Barbara Deuink | 9 | 6 | 6 | 35 | 5 | 3 | 4 | 7 | 75 |
| Marjorie Boyd | 1 | 1 | 3 | 1 | 1 | 35 | 1 | 35 | 78 |
| Carla DalColletto | 4 | 2 | 2 | 2 | 35 | 2 | 35 | 3 | 85 |
| Helen Laird | 5 | 35 | 35 | 35 | 2 | 1 | 3 | 2 | 118 |
| Susan Furr | 35 | 35 | 1 | 35 | 35 | 35 | 6 | 1 | 183 |
| Laura Nye | 8 | 35 | 35 | 35 | 4 | 35 | 5 | 35 | 192 |
| Vivian Rowe | 35 | 3 | 35 | 35 | 35 | 35 | 35 | 5 | 218 |
| Shelly Lynch | 35 | 5 | 4 | 35 | 35 | 35 | 35 | 35 | 219 |
| Carol Rosasco | 7 | 35 | 35 | 35 | 35 | 35 | 2 | 35 | 219 |
| Anne Redmiles | 35 | 35 | 7 | 35 | 35 | 35 | 35 | 6 | 223 |
| Jean Albaugh | 2 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 247 |
| Eileen Proulx | 3 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 248 |
| Iris Wyvill | 35 | 7 | 35 | 35 | 35 | 35 | 35 | 35 | 252 |
| Robin Bergamini | 35 | 35 | 8 | 35 | 35 | 35 | 35 | 35 | 253 |
| Mary McDowell | 35 | 35 | 9 | 35 | 35 | 35 | 35 | 35 | 254 |
| Selina Bankert | 10 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 255 |
| Women 40-44 | 5K | 10M | 10K | 1M | 8K | 5M | 26K | 15K | Total |
| Carla Pastore | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 8 |
| Lisa Schraeder | 2 | 8 | 2 | 4 | 3 | 3 | 5 | 3 | 30 |
| Melissa Currence | 5 | 5 | 7 | 6 | 7 | 7 | 6 | 6 | 49 |
| Marie Frieland | 4 | 4 | 3 | 3 | 4 | 5 | 35 | 8 | 66 |
| Pat Snodgrass | 35 | 6 | 8 | 7 | 8 | 8 | 7 | 7 | 86 |
| Rita Bell | 3 | 3 | 4 | 35 | 5 | 6 | 3 | 35 | 94 |
| Sue Briers | 35 | 35 | 35 | 2 | 2 | 2 | 4 | 2 | 117 |
| Effie Dawson | 7 | 7 | 11 | 8 | 35 | 10 | 35 | 9 | 122 |
| Mary Lang | 35 | 35 | 5 | 35 | 35 | 4 | 2 | 4 | 155 |
| Cecile Spiegel | 6 | 35 | 9 | 5 | 35 | 11 | 35 | 35 | 171 |
| Nancy Harrison | 9 | 35 | 14 | 9 | 35 | 13 | 35 | 35 | 185 |
| Nancy Hans | 35 | e | 35 | 35 | 6 | 9 | 35 | 35 | 190 |
| Claire Stackhouse | 35 | 35 | 10 | 35 | 35 | 35 | 35 | 5 | 225 |
| Frances Kushner | 10 | 35 | 16 | 35 | 35 | 35 | 35 | 35 | 236 |
| Irene Caroom | 35 | 35 | 15 | 35 | 35 | 12 | 35 | 35 | 237 |
| Maureen Rohrs | 35 | 2 | 35 | 35 | 35 | 35 | 35 | 35 | 247 |
| Sheryl Page | 35 | 35 | 6 | 35 | 35 | 35 | 35 | 35 | 251 |
| Lynn Hopkins | 8 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 253 |
| Pat Rehberg | 35 | 35 | 12 | 35 | 35 | 35 | 35 | 35 | 257 |
| Connie Whittington | 35 | 35 | 13 | 35 | 35 | 35 | 35 | 35 | 258 |
| Women 45-49 | 5K | 10M | 10K | 1M | 8K | 5M | 26k | 15K | Total |
| Rita Twist | 1 | 1 | 35 | 1 | 2 | 2 | 2 | 1 | 45 |
| Regina Miente | 6 | 6 | 15 | 6 | 7 | 10 | 4 | 5 | 59 |
| Susan Zevin | 4 | 5 | 9 | 5 | 4 | 9 | 35 | 3 | 74 |
| Maria Shields | 2 | 3 | 2 | 35 | 35 | 3 | 3 | 35 | 118 |
| Nancy Ebersberger | 5 | 5 | 12 | 3 | 6 | 35 | 35 | 35 | 136 |
| Rose Malloy | 35 | 35 | 1 | 35 | 1 | 1 | 1 | 35 | 144 |
| Jackie Kellner | 35 | 35 | 6 | 2 | 3 | 4 | 35 | 35 | 155 |
| Margaret Joseph | 3 | 35 | 7 | 35 | 35 | 5 | 35 | 35 | 190 |
| Karen Levin | 35 | 35 | 11 | 35 | 5 | 8 | 35 | 35 | 199 |
| Rae Jean Goodman | 35 | 35 | 14 | 4 | 35 | 7 | 35 | 35 | 200 |
| Cathy Hennes | 35 | 35 | 5 | 35 | 35 | 35 | 35 | 2 | 217 |

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|--------------------|----|-----|-----|----|----|----|-----|-----|-------|
| Diane Zoller | 35 | 35 | 8 | 35 | 35 | 6 | 35 | 35 | 224 |
| Linda Webb | 35 | 35 | 10 | 35 | 35 | 35 | 35 | 4 | 224 |
| Karen Stolka | 35 | 2 | 35 | 35 | 35 | 35 | 35 | 35 | 247 |
| Della McIntyre | 35 | 35 | 3 | 35 | 35 | 35 | 35 | 35 | 248 |
| Tess Glaser | 35 | 4 | 35 | 35 | 35 | 35 | 35 | 35 | 249 |
| Helen Bergamini | 35 | 35 | 4 | 35 | 35 | 35 | 35 | 35 | 249 |
| Katherine Burke | 35 | 35 | 13 | 35 | 35 | 35 | 35 | 35 | 258 |
| Women 50-54 | 5K | 10M | 10K | 1M | 8K | 5M | 26K | 15K | Total |
| Meredith Bonta | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 1 | 9 |
| June Schneider | 2 | 35 | 3 | 2 | 3 | 3 | 35 | 35 | 118 |
| Elizabeth Williams | 35 | 35 | 2 | 35 | 2 | 4 | 3 | 3 | 119 |
| Danalee Green | 35 | 35 | 35 | 3 | 35 | 2 | 1 | 2 | 148 |
| Nancy Mann | 3 | 35 | 4 | 4 | 35 | 35 | 35 | 4 | 155 |
| Carolyn Foster | 4 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 249 |
| Sandra Burash | 5 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 250 |
| Cathy Gibbone | 6 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 251 |
| Women 55-59 | 5K | 10M | 10K | 1M | 8K | 5M | 26K | 15K | Total |
| Linda Simpson | 1 | 35 | 2 | 1 | 1 | 2 | 1 | 1 | 44 |
| Joan Forman | 2 | 35 | 3 | 2 | 35 | 1 | 35 | 2 | 115 |
| Barbara Riffin | 35 | 35 | 1 | 35 | 35 | 35 | 2 | 35 | 213 |
| Judith Crawford | 3 | 35 | 4 | 35 | 35 | 35 | 35 | 35 | 217 |
| Women 65-69 | 5K | 10M | 10K | 1M | 8K | 5M | 26K | 15K | Total |
| Yvonne Aasen | 1 | 1 | 1 | 1 | 1 | 1 | 35 | 1 | 42 |
| Men 13 & Under | 5K | 10M | 10K | 1M | 8K | 5M | 26K | 15K | Total |
| Justin Gooding | 1 | 1 | 35 | 35 | 1 | 1 | 35 | 1 | 110 |
| Garett Gooding | 2 | 35 | 35 | 2 | 35 | 35 | 35 | 35 | 214 |
| Greg Engel | 8 | 35 | 35 | 4 | 35 | 35 | 35 | 35 | 222 |
| Ricky Woods, Jr | 35 | 35 | 35 | 1 | 35 | 35 | 35 | 35 | 246 |
| Anthony Miller | 35 | 35 | 1 | 35 | 35 | 35 | 35 | 35 | 246 |
| Roy Bands | 35 | 35 | 2 | 35 | 35 | 35 | 35 | 35 | 247 |
| Kris Gorman | 35 | 35 | 35 | 3 | 35 | 35 | 35 | 35 | 248 |
| Tim Engel | 3 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 248 |
| Patrick Kellish | 4 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 249 |
| David Twist | 35 | 35 | 35 | 4 | 35 | 35 | 35 | 35 | 249 |
| Joseph Norton | 5 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 250 |
| Matt Campbell | 6 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 251 |
| Eddie Kirk | 7 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 252 |
| Men 14-19 | 5K | 10M | 10K | 1M | 8K | 5M | 26K | 15K | Total |
| Ryan Kellish | 35 | 35 | 1 | 35 | 35 | 35 | 35 | 35 | 246 |
| Keith Hidenfelter | 35 | 35 | 2 | 35 | 35 | 35 | 35 | 35 | 247 |
| Men 20-24 | 5K | 10M | 10K | 1M | 8K | 5M | 26K | 15K | Total |
| Dave Wall | 1 | 35 | 35 | 1 | 35 | 1 | 35 | 35 | 178 |
| Jerry Pentoney | 35 | 1 | 35 | 35 | 35 | 35 | 35 | 35 | 246 |
| Men 25-29 | 5K | 10M | 10K | 1M | 8K | 5M | 26K | 15K | Total |
| Chris Mairs | 2 | 1 | 35 | 1 | 2 | 1 | 35 | 1 | 78 |
| Doug May | 3 | 35 | 3 | 2 | 3 | 35 | 35 | 35 | 151 |
| Jeff Walcoff | 35 | 35 | 1 | 35 | 1 | 35 | 35 | 35 | 212 |
| Michael McClain | 1 | 35 | 2 | 35 | 35 | 35 | 35 | 35 | 213 |
| John Hall | 35 | 2 | 35 | 35 | 35 | 35 | 1 | 35 | 213 |
| Men 30-34 | 5K | 10M | 10K | 1M | 8K | 5M | 26K | 15K | Total |
| Robert Bigelow | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 16 |
| Steve Egolf | 35 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 42 |
| Eric Schraeder | 1 | 35 | 3 | 3 | 3 | 3 | 35 | 3 | 86 |
| Elliott Flick | 4 | 3 | 4 | 5 | 35 | 35 | 3 | 4 | 93 |
| Hamilton Tyler | 35 | 4 | 35 | 35 | 35 | 35 | 4 | 35 | 218 |
| Chris Sinclair | 35 | 35 | 35 | 4 | 35 | 35 | 35 | 5 | 219 |
| Michael Doherty | 35 | 35 | 5 | 35 | 4 | 35 | 35 | 35 | 219 |
| Sean Ahern | 35 | 35 | 6 | 35 | 35 | 4 | 35 | 35 | 220 |
| Ricardo Borrero | 6 | 5 | 35 | 35 | 35 | 35 | 35 | 35 | 221 |
| James Falvey | 35 | 35 | 7 | 35 | 35 | 5 | 35 | 35 | 222 |
| Kenneth Huddleston | 7 | 6 | 35 | 35 | 35 | 35 | 35 | 35 | 223 |
| Tim Dent | 35 | 35 | 9 | 35 | 5 | 35 | 35 | 35 | 224 |
| Michael Bellotte | 35 | 35 | 8 | 35 | 35 | 6 | 35 | 35 | 224 |
| Dennis McGinley | 3 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 248 |
| Brad Martin | 5 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 250 |
| Men 35-39 | 5K | 10M | 10K | 1M | 8K | 5M | 26K | 15K | Total |
| Matt Mace | 2 | 1 | 1 | 1 | 2 | 2 | 3 | 2 | 14 |
| Dave Walser | 4 | 4 | 6 | 2 | 3 | 5 | 7 | 5 | 36 |
| Derek Ammons | 13 | 5 | 9 | 6 | 6 | 7 | 8 | 6 | 60 |
| Ed Jablonski | 5 | 35 | 5 | 3 | 35 | 4 | 4 | 4 | 95 |
| Mark Jones | 35 | 35 | 3 | 35 | 1 | 1 | 1 | 1 | 112 |
| Brian Wright | 6 | 3 | 7 | 4 | 4 | 35 | 35 | 35 | 129 |
| John Bechill | 35 | 6 | 35 | 35 | 5 | 8 | 35 | 8 | 167 |
| Jim Griffith | 1 | 35 | 4 | 35 | 35 | 35 | 35 | 3 | 183 |
| Dennis Coates | 3 | 35 | 2 | 35 | 35 | 3 | 35 | 35 | 183 |
| Alan Murray | 11 | 35 | 35 | 7 | 35 | 9 | 35 | 35 | 202 |
| Craig Tyler | 35 | 35 | 11 | 35 | 35 | 35 | 9 | 9 | 204 |
| Curtis Johnson | 35 | 2 | 35 | 35 | 35 | 35 | 5 | 35 | 217 |
| Eric Karandy | 35 | 35 | 35 | 5 | 35 | 35 | 6 | 35 | 221 |
| Don Snodgrass | 35 | 7 | 35 | 35 | 7 | 35 | 35 | 35 | 224 |
| Mark Rosasco | 12 | 35 | 35 | 35 | 35 | 35 | 2 | 35 | 224 |
| George Kerchner | 9 | 35 | 35 | 35 | 35 | 6 | 35 | 35 | 225 |

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|------------------|----|-----|-----|----|----|----|-----|-----|-------|
| Bart Blue | 35 | 35 | 10 | 35 | 35 | 35 | 35 | 7 | 227 |
| Scott Larcher | 7 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 252 |
| Michael Upton | 35 | 35 | 8 | 35 | 35 | 35 | 35 | 35 | 253 |
| Ted Kennedy | 8 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 253 |
| Richard Rahilly | 10 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 255 |
| Ken Bassett | 14 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 259 |
| Ed Kirk | 15 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 260 |
| Men 40-44 | 5K | 10M | 10K | 1M | 8K | 5M | 26K | 15K | Total |
| Michael Bergesen | 5 | 4 | 8 | 4 | 4 | 5 | 4 | 1 | 35 |
| Paul Serra | 3 | 35 | 3 | 2 | 1 | 2 | 1 | 35 | 82 |
| Michael Smith | 9 | 5 | 35 | 35 | 3 | 4 | 5 | 2 | 98 |
| Larry Puglisi | 14 | 6 | 6 | 7 | 5 | 35 | 35 | 5 | 113 |
| Dave Turbin | 35 | 2 | 5 | 35 | 2 | 35 | 2 | 7 | 123 |
| Tim Coughlin | 8 | 35 | 10 | 6 | 35 | 6 | 35 | 6 | 141 |
| Dave Webster | 2 | 35 | 1 | 1 | 35 | 1 | 35 | 35 | 145 |
| Clint Henderson | 13 | 35 | 35 | 5 | 35 | 7 | 35 | 10 | 175 |
| Jim Kaufman | 12 | 35 | 12 | 35 | 7 | 35 | 35 | 9 | 180 |
| Scott Lutrey | 4 | 35 | 35 | 35 | 35 | 3 | 35 | 4 | 186 |
| Neal Barrett | 35 | 35 | 13 | 35 | 6 | 35 | 6 | 35 | 200 |
| Tony Pruner | 15 | 9 | 7 | 35 | 35 | 35 | 35 | 35 | 206 |
| Dennis Hall | 11 | 7 | 14 | 35 | 35 | 35 | 35 | 35 | 207 |
| Kevin Murnane | 23 | 35 | 23 | 11 | 35 | 35 | 35 | 12 | 209 |
| Robert Marino | 1 | 1 | 35 | 35 | 35 | 35 | 35 | 35 | 212 |
| Steven Brady | 16 | 35 | 15 | 35 | 35 | 35 | 35 | 8 | 214 |
| Scott Eden | 35 | 35 | 2 | 35 | 35 | 35 | 35 | 3 | 215 |
| Pete Soucy | 35 | 3 | 4 | 35 | 35 | 35 | 35 | 35 | 217 |
| Ray Putt | 18 | 35 | 22 | 35 | 35 | 8 | 35 | 35 | 223 |
| Jeff Konyar | 20 | 35 | 20 | 35 | 35 | 9 | 35 | 35 | 224 |
| Rick Woods | 35 | 10 | 35 | 8 | 35 | 35 | 35 | 35 | 228 |
| Carl Rittenhouse | 35 | 8 | 18 | 35 | 35 | 35 | 35 | 35 | 236 |
| Jim Carter | 17 | 35 | 35 | 35 | 35 | 35 | 35 | 11 | 238 |
| Wayne Patterson | 19 | 35 | 35 | 10 | 35 | 35 | 35 | 35 | 239 |
| Higley Harmon | 35 | 35 | 21 | 9 | 35 | 35 | 35 | 35 | 240 |
| Mike VanBeuren | 35 | 35 | 35 | 3 | 35 | 35 | 35 | 35 | 248 |
| Steve Donnelly | 6 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 251 |
| Tom De Kornfeld | 7 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 252 |
| Kurt Kuhn | 35 | 35 | 9 | 35 | 35 | 35 | 35 | 35 | 254 |
| Earl Keicher | 10 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 255 |
| Steve Wambaugh | 35 | 35 | 11 | 35 | 35 | 35 | 35 | 35 | 256 |
| Chris Bergamini | 35 | 35 | 16 | 35 | 35 | 35 | 35 | 35 | 261 |
| Thomas Mira | 35 | 35 | 17 | 35 | 35 | 35 | 35 | 35 | 262 |
| Bob Brenton | 35 | 35 | 19 | 35 | 35 | 35 | 35 | 35 | 264 |
| Barry Boyd | 21 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 266 |
| Ray Beitzell | 22 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 267 |
| Dorsey McVicker | 35 | 35 | 24 | 35 | 35 | 35 | 35 | 35 | 269 |
| Phillip Caroom | 35 | 35 | 25 | 35 | 35 | 35 | 35 | 35 | 270 |
| Roy Bands | 35 | 35 | 26 | 35 | 35 | 35 | 35 | 35 | 271 |
| Men 45-49 | 5K | 10M | 10K | 1M | 8K | 5M | 26K | 15K | Total |
| Bob Field | 5 | 2 | 4 | 6 | 3 | 4 | 2 | 4 | 30 |
| Timo Saha | 1 | 35 | 1 | 1 | 1 | 1 | 1 | 1 | 42 |
| John Gallagher | 7 | 5 | 8 | 9 | 8 | 6 | 7 | 5 | 55 |
| Jim Etchison | 10 | 7 | 7 | 7 | 7 | 8 | 10 | 7 | 63 |
| Alan Engel | 4 | 3 | 11 | 5 | 4 | 5 | 3 | 35 | 70 |
| Pat Donahue | 12 | 9 | 16 | 8 | 10 | 10 | 5 | 9 | 79 |
| Eric Gyaki | 3 | 35 | 3 | 2 | 2 | 2 | 35 | 3 | 85 |
| Will Meyers | 16 | 12 | 15 | 11 | 12 | 13 | 8 | 13 | 100 |
| Eric Peltosalo | 2 | 35 | 2 | 4 | 35 | 3 | 35 | 2 | 118 |
| Will Scott | 35 | 14 | 19 | 12 | 13 | 12 | 13 | 12 | 130 |
| Mel Levin | 35 | 1 | 5 | 35 | 35 | 7 | 4 | 35 | 157 |
| Reggie Haseltine | 15 | 15 | 18 | 13 | 14 | 35 | 35 | 15 | 160 |
| Charlie Muskin | 14 | 35 | 12 | 35 | 11 | 11 | 35 | 11 | 164 |
| Bill Peake | 6 | 6 | 35 | 35 | 6 | 35 | 35 | 8 | 166 |
| Donald Snodgrass | 35 | 35 | 17 | 14 | 35 | 15 | 12 | 17 | 180 |
| Mick Galuski | 35 | 13 | 14 | 35 | 35 | 14 | 35 | 14 | 195 |
| Carl Reed | 11 | 4 | 35 | 35 | 5 | 35 | 35 | 35 | 195 |
| Bill Butler | 9 | 11 | 35 | 35 | 35 | 35 | 35 | 10 | 205 |
| Bruce Bagley | 35 | 35 | 20 | 35 | 9 | 35 | 9 | 35 | 213 |
| Nathan Leventhal | 17 | 35 | 24 | 35 | 15 | 35 | 35 | 18 | 214 |
| George Russell | 35 | 8 | 6 | 35 | 35 | 35 | 35 | 35 | 224 |
| Michael Bright | 35 | 35 | 10 | 35 | 35 | 35 | 35 | 6 | 226 |
| Charles Gentry | 35 | 35 | 13 | 35 | 35 | 9 | 35 | 35 | 232 |
| Ron Bowman | 13 | 10 | 35 | 35 | 35 | 35 | 35 | 35 | 233 |
| Robert Saunders | 35 | 35 | 21 | 35 | 35 | 35 | 11 | 35 | 242 |
| Tom Frankenhouer | 19 | 35 | 35 | 35 | 35 | 35 | 35 | 16 | 245 |
| Oliver Payne | 35 | 35 | 35 | 3 | 35 | 35 | 35 | 35 | 248 |
| Rusty Yeiser | 8 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 253 |
| Daniel Miller | 35 | 35 | 27 | 35 | 35 | 16 | 35 | 35 | 253 |
| Michael Anderson | 35 | 35 | 9 | 35 | 35 | 35 | 35 | 35 | 254 |
| Ron Twist | 35 | 35 | 35 | 10 | 35 | 35 | 35 | 35 | 255 |
| Bruce Friekland | 18 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 263 |
| James Norton | 20 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 265 |
| Robert Fogler | 21 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 266 |
| Ernest Chizmar | 35 | 35 | 22 | 35 | 35 | 35 | 35 | 35 | 267 |
| William Vogenitz | 22 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 267 |

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|--------------------|----|-----|-----|----|----|----|-----|-----|-------|
| Robert West | 35 | 35 | 23 | 35 | 35 | 35 | 35 | 35 | 268 |
| Edward Jantz | 35 | 35 | 25 | 35 | 35 | 35 | 35 | 35 | 270 |
| Ken Hidenfelter | 35 | 35 | 26 | 35 | 35 | 35 | 35 | 35 | 271 |
| Men 50-54 | 5K | 10M | 10K | 1M | 8K | 5M | 26K | 15K | Total |
| John Fay | 2 | 2 | 6 | 3 | 2 | 3 | 3 | 3 | 24 |
| Daniel Symancyk | 12 | 4 | 5 | 4 | 3 | 9 | 4 | 5 | 46 |
| Tom Bradford | 5 | 5 | 13 | 9 | 9 | 8 | 7 | 6 | 62 |
| John Kirkpatrick | 1 | 35 | 1 | 1 | 1 | 35 | 1 | 1 | 76 |
| Chris Riley | 35 | 1 | 2 | 35 | 35 | 1 | 2 | 2 | 113 |
| Seyed Hosseini | 3 | 3 | 3 | 35 | 35 | 2 | 35 | 4 | 120 |
| Robert Burash | 7 | 6 | 35 | 35 | 35 | 5 | 5 | 35 | 163 |
| John Joseph | 8 | 35 | 11 | 35 | 5 | 4 | 35 | 35 | 168 |
| John Meyer | 6 | 35 | 10 | 6 | 35 | 35 | 35 | 7 | 169 |
| Rob Mairs | 35 | 35 | 35 | 7 | 7 | 7 | 35 | 10 | 171 |
| Christer Broman | 35 | 35 | 35 | 5 | 6 | 6 | 35 | 35 | 191 |
| John Ryan | 35 | 8 | 35 | 35 | 4 | 35 | 35 | 8 | 195 |
| Jerry Pentoney, Sr | 35 | 7 | 7 | 35 | 35 | 35 | 6 | 35 | 195 |
| Cecil Mc Donald | 11 | 35 | 35 | 8 | 8 | 35 | 35 | 35 | 202 |
| Michael Ciurca | 35 | 35 | 8 | 35 | 35 | 35 | 35 | 9 | 227 |
| Don Kennedy | 9 | 35 | 9 | 35 | 35 | 35 | 35 | 35 | 228 |
| Daniel Masterson | 35 | 35 | 35 | 2 | 35 | 35 | 35 | 35 | 247 |
| Eric Fromm | 4 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 249 |
| John DeGreck | 35 | 35 | 4 | 35 | 35 | 35 | 35 | 35 | 249 |
| Wayne Denney | 10 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 255 |
| James Gelwicks | 35 | 35 | 12 | 35 | 35 | 35 | 35 | 35 | 257 |
| Michael Frank | 35 | 35 | 14 | 35 | 35 | 35 | 35 | 35 | 259 |
| Men 55-59 | 5K | 10M | 10K | 1M | 8K | 5M | 26K | 15K | Total |
| Ron Bolt | 3 | 3 | 2 | 2 | 2 | 1 | 2 | 3 | 18 |
| Fred Shanklin | 5 | 10 | 3 | 7 | 4 | 3 | 8 | 1 | 41 |
| John Pack | 6 | 5 | 4 | 4 | 35 | 4 | 4 | 4 | 66 |
| Peter Salmon-Cox | 10 | 9 | 10 | 8 | 8 | 7 | 7 | 10 | 69 |
| Joe Clority | 1 | 4 | 35 | 3 | 1 | 35 | 3 | 2 | 84 |
| Francisco Sanches | 2 | 1 | 1 | 1 | 9 | 35 | 1 | 35 | 85 |
| George Sweger | 16 | 12 | 15 | 10 | 7 | 10 | 9 | 12 | 91 |
| William Derr | 35 | 11 | 35 | 5 | 5 | 2 | 35 | 7 | 135 |
| Bob Stern | 7 | 7 | 35 | 35 | 6 | 9 | 6 | 35 | 140 |
| Mervin Gross | 12 | 8 | 6 | 35 | 35 | 5 | 5 | 35 | 141 |
| Don Higdon | 13 | 35 | 7 | 35 | 35 | 6 | 10 | 8 | 149 |
| Eric Fredland | 8 | 35 | 9 | 35 | 35 | 8 | 35 | 6 | 171 |
| Allan Veasey | 11 | 9 | 35 | 6 | 35 | 35 | 35 | 9 | 175 |
| John Strumsky | 17 | 35 | 13 | 11 | 35 | 12 | 35 | 35 | 193 |
| Earl Scott | 35 | 35 | 18 | 9 | 35 | 13 | 35 | 15 | 195 |
| Alan Wycherley | 35 | 35 | 20 | 35 | 11 | 14 | 35 | 16 | 201 |
| Ken Lyons | 9 | 6 | 35 | 35 | 35 | 35 | 35 | 11 | 201 |
| Jim Noctor | 18 | 35 | 8 | 35 | 35 | 35 | 35 | 13 | 214 |
| Evan Thomas | 35 | 13 | 21 | 35 | 35 | 35 | 35 | 5 | 214 |
| Joseph O'Boyle | 15 | 35 | 17 | 35 | 35 | 35 | 35 | 14 | 221 |
| Amadeu Sanchez | 4 | 35 | 35 | 35 | 10 | 35 | 35 | 35 | 224 |
| Richard Smith | 35 | 35 | 16 | 35 | 3 | 35 | 35 | 35 | 229 |
| Gerald Royce | 35 | 35 | 14 | 35 | 35 | 11 | 35 | 35 | 235 |
| Jim Buck | 35 | 2 | 35 | 35 | 35 | 35 | 35 | 35 | 247 |
| Jack Koletty | 19 | 35 | 19 | 35 | 35 | 35 | 35 | 35 | 248 |
| Bill Miller | 35 | 35 | 5 | 35 | 35 | 35 | 35 | 35 | 250 |
| Gary Sewell | 35 | 35 | 11 | 35 | 35 | 35 | 35 | 35 | 256 |
| Clark Rehberg | 35 | 35 | 12 | 35 | 35 | 35 | 35 | 35 | 257 |
| Gary Sewell | 14 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 259 |
| Dave Branning | 20 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 265 |
| Men 60-64 | 5K | 10M | 10K | 1M | 8K | 5M | 26K | 15K | Total |
| Jim Sandison | 8 | 3 | 8 | 4 | 4 | 5 | 2 | 5 | 39 |
| Edward Karlson | 3 | 1 | 4 | 35 | 1 | 2 | 35 | 2 | 83 |
| Lee Masser | 5 | 2 | 35 | 2 | 2 | 35 | 1 | 4 | 86 |
| Arnold Henderson | 2 | 35 | 35 | 1 | 35 | 1 | 35 | 1 | 145 |
| Clair Morris | 6 | 35 | 35 | 3 | 35 | 3 | 35 | 35 | 187 |
| Edwin Wintermute | 35 | 35 | 6 | 35 | 3 | 4 | 35 | 35 | 188 |
| Don Stoddard | 4 | 35 | 5 | 35 | 35 | 35 | 35 | 35 | 219 |
| Neal Hinkle | 35 | 35 | 9 | 35 | 35 | 35 | 35 | 3 | 222 |
| Stanley Witomski | 1 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 246 |
| Richard Williams | 35 | 35 | 1 | 35 | 35 | 35 | 35 | 35 | 246 |
| Don Singer | 35 | 35 | 2 | 35 | 35 | 35 | 35 | 35 | 247 |
| David Mitchell | 35 | 35 | 3 | 35 | 35 | 35 | 35 | 35 | 248 |
| Charles Cadell | 7 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 252 |
| William McGranahan | 35 | 35 | 7 | 35 | 35 | 35 | 35 | 35 | 252 |
| Men 65-69 | 5K | 10M | 10K | 1M | 8K | 5M | 26K | 15K | Total |
| Brad Chapman | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 2 | 12 |
| Web Chamberlin | 1 | 1 | 35 | 35 | 35 | 35 | 35 | 1 | 178 |
| Bill Law | 35 | 35 | 1 | 35 | 35 | 35 | 35 | 35 | 246 |
| Edgar Parker | 3 | 35 | 35 | 35 | 35 | 35 | 35 | 35 | 248 |
| Men 70-74 | 5K | 10M | 10K | 1M | 8K | 5M | 26K | 15K | Total |
| Ben Moore | 35 | 35 | 1 | 35 | 35 | 1 | 35 | 35 | 212 |
| Men 75-80 | 5K | 10M | 10K | 1M | 8K | 5M | 26K | 15K | Total |
| Denzil Pritchard | 1 | 1 | 35 | 35 | 1 | 1 | 1 | 35 | 110 |
| Guy Riccio | 2 | 35 | 1 | 1 | 2 | 2 | 35 | 35 | 113 |

AN ANNAPOLIS STRIDERS EVENT

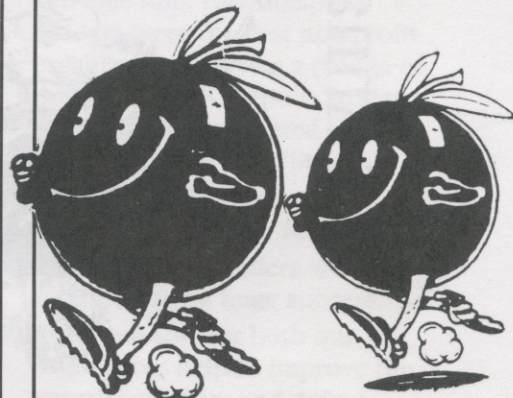


19TH ANNUAL CHERRY PIT 10-Mile Race

Central Middle School at South River High Complex

2ND LEG OF 1999 STRIDER'S CHAMPIONSHIP SERIES

SUNDAY APRIL 18 8:00 AM



*Others may have the Blossoms,
but we've got the Pits!*

PLACE: SOUTH RIVER HIGH SCHOOL
EDGEWATER, MARYLAND

TIME: Registration 6:30 a.m.
Race Starts 8:00 a.m.
Awards Ceremony 9:45 a.m.

ENTRY: *PRE-ENTRY**
Strider Members \$3.00
Non Striders \$4.00

RACE DAY ENTRY
All runners \$5.00

**Entries must be postmarked
by April 12, 1999*

DIRECTIONS: From the Annapolis area, take Rt. 2 (Solomons Island Rd) south over the South River Bridge; make a left at the 5th light (Central Ave., Rt. 214). South River High School is on the right at the light after about 1/4 mile. Park in the farthest lot on left. **From Washington:** take Route 50 east to exit 22, Route 2 South. **From Baltimore:** take I-97 South to Rt. 50. Exit right to Route 2 South.

AWARDS: Special Prizes to the FIRST male and female over-all. Division awards to top 3 age group finishers.

COURSE: A ten mile loop course over country roads in southern Anne Arundel County. The route is secure, monitored, asphalt surfaced, with moderate rolling hills, promising good times! Water at 3.5, 5 & 8 miles. Stay on the left shoulder of main roads (Route 2 and Muddy Creek Road).

FOR MORE INFO: Contact Co-Race Directors **Whitey Gross: 410-551-8996**, or **Bob Burash: 410-551-5774**, or call the Annapolis Striders' Hotline: 410-268-1165. **PLEASE - NO WHEELS OR HEADPHONES**

CHERRY PIT 10-MILE RACE - COMPLETE ALL INFO., PLEASE PRINT
Make check payable to Annapolis Striders, Inc. NO CASH BY MAIL.
Send with form to: CHERRY PIT 10-M, c/o BOB BURASH,
8333 Dubbs Drive, Severn, MD 21144.

OFFICIAL USE ONLY

LAST NAME _____ FIRST NAME _____ MI _____ TELEPHONE _____

STREET _____ CITY / STATE _____ ZIP _____

AGE ON RACE DAY [] GENDER ☐ M ☐ F STRIDER? ☐ Y ☐ N

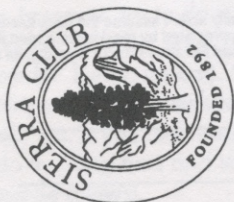
WAIVER AND RELEASE: I recognize that participation in this activity may involve certain hazards. I understand that I should not participate unless medically able. I assume the risks associated with involvement in this activity, including but not limited to falls, contact with participants, effects of 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 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 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

Sponsored by



EARTH DAY 5K RACE

SATURDAY, APRIL 24, 1999
QUIET WATERS PARK
ANNAPOLIS, MARYLAND

DISTANCE: 5 kilometers
 (3.1 miles)

TIME: 7-7:30 a.m. Registration
 8:00 a.m. Race

ENTRY: \$12 before April 17
 \$15 race day

BENEFIT: Proceeds to benefit the Anne
 Arundel County Sierra Club

AWARDS:

- T-shirts to all runners (T-shirts may be mailed to race day participants)
- Refreshments to all runners
- Top 3 in men's and women's Open (plaques)
- Age group prizes to be based on participation

Send application to: Mike Hoffman, 1601 Agitate Court, Annapolis, MD 21401

For information call: Mike Hoffman (410) 626-8351

Make checks payable to: Sierra Club, A.A. County

In consideration of the acceptance of this event, I waive all claims for myself, my heirs and assigns against the hosts, sponsors or promoters for injury or illness which may result from my participation. I further state that I am in proper physical condition to compete in this race, and I am an amateur runner.

Sex ☐ M ☐ F

T-shirt size ☐ M ☐ L ☐ XL ☐ Age ☐ (on race day)

Last Name

First Name

Street Address

Telephone

City

State

Zip

Signature

Date

(If under 18, parent or guardian must also sign.)

Printed on recycled paper

The Annapolis Striders Annual Meeting & Awards Banquet

Saturday, February 27, 1999
Holiday Inn at Riva Road,

Annapolis

\$35.00 per person

Includes cocktail hour, hors d'oeuvres, Buffet Dinner,
 Dessert Bar, Open Bar, DJ and dancing.

6:00 - 7:00 Annual Meeting
 7:30 Dinner
 8:00 Awards Start
 9:00 - 11:00 Dancing and Fun

ATTIRE:

Come on, Dress up!
 It's fun to see what we
 look like when we're not sweaty and salty.
 Besides, we usually don't recognize each other!

REQUEST FOR BANQUET TICKETS

\$35.00 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, 1999 to:

Jennifer Sullivan, 3123 Catrina Lane, Annapolis, MD 21403

For Further Information Call Jennifer at 410-280-0476

8th Annual B&A Trail Marathon and

Half Marathon Sunday March 7, 1999

7:30 a.m.
SEVERNA PARK, MARYLAND

Registration and Packet Pickup

- Saturday, March 6, 3-7 p.m. Wyndham Garden Hotel, Annapolis.
- Race Day, March 7, 6 a.m. at Severna Park High School.
- Forms may be photocopied; Fee is non-refundable.
- No confirmation sent.

Entry Fees

- Marathon \$25 by February 26th; \$40 after and on race day.
- Half Marathon \$20 by February 26th; \$35 after and on race day.

Getting There

The race begins and ends at Severna Park High School.

DIRECTIONS TO THE HIGH SCHOOL:

From Baltimore: Rt 197 South to exit 10, Benfield Road. East on Benfield Road for 3.8 miles to the school on left. Turn at light into parking lot.

From Washington: Rt. 50 East to Bowie. Follow Rt. 3/197 North to exit 10 East and proceed as above.

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.



PowerGel energy gel will be available at certain mile markers along the course, so start training now with one of PowerGel's five flavors: Vanilla, Tropical Fruit, Lemon Lime, and caffeinated Strawberry Banana or Chocolate. Power On!

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.

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 to top three men and women in five year age groups for all ages above 15.
- Special awards to male and female overall, and masters winners.
- Race results will be mailed to all runners, and certificates to marathon runners.
- Ceremonies: Half Marathon, 11:00 am; Marathon, 12:00 Noon.

For Information

- Tom Bradford, Race Dir: 410-987-0674; e-mail tabslab@aol.com



8th Annual B&A Trail Marathon and Half Marathon

Sunday, March 7, 1999, 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** \$25 by Feb. 26; \$40 after.

☐ **Half Marathon** \$20 by Feb. 26; \$35 after.

T-shirt size: ☐ M ☐ L ☐ XL

Sex: ☐ M ☐ F

Age on March 7, 1999: _____

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 _____

CITY / STATE / ZIP _____

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 |
| 1996 | Mark Jones, Kay Carver |
| 1997 | Mark Jones, Lauren Kearney |
| 1998 | Mark Jones, Jennifer Sullivan |
| | John Hixon 2:56:29 Master's Record |

HALF MARATHON

| | |
|------|---|
| 1996 | Rob Marino |
| | Carole Rosasco - 1:25:30 Course Record |
| | Rose Malloy - 1:26:34 Master's Record |
| 1997 | Kevin Geesaman, Carole Rosasco |
| 1998 | Kevin Geesaman - 1:10:26 Course Record |
| | Kristen Adelman |
| | Robert Marino - 1:11:59 Master's Record |

**ANNAPOLIS
STRIDERS**



Annapolis Strider Events

What's Coming Up

Valentine's Twosome Relay

Sunday, February 7, 1999, 10:00 a.m.
Shipley's Choice Elem. School
Race Dir: Peter Salmon-Cox
410-987-0281.

Washington's Birthday 5K

Saturday, February 13, 1999, 10:00 a.m.
Bay Hills Community Center
Race Dirs: Jim Hall 410-757-5482
& Evan Thomas 410-760-9188

Cherry Pit 10-Mile Race

Sunday, April 18, 1999, 8:00 a.m.
South River H.S., Edgewater
Race Dirs: Whitey Gross 410-551-8996
& Bob Burash 410-551-5774

B&A Trail Marathon and Half Marathon

Sunday, March 7, 1999 7:30 a.m.
Severna Park H.S.
Race Director: Tom Bradford
410-987-0674

STRIDER BOARD MEETINGS

AA Medical Center Park, Jennifer Road
Tuesday, February 2, 1999, 7:30 p.m.
Meetings are open to all Strider Members.

INFORMAL DISTANCE RUNS

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

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.



Where THE RACES ARE



Feb 7, Sun, 8am, MCRRC
County Road Run 8K, Olney,
301-353-0200.

Feb 7, Sun, 12 noon,
Otterdale Mill 5M Run,
Taneytown, 410-876-7127.

Feb 7, Sun, 8am, Penguin
Pace 5K, Columbia,
410-964-1998.

Feb 7, Sun, 1pm, Pomoco
Coliseum Half Marathon & 8K,
Hampton, VA 757-728-3235.

Feb 14, Sun, 1030am,
Washington's Birthday
Marathon & Relay (3 scenic
loops), Greenbelt Youth
Center, 703-241-0395.

Feb 14, Sun 930am,
Valentine's Day 8K,
Washington, DC,
301-871-0005 (chip race).

Feb 21, Sun, 8am, MD-DC
RRCA club challenge 10M,
HCC, Columbia - Free to club
members, call the hotline to
sign up.

Feb 21, Sun, 1pm,
Anheuser-Busch Colonial Half
Marathon & 5K, Williamsburg,
VA, 757-221-3362.

Feb 27, Sat, call for time, Belle
Haven 25K, Alexandria, VA,
703-241-0395.

Feb 27, Sat, 9am, Julie
Community Center 5K,
Baltimore, 410-377-8882.

Mar 6, Sat, 8am, Carderock
Towpath Run 10K, Carderock,
301-353-0200.

Mar 7, Sun, 9am, Rite of
Spring 5K, Brooklandville,
410-377-8882.

Mar 7, Sun, 930am, The
"New" Bethesda Chase 10K,
Bethesda, 301-217-6798.

Mar 13, Sat, call for time,
Burke 12K, Burke, Va,
703-241-0395.

Mar 13, Sat, 9am, Western
Maryland College 5K track run,
Westminster, 410-848-8991.

Mar 14, Sun, 930am,
McCormick & Schmick's St
Patrick's Day 10K,
Washington, DC,
301-871-0005 (chip race).

Mar 14, Sun, 140pm, O'Doul's
Shamrock 5K, Baltimore,
410-377-8882.

Mar 20, Sat, 1pm, Forest of
Needwood 5M, Brunswick,
301-834-8045.

Mar 20, Sat, 915am, Piece of
Cake 10K, Gaithersburg,
301-353-0200.

Mar 20, Sat, 8am, Shamrock
Marathon & 8K, Virginia
Beach, 757-481-5090.

Mar 28, Sun, 830am, Arts
Awareness 5K, Washington,
DC 202-857-6511 (chip race).

Mar 28, Sun, 12noon, WRRRC
Predicted Time 4M,
Westminster, 410-848-8332.

Apr 3, Sat, 9am, MCRRC
Super Sligo 4M, Silver Spring,
301-353-0200.

Apr 3, Sat, 9am, FCS Spring
Thaw 5M, Middletown,
301-371-9506.

Apr 10, Sat, call for time, Sally
Nuborg 5K Run for Lupus,
Baltimore, 410-377-8882.

Apr 11, Sun, 8am, Nortel
Cherry Blossom 10M,
Washington, DC,
301-353-0200.

Apr 14, Wed, 7pm, Main
Street Mile, Westminster,
410-857-5427 (downhill!).

May 9, Sun, 9am, Masser 5
Miler, Lewes, Delaware. Part
of Delaware Seashore Strider
Championship Series. SASE
to Lee Masser, 2126 Espey
Court, Suite B, Crofton, MD
21114-2425.

**ANNAPOLIS
STRIDERS**

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

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ANNAPOLIS, MD.

Hotline: 410/268-1165

DUES NOTICE

If "0199" appears on the first line of the address label, **your dues are due asap.** If there is no change in your address, phones, or member status, write your membership number (from the label) on your check and send 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 inside back cover and submit it with your check.

