

STREAK



Volume XXI Number 2

April 1999



Mondavi and bananas greeted Cathy Gibbons at the Washington's Birthday 5K. See pages 6 and 7 for photos and race results.



Washington's Birthday 5K

By *Evan Thomas*

Rob Marino ran away from the field on a chilly, but sunny, day on the rolling Bay Hills course. Marino was :45 up on **Steve Egolf** in second.

On the women's side, **Carla Pastore** defended her title from last year, running :02 faster this year which was :31 faster than **Jennifer Sullivan**, who finished 2nd. Ageless **John Benkert**, 58, took the Masters crown for the men, while **Helen Laird** captured the women's Masters in a swift 21:57.

The winners received \$50 gift certificates from the Athlete's Foot and runners up won watches. First Masters recieved serving trays. Age groups chose from bottles of wine, cherry pies, or Thorlo socks. Also, numerous random

See WASHINGTON'S 5K, page 6



ABOVE: Members of the VOLUNTEERS HALL OF FAME gathered at the Awards Banquet for a photo op (Lee Masser is missing because he's taking the photo!). More pictures are on pages 8 and 9.

Valentine's Twosome Relay Race ♥ ♥ ♥ ♥

By *Peter Salmon-Cox*

For the second consecutive year, race day arrived with the course clear of ice and snow, and temperatures in the 30s. Despite the lack of sun, the turnout was almost the same as last year. A total of 67 twosomes See VALENTINE RELAY, page 5

TOP: Kathleen Heagney traveled to the Far East to run with her friends, and then joined the Hash House Harriers for run in downtown Tokyo. An article by this traveling runner can be found on pages 13 and 14.

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Message From the Editor

Eileen Hagan

While it is difficult to think Spring in the midst of what I hope will be the LAST of the winter weather, the budding daffidols in my front yard remind me of better days to come. Hopefully by the time this message reaches you, all those dirty snow piles will have melted away and you are running in shorts and t-shirts and little else. Now is the time to sign up for your favorite spring/summer race - there's quite a collection of race inserts in this issue. And if you are not ready to race or run, ET's Beginning Runners program at Bates Track on Tuesdays and Thursday evenings and Saturday morning maybe just the ticket. It's become quite the social gathering for Striders of all levels.

So as you plan your racing/running schedule, why not take a moment to write a story about your favorite race or vacation run. Kathleen Heagney, ever the world traveller, writes of her latest excursion to Japan. We LOVE to get new material and are ACTIVELY seeking contributions for the Streak. Articles, photos, poems, fitness information are all suitable material for publication. Nothing is too short but articles should not be more than two pages. Hand written is OK; computer disc is better; or email hagan@dhcd.state.md.us — Happy Spring! ■



Hiker's Alert

In light of the rising frequency of human - grizzly bear conflict, the Alaska Department of Fish and Game is advising hikers, hunters and fishermen to take extra precautions and keep alert of bears while in the field. "We advise that outdoorsmen wear noisy little bells on their clothing so as not to startle bears that aren't expecting them. We also advise outdoorsmen to carry pepper spray with them in case of an encounter with a bear. It is also a good idea to watch out for fresh signs of bear activity. Outdoorsmen should recognize the difference between black bear and grizzly bear droppings. Black bear droppings are smaller and contain lots of berries and squirrel fur. Grizzly bear droppings have little bells in it and smell like pepper."

Hillmans Happy Hikers head out to Jug Bay Wetlands Sanctuary on Saturday, April 10th at 2:15. This is a flat, easy hike and best of all it is just a hop, skip and jump away from Annapolis. Catoctin State Park hike is scheduled for Sunday, May 30th. ■

6:06 CLUB

Looking for an early morning running group? The 6:06 club maybe just the ticket. The group meets at Church Circle in front of the Maryland Inn on Monday, Wednesday and Friday at 6:06 am and runs approximately 6 miles. They even have customized running jackets! For more info, contact Gill Cochran at 410-280-5515 or better yet just show up. ■

Upcoming Strider Board Meetings

Board meetings are open to the entire membership. Strider board meetings are:

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 ■

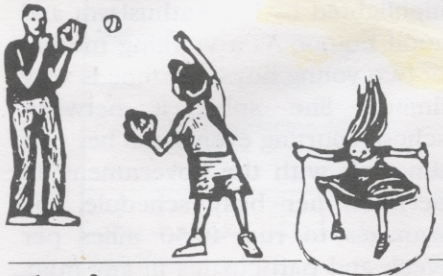
Message From the President

Sue Briers



Sue Briers,
President
Annapolis
Striders, Inc.

Spring has sprung and there is nothing better than running in the warm weather and hearing the birds sing as we pass by. With the beginning of spring comes the hope of a banner running year. Maybe this year will be the year you set a new PR or run a goal distance. Whatever the dream or aspiration the warm weather of spring gives us all a much needed boost.



Election

This year's board from the Annapolis Striders will be:

President: Sue Briers

Vice President: Tom Bradford

Treasurer: Regina Miente

Secretary: Susan Zevin

Directors:

Meredith Bonta

Mike Bergeson

Arnie Henderson

Don Kennedy

Evan Thomas

Sean Sweeney

John Fay

Will Myers

Bob Field

Dave Walser

Dick Hillman

Dan Symancyk



Many thanks to all who attended the Annual Membership meeting and participated in the election.

What exactly does the board do?

That is a question that many members asked at the annual meeting. The board is the governing body of the organization and the management team that decides the focus and direction of the club. They participate in decisions such as financial management, RRCA and USATF affiliation and participation, new trends and race organization, by-laws and governing of the club, new programs, race schedules, Streak management, political issues, and the list goes on. Basically anything that is the Annapolis Striders is a function or interest of the board. These individuals get to take great pride in how the club is perceived by the running community because they are the persons who help to shape and lead the organization.

Our board meetings are held monthly on the first Tuesday of every month at the Rebecca Clatinoff Center of Anne Arundel Medical Center at 7:30 p.m. The meetings are always open to the membership. Please feel free to attend.

Awards Banquet

This year's Awards Banquet proved to be a huge success. The new venue was a tremendous improvement in the way of space. The Holiday Inn at Riva Road was a very comfortable setting for the banquet and not only was the food very good but the dance floor was enormous. The DJ did an excellent job and the last dance of the night had

32 Striders up dancing their hearts out. We had over 150 people attend and have space for many more next year. Please thank Jennifer Sullivan for organizing a wonderful event.

Rising Star Award & President's Special Recognition

This year the Annapolis Striders presented a special recognition award for the first time to a Junior Strider who has shown excellence in the sport of running. Erin Master-son was the recipient of the award. Erin is only a sophomore at Annapolis High School but won the State Championship in the 800-meter event. In addition she placed 4th in the mile. The daughter of Annapolis Strider, and her sometime coach, Dan Masterson, Erin grew up on the Junior Striders program. She started running with the Junior Striders at 9 years old. We take great pride in not only recognizing Erin's tremendous accomplishment but in creating this award to honor our younger runners.

B & A Trail Marathon

Tom and Sharon Bradford did another tremendous job with the B & A Trail Marathon. This year's race had another banner turnout with 658 registered runners between the two events. The weather was not what Tom ordered (30 degrees with a 25-40 mph headwind from 8 - 19 miles) but that didn't stop the runners from posting at the start line. A real "thank-you" needs to go to all the volunteers who stood out in that weather for hours to supply the runners with aid and timing.

Volunteer, Volunteer, Volunteer

This is the year for the volunteer. It wouldn't be a Streak if I didn't plead for each and every one of you to find time to volunteer. Our club has been growing and our events have become more popular. Many

Continue on page 4

clubs have noted a downturn in membership and participation but I was proud to say at the RRCA Maryland Club President's meeting in February the Annapolis Striders is more successful than ever. Is it because we offer value and quality to our members? Is it the information provided through our newsletter, The Streak? Is it the fabulous races we put on? Well I believe it is all of that and more. We have a great reputation in the running community for putting on first class races and programs and that comes from having first class volunteers. However, every one of you has a different talent to lend to the club to help us continue to grow and change with the times. Please find time to volunteer and give back to our sport and the best running club in the RRCA.

ChampionChip on the Road

The purchase of the ChampionChip system was a very progressive and bold decision by the board last year but has proven to be very successful. This year the Annapolis Striders were recognized as the only non-profit organization to purchase a system at a conference on the scoring system in Florida. We were observed as pioneers in our decision-making process by many other running clubs who now are considering purchasing a system. In addition to having paid for itself in one year's time our system will now be bartered or rented to other races such as the Boston Marathon and the New York Marathon. ■

Aid Station Wisdom

Pass. Run by the first few tables where everyone else has gathered; aim instead for those less-congested tables down the road.

Hold on. Pinch the top of the cup for easy drinking and better gripping.

Down the energy gel early. When taking energy gels, open the package and start swallowing before you hit the water stop. That way you won't have two things to do a once. Drink 8 to 12 ounces of water per energy gel package.

Stare him down. Make eye contact, point at or even say "you, you, YOU" to the volunteer holding your desired drink. This way, the volunteer will be ready to make a clean handoff.

Veer Left. Since most runners are right-handed, they'll crowd together at the tables on the right-hand side of the road, leaving the tables on the left easier to navigate.

Roll Over. If you can't drink all the water or sports drink at once, squeeze the top of the cup together, then roll the top down so fluid will stay put as you run.

Get outta there. To avoid getting jostled while trying to swallow, jog away from the aid station before drinking or eating.

Reduce Speed. To avoid choking or getting water up your nose, slow down or walk while you drink. This only takes a few seconds and will add little time to your final performance.

Be kind to others. Toss your trash to the side, where other runners are less likely to slip on it. ■

(Compiled by Runners World staff)



OOPS!

At the recent awards banquet there was one Ironman who was mistakenly omitted from the ceremony. Our Saturday morning runs on Rt. 450 with this individual are highlighted by her enthusiasm and good humor. As a working mother of two young boys, her time is very limited. She splits it between school, sporting events and her part time job with the government. In between her busy schedule, she manages to run 40-50 miles per week and participates in any number of races. 1998 was the first year that she completed the Ironman. Though not one to brag, she was very proud of this feat. We were too, so we'd like to take this opportunity to congratulate Rita Twist on her accomplishment.

Congratulations to one more Annapolis Striders Ironman!

- Friends of Rita Twist

Note: On behalf of the Annapolis Striders, I, too, want to congratulate Rita on achieving Ironman Status and apologize for not listing her at the banquet. Please give Rita a personal "great job" when you see her for this accomplishment. ■ — Sue

New Jr. Strider

Congratulations to Bill Katcef and Sue Kopen (Katcef) on their new Junior Strider: Phillip Nathan Katcef, born January 28. ■

Junior Striders Summer Track Schedule

Race #1	May 8	Bates Track, 5:30 registration. Races start at 6 PM.
Race #2	May 22	Bates Track, 5:30 registration. Races start at 6 PM.
Race #3	June 5	Bates Track, 5:30 registration. Races start at 6 PM.
Race #4	June 19	Bates Track, 5:30 registration. Races start at 6 PM.
Race #5	June 26	Bates Track, 5:30 registration. Races start at 6 PM.
Race #6	July 10	John Wall 1 mile @ Broadneck HS

Steve Egolf, Race Director, 410-280-9844

VALENTINE RELAY

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finished the race including ten father-daughter teams and six mother-son teams. As usual the women started the relay, ran the 5K course returning to the starting area, where they handed off to their male partners, who then ran the identical course. The women were lead by Sherry Albin, who finished in 18:45; in second place was Jennifer Sullivan (19:29), followed by Rose Malloy (19:31), Carla Pastore (20:35), Lillian Ricardo (21:05), Kelly Zucknick (21:07), Shari Kohne (21:44), Sue Briers (21:47), Ann Roberts (22:03) and Carla Dal Colletto (22:04).

Jeff Delauter took over from Sherry and blazed through the course in 16:13, on his way to a commanding victory in the combined time of 34:58. Dave Walser (18:58) maintained second place for a team finish time of 38:27. Behind the top two finishes places changed significantly. Chad Sampson (partner Megan Darr) moved up about 10 places to 3rd and Al Dooling moved to 4th from 7th.

T.J. Harrington claimed 5th and Tim Cooke (partner Alice Nickel) and Hans Otten (partner Laura Jewel) moved up the top ten. Bob Field held onto 8th and Dan Matheson (partner Kelly Zuchnick) and Doug Ostazeski (partner Valerie Hagan) rounded out the top ten finishers. Teams had to be fast to win an age group, mother/son or father/daughter prize - all winners being in the top twenty finishers. The winners of the best team name were the inspired pair of Anne and Jim Norton, who ran as "2 Heart to Beat" - a great combination of Valentine's day and road racing!

No race can be successful without dedicated and reliable volunteers and this race was no exception. Thank you all very much. Also a special thanks to the custodial staff of Shipley's Choice Elementary School, Corine and Sue, for all their help and assistance and to the Anne Arundel County Police, for an outstanding job. And of course, a very special thanks to the "Inside Director", June Schneider; always cool, calm and organized and determined that the "Outside Director" stay in his designated area!

VALENTINE RELAY RESULTS

1 Sherry Albin and Jeff Delauter	66	34:58	OVERALL WINNERS
2 Jennifer Sullivan and Dave Walser	74	38:21	1ST AG (61-80)
3 Megan Darr and Chad Sampson	32	40:18	1ST AG (UNDER 40)
4 Shari Kohne and Al Dooling	57	40:26	1ST AG (41-60)
5 Rose Malloy and T.J. Harrington	97	40:39	1ST AG (81-100)
6 Alice Nickel and Tim Cooke	40	41:29	
7 Laura Jewel and Hans Otten	54	41:30	
8 Sue Briers and Bob Field	90	41:47	
9 Kelly Zucknick and Dan Masterson	70	41:49	
10 Valerie Hagan and Doug Ostazeski	31	41:57	
11 Lillian Ricardo and Jeff Graham	30	41:57	
12 Marianne Markey and Hugh Harris	60	42:33	
13 Sandy & Robert Burton, MOTHER/SON		42:38	1ST MOTHER/SON

14 Cass and Chris Mairs	55	43:46	
15 Carla Dal Colletto and Evan Beard	49	43:49	
16 Jenna and Dennis Nugent, FATHER/DAUGHTER		44:09	1ST FATHER/DAUGHTER
17 No card		44:30	
18 Alicia & George White, FATHER DAUGHTER		44:34	
19 Amanda Gable and Kevin Glatstein	37	44:43	
20 Tom Bradford and Rita Twist	101	44:48	1ST AG (OVER 100)
21 Jane Hendrick and Dale Kreller	28	46:14	
22 Amy Cunningham and Rich Strasser	58	46:47	
23 Mary Norton and Stephen Wegener	52	47:30	
24 Lynne Reeder and Marc Brummitt	71	47:43	
25 Marcia and Mike Pickett	65	48:12	
26 Edie and Peter Manney	54	48:19	
27 Jen and Scott Steele	62	48:21	
28 Eva Kirchner and Ron Bowman	87	48:27	
29 Christine Brungot and Arnie Henderson	108	48:35	
30 Desiree and Brad Hartmen	79	49:01	
31 Judy and Scott Keene	79	49:14	
32 Cathlyn & Frank Callahan, FATHER/DAUGHTER		49:19	
33 Julie and George Yates	63	49:33	
34 Jenne & Bruce Breneman, FATHER/DAUGHTER		49:50	
35 Melissa and Bill Currence, MOTHER/SON		49:52	
36 No names	80	49:57	
37 Ann Roberts and Dave Brown	74	50:34	
38 Lena Hendrickson and Mike Riley	48	50:55	
39 Kim and Jeff Huntol	63	51:20	
40 Ann and Jim Norton, FATHER/DAUGHTER		51:26	
41 Ashley Walser and Brett Lee	33	51:43	
42 Beth and Dan Tush	89	51:51	
43 No card		51:54	
44 Claire Stackhouse & Alex Banks, MOTHER/SON		51:59	
45 Effie & Wrightson Dawson, MOTHER/SON		52:03	
46 Peggy and Craig Tyler	71	52:41	
47 Cynthia and Brian Daugherty	63	53:13	
48 Mary Gray & Brian Sachtjen, MOTHER/SON		53:56	
49 Leanne and Matt Posko, MOTHER/SON		54:23	
50 Nancy Ebbesberger & Andrew Skriekos	60	54:42	
51 Mary and Robert de Andrase	96	55:03	
52 Leah O'Brien and Jeff Leigh	62	55:10	
53 Marita Hendrickson and Lars Johanson	100	55:22	
54 Vicki and Mark Smith	74	56:04	
55 Sherrie Anders and Stephen Brown	46	56:43	
56 Margaret and Mike Dammenger	79	56:52	
57 Mary Palowitch & Ken Reiko, FATHER/DAUGHTER		57:10	
58 No names		57:54	
59 Michele and Will Myers, FATHER/DAUGHTER		57:57	
60 Philip Carom and Irene Carom	60	59:42	
61 No Names		59:47	
62 No card		60:40	
63 No names		61:53	
64 No Card		61:59	
65 No card		62:14	
66 Lynne and Gary Woods	81	64:30	
67 No Card		64:57	

WASHINGTON'S BIRTHDAY 5K

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prizes were distributed at the finish line to about every 5th finisher! 242 finished this year's first leg of the club Championship Series.

Thanks to our steadfast volunteers this year: Cathy Gibbons, Lloyd Thomas, Neal Hinkle, Regina Miente, Linda Simpson, Patty Snodgrass, Don Snodgrass, Don Kennedy, Tom Bradford, Sharon Bradford, Rose Malloy, Ed Parker, Dan Symancyk, Dave Walatka, and Sean Sweeney.

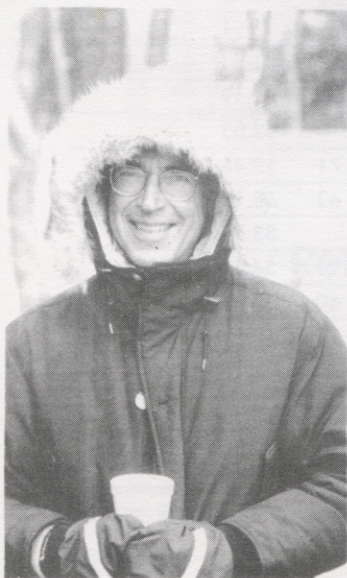
Not too many frozen pens this year! Race Director Jim Hall had things well in hand and everyone enjoyed the cider, cookies and bananas. The Bay Hills Golf Course let us use their toilet facilities and the County Police were most helpful in keeping the roads safe for the runners.

WASH 5K RESULTS

Place	Name	Age	Time
1	Robert Marino	41	16:35 1st
2	Steve Egolf	35	17:20 2nd
3	Robert Bigelow	32	17:32 1st 30-39

4	John Ward	34	17:39 2nd 30-39
5	Matt Mace	38	17:45 3rd 30-39
6	Ryan Kellish	17	18:04 1st 14-20
7	John Benkert	58	18:06 1st Masters
8	Eric Schrader	34	18:08
9	Tommy Meek	23	18:15 1st 21-29
10	Michael Adams	28	18:17 2nd 21-29
11	Dennis Albright	41	18:31 1st 40-49
12	Hugh Harris	30	18:40
13	Jason Mitchell	16	18:45 2nd 14-20
14	Eric Gyaki	50	18:46 1st 50-59
15	Dave Walser	40	18:52 2nd 40-49
16	Heriberto Aviles	39	18:53
17	Jim Adams	43	18:59 3rd 40-49
18	Eric Peltosalo	49	19:00
19	Rick Chambers	26	19:13 3rd 21-29
20	John Kirkpatrick	55	19:16 2nd 50-59
21	Robert Burton	17	19:18 3rd 14-20
22	Carla Pastore	43	19:25 1st Female
23	Terry Proffitt	42	19:28
24	Mike Cunningham	44	19:29
25	Thor Young	29	19:36
26	Ken Fox	49	19:38
27	Richard Burton	43	19:40
28	Steven Scott	39	19:42
29	Jennifer Sullivan	34	19:56 2nd Female
30	David Crum	46	20:09
31	Shelley Smith	32	20:13 1st F30-39
32	Chris Mairs	26	20:19

33	Tom DeKornfeld	43	20:29
34	Michael Kuhn	36	20:34
35	Bob Field	47	20:38
36	Dan Masterson	54	20:39 3rd 50-59
37	Michael Smith	43	20:40
38	Michael Bergeson	45	20:41
39	Brian Wright	36	20:45
40	Ted Kennedy	37	20:48
41	Chas Raper, Jr.	56	20:48
42	John Major	41	20:50
43	John Palks	49	20:52
44	Frank Callahan	44	20:56
45	Ralph Pisani	33	20:58
46	Gillian Connor	35	21:00 2nd F30-39
47	T.J. Harrington	47	21:03
48	Ronald Hooker	36	21:19
49	Dennis Nugent	48	21:20
50	Larry Puglisi	44	21:20
51	John Gallagher	50	21:26
52	David Spoerl	38	21:28
53	Ron Bolt	57	21:30
54	Patrick Cavanagh	35	21:34
55	Jennifer Zinck	15	21:36 1st F14-20
56	Richard Widup	42	21:38
57	Fred Shanklin	58	21:40
58	James Schraf	38	21:41
59	Thomas Kennedy	35	21:41
60	John Fay	51	21:42
61	Evan Beard	12	21:43 1st under 14



Peter Salmon-Cox preparing for the Antarctica Marathon!



Marie Friedland & daughter Molly, age 9, completed her second 5K.



Ed Parker directing traffic.



l-r: Reggie Haseltine and Larry Puglisi.



Robert Marino, Overall Winner.



Justin Gooding places 2nd in 13 & Under age group.



Helen Laird, Female Masters Winner.

ANNIVERSARY RUN
PHOTOS BY
LEE MASSER

62	Marjorie Boyd	37 21:44	3rd F30-39
63	Steven Brady	42 21:51	
64	John Mahan	29 21:53	
65	Helen Laird	40 21:54	1st F Master
66	Jim Etchison	46 21:55	
67	Eric Crawford	27 21:57	
68	Joe Clorety	56 22:00	
69	Tom Bradford	55 22:02	
70	Rita Twist	46 22:03	1st F40-49
71	Meredith Bonta	53 22:04	1st F50-59
72	Sue Briers	43 22:06	2nd F40-49
73	William Ryals	42 22:08	
74	Colleen Bentz	29 22:11	1st F20-29
75	Jim Kaufman	44 22:13	
76	Mervin Gross	60 22:15	1st 60-69
77	William Jamar	35 22:19	
78	Michael Norton	24 22:20	
79	Clint Henderson	42 22:23	
80	B.J. Keen	29 22:24	2nd F21-29
81	Seyed Hosseini	55 22:26	
82	Ann Roberts	33 22:28	
83	Arnie Henderson	62 22:34	2nd 60-69
84	Raymond Moody	43 22:36	
85	Scott Thayer	38 22:38	
86	Tom Killeen	37 22:41	
87	Barry Davis	35 22:42	
88	Carla DalColleto	37 22:43	
89	William Butler	49 22:44	
90	Bob Burash	51 22:45	
91	David Haglund	47 22:50	
92	Paul Lyons	46 22:52	
93	Deborah Young	28 22:53	3rd 21-29
94	Patrick Donahue	47 22:55	
95	Lisa Schrader	43 22:56	3rd F40-49
96	Michael Heaphy	16 23:00	
97	Sydney Oaksmith	43 23:01	
98	Susie Flockart	28 23:06	
99	Peter Salmon-Cox	59 23:07	
100	Mary Lang	45 23:15	
101	John Meyer	51 23:17	
102	Ken Bassett	39 23:24	
103	Kasia Taylor	40 23:25	
104	Mark Stover	44 23:26	
105	Mary Norton	22 23:28	
106	Steven Gill	46 23:34	
107	Alison Suckling	43 23:40	
108	Helen Brennan	40 23:40	
109	Brandon Evans	15 23:45	
110	Don Higdon	56 23:47	
111	Terrey Haley	29 23:50	
112	John Ryan	54 23:51	
113	Mary Waltemire	34 23:53	
114	Greg Stevenson	36 23:54	
115	Carolyn McGlynn	35 24:04	
116	Allen Veasey	59 24:05	
117	Suzann Pisani	36 24:11	
118	Danalee Green	52 24:13	2nd F50-59
119	Denise Nathanson	33 24:17	
120	Justin Gooding	12 24:18	2nd under 14
121	Garrett Gooding	11 24:20	3rd under 14
122	David Callahan	27 24:22	

123	Ron Bowman	49 24:23	
124	Jim Mandrin	62 24:25	3rd 60-69
125	June Schneider	51 24:26	3rd F50-59
126	David Brault	47 24:27	
127	Gary Sewell	57 24:30	
128	Will Myers	49 24:31	
129	Sandy Burton	51 24:33	
130	Susan Fu	37 24:40	
131	Jim Noctor	59 24:46	
132	Mick Galuski	50 24:47	
133	Mark Carroll	33 24:48	
134	Ken Houck	44 24:49	
135	Holly Carroll	33 24:50	
136	Kelli Southard	15 24:57	2nd F14-20
137	Jim Turner	64 24:58	
138	Denise Hyde	33 25:05	
139	Melissa Currence	43 25:08	
140	Web Chamberlin	68 25:11	
141	Charlie Muskin	49 25:16	
142	John Pack	59 25:18	
143	Kevin Harnish	12 25:18	
144	Patricia Snodgrass	44 25:27	
145	Jay Joseph	51 25:36	
146	Sarah Warner	23 25:38	
147	Lori Southard	15 25:39	3rd F14-20
148	Harmon Higley	43 25:45	
149	Lisa Gallicchio	22 25:46	
150	Caitlin Chalmers	15 25:47	
151	Ronnie Hall	18 25:50	
152	Maria Shields	48 25:52	
153	Reggie Haseltine	49 25:57	
154	Lynne Reeder	34 25:58	
155	Ann Brennan	30 26:03	
156	Andrew Sullivan	22 26:05	
157	Kira Thornton	21 26:05	
158	Derrick Ammons	38 26:06	
159	Cecile Spiegall	43 26:07	
160	Edward Karlson	63 26:08	
161	Joe Broderick	61 26:11	
162	Neal Hinkle	62 26:19	
163	Kim Fry	35 26:26	
164	Christine Brungot	49 26:27	
165	Ben Moore	73 26:28	1st 70+
166	Dick Hillman	56 26:29	
167	Effie Dawson	41 26:30	
168	Bruce Preneman	40 26:32	
169	Nathan Leventhal	47 26:40	
170	Edward Jantz	50 26:45	
171	Lee Masser	63 26:56	
172	Ernest Chizmar	50 27:05	
173	Margaret Spoerl	36 27:08	
174	Ray Campbell	66 27:17	
175	James Carter	42 27:20	
176	Rob Mairs	55 27:29	
177	George Lane	35 27:30	
178	Linda Simpson	56 27:31	
179	John Kretschmer	55 27:33	
180	L.C. Martin	50 27:39	
181	Mary Darragh	18 27:40	
182	Jonas Legum	50 27:54	
183	Dave Branning	57 27:58	

184	Victoria Hinkle	25 27:59	
185	Greg Swain	38 28:07	
186	Ricardo Juarbe	35 28:09	
187	John Morris	40 28:13	
188	Brad Chapman	67 28:20	
189	Brian Gugerty	39 28:26	
190	Colleen Stover	13 28:28	1st Funder 14
191	Charles Hufnagel	53 28:38	
192	Caitlin Callahan	12 28:39	2nd Funder 14
193	Susan Zevin	49 28:40	
194	Nancy Ebersberger	46 28:43	
195	David Summey	44 28:50	
196	Wayne Denney	55 28:51	
197	James Edward	44 29:07	
198	John Strumsky	58 29:15	
199	Guy Riccio	78 29:19	2nd 70+
200	Rae Jean Goodman	50 29:26	
201	Donna Cogle	45 29:27	
202	Susan Shelton	47 29:28	
203	Kathleen O'Connor	36 29:31	
204	Ashley Walser	15 29:37	
205	Burt Rice	61 29:50	
206	Bill Woods	47 29:57	
207	Margaret Joseph	46 30:13	
208	Dennis Guard	60 30:14	
209	Steven Watkins	46 30:33	
210	Steven Southard	41 30:47	
211	Molly Friedland	9 30:49	3rd Funder 14
212	Marie Friedland	44 30:52	
213	Alan Wycherley	56 30:54	
214	Dale Wood	63 30:57	
215	Diane Hanlon	40 31:23	
216	Lisa McVearry	39 31:24	
217	Robin Bergamini	39 31:28	
218	Margi Bergamini	35 31:28	
219	Paul Skrickus	14 31:56	
220	Ilene Caroom	45 32:07	
221	Yvonne Aasen	67 32:13	1st F60+
222	Charissa Aclin	40 32:40	
223	Victoria Bugtong	33 32:41	
224	Chris Wilson	37 32:42	
225	Chris Beard	47 32:45	
226	Jay Taylor	51 32:51	
227	Mary McDowell	40 33:25	
228	Paula Berard	42 33:27	
229	Lynn Hopkins	44 33:33	
230	Judy Smith	44 34:08	
231	Amelia Finan	60 34:12	2nd F60+
232	Jeanette Novak	54 34:19	
233	Iris Wyvill	40 34:20	
234	Katherine Burke	50 34:20	
235	Carla Berard	35 34:45	
236	Trudy McFull	55 35:17	
237	Darrin Gooding	15 36:35	
238	Jessame Ferguson	26 36:46	
239	Marsha Hartz	59 37:47	
240	Maritza Juarbe	41 37:58	
241	Dorothy Jelschner	64 44:52	3rd F60+
242	Shiela Jenkins	38 44:52	
Worker's Run:			
Dan Symancyk		51 23:36	

ANNAPOLIS STRIDERS ANNUAL AWARDS BANQUET



TJ Harrington in fine shape.



Above: 1998 Race Directors.



I-r 65-69: Brad Chapman and Yvonne Aasen.



Above: 1998 Iron Men.



I-r 35-39: Helen Laird, Marjorie Boyd, Matt Mace, Dave Walser, Carla Dalcolletto.

VOLUNTEER HALL OF FAME
 Ron Bowman
 Lynn Hopkins
 Jim Sandison
 Carl Schwaab

AGE GROUP AWARDS
 13 + under
 Justin Gooding

25-29
 Chris Mairs

30-34
 Steve Egolf
 Robert Bigelow
 Eric Schrader
 Terry Haley
 Jennifer Sullivan
 Ann Roberts

35-39
 Mark Jones & Matt Mace
 Dave Walser,
 Ed Jablonski
 Marjorie Boyd
 Carla DalColletto
 Helen Laird

40-44
 Paul Serra
 Mike Bergeson
 Dave Turbin
 Carla Pastore
 Sue Briers
 Lisa Schraeder

PHOTOS BY
 LEE MASSER

45-49
 Timo Saha
 Eric Gyaki
 Bob Field
 Rita Twist
 Maria Shields
 Susan Zevin

50-54
 John Kirkpatrick
 Chris Riley
 John Fay
 Meredith Bonta
 June Schneider
 Elizabeth Williams

55-59
 Francisco Sanches
 Linda Simpson
 Ron Bolt
 Joan Forman
 Joe Clorey

60-64
 Edward Karlson
 Lee Masser
 Jim Sandison

65-69
 Brad Chapman
 Yvonne Aasen

75-79
 Denzil Pritchard
 Guy Riccio

IRONMAN WINNERS
 (finished all the Championship Races)
 Robert Bigelow
 Matt Mace
 Derek Ammons
 Dave Walser
 Michael Bergeson

Bob Field
 Jim Etchison
 Pat Donohue
 John Gallagher
 Will Myers
 John Fay
 Tom Bradford
 Dan Symancyk
 Ron Bolt
 Fred Shanklin
 Peter Salmon-Cox
 George Sweger
 Jim Sandison
 Brad Chapman
 Carla Pastore
 Melissa Currence
 Lisa Schraeder
 Regina Miente
 Meredith Bonta
 Rita Twist



I-r 50-54: June Schneider, John Fay, John Kirkpatrick, Meredith Bonta.



I-r 45-49: Eric Gyaki, Rita Twist, Bob Fields, Maria Shields, Timo Saha, Susan Zevin.



Ben Moore leads the dancing.



I-r 30-34: Steve Egolf, Ann Roberts, Robert Bigelow, Jennifer Sullivan, Eric Schrader.



I-r 40-44: Lisa Schraeder, Sue Briens, Carla Pastore, Michael Bergeson, Paul Serra.



JFK 50 Miler Training Award to Sue Briens.



I-r 60-64: Jim Sandison, Lee Masser, Ed Karlson.



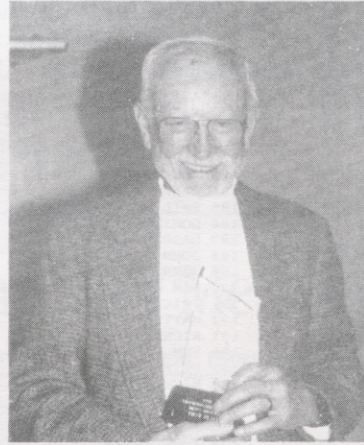
Earl Scott & Linda Simpson.



I-r Most Improved Runners: Ann Roberts & Carla Dal Colletto.



Runners of the Year: Carla Pastore & Ron Bowman.



75-80: Denzil Pritchard.



I-r 55-59: Linda Simpson, Francisco Sanches.



13 & Under: Justin Gooding.



Volunteer of the Year: Brad Chapman.



Master of Ceremonies, Sue Briens.



Young dancers Justin and Garrett Gooding.

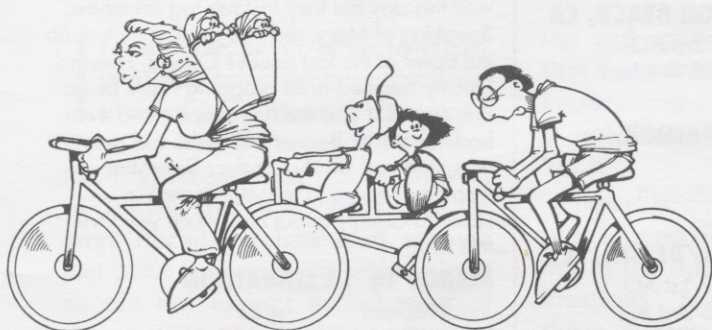
B&A TRAIL HALF MARATHON RACE RESULTS

1	ROBERT MARINO	41	M	1:14:12
2	ANTHONY BASILE	40	M	1:15:50
3	MATT ADAMS	29	M	1:17:09
4	BILL PEELENG	43	M	1:22:28
5	MATTHEW MACE	38	M	1:22:32
6	MICHAEL MCCORMICK	40	M	1:22:47
7	CHRIS SINCLAIR	31	M	1:24:30
8	BRENT PHILLIPS	44	M	1:24:36
9	CHRISTINA MORGANTI	34	F	1:24:39
10	GREG NELSON	38	M	1:24:48
11	JOSHUA SEIDMAN	30	M	1:25:03
12	JIM KASSEBAUM	33	M	1:25:14
13	TIMOTHY MORGAN	48	M	1:25:25
14	FARLEY SPECTOR	46	M	1:25:37
15	LOU KENNEDY	37	M	1:25:46
16	VANESSA COX	37	F	1:25:49
17	CHRIS PARTS	36	M	1:26:07
18	DAVID GRIFFIN	36	M	1:26:35
19	CHARLES POWELL II	32	M	1:26:50
20	DANA DOBBS	33	M	1:27:38
21	MICHAEL CUNNINGHAM	44	M	1:27:52
22	JOE BOWLING	33	M	1:27:53
23	PIERRE DONOHUE	36	M	1:27:54
24	FRED MYER	34	M	1:28:20
25	ROSE MALLJO	50	F	1:28:32
26	RONALD DIERKER	42	M	1:28:35
27	RICHARD MORGAN	47	M	1:28:41
28	DAVID FOOTE	33	M	1:29:04
29	FIN MEARS	42	M	1:29:13
30	KIMBERLY GOOZH	26	F	1:29:33
31	JERRY PENTONEY JR	22	M	1:29:34
32	JOE ZERN	46	M	1:29:37
33	JIM GRIFFITH	38	M	1:29:42
34	MOHSEN EGHTESDADI	36	M	1:30:47
35	JAMES SACKETT	39	M	1:31:04
36	WENDALL BROWN	32	M	1:31:17
37	HERIBERTO AVILES	30	M	1:31:49
38	ED MAY	40	M	1:32:03
39	ROBERT ROCA	46	M	1:32:10
40	AMANDA SCHMIDT	18	F	1:32:11
41	DOUGLAS KENNEDY	39	M	1:32:15
42	MICHAEL SUYDAM	45	M	1:32:17
43	BOB KEMP	42	M	1:32:21
44	MATTHEW JOSEPH	33	M	1:32:37
45	ROBERT BIDDLE	39	M	1:33:06
46	CHERYL MACCARONI	39	F	1:33:13
47	IRVIN ARTER JR	41	M	1:33:36
48	TOM GARDNER	41	M	1:34:01
49	DANIEL CAMPO	41	M	1:34:11
50	GILBERT FRAIJO	38	M	1:34:15
51	JEFF GERAGHTY	41	M	1:34:18
52	JULIE DUKES	29	F	1:34:23
53	JOHN DROSNER	28	M	1:34:39
54	CARLA PASTORE	43	F	1:34:46
55	STEVE LAZZARO	43	M	1:34:50
56	MICHAEL GIMBEL	47	M	1:35:11
57	KRISTEN ADELMAN	29	F	1:35:27
58	ROBERT MCCLURE	33	M	1:36:11
59	KEVIN COULTER	44	M	1:36:15
60	JERRY HAMPTON	36	M	1:36:35
61	JAMES HIGGINS	31	M	1:36:55
62	MATTHEW MASEMORE	31	M	1:37:11
63	CHRIS KROGH	30	M	1:37:15
64	KARL GLASSMAN	58	M	1:37:19
65	CHRISTOS BALLAS	39	M	1:37:33
66	SCOTT LANGLIS	37	M	1:37:34
67	PEGGY VOORHEES	40	F	1:37:46
68	CHARLES BABINGTON	45	M	1:38:18
69	JULIE DEUTSCHMANN	35	F	1:38:19
70	ERIC TUCKER	25	M	1:38:23
71	RICH WHARFF	50	M	1:38:24
72	LINDA BORING	34	F	1:38:40
73	STEVEN GRUFFERMAN	45	M	1:38:45
74	MATTHEW EGELI	47	M	1:38:48
75	GEORGE WHITE	47	M	1:38:51
76	KRISTIN SNYDER	31	F	1:39:03
77	JIM GROVER	47	M	1:39:15
78	STEVE FLORA	41	M	1:39:20
79	LARRY PUGLISI	44	M	1:39:27
80	DONALD DERRENBACHER	29	M	1:39:30
81	JEANNE SCOTT	27	F	1:39:33
82	ED SILVERMAN	44	M	1:39:49
83	CAROLE ROSASCO	39	F	1:40:09
84	JULIE PAPE	33	F	1:40:14
85	DOROTHY PULIZZI	34	F	1:40:16
86	CATHERINE GALLAGHER	38	F	1:40:28
87	CHON KIM	32	M	1:40:37
88	TIMOTHY WESE	33	M	1:41:07
89	FRANK CALLAHAN	44	M	1:41:11
90	JINO MASONE	48	M	1:41:22
91	MICHAEL SMITH	42	M	1:41:25
92	GREG SKOCHKO	24	M	1:41:27
93	T. J. HARRINGTON	47	M	1:41:31
94	STEPHEN CLARK	52	M	1:41:35
95	ROBERT CURRY	35	M	1:41:40
96	DANIEL SHORT	28	M	1:42:05
97	RALPH PISANI	33	M	1:42:07
98	KEVIN NESSELROAD	21	M	1:42:14
99	AL MCDORMAN	46	M	1:42:24
100	RICKY SMITH	39	M	1:42:26
101	JULIANA HARRIS	34	F	1:42:27
102	DAN JONES	40	M	1:42:41
103	BEV GALLAGHER	35	F	1:42:51
104	MARY KAY WALTEMIER	34	F	1:42:57
105	HEATHER KOCZUR	27	F	1:43:25
106	JUDI CARBARY	48	F	1:43:44
107	STEVE CULPEPER	38	M	1:44:20
108	CHRIS MOORE	17	M	1:44:24
109	TRACEY NOLAN	26	F	1:44:27
110	DAVE COX	22	M	1:44:45
111	ANGIE HOWELL	36	F	1:44:47
112	HAMILTON TYLER	35	M	1:44:57
113	KASIA LIPSKA	23	F	1:44:58
114	COLLEEN DUNN	31	F	1:44:59
115	TEDD BINNIX	29	M	1:45:00
116	PAUL VECE	17	M	1:45:14
117	DIANE PARISI			
118	MICHAEL KUHN			
119	NEAL ARMSTRONG			
120	BRIAN MCDONALD			
121	TIM REDIVO			
122	SUZANNE LONG			
123	BARBARA LIPSKA			
124	JOSEPH ANDERSON			
125	YONG LEE			
126	GEORGE TANKARD			
127	RICARDO BORRERO			
128	LAURA BURRELL			
129	NEAL BARRETT			
130	JUDE ROEGER			
131	DAVID BROWN			
132	MICHAEL KREFT			
133	JOHN GALLAGHER			
134	DAVID SPOERL			
135	STEVE WANBAUGH			
136	SHAWN AUDLIN			
137	MATTHEW PLUMER			
138	RUSSELL ROEDING			
139	JIM NORTON			
140	KRISTEN CORBETT			
141	CARLA DAL COLLETO			
142	SUZANNE PISANI			
143	SCOTT WALTON			
144	RENEE HUDSON			
145	MAC JOINER			
146	BAILEY ST CLAIR			
147	ZACH VANBLACK			
148	JAMES KAUFMAN			
149	JAMES MANDRIN			
150	BILL MAISEL			
151	DAN SYMANCZYK			
152	DEAN PIEMATTEI			
153	SUSAN WAIT			
154	CARVILLA DORSHOW			
155	TAMMY MAZZOLA			
156	CHRISTY ST CLAIR			
157	ALLEN VASEY			
158	ERIC CRAWFOOD			
159	AMY KANARR			
160	KEVIN NOLAN			
161	BRIAN NOLAN			
162	MOIRA IRELAND			
163	HELEN LAIRD			
164	PAM BOWERS			
165	MICHAEL BREEN			
166	TIM CASHMAN			
167	STEVEN ZELENAK			
168	BRIAN VANDEMARK			
169	JOSEPH BERRY			
170	CLAUDINE MRZYGLD			
171	JESSICA KENNEDY			
172	JIM FALVEY			
173	STEVE GOAD			
174	DIEGO ESCOBOSA			
175	DAVID BRAULT			
176	ELIZABETH FLYNN			
177	TERRI HANDY			
178	AKINTUNDE MORAKINYO			
179	KATHERINE MANDRIN			
180	CHRIS WELLS			
181	ALANA MALICK			
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186	DOMINIQUE LEOBOUCQ			
187	DARRYL KELLY			
188	JOHN JOSEPH			
189	JERRY PENTONEY SR			
190	DAN AUSTIN			
191	TRICIA DAVIS			
192	MATT FENSKE			
193	RICHARD PITTAWAY			
194	TOM MIRGON			
195	PETER MANNEY			
196	MICHAEL BOSTER			
197	EDIE MANNEY			
198	JODI LAVARDERA			
199	PETER SALMON-COX			
200	ANNA LUCAS			
201	CHRISTOPHER KELLY			
202	THOMAS EDWARDS			
203	STEPHEN MCINTYRE			
204	WEB CHAMBERLIN			
205	ROBIN SULLIVAN			
206	JAMES PLANER			
207	NATALIE VASLAVSKY			
208	KATHERINE WILSON			
209	KEVIN GRONER			
210	DANA KARR			
211	JIM HACKETT			
212	DORIS MCCLURE			
213	ALLYSON KENNEDY			
214	MEGAN SMALL			
215	MICHAEL TICHSNOR			
216	TOM RUSSELL			
217	BARBARA BRUNE			
218	KIMBERLEY GONSKI			
219	RON MCLAIN			
220	PIA LIND			
221	GREGORY URBAN			
222	MARVIN ROSENSTEIN			
223	LARA ROEDING			
224	BEN LEWIT			
225	TERRY FLUIG			
226	LOIS FOX			
227	MICHAEL BELL			
228	JOE WRBLEWSKI			
229	GORDON WHITE			
230	DARCI MUNSON			
231	BARRY BUGTONG			
232	THOMAS WILSON			
233	KATIE CULBER			
234	WILLIAM GARMOE			
235	EVAN THOMAS			
236	JULIE HERBERT			
237	SHANNON TURNER			
238	CHARLIE WAGNER			
239	TERREY HALEY			
240	CHRISTOPHER BOWLING			
241	HAL QUAYLE			
242	MICHAEL CABANA			
243	KATHLEEN SUYDAM			
244	THOMAS SOCIE			
245	KATHLEEN KAMPEN			
246	SARAH MEGDICHE			
247	BILL KURTZ			
248	JEFFREY GREEN			
249	ED KARLSON			
250	MICHAEL FAITH			
251	CARROLL DEXTER			
252	MICHELE OGDEN			
253	GREGORY GETKA			
254	MICHAEL PULIZZI			
255	THERESE BREHM			
256	LESLIE BREHM			
257	DONNA STYLES			
258	JOYA FIELDS			
259	JILL FRITTSCH			
260	NAOMI HUNT			
261	DOUGLAS HUNT			
262	LORENE RUFF			
263	ROBERT BETZ			
264	ERIN KOLARIK			
265	BILL SANDERS			
266	CLIFFORD FRASCH			
267	PETER NICKLES			
268	TOM MEDICUS			
269	PATRICIA SNODGRASS			
270	EVA KERCHNER			
271	WILLIAM RIGGS			
272	AMY BULLARD			
273	AL ESPOSITO			
274	KATHLEEN STINEFELT			
275	DAVID GOAD			
276	KEVIN LAURA			
277	KIMBERLY TORRES-DEEMER			
278	MARY HAIN			
279	DEBBIE GROVER			
280	DEANNA LAURA			
281	TIM DEATON			
282	LISA WOOD			
283	JAMES BARRETT			
284	TONJA BUSH			
285	JANET MCINTYRE			
286	PEGGY TYLER			
287	CEIL PRENDKI			
288	MILTON TAYLOR			
289	ROBERT ATKINSON			
290	JACKIE KELLNER			
291	DEBORAH MENKE			
292	RYAN ELWELL			
293	ALICE NICKEL			
294	KEITH GIBB			
295	RONALD BREITWIESER			
296	THERESA ROBERTSON-PHILLI			
297	HARRY GOOD			
298	MICHAEL CRAWFORD			
299	HELEN BRENNAN			
300	DAVID OPITZ			
301	RICHARD SIZER			
302	FRAN MATZ			
303	LINDA PAYNE			
304	NEIL BECKER			
305	DICK WOODS			
306	MELISSA MROZIAK			
307	ADAM SHAW			
308	SAMUEL MATZ			
309	EDWARD EGAN			
310	STEPHANI BUTLER			
311	TRACY KENNEDY			
312	KIM CASEM			
313	LAURA JEWELL			
314	AHNA KIMMEL			
315	NEAL HINKLE			</

B&A TRAIL HALF MARATHON RESULTS

351 GAIL DAVIDSON	38 F	2:28:33
352 CHARLOTTE ROCK	41 F	2:28:47
353 MILES WEIGOLD	55 M	2:30:36
354 HUBERT MORGAN	76 M	2:31:46
355 SARA GLASSMAN	56 F	2:33:41
356 LISA BARTON	33 F	2:35:31
357 SUSAN BRIGHT	48 F	2:40:10
358 CAROL HART	53 F	2:42:44
359 JAMES CANTY	59 M	2:43:05
360 MARY CARNEY	27 F	2:47:25
361 WHITING DIMOCK	27 F	2:47:27
362 PATRICIA SPARKS	70 F	2:51:02
363 DIANE ZOLLER	48 F	2:51:27
364 DENNIS WILLIAMS	55 M	2:51:34
365 DANIEL STEVENS	46 M	2:52:10
366 KHAWER MASOOD	25 M	3:01:07
367 NANCY HOFFMAN	40 F	3:01:22
368 MARGARET PAVLINIC	47 F	3:08:12

The race results for the B&A MARTHON will appear in the next issue of STREAK.



ONE LESS Car

By Ed Parker

In November Striders Lynn Hopkins, Ron Bowman and myself attended the opening meeting of an organization that has become known as One Less Car. Its purpose is to promote walking and biking not just as recreation but as part of the overall transportation system. Ron stated that a Strider goal is to make/keep Rt 450 safe for runners and cyclists. Ed stated that he wished to continue the lobbying effort for a hiker/biker trail to parallel College Parkway.

At the Strider's December board meeting, the Directors voted to become a sponsoring club member with Ed Parker as its representative. Striders have long had a love affair with hiker/biker trails. We support the efforts to make state and federal highway planners more aware of the advantages of making provisions for bikers and walkers in their designs. The group has appeared at hearings regarding the widening of Rt.2 in Edgewater and has gained a concession for a bike lane at the edge of the roadway.

Meetings are held the 2nd Thursday of every other month - May 13th is the next one. Individual memberships at \$10 per year are encouraged. For details contact Jenn Hicks, 410-990-9173 or info@onelesscar.org. ■

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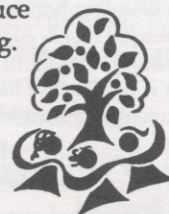
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STRIDERS ON THE ROAD

BY EVAN THOMAS

OCT 11 ARMY 10 MILER/WASHINGTON, DC

Dave Turban 1:10:48

OCT 25 MARINE CORPS MARATHON/WASHINGTON, DC

Kent McCullough 4:26 1st marathon -
loved that warm weather!

NOV 1 RUN THROUGH THE GRAPEVINE 8K/LINGANORE VINEYARDS

Scott Lutrey 34:49 31st of 200
Up & down the hills for cookies & cider?

NOV 8 VICTIM'S RIGHTS 5K/SEVERNA PARK

Ginger Andrews 24:51
1st 5K smiles! :-)

Brian Lutrey 26:13
1st road race ever!

NOV 24 AACC TURKEY TROT 5K PREDICTION/ARNOLD

Yvonne Aasen wrote to say that Steve Brady
and Ilene Caroom won turkeys. Steve
appreciated the strong winds that blew his
hat off that day. He had to retrace some
steps to retrieve it, but that was just enough
to make him the closest predictor of his finish
time!

NOV 29? BETHESDA/CHEVY CHASE 10K

Kent McCullough 42:56 PRI Marathon
training pays off.

DEC 6 CALIFORNIA INTERNATIONAL MARATHON

Jim Buck 3:10 FTET!

DEC 27 GREENBELT 10 MILE/GREENBELT LAKE?

Larry Puglisi 1:16:45 1:15
faster than 98

JAN 10 DISNEY MARATHON/ORLANDO, FL

T.J. Harrington and Sue Briers enjoyed the
magic kingdom again this year.

J. Joseph 4:23 had more
fun than TJ & Sue thanks to his very tight
hamstring. That was not enough, however, as
he tripped over road reflector at 13.5 and
did a few pavement pushups. He got to run
with bleeding hands. Must have been fun to
put the Icy Hot & Atomic Balm on the
hamstring after that!! He also reports the
race is not like the first few - and, those long
distances in the middle of nowhere are still
there.

JAN 17 TALLAHASSEE MARATHON

Tom Bradford 4:31
Where did all the hills come from?
Hot to boot, ouch! STET!

JAN 17 BOWIE WINTER 10K/BOWIE

(about 75 finishers)

Carla Pastore 41:10 1st F
and 3rd O/A!
Frank Callahan 44:28 5th, 2nd AG
John Fay 45:40 7th 1st AG
Evan Thomas 46:24 9th! 3rd AG
Richard Miller 48:40 1st AG
Kathy Hennes 53:23 2nd AG
Lee Masser 56:26 2nd AG
Cathy Gibbons 58:13 PR, 1st AG!!
Linda Simpson 58:16 2nd AG
Don and Patti Snodgrass also "enjoyed"
the hills of Bowie. Weather was great!

JAN 30 MARDI GRAS MARATHON/NEW ORLEANS, LA

Gerald Royce 4:50
Hot & humid, but the food & music were
great.

JAN 31 PACIFIC SHORELINE MARATHON/HUNTINGTON BEACH, CA

Brad Chapman 5:07 3rd AG.
Rain/wind/cold - about 500 Finishers

FEB 7? LAS VEGAS MARATHON/HALF MARATHON/ LAS VEGAS, NV

Mark Jones 2:32 Zoom!!
19 O/A. A near PR, I'm told.

FEB 13 VALENTINES 8K/DESTIN, FL

Nancy Mann 43:27 1st AG
Joan Forman 46:15 3rd AG

FEB 13 VALENTINES 10K RUN FOR CRIPPLED CHILDREN/PLAYA DEL REY, CA

Will Scott 51:26

FEB 14 HERMOSA BEACH STRAND TO STRAND 5M BEACH RUN

Will Scott 46:51
Our tax \$ at work. Legs dead after run in
soft sand! Will had to do back to back
races to ease the pain of missing the
WB5K and letting Matt Mace pass him in
total number of club races run!

FEB 19 DC INTERNATIONAL TRACK MEET/FAIRFAX, VA

John Benkert 5:14 good for
1st in the Masters Mile! (got him an
interview in the Washington Post!)

FEB 20 SUNSET STAMPEDE 5K/FORT WALTON BEACH, FL

Joan Forman 28:18 1st AG!

FEB 21 WILLIAMSBURG HALF MARATHON/WILLIAMSBURG, VA

Neal Hinkle 2:08

FEB 21 ANNUAL MD-DC RRCA CLUB CHALLENGE 10/COLUMBIA

Mark Jones 56:01 5th
Rob Marino 56:24 7th
David Webster 1:01:44
Matt Mace 1:02:10
Eric Gyaki 1:05:26
(4+ min faster than 98!)

Chris Riley 1:07:32
Rose Malloy 1:09:01 8thF
Dave Walser 1:11:46
Chris Mairs 1:12:52

Bob Field 1:14:51
Fred Shanklin 1:15:28
(5+ min faster than 98)

Larry Puglisi 1:16:00
Ann Roberts 1:18:04
Rita Twist 1:18:38
Clint Henderson 1:20:10
Meredith Bonta 1:22:28
Arnie Henderson 1:24:09
Derek Ammons 1:24:18
Bob Burash 1:27:28
Tom Bradford 1:28:32
Patty Snodgrass 1:32:58
Linda Simpson 1:37:18
Brad Chapman 1:37:50
Don Snodgrass 1:38:33
Higley Harmon 1:42:18

Yes, our brave band did it again - a full team,
and last place. The women managed a
somewhat higher finish but the men dragged
us down to our normal place. Mary Lang ran
well this day but they lost her tag somehow.
Speaking of Mary, did you see her picture on
the cover of the last issue?? Oh yes, Howard
County retained area bragging rights being
first overall. I was the ace support and even
had the Strider Banner out at the 5M point - It
was cold and windy - perfect Columbia
weather. Be sure to tell your friends in
Howard County about how much you love
this race! :-)

MARCH 14 LA MARATHON

Tom Bradford 4:33

Enjoyable trip to Southern California - only 20
states to go!?

THE RUNDOWN - Here's hoping spring is
good to us this year. Apologies to T. J.
Harrington for omitting him from the results of
the Metric Marathon in Columbia last issue.
Actually, I had him in there - you note the
"splat" by Jennifer's name - that was T. J. and
not Jennifer who did the pavement pushups!
// Don't forget to stop by the beginning
running class at least once starting May 4 -
Tues/Thurs at 6pm and Sat at 8am at the
Bates Middle School track (old Annapolis HS).
I'm going to need lots of help again this year
as my job still requires me to be traveling a
lot. I always need help now in designing this
year's t-shirt! // Speaking of volunteers, we
need your help at the Father's Day 10K this
year. Call me on 410-760-9188 to join in the
fun. Best post-race fest around. See you there.
// How about Gert Thys of South Africa - he
ran 2:06:33 in winning the Tokyo Marathon -
only the 2nd fastest in history! // On the
other hand, some runs are just different: the
Princeton annual nude winter run may be
cancelled after at least 5 revelers were treated
for alcohol poisoning. In Michigan there
something called the Nude Mile which
attracts 1,000 runners and 10,000
onlookers! (officials urged milers to
"reconsider" last year! // Speaking of fun,
the RRCA Convention this year will be in
Spokane, WA and the race will be
Bloomsday - not to be missed! So far it's just
me going - give yourself a break this year and
sign up. // Be sure to let me know all your
spring race results at 7941 Queens Rd, Glen
Burnie, MD 21061 or ethomasjr@prodigy.net
// I'll see you on the roads - ET. ■

THE TRAVELING RUNNER

Tokyo, Japan in December
1998/January 1999

By Kathleen Heagney

(How about a new column in the *Streak*? Let's add a runner's travel column. But the only way you'll see anything under this heading is if you or one of your fellow Annapolis Striders sends our editor a picture (or not) and a short (or long) article about their last trip somewhere, anywhere. So don't forget, send us news of your last run somewhere different. Meanwhile, this is my idea so I'll start.)

If you have never been to Japan, you may have preconceived notions of how life is in the mysterious Far East. I was asked what was the biggest surprise about my visit to Tokyo. That was difficult to answer because I had read enough just prior to my trip to realize that I should not expect to see most of them wearing kimono's or robes.

However, in spite of being well aware that Japan has the market on technology, I was surprised to see so many carrying cell phones smaller than the palm of their hands (and many of them still do have small features, yet another slight surprise was seeing many who were six feet tall and quite well-built and not too hard on the eyes, ahem, I digress).

Finding my way around Japan was quite difficult, especially since I can not read a map in English much less one in Japanese. But the people were extremely helpful, to the point of almost walking me to my destination. By the end of my stay there, I was somewhat confident of my ability to get from point A to C - not much further though. Subways and trains proved to be just the ticket to get me around.

If asked what was most frustrating for me on this trip, I would have to say being unable to strike up a conversation with many of these genteel people. I wanted to know more about them but was limited to one word sentences and gestures. We did engage in quite a lot of bow-



ing and smiling and I recommend that everyone practice this. This exercise creates a positive energy that is not obvious until it's practiced. Try it.

Japan is full of shrines and temples. I found them all over the place, out in the open and in little hidden locations. Surrounding many of these shrines and temples are concession stands seducing the worshipper along the way. You can buy food, trinkets, clothing, incense, prayers, toys, jewelry, and much more. I guess Buddha answers both the worshippers' prayers who want stuff and the concessionaires around him who pray to him for wealth. I managed to assist Buddha in answering everyone's prayers by buying a few things. (Yes, I bought a kimono and obi (sash). No, I don't know how to tie the darn thing.)

I took a bus tour to Mt. Fuji and upon first appearance, I was immediately entranced by it's beauty. Although smaller at 12,388 feet, it reminded me a lot of another dormant volcano, Mt. Rainier in Washington State, elevation 14,410 feet. The last recorded eruption for Mt. Fuji was in 1707. Seeing Mt. Fuji in all of it's splendor illustrates the reason so much art, poetry and mystery is created around this majestic mountain. It was magnificent!

Emiko, the friend whom I was visiting, ran with me early in the mornings. She was kind enough to downshift her faster speed so I could keep up with her. We ran

My running in Japan was limited to a few runs with my friend in the downtown area and an adventure run with the Tokyo Hash House Harriers... they are known as the "drinking club with a running problem."

around 6:00 a.m. before traffic accumulated, yet still the air was thick with exhaust buildup, haze and other pollutants. Aged sea scents from the previous night's fish dinners and pungent reminders of sake wine and Sapporo beer wafting from the walls of now quiet and empty night clubs mixed with the freshly sweetened aroma of the morning's baked goods carried curious fragrances throughout the streets as we ran. My senses are usually sharpened when running, but they were acutely awakened on these Tokyo morning runs.

We ran up and down narrow streets, where on the occasion of crossing these streets, I would look for traffic in the wrong lanes. Walking up and down stairs or esca-

tors is reversed as well, where you are expected to stand on the left and pass on the right. I bumped a few heads learning that at first.

My running in Japan was limited to a few runs with my friend in the downtown area and an adventure run with the Tokyo Hash House Harriers. I had heard about the Hash House Harriers for almost as long as I've been running marathons. It's an international running group that was conceived by a British Officer many years ago in Malaysia to encourage his military units to get back into shape after they'd spend weekends imbibing in large quantities of liquid spirits. There are all sorts of little games that the Harriers play on their runs but essentially they are known as the "drinking club with a running problem."

To run with this group, I had to venture out on my own and take several trains to the location where they were meeting. I surprised myself and arrived without asking too many people for help (no more than 20). Once arriving and although a stranger, I was warmly welcomed. Because I was a

"virgin" (meaning it was my first time with this group), I was required to drink down (called a "down down") some Sapparo. Since I don't drink, I took a sip. I had so much fun I am considering joining a local Hash. However, not being a drinker with a running problem, I may not fit in with the philosophy of the club.

A group of us took a weekend ski trip to Nagano where there was enough snow to frighten a beginner and thrill an intermediate skier. I managed to fall only twice. The mountains were simply mouth-dropping.

All in all it was a wonderful trip. The weather was absolutely perfect, temperatures ranged from 50 to 65 Fahrenheit with plenty of sunshine and not a drop of rain or snow. Tokyo is a clean metropolitan city where a tourist will feel welcome and safe. ■

(Look for Kathleen's column "At the Meet" to return soon. If you'd like to be featured, call her at 703-313-8874 or write her on e-mail at coolully@erols.com. She'll do the work, all you have to do is be 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!

Cherry Pit 10Mile
Sunday, April 18, 1999
8:00 a.m.
South River H.S.
Race Dirs:
Whitey Gross
410-551-8996
Bob Burash
410-551-5774

Father's Day & B&A 10k
Sunday, June 20, 1999
8:00 a.m.
Race Dirs:
Evan Thomas & Neal Hinkle
Hotline 410-268-1165

WE NEED YOU
Race Volunteers Needed for the
Governor's Bay Bridge Run

Sunday, May 2, 1999

PLEASE CALL THE HOTLINE:
410-268-1165

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

Article II, By-Laws of the Annapolis Striders

The Streak, published bi-monthly, is the official newsletter of the Annapolis Striders, Inc., P.O. Box 187, Annapolis, Maryland 21404-0187. Letters to the editor, as well as other articles, are welcome. Permission is hereby granted to reprint any article appearing herein provided the source is acknowledged. Permission cannot be extended for copyrighted materials.

DEADLINES

If you are interested in placing an AD, please call the editor. If you have an ad that is ready for press, mail to: **Streak** Editor, P.O. Box 187, Annapolis, MD 21404-0187.

ADVERTISING RATES:

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

**ALL COPY MUST
be sent to the
Editor – Deadline
for your JUNE
Issue is
MAY 7th!**

**Contact Eileen
Hagan,
Streak Editor
410-263-1397**



Discounts...

SHOW YOUR MEMBERSHIP CARD and receive the following prerequisites of being an Annapolis Strider:

THE ATHLETE'S FOOT

Annapolis Mall next to JC Penny 410-224-3455. 10% discount on any non-sale shoe.

FOOT LOCKER

Annapolis Harbour Center 2572 Solomons Island Road 410-798-6068. 10% discount on any running shoe in stock at regular price. Not valid with any other coupon or promotionally priced merchandise.

A HEALTHIER YOU

14 Annapolis St., Annapolis 410-269-1368. 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% discount for initial nutrition assessment and consultation (1 hour); 10% discount for follow-up consultation (30 minutes).

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.

DR. JOHN HALL – NIKKEN INDEPENDENT DISTRIBUTOR

20909-B Humpphrey Point Road, Rock Hall, MD 21661 410-639-7084 10% discount off any of Nikken products. Call for a free catalogue and information on the products and health technologies. Great for athletes!

Welcome New Members

CHARLES BABINGTON

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ARIEL H. BIDDLE

JAMES W. BIDDLE

SAMUAL W. BIDDLE

RICHARD BURTON

DOUGLAS J. CORBY

GRAHAM D. CORBY

JEFFERY J. CORBY

REBECCA B. CORBY

MARGARET DAMMEYER

KENNETH J. DENT

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SUE MEKKELSON

ANTHONY MILLER

DEBORAH MILLER

ALICE PEEK

MARY PODLESNEY

KATHY M. POTTS

THERESE QUARANTA

ELLIOT RITTENHOUSE

GAIL SAGHIRAN

PAUL ANDREW SKRIDAS

DAVID C. SUMMEY

SCOTT THAYER

CHRISTINE N. WALSH

SCOTT W. WALSH

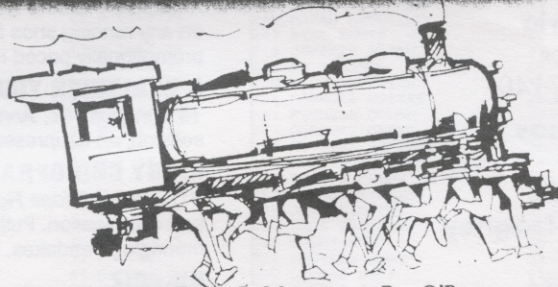
MARY KAY WALTEMIRE

JOHN W. WARD

MICHAEL D. WEBB

North Arundel Hospital presents the *Father's Day & B&A Trail 10K*

SUNDAY, JUNE 20, 1999 AT
NORTH ARUNDEL HOSPITAL
RACE TIME: 8 A.M.



AN ANNAPOLIS STRIDERS EVENT IN MEMORY OF PAT O'BRIEN 3RD LEG OF CLUB CHAMPIONSHIP SERIES

In Cooperation with the Anne Arundel County Department of Recreation and Parks and the B&A Trail.

COURSE: USATF Certified #MD 96007 JS. Runners begin on Hospital Drive (near Oakwood Road) and travel through the scenic Fox Chase Community, then pick up the B&A Trail to Harundale Mall, then turn around and finish on Hospital Drive. The course will be monitored and have three water stations. *See map on back for more details.*

REGISTRATION: To register, complete the attached registration form and mail an \$8 entry fee to the B&A Trail Father's Day 10K, Annapolis Striders, c/o Neal Hinkle, 8269 Mimico N., Millersville, MD 21108. The entry fee is still \$8 on June 19 Packet Pick-up, and \$10 on race day.

PRIZES: Unique crystal plates will be awarded to the first three men and women in the open category, as well as first male and female masters winners. Prizes will also be given to the first, second and third place finishers in each age group. The age groups are 19 and under; 20-29; 30-39; 40-49; 50-59; 60-69; and 70 and older. Random prizes will also be awarded.

AWARDS CEREMONY: Awards will be presented immediately following the race on the grounds of North Arundel Hospital. There will be a post-race celebration featuring soft drinks and fruit juice, beer, ice cream, fresh fruit, cookies and fresh-baked bagels from Chesapeake Bagel Bakery. The post-race party will feature a hot breakfast buffet again this year.

PACKET PICK-UP: Runners may pick up their packets at North Arundel Hospital's Third Floor Conference Center on Saturday, June 19 from 2 p.m. until 5 p.m. and in the hospital's parking lot from 6:30 a.m. until 7:30 a.m. on race day - Sunday, June 20.

INFORMATION: The co-race directors are Evan Thomas at 410/760-9188 and Neal Hinkle at 410/987-5649. Please call between 6 p.m. and 9 p.m., or call the Annapolis Striders 24-hour hotline at 410/268-1165.



Sanctioned by Road Runners Club of America

DIRECTIONS TO NORTH ARUNDEL ON BACK. THE COURSE IS NOT SUITABLE FOR WHEELCHAIR RACERS. NO BABY JOGGERS. HEADSETS OR PETS WILL BE ALLOWED IN THIS RACE.

ALL PROCEEDS BENEFIT NORTH ARUNDEL HOSPITAL'S CARDIOPULMONARY REHABILITATION PROGRAM.

The entry fee is \$8 (including packet pick-up day) and \$10 on race day.
Send check or money order payable to: Annapolis Striders/Father's Day 10K
c/o Neal Hinkle • 8269 Mimico N. • Millersville, MD • 21108

_____	_____	_____	_____
Last Name	First Name	MI	
_____	_____	_____	_____
Address	City	State	Zip Code
_____	_____	_____	_____
Telephone	Birthdate	Age on Race Day	Sex
			Best Prior 10K time (min:sec)

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that, although police protection will be provided, there will be traffic on the course route. I assume the risk of running in traffic. I also assume any and all risks associated with running this event including but not limited to falls, contact with other participants, the affects of the weather, including high heat and/or humidity, and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the North Arundel Hospital, Annapolis Striders, Anne Arundel County Department of Recreation and Parks, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting on their behalf, from any and all claims or liability for death, personal injury or property damage of any kind or nature what so ever, foreseen or unforeseen, known or unknown.

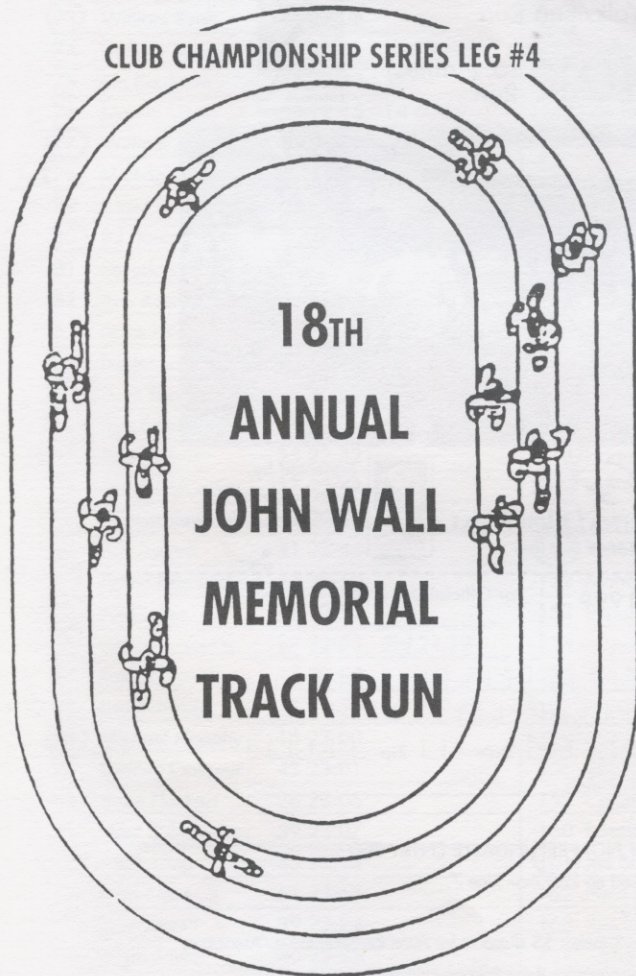
The RELEASE and WAIVER extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. The undersigned further grants full permissions to the Race Committee and/or agents authorized by them to use any photographs, videotapes, motion pictures, recordings, or any other records of these events for any purpose. Applicants for minors will be accepted with a parent's signature. All entrants must sign waiver. *I have read this waiver.*

SIGNATURE DATE

SIGNATURE OF PARENT (If under 18 years of age) DATE

1 MILE RACE

CLUB CHAMPIONSHIP SERIES LEG #4



Saturday, July 10, 1999, 6:00 P.M.

**HEATS ACCORDING TO PACE,
FASTEST HEAT WILL BE LAST.**



WHEN: Saturday, July 10, 1999
First Adult Heat will start at 7:00 p.m.

WHERE: Broadneck High School (* New Location)

HOW: Pre-registration:
\$3.00 Striders; \$4.00 non-Striders.
Race Day Registration:
All Runers \$5.00
Race Day Registration:
5:00 p.m. - 6:30 p.m.
NO FEE FOR JUNIOR MEDLEY RUNNERS.
Pre-registration by mail before July 3, 1999.

AWARDS: 1st place overall, and masters,
and age group awards.
Participation awards for Junior Medley.
Refreshments for everyone! A \$50 Gift
Certificate for two to Fred's Restaurant will be
awarded to the runner who resets the event
record of 4:21!

More Information
Race Director: Dave Wall
410.315.9275
Annapolis Striders Hotline: 410.268.1165

ATTENTION KIDS

AGE	DISTANCE
5 & UNDER	100 METERS
6-8	200 METERS
9-11	400 METERS
12 & OVER	800 METERS

JUNIOR MEDLEY

6:00 - 6:30 PM - Events will begin promptly at 6:00 PM!
Registration from 5-6 PM
All parents MUST SIGN waiver for children.

✂ Detach Here

ONE MILE RUN—COMPLETE ALL INFORMATION—PLEASE PRINT

Make check payable to Annapolis Striders, Inc., One Mile Run. No cash by mail. Send with form to Dave Wall, 313 Norfolk St., Severna Park, MD 21146.

OFFICIAL USE ONLY

Last Name _____ First Name _____ Mi _____ Telephone _____

Street _____ City & State _____ Zip _____

Age on Race Day [] Gender? M F Strider? 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



EVERYONE WINS!

- Souvenir shirt and Avon gift for every entrant.
- Medal to each 5K & 10K finisher.
- Special Mother/Daughter Raffle for all mother & daughter teams.
- Special 10K Awards (no 5K awards): Top 10 Overall. Top 3 in 5-year Age Groups (14 & under, 15-19...on up to 75-79, 80 & up). Mother/Daughter & Open Team awards.
- Location - Rash Field, Inner Harbor, Baltimore
- 8:00 am - 10K Run; 8:20 am - 5K Walk/Fun Run.
- Packet Pick-Up & Registration:
 - Friday & Saturday, June 11&12, Noon - 7pm
 - Hess Running Center, Towson Town Center, call (410) 821-6473 for directions
 - Race Day (Rash Field) 6:30 am - 7:45 am

FOR MORE INFORMATION:

PHONE: (410) 377-8882 WEB: avonrunning@avon.com
 FAX: (410) 372-0560 E-MAIL: dcoolman@home.com

AVON RUNNING BALTIMORE

Sunday, June 13, 1999

Open to girls and women of all ages and abilities

5K (3.1 miles)
Walk/Fun Run

10K (6.2 miles)
Run



Presented by Avon Products, Inc. The Company for Women

AVON RUNNING - BALTIMORE (for women only), June 13, 1999

For Official Use Only

To enter, complete and sign entry form below. Please print neatly - unclear or incomplete entries will affect results.

Last Name _____ First Name _____ M.I. _____
 Street Address _____
 City _____ State _____ Zip _____
 Day Phone _____ Evening Phone _____ E-mail _____

IMPORTANT! Age on Race Day _____ Date of Birth (mm:dd:yy) _____

CHOOSE ONE:

- 10K Run
- 5K Walk/Fun Run

CHECK ALL THAT APPLY:

- Wheelchair Participant
- Avon Representative - District # _____
- Avon Associate (full-time employees only)
- Branch: _____

ENCLOSED IS MY NON-REFUNDABLE ENTRY FEE:

- \$15 postmarked no later than June 7.
- \$20 June 8-12.
- \$25 Race Day Subtract \$5 discount for Avon Representative/Associate.
- Subtract \$5 discount for Avon Representative/Associate.

_____ **Total amount enclosed**
 Previous Best 10K Time: _____ hr. _____ min. _____ sec. (if applicable)
 This is my first running/walking event.

TEAM DIVISIONS: Each team member must complete a separate entry. Entries must be mailed together in the same envelope or presented together in person. Team entries **MUST** be received before race day.

- Mother/Daughter Team Division (10K awards only. However, all mother/daughter teams in either the 5K or 10K are eligible for a Special Raffle. You must be present at awards ceremony to win.)
My partner's name is _____
- Open Team Division (10K awards only; no 5K division.) Team Name: _____
Team Captain's Name: _____ Captain's Phone Number: _____

I know that running/walking is a potentially hazardous activity. I agree not to enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of an event organizer relative to my ability to safely complete the run/walk. I assume all risks associated with running/walking in this event including, but not limited to: falls, contact with other participants, the effects of the weather, conditions of the course, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Avon Products, Inc., Baltimore Road Runners Club, Race Director, City of Baltimore, Department of Parks and Recreation, Road Runners Club of America and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons and entities named in this waiver. I grant permission to all of the foregoing to use my name, likeness and identity in any photographs, motion pictures, recordings or any other record of this event in perpetuity, throughout the world, in any media now known or developed later for any legitimate promotional purpose.

Signature _____ Date _____
 (Parent's/Guardian's Signature if under 18 years)

Make check payable and mail with completed entry to: Avon Running - Baltimore, PO Box 5464, Towson, MD 21285



SARAH'S RUN

2nd Annual

5K Run / 3K Walk

June 26, 1999, 8:00 a.m.



Catholic Charities

Proceeds benefit Sarah's House, a partnership with the United States Army, Anne Arundel County Government, and Catholic Charities. The partnership provides housing and supportive services for homeless families and individuals in Anne Arundel County.

WHEN: Saturday, June 26, 1999
Registration and Packet Pickup begins at 6:30 a.m.
Run 8:00 a.m.
Walk 8:10 a.m.

WHERE: Marley Station Mall, 7900 Ritchie Hwy, Glen Burnie, Maryland, in the parking lot behind JC Penney.

DIRECTIONS: From Baltimore: take the Beltway (I-695) to Exit 3—Ritchie Hwy (Rt 2) South. Mall is on the right just before Rt 100.
From Washington area: Take Beltway (I-495) toward Baltimore, take B/W Parkway (I-295) to Rt 100 East, to Rt 2 North. Mall is on the left.

ENTRY: Pre-entry before June 16 \$15; Children 5-12, \$10; Children under 5, free but no T-shirts. After deadline and **race day entry \$20.** Late entry/race day for children 5-12 remains \$10.

T-SHIRTS: For all paid registered runners and walkers. Sizes and availability not guaranteed on race day.

COURSE: Fast and flat. 3.1-mile Run and 1.8-mile Walk courses start and finish in the Marley Station parking lot and will follow the B&A Trail out-and-back.

RUNNER AWARDS: Awards to first 3 males/females. Prizes to top 3 males/females in each 10-year age group. No awards for 3K walk. Random prize drawings at awards ceremony following race.

AMENITIES: Post race refreshments for all participants. Splits at 1 and 2 mile marks. Water provided on the course.

RACE DIRECTOR: Dave Cooley
Phone: (410) 377-8882
e-mail: dcoolman@home.com
Web: <http://www.finishedproduct.com>

CAN'T RUN? Volunteers needed and welcomed or, sponsor a low income participant for \$15. Call Sarah's House at 410-551-7722.

Runners and Walkers please note: Bicycles, skateboards, baby joggers, roller skates/blades, animals, and headsets are not allowed in this race/walk. All are cautioned to share the trail with non-participants.

Entry Form—please print. Checks payable to **Sarah's House**
An entry form must be completed and waiver signed for **each** participant; photocopies acceptable

Mail before June 16 to: Sarah's Run
c/o Sarah's House
2015 20th Street
Ft. Meade, MD 20755

Name: _____

Address: _____

City/State/Zip: _____

Phone: (____) _____ Event (check one): 5K Run ; 3K Walk ; Volunteer

Birth date: ____/____/____ Age on 6/26/99 ____ Sex ____ Amount enclosed: \$ _____

T-Shirt Size: S ; M ; L ; XL ; XXL (\$2 additional) Sponsorship enclosed: \$ _____

I know that running is a potentially hazardous activity. I should not enter or run unless I am physically and medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running or walking in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and or humidity, wind, or cold temperatures, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, myself and anyone entitled to act on my behalf, waive, release, indemnify and hold harmless Cardinal William H. Keeler, Roman Catholic Archbishop of Baltimore, a corporation sole, Associated Catholic Charities, Sarah's House and any person affiliated with them, including but not limited to all sponsors of Sarah's Run, and all representatives, successors and assigns of any of the foregoing, from and against all claims, demands and liabilities of any kind arising out of my participation in this event even though any such claim, demand or liability may arise out of the negligence or carelessness on the part of the persons named in this waiver.

Signature of Participant (Parent or Guardian if under 18)

Date

11th Annual

Crofton Kiwanis & Chesapeake Bagel Bakery

10K Challenge

Saturday, June 5, 1999 8:00 a.m.

REGISTRATION Packet P/U 6:30 a.m.
RACE STARTS 8:00 a.m.
Awards Ceremony 9:15 a.m.

ENTRY FEE: \$15.00 before May 23rd
\$17.00 after May 23rd

AWARDS GIVEN TO:
Overall: 1st M/F
Wheelchair: 1st
14 & under: 1st M/F
15 - 19: 1st & 2nd M/F
20 - 29: 1st, 2nd, 3rd M/F
30 - 39: 1st, 2nd, 3rd M/F
40 - 49: 1st, 2nd, 3rd M/F
50 - 59: 1st, 2nd, 3rd M/F
60 - 69: 1st, 2nd, 3rd M/F
70+ : 1st M/F

Amenities include: Free refreshments - bagels, fruit and drinks - 3 water stops on course and at start/finish; high quality t-shirts to first 350 entrants; wheelchair entrants welcome; results mailed to all entrants; medical support available; police escort; mile splits; course monitors; portable toilets at race site; ample parking.

Directions from DC: take route 50 east to route 3 north, drive 5 miles to Crofton. Entrance on right at light, right on Crofton Pakway to Country Club. Follow directions to Parking.

Directions from Baltimore: I-97 south to exit 7 (MD routes 32 & 3 south), 6 miles to Crofton. Entrance on left at light, right on Crofton Pakway to Country Club. Follow directions to Parking.

Please Note: we will be the guests on Race Day of Crofton Country Club - please do not interfere with the golfers or swimmers. Club House and Pro Shop facilities are off limits. Warm-up on roads or front grass area only. Park only in indicated areas. We appreciate your cooperation! **NO PETS, BABY JOGGERS OR HEADPHONES.** For more information call 410-721-3398 or 301-858-0544

Refreshments by **CHESAPEAKE BAGEL BAKERY**
PAUL YATES, SNOW VALLEY WATER and
KATCEF BROTHERS BUD LIGHT

CROFTON KIWANIS 10K - COMPLETE ALL INFO., PLEASE PRINT.
Make check payable to Crofton Kiwanis 10K. **NO CASH BY MAIL.**
Send with form to: CROFTON KIWANIS 10K, 1919 Layton Street, Crofton, MD 21114

SHIRT SIZE: M L X L

LAST NAME _____ FIRST NAME _____ MI _____ TELEPHONE _____

STREET _____ POST OFFICE _____ ZIP _____

WHEELCHAIR? _____ Best 10K Time: _____ Age on Race Day: _____ Sex: _____

WAIVER & RELEASE: I recognize that participating 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 other participants, the effects of weather, including high heat and/or humidity, the condition of the track and/or road, traffic on the course, are all risks being known and appreciated by me. Having read this Waiver and Release, knowing these facts, and in consideration of my being accepted into this race, I, for myself and anyone entitled to act on my behalf, waive and release the Crofton Kiwanis Club, the Crofton Kiwanis Foundation, the Crofton Country Club (including the 1691 Limited Partnership and Arnold Palmer Golf, their Officers and Assigns), the Crofton Civic Association, all sponsors and hosts, and their representatives and successors, and the race directors, from all claims or liabilities of any kind arising from my involvement in this activity. I grant permission to all the foregoing to use any photograph, motion pictures, recordings or any other record of this event for any legitimate purpose. I attest that I have trained sufficiently for this event.

SIGNATURE OF ENTRANT _____ DATE _____

SIGNATURE OF PARENT IF ENTRANT UNDER AGE 18 _____ DATE _____

MANDATORY

MARC TRAIN FIVE MILER

SUNDAY, JUNE 13th, 1999

Start: 8:00 a.m. - Awards Ceremony: 9:15 a.m.

Start and Finish: Odenton Maryland MARC Train Station

Awards - 40 Trophies (plus T-Shirts to all runners):

Trophies to Winner and Runners-up, (male & female) for the following categories:

- ☒ Overall Winner
- ☒ Various age groups
- ☒ Kiwanis member
- ☒ MARC/MTA employee
- ☒ Kiwanis Key Club member

Directions:

- ☒ U.S. 50 to Md. 3 to Md. 32 to Odenton Telegraph Rd. Exit to Odenton Road to MARC Train Station.
- ☒ I-97 to Md. 32 to Odenton Telegraph Road Exit to Odenton Road to MARC Train Station.
- ☒ Baltimore-Wash Pkwy to Md. 32 to Odenton Telegraph Road Exit to Odenton Road to MARC Train Station.

ENTRY FORM	
Please Print	Entry Fee: \$12 before June 3rd
Make checks payable/mail to:	\$15 After June 3rd
MARC Train Five Miler	
P. O. Box 57 - Odenton, MD 21113	Age on Race day: <input type="text"/> <input type="text"/>
Adult Shirt Size: S <input type="text"/> M <input type="text"/> L <input type="text"/> XL <input type="text"/>	Gender: <input type="checkbox"/> M <input type="checkbox"/> F
Last Name	First Name
Address	
City	State
Zip Code	
Day Phone	Evening Phone
Official /Employee of MARC/MTA <input type="checkbox"/>	Work Phone: <input type="text"/>
Kiwanis Member? <input type="checkbox"/>	
Kiwanis Key Club Member? <input type="checkbox"/>	
<p>RELEASE AND WAIVER - (MUST BE SIGNED): I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risk with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, heat and humidity, with potential for heat exhaustion, stroke or even death, and traffic and road conditions. All such risks are known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, and administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the West Anne Arundel County Chamber of Commerce and Odenton Kiwanis Club, all race sponsors, their representatives and successors, and the race director from all claims and liabilities of any kind arising out of my participation in this event. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. I attest that I have trained sufficiently for this event.</p> <p>Parent or Guardian must sign for Runners under 18 Years of Age. SIGNED _____</p>	

For More Information,

Joe Mac, Race Director at (410) 551-4301
 Kevin Wagner, Asst. Race Director at (410) 695-1083

Annapolis Striders 7th Annual Beginning Running Program

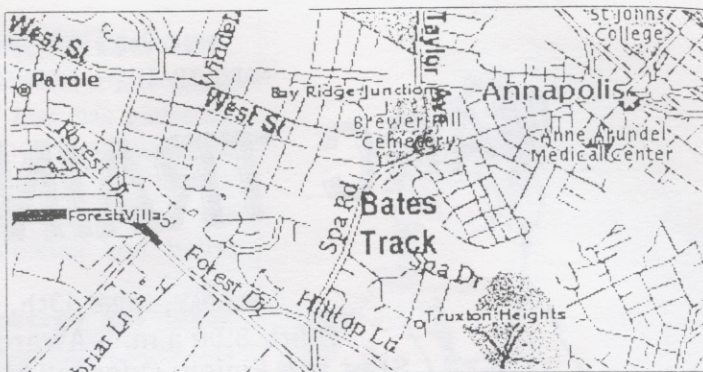
Spring 1999 10 Week Program for Beginning Runners

This low-key program will guide the participants from a walk-run beginning - to a 20 minute nonstop run. Participants should be capable of walking briskly for 20 minutes. Be sure to check with your doctor prior to starting any fitness program. The goal will be for all who finish the program to be able to complete the Striders' **Women's Distance Festival 5K** (3.1 miles) or the **Run After The Women 5K** to be held Saturday July 17, 1999 at West Annapolis Elementary School.

**Bates Jr. High Track • 1st Session on Tuesday, May 4
TUESDAY & THURSDAY 6:00 p.m., SATURDAY 8:00 a.m.**

FIRST WEEK SCHEDULE - Run 1 minute, walk 2, repeat 5 times, then run 1 minute (7 minutes total running time). Each week will see less walking and more running. Complete schedules will be available at the first session.

PROGRAM INCLUDES - Information on finding the right shoes, injury prevention and treatment, successful cross-training techniques, keeping track of heart rate, runner's high, running safety, and keeping running fun, PLUS graduates of last year's program will return to discuss their experiences. Your Instructor is certified (or certifiable) - so come experience the Patch Adams approach to running!



PARKING - The entrance to WEEMS-WHELAN/BATES TRACK parking lot is off Spa Road, across from the old recycling center. Additional parking is available at the Maryland Hall for the Arts, (see map).

ATTENTION GRADUATES - Come on out and share your experiences with this year's class and renew some old acquaintances!

REGISTRATION INSTRUCTIONS -

Cost is \$15.00. Register one of two ways:

1. Join the Annapolis Striders running club. Fill out our Membership Form, and fill out the BRP form below.
2. Sign up for only the Beginning Running Program. Fill out the Beginning Running Program Form.

The best deal is club membership since you get a year's worth of newsletters, schedules, running data, and race results.

After filling out the form, mail it by April 28 to:
Evan Thomas, 7941 Queens Road, Glen Burnie, MD 21061

After that date, bring completed forms to the first session. Make check payable to: Annapolis Striders. Premiums: famous "Beginning Running Program" t-shirts to all who complete the course!

SPONSORED BY THE ANNAPOLIS STRIDERS, INC.

24-hour hotline: 410-268-1165 •

EVAN THOMAS, DIRECTOR, BEGINNING RUNNING PROGRAM
410-760-9188 (before 9 p.m.) and not from April 27-May 2.

APPLICATION FORM – Beginning Running Program

NAME _____ Age: _____ Strider? YES NO

ADDRESS _____

PHONE: _____



WAIVER: I know that running is a potentially hazardous activity. I should not enter a beginning running program unless I am medically able and have consulted with my physician. I acknowledge that falls, contact with other participants, the effects of weather, including high heat and/or humidity, the condition of the track and/or road, traffic on the course, are all risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of my being accepted into the beginning running program, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Annapolis Striders, program officials, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence on the persons named in this waiver.

Signature _____

Date: _____

Parent's Signature _____

Date: _____

(Mandatory if under age 18)

Annapolis Striders
1999 Summer Scholastic Championship Series

Date	Race Time	Sign In	Race and Location	Distance
June 20	8:00 a.m.	June 19 from 2:00 p.m. to 5:00 p.m. June 20 from 6:30 a.m. to 7:30 a.m.	Father's Day 10K North Arundel Hospital	10K
July 10	6:00 p.m.	5:00 p.m. to 6:00 p.m.	John Wall Memorial Mile Broadneck High School	1M
July 17	8:00 a.m. (women) 8:45 a.m. (men)	7:00 a.m. to 7:45 a.m.	Women's 5k Distance Festival and Run after the Women 5k West Annapolis Elementary School	5K
August 8	8:00 a.m.	6:30 a.m. to 7:30 a.m.	Dog Days 8k Trail Run Anne Arundel Community College	8K

ELIGIBILITY: Must be 19 or under on August 8, 1999.

\$20 covers the four races listed above. At each race you are eligible for the normal prizes and awards as well as any premiums that the race may have. If you are a member of the Annapolis Striders and have paid for the year long series, the fee is \$8.

SERIES SCORING: For each race your position relative to the other participants in the series will be your score. The total of your three lowest scores will be your score for the summer series.

SERIES AWARDS: Awards based on series scoring will be given to the top three females and the top three males at the awards ceremony at the Dog Days race on August 8, 1999.

Annapolis Striders Hotline: 410-268-1165

Series Coordinator: Dan Symancyk 410-544-1516

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

(Be sure to save the top portion of this form)

1999 Summer Series - COMPLETE ALL INFO., PLEASE PRINT. Mail before June 12, 1999.

Make check payable to Annapolis Striders, Inc. NO CASH BY MAIL.

Send with form to DAN SYMANCYK, Attn: Summer Series

234 Mill Church Road, Arnold, MD 21012

LAST NAME _____ FIRST NAME _____ MI _____ TELEPHONE _____

STREET _____ POST OFFICE _____ ZIP _____

AGE ON AUGUST 8, 1999 [] BIRTH DATE [/ /] GENDER [] M [] F SHIRT SIZE [] M [] L [] XL

WAIVER AND RELEASE: I know that running is a potentially hazardous activity. I understand that I should not participate unless medically able. I assume all risks associated with involvement with this series, including but not limited to falls, contact with participants, the effects of weather, including high heat and/or humidity, the condition of the track, course and/or road, traffic on the course - these risks being known and appreciated by me. Having read this Waiver and Release, knowing these facts, and in consideration of my being accepted into these races, I, for myself and anyone entitled to act on my behalf, waive and release the Annapolis Striders, the Road Runners Club of America, all sponsor and hosts, and their representatives and successors from all claims or liabilities of any kind arising from my involvement in this series.

SIGNATURE OF ENTRANT _____ DATE _____

SIGNATURE OF PARENT IF ENTRANT UNDER AGE 18 _____ DATE _____

Apr 10, Sat, 9am, BRRC 2 person 5K combined time 5K, Northern Central Trail, 410-281-9710.
Apr 11, Sun, 8am, Nortel Cherry Blossom 10M (entries closed), 301-320-3350.
Apr 11, Sun, 9am, Mayberry 10K Trot, Silver Run, MD, 410-848-4629/
Apr 14, Wed, 7pm, Main Street Mile, WRRCC, Liuda Galinaitis, 1796 Mt Pleasant Valley Rd, Westminster, MD 21158, 410-857-5427.
Apr 17, Sat, 830am, Run for the Towpath 8K, Georgetown, DC, 73-241-0395.
Apr 17, Sat, 830am, Garrett's 5K, Frederick, 301-663-8082(call to confirm).
Apr 17, Sat, 830am, Bright Beginnings 5K, East Potomac Park, DC, 301-871-0005.
Apr 17, Sat 10am, Terrapin Trot 5K, College Park, 301-314-7752(call to confirm).

Where THE RACES ARE

Apr 17, Sat, 9am, Brandywine BrewPub 5/10K, Wilmington, DE, 302-654-6400.
Apr 18, Sun, 8:30am, Brain Tumor 5K, Washington, DC, 301-871-0005.
Apr 18, Sun, 9am?, Penn Relays 20K, Philadelphia, PA, 215-898-6145.
Apr 18, Sun, 8am, Geo Washington Parkway 15K, Alex United Way, 300N Washington St (Suite 100), Alex, VA 22314, 703-836-1463.
Apr 18, Sun, 8am, Clydes American 10K, Columbia, 410-964-1165.
Apr 19, Mon, Noon, Boston Marathon, SASE to PO Box 1997-A, Hopkinton, MA01748.
Apr 24?, Sat, 8:45am, Cloverhill 8K, Frederick, 301-865-1876 (call to confirm).
Apr 24, Sat, 730am, Mid-Atlantic Triple (trail half marathon/10K and 5K), Newark, DE, 302-453-0859.
Apr 24, Sat, Lady White Rose 5K, York, PA, 717-741-3836(call to confirm).
Apr 24, Sat, 830am, Farm 5K, Westminster, 410-857-4974(WRRCC).
Apr 24, Sat, 930am, Fenwick 15K, Fenwick Island State Park, 410-668-3766(Les Kinion)
Apr 25, Sun, 8am, Pikes Peek 10K, Rockville, MCRRC, 301-353-0200/460-8888.
Apr 25, Sun, 8am, Sallie Mae 10K, Washington, DC, 202-728-6456.
Apr 25, Sun, 8am?, Belle Haven 15K, Alexandria, 703-241-0395.
Apr 25, Sun, 8am, BRRC Champ Series 10K, Loch Raven, 410-2281-9710.
May 1, Sat, 9am, YWCA Race Against Racism 5K, Wash, DC, 301-871-0005.
May 1?, Sat, 9am, Apple Blossom 10K, Winchester, VA, 304-229-3015(call to confirm).
May 1?, Sat, 9am, Byron 15K, Emmitsburg, 301-447-5330.
May 2, Sun, 830am, Pittsburgh Marathon, 1001

Law & Finance Bldg, Fourth Ave, Pittsburgh, PA, 15219, 412-647-RUNN.
May 2, Sun, 830am, Reach Out and Run 5K, Towson, 410-377-8882.
May 2, Sun, 830am, Capitol Hill Classic 10K, Peabody School, 5th & C Sts NW, Wash, DC, 301-871-0005
May 2, Sun, 830am, Broad Street 10M, BSR, POB 18543, Phila, PA 19129, 215-563-6184.
May 2, Sun 830am, Jay's Run 10K, Potomac, 301-983-1425.
May 8, Sat, 9am, America Races for Strong Women 8K, Washington, DC, 703-556-9402.
Mat 8?, Sat, 8am, Mill Run 4M, Westminster, 410-876-9249(call to confirm).
May 8, Sat, 830am, Preakness 5K, Inner Harbor, 410-377-8882.
May 9, Sun, 8am, Washington Runners Mother's Day 5K/10K, Wash, DC, 703-904-0925.
May 9, Sun 9am, Masser 5M, Lewes, DE, 302-947-1772.
May 14, Fri, 715pm, Bullis 5K cross country, Potomac, 301-353-0200.
May 15, Sat, 9am, Kennett Square 5/10K, Kennett Square, PA, 610-388-1556.
May 16, Sun, 830am, Ferndale Linthicum 5K, Jim Griffith, 410-261-2410/377-8882.
May 16, Sun, 8am, BRRC Hillside 5M, Stevenson Rd/Hillside Rd, Balt, 410-281-9710.
May 16, Sun, 9am, Ruth Chris Steakhouse, 5K, Bethesda, 301-871-0005.
May 16, Sun 10am, French Creek "Dirty 30"K trail run, Birdsboro, PA, 610-779-2668.
Mar 22, Sat, 8am?, Great Cape May 5/10K, Cape May, NJ, 609-884-5508.
May 23, Sun, 8am, Defender 10M, Washington, DC, 301-871-0005.
May 23, Sun, 830am, Pikesville 5K, Pikesville, MD, 410-377-8882.
May 29, Sat, 8am, Chestertown 10M, Tea Party Race Comte, P.O. Box 526, Chestertown, MD 21620, Lee Cox 610-277-9758.
May 30, Sun 10am, Charlie Horse 20K Trail Run, Plowville, PA, 610-856-5091.
May 31, Mon, 9am, HCS All Fruit Relay 4X2M, Columbia, 410-992-5744.

(Items with a "?" indicate tentative date or time, call to confirm)



Annapolis Strider Events What's Coming Up

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

STRIDER BOARD MEETINGS

**AA Medical Center, Jennifer Road
 Tuesday, April 6, 1999, 7:30 p.m.**
 Meetings open to all Strider Members.

INFORMAL DISTANCE RUNS

**Monday & 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

6:06 CLUB: meet at Church Circle in front
 of Maryland Inn, Mon/Wed/Fri; run 6 miles.
 Contact Gill Cochran, 410-280-5515.

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.

Hotline: 410/268-1165

DUES NOTICE

If "0499" 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, contact Membership
 Mgr. Lee Masser, 301-858-1337.

**ANNAPOLIS
STRIDERS**

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 POST OFFICE BOX 187
 ANNAPOLIS, MARYLAND 21404-0187

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