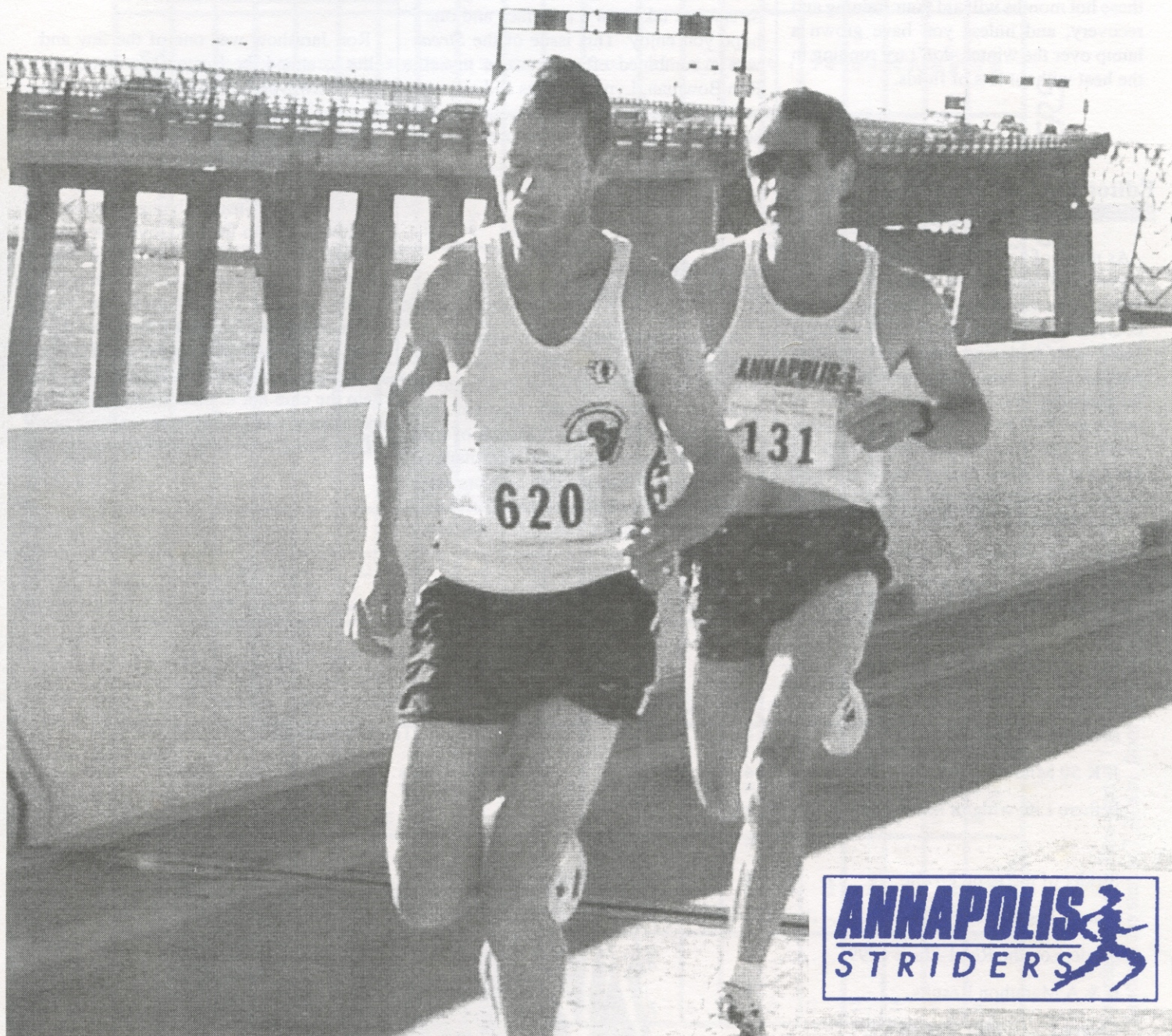


STREAK

Volume XXi Number 3

The Annapolis Striders News Source

June 1999



ANNAPOLIS
STRIDERS

Message from the President

by Sue Briers

Summer is here along with all its hot and humid glory. I am sure by now you have experienced the joys of heat acclimation and all the physical adjustments it brings. Just walking up the steps at work signals your body that this feels like exercise so "COOL OFF" as you drench your best work clothes and all your co-workers ask you if you just got out of the shower. Remember that proper hydration during these hot months will aid your training and recovery, and unless you have grown a hump over the winter, don't try running in the heat without lots of fluids.

Editor Extraordinaire

As many of you know, Eileen Hagan has served as Editor of the *Streak* for over 6 years. She has done a fabulous job of coordinating the *Streak* on a BI-monthly basis and producing an award winning publication. We are sorry to say Eileen will be stepping down from her position as editor and will be serving the club in other ways. I hope you will join me in thanking her for all her many hours of effort and hard work in producing the *Streak*. It is volunteers like Eileen that create the level

of quality that has been synonymous with the Annapolis Striders name.

Streak

By now you have had a glimpse at your new *Streak* and have noticed a change. The *Streak* has taken on a new face and one I hope you enjoy. This issue of the *Streak* was a combined effort between myself, Ron Bowman, Lynn Hopkins and our new editor, Kathy Jedrich. We welcome any suggestions as to favorite features or ideas to add to the new format.

Route 450 Clean-up

On Saturday, March 27 the Annapolis Striders had a clean up party on Route 450. We currently participate in the State of Maryland Adopt-A-Road program and have claimed the two-mile stretch of road between Rutland Road and Hermitage as our area to maintain. The Striders have maintained this stretch of road for over 7 years (sorry I can't remember the exact

term). This year we had about 14 Striders picking up trash and various items along the road to beautify an area we utilize every Saturday. We hope to have more Striders in the fall participate, as it is a very worthy cause.

Striders on the Road

Ron Jarashow was one of the few and elite to attend the Boston Marathon this year. However, he did not comeback with sore quads and blistered feet. He did return with the coveted volunteer's jacket issued by Adidas. Ron traded his time working with the timing of the race in exchange for the Annapolis Striders being allowed to borrow a system for the Governor's Bay Bridge Race. Having run the Boston Marathon this year I never thought I would be able to find them but as I approached the 30 km mark there was Ron with a cheerful well wish for me. Thanks Ron for giving so much of your time to help the club not to mention the valuable experience you gained from working one of the world's premier running events.

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Water and Electrolytes

by Dr. Philip Maffetone

Water may be the most common nutritional “deficiency” in the running population. This comes in the form of dehydration, even in its in common mild forms. Many runners don’t drink enough, and others who perform very long workouts may have a difficult time maintaining normal hydration despite drinking sufficient quantities.

The need to replace water, and the important electrolytes, is much greater than the need to replace any other nutritional substances.

A young man’s body is typically 60% water, and may contain 90 pounds of water; a young woman’s body may contain slightly less at 50% of her total weight. Approximately, two-thirds of this water is in the intracellular compartment of the body — predominantly within the muscles.

The feeling of thirst is activated 1.) when the total body water level is reduced, and 2.) by sodium. Even slight dehydration reduces the blood volume triggering thirst. But thirst is sensed only after dehydration is evident, making thirst a poor indicator that it’s time to drink more water. Once you are dehydrated, it may take up to 48 hours to properly rehydrate using thirst as a guide.

Even mild dehydration reduces blood volume, which reduces blood flow to the muscles, organs and glands, along with oxygen and nutrients since these are also carried in the blood. The ability to expel heat is also lost since skin circulation is reduced, elevating the core temperature of the body. It is vital that runners understand the important functions of proper hydration to avoid its risks, which are amplified in warm weather.

Approximately 60% of the body’s need for water comes from liquids, and 30% from foods. The other 10% is produced in the body from the cellular metabolism. During running sweating increases significantly, accounting for 90% of the water lost (1-to-2 liters per hour in prolonged training or competition).

If the water lost becomes greater than the intake, blood volume diminishes with significant adverse effects. A runner may, for example, reduce his or her pace by 2% for each percent of body weight lost by dehydration. Water losses of 6-to-10% may exist in marathon events, more in longer competitions. This translates to a runner performing a 10K race in 35 minutes under normal hydration, slowing to complete the same distance in almost 38 minutes when 4% dehydrated - a significant loss of performance.

Under certain conditions, such as during hot weather, the potential for heat stroke is higher. Studies across a number of sports show that mean fluid intakes of up to one liter per hour can realistically be achieved. Therefore, consumption of this amount hourly — in small doses — may serve as a guide during long training and racing.

In athletes with high aerobic function, water regulation is more efficient, including maintenance of body temperatures and lower sweat rates. This is another reason to build a good aerobic base.

For any athlete, it is important to continually drink water everyday and not wait until an upcoming event. Ingestion of large amounts of water at one time, however, may inhibit thirst and actually promote water loss. This may result, over time, in a lower net water volume, and dehydration. The best recommendation is to consume one or two cups each time. For most runners, a normal water intake may be between three and four liters per day as a minimum. In athletes who cross train with more total workout time, additional water may be required.

Self-assessing the need for water is important and should be done regularly. Studies have demonstrated the traditional method of assessing for hydration status, by observing the color of the urine, is a good general guide for hydration status. A definite yellow color often indicates dehydration, with a clear urine characterizing proper hydration. Most importantly, runners should learn to assess their own urine color on a daily basis and increase water as necessary.

Electrolytes.

Any discussion on water intake should also include electrolytes. Sodium and chloride are the dominant electrolytes, along with potassium. Electrolyte regulation is controlled by sodium and chloride, which plays a major role in regulating water.

Dietary intake of sodium, and its loss from the body help regulate both the thirst and salt appetite mechanism in the brain.

The adrenal hormone aldosterone is very important for electrolyte regulation - it prevents sodium and chloride loss, and rids the body of excess potassium. Adrenal stress, however, can result in excess sodium and chloride loss, and increased potassium, resulting in a diminished water volume.

A common problem in runners who have reduced aldosterone is diarrhea, which may cause further losses of sodium and water. The so-called “athlete’s diarrhea” maybe due to chronic adrenal dysfunction - a condition which may not be evident until the stress of competition. This is especially true in those competing in longer events. The chronic loss of sodium during adrenal dysfunction has also long been considered the reason for salt craving by many athletes.

Hyponatremia (blood sodium concentration below 136 mmol/L) can occur during or after training or racing, and can sometimes be observed even at rest in a normal blood test. Runners with low sodium do not necessarily have symptoms of hyponatremia. Early symptoms may include weakness or disorientation. In extreme cases, hyponatremia can result in such problems as rapid neurological deterioration, cardiovascular instability and seizures.

I have recommended sodium tablets to many athletes for use during long endurance events. The well-hydrated runner sucks on a salt tablet until he or she loses the desire/taste for salt. In some cases, a runner may consume several salt tablets during events such as a marathon.

While large amounts of salt have been given to healthy individuals with no adverse effects, some people may be sodium sensitive. In this case, the blood pressure may rise or water retention will be evident.

With so much concern about diet and nutrition, the first step should be to assure you remain well hydrated.

Dr. Philip Maffetone practiced complementary sports medicine and applied kinesiology for over 20 years. His extensive background in biochemistry, kinesiology and exercise physiology has helped him train many world class and professional athletes. Dr. Maffetone was named Coach of the Year in 1996 by Triathlete Magazine. His books include In Fitness and In Health and Training for Endurance (Barmore Productions).

Moore's Marines

The time for putting it all on the line has arrived. Is this the year you will run your first marathon? If so, join many others just like you in the training of "new meat" by Ben Moore. Ben has declared this is his last year for marathon training. Having trained new marathoners for over 20 years, Ben has certainly done his share to promote the sport of running. He will be dancing (or share I say running) his swan song at the USMC Marathon and the Honolulu Marathon. Come and run with Ben this summer. Ben started such a wonderful tradition, the Annapolis Striders will continue the training every year. We hope to get Ben back to talk with the trainees each summer to motivate and encourage them in their goals.

SEE PAGE 15 FOR SCHEDULE

Ultra Training

This year is the second opportunity for runners to train for an ultra event. Geared for the JFK 50-mile run, the training will start in July (see training schedule in this issue). Last year we had a 100% finish rate for the first timers and we look forward to continuing that success rate. The challenge is large but the training will get you there. Our creed is "Whether I can or I can't it is up to me". This is a great chance to train with experienced ultra runners and get all those fears and questions laid to rest.

JFK 50 Mile Training

By Sue Briers

There have been several requests from some of our veteran marathon runners to seek out new challenges. Believe it or not they are interested in stepping up to the frightening (at least to some) distance of 50 miles and what better race to make their first attempt than the JFK 50 mile race on Saturday, November 20, 1999. Not wanting to disappoint the membership and any potential Striders, I will be conducting an Ultra 50-mile training program along with the traditional Moore's Marines marathon training this summer. Since 50 mile training follows, basically, the same

training calendar and regiment as the fall marathons we will all meet at the same dates but pursue a slightly different schedule.

The following is a basic guideline for the program:

This program is designed for strong, healthy, veteran runners who have an endurance base of a 14-16 mile run and have completed at least one marathon.

Ultra Training Schedule

Month	Saturday Long Run	Sunday	Weekly Daily Runs	Rest
July 10	14 miles	10 miles	6 miles	Friday
July 17	14	10	6	Friday
July 24	16	10	6	Friday
July 31	12	10	7	Friday
August 7	18	Dog Days 8k	7	Friday
Aug 14	14	10	7	Friday
Aug 21	20	10	7	Friday
Aug 28	6	Annap 10 Mile	7	Friday
Sept. 4	22	10	7-8	Friday
Sept. 11	18	Dawson's 5	7-8	Friday
Sept. 18	24	10	7-8	Friday
Sept. 25	26	10	7-8	Friday
Oct 2	rest	Metric Marathon 16.3 miles	8	Friday
Oct 9	18	12	8	Friday
Oct 16	12	10	8	Friday
Oct 23	0	USMC Marathon ?		Friday or as needed
Oct 30	10	8-10	7	Friday
Nov. 6	14	8-10	7	Friday
Nov. 13	8-10	8	5-7	Friday
Nov. 20 JFK 50		Rest	It's Over REST.	

A more detailed schedule will be distributed at the training sessions for the final two weeks. As well helpful hints particular to the course, crew instructions, food and nutrition advice and information specific to ultra running will be shared throughout the training.

The first session will meet at 6:30 on Saturday, July 10 at the Contee Building on Route 450. This will allow for some basic discussion about your new goal and any questions. Having completed over 20 ultra events, including 3 100-mile endurance runs, I have learned more about the science of running and myself with each finish. This is an exciting endeavor - You will love it!!!

Is there Life without Marine Corps Marathon?

By Sue Briers

Didn't get into the Marine Corps Marathon? Are you wondering how you will survive without the largest marathon in the area on your training schedule? Well think again as this may be a blessing in disguise. While your friends (those who are the type A personality, that entered before the March closing) are training for Marine Corps Marathon (or as it 's beginning to be known the "one step above a walk-a-thon charitython") you can be planning to run a new marathon that has even more to offer.

Having run Marine Corps last year, and 10 other times, I have been less than enchanted with the growth of the number of participants and the encouragement of walkers rather than runners to the event via charitable organizations. Being a purist, I believe marathons are for those who at least run a few steps. Having witnessed Marine Corps in 1998 I have noticed that running has become less than a requirement for many of the participants. More and more walkers are infiltrating the field and diminishing the quality of the event (I know I may strike a nerve with a few people but it's the truth). Walkers have been seen cutting the course in order to make cut off times or starting early and blocking the pathway of people who actually want to run the event - imagine that! No longer known as the People's Marathon (unless you are one the people the charities will let in if you raise thousands of dollars for them) there are other options open to those who are runners and want a runner's event.

I have researched and personally run many of the marathons listed below. Some of the smaller ones are the best ones and have the greatest potential for you to have a PR (personal record). Out of 49 marathons I have run my best times at out of town marathons, usually in smaller ones. Good luck and I hope this helps you get over the pain of missing the Marine Corps Marathon.

October 3

Twin Cities Marathon

Excellent race, fast course

Minneapolis, MN

Tcmarathon@aol.com

(612)673-0778 Scott Schneider

Wineglass Marathon

Super race, gradual point to point course

Beautiful scenery

Corning, NY

www.pennynet.org/wineglasR

(607) 936-4686

Johnstown Marathon

My PR course race – Beautiful fall foliage and scenery. Rolling hills but this is better than a total flat course (better use of all muscles)

Johnstown YMCA

100 Haynes St.

Johnstown, PA 15901

(814)535-8381

October 10

Steamtown Marathon

Much like Boston – fast down hill start, hills in back portion. Excellent reputation with Annapolis Striders who have run it

Scranton, PA

www.visitnepa.org

October 17

Atlantic City Marathon

Fast & flat course near the ocean. Can be windy.

Ventnor, NJ

www.iloveac.com/marathon/

Barbara Altman

(609)601-1786

Mohawk Hudson River

Striders who have run this had great success.

Flat and scenic along the river

Albany, NY

www.crisny.org/users/hmrcc/index.html#D

(518)435-4500

October 24

Chicago Marathon

The windy city's marathon is listed among the best in the world. Great course, super expo and race management This is the one I want to do next!

Chicago, IL

www.chicagomarathon.com

(312)243-0003

October 31

Richmond Marathon

New course and a better organized race

Richmond, VA

www.rtrc.org

(804)6 73-7223

November 7

Columbus Marathon

This is another fast course and very well organized event.

Columbus, OH

www.columbusmarathon.com

(614)433-0395

Harrisburg Marathon

Close to home. Don't personally know about this one but haven't heard anything negative.

Harrisburg, PA

(717)761-5178

Ocean State Marathon

Not too far away and should be flat.

East Greenwich, RI

www.osm26.com

(401)885-4 4 99

November 20

Hampden-Sydney Marathon

Once again close to home. This is a newer event, I believe.

Hampden-Sydney, VA

<http://ceres.hsc.edu/Hsmarathon.html>

(804)223-6178

November 21

Philadelphia Marathon

Close to home. No personal information

Philadelphia, PA

www.philadelphiamarathon.com

(215)685-0054

November 27

Northern Central Trail

Close to home and a great low key marathon.

Less than 400 allowed in so enter early. A

trail marathon that is run on a flat dirt trail.

Great place to run a strong marathon.

Sparks, MD

(410)668-8653

November 28

Almost Heaven Marathon

In beautiful West Virginia but I suspect it is hilly.

Charleston, WV

(304)744-6502

December 5

Delaware Marathon

A loop course but flat. Can be cold but it is very close.

Wilmington, DE

www.msca.com

(302)654-6 400

There is hope for a new marathon next year put on by the Montgomery Co. Road Runners that will be in Rock Creek Park around the time of Marine Corps. We hope that does happen and we will have another great marathon close to home.

**** Just a brief side note:** The introduction of charities to the world of marathoning has been an excellent boost to our sport. However, in the past year charities have taken a new approach by encouraging people to walk rather than train to run marathons. Organizing a marathon is a huge task. Soliciting volunteers to work well beyond a normal course opening of six hours (as is the case for events for runners) to allow participants who are walking and will not finish for 7-8 hours is detrimental to the event. Not only does it put a strain on the race volunteers it also impacts on the police and vehicular course restrictions. Marathons are running or speed walking events and should remain so. They were never intended to be walk-a-thons for a leisurely 26.2 mile stroll. I encourage charities to create and manage their own walk-a-thons if they feel this is a beneficial funding raising activity.

Scott Rafferty, USAT&F Long Distance Representative, is collecting comments from runners who have concerns about the direction of the Marine Corps Marathon. If you would like to contribute you may do so through our web page www.annapolisstriders.org under Bulletin Board.



Strider of the Issue Profile



Strider:

Jennifer Sullivan

DOB:

January 14, 1965

Place of Birth:

New Jersey – it was a long time ago

Current Address: (city only)

Annapolis, MD

Occupation:

Flight Attendant

Marital Status:

Yes

Children:

1 son

Pets:

1 goldfish

Height/Weight

5'3"/It depends who I'm telling

Favorite Non-running Magazine:

Home & Gardening types

Favorite TV Show:

Rarely watch TV

Last Book Read:

Into Thin Air – I'll stick to running

Favorite Music:

Top 40 – Boring

Favorite Movie:

Comedies – Not one sticks out

Car you Drive:

Mini-van

Car you would like to drive:

New VW Beetle – RED

Favorite Spectator Sport or Hobby:

Gardening in my sweaty running clothes
I'm already dirty.

Favorite Vacation Destination:

Beach

Favorite Time of Day:

Late evening

Most Prized Possession:

My son

Political Affiliation:

Radical some days, conservative other days

Personal hero:

Peter Salmon-Cox (he made me say that)

Short Term Goal:

Enjoy today

Long Term Goal:

Maintain health & fitness

Achievement you are most proud of:

Getting my son potty trained

Pet Peeve:

Where do I begin

Favorite non-running activity:

Socializing

Greatest Fear:

The scale at the doctor's office

Happiest memory:

Running pregnant

Secret Ambition:

Run a business

Personal Strengths:

Lots of energy and lots of interests

Personal Weaknesses:

Losing track of priorities

Years Running:

PR's 5k: 19:05 — 10k: 40:11 —
marathon: 3 hrs. 13 min

Typical Training week:

A mix of moderate runs, crosstraining
and 1 long run

Favorite Speed workout:

Treadmill with headset & good music
playing – lots of water and a bathroom near
by

Why do you run?

Makes me feel good about myself

Injuries?:

In the dark past – don't bring them up

Favorite Place to Run:

Southern California – the weather is
always perfect

Favorite Inspiration Saying:

Pain is temporary, pride is forever.

Plantar Fasciitis (fashee-eye-tis)

*By June E. Schneider, Sports
Massage Therapist*

The plantar fascia (fasyuh) is a dense band of connective tissue on the sole side of the foot. It fans out from the heel bone to the heads of the metatarsals - the ends of the long foot bones just behind the toes. Each time we take a step, the heel and the ball of the foot want to move away from each other, letting the arch flatten out.

The plantar fascia is a firm yet flexible band that provides tensional spring, allowing the arch to flatten and then spring back. In the ideal foot, this flattening follows a specific path, but when the flattening deviates from this path, the fascia

can be strained and become inflamed. (The suffix "itis" means inflammation.)

A foot that overpronates - rolling to the inside too far and/or too fast - is a primary cause of plantar fasciitis. The main symptom is that it becomes next to impossible to walk when getting out of bed in the morning- lots of runners with this condition have been known to crawl to the bathroom (and not because they have been carbo-loading with beer).

For self-treatment, ice the area after running plus one or two additional times each day. I recommend stroking the sole of the foot with the ice pack. Do not overchill the tissues - usually about 10 minutes of stroking is sufficient. While running, heel pads and arch support strapping can help a lot. The Runners' Repair Manual by Dr. Murray E. Weisenfeld details this type of taping. Short calf muscles pull on this tissue so it is crucial to stretch often and especially after running. Do self-massage by rolling your foot around on a tennis ball. Professional myofascial massage on the plantar fascia, calf, and Achilles tendon helps to lengthen these tissues and speed their recovery. You can take a non-steroid anti-inflammatory of medically appropriate for you, but not to reduce the pain while running. Excessive mileage, running on hard surfaces, hill running and speed work are all aggravating factors. Check that the shoes you are wearing are appropriate for your foot and not worn out. If self-care does not provide relief, see a podiatrist that treats runners.

All of that said, the site of the pain is often not the source of the problem. Fascia is a type of connective tissue that weaves continuously throughout the body. Imbalances other than those in the foot can be sources of plantar fasciitis. Runners' calves and hamstrings are often strong and short whereas the opposing muscles on the front of the shin are relatively weak. All of these muscles play major roles in the weight transfer across the foot. Muscles of the thigh effect the knee, which can in turn effect the foot. Also, excessive curve in the low back contributes to overpronation.

Plantar fasciitis can be a stubborn condition. Looking at all the possible causes and using all the recovery tools available is critical to returning to pain free training.

STRIDERS ON THE ROAD - JUNE 1999

by Evan Thomas

MAINE MARATHON PORTLAND, ME October 4

Jim Mandrin 4:30
2nd AG - Look who I found while perusing a marathon results mag at the RRCA convention. You can sneak out of town, do well, and not be noticed!

RICHMOND MARATHON/RICHMOND, VA November 7

Brad Chapman 4:46
4th AG Same magazine gave us Brads nice result.

SAN DIEGO HALF MARATHON/ SAN DIEGO, CA January 12

Michael Smith 1:36:20

SHAMROCK 10 MILER/LAKE WORTH, FL March 13

Patty Snodgrass 1:33
Don Snodgrass

MCGUIRES 5K PREDICTION RUN/PENSACOLA, FL March 13

Nancy Mann 27:22 4th AG
Joan Forman 28:53 2nd AG
Chilly and windy for this, the largest prediction run in the US (29,000!)

SHAMROCK MARATHON & 8K/VIRGINIA BEACH March 20

Jim Storey 3:29?
Tommy Modiset 3:28?
T.J. Harrington 3:32
Mach 1's were blazing! (pushed by Ms Malloy!)
Mike Blanche 4:04
Nursing a cold
Yael Fortier 4:04
Ace escort
Evan Thomas 4:08
One barrel roll @ 24

Web Chamberlin 4:23 3rd AG?
Dennis Williams 4:50
Mandy Falk 5:35

Masters 8K:

John Benkert 29:34
1st AG
Rose Malloy 31:15
5th F O/A = cash!
Jim Lundeen 32:49
Ken Lyons 35:35
11th AG
Stan Witomski 38:11
2nd AG
Denise Hyde 39:09
PR (aged quickly!)
George Nislein 43:57
Great tights
Nut Hall 47:59
1st race in a loooong time!
Doris Harrington 54:1
5 st race as an (almost) Master

Open 8K

Jennifer Lundeen 37:57
Duke Lundeen 38:10
Marty Van Doornick 38:14
Jim Carter 41+?
Daniel Falk 45:37

Well, the gang was all there and the weather man smiled on us for a change. There was some betting underway for a repeat of 1988 (my last trip to the marathon there) when the temperature hit 80 degrees and I was a dead bug at 20 miles. Much better this time with temps in the high 50s/low 60s and a breeze off the water to keep us cool. Thanks to Laura from the Coast Guard for dragging me through the first half and to Ken Lyons who jumped in at 20 or so after finishing the 8K. He got to witness the barrel roll and the cursing that followed. All was forgotten at the finish line. Of course, my fan club wasn't expecting to see me for another 20 minutes or so and many missed the triumphant finish! After draining the post race bash, it was off to Bubba's Beach Club (a spot picked out by T.J. and Mike B). Renowned for its burgers and deer/moose antlers (which were decorated with many varieties of female upper body appliances!) We were almost in time for a wedding reception at Bubba's but we had to leave early to get ice cream sundaes (T.J. needed some cooling after 19 nuclear chicken wings!!). Pre-race pasta at the Bella Monte and a nice expo. We are waiting for Rose's prize money for the real post race

party to start! Thanks to Beth Chamberlin for great course support. The course is still nice and flat and the Tidewater Striders will host the RRCA convention in 2002!

HINTE-ANDERSON 50K/SUSQUEHANNA STATE PARK March 21

Meredith Bonta 5:25
1st AG
Sue Briers
17 min. faster than '98 5:25
John Gallagher 5:25

Ron Hooker was just ahead of this trio. Matt Mace ran the same time (4:13) as last year when he won, but was 12th this year. Mark Rosasco (4:54), Bob Field, Will Myers, Mary Land, and Jay Joseph also finished smiling. The following did one loop (15+miles): Linda Simpson, Dave Walser, Patty & Don Snodgrass, Bill Peake, Earl Scott, and Carole Rosasco. The ride home was almost the highlight as a spare tire came off a pick-up truck, causing some amazing bobbing and weaving by our intrepid runners/drivers. Good reactions after a long day on the trails of Harford County.

NESTLES ST PATTYS 10 MILER/FREEHOLD, NJ (330+ runners) March 21

Dick Hillman 1:31
Will Scott 1:32
recovering from bronchitis

MT PENN MUDFEST 15K/ READING, PA (Sloppy) April 3

Denise Hyde 1:42

CROFTON 5M FUN RUN/CROFTON PARK April 10

Peter Salmon-Cox 41+
2nd AG
Derek Ammons

CHARLOTTE MARATHON/CHARLOTTE, NC April 10

Gerald Royce 4:48
Another state in the books.

**NORTEL CHERRY BLOSSOM
10M/WASHINGTON, DC
April 11**

MEN	
Hugh Harris	1:02
Chris Riley	1:06
3rd AG?	
Michael Smith	1:12
Morgan Wells	1:13

PR!
Dick Hillman and Larry Puglisi
splashed in the rain.

WOMEN	
Rose Malloy	1:05 1st AG
Sue Briers	1:13
Danalee Green	1:19
Best in 2 years! 6 min+ faster than 97!	
Denise Hyde	1:23
B.J. King	1:32
Back on the road	

Wettest Cherry Blossom ever - they had to cancel the awards ceremony! I didn't hear from many of you. I will try to search through the results and print more next time.

**CLYDES AMERICAN
10K/COLUMBIA
April 18**

Jim Griffith	
Was up front when I saw him	
Tom Prendki	40:13
Vern Robinson	45:10 zoom
Clint Henderson	49:03
Mike Blanche	50:05
Evan Thomas	50:36
Marty Van Doornick	52:31
Jim Noctor	53:10
Neal Hinkle	54:50
Joe OBoyle	59:20
Linda Webb	1:05:40

Jim Carter got there in time for the post race bash. Great food, etc and no lines at the beer taps. Weather was great - too bad many of us weren't in shape to take advantage of it. Over 1,300 signed up. The Howard Country Striders have a good event - let's not schedule the Cherry Pit against it again next year!!

**GEORGE WASHINGTON
PARKWAY CLASSIC
15K/ALEXANDRIA, VA
April 18**

Ben Moore enjoyed the trip from Mt. Vernon to Alexandria. Did you see Kathleen?

**103ND BOSTON
MARATHON/BOSTON, MA
April 19**

Hugh Harris	3:04 PR!!
Well done!	
Chris Sinclair	3:06
Ed Jablonski	3:33
1st Boston smiles	
Bill Tham	3:39
Dave Turban	3:40
T.J. Harrington	3:42
(Was he ready for those down hills this year??)	

Carla Pastore	3:43
1st Boston grin	
Meredith Bonta	3:43
16th AG	
Trish Dunn	3:45
Jino Masone	3:48
Sue Briers	3:49
Ann Roberts	3:50
1st Boston awe	
Muffett Chatterton	3:53
Rita Twist	3:57
1st Boston raves	
Mary Lang	4:01
Maria Shields	4:09
1st Boston wow	
Dennis Hall	4:23
One of my beginners from a few years ago)	
Jeff Walcoff	2:42!
221st	

**SEVERNA PARK BOOSTERS
5K/SEVERNA PARK HS/B&A
TRAIL, MD
April 24**

Yvonne Aasen	29:25
1st AG (50+!)	
Dan Symancyk	1st AG
Where was Tom Bradford ? Doing the timing, perhaps?	

**FENWICK 15K/FENWICK
ISLAND STATE PARK, DE
April 24**

Kevin Murnane and Joe OBoyle scampered at the beach in this first time race which featured 30 kt winds (a sure way to get you to come next year!)

**LOUISVILLE HALF MARATHON,
LOUISVILLE, KY
April 24**

Jennifer Sullivan 1:28:20; 6th Overall
Female - 6,500 running fools.

**PIKES PEEK 10K/ROCKVILLE
April 26**

(certified course, 2129 finishers,
Champion Chip)
John Benkert 37:28

1st AG but a tough road!
Carla Dal Colletto 45:01
10th AG

Evan Thomas 47:30
3min faster than Clydes
Michael Henderson 52:53
Jim Carter 55:43

Got nosed out by his coworker-a tough week ahead at work!

Barbara Deuink 49:35 PR!
Brad Chapman 53:38

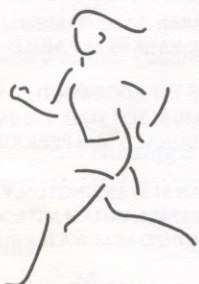
The Montgomery County RRC put on another nice event on a nice day. There is only one turn on the whole course and it has a net elevation loss of almost 200'. There are still some hills to contend with, but a good course overall with lots of food after and nice random prizes. The men's winner, Dan Browne (Army 10M champ) swooped down and went home with \$20,000 for breaking 28 minutes!! Our own coolers were the real winners at the post race fest!

**BROAD STREET
10M/PHILADELPHIA, PA
(5,000 runners)
May 3**

Denise Hyde	1:27
same as last year?	
Joe OBoyle	1:37
Linda Webb	1:39
9 min faster than '98!	

FINISHING LINES - With apologies to **Sue Briers**, you'll want to know she ran a 1:17 at the RRCA Club challenge 10M and that was one of our scoring times, to boot.//You'll also want to know that Erwin Jaskulski, 96, shattered the 95 and over 100 meter world record on May 1 by clocking 24.01 seconds over the Punahou Relays course in Honolulu. The previous record was 38.82 seconds by a Japanese runner.////Yes, it has started again, Annapolis Striders Beginning Running Program (now in its 7th year!!) continues at the Bates Track. So, come on out and visit one Tues/Thurs night (6pm) or Sat (8am). Amazing as it sounds, the wall at the end of the track is still without graffiti! Some of last year's class (**Donna Cogle, Susan**

Shelton, & Penny Goldstein) swooped over the Bay Bridge 10K last weekend and all finished smiling and ready for more. ///I want to thank you for sending me to the RRCA Convention in Spokane, WA in late April. I was able to attend the coaching seminar and, if I can pass a few more tests, maybe I can get my certification in 6 months or so. (I know, you knew I was certifiable!). The highlight was running (?) in the Bloomsday 12K with 45,000 of my closest friends. What a zoo! And they do the race (most are walkers) and get a cup of water, a banana and a tee-shirt. And, yes, the t-shirt is for finishers only! Quite a logistics feat, but it was done very smoothly. The whole town gets behind this event - it would be something if Annapolis did the same. My favorite sight in Spokane was the law offices of Johnny Carson's attorneys: Dewey, Cheatham, and Howe! Great running along the Spokane River and trails everywhere. And don't forget to try the Alaskan Amber microbrew - smooth. On the plane to Spokane was club member **Anne Chamberlain** who was enroute to visit relatives - she was most happy to be greeted by a whistle blast - why did she pretend not to know me? The convention was great as usual with workshops for just about everything. Next year it will be in Peachtree City, GA and 2001 has Albuquerque as the host city. Make yourself a nice running vacation - go to a convention. The club budget will help defray expenses.///And last, but not least, lift your glass and toast our outgoing *STREAK* Editor - **Eileen Hagan**. She has quietly and effectively brought this newsletter to be one of the best in the RRCA. The newsletter is a magnet for all club members and it has brought us many new members just by itself. We have some big shoes to fill - thanks again Eileen!///Remember - RAFS = Run, and Finish Smiling (smiles are miles with an 's'). See you on the roads - ET



B&A Marathon Results and Age Group Results

B&A TRAIL MARATHON & HALF MARATHON - 3/7/99

MALE OVERALL RESULTS

Over'l FIN Name Age City, St Time Pace

JONES, MARK 37 ODENTON MD 2:41:46 6:11
BRUMBAUGH, BOYD 35 BELLEFONTE PA 2:47:45 6:25
CIAMARRA, CHRIS 28 MCKEESPORT PA 2:49:37 6:29
SULLIVAN, MARK 36 FREEBURG PA 2:57:49 6:48
ROSASCO, MARK 39 BALTIMORE MD 3:00:43 6:54
ARBONA, SERGE 33 BALTIMORE MD 3:01:54 6:57
HODGE, PHILIP 33 DALLAS TX 3:03:37 7:01
GERARD, PRASAD 40 HUGHESVILLE MD 3:04:55 7:04
BURZYNSKI, JOE 46 PAOLI PA 3:04:59 7:04
BETTLER, BUDD 55 NEWARK DE 3:07:08 7:09

FEMALE OVERALL RESULTS

Over'l FIN Name Age City, St Time Pace

SULLIVAN, JENNIFER 34 ANNAPOLIS MD 3:13:15 7:23
SCHWINN, PAULA 32 BALTIMORE MD 3:26:47 7:54
MYHRE, LEANN 41 STATE COLLEGE PA 3:35:34 8:14
KIRKLAND, ANGELIKA 32 COLUMBIA MD 3:37:07 8:18
CURRY, CAREY 28 CHESTER NJ 3:40:50 8:26
BRIERS, SUE 43 GAMBRILLS MD 3:43:26 8:32
BONTA, MEREDITH 53 RIVA MD 3:43:26 8:32
PROULX, EILEEN 38 ANNAPOLIS MD 3:44:42 8:35
SNYDER, MELISSA 30 WILMINGTON OH 3:49:46 8:47
HYLAND, LAURA 40 AKRON OH 3:50:17 8:48

MASTERS-MALE AGE GROUP: 40 - 99

FIN Over'l Name Age City, St Time Pace

GERARD, PRASAD 40 HUGHESVILLE MD 3:04:55 7:04
BURZYNSKI, JOE 46 PAOLI PA 3:04:59 7:04
BETTLER, BUDD 55 NEWARK DE 3:07:08 7:09

MASTERS-FEMALE AGE GROUP: 40 - 99

FIN Over'l Name Age City, St Time Pace

BRIERS, SUE 43 GAMBRILLS MD 3:43:26 8:32
BONTA, MEREDITH 53 RIVA MD 3:43:26 8:32
HYLAND, LAURA 40 AKRON OH 3:50:17 8:48

AGE-GROUP RESULTS

8TH B&A TRAIL MARATHON & HALF MARATHON - 3/7/99

MALE AGE GROUP: 20 - 24

FIN Over'l Name Age City, St Time Pace

IMBER, MICHAEL 24 BALTIMORE MD 3:34:52 8:13
WARD, PETER 24 ARLINGTON VA 4:14:45 9:44

FEMALE AGE GROUP: 20 - 24

FIN Over'l Name Age City, St Time Pace

MCCLELLAN, KAREN 20 BOWIE MD 3:55:14 8:59
ERB, MEREDITH 23 BALTIMORE MD 4:26:35 10:11

MALE AGE GROUP: 25 - 29

FIN Over'l Name Age City, St Time Pace

STEELE, ED 27 ELK RIDGE MD 3:30:59 8:04
SEYMOUR, CLANCY 26 BUFFALO NY 4:22:24 10:01
ESPOSITO, DOUGLAS 25 ELK RIDGE MD 4:41:07 10:44

FEMALE AGE GROUP: 25 - 29

FIN Over'l Name Age City, St Time Pace

CURRY, CAREY 28 CHESTER NJ 3:40:50 8:26
SINK, BRENNAN 29 WASHINGTON DC 3:55:12 8:59
HEYMAN, ANDREA 27 BALTIMORE MD 4:14:41 9:44
DOLES, DARCEE 28 CROFTON MD 4:21:36 10:00
MEDAIRY, SUZANNE 25 RESTON VA 4:27:39 10:13

MALE AGE GROUP: 30 - 34

FIN Over'l Name Age City, St Time Pace

ARBONA, SERGE 33 BALTIMORE MD 3:01:54 6:57
HODGE, PHILIP 33 DALLAS TX 3:03:37 7:01

SIMON, MARK 31 DUMFRIES VA 3:09:57 7:15

ORAVEC, ROBERT 34 SEVERN MD 3:10:51 7:18

ROGERS, THOMAS 32 LAUREL MD 3:13:11 7:23

FEMALE AGE GROUP: 30 - 34

FIN Over'l Name Age City, St Time Pace

KIRKLAND, A. 32 COLUMBIA MD 3:37:07 8:18
SNYDER, MELISSA 30 WILMINGTON OH 3:49:46 8:47
JOHANNES, BRENDA 31 RICHMOND VA 4:15:09 9:45
BRENNAN, ANN 30 RIVA MD 4:27:53 10:14
RANKIN, BROOKE 33 MOSELEY VA 5:21:51 12:18

MALE AGE GROUP: 35 - 39

FIN Over'l Name Age City, St Time Pace

SULLIVAN, MARK 36 FREEBURG PA 2:57:49 6:48
ROSASCO, MARK 39 BALTIMORE MD 3:00:43 6:54
COUGHLIN, C. 39 SEVERNA PARK MD 3:11:30 7:19
DOOLING, AL 35 BALTIMORE MD 3:16:48 7:31
MORRIS, JOHN 36 ELK RIDGE MD 3:22:48 7:45

FEMALE AGE GROUP: 35 - 39

FIN Over'l Name Age City, St Time Pace

PROULX, EILEEN 38 ANNAPOLIS MD 3:44:42 8:35
HUMPHREY, E. 35 ARLINGTON VA 3:51:24 8:50
SCHWARTZ, M. 39 ALEXANDRIA VA 4:00:11 9:11
COLON, JUDITH 39 COLUMBIA MD 4:02:19 9:15
O'NEILL, K. 35 WOODINVILLE WA 4:19:18 9:54

MALE AGE GROUP: 40 - 44

FIN Over'l Name Age City, St Time Pace

BAIDA, ANDY 40 BALTIMORE MD 3:15:51 7:29
WILSON, BOB 40 TIMONIUM MD 3:16:20 7:30
ZIMMERMAN, KARY 40 STEVENS PA 3:21:33 7:42
PRENDKI, TOM 42 ANNAPOLIS MD 3:24:00 7:48
WASHINGTON, P. 40 GAITHERSBURG MD 3:24:47 7:49

FEMALE AGE GROUP: 40 - 44

FIN Over'l Name Age City, St Time Pace

HYLAND, LAURA 40 AKRON OH 3:50:17 8:48
JONES, JANET 41 CLARKSVILLE MD 3:52:31 8:53
BAKER, JULIE 44 COLUMBIA MD 3:55:49 9:01
DARAGAN, K. 42 SILVER SPRING MD 4:07:55 9:28
CLARKE, BARBARA 40 RADNOR PA 4:08:30 9:30

MALE AGE GROUP: 45 - 49

FIN Over'l Name Age City, St Time Pace

BURZYNSKI, JOE 46 PAOLI PA 3:04:59 7:04
MILTON, STEVEN 47 COLUMBIA MD 3:25:49 7:52
MEADE, ROBERT 46 PARSIPPANY NJ 3:28:57 7:59
MCGOUGH, JOHN 46 NEWARK DE 3:32:32 8:07
POWER, GREG 47 ALEXANDRIA VA 3:37:44 8:19

FEMALE AGE GROUP: 45 - 49

FIN Over'l Name Age City, St Time Pace

SCHLUNDT, M. 46 MILLERSVILLE MD 4:07:03 9:26
MOORE, GINA 47 DALLAS TX 4:13:22 9:41
DELONG, D. 49 FOUNTAIN VALLEY CA 4:26:28 10:11
REISING, DANA 45 DANVILLE KY 4:47:38 10:59

MALE AGE GROUP: 50 - 54

FIN Over'l Name Age City, St Time Pace

WONG, RONNIE 52 BALTIMORE MD 3:16:36 7:31
DAUBERT, DAVE 53 WATERTOWN MN 3:21:30 7:42
THOMPSON, RALPH 51 AKRON OH 3:29:25 8:00
MCMILLIAN, RAY 52 TIMONIUM MD 3:30:13 8:02
LATHROP, LOREN 50 S. PORTLAND ME 3:35:44 8:15

FEMALE AGE GROUP: 50 - 54

FIN Over'l Name Age City, St Time Pace

BONTA, MEREDITH 53 RIVA MD 3:43:26 8:32
MCINTYRE, D. 50 CATONSVILLE MD 4:16:47 9:49

MALE AGE GROUP: 55 - 59

FIN Over'l Name Age City, St Time Pace

BETTLER, BUDD 55 NEWARK DE 3:07:08 7:09
SANCHES, F. 56 ARLINGTON VA 3:18:54 7:36
LAMONTE, VINCENT 55 COLUMBIA MD 3:30:45 8:03
DEAN, DAVID 56 FROSTBURG MD 3:41:17 8:27
BARRY, DAVID 55 SEVERNA PARK MD 3:42:14 8:29

FEMALE AGE GROUP: 55 - 59

FIN Over'l Name Age City, St Time Pace

SIMPSON, LINDA 56 ANNAPOLIS MD 4:52:57 11:11

MALE AGE GROUP: 60 - 64**FIN Over'l Name Age City, St Time Pace**

HARGRAVE, PAUL 60 GAINESVILLE FL 3:30:02 8:01
 WRIGHT, WILL 61 MOBILE AL 3:40:51 8:26
 WITHERS, DONALD 60 MOBILE AL 4:16:15 9:47
 DEFRONZO, E. 62 WATERBURY CT 6:08:44 14:05

MALE AGE GROUP: 65 - 69**FIN Over'l Name Age City, St Time Pace**

LANGLOIS, LYLE 68 PEORIA AZ 6:17:47 14:26

MALE AGE GROUP: 70 - 74**FIN Over'l Name Age City, St Time Pace**

STALZER, C. 71 ALEXANDRIA VA 4:32:50 10:25
 LAW, BILL 71 ARNOLD MD 4:40:06 10:42

**** ALL FINISHERS OVERALL RESULTS ****

MARK JONES 37 M ODENTON MD 2:41:46 6:11
 BOYD BRUMBAUGH 35 M BELLEFONTE PA 2:47:45 6:25
 CHRIS CIAMARRA 28 M MCKEESPORT PA 2:49:37 6:29
 MARK SULLIVAN 36 M FREEBURG PA 2:57:49 6:48
 MARK ROSASCO 39 M BALTIMORE MD 3:00:43 6:54
 SERGE ARBONA 33 M BALTIMORE MD 3:01:54 6:57
 PHILIP HODGE 33 M DALLAS TX 3:03:37 7:01
 PRASAD GERARD 40 M HUGHESVILLE MD 3:04:55 7:04
 JOE BURZYNSKI 46 M PAOLI PA 3:04:59 7:04
 BUDD BETTLER 55 M NEWARK DE 3:07:08 7:09
 MARK SIMON 31 M DUMFRIES VA 3:09:57 7:15
 ROBERT ORAVEC 34 M SEVERN MD 3:10:51 7:18
 CHARLES COUGHLIN 39 M SEVERNA PARK MD 3:11:30 7:19
 THOMAS ROGERS 32 M LAUREL MD 3:13:11 7:23
 JENNIFER SULLIVAN 34 F ANNAPOLIS MD 3:13:15 7:23
 ANDY BAIDA 40 M BALTIMORE MD 3:15:51 7:29
 BOB WILSON 40 M TIMONIUM MD 3:16:20 7:30
 RONNIE WONG 52 M BALTIMORE MD 3:16:36 7:31
 AL DOOLING 35 M BALTIMORE MD 3:16:48 7:31
 FRANCISCO SANCHES 56 M ARLINGTON VA 3:18:54 7:36
 DAVE DAUBERT 53 M WATERTOWN MN 3:21:30 7:42
 KARY ZIMMERMAN 40 M STEVENS PA 3:21:33 7:42
 JOHN MORRIS 36 M ELKRIDGE MD 3:22:48 7:45
 RUSS EVANS 39 M RESTON VA 3:23:11 7:46
 TOM PRENDKI 42 M ANNAPOLIS MD 3:24:00 7:48
 PERRY WASHINGTON 40 M GAITHERSBURG MD 3:24:47 7:49
 STEVEN MILTON 47 M COLUMBIA MD 3:25:49 7:52
 PAULA SCHWINN 32 F BALTIMORE MD 3:26:47 7:54
 ROBERT MEADE 46 M PARSIPPANY NJ 3:28:57 7:59
 RALPH THOMPSON 51 M AKRON OH 3:29:25 8:00
 MATT MELLIN 42 M SHERWOOD FOREST MD 3:29:43 8:01
 PAUL HARGRAVE 60 M GAINESVILLE FL 3:30:02 8:01
 RAY MCMILLIAN 52 M TIMONIUM MD 3:30:13 8:02
 TRENT SLACUM 15 M SEVERNA PARK MD 3:30:43 8:03
 VINCENT LAMONTE 55 M COLUMBIA MD 3:30:45 8:03
 DAVID KARLHEIM 40 M SCAGGSVILLE MD 3:30:54 8:03
 ED STEELE 27 M ELKRIDGE MD 3:30:59 8:04
 JOHN MCGOUGH 46 M NEWARK DE 3:32:32 8:07
 DOC GALLAGHER 37 M WAYNESBORO PA 3:32:42 8:08
 EUGENE FRITZEL 34 M LUTHERVILLE MD 3:34:30 8:12
 RONALD HOOKER 36 M SEVERN MD 3:34:46 8:12
 MICHAEL IMBER 24 M BALTIMORE MD 3:34:52 8:13
 LEANN MYHRE 41 F STATE COLLEGE PA 3:35:34 8:14
 LOREN LATHROP 50 M S. PORTLAND ME 3:35:44 8:15
 JOHN JAGELA 41 M CATONSVILLE MD 3:36:09 8:15
 SCOTT BOGGESS 35 M WASHINGTON DC 3:36:17 8:16
 JOHN LINDNER 42 M WARRENTON VA 3:36:20 8:16
 ANGELIKA KIRKLAND 32 F COLUMBIA MD 3:37:07 8:18
 GREG POWER 47 M ALEXANDRIA VA 3:37:44 8:19
 NELSON STRITEHOFF 47 M COLUMBIA MD 3:37:52 8:19
 DALE JORDAN 46 M BALTIMORE MD 3:38:11 8:20

BARRY FOLAND 41 M OWINGS MILLS MD 3:38:43 8:21
 CAREY CURRY 28 F CHESTER NJ 3:40:50 8:26
 WILL WRIGHT 61 M MOBILE AL 3:40:51 8:26
 BRENT CALDWELL 36 M DANBURY CT 3:41:08 8:27
 DAVID DEAN 56 M FRÖSTBURG MD 3:41:17 8:27
 KEN KERR 42 M SALISBURY MD 3:41:27 8:28
 DAVID BARRY 55 M SEVERNA PARK MD 3:42:14 8:29
 MICHAEL LOPEZ 37 M CHICAGO IL 3:42:25 8:30
 BRUCE HALPIN 42 M ASHBURN VA 3:42:27 8:30
 BOB OBERKEHR 44 M NORTHVALE NJ 3:42:42 8:30
 SUE BRIERS 43 F GAMBRILLS MD 3:43:26 8:32
 MEREDITH BONTA 53 F RIVA MD 3:43:26 8:32
 JOHN FANNING 53 M ORLAND PARK IL 3:44:11 8:34
 STAN NOWAKOWSKI 43 M ALEXANDRIA VA 3:44:25 8:34
 ANTHONY NATHE 46 M BALTIMORE MD 3:44:33 8:35
 JOSEPH POTYRAJ 50 M BALTIMORE MD 3:44:36 8:35
 EILEEN PROULX 38 F ANNAPOLIS MD 3:44:42 8:35
 JOHN LENT 44 M AUGUSTA NJ 3:44:53 8:35
 CLEM WEINBERGER 55 M HAMBURG NJ 3:44:53 8:35
 KEVIN MCGUIRE 35 M CHAPEL HILL NC 3:46:03 8:38
 RICH MACDONALD 35 M PERKIOMENVILLE PA 3:46:13 8:39
 MELISSA SNYDER 30 F WILMINGTON OH 3:49:46 8:47
 LAURA HYLAND 40 F AKRON OH 3:50:17 8:48
 ELIZABETH HUMPHREY 35 F ARLINGTON VA 3:51:24 8:50
 ROGER BARNES 44 M HIGHSPIRE PA 3:51:28 8:51
 MICHAEL DAVIS 52 M MT AIRY MD 3:51:46 8:51
 JANET JONES 41 F CLARKSVILLE MD 3:52:31 8:53
 PAUL LYONS 46 M GLENDALE MD 3:52:40 8:53
 MONTE MEALS 50 M OAK RIDGE TN 3:52:56 8:54
 EDSON SANCHES 49 M NEW YORK NY 3:54:20 8:57
 CLINT HENDERSON 42 M GLEN BURNIE MD 3:54:27 8:57
 TERENCE ALBRECHT 41 M GLEN BURNIE MD 3:54:34 8:58
 ALASTAIR MACAULAY 30 M GAITHERSBURG MD 3:54:56 8:59
 BRENNIA SINK 29 F WASHINGTON DC 3:55:12 8:59
 KAREN MCCLELLAN 20 F BOWIE MD 3:55:14 8:59
 CRAIG HESSEL 48 M TAKOMA PARK MD 3:55:21 8:59
 JULIE BAKER 44 F COLUMBIA MD 3:55:49 9:01
 THOMAS HART 52 M STATEN ISLAND NY 3:56:11 9:01
 DAVID MCCORQUODALE 54 M WILMINGTON DE 3:59:00 9:08
 JOHN STEWART 42 M LEWISTOWN PA 3:59:37 9:09
 PHILLIP NICKLES 33 M GREAT FALLS VA 4:00:07 9:10
 MAURA SCHWARTZ 39 F ALEXANDRIA VA 4:00:11 9:11
 RAYMOND NEWMAN 52 M BALTIMORE MD 4:01:29 9:14
 STEVE BRADLEY 50 M CASSELMAN ON 4:01:32 9:14
 PATRICK CAVANAGH 35 M BOWIE MD 4:01:46 9:14
 RICK THOMAS 40 M WASHINGTON DC 4:01:59 9:15
 JUDITH COLON 39 F COLUMBIA MD 4:02:19 9:15
 BRETT PETTIS 35 M MECHANICSBURG PA 4:02:41 9:16
 GEORGE BECKHAM 41 M AKRON OH 4:03:37 9:18
 DOUGLAS FRENCH 47 M ARLINGTON VA 4:03:56 9:19
 EDGAR WIGGINS 48 M BALTIMORE MD 4:04:24 9:20
 MIKE DURANT 45 M MIDDLETOWN MD 4:05:31 9:23
 PAYTON ROBINSON 39 M ARLINGTON VA 4:06:03 9:24
 CHARLIE MUSKIN 49 M SEVERNA PARK MD 4:06:28 9:25
 DANIEL MILLER 49 M SEVERNA PARK MD 4:06:37 9:25
 MARGARET SCHLUNDT 46 F MILLERSVILLE MD 4:07:03 9:26
 RICHARD HOLMES 49 M MCLEAN VA 4:07:41 9:28
 JOE GLASS 58 M PHOENIX MD 4:07:44 9:28
 JOHN CHERNEGA 46 M APOLLO PA 4:07:46 9:28
 KATHARINE DARAGAN 42 F SILVER SPRING MD 4:07:55 9:28
 GARY HONAKER 45 M PASADENA MD 4:08:05 9:29
 BARBARA CLARKE 40 F RADNOR PA 4:08:30 9:30
 MAUREEN ROHRS 43 F SEVERNA PARK MD 4:12:10 9:38

GINA MOORE 47 F DALLAS TX 4:13:22 9:41
 BOB LEHEW 56 M TULSA OK 4:13:22 9:41
 TOM HUSMAN 51 M TOLEDO OH 4:13:23 9:41
 ANDREA HEYMAN 27 F BALTIMORE MD 4:14:41 9:44
 PETER WARD 24 M ARLINGTON VA 4:14:45 9:44
 BRENDA JOHANNES 31 F RICHMOND VA 4:15:09 9:45
 JIM ETCHISON 46 M CROFTON MD 4:15:42 9:46
 DONALD WITHERS 60 M MOBILE AL 4:16:15 9:47
 DELLA MCINTYRE 50 F CATONSVILLE MD 4:16:47 9:49
 MARLIN CONNER 44 M LEWISTOWN PA 4:18:59 9:54
 KIMBERLY O'NEILL 35 F WOODINVILLE WA 4:19:18 9:54
 WILL MYERS 49 M GAMBRILLS MD 4:20:39 9:57
 DARCEE DOLES 28 F CROFTON MD 4:21:36 10:00
 CLANCY SEYMOUR 26 M BUFFALO NY 4:22:24 10:01
 NICK PAVLINIC 47 M CROFTON MD 4:24:44 10:07
 DEL BOWERS 49 M CREST HILL IL 4:25:33 10:09
 DEBBIE DELONG 49 F FOUNTAIN VALLEY CA 4:26:28 10:11
 MEREDITH ERB 23 F BALTIMORE MD 4:26:35 10:11
 MELISSA CURRENCE 43 F PASADENA MD 4:27:01 10:12
 SUZANNE MEDAIREY 25 F RESTON VA 4:27:39 10:13
 ACE SARICH 54 M ANNAPOLIS MD 4:27:40 10:13
 ANN BRENNAN 30 F RIVA MD 4:27:53 10:14
 PAUL PIPLANI 50 M MESA AZ 4:29:23 10:17
 DEREK AMMONS 38 M LAUREL MD 4:30:02 10:19
 MEL LEVIN 50 M BALTIMORE MD 4:30:13 10:19
 CHARLES STALZER 71 M ALEXANDRIA VA 4:32:50 10:25
 ALBERT ISLAS 38 M ALEXANDRIA VA 4:35:09 10:31
 BERNARD POLLEY 48 M BALTO MD 4:35:54 10:32
 TOM DONALDSON 39 M GREAT FALLS VA 4:35:59 10:32
 GLENN SCIMONELLI 48 M COLUMBIA MD 4:37:17 10:35
 RICHARD WORLEY 52 M KINGWOOD TX 4:37:44 10:37
 BILL LAW 71 M ARNOLD MD 4:40:06 10:42
 JOSEPH DOKSUS 50 M PLEASANT PRARIE WI 4:40:31 10:43
 DOUGLAS ESPOSITO 25 M ELKRIDGE MD 4:41:07 10:44
 STANLEY DUOBINIS 48 M MILLERSVILLE MD 4:42:02 10:46
 WENDELL HARLESS 52 M BIRMINGHAM AL 4:43:58 10:51
 DANA REISING 45 F DANVILLE KY 4:47:38 10:59
 LINDA SIMPSON 56 F ANNAPOLIS MD 4:52:57 11:11
 DON HIGDON 56 M ANNAPOLIS MD 4:53:09 11:12
 EARL SCOTT 58 M ANNAPOLIS MD 4:55:54 11:18
 RODNEY JOHNSON 59 M RICHMOND VA 4:56:05 11:19
 TIM BEATY 56 M COLUMBIA MD 4:56:48 11:20
 JACK OATES 55 M COLUMBIA MD 4:58:21 11:24
 PAUL RAY 33 M BOWIE MD 5:01:04 11:30
 WANDA FRENCH 36 F CROFTON MD 5:01:15 11:30
 RONALD CLARK 51 M BALTIMORE MD 5:01:15 11:30
 HUEY LUE 44 M SILVER SPRING MD 5:08:18 11:46
 JERRY SULLIVAN 37 M METAIRIE LA 5:11:03 11:53
 PAUL GOLDENBERG 47 M COLUMBIA MD 5:11:47 11:54
 ROBERT BANQUE 55 M LANHAM MD 5:11:52 11:55
 LAYNE REIBEL 42 F OVIEDO FL 5:14:05 12:00
 ROBERT WARREN 32 M GAMBRILLS MD 5:21:49 12:17
 BROOKE RANKIN 33 F MOSELEY VA 5:21:51 12:18
 BETH COLLINS 38 F EDGEWOOD FL 5:22:45 12:20
 HAJIME NISHI 50 M TOKYO JP 5:22:55 12:20
 ROBERT MACDONALD 36 M PERKIOMENVILLE PA 5:28:05 12:32
 RICHARD DEAN 51 M ARLINGTON VA 5:41:02 13:01
 DARRYL GILL 37 M LANHAM MD 6:06:03 13:59
 EUGENE DEFRONZO 62 M WATERBURY CT 6:08:44 14:05
 LYLE LANGLOIS 68 M PEORIA AZ 6:17:47 14:26



STREAK PHOTOGRAPHER WANTED

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after exercise.

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www.mannapages.com/mikehale

Proud to sponsor Steve Egolf for the
1999 Season.



1999 Cherry Pit 10 Miler AGE GROUP RESULTS

FIRST OVERALL MALE STEVE EGOLF TIME	59:24
FIRST OVERALL FEMALE JENNIFER SULLIVAN TIME	1:06:56
WOMEN 19 & UNDER -	
1st ERIN KOLARIK TIME	1:31:53
MEN 19 & UNDER	
1st LESTER TWILLEY TIME	1:17:37
2nd JUSTIN GOODING TIME	1:30:07
1st AMY BETZ TIME	1:17:38
WOMEN 20 - 24	
1st JERRY PENTONEY TIME	1:03:52
2nd CHRIS FORBES TIME	1:23:27
WOMEN 25 - 29	
1st SARAH BELTZ TIME	1:20:37
2nd DEBORAH YOUNG TIME	1:24:32
3rd MARCY TWILLEY TIME	1:30:46
WOMEN 25 - 29	
1st THOR YOUNG TIME	1:06:54
2nd TOM McMANUELS TIME	1:08:32
3rd CHRIS MAIRS TIME	1:13:14
WOMEN 30 - 34	
1st TERREY HALEY TIME	1:20:25
2nd KIM FLOWERS TIME	1:23:56
3rd JODI DZURAY TIME	1:27:56
MEN 30 - 34	
1st JOHN WARD TIME	1:01:43
2nd ROBERT BIGALOW TIME	1:02:22
3rd DARRIN WAY TIME	1:14:32
WOMEN 35 - 39	
1st MARJORIE BOYD TIME	1:11:37
2nd JENNIFER LUNDEEN TIME	1:12:50
3rd GILLIAN CONNER TIME	1:13:38
MEN 35 - 39	
1st MATT MACE TIME	1:01:07
2nd BOB BIDDLE TIME	1:08:48
WOMEN 40 - 44	
1st HELEN LAIRD TIME	1:16:38
2nd KATHERINE MANDRIN TIME	1:23:41
3rd MAUREEN ROHRS TIME	1:27:03
MEN 40 - 44	
1st MARK ROSASCO TIME	59:50
2nd PAUL SERRA TIME	1:04:09
3rd P. MICHAEL CUNNINGHAM TIME	1:04:42
WOMEN 45 - 49	
1st KATHY HENNES TIME	1:31:01
2nd MARIE FRIEDLAND TIME	1:34:14
3rd ILENE CAROOM TIME	1:53:51
MEN 45 - 49	
1st SCOTT EDEN TIME	1:00:42
2nd BOB FIELD TIME	1:11:00
3rd MICHAEL BERGESON TIME	1:13:46
WOMEN 50 - 54	
1st ROSE MALLOY TIME	1:11:01
2nd DANALEE GREEN TIME	1:20:46
3rd SANDY BURTON TIME	1:34:26
MEN 50 - 54	
1st MEL LEVIN TIME	1:12:39
2nd JOHN GALLAGHER TIME	1:14:45
3rd JOHN FAY TIME	1:17:32
WOMEN 55 - 59	
1st LINDA SIMPSON TIME	1:17:24
MEN 55 - 59	
1ST JOHN KIRKPATRICK TIME	1:04:11
2ND JOE CLORETY TIME	1:22:09
3RD FRANCISCO SANCHES TIME	1:15:10
WOMEN 60 - 64	
NO ENTRANTS IN THIS AGE GROUP	
MEN 60 - 64	
1ST JIM MANDRIN TIME	1:18:52
2ND BILL ELZINGA TIME	1:20:37
3RD ARNIE HENDERSON TIME	1:21:37
WOMEN 65 & UP	
1ST YVONNE AASEN TIME	1:48:15
MEN 65 & UP	
1ST BEN MOORE TIME	1:31:38
2ND BRAD CHAPMAN TIME	1:35:33
3RD RHODY HOLTHAUS TIME	1:38:22

**ALL COPY MUST
be sent to the
Editor — Deadline
for your August
issue is
JULY 7th!**

**Contact Kathy Nado Jedrich
Streak Editor
202-358-1453**

The Streak, published bi-monthly, is the official newsletter of the Annapolis Striders, Inc., P.O. Box 187, Annapolis, MD 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.

**The Streak Printed by PARK Print and Copy,
Severna Park, MD**

1999 CHERRY PIT 10 MILE OVERALL RUN RESULTS

STEVE EGOLF 36	59:24	KEITH BELTON36	1:23:38
MARK ROSASCO40	59:50	DAVID KUSHNER32	1:23:39
SCOTT EDEN45	1:00:42	KATHERINE MANDRIN40	1:23:41F
MATT MACE38	1:01:07	ALLEN VEASEY59	1:23:47
JOHN WARD34	1:01:43	KIM FLOWERS30	1:23:56F
ROBERT BIGELOW32	1:02:22	JOHN BECHILL41	1:24:12
JERRY PENTONEY23	1:03:52	WILL MYERS49	1:24:21
PAUL SERRA43	1:04:09	DEBORAH YOUNG28	1:24:32F
JOHN KIRKPATRICK55	1:04:11	WILLIAM DERR60	1:25:29
MICHAEL CUNNINGHAM44	1:04:42	JON MEYER51	1:25:33
THOR YOUNG29	1:06:54	MARK STOVER44	1:26:08
JENNIFER SULLIVAN34	1:06:56F	JOE DOBROSIELSKY50	1:26:21
TOM McMANUELS26	1:08:32	PETER SALMON-COX57	1:26:22
BOB BIDDLE39	1:08:48	JOHN RYAN54	1:26:43
DAVE WALSER40	1:09:52	MAUREEN ROHRS43	1:27:03F
ANDRE L39	1:10:12	JODI DZURAY32	1:27:56F
ROSE MALLOY50	1:11:01F	TOM BRADFORD56	1:28:25
BOB FIELD47	1:11:07	AMADEU SANCHES59	1:28:25
MARJORIE BOYD37	1:11:37F	JOHN HEISTON38	1:28:35
MICHAEL KUHN36	1:11:39	ED KARLSON63	1:29:11
RON HOOKER36	1:11:52	DAN KALLEMYER47	1:29:11
JOE CLORETY56	1:12:09	MELISSA CURRENCE43	1:29:12F
MEL LEVIN50	1:12:39	JEFF FORBES25	1:29:39
MICHAEL SMITH42	1:12:44	TIM SMITH45	1:29:48
JAMES LUNDEEN40	1:12:50	PATTY SNODGRASS44	1:29:49F
JENNIFER LUNDEEN39	1:12:50F	JUSTIN GOODING 12	1:30:07
CHRIS MAIRS27	1:13:14	LARRY PARKER50	1:30:26
GILLIAN CONNER35	1:13:38F	MARCY TWILLEY25	1:30:46F
MICHAEL BERGESON45	1:13:46	JAMES FOX58	1:30:53107
DARRIN WAY32	1:14:32	KATHY HENNES46	1:31:01F
FRANK CALLAHAN44	1:14:40	RYAN ELWELL30	1:31:17
JOHN GALLAGHER50	1:14:45	WILL SCOTT49	1:31:27
STEVE RUSSELL42	1:14:53	BEN MOORE73	1:31:38
LARRY PUGLISI44	1:15:05	JESSICA BEARMAN26	1:31:47F
FRANCISCO SANCHES58	1:15:10	ERIN KOLARIK 15	1:31:53F
DAVID SPOERL39	1:15:22	MITCH CEAY25	1:32:19
SEYED HOSSEINI56	1:16:22	SARAH MEGDICHE26	1:32:36F
CARLA DALCOLLETT037	1:16:29F	ANN BRENNAN30	1:32:58F
HELEN LAIRD40	1:16:38F	REGGIE HASELTINE49	1:33:06
RAY MOODY43	1:16:48	LOIS FOX39	1:33:07F
JON MAHAN29	1:17:24	DON STODDARD62	1:33:41
ROSS HEISMAN42	1:17:27	BRENDA NORMAN41	1:34:14F
PATRICK CAVANAGH35	1:17:30	MARIE FRIEDLAND44	1:34:14F
JOHN FAY51	1:17:32	CECE CLEARY25	1:34:22F
LESTER TWILLEY18	1:17:37	LINDA ECKERT31	1:34:22F
AMY BETZ22	1:17:38F	SANDY BURTON51	1:34:26F
CAROLE ROSASCO39	1:17:39F	FRED BETZ49	1:34:30
ERIC KARANDY41	1:17:44	GINGER ANDREWS34	1:34:30F
JIM ETCHISON46	1:17:58	BRAD CHAPMAN67	1:35:33
BILL PEAKE47	1:18:11	CRIS CHISHOLM25	1:35:35F
VIVAN ROWE36	1:18:24F	MARYELLEN PALOWITCH38	1:35:52F
PAUL LYONS46	1:18:37	ELLEN MANNION37	1:36:07F
JIM MANDRIN62	1:18:52	CYNTHIA GARMOE39	1:36:16F
KEITH HARVEY50	1:18:58	P. J. PAINTER51	1:36:32
SCOTT THAYER39	1:19:19	ROBERT WARREN32	1:37:00
JAMES FINK43	1:19:22	FRANK SHEEHAN27	1:37:01
NEIL BARRETT46	1:19:47	LYNNE RUDDER35	1:37:02F
BARRY DAVIS35	1:20:02	SUSAN FU37	1:37:06F
JOHN HOLLAND55	1:20:14	CHARISSA ACLIN41	1:37:31F
CAROLYN MCGLYNN35	1:20:15F	MICHAEL GUERARD45	1:37:32
TERREY HALEY30	1:20:25F	LEE MASSER63	1:37:49
SARAH BELTZ26	1:20:37F	RHODY HOLTHAUS65	1:38:22
BILL ELZINGA61	1:20:37	DON SNODGRASS48	1:38:43
WILLIAM BUTLER49	1:20:39	LINDA SIMPSON56	1:39:04F
DANALEE GREEN52	1:20:46F	JOSEPHUS PERRY49	1:40:14
FRED SHANKLIN57	1:20:55	ELLEN HUNT42	1:40:42F
TAMMY MAZZOLA38	1:21:04F	JENNIFER DAVIS38	1:40:42F
PAT DONAHUE47	1:21:14	ERNEST CHIZMAR50	1:40:46
ARNIE HENDERSON62	1:21:37	BERNADETTE KUZMA39	1:45:05F
JIM KAUFMAN45	1:21:40	ED JANTZ49	1:45:10
MARK BRINKER40	1:21:47	ROBERT DEWITT39	1:47:34
JERRY PENTONEY SR56	1:21:53	YVONNE AASEN67	1:48:15F
DAVID BRAHUT47	1:22:06	MARY MCDOWELL41	1:53:51F
CHARLIE MUSKIN49	1:22:21	ILENE CAROOM46	1:53:51F
DON HIGDON56	1:22:36	TRACY SMITH48	1:54:55F
CHRIS FORBES23	1:23:27	BILL CHALSMA63	1:54:56
DEREK AMMONS38	1:23:29		

THE BAY BRIDGE 10K

by Sandy Balderson

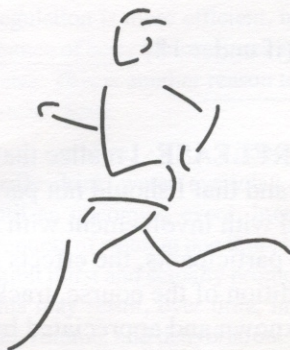
Well, another Governor's Bay Bridge Run is in the books. The day started out with clear skies, a cool temperature and a fairly strong breeze. I was worried that the strong breeze would slow down the times a bit but most of the overall times were slightly better than last year. We had a total of 2676 runners who finished the race, 2081 men and 1313 women. Winning the race this year as the first overall male was an Annapolis favorite, **Robert Marino**, 41, with a time of 32:46. His time was 2:03 faster than last years winner. For the second year in a row the first overall female was Martha Merz, 36 of Annandale VA. She ran the race in 36:13, shaving 32 seconds from last years time. Congratulations to both of you! Robert Drysdale 41, of Oxford, MD. was the first male Masters finisher with a time of 39:37. Mary Ann Leon, 43, of Vienna, VA. finished in 39:42 and landed the award for first female Masters finisher. Congratulations to all of our finishers!

The ChampionChip timing system worked perfectly. We added mats at the starting line which allowed us to time runners with a start and finish time. It seemed that retrieving the chips at the

finish line was completed with little or no problems. The volunteers worked hard to help the runners get the chips off of their shoes and into the barrels.

The best part about the race from the perspective of a race director was that we had NO medical emergencies. It made the race that much sweeter to me not to have to worry about runners being in trouble out on the course.

I would like to thank all of the Race Committee Volunteers. You did a great job carrying out the responsibilities given to you to make this race a success. I couldn't have done this without you. THANK YOU!!!!!!!!!!!!



RACE COMMITTEE VOLUNTEERS

Brad Chapman-Equipment Coordinator
Lee Patrick- Equipment Support
Don Snodgrass-Registration
Ron Jarashow-Finish Line Scoring
Don Kennedy-Course Monitor
Matt Mace- Volunteer Coordinator
Tom and Sharon Bradford-Packet Pick-Up
Mike Long-Starting Line Coordinator
Eileen Hagen-Water stops
Ron Bowman-Medical Support/Starting Line/Awards
Kris Kirkpatrick-Food Coordinator
Eileen Quigley-Awards
Dick Hillman-Announcements/Finish Line
Sean Sweeney-Chip Party/Parking
Arnie and Ardis Henderson-Registration and Parking
Sue Briers-Finish Line/Overall Support

Thank you to everyone who supported our race this year, runners, sponsors and volunteers. We couldn't put on a great event like the Bay Bridge Run without you. SEE YA NEXT YEAR!!!!!!!!!!!!!!!!!!!!

WHERE THE RACES ARE - JUNE 1999

Jun 5, Sat, 8am, Crofton Kiwanis 10K, PO Box 3101, Crofton, MD 21114, 410-721-7264.

Jun 5, Sat, 830am, National Race for the Cure 5K, Washington, DC, 703-848-8884.

Jun 5, Sat, 8am, Capital Crescent Trail 5K, Bethesda, MCRRC 301-353-0200/330-4138.

Jun 6, Sun, 8:30am, Hunt Meadow 5K & 1M fun run, Annapolis, 420-267-6601.

Jun 6, Sun, 8am, Bel Air Town Run 5K, Bel Air, 410-879-0056.

Jun 6, Sun, 8am, BRRC Champ Series 5K, Lake Montebello (2 laps), 410-281-9710.

Jun 12, Sat, 8:30am, Junior Achievement 5/10K Bridge Run, Delaware City, DE (Rte 9), Web :www.mscal.com

Jun 12, Sat, 8am, Toucan 10K, W&OD Railroad Park, Vienna, VA, 703-698-7062.

Jun 13, Sun, 8am, MARC Train 5 Miler, Odenton, 410-721-0595.

Jun 13, Sun 8:30am, Lawyers Have Heart 10/5K, Washington, DC, 202-686-6888

Jun 13, Sun, 8am, Avon Women's 5/10K, Rash Field, Baltimore, 410-377-8882.

Jun 13, Sun, 8:30am, Oy Vey 10K, 301-770-8328.

Jun 19, Sat, 8am, Iron Furnace 5K, Tom Dawson, 17 Island Dr, Lonaconing, MD 21539, 301-463-6231. (call to confirm).

Jun 20, Sun, 8am, Father's Day 5K, Towson, GBMC, 410-377-8882.

Jun 20, Sun, 9am, Race Against Violence 5K, 202-806-9558.

Jun 26, Sat, 8am, Women's Distance Festival 5K, MCRRC, POB 1703, Rockville, MD 20849, 301-353-0200/593-2323.

Jun 26, Sat, 8am, Sarah's Run 5K & 3K walk, Marley Station, 410-377-8882.

Jul 3, Sat, 9am, Tommy's American 5K, Washington, DC. 301-871-0400.

Jul 3, Sat, 8am, Meade Fest 5K, Ft Meade, 301-871-0400.

Jul 4 (tentative), Sun, 8am, Constellation 10K, Baltimore, 410-281-9710 to confirm!!!!

Jul 4, Sun, 8am, Bowie RRC, 4th of July 4M, Allen's Pond Park, Bowie, PO Box 971, Bowie, MD 20718, 301-451-1616.

Jul 4, Sun, 8am, Arbutus Firecracker 10K, Rec & Parks Council, PO Box, 7437, Arbutus, MD 21227, 41-242-0809.

Jul 4, Sun, 7pm Frederick's Fourth 5K, Frederick Steeplechasers, Tim O'Keefe, 7214 Limestone Ln, Middletown, 21769, 301-371-9562.

Jul 9, Fri, 11:59pm, HCS WDF 5K, Columbia Mall, 410-964-1998.

Jul 11, Sun, 8am, Reston Runners WDF 5K, Reston, VA, 703-742-8973.

Jul 17, Sat, 8:45pm, Rockville Rotary Twilighter 8K, Rockville, MCRRC, 301-353-0200.

Jul 17, Sat 8am, Great Wyoming, DE Buffalo Stampede, Wayne Kursh, PO Box 398, Wilmington, DE 19899, 302-654-6400.

Jul 18, Sun, 7:30/8:15am, WRRC Low Key Men's Race and WDF 5K, Union Mills, 410-857-5427 (call to confirm).

Aug 1, Sun, 7:30am, River Rumble Half Marathon & 5K, Seneca, MD, MCRRC, 301-353-0200/407-0075.

Aug 1, Sun, 8am, BRRC WDF 5K, Towson, 410-281-9710 (call to confirm).

Aug 6, Fri, 7pm, Twilight River Run 5K, Patapsco St Park, 410-377-8882.

Valentine Twosome

Washingtons Birthday 5k

B&A Marathon/Half Marathon

Cherry Pit 10 Mile

GBBR

Fathers Day 10k

Sunday 20 June; 8am
North Arundel Hospital
Entry Fee: \$8 Mail to:
Neal Hinkle
8269 Mimico N.
Millersville, MD. 21108

**JOHN WALL 1 MILE
RACE**

Sat. July 10; 6:00pm
Broadneck High School
Entry Fee: \$3 Mail to:
Dave Wall
313 Norfolk St; Severna Park
MD. 21146

**WOMENS DISTANCE
FESTIVAL 5K**

Sat. July 17; 8am
Annapolis Elem School
Entry Fee: \$10 by 7/10; \$12
on race day. Mail to: 2823
Mockingbird Ct, Annapolis
MD 21401 Meredith
Bonta/Dana Lee Green

DOG DAYS 8K

Sun. Aug 8; 8am
AACC Track; Entry Fee: \$3
Mail to: 1740 Thistle Ct.
Gambrills, MD 21054;
Sue Briers: 410-721-1442

DAWSON'S 5 MILE RUN

Sun. Sept 12; 8am
Severna Park HS;
Entry Fee: \$3 Mail to: 234
Mill Church Rd
Arnold, MD 21012,
Dan Symancyk/Ann Roberts
410-544-1516/349-8860

METRIC MARATHON

Sun. Oct 3; 8am
Southern HS; Entry Fee: \$3
Mail to: 1155 Skyway Dr.
Annapolis, MD 21401
Regina Miente: 410-757-4331

DOWN'S PARK 5 MILE

Sat.; Nov. 6 Nov; 8am
Down's Park; Fee: \$3
Mail to: AACO Rec&Parks
PO Box 2700, Annapolis, MD
21404, Attn: Mike Busch
Don Higdon; 410-266-0561

OLD TURKEY

Sun. 28 Nov; 10am
South River HS; Entry Fee: \$3
Mail to: 2012 Elmwood Rd.
Annapolis, MD 21402
Chris Riley/Denzil Pritchard
410-626-8965/301-261-6187

ANNAPOLIS STRIDERS RACE APPLICATION

Full Name _____

Address _____

City _____ State _____

Zip _____ Phone _____

Age (race day) _____ Sex _____

Signature _____

Date _____

Parent/Guardian (if under 18) _____

Date _____

WAIVER AND RELEASE: I realize 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 course, track, 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 succors from all claims or liabilities of any kind arising from my involvement in this series.

INSTRUCTIONS: Fill out the entry information. Circle the Strider race you are registering for. If you want to register for more than one race, photocopy this application and fill out for each race and submit separate entry fee for each race.

ANNIVERSARY 15K

Sat. 18 Dec.; 9am
Quiet Waters Park; Fee: \$Free
Mail to: 2010 Yew Ct.
St. Leonard, MD 20685
Jennifer Sullivan/Dave
Walser
410-280-0476/586-0833

MOORE'S MARINES MARATHON TRAINING - 1999

20 TH YEAR

MARINE CORPS MARATHON & DUBLIN, IRELAND MARATHON

Week	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Total Miles	Remarks
-5	June 7 E-4	8 H-4	9 E-5	10 H-4	11 E-4	12 LSD	13 Optional	26	E-Easy: 15-30 sec/mile more than 10 k pace H-Hard: 15-30 sec/mile less than 10k pace
-4	14 E-4	15 H-5	16 E-6	17 H-4	18 E-4	19 LSD-6	20 LSD-6	31	LSD- Long Slow Distance Running With unlabeled breathing!
-3	21 E-4	22 H-5	23 E-6	24 H-5	25 E-4	26 LSD-7	27 LSD-7	25	
-2	28 E-5	29 H-4	30 E-7	July 1 H-4	2 E-4	3 LSD-8	4 E-6	32	
-1	5 E-5	6 H-5	7 E-6	8 E-5	9 E-4	10 LSD-9	11 LSD-9	34	
1	12 E-5	13 H-5	14 E-6	15 H-5	16 E-5	17 E-10	18 E-10	42	OFFICIAL TRAINING HAS BEGUN! Enter local 10k or 10-mile races.
2	19 E-5	20 H-5	21 E-6	22 H-5	23 E-5	24 E-10	25 E-10	36	Welcome All Marathon Trainees
3	26 E-5	27 H-5	28 E-6	29 H-5	30 E-5	31 E-12	August 1 E-10	38	Sundays are optional Fun Runs and Family Days
4	2 E-5	3 H-5	4 E-6	5 H-5	6 E-5	7 E-12	8 + E-10	38	Long Runs are Most Important
5	9 E-6	10 H-5	11 E-7	12 H-5	13 E-5	14 E-14	15 E-10	48	+ Dog Days 8 K Rest is important to allow muscles to gain strength
7	23 E-6	24 H-6	25 E-5	26 H-6	27 E-6	28 * E-14	29 ATM 10 E-10	41	* Rest if running Annapolis Ten Mile Cross Training is good! Biking, Swimming, Hiking, Weight Training, Yoga, Stretching
8	30 E-6	31 H-6	Sept 1 E-6	2 H-6	3 E-6	4 E-12	5 E-10	41	
9	6 E-6	7 H-6	8 E-6	9 H-6	10 E-6	11 E-14	12 + E-10	41	+ Dawson's 5 Miller
10	13 E-6	14 H-6	15 E-7	16 H-5	17 E-6	18 E-16	19 E-10	51	
11	20 E-6	21 H-6	22 E-6	23 H-6	24 REST	25 E-18	26 REST	46	Empirical Formula: 3 x your daily Mileage avg. is your collapse point
12	27 E-6	28 H-6	29 E-8	30 H-6	Oct. 1 REST/E-6	2 REST E-18	3 ++ REST	44	++ Metric Marathon (26.2km) Rest on Sat. if you are running this
13	4 E-6	5 H-6	6 E-8	7 H-6	8 REST	9 E-20	10 REST	46	
14	11 E-6	12 H-6	13 E-8	14 H-6	15 E-6	16 E-14	17 E-10	56	
15	18 E-5	19 H-6	20 E-5	21 H-5	22 REST	23 REST	24 USMC Marathon	20	24th Anniversary USMC Marathon
16	25 Dublin Marathon	26 REST	27 REST	28 REST	29 E-4	30 E-6/8	31 E-6/8	46.2	Congratulations - YOU did it!!

SPONSORED BY ANNAPOLIS STRIDERS

Saturday Distance Runs start at 7:00 a.m. from the Contee Building on Route 450 .
Sunday Runs start at 7:30 a.m. from the City Dock in Annapolis

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