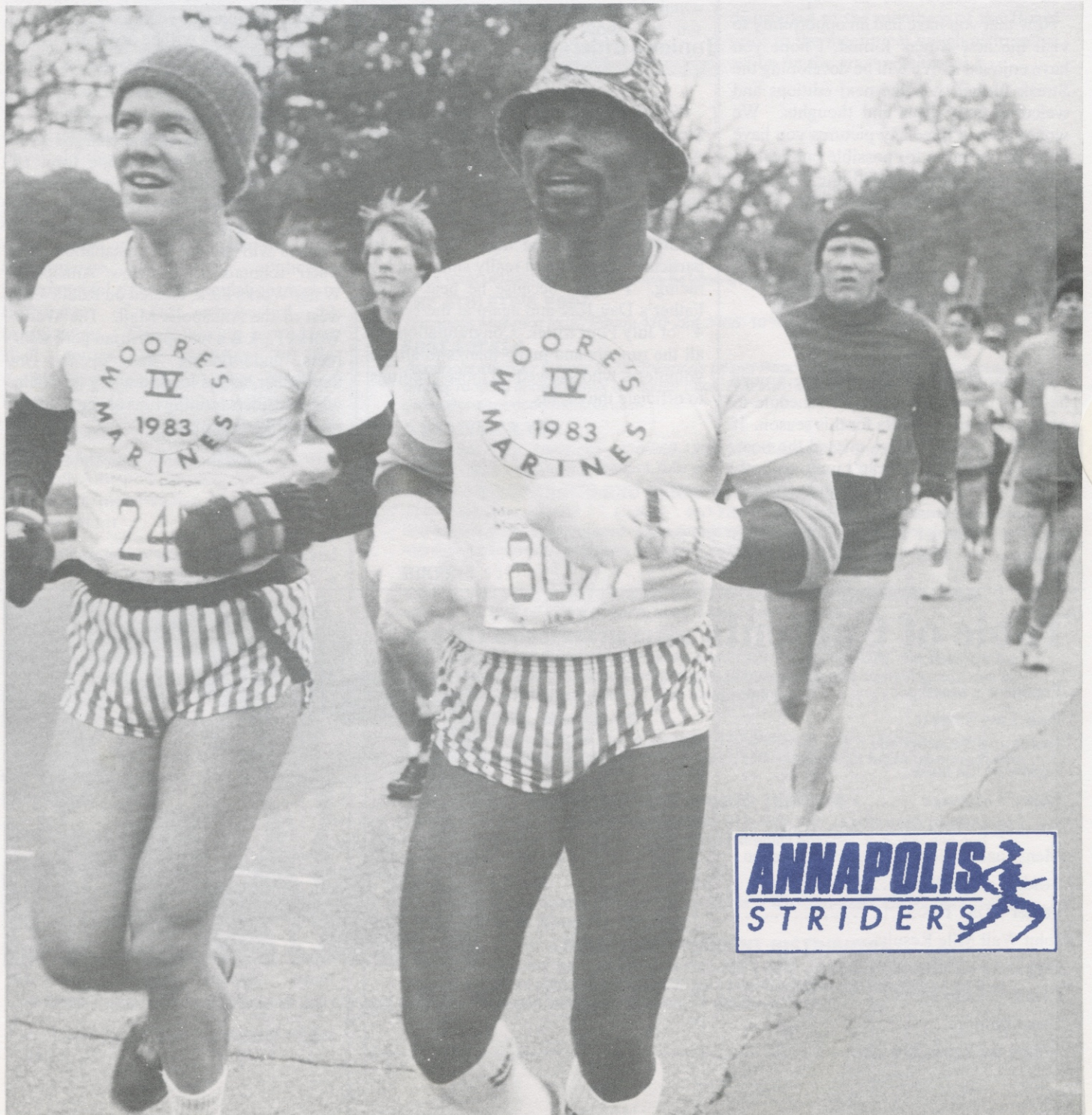


STREAK

The Annapolis Striders News Source

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October 1999



ANNAPOLIS
STRIDERS

Message from the President

by Sue Briers

Good Bye to summer!! Having just completed a 7 mile run in 98 degree weather and 90% humidity, my only hope is that this fall will be cooler.

New Streak

Now that you have had an opportunity to visit the new Streak format, I hope you have enjoyed it. We will be developing the Streak further over the next editions and welcome your ideas and thoughts. We would love to have any pictures you have taken at our races for possible publication and any articles you would like to submit. Please contact our new editor, Kathy Jedrich.

Marathon and Ultra Training

The marathon and ultra training groups have hit the road and are on schedule to meet new goals and PRs for this season. If you think that you have missed the boat, please don't think you can't jump on now. It is never too late to join us on Route 450 on Saturday mornings. The Moore's Marines Marathon training group leaves promptly at 7:00 a.m. and the Ultra

Training group leaves at 6:30 a.m. We would love to have you join us. If you plan to run the JFK 50 miler and need an application please contact me so I can forward you one. In addition, I would like to have a list of all runners attempting this event so that we may meet at the race and I can get JFK shirts for all of us to wear.

Junior Striders

We had another great year with the Junior Striders and we would like to thank the Anne Arundel Medical Center for their continued financial support of this very special program. Steve Egolf was the coach again this year, and he has done a fabulous job with the new Striders. In particular, Evan Beard really shined in his racing. I know, because he beat me at Father's Day 10K and again at the Bowie 4th of July Four Miler. Congratulations to all the runners and many thanks to all the volunteers who showed up those evenings to officiate the events.

Special Streak

As many of you know we lost a very valued and special Strider, Earl Scott. Earl was a very devoted and active member who was always there to help and volunteer. To recognize his special contribution over the years to the club, this issue of the Streak will be dedicated to his memory. The cover photo is of Earl in his happiest state – running.

At the request of the Board, a committee was named and charged with recommending the appropriate form to recognize the unique contributions of Earl Scott. The committee recommended, and the Board approved that the Annapolis Striders will pursue the installation of a water fountain at the new Annapolis Water Works Park, located on Route 450, west of the Annapolis Mall. The Water Works Park is a new pedestrian park with trails and fishing that opened in September, and is located along the route where Striders training runs are conducted on Saturday mornings.

Good luck with your running. .

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The guys take their turn at the Women's Distance Festival

Four Easy Steps to Increasing Your Speed

(reprinted from Road Runner Sport PEAK RUNNING PERFORMANCE newsletter)

Running is a simple sport. You merely put one foot in front of the other as fast as you can. However, like any sport that invokes passion the way that running does, we tend to analyze, re-analyze it and even create our own language for it. At times, this over analysis and unique language can become confusing. Terms and words like lactate threshold, aerobic capacity, pronation, glycogen and mitochondria—just to name a few—are used regularly, and you may wonder how important these are to your own running.

What all this mumbo jumbo really comes down to is that you want to improve certain aspects of your running. You want to overcome some limitation or barrier to becoming a better runner. This article will try to simplify the running process for you and focus on key areas that you'll want to change as you train.

How to Increase your Endurance

As runners, one of the first things we want to improve is our endurance. We want to be able to run longer. It's common for runners trying to increase their performance level to get stuck at a plateau at certain distances. For example, you may find that you can run comfortably for 30 minutes but that you just can't go beyond that point. Or you may have built up to a long run of 7 miles but can't seem to ever go farther.

The first step in your quest to increase endurance is to determine all the factors keeping you from running longer. Is it that you get bored and lose interest? Do you get extremely fatigued toward the end of your runs? Are you starting the run tired and unmotivated, or are you worried about something else? Worst of all, are you trying to squeeze a run into an already busy schedule? All of these factors can be limiting as you try to take your body to new levels. Try the following to break through the endurance plateau:

- *Schedule your running on days when your other commitments are low.*
- *Find running partners to help you pass the time and stay motivated.*
- *Slow down! You may be running your slow, easy runs too fast. (If you use a heart rate monitor, stay below 70% of your heart rate max.)*

- *Try to increase in small increments. Don't try to add 10-15 minutes to your long run; instead just add 2-5 minutes each week.*
- *— Plan new running routes or reverse the direction of your current routes.*
- *— Stay well hydrated by drinking 4-8 ounces of sports drink or water every 10 or 20 minutes.*

How to Increase Your Stamina

A second area that can be limiting as you begin to train more is sustaining a steady pace over long distances. For example, you can run slow for an hour and a half, or even two hours, but find it difficult to maintain a strong steady pace for up to an hour. In other words, you have no stamina.

During these runs, you often fall back into your easy running pace. Your goal is to run fast but you can't seem to keep up the pace. Your mind may wander and suddenly you are running slow. Or, you may get tired and your legs feel like lead after about 30 minutes. In all of these cases, you need the ability to set a strong, steady pace that is not so fast that it fatigues you too quickly, but is fast enough to keep you on track for a good time. Try the following activities to help improve your stamina:

- *Practice a steady speed in small chunks during a run. Run 4-8 minutes at your steady pace and then jog slowly for a couple of minutes. Repeat this for a total of up to 30 minutes. A typical workout would be to run 5 minutes steady, 3-6 times with a 2-minute jog in between. This type of workout was popularized by the legendary coach Jack Daniels, who called it "cruise intervals."*
- *Do a 15- to 20-minute continuous run at this steady pace once every 10-14 days. This type of workout has been called tempo running by many experts.*
- *Practice your ability to focus. Concentrate on maintaining your stride rate, your arm swing and your effort level. In time this will help you maintain your focus during long steady runs.*

How to Increase Your Speed

With the popularity of 5K and 10K races, many runners face the need to carry a really fast pace for 20-50 minutes. This pace requires a hard effort and a lot of focus. Runners must deal with the continual barrage of negative thoughts and mental urges that scream "slow down." Our legs threaten to tighten up and any slight uphill

sends our breathing out of control. The challenge here is getting the body strong enough to handle these challenges without giving up.

Tips include:

- *Practice hard running in small doses. Try 1-3 minutes of hard running with equal amounts of rest for a total of 10-15 minutes of hard running. These repeats are called aerobic capacity intervals. A typical workout includes 5 repeats of 2 minutes fast with 2 minutes jogging in between, and can be completed once or twice every 10-14 days.*
- *Run on hilly courses. This increases your leg strength and mimics the effort required during fast running.*
- *Work on overcoming negative thoughts with positive thoughts like "I will keep going" and "I can do it."*

How to Increase Your Sprint

The final challenge most of us face is that we want to finish faster. We want to pass people at the end of a race instead of being passed. We want a better finishing kick. While most of us can't sprint as fast as Carl Lewis, we can learn to have a stronger finishing kick. The following tips will help. Just make sure you're warmed up before each workout.

- *Practice controlled sprinting. Run repeats of 10-20 seconds of fast but-controlled running followed by 1-2 minutes of jogging. You can start with 3-5 repetitions and build to 8 or 12. This workout can immediately follow an easy run 1-3 times per week.*
- *Focus on higher knee lift, stronger push off with your feet and exaggerated arm swing while running fast.*
- *Think "fast." Visualize yourself with perfect running form as you power through the finish line.*

Whether you want to improve as a runner or simply boost your fitness level, you'll be faced with certain obstacles. These are usually physical and mental barriers that you can overcome through specific types of training. Even elite athletes must continually battle their limitations in daily training. By using the tips presented here, you can overcome some of the most common obstacles facing all runners.

Strider of the Issue Profile

Bill Law

The Strider profile for August 1999 is Bill Law. Bill was born on January 30, 1928, in Ridgeway, PA, and he is now enjoying retirement in Arnold. Bill says his happiest memory is his marriage, and he has two children as a result. Hopefully Bill passed on to his children what he considers to be his best feature, good genes! While his favorite spectator sports or hobbies are hiking, biking, and jogging (naturally), the achievement he is most proud of is his living a clean life. When he isn't out on the road or in the woods, he enjoys watching CNN, reading Reader's Digest, and listening to country music.

Bill runs for enjoyment and fitness, running 30 miles, at a 10-minute per mile pace in a typical training week, and he has been running for 31 years. Bill has logged over 37 thousand miles, 50 marathons, 16 50-milers, two 36-milers, two 32-milers, and six 24 hour relays. He ran Boston two times, New York once, as well as the Big Sur and Long Beach Marathons. Committed to running locally as well, Bill has run in every B&A Trail Marathon. Bill's PR's include a 5K in 21:00, 10K in 42:00 and a 3:24 marathon.

Finally, Bill has been a member of the Annapolis Striders since it was established and ran the second Annapolis Ten Mile Run as well as many others. He has also done a wealth of volunteer work for the Striders especially the finish line set-up for both the Annapolis Ten Mile Run and Governor's Bay Bridge Race for 10 years as well as assisted with the Streak. Keep on running, Bill!



Don Kennedy,
back on the road again after knee surgery

Message from the Editor

I would like to take this opportunity to introduce myself as the new Editor of the Streak.

My husband, Nick, and I have been active members of the Annapolis Striders for the past two and a half years, and we were active members for five years of the Bay Area Running Club in Houston, Texas. In mid-May, I was asked if I was interested in serving as the volunteer Editor of the STREAK for an undefined period of time. After carefully considering my other obligations, I agreed. The time I have available to volunteer is limited, due to my job.

By way of background, I will reach Masters age in a few short years. I have served or chaired executive board and committees of over a dozen non-profit organizations and churches during the past 25 years. Based on my experiences, I clearly understand that I am accountable and responsible to the Board of Directors, as well as to the members to provide a quality product, the bi-monthly STREAK, on time and within budget.

As a relatively newcomer to the area, but not to running, I think I bring a slightly different viewpoint regarding running clubs, club magazines, etc. My perspective, in the position of Editor, is central to the changes that have been reflected in both the June and August issues of the STREAK. That perspective is, in few words, 'Good change is necessary, healthy and appropriate to all products and activities.' And, to me changing the STREAK represents the predictable step required in maturing a product, i.e., it is a product that is currently involved in an evolutionary activity. I hope that you will note that I specifically chose the word evolutionary, and not Revolutionary.

While what the group of us that performed editing by committee (not often a good idea) did to the June issue of the STREAK might be perceived by some as quite revolutionary, I believe the fact that standard columns, race results and the race calendar (to name but three) were retained from the previous editions clearly demonstrates the evolutionary selection process employed.

I need to apologize to the members and the Board for the late delivery of this issue of the STREAK. Both the printer and I are

new to this activity, and there is a learning curve involved for all of us.

I welcome and encourage both criticism and suggestions that any member has regarding the new STREAK. I work for, and at the discretion of, the Board of Directors, and will carefully consider all inputs I receive from them, as well as any members...Life is short (and regrettably, so am I!), and I need to get out and run...Happy trails until next issue, Kathy

Initial Funding Approved for College Parkway Hiker/Biker Trail

In August 1997, the Annapolis Strider Board of Directors endorsed an amendment to the county development plan to establish a hiker/biker trail along the College Parkway corridor connecting the B&A Trail to Sandy Point State Park. The amendment was approved by the Anne Arundel County council.

Due to continuous lobbying by many individuals and groups, \$200,000 has been appropriated for this year's budget to begin plans and initial acquisitions, with Jack Keene, of the Anne Arundel County Recreation & Parks department leading the effort. While in the initial planning phase, the current plan reflects crossing Ritchie Hwy at the Big Vanilla light, continuing west through the Anne Arundel Community College (AACC) entrance. The trail would then swing through the AACC campus, and parallel College Parkway. The trail would parallel the Hwy 50/301 access road and finally, via a spur, end at Sandy Point State Park. This 6.5 mile trail is scheduled to become a part of both the American Discovery trail, which traverses the country from Delaware to California, as well as the East Coast Greenway which runs from Florida to Maine.

Currently, there is some concern that the Ritchie Hwy crossing could be a traffic light, rather than a tunnel, the preferred option to runners, bikers, and walkers. Please feel free to contact the Anne Arundel County Recreation & Parks department, and express your views on this issue.

The Menstrual Cycle and Your Performance

by Stacy Sims, M.S.

With all the hormonal changes that occur during a menstrual cycle, you'd expect speed workouts to suffer during and after your period, right? Wrong. Near the end of your period, your body is actually geared to pegging those track workouts and tempo runs but not so hot on letting you burn off steam on your long, slow runs. So, just how is training and racing affected by the menstrual cycle? Can we blame (or thank?) one more thing on the hormonal fluctuations of a woman's monthly cycle?

The Fluctuation of Your Energy Levels

The menstrual cycle is composed of three phases. The first phase, generally days 1-13 (with the first 3-7 days being menstruation), is called the follicular phase and is marked by relatively low levels of estrogen, except for a spike near day 14. The next phase, called ovulation, hits on day 14. The remainder of the cycle, days 15-28 of the average 28-day cycle, is called the luteal phase and is characterized by moderately high and stable levels of estrogen.

Estrogen levels are important because it is the key hormone that not only affects the cycle, but also affects the type of fuel available for your working muscles. Studies have shown that low levels (like in the follicular phase) favor the breakdown of quick energy stores (muscle glycogen) whereas high levels (like in the luteal phase) favor fat burning, lower lactic acid levels and glycogen sparing.

How Dow This Relate to Training?

Say you've planned your track workouts for every Wednesday. You go to the track during your follicular phase (low estrogen) and hit all your repeats right on. You leave the track with confidence and excitement. A few weeks later, you go to

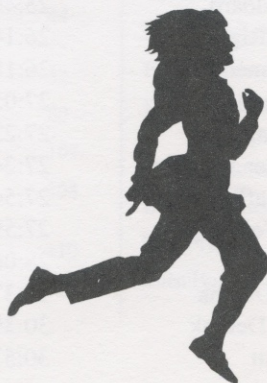
the track but are now in the luteal phase (high estrogen). You feel sluggish, tired and lethargic. It's like you have a totally different body. You leave the track doubting your abilities and your training program despite having great long runs. Don't feel discouraged, though. It is not for lack of training that you are performing this way, but the way your body is fueling your workout.

In the follicular phase, you benefit from a quick breakdown of carbohydrates for speed and efficiency. Your body is primed for providing quick energy for running fast. In the luteal phase, however, your body is in the fat-breakdown mode — fueling your workout primarily through increased utilization of fat. Since fat is a source of slower, more sustained energy than carbohydrates, your intensity may suffer during the luteal phase. Basically, you are trying to run high-octane workouts on low-octane fuel.

With this in mind, know that your long, slow runs will feel easier and require less time for recovery when done in your luteal phase, since your body can take advantage of the increased fat breakdown. In the follicular phase, realize that your tempo runs and inter-training sessions may feel easier due to the ability to access quick energy through the carbohydrates needed for intensity and speed.

Of course, this doesn't mean you shouldn't do long-distance workouts in the follicular phase or tempo workouts in the luteal phase. Just realize that faster running may feel harder in the luteal phase while slower running may feel more difficult in the follicular phase.

With this new understanding of your menstrual cycle and the fuel mechanisms that change from phase to phase, don't view your cycle as a training problem, but rather a training secret. Use what nature gave you as your ergogenic aid and have confidence in your training. Sorry, men, but maybe estrogen is the wonder hormone after all!



Striders on the Road

California International Marathon Sacramento, CA December 6

Jim Buck 3:10
(2:59 in '99 @ St George?)

Nicky's Run 10K Berkley, CA March 14

Jim Buck 40:49

Northern Telecom Cherry Blossom 10M

Washington, DC
April 11

(Continued from last issue)

Ralph Pisani	1:09:46
Vern Robinson	1:10:26
David Barry	1:12:22
Ricky Smith	1:14:48
Michael Mades	1:16:23
Steve Kling	1:17:02
Larry Puglisi	1:18:12
Jim Etchison	1:19:12
Laura (Nye) Falsone	1:21:26
Muffet Chatterton	1:21:35
Neal Barrett	1:22:54
Susan Pisani	1:24:14
Pat Donahue	1:24:29
Addie Welch	1:28:16
Mike Dammeyer	1:29:43
Dick Hillman	1:31:27
Ann Brennen	1:31:45
Robert Saunders	1:32:52
Susan Bright	1:35:01
Michael Farrell	1:35:30
Heidi Wood	1:38:25
Jane Jensen	1:41:57

George Washington Parkway 15K Alexandria, VA April 18

Rob Marino 50:23
7th,

2nd Masters
Karen Hosler 1:14:39

2ndAG

Hornet 5K Great Mills H.S. (Cross Country) April 24

Paul Serra 17:10

2nd AG

Dave Walser 17:43

4th AG

**Sallie Mae 10K
Washington, DC
April 25**

Rob Marino 33:21
1stAG

**La Jolla Half Marathon
La Jolla, CA
April 25**

Michael Smith 1:39:18
Tom Hatala 1:49:20
Seaside course with a nice 500ft. incline
from M5 to M6

**Three Oaks Extra Mile 4.1M
Lexington Park, MD
May 2(?)**

Paul Serra 23:44 1st!
Dave Walser 25:15 2nd!

**Reach Out and Run 5K
Baltimore, MD (409 finishers)
May 2**

Clint Henderson 22:43
John Strumsky 28:16

**Preakness 5K
Baltimore, MD (765 finishers)
May 8**

Clint Henderson 21:23
Susan Massarini 23:35
Jim Noctor 23:56
Michael Henderson 24:37
Jim Carter 28:16

**Armed Forces Day 5K
Ft. Meade, MD
May 13**

Penny Goldstein 28:46 PR!
1st AG!!
Another Beginning Running success
story!

**David 'Pop' Warner Memorial 5K
Downs Park
May 15**

Yvonne Aasen 27:43
No awards, no water, no monitors but
lots of post race drawing prizes. Course
was probably short to boot.

**Blue Heron 10K
Bay Ridge, MD (75 finishers)
May 15**

Carla Dal Colletto 45:15 2ndF
Patti Snodgrass 52+
Linda Simpson 53:17
Don Snodgrass 53+

**Ferndale-Linthicum 5K
Ferndale, MD (742 finishers)
May 16**

Robert Marino 15:31
6th AG :04 faster than '98
Dave Wall 15:44

Mark Jones 16:07
Matt Mace 17:14
Dave Walser 17:29
Jill Hargis 17:39
Chris Sinclair 18:01
Tom Prendki 18:06
Thor Young 18:24
Rose Malloy 18:28
1stAG
Eric Hargis 18:35
Ralph Pisani 18:58
Bob Zeminsky 19:26
Evan Beard 19:46

1stAG
Clint Henderson 20:03
Larry Puglisi 20:29
1:07 faster than '98!

Frank Callahan 20:42
Deborah Young 20:49
Tammy Mazzola 21:31
Eric Elster 21:50
Ann Roberts 22:01
Evan Thomas 22:05
Rita Twist 22:05
Cynthia Silate 22:40
Maria Shields 22:45
Peter Salmon-Cox 22:46
Mary Norton 22:49
Arnie Henderson 22:58
Stan Witomski 23:08
Alan Veasey 23:25
June Schneider 23:22
Dan Miller 23:32
Susan Massarini 23:40
Jim Noctor 23:46
Mike Ciurca 23:58
Nicole Weisberger 24:02
Bill Weisberger 24:18
Kent Starnes 24:21
Ray Putt 24:47
Neal Hinkle 24:57
Reggie Haseltine 24:58
Jeff Konyar 25:07
Kathy Hennes 25:15
Carl Perkins 25:22
Victoria Hinkle 25:23
Chris Beard 25:26
Don Stoddard 25:40
Barbara Riggan 26:14
Don Kennedy 26:18
John Strumsky 27:05
Brad Chapman 27:22
Jim Carter 27:24
Tim Schaffer 27:54
Linda Weisberger 27:59
Phil Caroom 28:06
Natalie Deuink 30:37
Barbara Deuink 30:39
Mary Putt 30:53

Ilene Caroom 32:31
Jennifer Beard 33:40
It was a another wonderful day in
Ferndale. Jim Griffith has the fastest
course in the state and this year the
Kenans swooped in to grab the cash.
Post race bash was super - all you could
eat including subs, pizza, bagels,
mineral water, soda, juices, fruit and
beer! Random prizes galore. Y'all come
back next year for more fast times in
Ferndale. I tried to list all the club
members I could find. If I missed you
let me know.

**Kiss A Pig 5K
Patapsco State Park, MD
May 16**

Yvonne Aasen 30:15
2ndAG (men & women vied for AG
awards)

**Dove Run 5K
May 22**

Maria Shields 23:42
3rdF O/A

**Pikesville 5K
Pikesville, MD
May 23**

Maria Shields 22:38 3rdAG

**Colt/USA Defenders 10 Miler
Washington, DC (1657 finishers)
May 23**

Rob Marino 56:15 3rdAG

**Flying Pig Marathon
Cincinnati, OH
May 23**

Kathleen Heagney 4:23
A grand time was had by all. Great job
for a first time event. Grandfather
Mountain Marathon next!!

**Chestertown 10M
Chestertown, MD
May 29**

Mark Rosasco 57:38 4th
Chris Sinclair 1:01:33 9th
Paul Serra 1:01:44 10th
Matt Mace 1:02:30 11th
Rose Malloy 1:04:24 2ndF
Jennifer Sullivan 1:06:58 3rdF
Michael Smith 1:09:48
T.J. Harrington 1:09:59
(Had fun with trucks)
Joe Clorety 1:10:33
Carla Pastore 1:10:35 6thF
Margie Boyd 1:12:42 9thF
Carole Rosasco 1:13:40 10thF
Bob Field 1:13:49
Meredith Bonta 1:14:59
Sue Briers 1:15:01

Dayton Trubee	1:15:15
Larry Puglisi	1:15:24
Tammy Mazzola	1:15:58
Mike Bright	1:16:42
David Barry	1:17:08
Danalee Green	1:17:26
Laura Falsone	1:17:29
Susan Michalski	1:18:32
Jim Mandrin	1:18:54
Mervin Gross	1:19:11
Ken Lyons	1:19:18
Bill Peake	1:19:25
Mike Blanche	1:19:27
Ray Wyvill	1:19:52
Evan Thomas	1:19:53
Bill Miller	1:19:57
Charlis Muskin	1:21:49
Bob Burash	1:22:43
Mike Long	1:23:09
Ed Karlson	1:23:27
Katherine Mandrin	1:23:32
Allen Veasey	1:23:43
Don Singer	1:24:29
Jay Joseph	1:24:53
John Bechill	1:25:35
Mary Carol Rossing	1:28:30
Mike Ciurca	1:28:33
Kathy Hennes	1:28:44
Will Scott	1:32:40
Linda Rogers	1:34:51
Marty Van Doornick	1:35:58
Kathleen Heagney	1:36:20
Barbara Riggin	1:36:22
Joe O'Boyle	1:36:42
Brad Chapman	1:36:44
Delma Miller	1:38:01
Don Snodgrass	1:38:18
Linda Hall	1:38:41
Ben Moore	1:39:08
Jim Carter	1:39:25
Dennis Williams	1:39:39
Kevin Murnane	1:40:15
Karen Hosler	1:40:48
Peggy Joseph	1:40:54
Sharon Jones	1:43:53
Earl Scott	1:44:12
Susan Zevin	1:45:08
Sharon Serio	1:45:45
Donna Cogle	1:47:17 PR
Susan Shelton	1:47:21 PR
Serelee Hefler	1:50:34
Rondi Stearns	1:51:14
Linda Webb	1:56:35
Doris Harrington	1:58:06
Mandy Falk	2:00:35
Susan Bright	2:01:33
Ilene Caroom	2:02:45
Margaret Pavlinic	2:07:43

We will print all the results when we get them. I can tell you I finished my 15th consecutive Chestertown. If anyone has a longer streak here, let me know. This is my only streak in running and yes, the beer was cold and the crabs (in Rockhall) were wonderful! And, two of last year's Beginning class did their first 10 miles and finished smiling: Donna Cogle and Susan Shelton (oorah!).

**Grete Waitz Women's Run
Oslo, Norway (32,000 participants)
May 29**

Muffet Chatterton asked Grete at the Boston Marathon about how one got into the race. Grete responded by sending Muffet all the info she needed and got her into the seeded runners chute. When Muffet asked later if she could buy some items she couldn't get at the race, Grete sent her a whole box of memorabilia. See - it pays to approach people.

**Andy Payne Bunion Run Marathon
Oklahoma City, OK
May 29**

Tom Bradford 4:05
Would have been faster but everyone had to pour their own water at the "water stops". The race is 3 loops around Lake Overholser. Where does Tom find these races?

**Brisbane Marathon
Brisbane, Australia
May 30**

Peter Salmon-Cox 4:03
Would have been faster but there was no one to carry anything for the amazing one.

**Gate to Gate 4.4M
Eglin AFB, FL (1700 runners)
May 31**

Nancy Mann 38:36
4thAG (PR of course!)

**25th Billy Bowlegs Midnight 5K
Ft. Walton Beach, FL (1000 runners)
June 5**

Nancy Mann 26:26 rainy

**Crofton Kiwanis 10K
Crofton, MD (184 finishers)
June 5**

Mark Rosasco 35:39 1st!
Hamilton Tyler 38:45 2ndAG
Thor Young 39:31 1stAG
Kurt Kuhn 41:32 3rdAG
Curtis Johnson 41:38
Joe Clorety 42:07 2ndAG
Dave Turban 43:13
Chris Mairs 43:57 2ndAG

Larry Puglisi 43:58
Brian Wright 43:59
Ron Bolt 44:13
Carole Rosasco 44:17 2nAG
Ricky Smith 44:43
Jim Barnett 44:55 Zoom!
Jim Etchison 44:56 Good race!
Sean Ahern 45:09
Dave Walser 45:14
Mike Bright 45:21
Tammy Mazzola 46:12

(1:12 faster than '98)
Danalee Green 46:23 1stAG
Deborah Young 46:36
Robert Bailey 47:30
Maria Shields 48:09 2ndAG
Pat Donahue 48:16
Beth Mills 48:35
B.J. King 48:47 2ndAG
Jerry Pentoney 48:57
Alan Veasey 49:02
Darlene Howe 50:12
John Bechill 50:40
Denise O'Neill 51:28
Derek Ammons 51:29
Darcee Doles 52:01
Claire Stackhouse 52:15
Cecile Spiegel 52:33
Cheryl Gray 52:34
Kathy Hennes 52:54
Nancy Hans 53:06
Mike Wilson 53:47
Neal Hinkle 53:50 2ndAG
Ray Beitzell 53:51
Alan Murray 54:15
Effie Dawson 54:36

(:33 faster than '98)
Kent Starnes 54:40
Mary Gray Sachtjen 54:55
Reggie Haseltine 55:06
Ed Karlson 55:48 3rdAG
Barbara Riggin 56:28 3rdAG
Ben Moore 57:11 1stAG
Higley Harmon 58:07
Peter Salmon-Cox 59:02
Tim Schaffer 59:53
Alison Suckling 1:00:03
Helen Brennan 1:00:04
Earl Scott 1:01:22
Yvonne Aasen 1:03:31 1stAG
Alan Wycherley 1:03:55

This one had to compete with the National Race for the Cure in DC. The Striders managed the finish line.

**Taos Marathon
Taos, NM
June 6**

Gerald Royce 4:59
Racing at 7,000 ft. Good sights.

**Semper Fi 5K
Ft. Meade, MD
June 12**

Maria Shields 22:32 2ndF

**MARC Train 5M
Odenton, MD (60 finishers)
June 13**

Mark Jones 28:00
Jon Palks 34:46 1stAG
Larry Puglisi 36:19
Tammy Mazzola 37:06 1stF!!
Maria Shields 38:33 2ndF!
Bill Derr 38:30
Alan Veasey 39:51
Don S 40:33
Kathy Hennes 43:32 1stAG
Nancy Hans 43:47 2ndAG
Derek Ammons 43+
Neal Hinkle 1st AG
Reggie Haseltine 45:12
1st Kiwanian
Joe O'Boyle 46:40
Kevin Murnane 47:20
Linda Webb 52:05 1stAG

**Avon Women's 10K
Baltimore, MD
June 13**

Carla Pastore 41:08 8th O/A

**Midnight Sun Marathon
Anchorage, AL
June 19**

Mary Jefferson 5:18
Mary was all smiles after this one.
Course includes 10 miles of rocky trails
and lots of wildlife.

**Sarah's Run 5K
Marley Station (257 finishers)
June 26**

Women:

Jennifer Sullivan 20:05 2ndF!
Carole Rosasco 21:28
Tammy Mazzola 21:48
Carla Dal Colletto 22:30
Maria Shields 23:03
Linda Massarini 24:05
June Schneider 24:39 2ndAG
Della McIntyre 25:01 3rdAG
Barbara Deuink 27:26 on
the comeback trail
Donna Cogle 28:53
Yvonne Aasen 30:31
Penny Goldstein 31:05

Men:

Jon Palks 20:43
Vern Robinson 20:54 2ndAG
Evan Beard 20:56 1stAG
Clint Henderson 22:11

Stan Witomski 23:42 1stAG
Mike Ciorca 24:30
Jim Noctor 24:58
Higley Harmon 25:53
Chris Beard 26:06
Tom McKee 26:11
Lee Masser 27:52
Jack Koletty 29:03
Alan Wycherley 30:16
Lots of random prizes. Would probably
draw more on a Sunday, however.

**Arbutus Independence Day (Early)
10K
July 3**

Matt Mace 7th O/A
Neal Hinkle, Charlie Muskin, and Clint
Henderson, among others, also romped
around the hills of Arbutus!

**Bowie Freedom 4 Mile
Bowie, MD
July 4**

David Webster 23:15 1st Master
John Kirkpatrick 24:23 1stAG
Rose Malloy 25:42 1stF
Joe Clorety 26+?
Jim Buck 26:17 2ndAG
Larry Puglisi 27:45 2ndAG
Jon Palks 27:49
Sue Briers 28:41 1stF Masters
Tom Bradford 29:09
(2:24 faster than '98)
Bill Derr 29:15 2ndAG
(1:18 faster than '98)
Ken Lyons 29:34 1st bridegroom
John Fay 30:00
Danalee Green 30:03
Arnie Henderson 32:28
Charlie Muskin 32:51
Kathy Hennes 33:50 1stAG
Peter Salmon-Cox 34:48
Evan Thomas 35:02
1st propeller beanie hat
Linda Simpson 36:11
Neal Hinkle 37:32
Brad Chapman 37+
Denzil Pritchard 39:02 1stAG
Susan Zevin 38:58
Yvonne Aasen 40:16 1stAG
Catlin Callahan 42+ 1stAG
Mary Jo McNamara 48+ PR
Sharon Blackman 49:40 PR
(more BR grads make good!)
Brittany Ebert 51+
Barbara Riggin, Susan & Mike Bright
also ran and sweated buckets like the rest
of us!
Thanks to Muffet Chatterton, Jim
Kaufman, et al for a good event.

**Peachtree 10K
Atlanta, GA
July 4**

Denise Hyde 51:27
Alan Wycherley also made his annual
appearance among the 50,000+ who
love the southern heat!

THE LOWDOWN - This has been a
particularly tough month, what with the
untimely passing of Earl Scott and Dennis
Melton. Both will be sorely missed. I
guess it is left to Ben Moore and myself to
take up Earl's Perspiration King mantle.
So, the next time it rains on you during a
workout, it will probably be the result of
Earl doing a long run up above with Don,
Pat, Gerte, Joe and others.

Thank goodness for the Beginning
Running program - once again it has
enabled me to keep my sanity. We had
over 80 folks sign up but I'm not sure
exactly how many will finish the program.
We did gain at least 60 new members.
Thanks to the Athlete's Foot, Dick
Hillman, Tom Bradford, Danalee Green,
June Schneider and Leona Schultz for
sharing some comedy and down to earth
realities of running with the group.
Thanks also to Ardis and Arnie
Henderson, and Betty and Ben Moore for
helping out and being there to answer
many questions from the "baby" runners.
We will keep the group meeting at the
Bates track on Thursday nights at 6PM
until the end of the summer. We had great
weather -every time it was horrible
elsewhere, it was always fine at the track
- who says runners don't have good
karma?

Lee Patrick gave me a note that Jim
Bitgood is still running well. He burned a
3:27 at the Tokyo Marathon in Japan
recently (I can vaguely remember running
that fast). Also, there was a nice spread in
the Capital a while back featuring Maria
Shields - a few reporting errors, but it was
a good running booster.

So, what do you get after attending a
Yoga class on hips and hamstrings? A
hamstring blowout, of course. It seems to
be better now, but my attorney is speaking
to one T.J. Harrington who must have
"misinterpreted" the instructions when he
almost flipped me upside down while
doing one of those "do this with a partner"
exercises.

Until next time, keep those cards and
letters coming: ET, 7941 Queens Rd, Glen
Burnie, MD 21061, 410-865-8252(w),
410-760-9188 & ethomasjr@prodigy.net

See you on the roads - ET

1999 FATHER'S DAY B&A TRAIL10K

It was a dark and stormy morning - actually, it was for a change. However, the rain held off most the most part and people didn't get overheated for a change. We did have to retreat to the cafeteria of North Arundel Hospital for registration on Sunday, June 20th for the 1999 edition of the Father's Day B&A Trail 10K. With 598 registrations, we were looking for a new finishers record. The tables were buzzing as over 190 signed up on race day!

As the throng moved to the starting line on Hospital Drive, it was clear conditions were deteriorating and the times showed it. Strider Dave Wall showed the way with a convincing 8 second victory over fellow Strider Mark Jones (33:29 to 33:37). They both had to get by the early lead of Steve Egolf (3rd in 33:54). The top four male finishers all beat last year's winning time

On the women's side, Pat Keating's attempt for back to back wins was halted by our own Rose Malloy (39:12 to 39:26). Pat ran 1:23 faster this year, but Rose was not to be denied as she zoomed in to the finish 2:21 ahead of her 1998 time. As many are finding out, we have a great race here, with its certified course, great workers, and incredible post-race amenities, and we expect to grow in the future. From the field, 531 finishers set a new record!

In case you missed it, we had soda, fruit juice, beer (from O'Shea's pub), bottled water, bagels (from Chesapeake Bagel Bakery), ice cream, energy bars,

snack food (chips, crackers, etc), bananas, strawberries, and a full breakfast (eggs, hash browns, sausage)! Couple this with some nice random prizes, including two mountain bikes, and you have the makings of a great party. While the weather forced us to move everything inside the Hospital cafeteria, the crowd remained in a festive mood. Our long range forecasters have promised better weather for next year.

A big thank you to our crack race committee, headed by Kevin Murnane (Public Relations Director for North Arundel Hospital). Other Strider members were Co-Race Director Neal Hinkle, Joe O'Boyle, and Esther Weisman. Thanks again to Bob Walters for being our lead bike. Ron Jarashow saved the day with his computer scoring. Al Stott and Jim Hall coordinated the finish line timing and stringers with help from a crew of beginning runners: Donna Cogle, Penny Goldstein, Susan Shelton, Bonnie Strohmmer. Additionally, Dave Walatka and Maryann Stott worked at the finish line. A big hand to wife Lloyd for keeping the registration flowing smoothly. While there are too many other volunteers to thank personally, the A.A County Police were great and emergency medical people were ready for those needing attention.

As of this writing, the Striders netted over \$4,000 for the Cardiopulmonary Rehabilitation Department at the hospital. Once again, we remembered that the race is in memory of Pat O'Brien, long-time hospital stalwart and club member. We also took a moment to salute Earl Scott, a part of so many memories for many club members. So, when you look at your racing calendar for next year, don't forget to mark down Father's Day/B&A Trail 10K at North Arundel Hospital! Where else can you have so much fun? - ET

Overall Finisher Results 1999 Fathers Day 10K Run

Male Overall Results

Place	Name/Age	Time
1	Dave Wall/25	33:29
2	Mark Jones/39	33:37
3	Stephen Egolf/35	33:54
4	Todd Martin/29	34:03
5	Jeff Walcoff/31	34:25
6	Paul Keating/38	35:15
7	Matt Cooke/19	35:25
8	Mark Rosasco/40	35:37
9	Serge Arbona/34	35:52
10	David Webster/46	36:02

Female Overall Results

Place	Name/Age	Time
1	Rose Malloy/50	39:12
2	Patricia Keating/37	39:26
3	Sonya Cucio/30	39:37
4	Jennifer Sullivan/34	40:47
5	Carla Pastore/43	40:48
6	Marjorie Boyd/37	40:49
7	Summer Finnifan/23	40:50
8	Amanda Schmidt/18	41:29
9	Micol Rothmann-Haji/27	42:21
10	Carole Rosasco/39	43:55

Male Masters: 40+

Place	Name/Age	Time
1	Mark Rosasco/40	35:37
2	David Webster/46	36:02
3	John Kirkpatrick/55	37:53

Female Masters: 40+

Place	Name/Age	Time
1	Carla Pastore/43	40:48
2	Meredith Bonta/53	44:10
3	Sue Briers/43	44:18



Junior Striders continue to show the right stuff

**ALL COPY MUST
be sent to the
Editor — Deadline
for the next
issue is
Oct. 22nd!**

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

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Male Age Group: 1-19

1	Matt Cooke/19	35:25
2	Dustin Lieb/16	37:01
3	Chris Dyer/17	37:12
4	Andrew Rogers/18	38:36
5	Matthew Gray/16	38:42

FEMALE AGE GROUP: 1-19 *

Place	Name/Age	Time
1	Amanda Schmidt/18	41:29
2	Danielle Veilleux/15	48:11
3	Alicia White/17	48:42
4	Rachel Jackowski/13	49:20
5	Jenifer Gough/19	49:56



Everyone's Friend, Earl Scott

John Wall Mile Results July 10, 1999

Place	Name/Age	Time
1.	Yancy Hall/30	4:29
2.	Greg Shute/26	4:33
3.	Robert Marino/41	4:33
4.	Mark Jones/38	4:34
5.	Dave Wall/25	4:46
6.	Dustin Lieb/16	4:47
7.	Steve Egolf/36	4:47
8.	Remus Medley/29	4:48

9.	Chris Dyer/17	4:49	
10.	Chris Foster/16	4:51	
11.	Fluybert Groenendaal/23	4:53	
12.	Matthew Gray/16	4:57	
13.	Mike Rolland/19	4:58	
14.	Paul Serra/43	4:59	
15.	Matt Mace/38	4:59	
16.	Justin Marvel/15	5:00	
17.	John Hecox/29	5:01	
18.	Trent Slacum/16	5:03	
19.	Raffaele Simpson/14	5:04	
20.	Alex Lecouras/23	5:05	
21.	Eric Schrader/34	5:06	
22.	Martyn Groenendaal/22	5:06	
23.	Hugh Harris/30	5:07	
24.	Eric Gyaki/50	5:09	
25.	Dave Walser/40	5:10	
26.	Emlyn Pratt/16	5:11	
27.	Jason Mitchell/16	5:16	
28.	Roger Hebden/39	5:17	
29.	Oliver Payne/47	5:18	
30.	Thor Young/29	5:21	
31.	Terry Proffitt/42	5:22	
32.	William Allken/38	5:23	
33.	Michael Cunningham/44	5:24	
34.	Tom McManuels/26	5:26	
35.	John Kirkpatrick/55	5:27	
36.	Michael Meaney/14	5:31	
37.	Eric Westland/14	5:34	
38.	Ron Hooker/36	5:35	
39.	Amanda Schmidt/18	5:36	F
40.	Marcos Aguilera/21	5:38	
41.	Chris Mairs/27	5:42	
42.	Patrick Cavanagh/36	5:42	
43.	Carla Pastore/44	5:45	F
44.	Mike Petrosky/21	5:46	
45.	Jeremy Hsieh/16	5:48	
46.	Evan Beard/12	5:48	
47.	Michael Kuhn/36	5:49	
48.	Lauren Riesett/15	5:51	F
49.	Jody Fagnano/37	5:53	F
50.	Joe Clorety/56	5:54	
51.	Mike Fagnano/36	5:54	
52.	James Hoffman/32	5:56	
53.	Michael Smitz/42	5:56	
54.	Ron Bolt/57	5:58	
55.	Bill Freed/50	5:59	
56.	Eric Crawford/27	6:00	
57.	Matthew Centrowitz/9	6:02	
58.	Todd Young/22	6:04	
59.	John Fay/52	6:07	
60.	Deb Young/28	6:07	F
61.	Bill Sebring/45	6:09	
62.	Tammy Mazzola/38	6:11	F
63.	Jim Etchison/46	6:12	
64.	Andrea Lockhart/15	6:12	F
65.	Ann Roberts/33	6:13	F
66.	Robin Moon/40	6:14	F
67.	Larry Puglisi/45	6:15	
68.	John Gallagher/51	6:19	
69.	Rachel Jackowski/13	6:20	F
70.	Lillian Ricardo/15	6:23	F
71.	Helen Laird/40	6:23	F
72.	Carla Dal Colletto/38	6:27	F
73.	Joseph Pass/10	6:28	
74.	Pat Donahue/47	6:28	
75.	Tom Bradford/56	6:29	
76.	Mary Kay Waltemire/35	6:32	F
77.	Lauren Centrowitz/12	6:32	F
78.	Steve Wambaugh/44	6:33	
79.	Seyed Hosseini/56	6:33	
80.	Dan Symancyk/52	6:33	
81.	Mark Stover/44	6:34	
82.	Allen Veasey/59	6:37	
83.	Amber Chilipko/14	6:38	F
84.	David Brault/47	6:38	
85.	William Derr/60	6:41	
86.	Danalee Green/52	6:41	F
87.	Lisa Schrader/43	6:44	F
88.	Alan Murray/36	6:45	
89.	Steven Penkert/41	6:46	
90.	Greg Stevenson/37	6:47	
91.	Ryan Kneessi/16	6:47	
92.	Brandon Evans/15	6:47	
93.	Maria Shields/48	6:48	F
94.	Chris Beard/47	6:48	
95.	Don Higdon/57	6:49	
96.	Peter Salmon-Cox/59	6:52	
97.	Milly Hejtmanek/16	6:52	F
98.	Susan Fu/37	6:52	F
99.	Rachel Hill/15	6:53	F
100.	Nicola Payne/11	6:54	F
101.	Kathy Stanton/36	6:55	F
102.	Terrey Haley/30	6:55	F
103.	Sandy Burton/51	6:57	F
104.	Fred Shanklin/58	7:00	
105.	Tara Witmer/17	7:02	F
106.	Arnie Henderson/62	7:02	
107.	June Schneider/52	7:06	F
108.	Derek Ammons/39	7:06	
109.	Kate Meaney/12	7:08	F
110.	Sara Megdiche/28	7:09	F
111.	Colleen Meaney/10	7:11	F
112.	Will Myers/49	7:11	
113.	Thomas Frankhouser/49	7:13	
114.	Alyse Hoffman/11	7:14	F
115.	Kristina Barrett/9	7:15	F
116.	Ann Brennan/30	7:18	F
117.	L.C. Martin/51	7:18	
118.	Rob Mairs/56	7:18	

119. Tami Graf/62	7:20	F
120. Lynne Reeder/35	7:23	F
121. Zachary Proffitt/10	7:24	
122. Ernest Chizmar/51	7:27	
123. Will Scott/48	7:28	
124. Dave Summey/44	7:29	
125. Denzil Pritchard/78	7:30	
126. Patricia Snodgrass/45	7:31	F
127. Ed Jantz/50	7:34	
128. Charlie Muskin/50	7:34	
129. Ben Moore/74	7:35	
130. Melissa Currence/43	7:39	F
131. Ginger Andrews/34	7:40	F
132. Cecile Spiegel/44	7:41	F
133. David Walser/17	7:42	
134. Nicole Jantz/17	7:42	F
135. Nancy Ebersberger/47	7:48	F
136. Linda Simpson/57	7:50	F
137. Janet Diedrick/28	7:51	F
138. Bill Vogenitz/51	7:53	
139. P.J. Painter/51	7:55	
140. Weston Beard/9	7:59	
141. Brad Chapman/67	8:13	
142. Darrin Gooding/15	8:17	
143. Yvonne Aasen/67	8:28	F
144. Mary McDowell/41	8:35	F
145. Anne Winters/40	8:36	F
146. Robin Williams/48	8:38	
147. Clair Morris /63	8:43	
148. Guy Riccio/78	8:46	
149. Zack Mazzola/10	8:59	
150. Kelly Moon/8	9:05	F
151. Iris Wyvil/40	9:13	F
152. Arie Stanton-Penkert/7	9:24	F
153. Luke Gilman/5	9:37	
154. Don Snodgrass/48	9:39	
155. Casey Beard/6	9:44	
156. Lissa Gould/15	9:46	F
157. Jennifer Beard/44	10:10	F
158. Jenna Gilman/6	10:26	F

Dog Days of Summer 8K Results August 8, 1999

Place	Name/Age	Time
1	Jeff Walcoff/31	28:13
2	Steve Ego/36	28:39
3	Robert Marino/41	28:45
4	Greg Shute/24	29:05
5	Doug Enzler/19	29:18
6	Dave Webster/46	29:20
7	Matt Mace/38	29:45
8	Tim Silva/37	29:47
9	Scott Eden/46	30:01
10	Chris Foster/16	30:30
11	Chris Dyer/17	30:31
12	Eric Schrader/34	30:42
13	Robert Bigelow/32	30:55
14	Mark Rosasco/40	31:01
15	Dustin Lieb/16	31:03
16	Matthew Gray/16	31:07
17	Jascha Fields/22	31:20
18	Trent Slacum/16	31:29
19	Mark Norton/39	31:35
20	Paul Serra/43	31:57
21	John Kilpatrick/55	32:11
22	William Allen/38	32:38
23	Robert Biddle/39	32:53
24	Tom Johnson/33	32:57
25	Michael Cunningham/45	33:01
26	Craig Haas/16	33:02
27	Robert Howard/29	33:05
28	Thor Young/29	33:06.2
29	Jerry Pentoney/23	33:06.6
30	Eric Gyaki/50	33:17
31	Pat Ostrye/16	33:24
32	Matt Severson/25	33:25
33	Hugh Harris/31	33:43
34	Ned Tobey/27	33:50
35	Craig Schmidt/16	34:06
36	John Boyle/20	34:07
37	Carla Pastore/44	34:14
38	Rose Malloy/50	34:22
39	Elliott Flick/31	34:33
40	Jennifer Sullivan/34	34:36
41	Jim Norton/42	34:46
42	Marjorie Boyd/37	34:59
43	Justin Hackney/19	35:04

44	Richard Kersey/47	35:13
45	Michael Behmer/25	35:16
46	Michael Smith/43	35:19
47	Darrin Way/33	35:24
48	Michael Kun/36	35:35
49	Ron Hooker/36	35:45.1
50	Dave Walser/40	35:45.3
51	Ron Bolt/57	35:51
52	No card	35:52
53	Francisco Sanchez/57	35:59
54	Joe Clorety/56	36:31
55	Larry Puglisi/45	36:32
56	Tom Kennedy/35	36:36
57	Chris Mairs/27	36:56
58	Doug Burkhard/43	36:58
59	Kelley Lord/20	37:00.5
60	Kurt Turner/28	37:00.7
61	Carole Rosasco/40	37:11
62	Brian Bonn/16	37:23
63	Bob Hoyt/42	37:24
64	Helen Laird/41	37:30
65	Eric Ester/15	37:36
66	Emily Cole/16	37:40
67	Erin Masterson/16	37:54
68	Jeremy Hsieh/16	38:02.0
69	William Derr/60	38:02.6
70	Jim Etchison/46	38:08
71	Marc Mallonee/30	38:27
72	Carla Dal Colletto/38	38:49
73	Olivia Burgess/43	38:52
74	Scott Thayer/39	39:00
75	Kaelynn Moory/15	39:10
76	Deborah Young/28	39:11
77	Bob Burash/52	39:12
78	John Sabel/64	39:17.2
79	Dave Spoerl/39	39:17.6
80	Danalee Green/53	39:23
81	Seyed Hosseini/56	39:30
82	Lisa Schrader/44	39:32
83	Dan Symancyk/51	39:34
84	Darin Pang/32	39:46
85	Rachel Jackowski/13	39:57
86	Laura Falzone/36	39:58
87	Patziul Cavanaugh/36	40:00
88	Steve Penkert/41	40:07
89	Alan Marshall/15	40:08
90	David Brault/47	40:09
91	Bill Peake/48	40:11
92	Bob Field/47	40:12
93	Paul Jamar/35	40:17
94	Ken Greenberg/44	40:19
95	Whitey Gross/60	40:20
96	John Fay/52	40:24
97	Kathy Dobbs/33	40:30
98	Don Higdon/57	40:31



Meredith Conta and Danalee Green
Working the crowd at the Women's Distance Festival

99 Brandon Evans/15	40:37
100 Neal Barrett/47	40:41
101 Jim Kaufman/45	40:44
102 Bill Clapper/50	40:52
103 Daniel Hopkins/40	40:55
104 Amadeu Sanches/59	40:57
105 Karen Koffler/39	40:57
106 Harmon Bullard/53	40:59
107 Terrey Haley/30	41:00
108 John Mitchell/54	41:04
109 Tom Bradford/56	41:09
110 John Hammett/35	41:10
111 William Butler/49	41:13
112 No card	41:21
113 Mary Gaylord/36	41:38
114 Kevin Lynch/35	41:45
115 Tony Hedlesky/50	41:54
116 Susan Fu/38	41:58
117 Dave Sciannella/40	42:01.1
118 Pat Sciannella/37	42:01.5
119 Phil Sebring/46	42:04
120 Chip Burroughs/41	42:14
121 Mark Stover/44	42:19
122 Jon Meyer/52	42:20
123 Mary Jane Williams/35	42:27
124 Jeff Gaylord/36	42:29
125 George McDowell/16	42:38
126 Ken Haas/44	42:47.6
127 Alison Suckling/44	42:47.9
128 Helen Brennan/41	42:49
129 Derek Ammons/39	43:14
130 Lisa McCaffrey/35	43:37
131 Mike McAusland/64	43:46
132 Marc Brunnitt/38	43:47
133 Donald Kennedy/52	43:48
134 Adam Peterson/13	43:49
135 Lynne Reeder/35	43:52
136 Thomas Frankhouser/49	44:05
137 Amy Ridings/37	44:09
138 Fred Shanklin/58	44:28
139 Amy Brennan/30	44:30



Betty Moore, shows that she can go the distance



These ladies seem to enjoy the Women's Distance Festival

140 Kathy Stanton/36	44:36.2
141 Web Chamberlin/68	44:36.6
142 Tom Voorhees/43	44:49
143 Gillian Conner/35	44:50.5
144 Martha West/40	44:50.8
145 Sarah Megdiche/28	44:51
146 Tara Witmer/18	44:55
147 Christine Brungot/46	44:56
148 Elizabeth Bolton/39	45:11
149 Gary Sewell/57	45:15
150 Pat Donohue/47	45:20
151 Ryan Kneesst/16	45:21
152 Tim Clair/16	45:22
153 Sandy Burton/51	45:24
154 Jim Ostrye/49	45:33.4
155 Larry Parker/50	45:33.9
156 Will Myers/50	45:42
157 Les Pang/46	45:44
158 Melissa Currence/43	45:48
159 Ginger Andrews/34	46:16
160 Kathy Hennes/47	46:21
161 Ben Moore/74	46:33
162 Michael Telfer/31	46:57
163 Bruce Rogers/64	47:06
164 Reggie Hazeltine/49	47:31
165 Robert Hagen/29	47:52
166 Rob Mairs/56	47:58
167 Kathleen Schuman/33	48:09
168 Ernest Chizmar/51	48:14
169 Brenda Norman/42	48:16
170 Di Goodman/36	49:21
171 Jackie Kellner/50	49:28
172 John Rosacker/18	49:48
173 Brad Chapman/68	50:09
174 Meredith Alig/19	50:13.0
175 Amy Holm/56	50:13.6
176 Denzil Protchard/78	50:26
177 Guy Riccio/78	51:35
178 P.J. Painter/51	51:36
179 Ed Jantz/50	52:22
180 Diane Zoller/48	53:43
181 Mike Lovejoy/47	53:54
182 Yvonne Aasen/67	55:21

183 Andrea Apo/35	55:49
184 Lisa Heffelfunger/37	55:54
185 Samantha Grimes/26	56:12
186 Margaret Tefler/38	56:34
187 Mary McDowell/41	57:54
188 Iris Wyvill/40	58:19
189 Ray Campbell/67	58:22
190 Ilene Caroon/46	1:01:16
191 Sarah Anderson/26	1:02:59
192 Betty Moore/70	1:04:59
193 Louise Zeitlin/54	1:05:53
194 Mary Ellen Glick/58	1:09:30
195 John Gallagher/50	1:17:41
196 Darrin Gooding/15	1:19:42



Ah, the exuberance of youth....

Awards

Men Women Overall

Jeff Walcoff

Carla Pastore Steve Egolf Rose
Malloy Robert Marino

14 & under

Adam Peterson

15 - 19

Doug Enzler Jennifer Sullivan

Rachel Jackowski

Emily Cole Chris Foster Erin
Masterson Chris Dyer Kaelynn Moory 20 -
29 Greg Shulte Kelley Lord Jascha
Fields Deborah Young Robert
Howard Sarah Megdiche 30 - 39 Matt
Mace Marjorie Boyd Tim Silva Carla Dal
Colletto Eric Schrader Laure Falsone 40 -
49 David Webster Carol Rosasco Scott
Eden Helen Laird Mark Rosasco Olivia
Burgess 50 - 59 John Kirkpatrick Danalee
Green Eric Gyaki Sandy Burton Ron
Bolt Jackie Kellner 60 - 69 Bill
Derr Yvonne Aasen John Sabel Whitey
Gross 70 - 79 Ben Moore Betty
Moore Denzil Pritchard Guy Riccio

ANNAPOLIS STRIDERS RACE APPLICATION

Full Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Age (race day) _____ Gender _____

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 successors 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 a separate entry fee for each race.

DOG DAYS 8K

Sun. Aug 8; 8 am
AACC Track; Entry Fee by 7/31: Striders-\$3,
Non-Striders-\$4, Race Day: All \$5
Mail to: 1740 Thistle Ct.
Gambrills, MD 21054;
Sue Briers: 410-721-1442

DAWSON'S 5 MILE RUN

Sun. Sept 12; 8 am
Severna Park HS; Entry Fee by 9/4: Striders-\$3
Non-Striders-\$4, Race Day: All \$5
Mail to: 234 Mill Church Rd
Arnold, MD 21012,
Dan Symancyk/Ann Roberts
410-544-1516/349-8860

OLD TURKEY 10K - AGE HANDICAPPED

Sun. Nov 28; 8 am
South River High School
Entry Fee by 11/23: Striders -\$3,
Non-Striders-\$4, Race Day: Striders-\$4
Non-Striders-\$5
Mail to: Annapolis Striders
2012 Elmwood Road Annapolis, MD 21402
Chris Riley 410-626-8965; Dan Pritchard 301-261-6187

DOWN'S PARK 5 MILE

Sat. Nov. 6 ; 8 am
Down's Park; Entry Fee: Striders-\$3
Non-Striders-\$4, Race Day: All \$5
Mail to: AACO Rec&Parks
PO Box 2700,
Annapolis, MD 21404,
Attn: Mike Busch/Don Higdon; 410-266-0561

**FOR MORE INFORMATION CALL THE RACE DIRECTOR OR VISIT OUR WEB PAGE
AT [HTTP://WWW.ANNAPOLISSTRIDERS.ORG](http://www.annapolisstriders.org).**

Downs Park 5 Miler



Hog Neck Scamper

Saturday, November 7, 1999 8:30 a.m.

PLACE: Downs Park: Mountain & Pinehurst Roads, Pasadena, Md.

DISTANCE: 5 Miles

COURSE: Downs Park features hard surface trails which wind through a panoramic display of autumn beauty accented by scenic views of the Chesapeake Bay. The course is mostly flat. No strollers. No headphones. No roller blades.

TIME:

Registration 7:00 - 8:00 a.m.

One Mile Fun Run 8:05 a.m.

100 yd Tot Trot kids 6 & under 8:20 a.m.

5 Mile Race Starts 8:30 a.m.

AWARDS: T-shirts to all 5M Run participants. Hams & Plaques for overall male and female winners. First 2 finishers in male and female age categories receive plaques. All Tot Trot participants receive ribbons.

Refreshments for all runners!

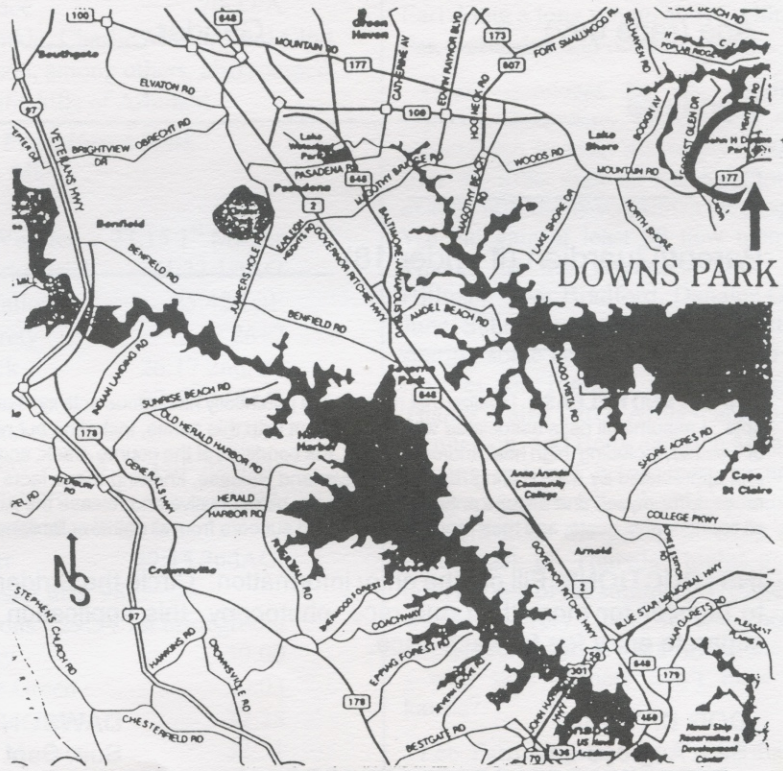
ENTRY:

Strider Members \$3.00

Non Striders \$4.00

Race Day \$5.00

FOR MORE INFO or to Volunteer, contact Don Higdon 410-266-0561, Mike Busch 410-222-7300, or the Striders' Hotline: 410-268-1165



OFFICIAL USE ONLY

HOG NECK SCAMPER 5 MILE RUN — COMPLETE ALL INFO., PLEASE PRINT.
 Make check payable to A.A. CO. RECREATION & PARKS. No Cash BY MAIL.
 Send with form to: DOWNS PARK 5 MILE, A.A. Co. Recreation & Parks,
 P.O. Box 2700, Annapolis, MD 21404 Attn: Mike Busch

LAST NAME _____ FIRST NAME _____ MI _____

TELEPHONE _____

STREET _____ CITY _____

POST OFFICE / STATE _____ ZIP _____

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

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

SIGNATURE OF ENTRANT _____

DATE _____

Attention Championship Series Runners!! If you ran either of the first four races in the series (Washington's Birthday 5K and Cherry Pit 10 Miler, Father's Day 10k, John Wall 1 Mile) your name should appear in the listing. You should appear in the age category reflecting your age as of 1 January 1999. If there are any errors or omissions please contact Tom Bradford on 410-987-0674 or email to TABSLAB@AOL.COM.

Women 13 & Under

	5K	10M	10K	1M	8K	5M	26K	15K	Total
Kate Meaney	35	35	35	1					106
Colleen Meaney	35	35	35	2					107
Kristina Barrett	35	35	35	3					108

Women 14-19

	5K	10M	10K	1M	8K	5M	26K	15K	Total
Ashley Walser	1	35	35	35					106
Allison Weitz	35	35	1	35					106

Women 20-24

	5K	10M	10K	1M	8K	5M	26K	15K	Total
Mary Norton	1	35	35	35					106
Jennifer Weitz	35	35	1	35					106

Women 25-29

	5K	10M	10K	1M	8K	5M	26K	15K	Total
Deborah Young	2	3	2	1					8
Terrey Haley	4	1	3	3					11
Sarah Megdiche	35	4	5	2					46
Susie Flockart	3	35	3	35					76
Colleen Bentz	1	35	35	35					106
Sarah Beltz	35	2	35	35					107
Cynthia Symancyk	35	35	1	35					106
Cece Cleary	35	5	35	35					110
Cass Mairs	35	35	4	35					109
Jessame Ferguson	5	35	35	35					110

Women 30-34

	5K	10M	10K	1M	8K	5M	26K	15K	Total
Ann Brennan	8	2	6	4					20
Lynne Reeder	7	5	5	5					22
Jennifer Sullivan	1	1	1	35					38
Ann Roberts	3	35	2	1					41
Mary Kay Waltemire	4	35	3	2					44
Ginger Andrews	35	4	7	6					52
Denise Hyde	6	35	4	35					80
Shelley Smith	2	35	35	35					107
Linda Eckert	35	3	35	35					108
Denise Nathanson	5	35	35	35					110
Mary Podlesney	35	35	8	35					113

Women 35-39

	5K	10M	10K	1M	8K	5M	26K	15K	Total
Carla DalColletto	3	3	5	2					13
Susan Fu	5	8	6	3					22
Marjorie Boyd	2	1	1	35					39
Tammy Mazzola	35	6	4	1					46
Gillian Connor	1	2	35	35					73
Carole Rosasco	35	4	2	35					76
Maryellen Palowitch	35	7	8	35					85
Margi Bergamini	8	35	11	35					89
Jennifer Lundeen	35	35	3	35					108
Suzann Pisani	4	35	35	35					109
Kathy Stanton	35	35	35	4					109
Vivian Rowe	35	5	35	35					110
Kim Fry	6	35	35	35					111
Margaret Spoerl	7	35	35	35					112
Denise O'Neill	35	35	7	35					112
Jennifer Davis	35	9	35	35					114
Mary Carol Rossing	35	35	9	35					114
Bernadette Kuzma	35	10	35	35					115
Barbara Deuink	35	35	10	35					115

Women 40-44

	5K	10M	10K	1M	8K	5M	26K	15K	Total
Patricia Snodgrass	10	5	7	4					26
Melissa Currence	9	4	9	5					27
Carla Pastore	1	35	1	1					38
Helen Laird	2	1	35	2					40
Mary McDowell	14	9	12	7					42
Lisa Schrader	4	35	3	3					45
Iris Wyvil	17	10	13	8					48
Sue Briers	3	35	2	35					75
Mary Lang	5	35	5	35					80
Alison Suckling	7	35	4	35					81
Helen Brennan	8	35	6	35					84
Cecile Spiegel	35	35	8	6					84
Marie Friedland	13	7	35	35					90
Effie Dawson	11	35	11	35					92
Katherine Mandrin	35	2	35	35					107
Maureen Rohrs	35	3	35	35					108
Brenda Norman	35	6	35	35					111
Kasia Taylor	6	35	35	35					111
Ellen Hunt	35	8	35	35					113

Jennifer Beard	35	35	35	8															113
Rita Bell	35	35	10	35															115
Donna Cogle	12	35	35	35															117
Lynn Hopkins	15	35	35	35															120
Judy Smith	16	35	35	35															121
Women 45-49	5K	10M	10K	1M	8K	5M	26K	15K	Total										
Maria Shields	2	35	2	1															40
Nancy Ebersberger	5	35	6	2															48
Ilene Caroom	7	2	10	35															54
Rita Twist	1	35	1	35															72
Kathy Hennes	35	1	3	35															74
Christine Brungot	3	35	4	35															77
Susan Zevin	4	35	35	35															109
Nancy Thomas	35	35	5	35															110
Susan Shelton	6	35	35	35															111
Linda Webb	35	35	7	35															112
Mary Putt	35	35	8	35															113
Karen Levin	35	35	9	35															114
Women 50-54	5K	10M	10K	1M	8K	5M	26K	15K	Total										
Danalee Green	2	2	3	1															8
Sandy Burton	4	3	4	2															13
Rose Malloy	35	1	1	35															72
Meredith Bonta	1	35	2	35															73
June Schneider	3	35	35	3															76
Katherine Burke	6	4	35	35															80
Rae Jean Goodman	5	35	8	35															83
Elizabeth Williams	35	35	5	35															110
Jackie Kellner	35	35	6	35															111
Nancy Mann	35	35	7	35															112
Women 55-59	5K	10M	10K	1M	8K	5M	26K	15K	Total										
Linda Simpson	1	1	1	1															4
Trudy McFall	2	35	35	35															107
Barbara Riffin	35	35	2	35															107
Women 60-64	5K	10M	10K	1M	8K	5M	26K	15K	Total										
Amelia Finan	1	35	35	35															106
Women 65-69	5K	10M	10K	1M	8K	5M	26K	15K	Total										
Yvonne Aasen	1	1	1	1															4
Men 13 & Under	5K	10M	10K	1M	8K	5M	26K	15K	Total										
Evan Beard	1	35	1	1															38
Justin Gooding	2	1	35	35															73
Weston Beard	35	35	35	2															107
Garrett Gooding	3	35	35	35															108

Casey Beard	35	35	35	3															108
Men 14-19	5K	10M	10K	1M	8K	5M	26K	15K	Total										
Darrin Gooding	4	35	5	7															51
Jason Mitchell	2	35	35	2															74
Brandon Evans	3	35	35	5															78
Jeremy Hsieh	35	35	4	4															78
Ryan Kellish	1	35	35	35															106
Scott Syms	35	35	1	35															106
Trent Slacum	35	35	35	1															106
Michael Hall	35	35	2	35															107
Michael Meaney	35	35	35	3															108
Jon Donohue	35	35	3	35															108
David Walser	35	35	35	6															111
Men 20-24	5K	10M	10K	1M	8K	5M	26K	15K	Total										
Jerry Pentoney	35	1	1	35															72
Men 25-29	5K	10M	10K	1M	8K	5M	26K	15K	Total										
Thor Young	3	1	2	2															8
Chris Mairs	1	3	3	4															11
Eric Crawford	4	35	4	5															48
Dave Wall	35	35	1	1															72
Tom McManuels	35	2	35	3															75
John Mahan	2	35	35	35															107
Men 30-34	5K	10M	10K	1M	8K	5M	26K	15K	Total										
Robert Bigelow	1	2	3	35															41
Eric Schrader	3	35	2	1															41
Hugh Harris	4	35	4	2															45
John Ward	2	1	35	35															73
Darrin Way	35	3	5	35															78
Robert Warren	35	4	8	35															82
Jeff Walcoff	35	35	1	35															106
James Hoffman	35	35	35	3															108
Tim Deaton	35	35	6	35															111
Michael Lynch	35	35	7	35															112
Men 35-39	5K	10M	10K	1M	8K	5M	26K	15K	Total										
Steve Egolf	1	1	2	2															6
Matt Mace	2	3	4	3															12
Michael Kuhn	4	5	10	7															26
Ronald Hooker	7	6	9	5															27
Patrick Cavanagh	9	8	14	6															37
Derek Ammons	15	11	20	9															55
Scott Thayer	12	9	15	35															71
Mark Jones	35	35	1	1															72
Mark Rosasco	35	2	3	35															75
Ted Kennedy	6	35	8	35															84
David Spoerl	8	7	35	35															85

Alan Wright	5	35	11	35						86
Barry Davis	13	10	35	35						93
Steven Scott	3	35	35	35						108
Bob Biddle	35	4	35	35						109
Roger Hebden	35	35	35	4						109
William Allen	35	35	5	35						110
Hamilton Tyler	35	35	6	35						111
Jim Griffith	35	35	7	35						112
Alan Murray	35	35	35	8						113
James Schraf	10	35	35	35						115
Thomas Kennedy										
	11	35	35	35						116
Robert Dewitt	35	12	35	35						117
Morgan Wells	35	35	12	35						117
Ricky Smith	35	35	13	35						118
Ken Bassett	14	35	35	35						119
Willie McClain	35	35	16	35						121
Bill Thomas	35	35	17	35						122
James Falvey	35	35	18	35						123
John Lloyd	35	35	19	35						124
Marc Brummitt	35	35	21	35						126
Michael Webb	35	35	22	35						127
Bruce Smith	35	35	23	35						128
Greg Zur Muhlen										
	35	35	24	35						129
Men 40-44										
	5K	10M	10K	1M	8K	5M	26K	15K	Total	
Dave Walser	2	3	2	3						10
P. Michael Cunningham										
	4	2	1	5						12
Michael Smith	7	4	5	35						51
Mark Stover	15	11	19	8						53
Larry Puglisi	9	6	35	6						56
Jim Kaufman	12	9	13	35						69
Robert Marino	1	35	35	1						72
Paul Serra	35	1	35	2						73
Terry Proffitt	3	35	35	4						77
Richard Burton	5	35	3	35						78
James Lundeen	35	5	4	35						79
Ross Heisman	35	7	7	35						84
Richard Widup	10	35	8	35						88
David Summey	18	35	25	10						88
Steve Wambaugh										
	35	35	17	7						94
Steven Brady	11	35	15	35						96
Clint Henderson										
	13	35	16	35						99
Tom DeKornfield										
	6	35	35	35						111
Doug Burkhardt										
	35	35	6	35						111
Eric Karandy	35	8	35	35						113

John Major	8	35	35	35						113
James Carter	17	35	26	35						113
Steven Penkert	35	35	35	9						114
Tim Coughlin	35	35	9	35						114
John Bechill	35	10	35	35						115
Michael Upton	35	35	10	35						115
Roy Bands	35	35	11	35						116
Douglas Silate	35	35	12	35						117
Sydney Oaksmith										
	14	35	35	35						119
Bill Warnock	35	35	14	35						119
Cecile Spiegel	16	35	35	35						121
Thomas Mira	35	35	18	35						123
Robert Brenton	35	35	20	35						125
Ray Wyvill	35	35	21	35						126
Bruce Breneman										
	35	35	22	35						127
Higley Harmon	35	35	23	35						128
Kevin Mumane	35	35	24	35						129
Chris Bergamini										
	35	35	27	35						132
Men 45-49										
	5K	10M	10K	1M	8K	5M	26K	15K	Total	
Jim Etchison	5	4	8	2						19
Patrick Donahue										
	7	8	9	3						27
David Brault	10	9	12	4						35
Charlie Muskin	12	10	11	9						42
Will Myers	11	11	15	6						43
Bob Field	2	2	5	35						44
Michael Bergeson										
	3	3	7	35						48
Will Scott	35	12	16	8						71
Chris Beard	17	35	18	5						75
Reggie Haseltine										
	13	13	19	35						80
T.J. Harrington	4	35	6	35						80
Don Snodgrass	35	15	20	11						81
William Butler	6	7	35	35						83
Neal Barrett	35	6	13	35						89
Eric Peltosalo	1	35	35	35						106
Scott Eden	35	1	35	35						106
David Webster	35	35	1	35						106
Oliver Payne	35	35	35	1						106
Nick Lakis	35	35	2	35						107
Daniel Miller	35	35	3	35						108
Kurt Kuhn	35	35	4	35						109
Bill Peake	35	5	35	35						110
Thomas Frankhouser										
	35	35	35	7						112
Steven Gill	8	35	35	35						113
Ron Bowman	9	35	35	35						114

Robin Williams	35	35	35	10						115
Michael Anderson	35	35	10	35						115
Fred Betz	35	14	35	35						119
Nathan Leventhal	14	35	35	35						119
Gordon Haines	35	35	14	35						119
Bill Woods	15	35	35	35						120
Steven Southard	16	35	35	35						121
Jeff Konyar	35	35	17	35						122
Raymond Putt	35	35	21	35						126
Men 50-54	5K	10M	10K	1M	8K	5M	26K	15K	Total	
John Gallagher	3	2	3	4						12
John Fay	4	3	5	3						15
Earnest Chizmar	11	7	14	5						37
Eric Gyaki	1	35	1	1						38
Edward Jantz	10	8	16	6						40
Bob Burash	5	9	4	35						53
Jon Meyer	6	4	10	35						55
P.J. Painter	35	6	15	8						64
Mel Levin	35	1	2	35						73
John Ryan	7	5	35	35						82
Dan Symancyk	15	35	7	35						92
Dan Masterson	2	35	35	35						107
Bill Freed	35	35	35	2						107
Robert Bailey	35	35	6	35						111
Bill Vogenitz	35	35	35	7						112
Mick Galuski	8	35	35	35						113
John DeGreck	35	35	8	35						113
Jay Joseph	9	35	35	35						114
Ken Hidenfelter	35	35	9	35						114
Harmon Bullard	35	35	11	35						116
Jonas Legum	12	35	35	35						117
John Ryan	35	35	12	35						117
Wayne Denney	13	35	35	35						118
Michael Ciorca	35	35	13	35						118
Jay Taylor	14	35	35	35						119
Men 55-59	5K	10M	10K	1M	8K	5M	26K	15K	Total	
John Kirkpatrick	2	1	1	1						5
Joe Clorety	5	2	2	2						11
Seyed Hosseini	7	4	4	5						20
Tom Bradford	6	12	6	4						28
Fred Shanklin	4	6	10	10						30
Don Higdon	9	8	8	8						33
Ron Bolt	3	35	3	3						44
Bill Derr	35	10	5	7						57
Allen Veasey	10	9	35	6						60

Peter Salmon-Cox	8	11	35	9						63
Rob Mairs	15	35	13	11						74
Jerry Pentoney Sr	35	7	7	35						84
Jim Noctor	12	35	11	35						93
Alan Wycherley	17	35	16	35						103
John Benkert	1	35	35	35						106
Francisco Sanches	35	3	35	35						108
John Holland	35	5	35	35						110
Bill Miller	35	35	9	35						114
Gary Sewell	11	35	35	35						116
Gerald Royce	35	35	12	35						117
John Pack	13	35	35	35						118
Dick Hillman	14	35	35	35						119
Joseph O'Boyle	35	35	14	35						119
Jack Koletty	35	35	15	35						120
John Strumsky	16	35	35	35						121
Barry Grier	35	35	17	35						122
Men 60-64	5K	10M	10K	1M	8K	5M	26K	15K	Total	
Arnie Henderson	2	2	4	1						9
Mervin Gross	1	6	1	35						43
Edward Karlson	4	3	7	35						49
Jim Mandrin	3	1	35	35						74
Lee Masser	6	5	35	35						81
Don Stoddard	35	4	8	35						82
Clair Morris	35	35	35	2						107
Richard Williams	35	35	2	35						107
Don Singer	35	35	3	35						108
Neal Hinkle	5	35	35	35						110
Sean Sweeney	35	35	5	35						110
Michael McAusland	35	35	6	35						111
Burt Rice	7	35	35	35						112
Men 65-69	5K	10M	10K	1M	8K	5M	26K	15K	Total	
Brad Chapman	2	1	1	1						5
Web Chamberlin	1	35	35	35						106
Edwin Wintermute	35	35	2	35						107
Men 70-74	5K	10M	10K	1M	8K	5M	26K	15K	Total	
Ben Moore	1	1	1	1						4
Men 75-79	5K	10M	10K	1M	8K	5M	26K	15K	Total	
Guy Riccio	1	35	2	2						40
Denzil Pritchard	35	35	1	1						72

Policy Governing the Making of Grants

The Board of Directors of Annapolis Striders, Inc. is mindful that it is a charitable organization exempt from income taxation under Section 501(c)(3) of the Internal Revenue Code and, as such, is subject to rules and regulations affecting the operation of nonprofit educational organizations; and, furthermore, the Board is mindful that the purpose of the organization "is the improvement of the physical fitness of its members and of the community in general through the promotion and encouragement of long distance runnings." It is the policy of the organization to make grants solely in conformance with applicable governmental rules and regulations and in furtherance of the purpose of the organization. The following procedures shall govern the granting of the organization's funds or other items of value.

1. A grant is a sum paid or an item of value given to an individual or to an entity for which Annapolis Striders, Inc., receives no services, merchandise, or other items of value in return.

2. Each monetary grant shall be approved by the Board of Directors either as a sub-line item in the annual budget or, individually, as a debit to an existing line item in the budget for a project, program or event.

3. Each grant of non-monetary items of value shall be approved by the Board.

4. A request for a grant shall be in writing and shall contain the following information:

- a. Name of recipient
- b. Recipient's tax I.D. number or Social Security Account number
- c. Recipient's tax status
- d. Recipient's mailing address, phone number, telecopy number, email address
- e. Deadline, if any, for receipt of the grant

f. Whether or not the grant is contemplated to be recurring and, if so on what cycle

g. For what purpose the funds will be expended, how the making of the grant relates to the purpose of the Annapolis Striders, and how it otherwise may inure to the benefit of the Annapolis Striders

h. How the recipient intends to provide recognition that the Annapolis Striders has made the grant

i. Within what period will be grantee agree to return the grant or any balance of the grant if the funds are not expended for the purpose or purposes for which they were granted

j. (1) Whether an individual who is a grantee is a member of the Annapolis Striders, for how long: or

(2) Whether representatives of an entity receiving a grant are members of the Annapolis Striders

5. a. For individual recipients, the request shall be signed by the applicant. If the applicant is a minor, a parent or guardian shall sign the request.

b. For entities, the request shall be signed by an officer of the entity.

6. Copies of the request shall be distributed to the members of the Board prior to the meeting at which affirmative action on the grant is taken.

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 Humphrey 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!

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STEVE EGOLF H: 410-280-9844

MEMBERSHIP MANAGEMENT
LYNN HOPKINS
410-573-1929

Where the Races Are October 1999

Oct 2, Sat, 9am, Market St Mile, Frederick Steeplechasers, , 301-695-2633.

Oct 2, Sat, 8am, Great Allegany Run 15K, Queen City Striders, Bill Workman, 301-729-3088.

Oct 2, Sat, 8:30am, National Press Club 5K, Washington, DC, 202-662-7502.

Oct 3, Sun, 8:30am, Race for the Cure 5K, Baltimore, 410-377-8882

Oct 3, Sun, 9:30am, Georgetown 10K, Washington, DC, 301-871-0400.

Oct 9, Sat, 9am, Run for Kathy 5K, Allen Pond, Bowie

Oct 10, Sun, 8am, Army 10 Miler, Arlington, 202-685-3361.

Oct 10, Sun, 8:30am, Bachman Valley Half Marathon, Westminster, 410-876-6201.

Oct 10, Sun, 8am, Columbus Chase 10K, Columbia, 410-964-1998.

Oct 10, Sun, 9am, Lawyers Have Heart 5K, Towson, 410-377-8882.*call to confirm).

Oct 17, Sun, 8:30am, Brew to Brew 5M, Baltimore, 410-377-8882.

ANNAPOLIS
STRIDERS

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POST OFFICE BOX 187
ANNAPOLIS, MARYLAND 21404-0187

ADDRESS CORRECTION REQUESTED

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