

STREAK



A Publication for Members of the Annapolis Striders

Volume XXII NUMBER 6 ■ FEBRUARY 2000

2 Presidential Candidates Race for Top Strider Slot

Ron Bowman

BACKGROUND:

- Annapolis Strider member since 1983
- Board Member since 1988
- Past Vice President
- The A-10 Race Director for the past 3 years
- Founder and Web-Master of Annapolis Strider Web Page
- Represented Striders at National RRCA Race Directors Conference
- Proposed and managed purchase of ChampionChip Scoring System which has resulted in International recognition for Club as one of few non-profit organizations to own a system
- Member, Annapolis Strider Volunteer Hall of Fame
- 1997 Annapolis Strider RRCA Volunteer of the Year
- 1998 Annapolis Strider Runner of the Year
- 7 time Annapolis Strider Ironman award winner

MY GOALS AS PRESIDENT INCLUDE:

- Increase cooperation and coordination with City and Community organizations to improve sponsorship and participation, for example: work with Rails to Trails, Greenscape, One-Less-Car on mutually beneficial projects.
- Development of an Intermediate Level Runner's Program to supplement Beginning Runner's Program
- Expand the use of our Chip System to become even more of a revenue source
- Increase Club exposure via our web site
- Expand our volunteer base through more social interaction among members, such as a Summer Strider Picnic, or a Strider Cruise, or Strider Vacation.

Evan Thomas

BACKGROUND:

- Two time Annapolis Run Race Director.
- Twice President of Annapolis Striders (1988 & 89).
- Member of the Annapolis Striders' Board of Directors for 8 years.
- Member of the Annapolis Striders since 1983.
- Founder of the nationally recognized Beginning Running Program.
- Leader, of the nationally recognized Beginning Running Program for the past 7 years.
- Maryland State Representative, Road Runners Club of America for 6 years.
- Father's Day/B&A Trail Race Committee Member for 10 years.
- Co-Director, Father's Day/B&A Trail 10K for 2 years.
- Director/Assistant Director of Washington's Birthday 5K for 7 years.
- Annapolis Run Race Committee member.

MY GOALS AS PRESIDENT INCLUDE:

- Improve communications.
- Hold more low key Fun Runs & Prediction Runs (where anybody can win!).
- Work with city and county Recreation and Parks to continue to expand running as a positive force for health and well being in the community.
- Put a smile on your running club.

VOTE for your candidate of choice.
Attend the ANNUAL MEMBERSHIP MEETING
at the Radisson Hotel, Riva Road, Annapolis
VOTE between 6-7pm SATURDAY, FEBRUARY 26, 2000

PRESIDENT'S MESSAGE



Sue
Briers

A Year in Review

Now that the new millennium has arrived, we look forward to a fresh New Year. I would like for us all to take just a moment to review our past accomplishments. The Annapolis Striders have been a very successful and well-respected organization for many years. We are not only known as an excellent running club, but also as a good neighbor to the communities we are active in. As you can see from this list of our past activities, our club has had another extremely successful year.

- We developed a superior reputation with running clubs nationally as a leader pioneering club ownership of a ChampionChip system. The Annapolis Striders were the first non-profit organization to have the foresight to purchase a ChampionChip system for finish line results. As a result of providing equipment to various organizations score their events, we have developed relationships with the New York Road Runners, Boston Athletic Association, Disney Marathon and Marine Corps Marathon. Additionally, the ChampionChip scoring system has helped us raise the level of service to our participants in the Annapolis Ten-Mile Run and the Governor's Bay Bridge Run. Finally, the ChampionChip system has also become an excellent revenue source for the club through rental fees paid by other organizations.

Inside This Issue

President's Message	2
Member Profile	3
10 Week Running Schedule	3
Amendment to By-Laws	3
JFK 50 Mile Run	5
Please Don't Feed or Tease the Alligators	4
Wasatch 100 Mile Endurance Run	5
Striders On The Road	6
The Athens Marathon	9
Championship Series Race Results	10
Discounts for Members Only	11
Race Results	12-16
Race Applications	17-19
Upcoming Strider Events	Back Cover

- We achieved financial balance of the budget by streamlining the Streak expenses and having the costs fall within the budgetary directives. This was achieved through a Streak Task Force who provided research and alternatives to lower costs to meet the respective revenues.
- We improved our website to include race results, race applications and membership application. Race results are now customarily available from our races within 24-48 hours of the event. We added the ability to have applications to races available online, as well driving directions, improving service to our customer base.
- We had a banner year for members. The overall membership increased to approximately 1300. Since 1998, when I became President of the club, the membership has increased by 300 members. This can be attributed to better advertisement through the membership brochure I developed and conscientious follow through on membership renewal. This year a new membership procedure was developed to be more responsive in processing renewals and new members.
- We experienced a banner year for both of our major races – the Annapolis Ten Mile Run and the Governor's Bay Bridge Run. A huge "thank you" goes to our race directors for these events. Ron Bowman and Sandy Balderson have been unbelievable in their accomplishments and success in race directing. Sandy has a true talent for establishing successful relationships and engaging volunteers. Ron has produced the most successful Annapolis Ten-Mile Runs ever. Under Ron's direction, the A-10 has raised more funds for the benefactor than any other years. The Annapolis Striders are in a strong position to complete our pledge of \$50,000 to Anne Arundel Medical Center earlier than the 5-year time frame. In addition, it was Ron who was the first to have on-line registration for one of our races. He successfully added that amenity to the Annapolis Ten.
- Kudos also go to our club race directors who work so hard to put on our fifteen other club events. This year's events were very successful with the B & A Trail Marathon leading the pack. Tom Bradford has truly developed this event into a nationally recognized marathon. The Championship series had a record amount of participants this year with over 90 finishers. Lots of congratulations to these race directors and Al Stott, the club Race Director.
- Charitable donations were made to support the Relay for Life, the RRCA scholarship fund, Arthritis Foundation, Friends of Sandy Point State Park, Anne Arundel General Cardiac Rehab Program, AACC Cross Country team uniforms, AA Co. Radio Club, Boy Scouts of America and the Friends of the B & A Trail.
- Special thanks again to Ron Bowman for

arranging a presentation to the City Council of Annapolis, which resulted in the Annapolis Striders entering into a partnership arrangement with the City to promote the Annapolis Ten and the City of Annapolis. Future projects and relationships with the City and business owners should be beneficial for all.

- Look for the Annapolis Ten-Mile Run to be featured in Runner's World magazine in March or April. Ron Bowman, during a ChampionChip conference in Orlando, connected with Amby Burfoot of Rodale Press and sold them on Annapolis and our race as a destination feature for the magazine. A Runner's World photographer and writer covered the 1999 race and will feature the race in a spring issue.

Lastly I would like to thank all the volunteers who so unselfishly gave of themselves so that we could continue to produce successful events.

This is my last year in review as I step down as President of the Annapolis Striders after two very successful years. As President, my goals were:

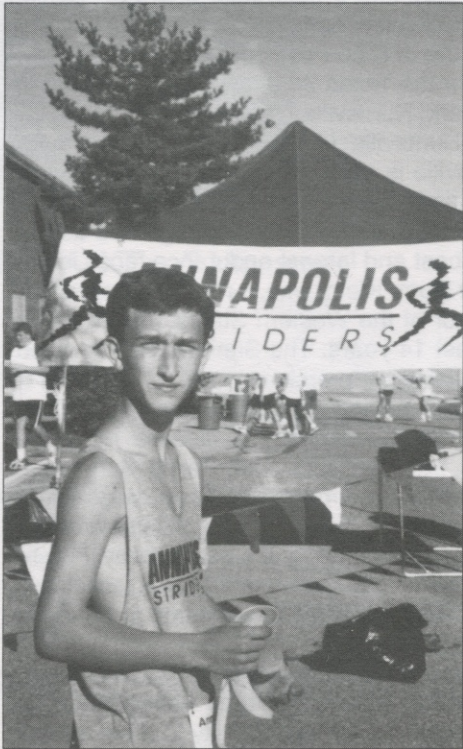
- To provide the best possible services to our runner customers
- Ensure financial balance for the club
- Improve on the financial situation of the club so it could make a greater contribution to the community.
- Trust in my key volunteers to do an excellent job and allow them the freedom to manage their responsibilities
- Lead the Annapolis Striders to the next level of technology with visions toward the future.

I feel confident as I leave my position that I achieved all of my goals. The races we produced for our customers were superior but also "leading edge" in technology and amenities. The financial condition of the club is the best it has ever been. Not only have we met our budget requirements but, we have a significant reserve to help us achieve future projects of a larger scale. The key volunteers who aided the success were the best any president could ask for. The achievement of a new level was one of the hardest challenges of the all the goals.

As with any organization that pursues change there are those who resist. The Annapolis Striders is no different. However, as you all know from your careers, without change there is no progress. We were able to achieve changes and progress through these two years by refusing to stay "business as usual". I thank those who had the courage and strength to fight for those changes and have our successes shine.

As I leave as President, please let the one message I beat every day ring in your ears – VOLUNTEER – do now and do it often. The future success of any organization rests in the members who volunteer. You are our future. Thank you for allowing me to be President of such a wonderful organization. ■

MEMBER PROFILE



Eric Elster

DOB: 1/18/84
Address: Annapolis, MD.
Occupation: student
Marital Status: single
Pets: 4 cats
Height: 5' 5"
Weight: 105
Favorite Non-Running magazine:
Outside Magazine
Favorite TV Show: The Simpsons
Car you drive: n/a, I only have a learner's permit
Car you would like to drive: Humvee
Favorite Vacation Destination: Puerto Rico
Personal Hero: Lee Curry
Short term goal: Success
Long term goal: more success
Pet Peeve: Anything taken to an extreme
Favorite Non-Running activity: Lacrosse
PR's: 5k-21:05
Why do you run? I have absolutely no idea
Injuries: None I know of
Favorite Running shoe: Adidas Response TR
Favorite place to run: Naval Academy

Get Ready for the Chestertown 10M

Your 10 Week Running Schedule

Here's a 10 week schedule for those who are up to a long run of 5M/10K and want to do the Chestertown 10M (or the Annapolis 10):

- March 18/19:** 6 miles easy pace
- March 25/26:** 3 miles at your expected race pace (10K pace plus 30 seconds)
- April 1/2:** 7 miles easy pace
- April 8/9:** 4 miles race pace
- April 15/16:** 8 miles easy
- April 22/23:** 5 miles at your race pace
- April 29/30:** 9 miles easy
- May 6/7:** 6 miles at your race pace (GBBR?)
- May 13/14:** 10 miles easy
- May 20/21:** 6 miles easy (start tapering)
- May 27:** Race Chestertown – *finish smiling*

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

ENJOY! (Questions? Call Evan Thomas at 410-760-9188).

Attention Membership

Proposed Amendment to the By-Laws of Annapolis Striders, Inc. to be considered at the Annual Membership meeting on Saturday, February 26th, 2000 at 6pm.

Replace in its entirety Article VI, Section 3, which currently reads:

Section 3.

Election. The officers shall be elected by majority vote of the membership at the annual meeting. Nominations may be made from the floor. A secret ballot shall be conducted for any contested election.

by:

Section 3.

Election. Election shall be by mail ballot. Officers shall be elected by majority vote of the membership responding with mail ballots. Details of the election procedure to be formulated by the Board of Directors. Provision for write-in candidates shall be made. Ballots shall be mailed to all members no later than 30 days prior to the Annual Meeting, at which the results shall be announced.

Rationale for Adoption of the Amendment

Our club has grown over the years from a small group to a large organization of roughly 1,300 members. It no longer makes sense to expect that the membership be properly represented by those few attending the annual meeting. This practice results in only a small fraction of the club deciding the important matter of organizational leadership. Being able to vote for the officers of the club should not be constrained by the ability to attend or interest in attending the annual meeting.

Most large organizations like ours (including other RRCA chapters) elect their officers by mail ballot as outlined by the proposed amendment. It is time we did the same for the benefit of the entire membership. ■

JFK 50 Mile Run

by Sgt. Sue Briers

As most of you know, I am a die-hard ultrarunner. In 1999, I accomplished four marathons and four ultra events (2-50ks, 50 mile and 100 mile). I am proud of my accomplishments but they are just that – mine. The proudest accomplishment I had this year was to help those achieve lofty goals they never thought possible. To share in other's dreams and aspirations. My coaching of runners to complete the distance of 50 miles is one of my most fulfilling roles. Last year was the first year I had a JFK 50-mile training group. They worked extremely hard to reach their goal and every one of them reached the finish line. This year was no different. We had our second annual JFK training group and on Saturday, November 20, 1999 they all were at the start line. There were five brand new runners to the distance – Mary Lang, Ann Brennan, Susan Zevin, Frank Callahan and Jim Kaufman. In addition, nineteen veterans of ultrarunning represented the Annapolis Striders at the JFK 50. We were the largest running group represented at the event. This was more evident by the fluorescent yellow shirts we wore in memory of our past Annapolis Strider, Earl Scott. The JFK 50-mile run was Earl's special event. He had run it seventeen times over eighteen years. It was only fitting that we remember him by carrying his name on our shirts for all to know his contribution to our spirit.

The day was perfect for the event. It was cool, not too hot and overcast at the beginning. The drought we suffered during the fall had a hazardous effect on the leaves along the Appalachian Trail. They were dry and like wax paper under foot. The race officials agreed this was the worst year for injuries coming out of the mountains at 16 miles.

The C & O Canal is the second section of the course. It is a welcomed soft dirt road that is almost dead flat for 26 miles. Although this section is considered boring by some, I find it peaceful and scenic. The last section is 8 miles of asphalt road to the finish at Williamsport.

The following are those who finished. There were five other Striders who started but dropped due to various forms of illness and one injury. They were Will Myers, Matt Mace, Charlie Muskin, Frank Callahan (all sick that day from flu) and Linda Rogers (injured at 38 miles).

Bill Turrentine	8:42:15
Mike Bright	9:01:56 (got stopped for 8 minutes by a train)
Ron Hooker	9:19:39 (an incredible improvement of over an hour over his first 50 last year)
Bob Field	9:19:39 (finished with a separated shoulder – the result of a fall in the mountains)
Chris Filiopoulos	9:25:53
Sue Briers	9:26:08 (I tried desperately to break my ankle in the mountains)
TJ Harrington	9:48:18
Neal Barrett	9:57:41
Suzie Flockart	10:07:54
John Fay	10:09:19
Jim Kaufman	10:10:01 First Time Finisher
Mary Lang	10:11:40 First Time Finisher – she has a real knack for this.
John Gallagher	10:47:09
Judith Colon	11:06:36
Nick Pavlinic	11:44:59
John Joseph	11:59:27
Bill Law	12:12:31 71 years young and still going
Toks Fashola	12:40:38 First Time Finisher
Ann Brennan	13:16:52 First Time Finisher
Susan Zevin	13:28:33 First Time Finisher

Congratulations to the new crop of runners who can now call themselves "ultrarunner". ■

Please Don't Feed or Tease the Alligators

by Ron Bowman

The request "Please don't feed or tease the alligators" will get your attention just about any time, but when it's 5:30 am and you are on your way into a state park to do a 50 mile race, it can be like a quick jolt of caffeine!

I wasn't able to do the JFK 50 this year due to family commitments, so I opted for the Texas Sunmart Endurance Run in the Huntsville State Park, Huntsville, Texas, on December 11, 1999. On the map, Huntsville is about one hour north of Houston. While Huntsville is most noted for being the site of the Huntsville State Prison Systems' Walls Unit, where Death Row inmates are executed, it is also widely regarded as the location of one of the best and largest endurance races in the country. It is put on by Norm Klein, who is most recognized as being the Race Director of the Western States 100 Mile Run in California for the past 14 years. The Sunmart Run is noted for the terrific entry and finisher premiums.

Just for entering and paying the \$60 entry fee, \$10 of which automatically goes to Alzheimer's disease research, you receive: a Texas Sunmart polo shirt, Texas Sunmart t-shirt, water bottle fanny-pack, embroidered cap, large water bottle, travel mug, rain poncho, travel kit, day planner w/calculator, sunglasses, gym bag, frisbee, and a beany-baby. Finishers received their choice of a Texas Sunmart tyvek jacket or a 4ft by 5ft Afghan. I opted for the afghan; it came in handy to ward off getting chilled after the run.

Norm puts on a tremendous buffet pasta dinner for the runners the night before the race at the race headquarters in Houston. The dinner gave me the opportunity to meet a lot of interesting people. I felt like a rookie talking to Helen Klein, 77 years old, a veteran of over 125 ultras and 50 marathons - and she didn't start running until her late 50's. She was also co-race director and participant in the 50K.

Norm is particularly proud of the Sunmart's consistently high finish rate. With a field of 1,000 (300 for the 50 miler, and 700 for the 50K), last year there was a 89% finish rate. This closely rivals the JFK 50 Mile Run. I found it most impressive that 34% of the entrants are female.

The Sunmart race consists of a series of loops; four loops for the 50 mile and two loops plus a 3.5 mile out and back on a maintenance road for the 50K. The course is easily 95% trail with the remainder being dirt jeep roads. Technically, it is not a difficult course; there are no steep up or down hills and no rock fields. Tree roots on the trail cause the most hazards. The course basically travels the perimeter of Lake Raven and crosses a few swamp areas. These areas have wooden foot bridges so you never have to go wadding, unless you fall in; which is not recommended (see title above). I was told by one running mate from the area that a Prison System Unit was "just over that hill". Then I was regaled with the story that made the national news a couple of years ago, the one about the Texas prison escape in which two of the three escapees were caught right away and the third turned up a few days later in the swamp we were passing over - drowned. A sobering vision that distracted me from my own misery at the time.

Overall, the Sunmart Endurance Run is an excellent run for anyone looking for their first trail run or for veteran trail runners looking for a change of pace (note the pun!). ■

Wasatch 100 Mile Endurance Run

by Sue Briers

Every year in December I assess the past year and my accomplishments. Because I am a hopeless over achiever and Type A personality, I then proceed to produce new goals for the ensuing year. Last year was no different, and I set my sites on one of the hardest 100-mile events in the country and possibly the world – the Wasatch 100-Mile Endurance Run. For those who are geographically challenged (as I am), this race is held between Salt Lake City and Sundance, Utah. What makes this race particularly difficult is it traverses a section of the Rocky Mountains known as the Wasatch Mountains with elevation from 7000 to 10,450 feet. To help you understand how this race measures up against other 100-mile events the customary time frame for most 100-mile races is 30 hours; Wasatch has a deadline of 36 hours. For the mathematicians in the group that represents a 20% increase in time and in challenge.

The race started at 5 a.m. on September 11 in Kaysville, Utah. Meredith Bonta and I joined a field of 190 starters. The weather was good with no rain. My good friend, Debbie, who I met through ultra running, is a resident of Salt Lake City. As I watched her disappear in front of me into the dark, I wondered if I would see her again over the course of the race. My goal was survival and the Finish Line banner. The race starts with a short flat stretch but then quickly turned up. The first 14 miles of the course are unaided. You carry all water with you as the trail rises 4420 feet over 14 miles. The steepest section is a part affectionately known as Chinscraper – yes, you can scrape your chin. As I approached this section, I was stunned at the trail - or lack thereof. You literally had to climb hand over hand up the side of the mountain on a rock spire to get to the top. After traversing the rock, I moved on, talking with fellow runners, constantly amazed by the spectacular scenery. The Wasatch Mountains are nicknamed Little Germany, as the mountains very closely resemble the Alps. They are truly that steep and that beautiful.

The course was beautiful but challenging. It seemed as though I barely finished one climb when the next challenge would come into view. As I



rolled into the 40-mile aid station at Big Mountain, I checked on the status of Debbie. She was doing well and on a 30 hour pace. Meredith, however, was not doing as well. She was experiencing problems with breathing and exhaustion, and it seemed as though it was taking its toll on her. The cause was quite possibly altitude sickness. I moved out of the aid station praying she would recover. The next time I would see my crew would be Lamb's Canyon at the 53 mile mark. The night was approaching fast as I neared Lamb's Canyon. I raced to cross the beaver's dam in the dim light that remained. I knew I was very close to my support crew. But the real question was, "Would Meredith be able to get there in time?" She did not have a flashlight. As I approached the aid station, the answer became apparent – they stood Meredith, already showered and dressed. The altitude sickness was too much for her, and wisely she dropped out of the race. However, being the trooper she is, there she was crewing for me. I quickly changed my clothes and paired with my pacer, Sherry Kosner. We headed back out into the darkness.

The course at night takes on a whole new dimension. You hear sounds and imagine what lies in the darkness. However, it is easier for the runner than the pacer. I picked up a different pacer at mile 62, a friend of Debbie, and Sherry got to sleep for a few hours until I would need her again at mile 75.5, Brighton. The night was very cold as we marched along. The temperatures dipped to the 20's with a slight wind but there was no precipitation. At about 73 miles I started to get the slightest bit sleepy. I grabbed the Powergel (Double Caffeine Tangerine) I had purchased the day before and quickly ate it. Within 10 minutes, I was wide-awake and looking forward to an indoor aid station at Brighton.

At Brighton, I sat in the warmth of the ski lodge. It was extremely hard to leave that aid station and go back into the dark and cold. It was the comfort of knowing the sun would be up in the next 2 hours that pushed me out, with Sherry in tow. As we entered the trail that leads to the highest point of the race, it became painfully apparent that the person marking the course assumed every participant was from Utah and knew where they were going. It took Sherry and I about 10 minutes of searching to find the glow stick that marked the trail. We hiked up the trail three miles to the top of the course, Catherine's Pass, at 10,450 feet. It was a surreal experience as the sun rose over the top of the mountain to reveal a desolate but beautiful mountain with Sherry and I as the only humans around. From here on the course would be at lower altitude but not without the continual exhausting climbs.

I discovered one thing about myself at this race – I have a patience tolerance level of 30 hours. After 30 hours I was tired of the entire event and wanted it to be over. Sherry had to listen to me growl and grumble over every climb not indicated on the elevation chart and swear at every treacherous downhill. As we approached the last aid station before the finish, the volunteers promised there was only one more hill to climb. Utahians have a totally different definition of uphill than I do. I counted at least 5-7 climbs. As we continued along the course a movement in the brush startled us; we had disturbed two moose that had settled down for a nap. Finally, as we exited a forested trail section, we were faced with a dirt road to the finish line. The entrance to Sundance is breathtakingly beautiful, as is a Finish Line banner after 34 hours and 21 minutes of continuous motion.

This course was a beast and the most unrelenting event I have ever attempted. I pledged at some point in the race that I had to finish or it would be left as unfinished business and I would need to return. The course was redesigned for this race as the Race Director felt too many people were finishing under 30 hours that they needed to beef up the course. Of the 190 starters 114 finished producing a 60% finish rate (the lowest since 1993).

So what have I learned from this? Obviously, not to stop running 100 mile events. For year 2000 I will be doing the Vermont 100 and will attempt the Leadville 100. What the heck – nothing ventured; nothing gained. ■

STRIDERS ON THE ROAD

BY EVAN THOMAS

Hilton Head 5K, Hilton Head, SC July 4, 1999

Maria Shields 23:01 1st AG

Portland Marathon Portland, OR October 3, 1999

Muffet Chatterton 3:44 1st AG! Back to Boston. Great weather & organization!

Race for the Cure 5K

Baltimore, MD October 3, 1999

Marie Friedland 33:20 In celebration of "Miss Betty"

Steamtown Marathon Scranton, PA

October 10, 1999

Linda Simpson 5:15 Ouch

Small Miracles 5K

Timonium, MD

October 10, 1999

Tom Kennedy 20:13

Octoberfast 5K

Hallowing State Park, Calvert County, MD

October 16, 1999

Sandy Burton 23:04 PR!

International Peace Marathon Athens, Greece

October 17, 1999

Eric Fromm 3:51 Unlike

Phidippides, Eric survived to tell the tale.

Marine Corps Marathon

Washington, DC

October 24, 1999

In addition to those reported last issue, further research reveals the following faithful fulfilled their active duty for training stint in and around Washington, DC. Let me know if I missed you (oorah!):

Men

Hamilton Tyler 3:11 Zoom!
Ricky Smith 3:27
Elliott Flick 3:42
Larry Puglisi 3:43
Patrick Cavanaugh 3:49
Harmon Bullard 3:50
Steve Wambaugh 3:51
John Gallagher 3:51
Eric Karandy 3:52
Seyed Hosseini 3:54
Jim Etchison 3:54
Jim Kaufman 3:56
Michael Anderson 3:58
Chris Bergamini 3:58
Stephen Fiacco 3:58
John Pack 3:59
Tucker Hite 4:00
Bob Biddle 4:01
Allan Vasey 4:06
Tim Carney 4:07
Neal Barrett 4:08

Jerry Pentony, Sr. 4:09
Paul Ostrowski 4:09
Scott Thayer 4:10
Sean Sweeney 4:10
Tim Coughlin 4:11
Ryan McQueeney 4:18
Mike Blanche 4:19
David Zoller 4:19
Tim Russell 4:20
Jerry Pentoney, Jr. 4:20
Doug Silate 4:21
Tom Frankhouser 4:25
Kevin Groner 4:29
Michael Lynch 4:30
Doug Frazee 4:32
Doug Corby 4:33 He's back!
Andy Padden 4:33
Blaise Brennan 4:35
Joch Bechill 4:36
Ed Lutz 4:36
Pat Donahue 4:38
Nick Pavlinic 4:39
Steve Penkert 4:47
Gordon Haines 4:54
David Brault 4:58 I'm hooked!
Rusty Bergen 4:59
William Tham 5:01
Kent Starnes 5:03
Ben Moore 6:00 OORAH!
Jeremy Reyno 6:01
Jim Carter 6:05
Michael Alcorta 6:33

Women

Karen Hosler 4:00 Who was that masked woman? (ML perhaps?)
Linda Johnson 4:03
Darcee Doles 4:05
Katherine Carney 4:08
Sandy Burton 4:10
Susan Fu 4:22
Barbara Deuink 3:49
Jennifer Davis 4:22
Lara Roeding 4:24
Rita Bell 4:26
Della McIntyre 4:29
Sue Wright 4:31
Colleen Hughes 4:34
Kathy Stanton 4:38
Christina Burkhardt 4:38
Laura Falsone 4:38
Ellen Hunt 4:41
Nancy Prue 4:42
Ann Brennan 4:42 JFK warm up
Lisa Fratino 4:44
Irene Hoffman 4:52
Cindy Thomas 4:53 Great!
Donna Weaver 4:53
Ilissa Fiacco 4:54
Diane Zoller 4:56
Wanda French 4:56
K. Swartz 4:59
Melissa Currence 4:59
Kathleen Heagney 5:00 another notch
Laura Vasey 5:00 NYC warm up
Linda Scoggins 5:02 One of the most exhilarating experiences of my life!

Gail Saghirian 5:02 Loved it! My first!
Terri Wilkin 5:06
Diana Goodman 5:21
Susan Zevin 5:29 JFK warm up
Janice Sebold 5:32
Kathy Maynard 6:00 Kept an eye on Ben!

Catherine Chisolm 6:04
Barbara Hotchkiss 6:29
Sandra Alcorta 6:33 Fun?
Ilene Caroom 6:36 You're in the record books

G. Rossing ?? I ran so fast, I can't remember!
Sue Briers ?? Ran as part of the Safety Team = (JFK warm up)
Delma Miller 1st female retiree on Rte 450 - 20 yr Moore's Marines member!

Chicago Marathon

Chicago, IL

October 24, 1999

(World record course)

John Hall 3:45 PR!
Ross Heisman 3:56
Margaret Olson Hall 4:09 Sunny but cold = GRW (good running weather)

Dublin Marathon

Dublin, Ireland

October 25, 1999

Jesse Harrahill 3:21 Boston bound!
Michael Smith 3:33
Carla Dal Colletto 3:58 1st marathon in 14 years!

AA County Cross Country

Championships 5K

October 29, 1999

Erin Masterson 20:40 3rd
Trent Slacum 17:19 8th
Ryan Kellish 17:39 10TH

Dick Bachleor 5K for Children Orlando, FL

October 30, 1999

Don Stoddard 27:00
As a tie-in with the movie "The Bachelor", several runners competing for a vacation prize ran in wedding dresses. Don disdained the opportunity, but was still aced out by his son-in-law running his first 5K!

Key School 5/10K

Annapolis, MD

October 31, 1999

(wonderful weather, great random prizes!)

Steve Egolf 16:20 1st!
Eric Elster 21:07 PR
Bill Derr 22:21
Maria Shields 23:28 1stAG
Don Kennedy 25:04
Barbara Deuink 27:05
John Strumsky 27:26
Evan Thomas 28:55
Bonnie Strohmer 36+
Eldre Boggs 44+
Donna Jefferson 44+
Tyler Jefferson 44+
June Schneider had a nice training run

10K
Jennifer Sullivan 41:35 1stF
Ron Bolt 43:40 1st AG
Evan Beard 46:30
Don Singer 47:25 PR
Suzie Flockart 48:44
Peter Salmon-Cox 50:14
Eric Fromm 53:23
Christine Brungot 57+

Mandy Falk 1:10 Wild Goose Chase 10K Easton, MD October 31, 1999

(71 finishers)

Joe Clorety 42:39 Sub 7's the week after Marine Corps! 1st AG
Pattie Snodgrass 52:30
Don Snodgrass 52:30
Linda Simpson 55:12 2nd AG
Bill Law 55:40 1st AG (got goosed?)

Cathy Gibbons 1:04:27
Gail Saghirian 1:05:52
Susan Owens 1:06:45
Nancy Berlett 1:06:45
Lee Patrick 1:10:57

Jug Bay 10K

Upper Marlboro, MD November 6, 1999

B.J. King 45:42 1st masters. She's back!
Danalee Green 47:49 2nd masters. Damn, she's back!

Edgemoor Classic 5K Bethesda, MD

November 6, 1999

Jon Palks 21:06 3rd AG

Harrisburg Marathon

Harrisburg, PA

November 7, 1999

(3,000 runners)

Eric Fromm 3:43 Negative splits
Will Myers 4:28
Ceil Prendki 4:42 One small fall, that's all - finished smiling, of course!

Linda Simpson Ace photographer

NASDAQ Veteran's Day 10K

Washington, DC

November 7, 1999

(1,689 finishers)

Dave Wall 33:44 9th, 4th AG
Muffet Chatterton 48:59 1st AG

Victim's Run 5K

Severna Park, MD

November 7, 1999

Jennifer Sullivan 19:50 3rdF
Ken Lyons 21:55 2nd AG
Evan Thomas 22:59
Peter Salmon-Cox 23:16 1stAG
Derek Ammons 24:49
Ginger Andrews 26:45

There was a nice turnout again this year with lots of nice random prizes. Unfortunately, the results got muddled when the walkers' numbers were put on the stringers with the runners and since I was going to use the print out for our results, I didn't write any down that day except for a few I got later. Oh well - the Crispy Creme doughnuts were wonderful!

New York City Marathon

New York, NY

November 7, 1999

Shelly Row 3:47
Heidi Wood 4:43
Laura West 4:47
Charlie Muskin 4:54
Jay Joseph 4:54
Claire Stackhouse 5:16
MaryGrey Sachtjen 5:17
Effie Dawson 5:17
Margaret Haines 6:05
Iron Laura strikes again! (USMC & NYC in 2 weeks.) Took her camera

again to record everything. Same time as last year? Passed Charlie & Jay in Central Park.

**Richmond Marathon
Richmond, VA**

November 13, 1999

Don Stoddard 4:18
John Maynard 4:27
Bob Rankin 4:28
Tim Smith 4:54

New, flatter course, but it still has hills!
Hot for last hour - otherwise comfortable

Metric Marathon & 5K

Columbia, MD

November 14, 1999

Hamilton Tyler 1:52
Russell Roeding 2:06
Larry Puglisi 2:11
Fred Shaklin 2:17
Clint Henderson 2:23
Peter Salmon-Cox 2:24
Carla Callapidgeous 2:25:03
Evan Thomas 2:25:05
Derek Ammons 2:36
Mary Jefferson 3:01 finished smiling 5K

Jim Noctor 24:28 2nd AG
Jon Palks 21+ but ran off course due to no monitor at crucial spot!

Parks & Rec. 2M Turkey Trot

Denton, MD

November 21, 1999

(30 runners)

Ken Lyons 14:05 5th O/A, 2nd AG (red ribbon)
Sharon Serio 16:50 1st AG (blue ribbon!)

JFK 50M Run/Hike

Boonsboro to Williamsport

November 20, 1999

(approximately 1000 starters)

Bill Turrentine 8:42 From the Alabama Striders
Ron Hooker 9:19 1 Hour faster than '98

Bob Field 9:25 Birthday run - Dislocated shoulder and all!
Chris Filiopoulos 9:25
Sue Briers 9:26
Bill Peake 9:37
T.J. Harrington 9:48
Neal Barrett 9:57
Suzie Flockart 10:07 2nd AG
John Fay 10:09
Jim Kaufman 10:10
Mary Lang 10:11
Carol Ellis 10:21
David Kanamine 10:22
Kimball Byron 10:25
Larry Denton 10:43
John Gallagher 10:47
Mike Barnes 10:50
Milt Sniegowski 11:35*
Nick Paviinic 11:44
Tracy Rogers 11:50
Jay Joseph 11:59**
Bill Law 12:12 What a wonderful day!

Richard Warfman 12:19
Gene Denton 12:38
Ann Brennan 13:16*
Jeremy Reyno 13:21
David Walton 13:21
Susan Zevin 13:28*

* = first time finishers - Well done to all and to their support teams! Odd weather and flu aftermath took its toll on people. Amazing Peter did the last

20 miles with Susan. He almost was awarded a finishers' medal as he looked like he had been out there all day! I also put in the names of a few folks who live in our neck the woods but I couldn't find their names on our membership list - somebody sign them up! Sue Briers made up wonderful cool max shirts in memory of Earl Scott. This race, of course, was Earl's favorite.

Philadelphia Marathon

Philadelphia, PA

November 21, 1999

(warm!)

Michael Cunningham 3:30
Jon Meyer 4:09
Danielle Meyer 4:09 San Francisco next!

Daniel Miller 4:18
Kevin Littell 4:19
Brev Moore 4:33 Learned not to run backward in a race!
Denise Hyde 4:45 Banished the demons of last year!

AACC Turkey Trot 5K

Arnold, MD

November 21, 1999

Jennifer Sullivan 18:56 1st! (1st O/A!!) (1st (mediocre) male was 19:06))

I know many of you dashed for a chance to win a Turkey, but I didn't get any other results.

Howard County Striders

Predication Run 10K

Columbia, MD

November 25, 1999

(Closest to 11am is the winner)

Peter Salmon-Cox 10:59:44
Cindy Thomas 11:00:21
Evan Thomas 10:59:24
Denise Hyde 10:58:49
143 runners.

Virginia Run Turkey Trot 5K

Centreville, VA

November 25, 1999

David Webster 16:54 1st Masters/9th O/A

Manchester Road Race 4.75M

Manchester, CT

November 25, 1999

Guy Riccio 52:10 12th of 27 in AG. 10,000 runners, steady rain and lots of crowd support. 63rd annual event!

Hilton Head 5K

Hilton Head, SC

November 25, 1999

Maria Shields 22:32 4th F, 1st AG

Northern Central Trail Marathon

Sparks, MD

November 27, 1999

(313 finishers)
Mark Rosacso 3:02
Mark Faccini 3:19
Marjie Boyd 3:22 PR by 9 min, 10th F

Ed Jablonski 3:30
Tom Tasselmeier 3:40 Chan 11
Weather guy
Matthew Mellin 3:44
Larry Puglisi 3:44
Dan Symancyk 3:56 12 min PR!!
Ross Heisman 3:59
Nate Betnun 3:59
Allen Veasey 4:05 25min faster than '98
Jim Etchison 4:13

Dave Walsler 4:14
Will Myers 4:27 where was Higdon?

Pat Donahue 4:28
Derek Ammons 4:32
Linda Simpson 4:41

Good recovery from Steamtown
Course is still flat & fast. A few hardy souls showed to cheer our speed merchants to the finish. A new start this year - near Elementary School off Belfast Rd. Best happening was the biker who passed Denise Hyde & I on the trail and proceeded to ride off the trail into the bushes! What was he thinking? It was a nice day for racing and supporting. I tested out my two-way radio to relay bib numbers of approaching finishers - it worked well.

Snowdonia Marathon

Wales

November 28, 1999

Brad Chapman 5:29
Not sure about the date, but it's another notch in the marathon belt for Brad!

Jingle Bell Run for Arthritis

Marley Station, MD

December 5, 1999

(356 finishers)

Steve Egolf 26:56 3rd You run :24 faster than last year but fall from 2nd to 3rd.

Trent Slacum 29:39
Dan Oldale 29:47 2nd AG
Hamilton Tyler 30:40 3rd AG
Mike Adams 31:06
Jennifer Sullivan 31:51 2nd F
John Major 32:06 2nd AG
Michael Smith 32:18 2nd AG
Roger Hebden 32:30
Kevin Tavel 32:51 1st AG!(left his coach in the dust!)

Ron Bolt 32:54 3rd AG
Daniel Hopkins 33:10
Carla Pastore 33:27 1st AG, 4th F
Amy Hartsock 33:32 1st AG, 5th F
Vern Robinson 34:08, 3rd AG
Steve Penkert 34:08
Larry Puglisi 34:25
David Brault 35:25
Clint Henderson 35:25
Jeremy Hsieh 35:31
Sue Briers 35:52 3rd AG

Brian Wright 36:27
Carla Dal Colletto 36:08
Heidi Wood 36:44
Alison Suckling 37:12
Barry Davis 37:36
Evan Thomas 37:41
William Butler 37:47
Maria Shields 38:03
Terry Haley 38:07
Kathy Stanton 38:11
Stan Witomski 38:22 2nd AG

Derek Ammons 38:57
Bill Howie 39:10
Helen Brennan 39:12
Paul Tavel 39:22
Ben Moore 39:39 3rd AG
William Weisberger 39:46
Arnie Henderson 39:50
Linda Eckert 39:57
Bob Dyer 40:04
Lynn Finnegan 40:08
Bruce Rogers 40:25
Rebecca McNealey 40:59
Cecile Spiegel 41:09
Robert Stern 41:20
Will Scott 41:21

Denise Hyde 41:25
Peter Salmon-Cox 41:32
Tom Voorhees 41:35
MaryEllen Palowitch 43:11
Diane Zoller 43:27
Allen Veasey 43:27
Reggie Haseltine 43:29
Cheryl Lamon 44:13
Michelle Weisburger 45:00
Neal Hinkle 45:03
Hilary Brown 45:03
Kevin Mumane 45:46
Yvonne Aasen 47:16 1st AG
Joe O'Boyle 47:31
Dru Burke 47:37
Allan Wycherley 48:44
Donna Cogle 49:14
Penny Goldstein 49:18
Linda Webb 49:27
Cathy Gibbons 51:42
Susan Zevin 51:43

These folks all had a great time on the B&A trail. Most ran for the Striders team, which, at 55+, was the largest team and raised the most money (just from entry fees, I gather). Our team grew by several who just wanted to get one of the blinking noses supplied by yours truly in a shameless attempt to gain more members (it worked). We also had folks that ran/walked the 5K: Cynthia Wycherly, Mollie and Marie Friedland, among others. A great day for being outside. Next year, our team will all get another "quality" item like antlers. It will be hard to top the blinking red noses we had this year. All my shopping is done at the Dollar Store - let me know if you see anything that might be good. So, mark your calendar for the first Sunday in December (Dec 3) and put "Annapolis Striders" under "Team" on the entry form. If you want me to pick up your packet for you, then let me know when you send your application in. I'll pick them up during the week and get the correct shirt size for you!

Kiawah Island Marathon

Kiawah Island, SC

December 5, 1999

Doris Harrington 5:36
Susan Bright 5:36

It was women's day at the races in South Carolina. Doris was all smiles when I talked to her about the race. Sounds like a good event and a nice place to visit.

Texas Trail Endurance Run

50K/50M

Huntsville, TX

December 12, 1999

Ron Bowman
Did more than 50K but less than 50M. The race provided everyone with a great goody bag of stuff, including a blanket (afgan) with the race logo on it.

Honolulu Marathon

Honolulu, HI

December 12, 1999

(25,000+ runners)
Kathleen Heagney 5:08 = 9 marathon finishes this year! OOOORAH!
Ben Moore 6:00

It took 45 minutes to get to the 2 mile mark! Still, I hear Ben managed to have a good time. Also, one of his sons flew in to surprise him.

continue on next page

STRIDERS ON THE ROAD

continued from previous page

Howard County Striders Prediction Run 8K Columbia, MD

January 1, 2000

Again, closest to 11am wins
Evan Thomas 10:59:59.05 2nd!
Peter Salmon-Cox 10:59:54
Denise Hyde 10:59:52
Jim Noctor 10:59:48
June Schneider 11:00:20
Will Scott 11:01:35
Rita Twist 10:58:37
Mary Lang 10:58:38

This is the only race where anyone can really win it. You could walk it and win if you can judge your pace. I missed out on first by .82 of a second – so, you see, even a blind hog (almost) gets an acorn every now and then!

Y2K 10K

January 1, 2000

Annapolis, MD

For the second year in a row, Michael Smith and friends staged a scamper through Annapolis just to have a good time. I hear Jill Hargis was the women's winner and over 70 runners got the year off on the right foot. Remember, next year, January 1, 9am, City Dock, free, t-shirts to the first 75 finishers!

Millenium Marathon

January 1, 2000

Hamilton, NZ

B.J. King, Danalee Green, Tom Kessler, and Patty Kelly all ran and finished smiling in the first marathon of the new millenium!! Stand by for post-race vacation news next issue

Tucson Marathon

January 5, 2000

Tucson, AZ

Kathleen Heagney 4:39

FINISHING LINES – Guess what?

One of our programs gets mentioned in a National magazine! Yes, see pages 6 & 7 of the Jan/Feb issue of **RUNNING TIMES** for an article on beginning running that talks about our program and even has a couple of quotes from yours truly. You know how desperate they are for material! Anyway, it was nice to get our program in print.

Autographed copies are available upon demand :-)
Remember, if have signed up for the Champ Series and can't run one the races, try to let the appropriate race director know. It is not productive to have to enter people in the race data base who won't be there. So, help out our Running Director's and let them know when you can't make it...
Current Washington Running Report rankings: Submasters Men: Brian Daugherty 1st; Men 45-49: David Webster 8th; Men 50-54: John Major

24th; Men 60-64: Bill Derr 14th; Men 70-74: Tom McKee 4th; Women 35-39: Jill Hargis 16th, Gloria Santarpia 17th; Women 45-49: Colleen Russell 11th, Maria Shields 17th

POP THE STRESSES, I'VE GOT NOOD GEWS!

You can now get from the B&A Trail to Kinder Farm Park and its 2.4M paved circular path. Going north from the Earleigh Hts Ranger Station, just before the 7.5 mile marker there is an asphalt path on your left. Take the path and follow it into the Brittingham community. Go up to the first cross street (Longfellow) and turn left. Stay on Longfellow to its end where another path leads off the street directly to the entrance to the park. Take the crosswalk across Jumpers Hole Rd to the park. Every one tenth of a mile is marked with a post. More good news: this path has some hills on it, so you can get a little variety in terrain from the flat B&A Trail. We hope to hold an event here soon, probably a 5K. To retrace your steps back to the B&A Trail, exit the park, cross Jumpers Hole Rd and enter into Brittingham. Follow the street to a crossing with Copperwood. Turn right on Copperwood to its end and then take the path back to the trail (about a half mile total).

Another reason to do some cross training: On the regular Wednesday night fun run at AACC, Ilene Caroom was about half way around the parking lot loop, when something reached out and grabbed her foot. The result? One splat - not unlike a domino, I'm told. A cut chin and bruised/swollen kneecaps – sort of badges of courage (until it happens to you!) Good news: her gloves saved her palms. So, how to minimize such an eventuality? (sooner or later, we all fall) Upper body training – lift weights or do some other strengthening exercises. It may just save your face from the road surface

Until next time, may there be a few PRs in your future. Remember, age group PRs count too!... So keep those cards and emails coming (you will get your name in print!), 7941 Queens Rd, Glen Burnie, MD 21061, 410-865-8252(w), 410-760-9188(h), ethomasjr@prodigy.net... See you on the roads - ET

Annapolis Striders Annual Membership Meeting & Awards Banquet

Sat., Feb. 26, 2000

ANNUAL MEMBERSHIP MEETING: Vote 6-7pm

AWARDS BANQUET: Dinner, Awards, Dancing: 7-11pm

Location: Radisson Hotel off of Riva Road.
For directions to hotel call: 410-224-3150

Cost: \$35 per person for Awards Banquet
– please send by Feb. 20th.

Make check out to: Annapolis Striders
and mail to Jennifer Sullivan
3123 Catrina Lane, Annapolis, MD 21403

Questions? Call Jennifer: 410-280-0476

The Athens Marathon

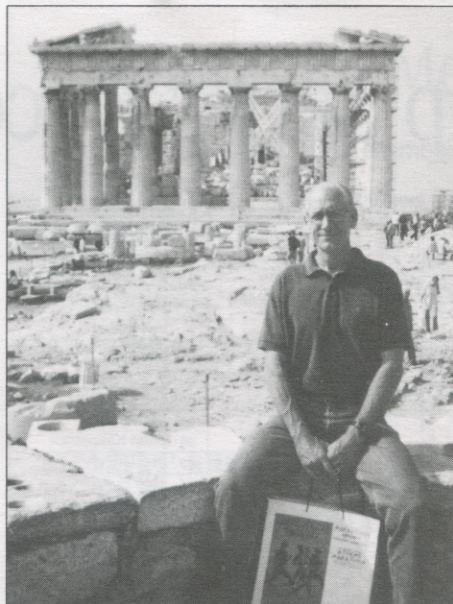
(a.k.a. The Original Marathon)

by Eric Fromm – An Annapolis Strider residing in Germany

I am happy to report that at least one Annapolis Strider participated in the 1999 Athens Marathon. The seventeenth running of the International Peace Marathon of Athens was held on Sunday, October 17. Making the journey from Germany, my companions, Rick Dubois, Mike Young and I visited museums and shops, and probably walked a marathon distance wearing the soles off our shoes. And to my surprise, right there on the main drag through the city near the Olympic Stadium was a giant version of the Striders' "Mr. Squiggly" - a running-man statue standing many stories high made of layers of plate glass stacked together to form a giant dedication to Phidippides!

Sometimes things seem to take forever to come about, and in this case it took about 2,386 years for somebody to figure out that the marathon would make a great athletic event. Thus, at the 1896 Athens Olympic Games, the first ever marathon foot race occurred, retracing the original path of Phidippides as best as anyone could remember. From this point on, the "Marathon" was included in the Olympic Games and later in the National Championships of Greece, and also the Balkan Games. In 1983, the Athens Hellenic Amateur Athletic Association - you probably know it as "AHAAA!" - renamed it the International Peace Marathon of Athens, or Athens Marathon, for short.

Our visit to race headquarters to pick up our race packets was an adventure worth mentioning. Try to imagine an international marathon having a race packet pickup run by two volunteers, located on the third floor of a dusty, unmarked building, with no signs (well, there was one small one in Greek), and no runner's expo...no nuthin'. In fact, we were so sure that the balloon streamers that we noticed on the highway marked the marathon registration, we missed the headquarters completely and headed right for a car dealer! While the packet pickup process was very slow, the wait to pick



up our packets was worth it - we met many interesting runners, including an American first-time-marathoner from Seattle, now living in Egypt (number 1324).

Sunday morning came early, and we barely had time to enjoy our "included breakfast." The three of us walked the mile from the hotel and piled into one of the busses waiting at the Panathinaiko Stadium (also called the Olympic Stadium). After the 40-minute bus ride, we were deposited at the start line in Marathon. We prepped, drank water, stretched, and talked race strategies. This was easy for me, since one word explains my entire strategy - "finish." We met more interesting runners, including a bearded Brazilian who spoke no English and shared everything he had with anyone who would accept it, including bananas and his personal supply of Ben Gay. Somehow he managed to have himself included in everyone else's group pictures. We met more Canadians, and a young American couple from Washington State roaming around Europe for several months - they were also running Athens as their first marathon. Oh yes, number 1324 was there too - I was glad to see that she had survived the packet pickup.

The 8:30 a.m. start of the IAAF-certified Athens Marathon led us along an initially flat 10K stretch of road. At about 4 kilometers the course moves off the main road and loops around the Tomb of the Marathon Warriors. Unfortunately, from our vantage point, we could not see anything resembling marathon warriors, tombs, or anything else noteworthy except for two dogs that

were running in the marathon. I was tempted to report them to somebody - they were clearly running without numbers and ought to be stopped. Loop backs are great, because they give us slow pokes an opportunity to see the front runners as they head back to the main road. After getting warmed up on the initial 10K flat, the next 22 kilometers of the course took us up a gradual incline with some pretty decent hills thrown in, peaking with an elevation rise of about 750 feet. Then finally, the part we all had been waiting for (yes!), a steady downhill of about 10K which delivered the runners to the finish line. Once inside the Stadium, we were directed around the track once before crossing the finish line.

The course was not especially difficult - if you have some hill training under your belt you should be OK. The entire course is run on hard surface roads and a painted blue line marked the course. Support was good - there were sufficient water stops with bottled water and fruit carbo drinks. The water bottles were nice to take along for sipping between stops as some of the refreshment stands were spaced out a bit. The spectators were great, shouting "Bravo! Bravo!" which was very inspiring and very European. I even received one "Bravo, Annapolis!"

The weather was probably the best we could expect, a record low for the season was reported that morning, and cloudy for most of the run. It was about 50 degrees at the start, and then it quickly warmed up - by the downhill stretch the sun was hot enough to burn shoulders and bald spots (I dutifully wore my hat). My guess is that temperatures in the sun reached into the 80's by the time I finished. Traffic control was excellent, with Greek police at every major intersection. But long lines of idling cars added to the air pollution in spite of a freshening breeze for most of the run. The finish line was a single chute and scoring was all manual. I was very pleased to see my time of 3:51 on the large digital display as I crossed the finish line with Mike and Rick cheering me on. My compatriots had already finished - Mike with a 3:43 and Rick had cruised in with a 3:29. Race certificates and medals (no ribbons!) were handed out to finishers as they wandered their way around the track past the finish line.

Finally, to put it all together - The Athens Marathon is a mighty fine time, a fun run, lots of great people - and the Greek fans were super! ■



Wanted:

Photographer and Editor for the Streak.
Please contact Kathy Nado,
knado@hq.nasa.gov

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Evan Thomas REPORTER
410-760-9188

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

Article II, By-Laws of the Annapolis Striders

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March 7, 2000.**

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BIKEBIZ

1651 Crofton Blvd., Suite 13 Crofton 410-793-0049. 5% off bicycles and fitness equipment. 10% off clothing, parts, accessories, baby joggers.

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Metric Marathon – October 3, 1999

RACE RESULTS

1	Johnson	Robert	26	1:28:48.7
2	Jones	Mark	38	1:34:30.1
3	Egolf	Stephen	35	1:39:55.0
4	Mace	Matt	38	1:42:48.1
5	Rosasco	Mark	40	1:45:03.7
6	Serra	Paul	43	1:46:05.2
7	Morganti	Chris	34	1:46:26.3
8	Allen	William	38	1:46:26.5
9	Schrader	Eric	35	1:46:36.1
10	Kirkpatrick	John	55	1:47:22.8
11	Cunningham	Michael	45	1:47:53.8
12	Werner	Kent	20	1:48:00.8
13	Young	Thor	29	1:51:16.6
14	Jablonski	Ed	38	1:52:13.2
15	Sullivan	James	33	1:53:24.9
16	Bigalow	Robert	31	1:53:56.0
17	Malloy	Rose	51	1:55:41.4
18	Sponseller	Tim	50	1:55:53.7
19	Sullivan	Jennifer	34	1:56:31.8
20	Smith	Michael	42	1:59:07.4
21	Way	Darrin	33	1:59:53.4
22	Vasquez	Benito	60	2:01:13.4
23	Rutz	Paul	20	2:02:16.9
24	Johnson	Curtis	39	2:05:32.1
25	Flick	Elliott	31	2:03:22.9
26	Rosasco	Carole	40	2:03:55.3
27	Bolt	Ron	57	2:04:36.7
28	Rohrs	Maureen	43	2:04:41.6
29	Kuhn	Michael	36	2:04:57
30	Narimatsu	Jim	39	2:05:03.1
31	Puglisi	Larry	45	2:05:19.5
32	Riley	Chris	55	2:05:30.4
33	Weber	Ron	47	2:06:17.0
34	Modisette	Tammy	32	2:06:32.7
35	Tabor	Edward	36	2:06:37.1
36	Walser	Dave	40	2:07:48.6
37	Karalekas	Angela	21	2:07:49.6
38	Hosseini	Syed	55	2:09:20.3
39	Wells	Chris	48	2:09:20.9
40	Lobe	Hank	41	2:09:35.0
41	Hooker	Ronald	36	2:09:38.4
42	Thayer	Scott	38	2:09:50.8
43	Norton	Mary	23	2:09:53.0
44	Pastore	Carla	43	2:10:02.2
45	DalColletto	Carla	37	2:11:21.5
46	Karandy	Eric	41	2:11:46.9
47	Heisman	Ross	42	2:11:51.0
48	Callahan	Vincent	44	2:12:35
49	Barrett	Neil	46	2:12:48.3
50	Wagon	Chris	42	2:13:06.7
51	Bayard	Joan	34	2:15:10.5
52	Brault	David	47	2:15:13.7
53	Peake	Bill	48	2:15:37.9
54	Bailey	Bob	51	2:15:50.
55	Field	Bob	47	2:15:57.0
56	Etchison	Jim	46	2:15:22.0
57	Green	Danalee	53	2:16:35.6
58	Blanche	Mike	33	2:16:50.2
59	Julie	Brigden	24	2:17:06.8
60	Cavanaugh	Patrick	35	2:17:09.6
61	King	B.J.	54	2:17:51.1
62	Fay	John	51	2:18:38.6
63	Falsone	Laura	36	2:19:14.7
64	Engel	Alan	46	2:19:19.7
65	Shanklin	Fred	58	2:19:56.6
66	Shipley	David	45	2:20:23.1
67	Shields	Maria	48	2:20:29.7
68	Gallagher	John	50	2:21:36.9
69	Moore	Robert	58	2:22:22.2
70	Veasey	Allen	59	2:22:35.9
71	Brooks	Robert	47	2:22:40.0
72	Meyer	Jon	52	2:22:43.9
73	Henderson	Clint	42	2:22:49.1
74	Symancyk	Daniel	51	2:23:22.4
75	Carney	Katherine	39	2:23:48.3
76	Carney	Tim	39	2:23:48.7
77	Kaufman	Jim	45	2:24:12.0
78	Donahue	Patrick	47	2:24:31.4
79	Belton	Keith	36	2:24:44.5
80	DeMuth	Lynne	40	2:24:49.0
81	Haley	Terry	30	2:24:56.5
82	Poff	Kevin	40	2:25:14.4
83	Lyons	Paul	46	2:25:36.4
84	Salmon-Cox	Peter	60	2:25:48.5
85	McClure	Doris	50	2:26:33.2
86	Bell	Rita	42	2:27:09.4
87	Bechill	John	41	2:29:14.7
88	Schrader	Lisa	43	2:29:21.6
89	Ammons	Derek	38	2:29:30.3
90	Haines	Gordon	46	2:29:35.8
91	Falco	Michellw	19	2:30:17.9
92	Penkert	Stephen	41	2:30:45.9
93	Ozlen	Dimirci	25	2:30:47.7
94	Myers	Will	50	2:30:50.9
95	Colon	Judith	39	2:31:12.4
96	Currence	Melissa	44	2:31:24.3
97	Levin	Melissa	51	2:31:40.7
98	Wegner	Stephen	31	2:32:40.9
99	Burton	Sandra	51	2:33:08.8
100	Gill	John	28	2:33:14.8
101	Painter	Patrick	51	2:34:06.5
102	Dean	Richard	52	2:34:13.0
103	Reeder	Lynne	35	2:34:52.4
104	Brummitt	marc	38	2:34:52.7
105	Hunter	Dawn	30	2:35:20.6
106	Hunter	Dean	30	2:35:21.1
107	Hunter	Jeff	32	2:35:21.5
108	Law	Bill	71	2:36:13.2
109	Lloyd	John	37	2:37:08.9
110	Brennan	Ann	30	2:37:49.2
111	Mazer	Stephen	47	2:39:58.7
112	Barrett	Julie	39	2:40:43.7
113	Hosler	Karen	51	2:41:18.4
114	Stanton	Kathleen	36	2:41:29.0
115	Higdon	Don	57	2:44:39.3
116	Pauling	Nick	47	2:44:42.1
117	Scott	Wilford	49	2:50:02.4
118	Pattie	Kenton	59	2:51:16.6
119	Chapman	Brad	65	2:52:43.8
120	Simpson	Linda	57	2:53:24.5
121	Moore	Benito	74	2:56:09.5
122	Jacobson	Joseph	52	2:56:10.6
123	Glazier	Sarina	29	2:56:46.8
124	Schoen	Richard	47	2:56:49.5
125	Swartz	Karen	35	2:56:57.7
126	Masser	Lee	63	3:02:15.0
127	Matusow	David	32	3:09:09.2
128	Bradford	Tom		Worker's run

Downs Park 5 Mile – November 6, 1999

RACE RESULTS

Place	Last Name	First Name	Time	Age	M/F	Awards
1	Hargis	Jill	29:40	39	F	1st Overall: Women
2	Norton	Mark	30:12	40	M	1st Overall: Men
3	Erick	F.	30:20	30	M	2nd Overall: Men
4	Rogers	Spark	30:35	45	M	1st 45 - 49: Men
5	Facciani	Mark	30:45	31	M	1st 30 - 34: Men
6	Proffitt	Terry	30:55	42	M	1st 40 - 44: Men
7	Keating	Bob	31:13	39	M	1st 35 - 39: Men
8	Magat	Gerardo	31:25	35	M	2nd 30 - 39: Men
9	Clorety	Joe	32:35	57	M	1st 55 - 59: Men
10	Keeling	Thomas	33:07	36	M	
11	Puglisi	Larry	33:34	45	M	2nd 45 - 49: Men
12	Bolt	Ron	33:45	58	M	2nd 55 - 59: Men
13	Nesselrod	Kevin	33:48	22	M	1st 20 - 29: Men
14	Kuhn	Mike	33:52	37	M	
15	Wehberg	Frank	33:56	14	M	1st under 15: Men
16	Morey	Art	34:04	61	M	1st 60 - 69: Men
17	Mangum	Scott	34:38	42	M	2nd 40 - 44: Men
18	Peakert	Steve	35:00	41	M	
19	Barbour	John	35:06	43	M	
20	Brault	David	35:21	47	M	
21	Tota	John	35:35	44	M	
22	Smith	Mike	35:48	37	M	
23	Cummings	Mike	35:51	33	M	
24	Daubert	Chris	35:52	29	M	2nd 20 - 29: Men
25	?		35:54			
26	Laird	Helen	36:11	41	F	2nd Overall: Women
27	Roblyer	Giles	36:11	25	M	
28	Koffler	Karen	36:22	39	F	1st 35 - 39: Women
29	Reckmeyer	Peter	36:23	39	M	
30	Coughlin	Tim	36:39	42	M	
31	Ball	Bryan	36:42	40	M	
32	Toussant	Lisa	36:43	34	F	1st 30 - 34: Women
33	Henderson	Clint	37:00	43	M	
34	Efremoff	Cynthia	37:18	27	F	1st 20 - 29: Women
35	Flick	Mike	37:27	47	M	
36	Williams	Mary Jane	37:30	35	F	2nd 35 - 39: Women
37	Veasey	Allen	37:46	59	M	
38	Card	Phil	37:48	41	M	
39	Clulow	Greg	37:49	40	M	
40	Wanbaugh	Steve	37:40	44	M	
41	Goldsmith	Tom	38:08	38	M	
42	Mills	Beth	38:15	35	F	
43	Bradford	Tom	38:20	56	M	
44	Ryan	John	38:21	55	M	
45	Mahoney	James	38:22	37	M	
46	Efrenoff	Alan	38:26	23	M	
47	Davis	Barry	38:30	36	M	
48	Salmon-Cox	Peter	38:50	60	M	2nd 60 - 69: Men
49	Stanton	Kathy	38:55	36	F	
50	Skowran	Keith	38:58		M	
51	Walker	Debbie	39:04	30	F	2nd 30 - 34: Women
52	Suckling	Alison	39:14	44	F	1st 40 - 44: Women
53	Davidson	Teddy	39:17	12	M	2nd under 15: Men
54	Percey	Siobahn	39:25	37	F	
55	Henderson	Arnie	39:34	63	M	
56	Morris	Brent	39:40	34	M	
57	Muller	Dottie	39:58	41	F	2nd 40 - 44: Women
58	Ciurca	Michael	40:42	53	M	1st 50 - 54: Men
59	Frankhouser	Thomas	40:43	49	M	
60	Rogers	Clinton	40:45	42	M	
61	Noctor	Jim	40:56	60	M	
62	Patel	Suri	41:07	48	M	
63	?		41:09			

64	Parker	Steve	41:09	42	M	
65	McKeene	Thomas	41:09	71	M	1st over 70: Men
66	Kamel	Perry	41:22	34	M	
67	Delorenzo	Art	42:16	59	M	
68	Brangot	Christine	42:19	46	F	1st 45 - 49: Women
69	Keller	Leigh	42:23	30	F	
70	Brennan	Helen	42:26	41	F	
71	West	David	42:27	39	M	
72	Jones	Courtney	42:32	16	F	1st 15 - 19: Women
73	Delorenzo	Chip	42:36	33	M	
74	Scoggins	Linda	42:41	48	F	2nd 45 - 49: Women
75	Cooper	Warren	42:46	46	M	
76	?		42:55			
77	Leventhal	Nathan	43:07	48	M	
78	Karlson	Ed	43:33	64	M	
79	Konyar	Jeff	43:47	46	M	
80	Reaser	Scott	43:50	32	M	
81	Strumsky	John	43:55	59	M	
82	Roblyer	Meredith	43:59	25	F	2nd 20 - 29: Women
83	Simpson	Linda	44:05	57	F	1st 55 - 59: Women
84	Nowak	Jenlene	44:07	24	F	
85	Sanders	Tamara	44:16	25	F	
86	Patel	Nish	44:31	16	M	1st 15 - 19: Men
87	Haseltine	Reggie	44:34	49	M	
88	Webb	John	44:40	34	M	
89	Modlin	Julie	44:41	32	F	
90	Feerrar	David	44:49	37	M	
91	Petrisko	Sandy	44:58	33	F	
92	Jones	Tina	45:02	38	F	
93	Smith	Joan	45:03	39	F	
94	Kerchner	Eva	45:19	39	F	
95	Zoller	Diane	46:07	49	F	
96	Fisher	Janice	46:11	35	F	
97	Morey	Gloria	46:13	59	F	2nd 55 - 59: Women
98	O'Boyle	Joe	46:29	57	M	
99	Hinkle	Neal	47:27	62	M	
100	Wycherly	Allen	47:28	57	M	
101	Reese	Jay	47:46	43	M	
102	Campbell	Amy	48:46	37	F	
103	Swartz	Karen	48:48	35	F	
104	Ferretti	Rocco	49:04	47	M	
105	Webb	Linda	49:08	50	F	2nd 50 - 54: Women
106	Aasen	Yvonne	49:09	68	F	1st over 60: Women
107	Pruitt	Wayne	49:56	41	M	
108	Boyer	Brian	51:31	24	M	
109	Goldsmith	Trina	52:02	36	F	
110	Love	Emily	52:04	34	F	
111	Hartman	Marie	53:04	44	F	
112	Segal	Janet	53:08	32	F	
113	Johnson	Andrea	53:27	37	F	
114	Ramarui	Jennifer	53:28	38	F	
115	Criscimager	Ned	53:29	57	M	
116	Willis	Danielle	53:30	10	F	1st under 15: Women
117	Wanlaugh	Rebecca	53:31	40	F	
118	Willis	Lisa	53:32	38	F	
119	Caroom	Ilene	56:08	46	F	
120	Fruman	Stacey	56:46	16	F	2nd 15 - 19: Women
121	Minarik	Amy	56:46	17	F	
122	Ashburn	Linda	58:22	45	F	
123	Parker	Robert	59:22	15	M	2nd 15 - 19: Men
124	Palmer	Kathy	59:23	43	F	
125	Crouse	Stephanie	59:31	15	F	

21st Anniversary 15K Run – December 12, 1999

RACE RESULTS

1	Mark R. Jones	38	51:36
2	Steve Egolf	36	53:14
3	David Webster	46	55:08
4	Oscar Ramirez	41	55:12
5	Mathew Mace	39	55:54
6	Bria Daugherty	31	56:22
7	Jim Griffith	39	56:51
8	Eric Aviles	30	57:38
9	Eric Schrader	35	57:47
10	Robert Bigelow	32	57:56
11	William Allen	39	58:33
12	Clyde Villemez	53	59:31
13	John Ward	35	59:48
14	Mark Rosasco	40	59:55
15	Jason Murray	17	1:00:00
16	Ed Purpura	46	1:00:10
17	Jeff Stratton	25	1:00:20
18	Paul Serra	43	1:00:29
19	Hamilton Tyler	36	1:00:39
20	P. Michael Cunningham	45	1:01:02
21	Thor Young	29	1:02:10
22	DAVE WALSER	41	1:02:29
23	Kevin Nesselroad	22	1:02:31
24	JENNIFER SULLIVAN	34	1:02:34
25	Gerado Magat	35	1:02:44
26	Chris Riley	55	1:02:52
27	Bob Biddle	40	1:03:06
28	Joe Clorety	57	1:03:11
29	Ross Stern	39	1:03:56
30	Holly Graf	35	1:04:08
31	Marjorie Boyd	38	1:04:35
32	Michael Bergeson	46	1:05:35
33	Eric Karandy	41	1:05:38
34	Michael Smith	43	1:05:43
35	James Lundeen	41	1:06:52
36	Bob Kovich	43	1:06:55
37	Art Morey	62	1:07:01
38	Jeff Geraghty	42	1:07:06
39	Carla Pastore	44	1:07:13
40	Ken Clair	31	1:07:25
41	Chris Beard	48	1:07:38
42	Ron Hooker	37	1:07:41
43	Don Hutson	32	1:07:52
44	Robert Gutheridge	17	1:07:53
45	Joe Herbst	38	1:08:00
46	Carole Rosasco	40	1:08:03
47	John Joyce	42	1:08:06
48	Mark Lombrd	44	1:08:10
49	Dan Quinn	49	1:08:12
50	Andrew Madison	12	1:08:22
51	Michael Kuhn	36	1:08:30
52	Jeremy Hsieh	16	1:08:37
53	Bill Trey	48	1:08:54

54	Maureen Rohrs	44	1:08:57
55	Ian McMahan	26	1:08:59
56	Bob Blaszkioicz	56	1:09:05
57	Ross Heisman	42	1:09:19
58	Timothy Troy	41	1:09:37
59	Frank Calahan	45	1:09:44
60	Doug Frazee	38	1:09:45
61	Dick Shea	49	1:09:53
62	Jim Cavanaugh	57	1:09:57
63	John Gallagher	50	1:09:59
64	Elliott Flick	32	1:10:19
65	Jim Hershey	33	1:10:35
66	Nikki Patterson	32	1:10:47
67	David Brault	48	1:10:48
68	Billy Peake	48	1:11:38
69	Evan Beard	13	1:11:40
70	John Fay	52	1:11:41
71	Helen Laird	41	1:11:51
72	Susan walt	48	1:12:19
73	Jim Etchison	47	1:12:20
74	Carla DalColletto	38	1:12:24
75	Don Singer	64	1:12:27
76	Russell Roeding	41	1:12:32
77	Karen Vogt	41	1:12:59
78	Shawn Blair	33	1:13:08
79	Bob Bailey	51	1:13:14
80	Bill Elzinga	61	1:13:19
81	Nate Betnun	52	1:13:37
82	Rita Twist	46	1:13:51
83	Mike Blanch	33	1:13:58
84	Lisa Schrader	44	1:14:08
85	William butler	50	1:14:16
86	Eric Crawford	28	1:14:17
87	Karen Koffler	40	1:14:18.3
88	Brev Moore	59	1:14:18.9
89	Mel Levin	51	1:14:28
90	Paul Kelley	36	1:14:45
91	Barry davis	36	1:14:49
92	Milton Taylor	66	1:14:58
93	Dan Symancyk	52	1:15:01
94	Jon Meyer	52	1:15:04
95	Ryan Cunningham	22	1:15:18
96	Scott Thayer	39	1:15:24
97	Jim Hackett	56	1:15:27
98	Mary Lang	45	1:15:32
99	Jeff Freimanis	26	1:15:34
100	Keren Stolka	48	1:15:41
101	Patrick Cavanaugh	36	1:15:46
102	James Kaufman	46	1:15:52
103	Suzanne Strasser	26	1:16:04
104	Maria Shields	48	1:16:08
105	Ken Lyons	60	1:16:25
106	Henry Sittner	39	1:16:28

107	Margaret Hall	33	1:16:57
108	Allen Veasey	59	1:17:20
109	Evan Thomas	58	1:17:36
110	Clint Henderson	43	1:17:57
111	Susie Flockert	29	1:18:10
112	Jill Farrow-Freimanis	24	1:18:11
113	Neal Barrett	47	1:18:18
114	Karen Groner	34	1:18:29.1
115	Kevin Geroner	35	1:18:29.5
116	Seyed Hosseini	56	1:18:47
117	Derek Ammons	39	1:18:50
118	Sarah Colbert	14	1:18:54
119	Patrick Colbert	44	1:18:55
120	Web Chamberlin	68	1:19:03
121	David Scheidt	38	1:19:05
122	Tim Quinn	46	1:19:12
123	Peter Salmon-Cox	60	1:19:15
124	Pat Donahue	48	1:19:17
125	Joe Reilly	46	1:19:47
126	Charlie Muskin	50	1:20:01
127	Laura Falsone	36	1:20:03
128	Terry Haley	30	1:20:08
129	Danalee Green	53	1:20:15
130	Lynn Finnegan	39	1:20:26
131	Giles Roblyer	25	1:20:44
132	Jody Lockhart	49	1:20:47
133	Mike Chamberlain	55	1:20:48
134	Doug Miller	44	1:20:52
135	Steve Brady	42	1:20:57
136	Jerry Pentony, Sr.	56	1:21:01
137	Martha West	41	1:21:19
138	Sue DuPont	35	1:21:22
139	Barry Boyd	42	1:21:29
140	John Chamberlin	38	1:21:42
141	Ralph McKinney	54	1:21:43
142	Thomas McKee	71	1:21:47
143	elizabeth Ogden	39	1:21:50
144	Therese McAuliffe	38	1:21:55
145	Fred Shanklin	58	1:22:04
146	Geri Nash	33	1:22:16
147	Tami Graf	63	1:22:20
148	Lawrence W. Rutledge	46	1:22:21
149	Will Myers	50	1:22:28
150	Sarah Megdiche	28	1:22:39
151	[No Card]		1:22:47
152	Patty Snodgrass	45	1:22:54
153	Effie Dawson	42	1:22:55
154	Janet Tancy	24	1:22:57
155	Jill Schular	23	1:22:58
156	Cindy Hagan	40	1:23:02
157	Arnie Henderson	63	1:23:06
158	Linda DeChant	44	1:23:13
159	Chrisine Brungot	47	1:23:15
160	Denise Hyde	34	1:23:18
161	Michael Ciurca	53	1:23:33

162	Renee Panagos	36	1:23:35
163	Will Scott	49	1:23:51
164	Lara Roeding	34	1:23:55
165	Lynne Reedar	35	1:24:49.1
166	Marc Brummitt	38	1:24:49.5
167	Bonnie Howe	54	1:24:57
168	Jane MacMurray	39	1:24:58
169	Bradley Kline	25	1:25:09
170	Andrew Gordon	49	1:25:16
171	Tom Voorhees	44	1:25:19
172	Bob Saunders	50	1:25:23.2
173	Jackie Kellner	51	1:25:23.9
174	Steven Watkins	47	1:25:46
175	P J Painter	175	1:25:47
176	Mike Linsenbivler	44	1:26:23
177	Don Stoddard	63	1:26:31
178	Melissa Currence	44	1:26:48
179	Thomas Frankhouser	49	1:27:11
180	Bill(Santa)Law	71	1:27:22
181	Reggie Haseltine	49	1:27:31
182	Mary Palowitch	38	1:27:56
183	Nick Pavlinic	48	1:28:12
184	Mike Farrell	52	1:28:45
185	Ann Brennan	31	1:29:00
186	Brenda Norman	42	1:29:09.2
187	Don Higdon	57	1:29:09.9
188	Sandy Burton	52	1:29:22
189	Lee Masser	64	1:29:42
190	Linda Simpson	57	1:30:41
191	Janice Fisher	35	1:30:42
192	Bruce Soyars	49	1:31:20
193	Tom Harwood	52	1:31:26
194	Bob Sommerville	51	1:31:27
195	Diane Frazee	33	1:31:39
196	Judy Brown	32	1:31:40
197	Robin Crowder	43	1:31:41
198	J. Joseph	52	1:34:21
199	Ginger Andrews	34	1:34:35
200	Lynn Kruck	54	1:34:51
201	Yvonne Aasen	68	1:35:39
202	Nancy Ebersberger	47	1:35:54
203	Joe O'Boyle	57	1:36:03
204	Jack Koletty	58	1:36:12
205	Alan Wycherley	57	1:39:36
206	Brad Chapman	68	1:40:32
207	William Rohrs	46	1:41:49
208	Linda Webb	50	1:43:01
209	Tom Bradford	56	1:45:08
210	Sarah Anderson	26	1:47:29
211	Ray Pruitt	41	1:48:40
212	[No Card]		2:00:07

Sponsored by



EARTH DAY 5K RACE

SATURDAY, APRIL 22, 2000
QUIET WATERS PARK
ANNAPOLIS, MARYLAND

DISTANCE: 5 kilometers
(3.1 miles)

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

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

BENEFIT: Proceeds to benefit the Anne
Arundel County Sierra Club

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

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

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

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

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

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

Last Name

First Name

Street Address

Telephone

City

State

Zip

Signature _____

Date _____

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

Printed on recycled paper

10TH
9th Annual
B&A Trail Marathon

and
Half Marathon

Sunday
March 12, 2000

7:30 a.m.
SEVERNA PARK, MARYLAND

Registration and Packet Pickup

- Saturday, March 11, 3-7 p.m. Wyndham Garden Hotel, Annapolis.
- Race Day, March 12, 6 a.m. at Severna Park High School.
- Forms may be photocopied; Fee is non-refundable.
- No confirmation sent.

Entry Fees

- Marathon: \$25 by March 3rd; \$40 after and on race day.
- Half Marathon: \$20 by March 4th; \$35 after and on race day.

Getting There

The race begins and ends at Severna Park High School.

DIRECTIONS TO THE HIGH SCHOOL:

From Baltimore: Rt I97 South to exit 10, Benfield Road. East on Benfield Road for 3.8 miles to the school on left. Turn at light into parking lot.

From Washington: Rt. 50 East to Bowie. Follow Rt. 3/I97 North to exit 10 East and proceed as above.

Course

The first three miles are on residential streets. The remainder of the Marathon and Half Marathon is on the B&A Trail - an asphalted bike and running path along a Rails-to-Trails Park. Hill at mile 2 and 7. The rest of the course is railroad grade - mostly flat. The course is USATF certified; numerous runners have qualified for the Boston Marathon on this course.

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

Split Times

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

Awards

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

For Information

- Applications available at annapolisstriders.org; on-line registration at racegate.com [ACTIVE.COM](http://active.com)
- Tom Bradford, Race Dir: 410-987-0674; e-mail tabslab@aol.com



10TH
9th Annual
B&A Trail Marathon
and
Half Marathon

Sunday, March 12, 2000, 7:30 a.m. SEVERNA PARK, MARYLAND

ENTRY FORM

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

SIGN ME UP FOR THE:

- Marathon** \$25 by March 3; \$40 after.
- Half Marathon** \$20 by March 3; \$35 after.

T-shirt size: M L XL

Sex: M F

Age on March 12, 2000: _____

Number of Marathons completed: _____

Best Marathon Time: _____

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

NAME _____

ADDRESS _____

CITY / STATE / ZIP _____

PHONE _____

Signature of entrant _____

Date _____

Signature of Parent if entrant under 18 _____

Date _____

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

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

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

Race History
MARATHON

1992	David Lieb
	Rose Malloy - 3:02:08 Course and Master's Record
1993	Rob Marino - 2:33:02 CR, Meredith Bonta
1994	Mark Jones, Leann Myhre
1995	Mark Jones, Jennifer Sullivan
1996	Mark Jones, Kay Carver
1997	Mark Jones, Lauren Kearney
1998	Mark Jones, Jennifer Sullivan
	John Hixon 2:56:29 Master's Record
1999	Mark Jones, Jennifer Sullivan

HALF MARATHON

1996	Rob Marino, Carole Rosasco
	Rose Malloy - 1:26:34 Master's Record
1997	Kevin Geesaman, Carole Rosasco
1998	Kevin Geesaman - 1:10:26 CR, Kristen Adelman
	Robert Marino - 1:11:59 Master's Record
1999	Robert Marino, Christina Morganti - 1:24:39 CR

ANNAPOLIS
STRIDERS

Annapolis Striders

2000 Race Schedule & Application Form

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 one for each race. You must submit a separate entry form and fee for each race.

Date Time Race
 MAR 12 7:30 a.m. **B & A TRAIL MARATHON**
 Sunday **B & A TRAIL HALF MARATHON** 13.1 M
 Severna Park High School
 Tom & Sharon Bradford: 410-987-0674

*See page 18 for Race Application
 Form below is not applicable to this race.*

APR 9 8:00 a.m. **CHERRY PIT 10-MILER,**
 Sunday *2nd Leg of Champ Series*
 South River High School, Edgewater
 Bob Burash: 410-551-5774 &
 Whitey Gross: 410-551-8996

MAY 7 8:00 a.m. **GOVERNOR'S BAY BRIDGE RUN 10K**
 Sunday Sandy Point State Park
 Sandy Balderson: 410-757-9713

Form below is not applicable to this race.

JUN 18 8:00 a.m. **FATHER'S DAY 10K,** *3rd Leg of Champ Series*
 Sunday North Arundel Hospital
 Evan Thomas: 410-760-9188
 & Neal Hinkle: 410-987-5649

JUL 8 6:00 p.m. **JOHN WALL MEMORIAL 1M TRACK RUN,**
 Saturday *4th Leg of Champ Series*
 Broadneck High School
 Dave Wall: 410-956-0828

JUL 15 8:00 a.m. **WOMEN'S DISTANCE FESTIVAL 5K**
 Saturday 8:45 a.m. **RUN AFTER THE WOMEN 5K**
 West Annapolis Elementary School
 Danalee Green & Meredith Bonta: 410-956-2123
 2823 Mockingbird Court, Annapolis, MD 21401

AUG 6 8:00 a.m. **DOG DAYS 8K CROSS COUNTRY RUN,**
 Sunday *5th Leg of Champ Series*
 Anne Arundel Community College
 Sue Briers: 410-721-1442

AUG 27 7:30 a.m. **ANNAPOLIS TEN MILE RUN**
 Sunday Navy-Marine Corps Stadium
 Ron Bowman: 410-573-1929

SEP 10 8:00 a.m. **DAWSON'S 5 MILER,** *6th Leg of Champ Series*
 Sunday Severna Park High School
 Dan Symancyk: 410-544-1516 &
 Ann Roberts: 410-349-8860
 234 Mill Church Road, Arnold, MD 21012

OCT 1 8:00 a.m. **METRIC MARATHON,**
 Sunday *7th Leg of Champ Series* 26.2 K
 Southern High School, Harwood
 Regina Mianta: 410-757-4331
 1155 Skyway Drive, Annapolis, MD 21401

NOV 4 8:30 a.m. **DOWN'S PARK 5 MILER**
 Saturday Down's Park, Pasadena
 Don Higdon: 410-266-0561 &
 Mike Busch: 410-222-7300

NOV 26 8:00 a.m. **OLD TURKEY 10K**
 Sunday South River High School
 Chris Riley: 410-626-8965 &
 Denzil Pritchard: 301-261-6187

DEC 17 10:00 a.m. **ANNIVERSARY RUN, 15 K**
 Sunday *8th Leg of Champ Series*
 Quiet Waters Park, Annapolis
 Dave Walser: 410-586-0833

**If not otherwise indicated above, send to:
 Annapolis Striders
 Post Office Box 187 Annapolis, MD 21404
 Make Attention to your Race Director
 Call Race Directors for individual race entry fees.**

LAST NAME _____ FIRST NAME _____ MI _____ TELEPHONE _____

STREET _____ CITY / STATE _____ ZIP _____

AGE ON JAN 1, 2000 [] BIRTHDATE [/ /] GENDER M F
 You **MUST** write in your Birthdate!!

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

SIGNATURE OF ENTRANT _____ DATE _____

SIGNATURE OF PARENT IF ENTRANT UNDER AGE 18 _____ DATE _____

MANDATORY

ANNAPOLIS STRIDER'S BOARD OF DIRECTORS

SUE BRIERS
PRESIDENT
H: 410-721-1442

TOM BRADFORD
VICE PRESIDENT
H: 410-987-0674 W: 410-768-9500

SUSAN ZEVIN
SECRETARY
410-573-9424

REGINA MIANTE
TREASURER
H: 410-757-4331 W: 410-266-0640

AL STOTT
RACE DIRECTOR
H: 410-647-4298 W: 301-688-9774

**GOVERNOR'S BAY BRIDGE
RACE DIRECTOR**
SANDY BALDERSON H: 410-757-9713

ANNAPOLIS A10 RACE DIR.
RON BOWMAN H: 410-573-1929

DIRECTORS

LYNN HOPKINS
410-573-1929

MEREDITH BONTA
410-956-2123

ARNIE HENDERSON
H: 410-263-0863

DON KENNEDY
H: 410-268-0982

EVAN THOMAS
H: 410-760-9188 W: 410-865-8252

WILL MYERS
410-987-4883

MICHAEL BERGESON
H: 410-544-1831

JOHN FAY
301-262-6166

DAVE WALSER
410-586-0833

DICK HILLMAN
410-263-1844

DAN SYMANCYK
410-544-1516

CLUB COORDINATORS

PUBLICITY
YVONNE AASEN H: 410-647-0879

HOTLINE
WILL SCOTT H: 410-267-8013

CHAMPIONSHIP SERIES
TOM BRADFORD H: 410-987-0674
TABSLAB@AOL.COM

PROPERTY & EQUIPMENT
BOB FIELD H: 202-268-7334

JUNIOR STRIDERS
STEVE EGOLF H: 410-280-9844

MEMBERSHIP MANAGEMENT
LYNN HOPKINS 410-573-1929

ANNAPOLISSTRIDERS.ORG

Where THE RACES ARE

Feb 20, Sun, 1030am, Washington's Birthday Marathon & Relay (3 scenic loops), Greenbelt Youth Center, 703-241-0395.

Feb 20, Sun, 1pm, Anheuser-Busch Colonial Half Marathon & 5K, Williamsburg, VA, 757-221-3362.

Feb 23, Sat, 930am, Last Train To Boston Marathon, Aberdeen Proving Grounds (3 or 4 loops as I recall), RASAC, 410-638-1091, Limit: 250.

Feb 26, Sat, 8am?, Women's Olympic Marathon trials & 10K, Columbia, SC, 803-929-1996.

Feb 27, Sun, 8am, MD-DC RRCA club challenge 10M, HCS, Columbia - Free to club members, call the hotline to sign up.

Mar 4, Sat, 8am, Carderock Towpath Run 10K, Carderock, 301-353-0200.

Mar 5, Sun, 9am, Rite of Spring 5K, Brooklandville, 410-252-3366.

Mar 5, Sun, 10am, Burke Lake 12K, 703-241-0395.

Mar 12, Sun, 930am, St Patrick's Day 10K, Washington, DC, 301-871-0400(chip race).

Mar 18, Sat, 9am, WMC 5K Track Run, Bair Stadium, Western Md Col, 410-848-8991.

Mar 18, Sat, 1pm, Forest of Needwood 5M, Brunswick, 301-834-8045 (call to confirm).

Mar 18, Sat, 915am, Piece of Cake 10K, Gaithersburg, 301-353-0200.

Mar 18, Sat, 8am, Shamrock Marathon & 8K, Virginia Beach, 757-481-5090.

Mar 18, Sat, 10am, Yough River Trail Half Marathon & 5K, Connellsville, PA, 724-628-5500).

Mar 19, Sun, 930am, Caesar Rodney Half Marathon, Wilmington, DE, 302-665-7258.

Mar 19, Sun, 8am?, Disabled Athletes 5K, Silver Spring, 301-589-9042.

Mar 19, Sun, 140pm, O'Doul's Shamrock 5K, Baltimore, 410-377-8882.

Mar 25, Sat, 9am, Belle Haven 15K, Alexandria, 703-241-0395.

Mar 26, Sun, 10am, The "New" Bethesda Chase 10K, Bethesda, 240-777-6828.

Mar 26, Sun, 9am, Mayberry 10K Trot, Silver Run, 410-848-4629.

Apr 1, Sat, 9am, MCRRC Super Sligo 4M, Silver Spring, 301-353-0200.

Apr 9, Sun, 8am, Nortel Cherry Blossom 10M, Washington, DC, 301-320-3250.

Apr 9, Sun, 9am, 5K Race for RAINN, Westminster, 410-751-8171.

Apr 12, Wed, 7pm, Main Street Mile, Westminster, 410-857-5427 (downhill!).

May 14, Sun, 9am, MASSER 5 Miler, Lewes, Delaware. Part of Delaware Seashore Strider Championship Series. SASE to Lee Masser, 2126 Espey Court, Suite B, Crofton, MD 21114-2425. 301-858-1337.

Annapolis Strider Events

What's Coming Up

STRIDER BOARD MEETINGS

**AA Medical Center, Jennifer Road
Tuesday, March 7, 2000, 7:30 p.m.**

Meetings open to all Strider Members.

**Annual Club Meeting,
VOTE between 6-7pm**

Saturday, February 26, 2000

Radisson Hotel Annapolis
Contact Jennifer Sullivan 410-280-0476

**Awards Banquet: Food, Awards, Dancing
Saturday, February 26, 2000**

Radisson Hotel Annapolis
Contact Jennifer Sullivan 410-280-0476

INFORMAL DISTANCE RUNS

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

Wednesdays 5:30 pm. AACC Track.
Contact Evan Thomas 410-760-9188

Saturdays 7 am. Sams Club; Rt. 450.
Contact Strider Hotline: 410-268-1165

**Sundays 7:30 am. Main Street/City Dock
area** Contact Evan Thomas 410-760-9188

6:06 CLUB: meet at Church Circle in front
of Maryland Inn, Mon\Wed\Fri; run 6 miles.
Contact Gill Cochran, 410-268-5515.



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

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