ANNAPOLIS STRIDERS

A Publication for Members of the Annapolis Striders

Volume XXIII NUMBER 1

APRIL 2000



Donna Black

Eric Harger

Small Race, Big Fun

Valentine's Twosome February 6, 2000

by Peter Salmon Cox and June Schneider

The weather cooperated and a great turnout for the Valentine's Twosome Relay Race resulted. Ice and snow was piled along the course, but the roads were essentially clear. A concerted effort by Evan Thomas, Arnie Henderson and a race director cleared snow and ice from some strategic intersections the day before the race and application of road salt on Sunday morning eliminated the remaining icy patches. Fifty-two couples finished the race, six of which were "matchmaked" by the official race matchmaker, Linda Simpson. Although this is only a small fun race, 29 volunteers helped with the registration, course monitoring, refreshments and finish line duties. Your help was greatly appreciated; thank you.

The women started the relay in temperatures hovering near the freezing See Valentine's Twosome, page 13



Outgoing President Sue Briers accepts honors.

AWARDS BANQUET PHOTOS PAGES 12-14

also

NEW BOARD MEMBERS/DIRECTORS
PAGE 2

Breaking Old Records

B&A Half & Full Marathon March 12, 2000

by Tom Bradford

You might as well count on the fact that the day of the B&A will be cold and windy and if your're lucky maybe not rainy. Despite what turned out to be a tough weather day, the marathon and half marathon both set records for number of finishers with 665 finishers altogether. The big news was that six-time winner Mark Jones pulled up lame and was unable to defend his title and his streak. David Luljak from Chevy Chase won the marathon in 2:52:40. Jennifer Sullivan defended her title winning in a time of 3:12:00. In the half, Kevin Geesaman from Waynesboro, PA defended his title in 1:14:02 and Christina Morganti defended hers in 1:22:43. Lots of out-of-staters are coming to this race for their Maryland marathon. Some notable performances were 16 year old Erin Kolarik's 3:54:56, and 80 year old Ed Burnham's 6:44:24.

Numerous emails came from runners complimenting our volunteers. A 26 mile event can be a logistical nightmare but it all comes together because of the talented and enthusiastic volunteers.

See B&A Marathon Results, pages 17-19



Sharon Serio, Linda Simpson and Patti Snodgrass.

Another Wonderful Day In Bay Hills

Washington's Birthday 5k Feb 12, 2000

by Evan Thomas

Once again, we flooded the Bay Hills area of Arnold with runners. Despite chilly temperatures, over 230 showed to kick off the first Championship Series of the new millennium (or the last of the old millennium, depending on how you look at it!).

Starting at the Bay Hills swimming pool area across from the Bay Hills Golf Course, the course rolls through residential streets before doubling back to the finish. Annapolitan Brian Daugherty took advantage of his speed to pull away from Rodney Timpson for the win (15:55 to 16:34). Neville Anderson of Baltimore was 3rd in 16:50. David Webster again captured the first masters spot with his 17:25 finish. In the women's race, our own Jill Hargis swept to her first Washington's Birthday 5K win in 18:05, showing her Olympic Trials training was paving dividends. Jennifer Sullivan again took second place in 19:39, 17 seconds

See Washington 5K, page 2

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ANNAPOLISSTRIDERS.ORG

1999 Summer Series

by Dan Symancyk

Last summer 42 females and 59 males who were 19 years old or under participated in the first Summer Scholastic Championship Series which consisted of the Fathers' Day 10k, the Wall Mile, the Women's Distance Festival 5k or Run After the Women 5k, and the Dog Days 8k. An individual's best three races were used to determine scoring for the series.

Amanda Schmidt finished in first place for the females. She was the first female 19 and under to finish in the 10k, 1 mile, and 5k. These corresponded to seventh female, first female, and fourth female overall in these events. Finishing in second and third place for the series were Rachel Jackowski and Andrea Lockhart. Amber Chilipko received the award for the top runner who was 14 and under.

Dustin Lieb took first place for the 19 and under males. In his age group he was second in the 10k, first in the mile, first in the 5k, and fourth in the 8k for his series score of 4pts. Overall he finished seventh in the 10k, sixth in the mile, second in the 5k, and fifteenth in the 8k. Finishing in second and third place for the series were Chris Dyer (7pts) and Chris Foster (9pts). Evan Beard was the top runner in the series who was 14 and under.

The "iron students" who completed all of the races were Rachel Jackowski, Dustin Lieb, Chris Dyer, Matthew Gray, Jeremy Hsieh, and Ryan Kneesi. The complete standings can be found on the striders web page (http://annapolisstriders.org) in the bulletin board section.

An application for the 2000 summer series can be found on page 20 in this edition of the Streak.

BOARD MEETINGS

Annapolis Strider Board Meetings are held the first Tuesday of each month at 7:30 p.m. in the Anne Arundel Medical Center Clatnoff Center. Please note the Board meeting dates below:

> April 4 May 2

June 6

July 11

August 1 September 5

October 3

November 7

December 5

Meetings are open to all club members. Please attend!

Washington 5k

from page 1

faster than 1999. Carole Rosasco was a clear winner in the masters category (wait a minute, she can't be 40, can she? Wow, time flies when you're having fun.).

The winners and runners-up received gift certificates from the Athlete's Foot. In the age groups, for those over 21, we had bottles of Chardonnay for the winners, cherry pies for second and chocolate hearts for third (in honor of Valentine's Day!). Masters winners received gift certificates from the Athlete's Foot. Congratulations to Ron Bolt for improving his time from 21:20 last year to 20:53 this year. Also, Marie Friedland showed the best elbows in nipping Ken Lyons at the finish, and Dave Brault dropped from 24:27 to 22:07! Would you believe Yvonne Aasen improved from 32:13 to 30:59?

NOTE: The tags on the second stringer came loose and despite our best efforts to get them back in order, it is possible some may be incorrect. If you see that your time/place is incorrect, please report it to Tom Bradford (410-987-0674) so we can correct the results and get you into the proper Champ Series standing.

Our thanks to Race Director Jim Hall and his cast of supporters: Rose Malloy, Marie Friedland, Tom and Sharon Bradford (which one locked the keys in the car?), Dick Hillman, Dan Symancyk, Cathy Gibbons, Lee (turnaround) Patrick, Sean Sweeney, Mark Erbe, Brad Chapman. Once again, the County Police had the roads under control, Bay Hills Golf Course opened their rest rooms, and the Bay Hills Community Association made us welcome. Despite the thawing that was going on, we still had to plow the parking lot and bring in portapots in case the golf course wasn't going to open.

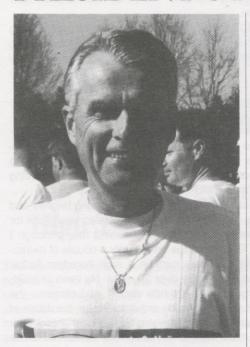
We again gave out random prizes at the finish line (no waiting). So, by this time next year you will have forgotten about the uphill finish and be raring to go, right? Where else can you have more fun than in Bay Hills? See you there!

Turn to page 16 for Washington 5K Race Results.

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PRESIDENT'S MESSAGE



Evan Thomas

Club President

The State of the Club Address

Let me say thank you for your overwhelming vote of confidence at the annual club meeting and banquet. We have so many good things going for us as a club and we owe a big round of applause to Sue for all her efforts and advances over the past two years. Let's keep the momentum going – we have three of the best races around in the A10, Bay Bridge Run and B&A Trail, and, thanks to Ron, Sandy and Tom & Sharon, the tradition continues.

The tradition is due to many reasons: quality premiums for all participants, great venues, technological advances, and, most of all, an infrastructure of caring club members. So many things for our races are done because people stay with the events from year to year. We put our efforts into making our events ones where people want to return each year - because we enjoy showing off our part of the country and what a club can do when it pulls together. If this sounds like something you would like to be a part of, please get involved. Adopt one or two events each year and contribute to keeping us at the front of quality running events. This includes all our club activities: club championship races, marathon training, beginning running. JR Striders, clinics, fun runs, newsletter, membership recruitment and so on.

New Board Members

Welcome to new Board Members Margie Boyd, Mary Lang, John Gallagher and Charlie Muskin. Margie, John, and Mary are first timers, while Charlie had a prior stint that included Treasurer duties. Brad Chapman has stepped forward to assume our club Race Director duties. Tom Bradford will coordinate our help with "outside" races.

Who Wants to be an Editor?

Our past newsletter editor, Kathy Nado Jedrich gave us a big boost in getting the *STREAK* back on track. However, she was travelling a lot in her job with NASA. It was difficult for her to get and keep all the newsletter items running as smoothly as she wanted. Thanks, Kathy. Keep the shuttle running smoothly!

If anyone with copywriting experience would like to step forward and find out what's involved in the task as editor of the Streak, contact me or Arnie Henderson and we will be happy to meet with you.

New Records

We got the year off to a fun start with the Valentines Twosome 5K Relay. Our directors, Peter and June, did another great job which even entailed chipping ice and shoveling snow to have a clear course. Jim Hall attracted over 230 to run some hills in Arnold at the Washington's Birthday 5K. We had to plow the parking lot for the first time, but the roads were great. Tom and Sharon took the cake with a record field at the B&A Trail Marathon and Half Marathon. They even got the weather to cooperate for once!

TJ Does the Gator

The annual meeting and banquet were even more popular this year with over 150 staying for the awards, dinner and dancing (and yes, TJ did the Gator again and Ben outdanced us all!).

All Rise

We assembled as many of the board (past and present) as we could on April 1st (appropriate date, I thought) to sit down and look at where we are as a club and where we want to go. More on this next issue. If there are areas you would like us to explore, let one of us know. As we move on into the year, I expect that each board member will have an area of responsibility. These areas will be annotated next to their names in the *STREAK*. When you approach one of us with an idea, I hope we will accept it in the spirit in which it is offered. If you don't get the response or attitude you would expect, please let me

know. Our job is to be inclusive rather than exclusive and it needs to start with your club management.

New Items

We hope to do a few new things this year, starting with a fun run Prediction Run 5K in Kinder Park on May 29 (Memorial Day Monday) at 8am. This will be a low cost event aimed first of all at club members. If it works we may try to expand it. Remember, anyone can win (see details elsewhere in this issue). If there are clinics and/or speakers you think would be of interest to the club, let us know.

Strider Racing Teams

Rob Marino has offered to resurrect our Strider racing teams and enter some local and regional events. To get things started, he is hosting speed training sessions at the Naval Academy track on Wednesdays. Warm up at 530-5:55, the heavy breathing starts at 6pm.

Beginning Runners

The 8th annual Beginning Running classes start Tuesday, May 9 at Bates track. If you can help with this, let me know. We will have a field day to clean up the track this summer. Look for an announcement next issue. If you think the resurfacing of the track is something we should support financially, let us know.

Marathon Training

Our marathon training program is nationally known thanks to Ben Moore. With Ben enjoying his well earned retirement, we want to carry on the tradition. Sue Briers has offered to keep the ball rolling, but she will need your support to bring it off. She has obtained a block of guaranteed entries for first timers in this year's Marine Corps Marathon. Look for more detail in this issue.

Come to the Convention!

Finally, if you want to have some fun and meet runners and club organizers from around the country, think about attending this year's RRCA convention, May 11-14 in Peachtree City, GA (just south of Atlanta). The club has a modest budget for this and we basically just split it among all who attend. If not this year, think about next year when we travel to Albuquerque, NM (anyone for Roadrunner pie?).

Editor's Note

With my completion of the B&A Trail Marathon, my 26th race (a marathon of marathons, so to speak), I am going to concentrate on the shorter venues for about 15 months. I hope this will allow me to spend more time on club matters. So, let's focus on why we started doing this running thing in the first place – fun and fitness. While running will not let us live forever, the quality of our lives should be greatly enhanced. Remember, RAFS! (Run and finish smiling!).

Taking a Gamble

The Las Vegas International Marathon

by Jim Buck

t was a crisp clear morning that dawned on Sunday, February 6 on the outskirts of Las Vegas. Runners were gathering at a truck stop oasis 22 miles south of the gambling capital. This was Jean, Nevada and the event was the 34th running of the Las Vegas International Marathon. It's unclear whether Jean is in fact a town or just a coffee stain on the map. It appears out of nowhere like a lighthouse left stranded in the desert, forsaken by some long-forgotten ocean. Nevertheless, its beacon continues to shine brightly. If you approach the town under cover of darkness, the flashing billboards of its two multi-story casinos can be seen punctuating the night from 10 miles away. Even the rattle snakes must wear sunglasses at night around here. My raceday experience started at about 7:00am as I braved the 5-minute walk from my casino hotel to the start line. There I joined 2,800 others who would soon be heading north to the big city, gambling that their feet would get them there. The day was brightening, the air was still, and the 40 degree temperature kept a person moving along. I had a mild advantage over most of the other runners.

There was no need to awaken at O-dark thirty to board the 5:00AM school bus to the start line. While they bumped and lurched down the highway I was still fast asleep, dreaming of the spectacular finish that was sure to come. As the 7:30AM start time approached, I peeled down to tank top and shorts. Today I'd be running in the blue and white singlet of Oakland's East Bay Striders – not that anyone present took notice. My only nod to the cold was pair of light thermal gloves. As I shivered, I glared in envy at those around me wearing long-sleeved shirts, plastic bags, and running tights. The start line, and the entire trek into Las Vegas, was on a secondary highway which ran adjacent to the Las Vegas to Los Angeles US Route 15.

The back road was in excellent condition, probably having been recently repaved. As we stood behind the start line banner, you could see the road stretching straight ahead with a gentle rise to the horizon. Nearby mountains, seemingly all around us, rose out of the early morning haze. We were on the floor of a great desert valley, 3,000 feet above sea level. Aside from the asphalt below your feet and the interstate traffic whizzing by a quarter mile away, there was little evidence that man had intruded upon this bleak but strangely attractive countryside. The road surface was like a long rectangular black island floating in a sea the color of bleached khaki. Small unremarkable scrub plants and taller bushes dotted the sea with green. The occasional cactus stretched thorny limbs to the sky. This was the scene as the starting gun sounded and a mass of humanity heaved forward on the road to the city of the meadows out of sight beyond the horizon.

My approach in this race was to attempt a steady 7-minute pace as the course worked its way on a gradual 200 foot ascent to 3,100 feet near the 8-mile mark. Once there, the course would begin a gentle drop down to 2,250 feet over the next 10 miles. In this stretch I planned to pick up the pace with negative splits, running at a 6:30 to 6:45 pace. Next I would coast the mostly flat terrain between miles 18 and 26 at a speed somewhere below a 7-

minute pace. If there were no injuries along the route and all the planets were aligned correctly, I would set a new PR and break the 3-hour barrier for the first time. Well, that was the plan. Now for the roll of the dice.

The climb to 3,100 feet in the first 8 miles was more taxing than anticipated. Maybe it was the altitude, maybe my training was not all it could have been. My pace fell to 7:15 and I stopped to walk for the first time. I normally choose to walk through the waterstops anyway – drinking a full cup of water to stay hydrated. It was a bad sign, however, that I stopped to walk on the open road between the water stops. Nevertheless, the clocks positioned every 2 miles or so indicated there was still a shot at a record if I could move out smartly on the downhill. This I did. Although the altitude drop is gradual, it's significant enough to provide a gentle boost. It was a welcome incentive to be moving with gravity rather than against it.

Almost an hour into the race the sun was shining brightly and the temperature was rising. Runners could be seen strung-out for miles ahead. I'm sure it was the same behind me, although I never took a peek. This illustrates one of only a couple of detractions for this marathon. There can be a high boredom factor. Nearly straightahead running for over 20 miles. No trees or buildings or twists in the road to provide variety and disguise the challenges ahead. As one proceeds along the route, the debris of battle litters the road. Gloves and water bottles cast aside, their usefulness ended, their weight a hindrance. Discarded shirts adorn roadsigns as runners seek advantage and pare down to essentials.

At the marathon half-way point the clock read 1:32 and the casinos of Las Vegas were well within view. The time was disheartening for a sub 3-hour race, but in theory it could still be done. If nothing else, I stood to finish in the single digits. A 3:05 marathon was not looking bad. After all, the most difficult part of the race was behind me. Five more miles of easy downhill followed by a nice level ride. What's not to like? Off came the gloves and away I went. Unfortunately, the rest of the race pretty much just fell apart. Once through the downhill section the power in the legs began to diminish. My primary goal by mile 20 was now to just finish respectably. By this point the technique was run for a mile, walk for a while. I did manage to reach back for a little gusto and a slight sprint to the finish. But 3:13:04 was as close as I got to the 3-hour threshold. Well... there's always another marathon.

I completed the race injury free – not even the tiniest blister. Some would say this alone proves that I did not bear down hard enough. But I live to run another day – a day when it will all come together. No matter how aggressive the training, it still comes down to a game of chance. Even so, good preparation provides a modicum of control over those odds.

For those looking for an interesting marathon, one that's well run with a course that's not too difficult, I'd recommend Las Vegas. Some may have a problem with the altitude. I think it was a contributing factor to a poor performance on my part. The weather, which was probably approaching a sweltering 70 degrees by 11:00am, also did not help those running hard. Las Vegas had minimal spectator support along the route. If you need the constant high-five's and cheers of the crowd to keep you going, this is not your race. But if you like a great pre-race pasta party, a post-race nightclub event, plenty of water stops during the race, generous refreshments at the end, and if the scenery of the high desert turns you on, this marathon's for you. The marathon does not traverse "The Strip," but it's worth checking out later. The big casinos, such as New York, New York, Paris at LV, Luxor, the Venetian, Belagio's, Ceasar's Palace, the Rio, Treasure Island, Mandalay Bay, the Excaliber, and the MGM Grand are sights unto themselves, even if you're not a gambler.

Annapolis Striders Summer-Fall 2000 Marathon Training

by Sue Briers

he year 2000 brought with it high expectations for a bright new start. With that start many people decided to make a difference in their life by taking a new direction. For many it may have been looking for a new job, breaking that bad habit that has haunted them for a long time or making a life style change. However, for runners it is usually setting a new goal that challenges us in our running career. This year we would like to help you achieve that goal. The Annapolis Striders have sponsored Ben Moore's marathon training program for years. With the retirement of Ben from his training, the Annapolis Striders have committed to continuing the training. Many Annapolis Striders who are experienced marathon runners will support this year's training. This will enable us to provide training for all levels of runners - from the first time marathoner to the more seasoned runner who has a goal time. We have a wealth of experience and ability in the club and we hope to make that knowledge and training available to all that want to excel at any level.

In addition to the training, the Annapolis Striders have secured 30 spots in the Marine Corps Marathon for our first time marathoners. If you wanted to run the Marine Corps Marathon but missed the fast and furious sign up window and you have never run a marathon before, we can help you realize your dream. Here are the procedures to follow in acquiring an entry in the event:

- You need to call Sue Briers, Director of Annapolis Striders 2000 Marathon Training asap: 410-721-1442 or email at ultra100su@aol.com (no phone calls after 9:00 p.m.).
 I must return the entries to the Marines by June 10, 2000.
- The entries are available to Annapolis Strider members only.

If you are not a member, membership information will be mailed with the entry application.

The groups for training will be defined as the following:

3:15 and under
 3:20 - 3:45
 3:50 - 4:15
 4:15 & up /I want to see a finish line!
 Blue Team
 Red Team
 Green Team
 Gold Team

Each group will be lead by several Striders whose experience you can benefit from. These members will be your mentors and resource for your training. As a group you will train together and help one another improve over the course of the training.

- When: Saturday, July 22, 2000 Time: 6:45 a.m.
- Where: MTA Park & Ride lot on Harry Truman Parkway (iust off Riva Road)

The Annapolis Striders will provide water every 2 miles along the training course. In addition we will be scheduling brief information sessions 15 minutes before the training runs to address marathon training issues like hydration, foot care, runner's safety, etc.

The marathon training is not just for those wanting to run the Marine Corp Marathon. We will have many people aspiring to run Chicago, New York, Steamtown, Richmond and many others. We can reconfigure the schedule to meet any fall marathon.

Once you have completed your marathon we all want to boast and celebrate. A victory party will be planned for the weekend of November 10 or 11 so all may come and tell their stories, wear their medals and gloat. Hey - you will deserve it! If you have any questions feel free to call me (but remember not after 9:00 p.m.)

Annapolis Striders Summer-Fall 2000 Marathon Training Schedule

Week	Dates	Weekly Mileage	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Notes
1	07/23	26	0	5	0	5	Rest	10	6	Here we go!
2	07/30	28	0	5	0	5	Rest	12	6	Form Electron 1000
3	08/06	29	0	6	0	6	Rest	12	Dog Day's 8k	TO DEE Kinomin A servi
4	08/13	34	0	6	0	6	Rest	14	8	DA WI WITE XED BERRIOS ELLO
5	08/20	36	0	6	0	6	Rest	16	8	
6	08/27	32	0	6	0	6	Rest	12	8	A10 runners - no run on Sat., run 6 on Frida
7	09/03	40	0	7	0	7	Rest	18	8	internal Assess
8	09/10	35	0	7	0	7	Rest	16	Dawson's 5M	Good for a hard-short run to help leg speed.
9	09/17	42	0	7	0	7	Rest	20	8	
10	09/24	42	0	7	0	7	Rest	18	10	a de la companya de l
11	10/01	44	0	7	0	7	Rest	22	8	Please volunteer for the Metric Marathon.
12	10/08	46	0	7	0	7	Rest	12	10	24 Aug M & material Color
13	10/15	26	0	7	0	5	Rest	8	6	Se die 22 afredmen 2 de AG
14	10/22	35.2	4	0	5	Rest	Rest	Rest	Marine Corp	s Marathon
15	10/29	Rest	walk	walk	walk	walk	walk	books d	mol- L- I	
							- 12 2 2 2 2 2	W 2 2 - 1 2 - 1		

This is the First Time Marathoner's schedule. The assumption is the runner can run 10 miles comfortably. Please train up to this point by July 22. More advanced schedules will be offered on Saturday, July 22 by the mentors of each group. Rest days are very important to your success in continued training and injury prevention – take them.

THE ROAD

BY EVAN THOMAS

OCT 25 MARINE CORPS MARATHON/WASHINGTON, DC

3:14:55 PR by 20 min. Ron Hooker **Boston Qualifier!!**

3:49 Tom Mira

4:08 1st marathon smiles Lynn Demuth

DEC 4 DICKENS 5K/EASTON

Enid Schantz-Hagelburg 22:38 1stF! Peter Salmon-Cox 22:58 1st AG Once again, it pays to pick your races carefully!

DEC 19 MCRRC JINGLE BELL JOG 8K/ROCKVILLE

Derek Ammons 41:08

DEC 23 REINDEER RUN 5K/DESTIN, FL

25:03 1st AG Nancy Mann (our tax dollars at work!)

JAN 1 MILLENIUM MARATHON/HAMILTON, **NEW ZEALAND**

4:09 B.J. King Danalee Green 4:09 Tom Kessler 4:53 Patti Kelly 5:36

JAN 8 GREENBELT 10/20 MILERS/GREENBELT AGRICULTURAL AREA

10 M 1:21 John Fay John Gallagher 1:21 Jim Kaufman 1:22 Kathy Hennes 1:32 2nd AG **Evan Thomas** 1:34 20 M 3:08 Derek Ammons Peter Salmon-Cox 3:14 1st AG Tom Bradford 3:14 NBH!

JAN 9 DISNEY MARATHON/ORLANDO, FL (misty, humid)

3:33 zoom! Shirtless T.J. Harrington for 22mi. Sherry Kosnar 3:53 3:56 Sue Briers 3:58 Our NC Ed Klebe representative Muffet Chatterton 4:06 2nd AG Web Chamberlin 4:26 5th AG 4:47 Paul Heins 5:06 '98 BRP grad - 1st Dana Pomfrey

marathon smiles Randy Pomfrey

5:10

Half Marathon Doris Harrington 2:32 finished smiling!

JAN 16 BOWIE WINTER 10K/BOWIE

(about 50 finishers) John Major 41:30 1st AG 42:12 1st AG Jim Lundeen 47:08 John Fay

Evan Thomas 48:55 Weather was great, just a little windy and, yes, the hills are still there.

JAN 30 SUPERBOWL 5K/DUNDALK (195F)

David Webster 17:22 3rd O/A, 1st M Stan Witomski 23:31 24:40 Clint Henderson 26:43 3rd AG Jim Noctor Lee Masser 27:24 Neal Hinkle 28:13 Joe O'Boyle 29:56

FEB 5 POMOCO HALF MARATHON/HAMPTON, VA

Muffet Chatterton 1:51:33 3rd AG Nice race, well run and finish indoors with showers available!

FEB 6 MARDI GRAS MARATHON/NEW ORLEANS, LA

4:33 One loop then Tom Bradford an out & back. A chest cold slowed our intrepid marathoner as he continues the quest for a marathon in each state. 32 so far are in the book

FEB 6 LAS VEGAS MARATHON/ HALF MARATHON/NEVADA

Jim Buck 3:13 **Sherry Kosnar** 3:55 Ron Bowman 4:57 4:57 Lynn Hopkins 5:07 Susan Zevin 1/2 Marathon Charlie Muskin 2:05 John Maynard 2:05 2:26 Jay Joseph

FEB 6 PENGUIN PACE 5K/ COLUMBIA (311F)

24:25 2nd AG Milt Taylor 25:27 **Ann Roberts** 28:08 Derek Ammons 35:15 Andrew Bright 35:19 Susan Bright

FEB 19 MYRTLE BEACH MARATHON/MYRTLE BEACH, SC

Ron Hooker 3:34 Sarah Megdiche 4:14 PR by 34 minutes!

FEB 20 WILLIAMSBURG HALF MARATHON/WILLIAMSBURG, VA

1:15 9th! Gary Sullivan 2:20 or so Neal Hinkle

FEB 20 DESERT CLASSIC HALF MARATHON, ARIZONA

Don Stoddard 2:12 Course is 1/3 roads, 2/3 sandy trails along irrigation canals.

FEB 20 WASHINGTON'S BIRTHDAY MARATHON/GREENBELT (122 F)

Mark Rosasco	3:14
Mike Bright	3:40
Meredith Bonta	3:51 10th F
Mary Lang	3:58
Sue Briers	3:59
Jim Etchison	4:25
Will Myers	4:28
Derek Ammons	4:31
Judy Colon	5:03

FEB 26 RASAC LAST TRAIN TO **BOSTON MARATHON/ EDGEWOOD**

Mark Rosasco 3.14 Milt Taylor 4:28 5:05 Judy Colon

FEB 26 WOMENS OLYMPIC TRIALS/COLUMBIA, SC (Hot)

2:59 Jill Hargis Temperatures got into the 80's on this hilly, loop course. Not much shade either to lessen the sun's intensity. There were 170 of the 210 who qualified on the line and a total of 141 finished.

Jill persevered and, despite what she felt was "a lot of walking", still managed to dip under the 3 hour mark - a sign of good training and smart running. Husband Eric zoomed around the course giving encouragement as well.

At the finish they had no medal to give out. Imagine qualifying for the Olympic Trials, training your ____ off, finishing on a brutal day, and then not getting anything to commemorate the event. Good news is apparently these feelings got through to the organizers and there will be a special medal for all finishers.

Jill seems to have recovered well and already jumped into a race in Fredericksburg. She is sort of pointing to September and the Avon race where, if you can believe it, she ran her first race as a masters. We wish her continued success.

FEB 27 ANNUAL MD-DC RRCA CLUB CHALLENGE 10/COLUMBIA

Rob Marino	56:46 9th
Greg Shute	55:58 13th
Gary Sullivan	56:46 16th
David Webster	59:08
Jim Griffith	1:01:33
Chris Riley	1:07:02
Chris Mairs	1:12:44
Steve Penkert	1:13:40
Ron Bolt	1:13:43
Larry Puglisi	1:14:24
Dave Brault	1:17:06
B. J. King	1:18:31

Clint Henderson	1:21:01
Marie Friedland	1:21:11
Danalee Green	1:21:58
Martin Albornoz	1:21:59
Alan Veasey	1:23:04
Tom Bradford	1:25:21
Evan Thomas	1:25:23
Derek Ammons	1:26:32
Will Myers	1:26:45
Reggie Haseltine	1:33:21

Yes, our brave band did it again - a full team, but a different result (next to last place!) Oh yes, Howard County retained area bragging rights being first overall. It was foggy but not too bad (for Columbia!). A new course seemed not to be as hilly as the old one. But fear not, we return to the old course next year! Be sure to tell your friends in Howard County about how much you love this race!

MAR 4 MCRRC TOW PATH 12K/CARDEROCK (167 F)

Cynthia Symancyk 1:04:12 Cathy Gibbons 1:19:51

MAR 5 RITE OF SPRING 5K/BROOKLANDVILLE

Lee Masser	27:17
Susan Bright	34:00
Andrew Bright	34:01

MAR 5 CARRABBA'S 5K, COLUMBIA (318 F)

Clint Henderson 22:26
Kathy Hennes 25:01 1st AG
Jim Noctor 25:41 1st AG
John Stumsky 27:20 (1st streaker?)

THE RUNDOWN - Here's hoping spring brings a few PRs for your log book!// Late breaking news: the Ferndale/Linthicum 5K won't be held this year. Call Jim Griffith and tell him we need to bring it back next year – a fast course and a great party!// More late news: Rob Marino has volunteered to head up our dormant club Team. The idea is to field our top runners in various events and run under the Annapolis Striders banner. The races are still being decided, but you won't want to miss Rob's speed workouts starting now at the Naval Academy track on Wednesday's at 6pm. Interested? Call Rob for more details 410-263-6466.//

Latest runner rankings for 1999 from the Washington Running Report: Men 35-39: Mark Jones, 7th; Steve Egolf, 14th; 40-44: Rob Marino, 5th; 45-49: David Webster, 7th; 50-54: Eric Gyaki, 14th; 55-59: John Kirkpatrick, 1st!!!; 70-74: Tom McKee, 4th; Women Open: Christina Morganti, 16th; 35-39: Jill Hargis, 11th; 40-44: Carla Pastore, 9th; 50-54: Rose Malloy, 1st!!!, Danalee Green, 7th; 65-69: Yvonne Aasen, 2nd!!// Congratulations to Enid Schantz-Hagelberg who trained for Steamtown with Sue and Ron and got herself qualified for



The Annapolis Striders Jingle Bell Run Gang in full uniform.

Boston to boot! She'll be toeing the line come Patriot's Day in Beantown -send us your finish time!//

Don't forget to stop by the beginning running class at least once starting May 9 -Tues/Thurs at 6pm and Sat at 8am at the Bates Middle School track (old Annapolis HS). I'm going to need lots of help again this year as my job still requires me to be traveling a lot. I always need help in designing this year's t-shirt!// Speaking of volunteers, we need your help at the Father's Day 10K (Jun 18) this year. Call me on 410-760-9188 to join in the fun. Best post-race fest around. See you there.// Speaking of fun, the RRCA Convention this year will be in Peachtree City, GA May 11-14! Give yourself a running vacation this year and sign up. The club picks up part of your costs//

Here is a Web site that will put a smile on your face, courtesy of Kathy Hanson:http://www.justsaywow.com/ sentsmilep.htm. Be sure to keep her in your thoughts as she recovers from an automobile accident. //

Look for a new 5K fun run at 8am Monday, May 29 (Memorial Day) at Kinder Park. This is a prediction run that anyone can win. Start when you want, just finish as close to 9am as you can - No watches allowed. One prize to he or she that is closest to 9am. A good chance to see the latest gem in the county's park arsenal. Just off Jumpers Hole Rd near Brittingham. Sign up race day.// Also, be sure to let me know all your spring race results at 7941 Queens Rd, Glen Burnie, MD 21061 or ethomasjr@prodigy.net. If you think you would be interested in helping compile these for future issues of the STREAK, let me know and we'll get you started ASAP!! //I'll see you on the roads!

— ET.

Pop The Stresses, We've Got Nood Gews!

5k Prediction Fun Run

WHEN: 8am, Monday, May 29

WHERE: Kinder Park (off Jumpers Hole Road, Near Brittingham)
RACE DAY ONLY SIGN-UP

COST: \$1 Members, \$2 Non-members

1 Prize: Closest Finisher To 9am
START whenever you want, just finish at 9am.
No Watches! This means anyone can win if you can judge your pace!

Light Refreshments Provided

Come see the county's latest gem in its park system

more info: call ET 410-760-9188

Ras wyllt a garw, 26 milltir 385 llath oing a gorfoledd' -October 31st!

Snowdonia National Park

Vales by Brad Chapman

omewhere on a trip I chatted with a runner wearing a Snowdonia Marathon T-shirt. Gathered from the conversation that the marathon was a rugged one. Made a mental note about that marathon. Someday, maybe I'll run it.

On September 21st received an e-mail from British Airways about a \$99 airfare each way, BWI to London, for travel 9/28 to 12/8/99. The ticket must be booked and paid for by 9/28. Quick, the World Marathon Guide. Hey, there is the Amsterdam Marathon. It has, however, a 4 hour 30 minute time limit. Ya, right. For me the time limit has to be 6 hours or better yet "no time limit". There it is! On page 198 the Snowdonia Marathon in the Snowdonia National Park, Wales, on October 31st. No time limit, no extra airfare to get there from London, and friends to stay with in England. What the hell, let's do it. It's an adventure, right?

Peter Salmon-Cox, after looking at a contour map of "Snowdon and surrounding area" (Landranger 115), chuckles "Good luck Brad" and June reaches for her massage appointment book.

The race brochure speaks of running through two mountain passes going from 300 to 1100 feet and back down to 200 feet with the second one from 200 to 1200 feet and back down to 300 feet.

The first one at the beginning of the race and the other near the end of the race. Too late now for second thoughts, I'm over the Atlantic Ocean.

Checked in at the hotel and took a short stroll when I met a citizen of Llanberis out for a walk. He said he had never run the marathon but he had walked the mountains for 50 years. Gave the advice "Don't bet the mountain". He saw the puzzled look on

stop was complete with a whistling tea kettle and two of the most cheerful volunteers I'd ever met!

One water

my face and rephrased it. "Don't gamble if you can't lose". Now I'm feeling real sorry for myself. The weather is the same. It is very dark and gray. So am I.

Back to the hotel. I had dinner with runners Wally Herman, age 74, from Ottawa, Canada. He has run 500 marathons in all 550 States, provinces of Canada, and all 8 continents. He is running tomorrow. John Wallace, age 50, temporarily transplanted Texan, has run over 100 marathons also, all States and continents. Plans to run 25 marathons while in Europe. Ran Dublin last week. Also running tomorrow. The conversation and running stories made my day.

At the starting line the next morning a fellow next to me asks if this is my first Snowdonia. I say yes and ask if this is his first also. "No, I ran it nine years ago and I still hurt". Maybe I've made a really, really big mistake. Bang! We're off.

We run on a flat road for about a mile and a half, through the village of Nant Peris. Then that first uphill from 300 to 1100ft on the road carved from the side of the mountain. On the other side there is a river and then another mountain. One long stretch up, then a twist in the road, then another long stretch, then another, and another. Just as we come clear of the mountain the wind blows me across the road. Blowing at least 50mph. It stays with us in different strengths throughout the race. Thankfully the trip down was more gradual.

The miles slide by, in the wind, until we reach Waunfowr where another turn heads us directly towards Llanberis. Only thing is we have to go up a mountain, through another pass, down the other side, through the streets of Llanberis to the finish. We get a break in the weather. The rain stops, sky clears, wind is still there. The view in all directions is spectacular. At mile 22 we really start to climb. The best comparison is mile 26 of the York to Lancaster Pa. Marathon, only the climb continues for

two miles instead of one. Reach the pass (1100ft+) at mile 24. Before this point the paved road has become a dirt path. In sections you run boulder to boulder.

There is a water stop just before you turn downhill being run from the tailgate of a Landrover complete with whistling tea kettle by two of the most cheerful volunteers I have ever met. They had been out here in the cold, wet and wind for a long time. Yet, it was as if I was the first runner to go by. I would have had some hot tea if I could have figured out how to drink it while going down hill.

Pass mile 25 on the downhill, real steep now as we return to the asphalt. One more really steep road and I am in Llanberis. Run up the main street, shoppers cheering you on to the finish.

Go inside; collect my finishers' medal (slate coaster), my kit and two cups of tea with two digestive biscuits. Had dinner with John and Wally. John finished in 3:43:21 and Wally in 5:55:31. We order roast beef but get a thin slice of pot roast. The company and the wine were great.

On my last day in England I take a walk on the Canal path and feel pretty good. Then back to London, to Gatwick, to Newark, to BWI, to Crofton. There are a number of Brits on the flight to Newark going to run the New York marathon. Marathon runners are strange people, back and forth across the Atlantic to run

I have been up for 12 hours when I reach home in Crofton. I'm very tired and sick. But I would run that marathon in the mountains of Wales again. As the heading to this article says in Welsh: "The run on the Wild Side, 26 miles 385 yards of agony and ecstasy".



So You Want to Run Maryland?

How, You Ask? You Need Maryland RRCA Run License Plates. Join hundreds of runners in the state in proclaiming your affinity for running.

To get a form, send a check for \$17 payable to Maryland RRCA to your friendly state RRCA representative, Jim Adams, 16 Wilfred Ct, Baltimore, MD 21204. \$15 covers the one time fee for the plates and \$2 goes to the Maryland RRCA for handling, copying, postage, etc) more info: call 410-296-8543 or email think@acninc.net. In return you will receive license plates that read RUN0000 (number tbd by the state), with Road Runners Club Of America at the bottom.



The 6:06'ers

by Nathan Betnun

The group began in 1977 when Gill Cochran, Chuck Walsh, Tillman Johnson and Marty Snider began meeting at the corner of Union and Market Streets on weekdays at 6 am for runs through the Naval Academy. I joined the group a few months later followed by Merle Maffei. A six-minute grace period was soon given for late sleepers and the starting time evolved to 6:06. This initial group was all men and mostly lawyers. The course went out Rowe Boulevard, through Gate 8, around the perimeter of the Academy and back out Gate 1. The undisputed "leader" of the group is Gill Cochran who has run at least a mile virtually every single day for the past 23 years. Gill's doctor did have to order him to suspend running for a few weeks because of an injury, but that was the only asterisk to Gill's otherwise unblemished record.

After most of the group one by one moved away from downtown, the new meeting place became Church Circle. The route also changed to entry through Gate 3. Over time several members of the group decided to visit the gym on Tuesdays and Thursdays and so the group threatened to become solely a Monday, Wednesday, Friday group. Gill, however, persisted in coming out on Tuesdays and Thursdays. Finally, others joined him. With the input of Carla Dal Colletto and Mike Smith, the Tuesday + Thursday group became a rather different experience. While still leaving at 6:06 from Church Circle, the Tuesday + Thursday run heads into Eastport and, rather than divide into subgroups according to pace, everyone stays together.



Not Your Normal Running Group!

Some 6:06 Tuesday+Thursday traditions include...

- Singing "Good Morning" to anyone walking by,
- Becoming "stealth airplanes" while serpentining through Horn Point,
- Stopping to salute the flag at the Severn Sailing Association,
- Running twice around the circle in front of the Chart House while doing pirouettes.

There's more to this list of "traditions"
— show up at 6:06 am at Church Circle
on any Monday, Wednesday, or Friday
for a normal run, or on a Tuesday
or Thursday for something different.



Streak Staff

Arnie Henderson

NEWSLETTER LIAISON/MANAGER H: 410-263-0863

vacant, EDITOR

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

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

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We Need You

Race Volunteers Needed for the Governors Bay Bridge Run Sunday, May 7, 2000

410-268-1165

The Annapolis Strider Newsletter is produced every other month by
The Annapolis Publishing Company located at 132 West Street, in the yellow house on the hill, next to Loews Hotel.

410-280-1414 apc@annapolis.net

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

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Valentine's Twosome

from page

mark. Jill Hargis (18:26) led the field at the hand-off point followed by Hillary Cairns (18:38), Eleanor Simonsick (19:58), Jennifer Sullivan (20:13) and Sheri Kohne. Malcolm Lester (18:00) ran strongly to give the Cairns/Lester team victory. John Roemer ran a 17:49 to grab second place for the Simonsick/Roemer team and win the 81-100 combined age group. There was great competition in the 40 and under age group with five teams in the top nine; the winners of this age group were Trent Slocum and Rebecca Funk, who were fourth overall in 38:47 - great job! The winners of the 41-60, 61 -80, and over 100 age groups were the teams of Jason and Joanna Goger, Dave Walser and Jennifer Sullivan, and Chris Riley and Meredith Bonta, respectively. The father/daughter and mother /son categories were won by Dennis and Jenna Nugent and Diane and Chris Mairs. The first married couple not winning an age group prize were Eric and Jill Hargis. A surprise prize was given to the most romantic relay handoff - winners were Dave Turban and Ellen Wiggins.

Team names always generate a lot of interest. This year almost every team submitted an entry. The winners were John and Gayle Bremer for the double entendre "Racing Hearts". Honorable mentions went to "Speedy Sweeties" (Patrick Blair and Jaimie Wychoff) "Scrambled Legs and Achin" (Evan Thomas and Denise Hyde)," The Sole Mates" (Eric and Jill Hargis), "Cow I Love Thee" (Rob Patrick and Jen Drake), "Runaway Hearts" (David Brault and Christine Brungot), and "Run for Your Wife" (Mike Huntley and Janice Bachkosky).

Other team names submitted were: Page's Proud Parents, Elder Hoofers, Team 21, The Jigaboo Two, Heart Pounders, Just Do It x2, Census Stat Keepers, Iguanas, Cross-country Fanatics, Got SPCC?, She's the Old One!, Cupid's Truth, Daughter and Daddy Long Legs, Run With the Fox, The Care Bears, Blue Devils, Cupid's victims, Gruesome Twosome, The Twosome Tines, Run Long, Lose Rarely, Dumb and Dumber, Hairy Dog, The Dying Flame, Anxious and Hesitant, The Really Cool Team, Slow Sophomore Sensations, The Ice Melters, Veasey's Pieces, Two Pugs for Sure, The Generation Gap, Happy fun Team, Hot Trotters, Lotus Blossom and Buttercup Return, Hersh"Bergers" in Paradise, Running with the Girls, Strangers, Kelly's Angels, and Hip and Hop.

Valentine's Twosome Race Results

Va	lentine's Twos	ome kace k	esuits	
	Male	Female	Category	Time
1.	Malcolm Lester	Hilary Cairns	61-80	36:38
2.	John Roemer IV	Eleanor Simonsick	81-100	37:49
3.	Eric Hargis	Jill Hargis	81-100	38:03
4.	Trent Slocum	Rebecca Funk	under 40	38:47
5.	Dave Walser	Jennifer Sullivan	61-80	39:29
6.	Mike Hall	Brianna Kelly	under 40	39:39
7.	Justin Marvel	Rachel Jacobs	under 40	39:57
8.	Andrew Puddester	Grace Wetzel	under 40	39:59
9.	Robin Lundberg	Lilian Ricardo	under 40	40:06
10.	Jason Goger	Joanna Goger	41-60	40:17
11.	Ed Purpura	Kathy Gullo	61-80	40:21
12.	Al Dooling	Shari Kohne	41-60	40:24
13.	John Ward	Shawna Orzechowski	61-80	40:31
14.	Matthew Mace	Sue Briers	81-100	41:09
15.	Raphael Simpson	Jane Hendrick	under 40	42:12
16.	Pat Ostrye	Jamie Berg	under 40	42:44
17.	Brandon White	Utonna Sherrod	under 40	43:07
18.	Dennis Nugent	Jenna Nugent	Father/Daughter	43:46
19.	Dave Turban	Ellen Wiggins	81-100	44:17



Race Director Peter Salmon-Cox on the horn again.

20.	Chris Riley	Meredith Bonta	Over 100	44:29
21.	Jim Ostrye	Jen Cielewich	61-80	45:09
22.	Dan Oldale	Cecile Spiegel	81-100	45:14
23.	Steve Egolf	Donna Black	81-100	45:21
24.	Kathy Stanton	Steven Penkert	61-81	45:42
25.	John Ryan	Wendy Ryan	41-60	46:14
26.	Rufus Creekmore	Helen Brennan	81-100	46:31
27.	Daniel Chobert	Valerie Hagan	under 40	46:47
28.	Ron Hooker	Sarah Megdiche	81-100	46:58
29.	Finishing card not turned	in		47:06
30.	Mike Huntley	Janice Bachkosky	61-80	47:52
31.	Tim Brown	Colleen Depman	under 40	48:20
32.	David Brault	Christine Brungot	81-100	48:38
33.	John Bremer	Gayle Bremer	61-80	49:55
34.	Michael Ciurca	Carla Dal Colletto	81-100	49:15
35.	Keith Hershberger	Andrea Hershberger	61-80	49:31
36.	Lee Huffstetter	Joanna Mote	under 40	49:49
37.	Brad Hartman	Desiree Hartman	61-80	50:57
38.	Hamilton Tyler	Linda Ashburn	81-100	51:02
39.	Larry Puglisi	Karla Puglisi	Father/Daughter	51:43
40.	Evan Thomas	Denise Hyde	81-100	52:21
41.	Don Snodgrass	Patty Snodgrass	81-100	52:57
42.	Court Treuth	Laura Treuth	81-100	53:04
43.	Mark Stover	Colleen Stover	Father/Daughter	53:21
44.	Arnie Henderson	Linda Simpson	over 100	53:29
45.	Allen Veasey	Elaine Puglisi	over 100	55:20
46.	Thomas Galligan	Kelly Galligan	Father/Daughter	59:15
47.	Will Myers	Michele Myers	Father/Daughter	59:18
48.	Clair Morris	Rae Jean Goodman	over 100	59:56
49.	John Strumsky	Yvonne Aasen	over 100	61:12
50.	No names on finishing ca			61:47
51.	Clint Henderson	Janet Henderson	81-100	61:49
52.	Chris Mairs	Diane Mairs	Mother/Son	62:54



Ron Bolt, 3rd 55-59



Guy Riccio, 1st 75-79



Arnie Henderson, 1st 60-64



Ben Moore, 1st 70-74



Brad Chapman, 1st 65-69



Evan Beam, 1st under 13



Yvonne Aasen, 1st 65-69

Awards Ceremony 2000

Gerte Spadone Award - Volunteer of the Year LYNN HOPKINS

Lynn has been a member for over 16 years and a board member for 5 years. She has been a diligent and conscientious supporter and volunteer working races, assisting with the Governor's Bay Bridge Run and the Annapolis Ten Mile Run for many years. She was one of the organizers for the Relay for Life for the club in past years. She has been the worker behind the scenes on many important projects to the Striders. Most recently she took over the membership director's position and singlehandedly converted our data base of over 1200 members from a tape file to a pc format. This involved countless hours of database building and data entry to reformat the entire file. She has made the members database much more user friendly and accessible for the club's needs. In addition she is developing our database to allow us to offer better response to membership renewals and information needs. She also has been assisting with the website and the improved technology of our Championchip system. Truly one of our unsung heroes, Lynn has been a huge help with our website and consulting with us non-techies about the benefits and pitfalls of technology changes to the club. I have learned to appreciate the tremendous commitment she has exercised by seeing the amount of work and time necessary to make what some of us perceive as simple changes in the management of our information.

Volunteer Hall of Fame

Yvonne Aasen John Butterfield John Gudas Dick Hillman Ben Moore Gerte Spadone Mike Van Bueren Don Waddington Nancy Waddington John Wall Randy Fox Dan Spadone Kathy Bridges Mike Chamberlain Guy Riccio Bill Law Evan Thomas Don Kennedy Earl Scott Anne Chamberlain

Maria Coughlin Pat Hoffman Eleanor Kennedy Betty Moore Pat O'Brien Will Scott Joe Walsmith Louise Zeitlin Ken Lyons Sharon Serio Lee Patrick Mike Long Ed Klebe Sue Briers Scott Eden **Bob Walters** Arnie Henderson Bob Field Tom Bradford Leon Johnson

Ron Jarashow Sharon Bradford Dan Masterson Jim Buck Eileen Hagan Matt Mace Lee Masser Ron Bowman Lynn Hopkins Jim Sandison Karl Schwabe

1999 Inductees Ardis Henderson Meredith Bonta Danalee Green Brad Chapman Sean Sweeney Volunteer
Hall of Fame ARDIS HENDERSON •
MEREDITH BONTA • DANALEE GREEN
• BRAD CHAPMAN • SEAN SWEENEY

Most Improved Runners of the Year MARY LANG

Mary Lang has been running with the Striders for the past several years. She has developed into a competitive and enthusiastic runner, qualifying for Boston in 1996 and 1999, and winning many age group awards over her running career. This year Mary decided to progress further in her running endeavors and attempt distances beyond the marathon distance. She ran her first ultra distance in November with the JFK 50 Mile run. She has definitely found her love and niche in trail and ultrarunning. Finishing in 10:11:40 for her first attempt is remarkable. She also attempted her first triathlon at Dewey Beach and finished third in her age group. Her dream is to qualify for the Ironman Triathlon in Hawaii for her 50th birthday and I have no doubt she can accomplish this also.

Ron Bolt

An accomplished Grand Masters runner who qualified for Boston and chased down his nemesis Joe Clorety in a couple of races while finishing 3rd in the Championship series for the highly competitive 50-59 age group.

President's Special Recognition

This award is my last but certainly one of the most deserving. This year I am awarding the President's Award to a very dedicated and hard-working volunteer who has been the catalyst in moving the Annapolis Striders into the new millennium of technology. Ron Bowman has been tireless in his pursuit to keep us up-to-date in race and information technology. He has been our webmaster and introduced 24-48 race results on the site. He implemented the photo album area of the website and the numerous links available. He has also been the drive behind the Championchip system and our continual improvements in this area. He has been the first race director to introduce on-line registration for one of our major races with great success. In addition Ron has been a great community link by aligning us with the Annapolis City Council in connection with the Annapolis Ten Mile Run and the club. I could go on for the next 20 minutes with other contributions he has made but I think you get the idea.



Sarah Megdichs, 3rd 25-29



Heather Simpson Jr. Volunteer Award



Margie Boyd, Female Runner of the Year



Linda Simpson, 1st 55-59



Helen Laind, 2nd 40-44 & Lisa Schrader, 3rd 40-44



Bob Field, Michael Bergesen and Jim Etchison 1, 2, & 3rd 45-49

GREAT SCOTT - Ultrarunner of the Year Bill Law

Bill has been an incredible inspiration to me and many since the day I met him. He quit smoking at 50 odd years old and started running - around the top of the building he worked at in DC. He progressed to running marathons and then hooked up with Earl Scott and ran the JFK 50 miler. He chased Earl's record of finishes at JFK but was a few years behind. Bill, at 71 years young, is still chasing Earl's record of 17 finishes and will probably catch it. But in honor of his friend he says won't go past it in respect of Earl's desire to keep one race ahead of Bill. Bill finished JFK this year in 12:12 for 16 finishes. I always said I wanted to be like you Bill when I grow up, if you ever grow up.

Susan Zevin

Susan came to our club about 2 years ago and has been a dynamo from the start. She had a few marathons under her belt but has accomplished an incredible amount over the past 9 months. This past year when we lost our great friend Earl, Susan said at his viewing she was going to run JFK in his honor. She set forth to train and was a student of ultrarunning Earl would have been proud of. Earl loved a beginner he could mold and coach through the process and it didn't matter how fast you were, he looked for the drive and desire. Susan had all of this. She studied the event from topo maps to any history she could find on it. She wore her Earl Scott memorial shirt with pride and persevered to finish her first JFK 50 in 13:28. Just like any first time ultrarunner she swore "never again" to me at the finish line but here she is signing up for two ultras this spring and the Vermont 100 in July. Earl would have been very proud of his new student.

Runner of the Year - Female

This year's female runner of the year has been with the club for the past several years. Margie Boyd started as a strider on Rte. 450 many years ago and has developed into quite a talented runner. She has consistently been one of the top female finishers in all our club races, and non-club races. She most recently finished the Northern Central Trails Marathon in a PR of 3:22 finishing 10th female overall and a PR by over 10 minutes. She also broke the 40-minute mark this year in the 10k. Not only is she a great runner but she is an excellent ambassador for our club and running. She has most recently joined the board of directors of the club

Runner of the Year - Male

This year's Runner of the Year is no stranger to the award. This beast, as I refer to him, has been a winner in years past but just keeps on charging. Age does nothing to diminish his drive and competitiveness. Chris Riley is this year's Runner of the Year. Chris keeps a schedule that would tire out a 20-year-old. He rises at some ungodly hour, either bikes, runs or swims, goes to work for 10-12 hours, comes home and either bikes, runs or swims, eats dinner and off to bed. He does this every day and on weekends he really trains hard. Chris finished 14th in the world in his Age Group at the Hawaii Ironman which he has completed 9 times. However, don't think that is all he does. He also is a race director for the Striders, creating and managing the Old Turkey 10k.

Awards Banquet photos by Ron Hooker



Paul Serra, Michael Cunningham, Dave Walser, 1st, 2nd, 3rd 40-44



left to right: Lynn Reeder, 2nd (T), Ginger Andrews, 3rd, Jennifer Sullivan, 1st, Ann Brennan, 2nd (T) 30-34



Robert Bigelow, 2nd 20-24 Eric Schrader, 1st 30-34



A few of the 1999 Champ Series Iron People: Left to right: Lynn Reeder, Sandy Burton, Michael Cunningham, Terry Haley, Dave Brault, Ron Hooker (ace photographer)



Mary Lang Most Improved



Ron Bolt Most Improved



Maria Shields, 1st 45-49



John Gallagher, 2nd 50-54 John Fay, 3rd 50-54



Carol Rosasco, 2nd 35-39 Margie Boyd, 1st 35-39



Darrin Gooding, 2nd Champ Series 14-19



Ron Bowman, Presidents Award



Sandy Burton, 2nd 50-54 Danalee Green, 1st 50-54



Matt Mace, 3rd 35-39 Steve Egolf, 2nd 35-39

AN UNAUTHORIZED PICTORIAL BIOGRAPHY OF THE NEW PRESIDENT — DOES HE EVER RUN?



14

Water Works Park Dedication

By Ron Bowman

Mark Saturday, April 8 on your calendar. That is when the Dedication of Water Works Park will be held at 10am. For those of you that have been oblivious during the early part of your Rt450 runs, the Park is located near the bottom of Katcef Hill, about the 1 mile mark. The entrance is on the right by the old building just down from the Best Buys/Home Depot intersection. For the dedication, shuttles will be running from the North entrance to the Navy Marine Stadium at 9:30am or you can walk/run in. Regular entrance will be by obtaining one of 25 permits a month in advance at \$10/each because of limited parking. We have been working with the Parks & Recs Dept and have arranged for Striders to have FREE access (as long as you aren't driving in) as "Friends of the Park". In return, besides being on our best behavior, Striders will provide feedback to Parks & Recs on usage (numbers of people, fishing, walking), trail conditions, maintenance, and suggestions for improvements. Feedback can be sent to our web site. Brochures for distribution that describe the history of the park, maps of trails, rules and regulations, fishing (permit required), and access permit requirements are available. One of our first priorities will be to arrange for an appropriate memorial in the park for Earl Scott. For more info call Ron Bowman 410-573-1929.

THOMPSON MANAGEMENT ASSOCIATES

Serving the Needs of Trade, Professional and Philanthropic Associations

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JULIE F. MERRILL, L.AC.

ACUPUNCTURIST

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ERIC PELTOSALO

ATTORNEY AT LAW

ANNAPOLIS 410-263-4559 BALTIMORE 410-269-7513

P.O. BOX 1581 SUITE 7 100 CATHEDRAL STREET ANNAPOLIS, MARYLAND 21404

Annapolis Striders Membership Form

Please Complete the Following Information and Mail with Your Check or Money Order to ANNAPOLIS STRIDERS, INC P.O. Box 187 ANNAPOLIS, MARYLAND 21404-0187

You Must Include Your Check, Or Money Order PAYABLE TO THE ANNAPOLIS STRIDERS, INC.

PLESE PRINT CLEARLY

TYPE OF MEMBERSHIP:	□ NEW □ RENEWAL
☐ INDIVIDUAL \$15.00	
SECOND MEMBER IN S	SAME HOUSEHOLD \$10
	s, \$6.00 must have parent/guardian signature.
FAMILY \$30.00 attach	duplicate information (below) for each family memb
NAME: FIRST	Middle Initial LAST
ADDRESS	
or Sempon fact	
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Race / Runs Clinics	s/Training Public Relations Newsletter
☐ Membership ☐ Bay B	Bridge Run Annapolis 10M Run
WAIVER AND RELEASE: I recogni	nize that participation in activities of the organization may invo

WAIVER AND RELEASE: I recognize that participation in activities of the organization may involve certain hazards. I understand that I should not participate unless medically able. I assume the risks associated with involvement in these activities, including but not limited to, falls, contact with participants, effects of weather, road and traffic conditions – these risks being known and appreciated by me. Having read the Waiver and 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, and all sponsors and hosts, their representatives and successors, from any claim or liabliity arising from my invlovement in activities of the organization.

SIGNATURE OF APPLICANT (if applicant is under 18, parent or guardian must sign)

Call for information on upcoming events or to leave messages 24-hour HOTLINE: 410-268-1165

When requesting information by mail, include a long (#10), self-addressed, stamped envelope (SASE).

Allow 4 weeks for processing your application. You will be sent a membership card good for discounts at area businesses.

The Annapolis Striders, Inc. is a non-profit, charitable organization.

Your tax-deductible donation is welcome.

Washington 5K RACE RESULTS

Men's Champion: Brian Daugherty Women's Champion: Jill Hargis 18:00 Runner Up: Rodney Timpson 16:34 Runner Up: Jennifer Sullivan 19:39 First Male Master: Dave Webster 17:25 First Female Master: Carole Rosasco 21:08 Age Group Winners Men 13 & Under 1. Justin Gooding 28:53 2. David Jarrin 30:22 14-20 1. Stephen Weller 17:04 2. Matthew Gray 17:52 3. Craig Schmidt 18:01 21-29 1. Jim Griffiths 17:19 2. Phillip Smith 18:25 3. Grag Gendell 19:24 30-39 1. Neville Anderson 16:50 2. Matt Mace 17:33 3. Eric Schrader 40-49 1. Paul Serra 18:03 2. Dave Walser 18:28 3. James Moreland 18:44 50-59 1. John Kirkpatrick 18:54 2. Jay Garrick 20:41 3. John Major	IVA	UL	KES		10
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31	Richard Kersey	48	19:59*	
32	Alan Marshall III	16	20:02	
33	Brian Regan		20:07*	
34	Marjorie Boyd	F38	20:08	
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38	Chris Riley	56	20:17	
39	Giles Roblyer	25	20:34	
40	Michael Bergeson	46	20:38	
41	(Eric Karandy)	41	20:41	
42	T. J. Harrington	40	20:42	1
43	John Benkert	59	20:48	
44 45	Thor Young Ron Bolt	30 58	20:50*	
45	Sophie Thibodeau	F14	20:53	100
47	Michael Kuhn	37	20:59*	
48	Andrea Lockhart	F15	21:05	
49	Danielle Villeux	F15	21:06	
50	Lauren Riesett	F15	21:07	
51	(Morgan Wells)	40	21:07	1
52	Chris Mairs	27	21:08*	
53	Carole Rosasco	F40 41	21:10* 21:14*	
54 55	Steven Penkert Alan Marshall, Jr	42	21:22	
56	Jim Sullivan	37	21:26	
57	Elliott Gorbaty	47	21:28	
58	Larry Puglisi	45	21:33	
59	Michael Heaphy	17	21:35*	
60	Erin Scheide	F18	21:36*	
61	Chris Beard	48	21:39	
62	Francisco Sanchez	50	21:42*	
63 64	Mark Hilliard	34	21:46*	
65	Edward Tabor Hugh Harris	31	21:50*	
66	Terry Sauer	38	21:52*	
67	Ross Heisman	42	21:57	
68	Helen Laird	F41	21:58	
69	David Brault	48	22:07	
70	Lisa Schrader	F44	22:13	
71	John Fay	52	22:14	
72	Kip Gendell	25	22:15	
73 74	Rita Twist	F47	22:17 22:18	
75	Sue Briers Sherry Kosnar	F38	22:19	
76	Charles Raper	57	22:19-	-
77	Mervin Gross	61	22:21	
78	Kevin Tavel	14	22:23	
79	Jessica Maliszewski	F15	22:24	
80	Mary Jane Williams	F35	22:26	
81	Meredith Bonta	54	22:32	
82	Patrick Cavanagh	36 38	22:34 22:35	
83 84	David Scheidt Rufus Creekmore	46	22:36	
85	Jim Etchison	47	22:39	
86	Bob Field	48	22:43	I
87	Bill Peake	48	22:45	
88	Richard Strasser	37	22:46	
89	Mary Lang	F46	22:50	
90	Don Higdon	57	22:53	
91	Erin Kolarik	F16 48	22:54 22:56	
92	Patrick Donahue Richard Widup	43	22:59	
94	Marie Friedland	F45	23:03	B
95	Ken Lyons	59	23:04	-



96	William Butler	50	23:06
97	Rafael Pacheco	21	23:08
98	Jennifer Jones Rick Smith	F28 40	23:18
99	Clint Henderson	43	23:19 23:22
101	Molly Hughes	F32	23:24
102	Barry Davis	36	23:29
103	Tammy Mazzola	F39 66	23:36
104	Milton Taylor Debbie Phillips	F30	23:37 23:40
106	Kathleen Stanton	F36	23:42
107	Greg Gildark	51	23:48
108	Mark Stover Deborah Young	45 F29	23:49 23:50
110	Tom Bradford	56	23:51
111	Daniel Nellius	39	23:54
112	Allen Veasey	60	23:58
113	Charlie Muskin Don Singer	50 64	24:01 24:07
115	Siobhan Percey	F37	24:09
116	Terrey Haley	F30	24:10
117	Alison Suckling	F44	24:11
118	Helen Brennan Peter Salmon-Cox	F41	24:11 24:18
120	Greg Getka	37	24:20
121	Andrew Vega	22	24:22
122	Steve Brady	43	24:32
123	Chris Furst Todd Young	42 23	24:38 24:41
125	Patty Snodgrass	F45	24:45
126	Maria Shields	F49	24:51
127	June Schneider	F52	24:53
128 129	Arnie Henderson Philip Reardon	63 25	24:56 24:58
130	Bill Derr	60	25:03
131	No name	20-	25:06
132	Eric Potocek	14	25:07
133	Sandy Burton Will Myers	F52 50	25:11 25:11
135	Leah Weinstein	F25	25:12
136	Philip Luers	35	25:21
137	Will Scott	50	25:23
138	Gary Sewell Amy Carris	58 F24	25:24 25:31
140	Sarah Megdiche	F28	25:36
141	Penelope Bittinger	F48	25:39
142	Linda Eckert	32	25:39
143	Anne Luers Meredith Roblyer	F30 F26	25:41 25:43
145	Kathy Hennes	F47	25:48
146	Cecile Spiegel	F44	25:50
147	Seyed Husseini	56 52	25:52 d 25:54
148	Robert Anderson Denise Hyde	F34	25:56
150	Tara Colgan	F25	26:10
151	Christine Brungot	F47	26:16
152 153	Reggie Haseltine Lee Masser	50 64	26:19 26:20
154	Melissa Currence	F44	26:23
155	Don Snodgrass	49	26:32
156	Clinton Rogers	42	26:34
157	Jim Noctor	60 F57	26:40 26:49
158 159	Linda Simpson Ernest Chizmar	51	26:52
160	Michael Cuirca	54	27:01
161	Higley Harmon	44	27:06
162	Jackie Kellner Colleen Stover	F51 F14	27:08 27:13
163	Bandit	1 14	27:16
165	Bruce Friedland	45	27:19
166	Patrick Painter	52	27:20
167	Joanna Mote	F18	27:21

Far Left: Andrea Lockhart, 1st 14-20. Above: Lisa Schrader, Rita Twist, Sandy Burton and Tammy Mazzola gather at the Washington's Birthday 5K.

170	Lynn Hopkins	F45	27:42
171		F53	27:50
	Sharon Serio	48	
172 173	Bill Woods	50	27:51 27:57
	Dale Kelberman		
174	Ron Bowman	50	27:57
175	Paul Tavel	49	28:00
176	Rick Potocek	45	28:03
177	Miles Anthony	57	28:08
178	Michael Mote	50	28:09
179	Oswaldo Hernandez		28:11
180	Chris Brown	44	28:13
181	Nancy Ebersberger	F47	28:14
182	Nancy Mann	F54	28:15
183	Nathan Leventhal	48	28:29
184	Scott Reaser	32	28:30
185	Michelle DeChant	F14	28:40
186	David Peterson	54	28:43
187	John Strumsky	59	28:43
188	Derek Ammons	39	28:51
189	Rob Mairs	56	28:52
190	Justin Gooding	53	
191	Robert Dillon	44	28:58
192	Brad Chapman	68	29:01
193	William Douglas	65	29:04
194	Dennis Guard	61	29:05
195	Rae Jean Goodman	F51	29:06
196	Scott Mullen	26	29:10
197	Thomas Haney	67	29:15
198	Sherelle Grooms	F28	29:35
199	Clair Morris	63	29:38
200	Neal Hinkle	60	29:39
201	Fred Shanklin	58	29:47 -
202	Donald Kohlhafer	42	29:49
203	Philip Caroom	46	30:08
204	Theresa Lucas	F40	30:10
205	Joe O'Boyle	57	30:18
206	Alan Wycherley	57	30:21
207	David Jarrin	10	30:22
208	Keith Jarrin	40	30:25
209	Charles Hofnagel	54	30:34
210	Ed Karlson	64	30:44
211	Stephanie Butler	F38	30:44
212	John Guandolo	33	30:46
213	Yvonne Aasen	68	30:59
214	Chris Langam	F37	31:01
215	Diane Hanlon	F41	31:20
216	Cathy Gibbons	F52	31:30
217		F46	31:33
218	Kathy Higdon	F29	31:45
219	Kimberly Stevens	16	31:48
220	Darrin Gooding Linda Webb	F50	31:55
		F25	31:58
221	Morgan Ryland		
222	Linda Ashbury	F45 F33	32:07
223	Molly Mee	F41	32:30 32:36
224	Mary McDowell	41	
225	Wayne Pruitt		32:40
226	Jeanette Novak	F55	33:23
227	Christina Caravoulia		33:25
228	Edgar Parker	67	37:23
229	Martha Trimmer	F70	38:58
230	Beth Scheidt	F39	40:08
231	Karen Graney	F35	40:10
232	Bart Young	68	40:27
233	Alissa Langam	F15	42:15
234		F40-50	48:56
	Worker's Run: Dan Symancyk		

Lee Huffstetler Linda DeChant

B&A TRAIL HALF MARATHON

RACE I	RESULTS	
PLACE NAME	AG G CITY	ST TIME
1 KEVIN GEESAMAN	23 M WAYNESBORO	PA 1:14:02
2 ADOLFO CARRILLO	29 M CHESTER	MD 1:14:59
3 GERARD LAMBERT	35 M OLNEY	MD 1:17:32
4 TODD YARNELL 5 KEVIN TIMP	26 M ALTOONA 16 M CARRBORO	PA 1:18:51 NC 1:19:07
6 DANIEL KOLB	47 M ANNAPOLIS	MD 1:20:17
7 ANTELMO ROJAS	36 M HYATTSVILLE	MD 1:20:31
8 BRENT PHILLIPS	45 M FREDERICK	MD 1:20:56
9 RUSS HOYER	39 M VOORHEESVILLE	NY 1:21:04
10 BILL PEELING	44 M BALTIMORE	MD 1:22:11
11 MATTHEW MACE	39 M ARNOLD	MD 1:22:23
12 CHRISTINA MORGANTI 13 RAYMOND FRANKEWICH	35 F SEVERNA PARK 38 M COLUMBIA	MD 1:22:43 MD 1:23:18
14 JOHN COBB	37 M KNOXVILLE	TN 1:23:44
15 TIMOTHY MORGAN	49 M DAMASCUS	MD 1:23:54
16 MARK JONES	38 M ODENTON	MD 1:24:03
17 JASCHA FIELDS	22 M POTOMAC	MD 1:24:22
18 BOB BURNS	47 M COLUMBIA	MD 1:24:56
19 RICHARD MORGAN	48 M HIGHLAND	MD 1:25:22
20 JOSHUA SEIDMAN	31 M SILVER SPRING	MD 1:25:25
21 E REYNOLDS WILSON 22 DAVID PORTON	27 M WASHINTON 27 M	DC 1:25:41 1:26:04
23 MATTHEW PYLE	27 M LAUREL	MD 1:26:07
24 CHRIS PARTS	37 M BALTIMORE	MD 1:26:13
25 DANA DOBBS	34 M STEVENSVILLE	MD 1:26:22
26 MICHAEL CUNNINGHAM	45 M ANNAPOLIS	MD 1:26:30
27 JOHN ARBAB	39 M ARLINGTON	VA 1:26:32
28 NATHANIEL MCVEY-FINNEY	31 M RESTON	VA 1:26:36
29 CHRIS SINCLAIR 30 EDDIE LEBON	32 M PARKVILLE 34 M WATERTOWN	MD 1:27:14 MA 1:27:32
31 ROBIN OSWALD	24 F WASHINGTON	DC 1:27:46
32 JOHN RIDENOUR	49 M CHEVY CHASE	MD 1:28:22
33 KARY ZIMMERMAN	41 M STEVENS	PA 1:28:25
34 DOUGLAS KENNEDY	40 M PASADENA	MD 1:28:38
35 GREG NELSON	39 M OLNEY	MD 1:29:22
36 KEVIN MADDEN	40 M NAPERVILLE	IL 1:29:53
37 DAVID SINGER	30 M BALTIMORE	MD 1:30:08
38 ROSS STERN 39 DAVID FOOTE	40 M BALTIMORE 34 M OWINGS MILLS	MD 1:30:18 MD 1:30:31
40 KAREN TRASATTI	36 F ANNAPOLIS	MD 1:30:46
41 ROBERT BRUNNER	41 M HUNTINGTOWN	MD 1:30:51
42 RONALD DIERKER	43 M ROCK HALL	MD 1:30:53
43 JEFFREY WAGNER	29 M BALTIMORE	MD 1:31:07
44 MARJORIE BOYD	38 F ANNAPOLIS	MD 1:31:40
45 ABEL POIRIER	30 M GAITHERSBURG	MD 1:31:41
46 JOE ZERN	46 M MANHEIM	PA 1:32:10 MD 1:32:12
47 MIKE CHOVONEC 48 MICHAEL SMITH	50 M BALTIMORE 43 M ANNAPOLIS	MD 1:32:40
49 BRYAN KING	42 M ARLINGTON	VA 1:32:41
50 BILL KVETKAS	38 M ANNAPOLIS	MD 1:32:41
51 JULIE DEUTSCHMANN	36 F COLUMBIA	MD 1:32:42
52 STEVE THIENEL	47 M ELLICOTT CITY	MD 1:32:46
53 PERRY WASHINGTON	41 M GAITHERSBURG	MD 1:32:46
54 MICHAEL SUYDAM	46 M MOUNT JOY	PA 1:33:02
55 KENNY CULBURTSON	28 M RANDALLSTOWN	MD 1:33:09
56 KRISTEN ADELMAN	30 F COLUMBIA 29 F KNOXVILLE	MD 1:33:15 TN 1:33:28
57 JENNIFER COBB 58 LOUIS PILSCH	53 M BALTIMORE	MD 1:33:44
59 JAMES HIGG!NS	32 M OLNEY	MD 1:34:34
60 STEVE CLARK	53 M DAYTON	MD 1:35:12
61 QUINN KILLY	29 M SILVER SPRING	MD 1:35:14
62 THOMAS TAGLIANETTI	33 M CONSHOHOCKEN	
63 GEORGE OLEAN	39 M ELLICOTT CITY	MD 1:35:38
64 RICHARD BURTON	44 M ARNOLD	MD 1:35:40 MD 1:35:54
65 ANDREW FITZGERALD 66 CHERYL MACCARONI	42 M POTOMAC 40 F TITUSVILLE	NJ 1:35:56
67 KEVIN NESSELROAD	22 M GLEN BURNIE	MD 1:36:06
68 LISA COLEMAN	39 F SYKESVILLE	MD 1:36:15
69 TARA REYNOLDS	23 F WILMINGTON	DE 1:36:36
70 BOB SPEARING	60 M ALEXANDRIA	VA 1:36:47
71 DANA SMITH	36 F	1:36:54
72 DANIEL CAMPO	42 M CATONSVILLE	MD 1:37:06
73 STEVEN VIROST	18 M KINGSPORT	TN 1:37:09
74 RONALD BOLT 75 RAFAEL MUCINO	58 M CROWNSVILLE 27 M WASHINGTON	MD 1:37:14 DC 1:37:27
76 BRIAN GARMEY	32 M SEVERNA PARK	MD 1:37:36
77 CARLOS SALAZAR	36 M BALTIMORE	MD 1:37:42
78 JOHN AULT	48 M HANOVER	MD 1:37:47
79 ED SILVERMAN	45 M LAUREL	MD 1:37:56
80 IRVIN ARTER JR	42 M REISTERSTOWN	MD 1:37:58
81 RICH WHARFF	51 M SEVERN	MD 1:38:14
82 STEVEN GRUFFERMAN	46 M ELLICOTT CITY	MD 1:38:15
83 JULIE PAPE	34 F TIMONIUM 29 F ARLINGTON	MD 1:38:17 VA 1:38:21
84 LUCIE LAWRENCE 85 CHARLES BABINGTON	46 M SEVERNA PARK	MD 1:38:26
86 BARRY KREISA	45 M RICHMOND	VA 1:38:29
87 COREY LLOYD LANUM	22 M WEST ORANGE	NJ 1:38:33
88 JOHN DROSNER	29 M ELLICOTT CITY	MD 1:38:37
89 DAVID BROWN	48 M BALTIMORE	MD 1:38:42
90 GARRET GLENNON	28 M BALTIMORE	MD 1:38:58
91 DON DOSTER	45 M LITITZ 48 F BALTIMORE	PA 1:39:17
92 SUSAN WAIT	40 F BALTIMORE	MD 1:39:18

93 SGOTT LANGLOIS	38 M UPPERCO	MD 1:39:19
94 CHRIS BALLAS 95 STEVEN PENKERT	40 M FINKSBURG 41 M ARNOLD	MD 1:39:19 MD 1:39:33
96 CHRISTOPHER WYNNE	28 M FREDERICK	MD 1:39:35
97 SUSAN ISRAEL	35 F COLUMBIA	MD 1:39:39
98 MICHAEL KUHN	37 M GLEN BURNIE	MD 1:39:47
99 DAVID BARRY	56 M SEVERNA PARK	MD 1:40:15
100 KEITH KREUZ	39 M ARLINGTON	VA 1:40:28
101 KEVIN BAUM 102 JENNIFER JONES	27 M PHILADELPHIA	PA 1:40:40 MD 1:40:48
103 DONALD COMIS	34 F BALTIMORE 51 M GREENBELT	MD 1:41:09
104 GREG COOKE	49 M KENSINGTON	MD 1:41:18
105 MEL LEVIN	51 M BALTIMORE	MD 1:41:19
106 KIRSTEN MELBYE	23 F BALTIMORE	MD 1:41:20
107 MICHAEL VINCENTY	37 M GERMANTOWN	MD 1:41:21
108 DAVID BRAULT	48 M EDGEWATER 49 F COLUMBIA	MD 1:41:24 MD 1:41:25
109 JUDI CARBARY 110 MARK SENKOWSKI	28 M BALTIMORE	MD 1:41:26
111 COLLEEN WEBER	36 F ARNOLD	MD 1:41:28
112 FARRAH HALL	18 F ANNAPOLIS	MD 1:41:29
113 MATTHEW ANDERSON	35 M ELLICOTT CITY	MD 1:42:00
114 ANGIE HOWELL	37 F COLUMBIA	MD 1:42:03
115 RUSSELL ROEDING 116 CLINT HENDERSON	41 M ANNAPOLIS	MD 1:42:15 MD 1:42:17
117 ERIC KARANDY	43 M GLEN BURNIE 41 M ANNAPOLIS	MD 1:42:33
118 MICHAEL BRODERICK	43 M GAITHERSBURG	MD 1:42:34
119 ROBERT STEINER	25 M WASHINGTON	DC 1:42:36
120 LARRY WSZALEK	38 M WASHINGTON	DC 1:42:45
121 RITA TWIST	47 F LINTHICUM	MD 1:42:58
122 HARRY GOOD 123 FRED BECKMAN	49 M OWINGS MILLS 51 M BALTIMORE	MD 1:43:01 MD 1:43:09
124 CORINNE CHELLIS	22 F BALTIMORE	MD 1:43:12
125 ALLAN FIELD	52 M COLUMBIA	MD 1:43:17
126 BRAD VANNOY	25 M WASHINGTON	DC 1:43:20
127 LARRY PUGLISI	45 M GAMBRILLS	MD 1:43:23
128 JOHN MADARY	39 M SEVERNA PARK	MD 1:43:37
129 RICHARD MITCH 130 DANIEL AUSTIN	31 M BALTIMORE 54 M MONT. VILL.	MD 1:43:51 MD 1:44:17
131 MICHAEL GREENE	43 M ALEXANDRIA	VA 1:44:21
132 TOM LEWIS	36 M COLUMBIA	MD 1:44:22
133 MAUREEN LYONS	22 F PITTSBURGH	PA 1:44:39
134 BRUCE HUBBARD	54 M NEWARK	DE 1:44:51
135 KAREN KOFFLER	40 F SEVERNA PARK	MD 1:44:53
136 SALLY MCCOY 137 KATHERINE HANBURGER	40 F ELLICOTT CITY 23 F CHAPEL HILL	MD 1:44:58 NC 1:45:00
138 TRICIA DUNN	39 F ANNAPOLIS	MD 1:45:02
139 DON DERRENBACHER JR	30 M GAITHERSBURG	MD 1:45:07
140 LORI DODD	26 F BETHESDA	MD 1:45:10
141 JENNY HASTY	18 F BOWIE	MD 1:45:15
142 CHRISTA MASTROGIANIS	31 F BOWIE 42 M GLEN BURNIE	MD 1:45:16 MD 1:45:27
143 JOE REID 144 IMANTS CELTNIEKS	55 M WHEATON	MD 1:45:28
145 TODD ATKINS	25 M ARLINGTON	VA 1:45:30
146 JIM GROVER	48 M COLUMBIA	MD 1:45:48
147 KATHLEEN STANTON	36 F ARNOLD	MD 1:45:50
148 DAN SYMANCYK	52 M ARNOLD	MD 1:45:51
149 MITCHELL FRITSCH	36 M BALTIMORE 42 M ARNOLD	MD 1:45:55 MD 1:46:11
150 GEORGE LUNDSKOW 151 RUSTY TOLER	49 M ELLICOTT CITY	MD 1:46:20
152 KELLIE MASTRODONATO	37 F SPRINGFIELD	VA 1:46:22
153 MELISSA GIBSON	30 F MORRISTOWN	NJ 1:46:22
154 DIANE TOBIN	35 F FORT MEADE	MD 1:46:27
155 ROBERT BAILEY	52 M BOWIE	MD 1:46:42
156 PATRICK CAVANAGH	36 M BOWIE	MD 1:46:50
157 MARIE FRIEDLAND 158 DAVID DIGGS	45 F ANNAPOLIS 38 M BALTIMORE	MD 1:46:53 MD 1:46:55
159 JANE MORRISON	34 F COLUMBIA	MD 1:47:04
160 MICHAEL KREFT	39 M ELLICOTT CITY	MD 1:47:16
161 DAVID SCHEIDT	39 M EDGEWATER	MD 1:47:19
162 DON HENSLEY	36 M ANNAPOLIS	MD 1:47:22
163 AARON GHAIS 164 JAMES AARON WARREN	34 M POTOMAC 31 M UPPER MARLBO.	MD 1:47:30 MD 1:47:32
165 JULIE DUROCHER	29 F FAIRFAX	VA 1:47:34
166 DON MARCUM	37 M YORKTOWN	VA 1:47:37
167 MICHAEL CARNOCK	37 M COLUMBIA	MD 1:47:44
168 GEORGE TANKARD	40 M ELKRIDGE	MD 1:48:03
169 BILL ELZINGA 170 MARY KAY WALTEMIRE	62 M COLUMBIA 36 F MIDDLETOWN	MD 1:48:05 DE 1:48:27
171 JUDITH SCOTT	32 F COLUMBIA	MD 1:48:28
172 LAURA BURRELL BAXTER	27 F ANNAPOLIS	MD 1:48:35
173 HELEN LAIRD	41 F ANNAPOLIS	MD 1:48:38
174 MICHAEL BERGESON	46 M ARNOLD	MD 1:48:39
175 CHRIS RILEY	56 M ANNAPOLIS	MD 1:48:57
176 TERI MCCAMBRIDGE 177 MATTHEW PLUMER	30 F BALTIMORE 29 M BELTSVILLE	MD 1:49:14 MD 1:49:14
178 THOMAS CIRA	36 M WOODSTOCK	MD 1:49:15
179 CARLA DAL COLLETTO	46 F ANNAPOLIS	MD 1:49:20
180 LENA DUNCAN	38 F CROFTON	MD 1:49:23
181 JEFFREY GREEN	38 M NEW MARKET	MD 1:49:26
182 MERRI CLARK 183 ANDY PADDEN	37 F LEXINGTON PARK	MD 1:49:32 MD 1:49:39
	56 M ANNAPOLIS	110 1.43.03
	56 M ANNAPOLIS 67 M ODENTON	MD 1:49:45
184 MILTON TAYLOR	56 M ANNAPOLIS 67 M ODENTON 58 M TIMONIUM	MD 1:49:45 MD 1:49:47
184 MILTON TAYLOR 185 C.HARRY MCCAMBRIDGE 186 KEVIN FOLEY	67 M ODENTON 58 M TIMONIUM 40 M BALTIMORE	MD 1:49:47 MD 1:49:48
184 MILTON TAYLOR 185 C.HARRY MCCAMBRIDGE 186 KEVIN FOLEY 187 BOB SALES	67 M ODENTON 58 M TIMONIUM 40 M BALTIMORE 30 M COCKEYSVILLE	MD 1:49:47 MD 1:49:48 MD 1:50:04
184 MILTON TAYLOR 185 C.HARRY MCCAMBRIDGE 186 KEVIN FOLEY 187 BOB SALES 188 SCOTT BOST	67 M ODENTON 58 M TIMONIUM 40 M BALTIMORE 30 M COCKEYSVILLE 29 M BALTIMORE	MD 1:49:47 MD 1:49:48 MD 1:50:04 MD 1:50:21
184 MILTON TAYLOR 185 C.HARRY MCCAMBRIDGE 186 KEVIN FOLEY 187 BOB SALES 188 SCOTT BOST 189 MEREDITH BONTA	67 M ODENTON 58 M TIMONIUM 40 M BALTIMORE 30 M COCKEYSVILLE 29 M BALTIMORE 54 F RIVA	MD 1:49:47 MD 1:49:48 MD 1:50:04 MD 1:50:21 MD 1:50:23
184 MILTON TAYLOR 185 C.HARRY MCCAMBRIDGE 186 KEVIN FOLEY 187 BOB SALES 188 SCOTT BOST 189 MEREDITH BONTA 190 JANE GODFREY	67 M ODENTON 58 M TIMONIUM 40 M BALTIMORE 30 M COCKEYSVILLE 29 M BALTIMORE 54 F RIVA 51 F TAKOMA PARK	MD 1:49:47 MD 1:49:48 MD 1:50:04 MD 1:50:21 MD 1:50:23 MD 1:50:39
184 MILTON TAYLOR 185 C.HARRY MCCAMBRIDGE 186 KEVIN FOLEY 187 BOB SALES 188 SCOTT BOST 189 MEREDITH BONTA	67 M ODENTON 58 M TIMONIUM 40 M BALTIMORE 30 M COCKEYSVILLE 29 M BALTIMORE 54 F RIVA	MD 1:49:47 MD 1:49:48 MD 1:50:04 MD 1:50:21 MD 1:50:23
184 MILTON TAYLOR 185 C.HARRY MCCAMBRIDGE 186 KEVIN FOLEY 187 BOB SALES 188 SCOTT BOST 189 MEREDITH BONTA 190 JANE GODFREY 191 TONY HEDLESKY 192 KATHERINE CARNEY 193 CHRIS RICHEY	67 M ODENTON 58 M TIMONIUM 40 M BALTIMORE 30 M COCKEYSVILLE 29 M BALTIMORE 54 F RIVA 51 F TAKOMA PARK 50 M WALDORF 39 F ANNAPOLIS 29 M GAITHERSBURG	MD 1:49:47 MD 1:49:48 MD 1:50:04 MD 1:50:21 MD 1:50:23 MD 1:50:39 MD 1:50:41 MD 1:50:50 MD 1:51:17
184 MILTON TAYLOR 185 C. HARRY MCCAMBRIDGE 186 KEVIN FOLEY 187 BOB SALES 188 SCOTT BOST 189 MEREDITH BONTA 190 JANE GODFREY 191 TONY HEDLESKY 192 KATHERINE CARNEY	67 M ODENTON 58 M TIMONIUM 40 M BALTIMORE 30 M COCKEYSVILLE 29 M BALTIMORE 54 F RIVA 51 F TAKOMA PARK 50 M WALDORF 39 F ANNAPOLIS	MD 1:49:47 MD 1:49:48 MD 1:50:04 MD 1:50:21 MD 1:50:23 MD 1:50:39 MD 1:50:41 MD 1:50:50

195 TIMOTHY BARNABA	41 M STREET	MD 1:51:37
196 KAREN LEAR	36 F LANHAM	MD 1:51:38
197 FRED GASPER	42 M GREENBELT	MD 1:51:40
198 DARRELL SMITH	41 M ELLICOTT CITY	MD 1:51:49
199 MOHSEN EGHTESADI	37 M GERMANTOWN	MD 1:51:53
200 DARIN VIA	35 M BELTSVILLE 25 M ANNAPOLIS	MD 1:52:16
201 PETER GUERRA 202 HELEN BRENNAN	41 F SEVERNA PARK	MD 1:52:19 MD 1:52:20
203 DIANE PARISI	25 F SEVERNA PARK	MD 1:52:27
204 RALPH MCKINNEY	55 M WILMINGTON	DE 1:52:32
205 AL MCDORMAN	47 M HARRISONBURG	VA 1:52:35
206 JOHN BECHILL	41 M SEVERNA PARK	MD 1:52:36
207 ABBY ELLIS	36 F COLUMBIA	MD 1:52:40
208 JILL FRITSCH	36 F COLUMBIA	MD 1:52:40
209 JOANNA SALES	27 F COCKEYSVILLE	MD 1:53:09
210 JESSICA KENNEDY	27 F ANNAPOLIS	MD 1:53:11
211 KAREN GRONER	35 F ANNAPOLIS	MD 1:53:19
212 FLINT FIRESTONE	53 M SYKESVILLE	MD 1:53:29
213 DEVIN PADEN	35 M VIENNA	VA 1:53:55
214 LINDA HALL	51 F ANNAPOLIS	MD 1:53:58
215 GERALD JENNINGS	46 M WALKERSVILLE	MD 1:54:03
216 TERREY HALEY	30 F STEVENSVILLE	MD 1:54:04 DC 1:54:05
217 AMY ALBRIGHT 218 JOHN HART, JR	28 F WASHINGTON 35 M HARRISONBURG	VA 1:54:27
219 CHRIS COHL	49 M OWINGS	MD 1:54:31
220 DENISE SIKORA	47 F SUCCASUNNA	NJ 1:54:32
221 KELLY BUCHANAN	45 F ELLICOTT CITY	MD 1:54:39
222 ANNA DEBATTIŞTE	34 F WASHINGTON	DC 1:54:42
223 KRESTON CANADA	28 M FENTON	MI 1:54:49
224 LORI GERUS	34 F ELKRIDGE	MD 1:54:51
225 ALLAN GROSS	36 M ELDERSBURG	MD 1:54:58
226 RUFUS CREEKMORE	46 M SHADY SIDE	MD 1:54:59
227 DORIS MCCLURE	51 F BALTIMORE	MD 1:55:02
228 PETER BROWN	58 M CASTLETON	NY 1:55:03
229 DAVID ELLIN	26 M OWINGS MILLS	MD 1:55:07
230 THERESE MCAULIFFE	38 F ANNAPOLIS	MD 1:55:10
231 MARTHA WEST	41 F ANNAPOLIS	MD 1:55:11 MD 1:55:25
232 CHARLES JOHN SEARS 233 RICHARD KIRBY	31 M BALTIMORE 35 M CLARKSVILLE	MD 1:55:34
234 BELINDA VINSON	31 F SEVERN	MD 1:55:36
235 SHARON CRANDALL	38 F ANNAPOLIS	MD 1:55:44
236 ALISON SUCKLING	44 F ARNOLD	MD 1:55:50
237 U'TONNA SHERROD	15 F MILLERSVILLE	MD 1:55:51
238 HAL QUAYLE	42 M SEVERNA PARK	MD 1:55:55
239 ELIZABETH FLYNN	28 F ELLICOTT CITY	MD 1:56:05
240 DANA KARR	32 F EDGEWATER	MD 1:56:06
241 JOHN CHERNEGA	48 M APOLLO	1:56:08
242 MARY GOOD	47 F OWINGS MILLS	MD 1:56:18
243 RICKY SMITH	40 M CROFTON	MD 1:56:27
244 BEV GALLAGHER	36 F WAYNESBORO	PA 1:56:44
245 VICKI STINEBAUGH	24 F WAYNSBORO	PA 1:56:45
246 PAULA FOMBY	30 F BALTIMORE	MD 1:56:50
247 JAMES RUSSELL	47 M ODENTON	MD 1:56:52
248 ERNEST ALTVATER	29 M ODENTON 38 F CHANTILLY	MD 1:56:54 VA 1:56:58
249 ELLEN MANNION 250 MARTHA KARANDY	39 F ANNAPOLIS	MD 1:56:59
251 JEN DRAKE	29 F SEVERNA PARK	MD 1:57:00
252 ROB PATRICK	29 M SEVERNA PARK	MD 1:57:00
253 BARRY BOYD	42 M ANNAPOLIS	MD 1:57:01
254 BRANDY ANN PEEPLES	28 F BALTIMORE	MD 1:57:01
255 MEGAN SMALL	25 F BALTIMORE	MD 1:57:18
256 KATE LICAMELI	29 F ARNOLD	MD 1:57:36
257 NEIL BECKER	38 M CROFTON	MD 1:57:37
258 LARA ROEDING	34 F BOWIE	MD 1:57:47
259 GIGI SHELTRAW	38 F CLARKSVILLE	MD 1:57:49
260 PAMELA WINSTON	40 F WASHINGTON	DC 1:57:53
261 TOM SOCIE	37 M MOHNTON	PA 1:57:58
262 KEVIN CLAPP	24 M ANNAPOLIS	MD 1:58:02
263 ROBIN SULLIVAN	37 F FREEBURG	PA 1:58:09
264 DAVID WHIPPLE 265 JOHN DOROTICS	31 M STAFFORD 50 M YOUNGSVILLE	VA 1:58:11 PA 1:58:12
266 PATRICIA POMEROY	44 F CONVENT STA.	NJ 1:58:14
267 BARBARA BRUNE	35 F PASADENA	MD 1:58:19
268 ALGERON MOORE	52 M BALTIMORE	MD 1:58:21
269 DALE PILGRIM	36 F WASHINGTON	DC 1:58:25
270 WEB CHAMBERLIN	69 M ARNOLD	MD 1:58:29
271 SUSAN PERDUE	38 F CLARKSVILLE	MD 1:58:35
272 ALLEN VEASEY	60 M CROFTON	MD 1:58:38
273 JOY DAY	37 F REISTERSTOWN	MD 1:58:39
274 HUGH MCCARTHY	31 M FOXRIDGE	MD 1:58:40
275 DONALD VAN OSTRAND		MD 1:58:41
276 GARY BERGER	57 M SYKESVILLE	MD 4.50 40
277 JEFFREY MUSGROVE	50 M OWINGS MILLS	MD 1:58:42
	50 M OWINGS MILLS 32 M GLYNDON	MD 1:58:45
278 JENNIFER HULFORD	50 M OWINGS MILLS 32 M GLYNDON 32 F ANNAPOLIS	MD 1:58:45 MD 1:58:48
278 JENNIFER HULFORD 279 JAMES CHERNEGA	50 M OWINGS MILLS 32 M GLYNDON 32 F ANNAPOLIS 40 M ASHBURN	MD 1:58:45 MD 1:58:48 VA 1:58:49
278 JENNIFER HULFORD 279 JAMES CHERNEGA 280 BRUCE GEAR	50 M OWINGS MILLS 32 M GLYNDON 32 F ANNAPOLIS	MD 1:58:45 MD 1:58:48
278 JENNIFER HULFORD 279 JAMES CHERNEGA	50 M OWINGS MILLS 32 M GLYNDON 32 F ANNAPOLIS 40 M ASHBURN 35 M BALTIMORE	MD 1:58:45 MD 1:58:48 VA 1:58:49 MD 1:58:52
278 JENNIFER HULFORD 279 JAMES CHERNEGA 280 BRUCE GEAR 281 JOHN RIKKOLA	50 M OWINGS MILLS 32 M GLYNDON 32 F ANNAPOLIS 40 M ASHBURN 35 M BALTIMORE 52 M COTTAGE GROVE	MD 1:58:45 MD 1:58:48 VA 1:58:49 MD 1:58:52 MN 1:58:59
278 JENNIFER HULFORD 279 JAMES CHERNEGA 280 BRUCE GEAR 281 JOHN RIKKOLA 282 CINDY HAGAN	50 M OWINGS MILLS 32 M GLYNDON 32 F ANNAPOLIS 40 M ASHBURN 35 M BALTIMORE 52 M COTTAGE GROVE 40 F LUSBY	MD 1:58:45 MD 1:58:48 VA 1:58:49 MD 1:58:59 MN 1:58:59 MD 1:59:05 MD 1:59:14 MD 1:59:17
278 JENNIFER HULFORD 279 JAMES CHERNEGA 280 BRUCE GEAR 281 JOHN RIKKOLA 282 CINDY HAGAN 283 KAREN STOLKA 284 SHELBY KROUSE 285 EMILY CORSE	50 M OWINGS MILLS 32 M GLYNDON 32 F ANNAPOLIS 40 M ASHBURN 35 M BALTIMORE 52 M COTTAGE GROVE 40 F LUSBY 48 F ANNAPOLIS 25 F BALTIMORE 24 F BALTIMORE	MD 1:58:45 MD 1:58:48 VA 1:58:49 MD 1:58:52 MN 1:58:59 MD 1:59:05 MD 1:59:14 MD 1:59:17 MD 1:59:18
278 JENNIFER HULFORD 279 JAMES CHERNEGA 280 BRUCE GEAR 281 JOHN RIKKOLA 282 CINDY HAGAN 283 KAREN STOLKA 284 SHELBY KROUSE 285 EMILY CORSE 286 MARIE RANSOME	50 M OWINGS MILLS 32 M GLYNDON 32 F ANNAPOLIS 40 M ASHBURN 35 M BALTIMORE 52 M COTTAGE GROVE 40 F LUSBY 48 F ANNAPOLIS 25 F BALTIMORE 24 F BALTIMORE 34 F BALTIMORE	MD 1:58:45 MD 1:58:48 VA 1:58:49 MD 1:58:52 MN 1:58:59 MD 1:59:05 MD 1:59:14 MD 1:59:17 MD 1:59:18 MD 1:59:25
278 JENNIFER HULFORD 279 JAMES CHERNEGA 280 BRUCE GEAR 281 JOHN RIKKOLA 282 CINDY HAGAN 283 KAREN STOLKA 284 SHELBY KROUSE 285 EMILY CORSE 286 MARIE RANSOME 287 DAWN MARIE CAMPO	50 M OWINGS MILLS 32 M GLYNDON 32 F ANNAPOLIS 40 M ASHBURN 35 M BALTIMORE 52 M COTTAGE GROVE 40 F LUSBY 48 F ANNAPOLIS 25 F BALTIMORE 24 F BALTIMORE 34 F BALTIMORE 35 F CATONSVILLE	MD 1:58:45 MD 1:58:48 VA 1:58:49 MD 1:58:52 MN 1:58:59 MD 1:59:05 MD 1:59:05 MD 1:59:14 MD 1:59:18 MD 1:59:25 MD 1:59:26
278 JENNIFER HULFORD 279 JAMES CHERNEGA 280 BRUCE GEAR 281 JOHN RIKKOLA 282 CINDY HAGAN 283 KAREN STOLKA 284 SHELBY KROUSE 285 EMILY CORSE 286 MARIE RANSOME 287 DAWN MARIE CAMPO 288 MICHAEL SMITH	50 M OWINGS MILLS 32 M GLYNDON 32 F ANNAPOLIS 40 M ASHBURN 35 M BALTIMORE 52 M COTTAGE GROVE 40 F LUSBY 48 F ANNAPOLIS 25 F BALTIMORE 24 F BALTIMORE 34 F BALTIMORE 35 F CATONSVILLE 47 M TIMONIUM	MD 1:58:45 MD 1:58:48 VA 1:58:49 MD 1:58:59 MD 1:59:05 MD 1:59:14 MD 1:59:17 MD 1:59:18 MD 1:59:26 MD 1:59:25 MD 1:59:26 MD 1:59:31
278 JENNIFER HULFORD 279 JAMES CHERNEGA 280 BRUCE GEAR 281 JOHN RIKKOLA 282 CINDY HAGAN 283 KAREN STOLKA 284 SHELBY KROUSE 285 EMILY CORSE 286 MARIE RANSOME 287 DAWN MARIE CAMPO 288 MICHAEL SMITH 289 ANDREA REH	50 M OWINGS MILLS 32 M GLYNDON 32 F ANNAPOLIS 40 M ASHBURN 35 M BALTIMORE 52 M COTTAGE GROVE 40 F LUSBY 48 F ANNAPOLIS 25 F BALTIMORE 24 F BALTIMORE 34 F BALTIMORE 35 F CATONSVILLE 47 M TIMONIUM 22 F WASHINGTON	MD 1:58:45 MD 1:58:48 VA 1:58:49 MD 1:58:59 MD 1:59:05 MD 1:59:14 MD 1:59:18 MD 1:59:26 MD 1:59:25 MD 1:59:25 MD 1:59:25
278 JENNIFER HULFORD 279 JAMES CHERNEGA 280 BRUCE GEAR 281 JOHN RIKKOLA 282 CINDY HAGAN 283 KAREN STOLKA 284 SHELBY KROUSE 285 EMILY CORSE 286 MARIE RANSOME 287 DAWN MARIE CAMPO 288 MICHAEL SMITH 289 ANDREA REH 299 KATHY HENNES	50 M OWINGS MILLS 32 M GLYNDON 32 F ANNAPOLIS 40 M ASHBURN 35 M BALTIMORE 52 M COTTAGE GROVE 40 F LUSBY 48 F ANNAPOLIS 25 F BALTIMORE 24 F BALTIMORE 34 F BALTIMORE 35 F CATONSVILLE 47 M TIMONIUM 22 F WASHINGTON 47 F LAUREL	MD 1:58:45 MD 1:58:48 VA 1:58:49 MD 1:58:59 MD 1:59:05 MD 1:59:05 MD 1:59:17 MD 1:59:18 MD 1:59:26 MD 1:59:26 MD 1:59:26 MD 1:59:26 MD 1:59:31 MD 1:59:31
278 JENNIFER HULFORD 279 JAMES CHERNEGA 280 BRUCE GEAR 281 JOHN RIKKOLA 282 CINDY HAGAN 283 KAREN STOLKA 284 SHELBY KROUSE 285 EMILY CORSE 286 MARIE RANSOME 287 DAWN MARIE CAMPO 288 MICHAEL SMITH 289 ANDREA BEH 290 KATHY HENNES 291 EDWARD EGAN	50 M OWINGS MILLS 32 M GLYNDON 32 F ANNAPOLIS 40 M ASHBURN 35 M BALTIMORE 52 M COTTAGE GROVE 40 F LUSBY 48 F ANNAPOLIS 25 F BALTIMORE 24 F BALTIMORE 34 F BALTIMORE 35 F CATONSVILLE 47 M TIMONIUM 22 F WASHINGTON 47 F LAUREL 48 M LINTHICUM	MD 1:58:45 MD 1:58:49 VA 1:58:49 MD 1:58:59 MD 1:59:05 MD 1:59:05 MD 1:59:14 MD 1:59:16 MD 1:59:26 MD 1:59:26 MD 1:59:26 MD 1:59:26 MD 1:59:26 MD 1:59:26
278 JENNIFER HULFORD 279 JAMES CHERNEGA 280 BRUCE GEAR 281 JOHN RIKKOLA 282 CINDY HAGAN 283 KAREN STOLKA 284 SHELBY KROUSE 285 EMILY CORSE 285 EMILY CORSE 286 MARIE RANSOME 287 DAWN MARIE CAMPO 288 MICHAEL SMITH 289 ANDREA REH 290 KATHY HENNES 291 EDWARD EGAN 292 GEORGE BEUSCH	50 M OWINGS MILLS 32 M GLYNDON 32 F ANNAPOLIS 40 M ASHBURN 35 M BALTIMORE 52 M COTTAGE GROVE 40 F LUSBY 48 F ANNAPOLIS 25 F BALTIMORE 34 F BALTIMORE 34 F BALTIMORE 34 F BALTIMORE 35 F CATONSVILLE 47 M TIMONIUM 22 F WASHINGTON 47 F LAUREL 48 M LINTHICUM 44 M ELLICOTT CITY	MD 1:58:45 MD 1:58:49 MD 1:58:49 MD 1:58:59 MD 1:58:59 MD 1:59:05 MD 1:59:14 MD 1:59:17 MD 1:59:18 MD 1:59:18 MD 1:59:26 MD 1:59:26 MD 1:59:31 DC 1:59:52 MD 2:00:05 MD 2:00:16 MD 2:00:20
278 JENNIFER HULFORD 279 JAMES CHERNEGA 280 BRUCE GEAR 281 JOHN RIKKOLA 282 CINDY HAGAN 283 KAREN STOLKA 284 SHELBY KROUSE 285 EMILY CORSE 286 MARIE RANSOME 287 DAWN MARIE CAMPO 288 MICHAEL SMITH 289 ANDREA REH 290 KATHY HENNES 291 EDWARD EGAN 292 GEORGE BEUSCH 293 SHAWN SARVER	50 M OWINGS MILLS 32 M GLYNDON 32 F ANNAPOLIS 40 M ASHBURN 35 M BALTIMORE 52 M COTTAGE GROVE 40 F LUSBY 48 F ANNAPOLIS 25 F BALTIMORE 24 F BALTIMORE 34 F BALTIMORE 35 F CATONSVILLE 47 M TIMONIUM 22 F WASHINGTON 47 F LAUREL 48 M LINTHICUM 44 M ELLICOTT CITY 36 M ARNOLD	MD 1:58:45 MD 1:58:49 MD 1:58:49 MD 1:58:59 MN 1:58:59 MN 1:59:05 MD 1:59:17 MD 1:59:17 MD 1:59:26 MD 1:59:26 MD 1:59:20 MD 2:00:05 MD 2:00:20 MD 2:00:34
278 JENNIFER HULFORD 279 JAMES CHERNEGA 280 BRUCE GEAR 281 JOHN RIKKOLA 282 CINDY HAGAN 283 KAREN STOLKA 284 SHELBY KROUSE 285 EMILY CORSE 286 MARIE RANSOME 287 DAWN MARIE CAMPO 288 MICHAEL SMITH 289 ANDREA REH 290 KATHY HENNES 291 EDWARD EGAN 292 GEORGE BEUSCH 293 SHAWN SARVER 294 AMY HADFIELD	50 M OWINGS MILLS 32 M GLYNDON 32 F ANNAPOLIS 40 M ASHBURN 35 M BALTIMORE 52 M COTTAGE GROVE 40 F LUSBY 48 F ANNAPOLIS 25 F BALTIMORE 24 F BALTIMORE 34 F BALTIMORE 35 F CATONSVILLE 47 M TIMONIUM 22 F WASHINGTON 47 F LAUREL 48 M LINTHICUM 44 M ELLICOTT CITY 36 M ARNOLD 26 F BALTIMORE	MD 1:58:45 MD 1:58:49 MD 1:58:49 MD 1:58:59 MD 1:59:05 MD 1:59:05 MD 1:59:14 MD 1:59:17 MD 1:59:19 MD 1:59:31 DC 1:59:32 MD 1:59:31 DC 1:59:34 MD 2:00:05 MD 2:00:16 MD 2:00:20 MD 2:00:34 MD 2:00:40
278 JENNIFER HULFORD 279 JAMES CHERNEGA 280 BRUCE GEAR 281 JOHN RIKKOLA 282 CINDY HAGAN 283 KAREN STOLKA 284 SHELBY KROUSE 285 EMILY CORSE 286 MARIE RANSOME 287 DAWN MARIE CAMPO 288 MICHAEL SMITH 289 ANDREA REH 290 KATHY HENNES 291 EDWARD EGAN 292 GEORGE BEUSCH 293 SHAWN SARVER	50 M OWINGS MILLS 32 M GLYNDON 32 F ANNAPOLIS 40 M ASHBURN 35 M BALTIMORE 52 M COTTAGE GROVE 40 F LUSBY 48 F ANNAPOLIS 25 F BALTIMORE 24 F BALTIMORE 34 F BALTIMORE 35 F CATONSVILLE 47 M TIMONIUM 22 F WASHINGTON 47 F LAUREL 48 M LINTHICUM 44 M ELLICOTT CITY 36 M ARNOLD	MD 1:58:45 MD 1:58:49 MD 1:58:49 MD 1:58:59 MN 1:58:59 MN 1:59:05 MD 1:59:17 MD 1:59:17 MD 1:59:26 MD 1:59:26 MD 1:59:20 MD 2:00:05 MD 2:00:20 MD 2:00:34

297 DEBORAH LOVEYS		
EUI DEDONALIE EUI	37 F BALTIMORE	MD 2:01:05
298 LORI GOLDBACH	23 F BALTIMORE	MD 2:01:18
299 BOB HILSON	43 M BALTIMORE	MD 2:01:30
300 LINELL SMITH	47 F BALTIMORE	MD 2:01:31
301 BOB ANDERSON	52 M GREENBELT	MD 2:01:44
302 DEBBIE GROVER	45 F COLUMBIA	MD 2:01:46
303 PENELOPE BITTINGER	49 F ARNOLD	MD 2:01:59 PA 2:02:05
304 GERARD TAGLIANETTI 305 JEANNE PINTO	28 M BLUE BELL 35 F PHOENIX	MD 2:02:08
306 BETSY WALMER	33 F COLUMBIA	MD 2:02:18
307 PAIGE WALKER	22 F BLACKSBURG	VA 2:02:30
308 DAVID SPOERL	40 M ANNAPOLIS	MD 2:02:47
309 BONNIE SNYDER	34 F ARLINGTON	VA 2:02:54
310 EFFIE DAWSON	42 F ARNOLD	MD 2:02:55
311 JOSEPH COLEMAN	56 M FAIRFAX	VA 2:02:59
312 EDWARD HICKS	36 M GAMBRILLS	MD 2:03:01
313 MICHAEL FAITH	34 M ELKRIDGE	MD 2:03:03
314 LAURA BRECHEEN	30 F GAITHERSBURG	MD 2:03:08
315 TIM CARNEY	40 M ANNAPOLIS	MD 2:03:18
316 NICOLE FULLER	23 F BALTIMORE	MD 2:03:24
317 KIMBERLY AGEE	35 F CENTREVILLE	MD 2:03:30
318 ERIN HORAN	23 F ANNAPOLIS	MD 2:03:39
319 VALERIE ANDERSON	39 F UPPER MARLBORO	
320 JACKIE KELLNER	51 F ARNOLD 47 M SILVER SPRING	MD 2:03:51 MD 2:04:04
321 ARTHUR SENSENIG 322 AL GREUTER	44 M COLUMBIA	MD 2:04:19
323 PAMELA HOUCK	48 F AMESBURY	MA 2:04:26
324 MARGARET O'CONNOR	43 F SEVERNA PARK	MD 2:05:05
325 SCOTT BURNS	44 M SEVERNA PARK	MD 2:05:06
326 JANET LOCKWOOD	31 F BALTIMORE	MD 2:05:07
327 APRIL HUBBARD	55 F NEWARK	DE 2:05:17
328 DONNA COURTNEY	40 F MECHANICSVILLE	MD 2:05:21
329 AMY EASTER	23 F RANDALLSTOWN	MD 2:05:35
330 KIMBERLEY GONSKI	21 F REISTERSTOWN	MD 2:05:37
331 CHARLES MUSKIN	50 M SEVERNA PARK	MD 2:06:13
332 NANCY BURNS	46 F COLUMBIA	MD 2:06:16
333 LINDA RIDENOUR	46 F CHEVY CHASE	MD 2:06:26
334 DAVID SMITH	38 M CATONSVILLE	MD 2:06:32
335 JOHN MAYNARD	49 M STEVENSVILLE	MD 2:07:18
336 JOHN JOSEPH	52 M ANNAPOLIS 40 M MILLERSVILLE	MD 2:07:19 MD 2:07:21
337 WILLIAM THAM 338 WILLIAM MACCORMACK	57 M ELLICOTT CITY	MD 2:07:35
339 BOB TRESTER	37 M ALEXANDRIA	VA 2:07:38
340 STEVEN VAN REES	53 M BOWIE	MD 2:07:48
341 LEE TAYLOR	40 F LURAY	VA 2:07:58
342 LAURA PAGELS	25 F BALTIMORE	MD 2:08:05
343 TERRY ADIRIM	36 F SILVER SPRING	MD 2:08:06
344 ROBERT GORDON	32 M NORFOLK	VA 2:08:47
345 PHILIP CAROOM	46 M ANNAPOLIS	MD 2:09:01
346 GRANT TSCHUDY	39 M CROFTON	MD 2:09:12
347 MITCHELL WARREN	34 M GAMBRILLS	MD 2:09:13
348 ED KARLSON	64 M RIVA	MD 2:09:15
349 ERIKA HAMILTON	26 F DELRAN	NJ 2:09:16
350 JOYCE TSCHUDY	31 F CROFTON 50 M CROFTON	MD 2:09:18
351 REGGIE HASELTINE 352 JAMES SCHAFTEL	42 M BALTIMORE	MD 2:09:40 MD 2:09:55
353 PAUL KIRCHMAN	42 M SUNSHINE	MD 2:10:07
354 JAIME RANUS	22 F BROOKFIELD	WI 2:10:08
355 DAVID GERTZ	29 M CROWNSVILLE	MD 2:10:24
356 DAVID OPITZ	34 M GLEN BURNIE	MD 2:10:32
357 MARK YOUNG	31 M GLEN BURNIE	MD 2:10:37
	30 F ODENTON	MD 2:10:38
358 CLAUDINE ALTVATER		
358 CLAUDINE ALTVATER 359 TOM VOORHEES	44 M ANNAPOLIS	MD 2:10:53
359 TOM VOORHEES 360 LYNN HOPKINS	44 M ANNAPOLIS 46 F ANNAPOLIS	MD 2:10:53 MD 2:11:20
359 TOM VOORHEES 360 LYNN HOPKINS 361 SCOTT HOLZMAN	44 M ANNAPOLIS 46 F ANNAPOLIS 36 M COLUMBIA	MD 2:10:53 MD 2:11:20 MD 2:11:24
359 TOM VOORHEES 360 LYNN HOPKINS 361 SCOTT HOLZMAN 362 ANDREW GORDON	44 M ANNAPOLIS 46 F ANNAPOLIS 36 M COLUMBIA 49 M ANNAPOLIS	MD 2:10:53 MD 2:11:20 MD 2:11:24 MD 2:11:37
359 TOM VOORHEES 360 LYNN HOPKINS 361 SCOTT HOLZMAN 362 ANDREW GORDON 363 CHRIS BROWN	44 M ANNAPOLIS 46 F ANNAPOLIS 36 M COLUMBIA 49 M ANNAPOLIS 45 M MILLERSVILLE	MD 2:10:53 MD 2:11:20 MD 2:11:24 MD 2:11:37 MD 2:12:52
359 TOM VOORHEES 360 LYNN HOPKINS 361 SCOTT HOLZMAN 362 ANDREW GORDON 363 CHRIS BROWN 364 NEAL HINKLE	44 M ANNAPOLIS 46 F ANNAPOLIS 36 M COLUMBIA 49 M ANNAPOLIS 45 M MILLERSVILLE 63 M MILLERSVILLE	MD 2:10:53 MD 2:11:20 MD 2:11:24 MD 2:11:37 MD 2:12:52 MD 2:12:59
359 TOM VOORHEES 360 LYNN HOPKINS 361 SCOTT HOLZMAN 362 ANDREW GORDON 363 CHRIS BROWN 364 NEAL HINKLE 365 MARK WARREN	44 M ANNAPOLIS 46 F ANNAPOLIS 36 M COLUMBIA 49 M ANNAPOLIS 45 M MILLERSVILLE 63 M MILLERSVILLE 42 M GAMBRILLS	MD 2:10:53 MD 2:11:20 MD 2:11:24 MD 2:11:37 MD 2:12:52 MD 2:12:59 MD 2:13:00
359 TOM VOORHEES 360 LYNN HOPKINS 361 SCOTT HOLZMAN 362 ANDREW GORDON 363 CHRIS BROWN 364 NEAL HINKLE 365 MARK WARREN 366 CLARK CONNOR	44 M ANNAPOLIS 46 F ANNAPOLIS 36 M COLUMBIA 49 M ANNAPOLIS 45 M MILLERSVILLE 63 M MILLERSVILLE 42 M GAMBRILLS 56 M SILVER SPRING	MD 2:10:53 MD 2:11:20 MD 2:11:24 MD 2:11:37 MD 2:12:52 MD 2:12:59 MD 2:13:00 MD 2:13:07
359 TOM VOORHEES 360 LYNN HOPKINS 361 SCOTT HOLZMAN 362 ANDREW GORDON 363 CHRIS BROWN 364 NEAL HINKLE 365 MARK WARREN 366 CLARK CONNOR 367 CINDY LINS	44 M ANNAPOLIS 46 F ANNAPOLIS 36 M COLUMBIA 49 M ANNAPOLIS 45 M MILLERSVILLE 63 M MILLERSVILLE 42 M GAMBRILLS 56 M SILVER SPRING 42 F GAITHERSBURG	MD 2:10:53 MD 2:11:20 MD 2:11:24 MD 2:11:37 MD 2:12:52 MD 2:12:59 MD 2:13:00 MD 2:13:07 MD 2:13:18
359 TOM VOORHEES 360 LYNN HOPKINS 361 SCOTT HOLZMAN 362 ANDREW GORDON 363 CHRIS BROWN 364 NEAL HINKLE 365 MARK WARREN 366 CLARK CONNOR 367 CINDY LINS 368 DIANE ZOLLER	44 M ANNAPOLIS 46 F ANNAPOLIS 36 M COLUMBIA 49 M ANNAPOLIS 45 M MILLERSVILLE 63 M MILLERSVILLE 42 M GAMBRILLS 56 M SILVER SPRING 42 F GAITHERSBURG 49 F SEVERNA PARK	MD 2:10:53 MD 2:11:20 MD 2:11:24 MD 2:11:37 MD 2:12:52 MD 2:12:59 MD 2:13:00 MD 2:13:07 MD 2:13:18 MD 2:13:28
359 TOM VOORHEES 360 LYNN HOPKINS 361 SCOTT HOLZMAN 362 ANDREW GORDON 363 CHRIS BROWN 364 NEAL HINKLE 365 MARK WARREN 366 CLARK CONNOR 367 CINDY LINS 368 DIANE ZOLLER 369 ERIN BECKER	44 M ANNAPOLIS 46 F ANNAPOLIS 36 M COLUMBIA 49 M ANNAPOLIS 45 M MILLERSVILLE 63 M MILLERSVILLE 42 M GAMBRILLS 56 M SILVER SPRING 42 F GAITHERSBURG 49 F SEVERNA PARK 32 F BALTIMORE	MD 2:10:53 MD 2:11:20 MD 2:11:24 MD 2:11:37 MD 2:12:52 MD 2:12:59 MD 2:13:00 MD 2:13:07 MD 2:13:18 MD 2:13:18 MD 2:13:42
359 TOM VOORHEES 360 LYNN HOPKINS 361 SCOTT HOLZMAN 362 ANDREW GORDON 363 CHRIS BROWN 364 NEAL HINKLE 365 MARK WARREN 366 CLARK CONNOR 367 CINDY LINS 368 DIANE ZOLLER 369 ERIN BECKER 370 WILLIAM TOBIN	44 M ANNAPOLIS 46 F ANNAPOLIS 36 M COLUMBIA 49 M ANNAPOLIS 45 M MILLERSVILLE 63 M MILLERSVILLE 42 M GAMBRILLS 56 M SILVER SPRING 42 F GAITHERSBURG 49 F SEVERNA PARK	MD 2:10:53 MD 2:11:20 MD 2:11:24 MD 2:11:37 MD 2:12:52 MD 2:12:59 MD 2:13:00 MD 2:13:07 MD 2:13:10 MD 2:13:28 MD 2:13:28 MD 2:13:46
359 TOM VOORHEES 360 LYNN HOPKINS 361 SCOTT HOLZMAN 362 ANDREW GORDON 363 CHRIS BROWN 364 NEAL HINKLE 365 MARK WARREN 366 CLARK CONNOR 367 CINDY LINS 368 DIANE ZOLLER 369 ERIN BECKER	44 M ANNAPOLIS 46 F ANNAPOLIS 36 M COLUMBIA 49 M ANNAPOLIS 45 M MILLERSVILLE 63 M MILLERSVILLE 63 M MILLERSVILLE 42 M GAMBRILLS 56 M SILVER SPRING 42 F GAITHERSBURG 49 F SEVERNA PARK 32 F BALTIMORE 39 M FORT MEADE	MD 2:10:53 MD 2:11:20 MD 2:11:25 MD 2:11:37 MD 2:12:59 MD 2:13:00 MD 2:13:00 MD 2:13:18 MD 2:13:18 MD 2:13:42 MD 2:13:42 MD 2:13:45 MD 2:14:02
359 TOM VOORHEES 360 LYNN HOPKINS 361 SCOTT HOLZMAN 362 ANDREW GORDON 363 CHRIS BROWN 364 NEAL HINKLE 365 MARK WARREN 366 CLARK CONNOR 367 CINDY LINS 368 DIANE ZOLLER 369 ERIN BECKER 370 WILLIAM TOBIN 371 FRAN MATZ 372 GLORIA MULLERVY	44 M ANNAPOLIS 46 F ANNAPOLIS 46 F ANNAPOLIS 47 M COLUMBIA 49 M ANNAPOLIS 45 M MILLERSVILLE 48 M GAMBRILLS 56 M SILVER SPRING 42 F GAITHERSBURG 49 F SEVERNA PARK 32 F BALTIMORE 39 M FORT MEADE 38 F COLUMBIA	MD 2:10:53 MD 2:11:20 MD 2:11:25 MD 2:11:37 MD 2:12:59 MD 2:13:00 MD 2:13:00 MD 2:13:18 MD 2:13:18 MD 2:13:42 MD 2:13:42 MD 2:13:45 MD 2:14:02
359 TOM VOORHEES 360 LYNN HOPKINS 361 SCOTT HOLZMAN 362 ANDREW GORDON 363 CHRIS BROWN 364 NEAL HINKLE 365 MARK WARREN 366 CLARK CONNOR 367 CINDY LINS 368 DIANE ZOLLER 369 ERIN BECKER 370 WILLIAM TOBIN 371 FRAN MATZ	44 M ANNAPOLIS 46 F ANNAPOLIS 36 M COLUMBIA 49 M ANNAPOLIS 45 M MILLERSVILLE 63 M MILLERSVILLE 42 M GAMBRILLS 56 M SILVER SPRING 42 F GAITHERSBURG 49 F SEVERNA PARK 32 F BALTIMORE 39 M FORT MEADE 38 F COLUMBIA 27 F ANNAPOLIS	MD 2:10:53 MD 2:11:20 MD 2:11:24 MD 2:11:37 MD 2:12:52 MD 2:13:00 MD 2:13:07 MD 2:13:18 MD 2:13:18 MD 2:13:42 MD 2:13:44 MD 2:13:46 MD 2:14:02
359 TOM VOORHEES 360 LYNN HOPKINS 361 SCOTT HOLZMAN 362 ANDREW GORDON 363 CHRIS BROWN 364 NEAL HINKLE 365 MARK WARREN 366 CLARK CONNOR 367 CINDY LINS 368 DIANE ZOLLER 369 ERIN BECKER 370 WILLIAM TOBIN 371 FRAN MATZ 372 GLORIA MULLERVY 373 THOMAS GORMAN	44 M ANNAPOLIS 46 F ANNAPOLIS 36 M COLUMBIA 49 M ANNAPOLIS 45 M MILLERSVILLE 63 M MILLERSVILLE 42 M GAMBRILLS 56 M SILVER SPRING 42 F GAITHERSBURG 49 F SEVERNA PARK 32 F BALTIMORE 39 M FORT MEADE 38 F COLUMBIA 27 F ANNAPOLIS 31 F ANNAPOLIS 31 F ANNAPOLIS	MD 2:10:53 MD 2:11:20 MD 2:11:24 MD 2:11:37 MD 2:12:52 MD 2:12:52 MD 2:13:00 MD 2:13:07 MD 2:13:14 MD 2:13:42 MD 2:13:42 MD 2:13:44 MD 2:13:45 MD 2:14:50 MD 2:14:50 MD 2:14:56 MD 2:14:56 MD 2:14:56
359 TOM VOORHEES 360 LYNN HOPKINS 361 SCOTT HOLZMAN 362 ANDREW GORDON 363 CHRIS BROWN 364 NEAL HINKLE 365 MARK WARREN 366 CLARK CONNOR 367 CINDY LINS 368 DIANE ZOLLER 369 ERIN BECKER 370 WILLIAM TOBIN 371 FRAN MATZ 372 GLORIA MULLERVY 373 THOMAS GORMAN 374 LEE KRAYCIK	44 M ANNAPOLIS 46 F ANNAPOLIS 36 M COLUMBIA 49 M ANNAPOLIS 45 M MILLERSVILLE 63 M MILLERSVILLE 42 M GAMBRILLS 56 M SILVER SPRING 42 F GAITHERSBURG 49 F SEVERNA PARK 32 F BALTIMORE 39 M FORT MEADE 38 F COLUMBIA 27 F ANNAPOLIS 33 M WOODSTOCK 32 F ANNAPOLIS 31 F ANNAPOLIS 31 F ANNAPOLIS	MD 2:10:53 MD 2:11:20 MD 2:11:24 MD 2:11:37 MD 2:12:52 MD 2:12:52 MD 2:13:07 MD 2:13:07 MD 2:13:07 MD 2:13:18 MD 2:13:42 MD 2:13:46 MD 2:14:02 MD 2:14:56 MD 2:14:56 MD 2:14:56 MD 2:16:515
359 TOM VOORHEES 360 LYNN HOPKINS 361 SCOTT HOLZMAN 362 ANDREW GORDON 363 CHRIS BROWN 364 NEAL HINKLE 365 MARK WARREN 366 CLARK CONNOR 367 CINDY LINS 368 DIANE ZOLLER 369 ERIN BECKER 370 WILLIAM TOBIN 371 FRAN MATZ 372 GLORIA MULLERYY 373 THOMAS GORMAN 374 LEE KRAYCIK 375 CAMERON MACDONALD 376 ALICE LITTLE 377 BEN MOORE	44 M ANNAPOLIS 46 F ANNAPOLIS 46 F ANNAPOLIS 47 M ANNAPOLIS 48 M ANNAPOLIS 48 M MILLERSVILLE 48 M GAMBRILLS 56 M SILVER SPRING 42 F GARTHERSBURG 49 F SEVERNA PARK 32 F BALTIMORE 39 M FORT MEADE 38 F COLUMBIA 27 F ANNAPOLIS 31 F ANNAPOLIS 31 F ANNAPOLIS 52 F ODENTON 74 M ANNAPOLIS	MD 2:10:53 MD 2:11:20 MD 2:11:24 MD 2:11:37 MD 2:12:52 MD 2:13:07 MD 2:13:07 MD 2:13:07 MD 2:13:07 MD 2:13:07 MD 2:13:07 MD 2:13:07 MD 2:13:42 MD 2:13:42 MD 2:13:42 MD 2:13:45 MD 2:14:50 MD 2:14:50 MD 2:14:50 MD 2:16:15:15
359 TOM VOORHEES 360 LYNN HOPKINS 361 SCOTT HOLZMAN 362 ANDREW GORDON 363 CHRIS BROWN 364 NEAL HINKLE 365 MARK WARREN 366 CLARK CONNOR 367 CINDY LINS 368 DIANE ZOLLER 369 ERIN BECKER 370 WILLIAM TOBIN 371 FRAN MATZ 372 GLORIA MULLERVY 373 THOMAS GORMAN 374 LEE KRAYCIK 375 CAMERON MACDONALD 376 ALICE LITTLE 377 BEN MOORE 378 DONALD SNODGRASS	44 M ANNAPOLIS 46 F ANNAPOLIS 36 M COLUMBIA 49 M ANNAPOLIS 45 M MILLERSVILLE 63 M MILLERSVILLE 63 M MILLERSVILLE 42 M GAMBRILLS 56 M SILVER SPRING 42 F GAITHERSBURG 49 F SEVERNA PARK 32 F BALTIMORE 39 M FORT MEADE 38 F COLUMBIA 27 F ANNAPOLIS 31 F ANNAPOLIS 31 F ANNAPOLIS 31 F ANNAPOLIS 49 M ANNAPOLIS	MD 2:10:53 MD 2:11:20 MD 2:11:24 MD 2:11:37 MD 2:12:52 MD 2:13:07 MD 2:13:07 MD 2:13:07 MD 2:13:07 MD 2:13:07 MD 2:13:42 MD 2:13:42 MD 2:14:50 MD 2:14:50 MD 2:14:50 MD 2:16:24 MD 2:16:28 MD 2:16:28 MD 2:16:28 MD 2:16:28
359 TOM VOORHEES 360 LYNN HOPKINS 361 SCOTT HOLZMAN 362 ANDREW GORDON 363 CHRIS BROWN 364 NEAL HINKLE 365 MARK WARREN 366 CLARK CONNOR 367 CINDY LINS 368 DIANE ZOLLER 369 ERIN BECKER 370 WILLIAM TOBIN 371 FRAN MATZ 372 GLORIA MULLERVY 373 THOMAS GORMAN 374 LEE KRAYCIK 375 CAMERON MACDONALD 376 ALICE LITTLE 377 BEN MOORE 378 DONALD SNODGRASS 379 DOREEN ROBEY	44 M ANNAPOLIS 46 F ANNAPOLIS 46 F ANNAPOLIS 36 M COLUMBIA 49 M ANNAPOLIS 45 M MILLERSVILLE 63 M MILLERSVILLE 42 M GAMBRILLS 56 M SILVER SPRING 42 F GAITHERSBURG 49 F SEVERNA PARK 32 F BALTIMORE 39 M FORT MEADE 38 F COLUMBIA 27 F ANNAPOLIS 31 M WOODSTOCK 32 F ANNAPOLIS 31 F ANNAPOLIS 35 F ODENTON 74 M ANNAPOLIS 40 F BOWIE	MD 2:10:53 MD 2:11:20 MD 2:11:24 MD 2:11:37 MD 2:12:52 MD 2:12:59 MD 2:13:07 MD 2:13:07 MD 2:13:07 MD 2:13:18 MD 2:13:46 MD 2:14:56 MD 2:14:56 MD 2:14:56 MD 2:16:638 MD 2:16:638 MD 2:16:638 MD 2:16:638 MD 2:16:638 MD 2:16:638 MD 2:16:638
359 TOM VOORHEES 360 LYNN HOPKINS 361 SCOTT HOLZMAN 362 ANDREW GORDON 363 CHRIS BROWN 364 NEAL HINKLE 365 MARK WARREN 366 CLARK CONNOR 367 CINDY LINS 368 DIANE ZOLLER 369 ERIN BECKER 370 WILLIAM TOBIN 371 FRAN MATZ 372 GLORIA MULLERYY 373 THOMAS GORMAN 374 LEE KRAYCIK 375 CAMERON MACDONALD 376 ALICE LITTLE 377 BEN MOORE 378 DONALD SNODGRASS 379 DOREN ROBEY 380 HOLLY BURROWS	44 M ANNAPOLIS 46 F ANNAPOLIS 46 F ANNAPOLIS 47 M ANNAPOLIS 48 M ANNAPOLIS 48 M MILLERSVILLE 48 M GAMBRILLS 56 M SILVER SPRING 49 F SEVERNA PARK 32 F BALTIMORE 39 M FORT MEADE 38 F COLUMBIA 27 F ANNAPOLIS 31 F ANNAPOLIS 32 F ANNAPOLIS 31 F ANNAPOLIS 49 M ANNAPOLIS 49 M ANNAPOLIS 40 F BOWIE	MD 2:10:53 MD 2:11:20 MD 2:11:24 MD 2:11:37 MD 2:12:52 MD 2:13:00 MD 2:13:00 MD 2:13:07 MD 2:13:07 MD 2:13:07 MD 2:13:07 MD 2:13:42 MD 2:13:42 MD 2:13:42 MD 2:13:42 MD 2:13:42 MD 2:13:42 MD 2:16:50 MD 2:16:50
359 TOM VOORHEES 360 LYNN HOPKINS 361 SCOTT HOLZMAN 362 ANDREW GORDON 363 CHRIS BROWN 363 CHRIS BROWN 364 NEAL HINKLE 365 MARK WARREN 366 CLARK CONNOR 367 CINDY LINS 368 DIANE ZOLLER 369 ERIN BECKER 370 WILLIAM TOBIN 371 FRAN MATZ 372 GLORIA MULLERYY 373 THOMAS GOMAN 374 LEE KRAYCIK 375 CAMERON MACDONALD 376 ALICE LITTLE 377 BEN MOORE 378 DONALD SNODGRASS 379 DOREEN ROBEY 380 HOLLY BURROWS 381 ANDREA MILLER	44 M ANNAPOLIS 46 F ANNAPOLIS 36 M COLUMBIA 49 M ANNAPOLIS 45 M MILLERSVILLE 63 M MILLERSVILLE 42 M GAMBRILLS 56 M SILVER SPRING 42 F GAITHERSBURG 49 F SEVERNA PARK 32 F BALTIMORE 39 M FORT MEADE 38 F COLUMBIA 27 F ANNAPOLIS 31 M WOODSTOCK 32 F ANNAPOLIS 31 F ANNAPOLIS 49 M FORT MEADE 55 F ODENTON 74 M ANNAPOLIS 49 M ANNAPOLIS 49 F BOWIE 25 F EDGEWATER 28 F BOWIE	MD 2:10:53 MD 2:11:20 MD 2:11:37 MD 2:12:52 MD 2:13:07 MD 2:13:07 MD 2:13:07 MD 2:13:07 MD 2:13:07 MD 2:13:08 MD 2:13:08 MD 2:13:42 MD 2:13:42 MD 2:13:46 MD 2:14:50 MD 2:14:50 MD 2:14:50 MD 2:16:24 MD 2:16:24 MD 2:16:24
359 TOM VOORHEES 360 LYNN HOPKINS 361 SCOTT HOLZMAN 362 ANDREW GORDON 363 CHRIS BROWN 364 NEAL HINKLE 365 MARK WARREN 366 CLARK CONNOR 367 CINDY LINS 368 DIANE ZOLLER 369 ERIN BECKER 370 WILLIAM TOBIN 371 FRAN MATZ 372 GLORIA MULLERVY 373 THOMAS GORMAN 374 LEE KRAYCIK 375 CAMERON MACDONALD 376 ALICE LITTLE 377 BEN MOORE 378 DONALD SNODGRASS 379 DOREEN ROBEY 380 HOLLY BURROWS 381 ANDREA MILLER 382 BARBARA KAZMIERCZAK	44 M ANNAPOLIS 46 F ANNAPOLIS 36 M COLUMBIA 49 M ANNAPOLIS 45 M MILLERSVILLE 63 M MILLERSVILLE 42 M GAMBRILLS 56 M SILVER SPRING 42 F GAITHERSBURG 49 F SEVERNA PARK 32 F BALTIMORE 39 M FORT MEADE 38 F COLUMBIA 27 F ANNAPOLIS 33 M WOODSTOCK 32 F ANNAPOLIS 31 F ANNAPOLIS 40 F BOWIE 55 F ODENTON 74 M ANNAPOLIS 40 F BOWIE 55 F EOGEWATER 56 F BOWIE 57 F ONE ONE 57 F ONE 58 F BOWIE 58 F BOWIE 58 F BOWIE 59 F RONOTON	MD 2:10:53 MD 2:11:20 MD 2:11:37 MD 2:11:252 MD 2:12:52 MD 2:13:07 MD 2:13:00 MD 2:13:00 MD 2:13:07 MD 2:13:07 MD 2:13:42 MD 2:13:46 MD 2:14:56 MD 2:14:56 MD 2:16:50 MD 2:16:38 MD 2:16:38
359 TOM VOORHEES 360 LYNN HOPKINS 361 SCOTT HOLZMAN 362 ANDREW GORDON 363 CHRIS BROWN 363 CHRIS BROWN 364 NEAL HINKLE 365 MARK WARREN 366 CLARK CONNOR 367 CINDY LINS 368 DIANE ZOLLER 369 ERIN BECKER 370 WILLIAM TOBIN 371 FRAN MATZ 372 GLORIA MULLERYY 373 THOMAS GORMAN 374 LEE KRAYCIK 375 CAMERON MACDONALD 376 ALICE LITTLE 377 BEN MOORE 378 DONALD SNODGRASS 379 DOREEN ROBEY 380 HOLLY BURROWS 381 ANDREA MILLER 382 BARBARA KAZMIERCZAK 383 ESTHER ANN SCHAFTEL	44 M ANNAPOLIS 46 F ANNAPOLIS 46 F ANNAPOLIS 46 M COLUMBIA 49 M ANNAPOLIS 45 M MILLERSVILLE 63 M MILLERSVILLE 42 M GAMBRILLS 56 M SILVER SPRING 42 F GATHERSBURG 49 F SEVERNA PARK 32 F BALTIMORE 38 F COLUMBIA 27 F ANNAPOLIS 38 F COLUMBIA 27 F ANNAPOLIS 31 F ANNAPOLIS 32 F ANNAPOLIS 40 M ANNAPOLIS 41 M ANNAPOLIS 42 F BOWIE 45 F EDGEWATER 48 F BOWIE 48 F BOWIE 48 F CROFTON 36 F BALTIMORE	MD 2:10:53 MD 2:11:20 MD 2:11:37 MD 2:11:25 MD 2:12:52 MD 2:13:00 MD 2:13:00 MD 2:13:00 MD 2:13:01 MD 2:13:02 MD 2:13:42 MD 2:13:42 MD 2:13:42 MD 2:13:42 MD 2:13:45 MD 2:13:45 MD 2:16:53 MD 2:16:53 MD 2:16:53 MD 2:16:53 MD 2:16:53 MD 2:16:53 MD 2:16:53
359 TOM VOORHEES 360 LYNN HOPKINS 361 SCOTT HOLZMAN 362 ANDREW GORDON 363 CHRIS BROWN 363 CHRIS BROWN 364 NEAL HINKLE 365 MARK WARREN 366 CLARK CONNOR 367 CINDY LINS 368 DIANE ZOLLER 369 ERIN BECKER 370 WILLIAM TOBIN 371 FRAN MATZ 372 GLORIA MULLERY 373 THOMAS GORMAN 374 LEE KRAYCIK 375 CAMERON MACDONALD 376 ALICE LITTLE 377 BEN MOORE 378 DONALD SNODGRASS 379 DOREEN ROBEY 380 HOLLY BURROWS 381 ANDREA MILLER 382 BARBARA KAZMIERCZAK 383 ESTHER ANN SCHAFTEL 384 PRILIP GUTIS	44 M ANNAPOLIS 46 F ANNAPOLIS 36 M COLUMBIA 49 M ANNAPOLIS 45 M MILLERSVILLE 53 M MILLERSVILLE 56 M SILVER SPRING 42 F GAITHERSBURG 49 F SEVERNA PARK 32 F BALTIMORE 39 M FORT MEADE 33 M WOODSTOCK 32 F ANNAPOLIS 31 F ANNAPOLIS 31 F ANNAPOLIS 49 M FORT MEADE 55 F ODENTON 74 M ANNAPOLIS 49 M ANNAPOLIS 49 F BOWIE 54 F CROFTON 54 F BOWIE 54 F CROFTON 55 F BALTIMORE 38 M SILVER SPRING	MD 2:10:53 MD 2:11:20 MD 2:11:37 MD 2:12:52 MD 2:13:37 MD 2:12:59 MD 2:13:30 MD 2:13:30 MD 2:13:38 MD 2:13:40 MD 2:13:40 MD 2:14:50 MD 2:14:50 MD 2:16:24 MD 2:16:24 MD 2:16:24 MD 2:16:24 MD 2:15:15 MD 2:16:24 MD 2:16:38 MD 2:16:39 MD 2:17:39 MD 2:17:39 MD 2:17:39
359 TOM VOORHEES 360 LYNN HOPKINS 361 SCOTT HOLZMAN 362 ANDREW GORDON 363 CHRIS BROWN 364 NEAL HINKLE 365 MARK WARREN 366 CLARK CONNOR 367 CINDY LINS 368 DIANE ZOLLER 369 ERIN BECKER 370 WILLIAM TOBIN 371 FRAN MATZ 372 GLORIA MULLERVY 373 THOMAS GORMAN 374 LEE KRAYCIK 375 CAMERON MACDONALD 376 ALICE LITTLE 377 BEN MOORE 378 DONALD SNODGRASS 379 DOREN ROBEY 380 HOLLY BURROWS 381 ANDREA MILLER 382 BARBARA KAZMIERCZAK 383 ESTHER ANN SCHAFTEL 384 PHILIP GUTIS 385 LYNN GILGUT	44 M ANNAPOLIS 46 F ANNAPOLIS 36 M COLUMBIA 49 M ANNAPOLIS 45 M MILLERSVILLE 63 M MILLERSVILLE 63 M MILLERSVILLE 42 M GAMBRILLS 56 M SILVER SPRING 42 F GAITHERSBURG 49 F SEVERNA PARK 32 F BALTIMORE 39 M FORT MEADE 38 F COLUMBIA 27 F ANNAPOLIS 31 F ANNAPOLIS 31 F ANNAPOLIS 31 F ANNAPOLIS 25 F ODENTON 74 M ANNAPOLIS 40 F BOWIE 25 F EDGEWATER 26 F BOWIE 54 F CROFTON 35 F BALTIMORE 34 F CROFTON 36 F BOWIE 54 F CROFTON 36 F BALTIMORE 38 M SILVER SPRING 26 F CROFTON	MD 2:10:53 MD 2:11:20 MD 2:11:37 MD 2:12:52 MD 2:13:30 MD 2:13:30 MD 2:13:30 MD 2:13:30 MD 2:13:30 MD 2:13:42 MD 2:13:42 MD 2:13:46 MD 2:13:46 MD 2:14:50 MD 2:14:50 MD 2:16:50 MD 2:16:50 MD 2:16:50 MD 2:16:50 MD 2:16:50 MD 2:17:56 MD 2:17:56 MD 2:17:59 MD 2:17:59
359 TOM VOORHEES 360 LYNN HOPKINS 361 SCOTT HOLZMAN 362 ANDREW GORDON 363 CHRIS BROWN 363 CHRIS BROWN 364 NEAL HINKLE 365 MARK WARREN 366 CLARK CONNOR 367 CINDY LINS 368 DIANE ZOLLER 369 ERIN BECKER 370 WILLIAM TOBIN 371 FRAN MATZ 372 GLORIA MULLERYY 373 THOMAS GORMAN 374 LEE KRAYCIK 375 CAMERON MACDONALD 376 ALICE LITTLE 377 BEN MOORE 378 DONALD SNODGRASS 379 DOREEN ROBEY 380 HOLLY BURROWS 381 ANDREA MILLER 382 BARBARA KAZMIERCZAK 383 ESTHER ANN SCHAFTEL 384 PHILIP GUTIS 385 LYNN GILGUT 386 IRFAN ALEEM	44 M ANNAPOLIS 46 F ANNAPOLIS 46 F ANNAPOLIS 46 M COLUMBIA 49 M ANNAPOLIS 45 M MILLERSVILLE 63 M MILLERSVILLE 42 M GAMBRILLS 56 M SILVER SPRING 42 F GATHERSBURG 49 F SEVERNA PARK 32 F BALTIMORE 39 M FORT MEADE 38 F COLUMBIA 27 F ANNAPOLIS 31 F ANNAPOLIS 31 F ANNAPOLIS 52 F ANNAPOLIS 40 M ANNAPOLIS 40 F BOWIE 54 F CROFTON 55 F BOWIE 55 F COETON 56 F BALTIMORE 58 M SILVER SPRING 58 F CROFTON 59 M SILVER SPRING 58 F CROFTON 50 M POTOMAC	MD 2:10:53 MD 2:11:20 MD 2:11:37 MD 2:12:52 MD 2:13:30 MD 2:13:42 MD 2:13:42 MD 2:13:42 MD 2:13:45 MD 2:15:15 MD 2:16:33
359 TOM VOORHEES 360 LYNN HOPKINS 361 SCOTT HOLZMAN 362 ANDREW GORDON 363 CHRIS BROWN 364 NEAL HINKLE 365 MARK WARREN 366 CLARK CONNOR 367 CINDY LINS 368 DIANE ZOLLER 369 ERIN BECKER 370 WILLIAM TOBIN 371 FRAN MATZ 372 GLORIA MULLERY 373 THOMAS GORMAN 374 LEE KRAYCIK 375 CAMERON MACDONALD 376 ALICE LITTLE 377 BEN MOORE 378 DONALD SNODGRASS 379 DOREEN ROBEY 380 HOLLY BURROWS 381 ANDREA MILLER 382 BARBARA KAZMIERCZAK 383 ESTHER ANN SCHAFTEL 384 PHILIP GUTIS 385 IYNN GILGUT 386 IRFAN ALEEM 387 JONATHAN MATZ	44 M ANNAPOLIS 46 F ANNAPOLIS 36 M COLUMBIA 49 M ANNAPOLIS 45 M MILLERSVILLE 53 M MILLERSVILLE 56 M SILVER SPRING 42 F GAITHERSBURG 49 F SEVERNA PARK 32 F BALTIMORE 38 M FORT MEADE 38 F COLUMBIA 27 F ANNAPOLIS 31 M WOODSTOCK 32 F ANNAPOLIS 31 F ANNAPOLIS 49 M FORT MEADE 40 F BOWIE 55 F ODENTON 74 M ANNAPOLIS 49 M ANNAPOLIS 49 F BOWIE 54 F CROFTON 54 F ARD STANAPOLIS 55 F BOWIE 54 F CROFTON 56 F BALTIMORE 57 F CROFTON 58 F BALTIMORE 58 M SILVER SPRING 68 C ROFTON 59 M POTOMAC 50 M POTOMAC	MD 2:10:53 MD 2:11:20 MD 2:11:37 MD 2:12:52 MD 2:13:30 MD 2:13:30 MD 2:13:30 MD 2:13:30 MD 2:13:30 MD 2:13:42 MD 2:13:42 MD 2:13:46 MD 2:13:46 MD 2:14:50 MD 2:14:50 MD 2:16:50 MD 2:16:50 MD 2:16:50 MD 2:16:50 MD 2:16:50 MD 2:17:56 MD 2:17:56 MD 2:17:59 MD 2:17:59
359 TOM VOORHEES 360 LYNN HOPKINS 361 SCOTT HOLZMAN 362 ANDREW GORDON 363 CHRIS BROWN 364 NEAL HINKLE 365 MARK WARREN 366 CLARK CONNOR 367 CINDY LINS 368 DIANE ZOLLER 369 ERIN BECKER 370 WILLIAM TOBIN 371 FRAN MATZ 372 GLORIA MULLERVY 373 THOMAS GORMAN 374 LEE KRAYCIK 375 CAMERON MACDONALD 376 ALICE LITTLE 377 BEN MOORE 378 DONALD SNODGRASS 379 DOREN ROBEY 380 HOLLY BURROWS 381 ANDREA MILLER 382 BARBARA KAZMIERCZAK 383 ESTHER ANN SCHAFTEL 384 PHILIP GUTIS 385 LYNN GILGUT 386 IRFAN ALEEM 387 JONATHAN MATZ 388 KEVIN MURNAN	44 M ANNAPOLIS 46 F ANNAPOLIS 36 M COLUMBIA 49 M ANNAPOLIS 45 M MILLERSVILLE 63 M MILLERSVILLE 63 M MILLERSVILLE 42 M GAMBRILLS 56 M SILVER SPRING 42 F GAITHERSBURG 42 F GAITHERSBURG 42 F SEVERNA PARK 32 F BALTIMORE 39 M FORT MEADE 38 F COLUMBIA 27 F ANNAPOLIS 31 F ANNAPOLIS 31 F ANNAPOLIS 31 F ANNAPOLIS 40 F BOWIE 55 F ODENTON 74 M ANNAPOLIS 49 M ANNAPOLIS 49 F BOWIE 55 F EDGEWATER 54 F CROFTON 56 F BOWIE 56 F CROFTON 57 F BALTIMORE 58 M SILVER SPRING 58 F SONG 59 F SHATTMORE 50 F CROFTON 50 M POTOMAC 50 M POTOMAC 50 M POTOMAC 50 M POTOMAC 51 M POTOMAC 51 M POTOMAC 51 M POTOMAC 52 M COLUMBIA 54 M POTOMAC 55 M POTOMAC 56 M POTOMAC 57 M POTOMAC 58 M COLUMBIA 57 M POTOMAC 58 M COLUMBIA 58 M SILVER SPRING 58 M COLUMBIA 59 M POTOMAC 50 M POTOMAC 50 M POTOMAC 50 M POTOMAC 50 M POTOMAC 51 M PO	MD 2:10:53 MD 2:11:20 MD 2:11:37 MD 2:12:52 MD 2:13:30 MD 2:13:30 MD 2:13:30 MD 2:13:30 MD 2:13:30 MD 2:13:32 MD 2:13:42 MD 2:14:50 MD 2:14:50 MD 2:14:50 MD 2:14:50 MD 2:16:49 MD 2:16:49 MD 2:15:15 MD 2:16:49 MD 2:16:49 MD 2:15:15 MD 2:16:49 MD 2:16:49 MD 2:16:49 MD 2:16:49 MD 2:17:39 MD 2:17:39 MD 2:17:39 MD 2:17:39 MD 2:17:59 MD 2:17:59 MD 2:17:59 MD 2:17:59
359 TOM VOORHEES 360 LYNN HOPKINS 361 SCOTT HOLZMAN 362 ANDREW GORDON 363 CHRIS BROWN 363 CHRIS BROWN 364 NEAL HINKLE 365 MARK WARREN 366 CLARK CONNOR 367 CINDY LINS 368 DIANE ZOLLER 369 ERIN BECKER 370 WILLIAM TOBIN 371 FRAN MATZ 372 GLORIA MULLERYY 373 THOMAS GORMAN 374 LEE KRAYCIK 375 CAMERON MACDONALD 376 ALICE LITTLE 377 BEN MOORE 378 DONALD SNODGRASS 379 DOREEN ROBEY 380 HOLLY BURROWS 381 ANDREA MILLER 384 PHILIP GUTIS 384 PHILIP GUTIS 385 LYNN GILGUT 386 IRFAN ALEEM 387 JONATHAN MATZ 388 KEVIN MURNAN 389 JONNA COGLE	44 M ANNAPOLIS 46 F ANNAPOLIS 36 M COLUMBIA 49 M ANNAPOLIS 45 M MILLERSVILLE 53 M MILLERSVILLE 56 M SILVER SPRING 42 F GAITHERSBURG 49 F SEVERNA PARK 32 F BALTIMORE 38 M FORT MEADE 38 F COLUMBIA 27 F ANNAPOLIS 31 M WOODSTOCK 32 F ANNAPOLIS 31 F ANNAPOLIS 49 M FORT MEADE 40 F BOWIE 55 F ODENTON 74 M ANNAPOLIS 49 M ANNAPOLIS 49 F BOWIE 54 F CROFTON 54 F ARD STANAPOLIS 55 F BOWIE 54 F CROFTON 56 F BALTIMORE 57 F CROFTON 58 F BALTIMORE 58 M SILVER SPRING 68 C ROFTON 59 M POTOMAC 50 M POTOMAC	MD 2:10:53 MD 2:11:20 MD 2:11:37 MD 2:12:52 MD 2:13:37 MD 2:12:52 MD 2:13:30 MD 2:13:30 MD 2:13:30 MD 2:13:30 MD 2:13:42 MD 2:13:42 MD 2:13:46 MD 2:13:46 MD 2:13:46 MD 2:14:50 MD 2:14:50 MD 2:14:50 MD 2:16:24 MD 2:13:37 MD 2:16:24 MD 2:13:38 MD 2:16:24 MD 2:15:15 MD 2:16:24 MD 2:15:15 MD 2:16:24 MD 2:16:38 MD 2:17:56 MD 2:17:56 MD 2:17:59 MD 2:17:59 MD 2:17:59 MD 2:17:59 MD 2:18:10 MD 2:18:81
359 TOM VOORHEES 360 LYNN HOPKINS 361 SCOTT HOLZMAN 362 ANDREW GORDON 363 CHRIS BROWN 364 NEAL HINKLE 365 MARK WARREN 366 CLARK CONNOR 367 CINDY LINS 368 DIANE ZOLLER 369 ERIN BECKER 370 WILLIAM TOBIN 371 FRAN MATZ 372 GLORIA MULLERVY 373 THOMAS GORMAN 374 LEE KRAYCIK 375 CAMERON MACDONALD 376 ALICE LITTLE 377 BEN MOORE 378 DONALD SNODGRASS 379 DOREN ROBEY 380 HOLLY BURROWS 381 ANDREA MILLER 382 BARBARA KAZMIERCZAK 383 ESTHER ANN SCHAFTEL 384 PHILIP GUTIS 385 LYNN GILGUT 386 IRFAN ALEEM 387 JONATHAN MATZ 388 KEVIN MURNAN	44 M ANNAPOLIS 46 F ANNAPOLIS 46 F ANNAPOLIS 46 M COLUMBIA 49 M ANNAPOLIS 45 M MILLERSVILLE 63 M MILLERSVILLE 42 M GAMBRILLS 56 M SILVER SPRING 42 F GAITHERSBURG 49 F SEVERNA PARK 32 F BALTIMORE 38 F COLUMBIA 27 F ANNAPOLIS 38 F COLUMBIA 27 F ANNAPOLIS 38 F ANNAPOLIS 40 F ANNAPOLIS 51 F ANNAPOLIS 52 F CODEDTION 74 M ANNAPOLIS 49 M ANNAPOLIS 49 M ANNAPOLIS 49 F BOWIE 54 F CROFTON 35 F BALTIMORE 38 M SILVER SPRING 56 F CROFTON 36 F BALTIMORE 37 F ANNAPOLIS 48 F CROFTON 49 M ANNAPOLIS 49 M ANNAPOLIS 49 M SILVER SPRING 57 F CROFTON 58 F CROFTON 59 F CROFTON 50 M POTOMAC 50 M POTOMAC 50 M POTOMAC 51 M COLUMBIA 51 M	MD 2:10:53 MD 2:11:20 MD 2:11:37 MD 2:11:25 MD 2:11:39 MD 2:13:30 MD 2:13:42 MD 2:13:42 MD 2:13:42 MD 2:13:45 MD 2:16:53 MD 2:17:57
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359 TOM VOORHEES 360 LYNN HOPKINS 361 SCOTT HOLZMAN 362 ANDREW GORDON 363 CHRIS BROWN 363 CHRIS BROWN 364 NEAL HINKLE 365 MARK WARREN 366 CLARK CONNOR 367 CINDY LINS 368 DIANE ZOLLER 369 ERIN BECKER 370 WILLIAM TOBIN 371 FRAN MATZ 372 GLORIA MULLERYY 373 THOMAS GORMAN 371 FRAN MATZ 372 GLORIA MULLERYY 373 THOMAS GORMAN 374 LEE KRAYCIK 375 CAMERON MACDONALD 376 ALICE LITTLE 377 BEN MOORE 378 DONALD SNODGRASS 379 DOREEN ROBEY 381 ANDREA MILLER 382 BARBARA KAZMIERCZAK 383 ESTHER ANN SCHAFTEL 384 PHILIP GUTIS 385 LYNN GILGUT 386 IRFAN ALEEM 387 JONATHAN MATZ 388 KEVIN MURNAN 389 DONNA COGLE 390 SANDRA BUTSCHER 391 JULIE SUMMERVILLE 392 JEAN THOMPSON 393 WENDY BOOZ 394 CAROL BUCHMAN	44 M ANNAPOLIS 46 F ANNAPOLIS 36 M COLUMBIA 49 M ANNAPOLIS 45 M MILLERSVILLE 63 M MILLERSVILLE 63 M MILLERSVILLE 42 M GAMBRILLS 56 M SILVER SPRING 42 F GAITHERSBURG 49 F SEVERNA PARK 32 F BALTIMORE 39 M FORT MEADE 39 M FORT MEADE 33 M WOODSTOCK 32 F ANNAPOLIS 31 F ANNAPOLIS 31 F ANNAPOLIS 31 F ANNAPOLIS 49 M ANNAPOLIS 49 M ANNAPOLIS 49 M ANNAPOLIS 49 F BOWIE 54 F CROFTON 55 F BOGEWATER 28 F BOWIE 54 F CROFTON 50 M POTOMAC 38 M SOLUMBIA 44 M PASADENA 44 M PASADENA 45 F PASADENA 46 F PASADENA 46 F PASADENA 47 F ODENTON 51 F CLARKSBURG 52 F FOORTION 51 F CROFTON 52 F CROFTON 53 M SOLUMBIA 54 F CROFTON 55 M POTOMAC 56 M POTOMAC 57 F CROFTON 58 M COLUMBIA 58 M SILVER SPRING 59 F CROFTON 50 M POTOMAC 50 M POTOMAC 51 F CROFTON 51	MD 2:10:53 MD 2:11:20 MD 2:11:37 MD 2:12:52 MD 2:13:37 MD 2:12:59 MD 2:13:30 MD 2:13:30 MD 2:13:30 MD 2:13:38 MD 2:13:38 MD 2:13:42 MD 2:13:48 MD 2:13:49 MD 2:14:50 MD 2:14:50 MD 2:14:50 MD 2:14:50 MD 2:16:49 MD 2:16:53 MD 2:17:59 MD 2:16:49 MD 2:18:10 MD 2:16:53 MD 2:17:59 MD 2:18:10 MD 2:20:20
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359 TOM VOORHEES 360 LYNN HOPKINS 361 SCOTT HOLZMAN 362 ANDREW GORDON 363 CHRIS BROWN 364 NEAL HINKLE 365 MARK WARREN 366 CLARK CONNOR 367 CINDY LINS 368 DIANE ZOLLER 369 ERIN BECKER 370 WILLIAM TOBIN 371 FRAN MATZ 372 GLORIA MULLERYY 373 THOMAS GORMAN 374 LEE KRAYCIK 375 CAMERON MACDONALD 376 ALICE LITTLE 377 BEN MOORE 378 DONALD SNODGRASS 379 DOREEN ROBEY 380 HOLLY BURROWS 381 ANDREA MILLER 382 BARBARA KAZMIERCZAK 383 ESTHER ANN SCHAFTEL 384 PHILIP GUTIS 385 LYNN GILGUT 386 IRFAN ALEEM 387 JONATHAN MATZ 388 KEVIN MURNAN 389 DONNA COGLE 390 SANDRA BUTSCHER 391 JULIE SUMMERVILLE 391 JULIE SUMMERVILLE 392 JEAN THOMPSON 393 WENDY BOOZ 394 CAROL BUCHMAN 395 MELINDA MACHANDE 396 STACY MATHENY	44 M ANNAPOLIS 46 F ANNAPOLIS 36 M COLUMBIA 49 M ANNAPOLIS 45 M MILLERSVILLE 53 M MILLERSVILLE 42 M GAMBRILLS 56 M SILVER SPRING 42 F GATHERSBURG 49 F SEVERNA PARK 32 F BALTIMORE 39 M FORT MEADE 38 F COLUMBIA 27 F ANNAPOLIS 31 F ANNAPOLIS 31 F ANNAPOLIS 32 F ANNAPOLIS 32 F ANNAPOLIS 34 M GOLUMBIA 40 F BOWIE 54 F CROFTON 55 F EDGEWATER 28 F BOWIE 54 F CROFTON 35 F BALTIMORE 38 M SILVER SPRING 46 F ANNAPOLIS 40 F BOWIE 51 F CROFTON 52 F CROFTON 53 F BALTIMORE 54 F CROFTON 56 F BALTIMORE 57 F CROFTON 58 F BALTIMORE 58 M SILVER SPRING 58 F BALTIMORE 59 M POTOMAC 50 M POTOMAC 50 M POTOMAC 50 M POTOMAC 51 F CLARKSBURG 51 F CLARKSBURG 52 F F CLARKSBURG 52 F F ODENTON 51 F CLARKSBURG 52 F F ODENTON 51 F CLARKSBURG 52 F RORETH BEACH 54 F ANNAPOLIS 56 F ARLINGTON 57 F FREDERICK 59 F BALTIMORE	MD 2:10:53 MD 2:11:20 MD 2:11:37 MD 2:12:52 MD 2:13:30 MD 2:13:30 MD 2:13:30 MD 2:13:30 MD 2:13:30 MD 2:13:32 MD 2:13:42 MD 2:13:42 MD 2:14:50 MD 2:14:50 MD 2:14:50 MD 2:14:50 MD 2:16:53 MD 2:15:15 MD 2:16:49 MD 2:16:53 MD 2:17:59 MD 2:17:59 MD 2:17:59 MD 2:17:59 MD 2:17:59 MD 2:19:50 MD 2:10:50 MD 2:20:50 MD 2:20:50 MD 2:20:50 MD 2:20:50 MD 2:20:50 MD 2:20:50
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359 TOM VOORHEES 360 LYNN HOPKINS 361 SCOTT HOLZMAN 362 ANDREW GORDON 363 CHRIS BROWN 364 NEAL HINKLE 365 MARK WARREN 366 CLARK CONNOR 367 CINDY LINS 368 DIANE ZOLLER 369 ERIN BECKER 370 WILLIAM TOBIN 371 FRAN MATZ 372 GLORIA MULLERYY 373 THOMAS GORMAN 374 LEE KRAYCIK 375 CAMERON MACDONALD 376 ALICE LITTLE 377 BEN MOORE 378 DONALD SNODGRASS 379 DOREEN ROBEY 380 HOLLY BURROWS 381 ANDREA MILLER 382 BARBARA KAZMIERCZAK 383 ESTHER ANN SCHAFTEL 384 PHILIP GUTIS 385 LYNN GILGUT 386 IRFAN ALEEM 387 JONATHAN MATZ 388 KEVIN MURNAN 389 DONNA COGLE 390 SANDRA BUTSCHER 391 JULIE SUMMERVILLE 391 JULIE SUMMERVILLE 392 JEAN THOMPSON 393 WENDY BOOZ 394 CAROL BUCHMAN 395 MELINDA MACHANDE 396 STACY MATHENY	44 M ANNAPOLIS 46 F ANNAPOLIS 36 M COLUMBIA 49 M ANNAPOLIS 45 M MILLERSVILLE 53 M MILLERSVILLE 42 M GAMBRILLS 56 M SILVER SPRING 42 F GATHERSBURG 49 F SEVERNA PARK 32 F BALTIMORE 39 M FORT MEADE 38 F COLUMBIA 27 F ANNAPOLIS 31 F ANNAPOLIS 31 F ANNAPOLIS 32 F ANNAPOLIS 32 F ANNAPOLIS 34 M GOLUMBIA 40 F BOWIE 54 F CROFTON 55 F EDGEWATER 28 F BOWIE 54 F CROFTON 35 F BALTIMORE 38 M SILVER SPRING 46 F ANNAPOLIS 40 F BOWIE 51 F CROFTON 52 F CROFTON 53 F BALTIMORE 54 F CROFTON 56 F BALTIMORE 57 F CROFTON 58 F BALTIMORE 58 M SILVER SPRING 58 F BALTIMORE 59 M POTOMAC 50 M POTOMAC 50 M POTOMAC 50 M POTOMAC 51 F CLARKSBURG 51 F CLARKSBURG 52 F F CLARKSBURG 52 F F ODENTON 51 F CLARKSBURG 52 F F ODENTON 51 F CLARKSBURG 52 F RORETH BEACH 54 F ANNAPOLIS 56 F ARLINGTON 57 F FREDERICK 59 F BALTIMORE	MD 2:10:53 MD 2:11:20 MD 2:11:37 MD 2:12:52 MD 2:13:07 MD 2:13:07 MD 2:13:07 MD 2:13:07 MD 2:13:07 MD 2:13:08 MD 2:14:50 MD 2:14:50 MD 2:14:50 MD 2:14:50 MD 2:16:53 MD 2:17:59 MD 2:18:32 MD 2:18:32 MD 2:18:32 MD 2:18:32 MD 2:18:32 MD 2:18:32 MD 2:19:53

400 TED PURNELL 401 WILLIAM ROHRS	25 M FAIRFAX	VA 2:23:26
401 WILLIAM ROHRS	46 M SEVERNA PARK	MD 2:24:35
402 GARY GLASER	54 M LEXINGTON PARK	MD 2:24:43
403 LOUISA MÇLAUGHLIN	29 F ODENTON	MD 2:24:50
404 TOKS FASHOLA	36 F PIKESVILLE	MD 2:25:38
405 DIANA MARONGIU-LUTZ	34 F NEW KENSINGTON	PA 2:25:41
406 JAMES PEBWORTH	64 M RICHMOND	VA 2:25:52
407 PENNY GOLDSTEIN	53 F CROFTON	MD 2:26:06
408 SARAH PUTMAN	39 F CENTREVILLE	MD 2:26:23
409 GAIL SAVAGE	52 F CALIFORNIA	MD 2:26:32
409 GAIL SAVAGE 410 ERICA RUSSELL	42 F LAUREL	MD 2:26:37
411 LARRY BRIGGS	39 M NEWARK	DE 2:27:12
412 RAY CAMPBELL	67 M HYATTSVILLE	MD 2:28:02
413 DAVID MOHAN	41 M STEWARTSTOWN	PA 2:29:04
414 CATHY MADDEN	40 F NAPERVILLE	IL 2:29:06
415 LINDA ROSE PAYNE	37 F COLUMBIA	MD 2:29:29
416 NIGEL REED	45 M COLUMBIA	MD 2:29:30
417 JO ANN NORRIS		MD 2:31:15
418 GAIL DAVIDSON	39 F HYATTSVILLE	MD 2:31:20
419 MARSHA SEAMANS	46 F BALTIMORE	MD 2:31:21
420 JAMES PARRIS	43 M LINTHICUM	MD 2:32:06
420 JAMES PARRIS 421 PAULETTE CHELLIS	50 F BALTIMORE	MD 2:32:07
422 KEITH HAMILTON, SR	52 M FALMOUTH	ME 2:32:55
423 KEITH HAMILTON, JR	32 M SEVERNA PARK	MD 2:32:58
424 RONALD MOSER	51 M CROWNSVILLE	
425 RICARDO LONGORIA	70 M COLLEGE PARK	MD 2:33:27
426 SARINA GLAZER	30 F CHEVY CHASE	MD 2:34:39
427 NANCY BERGER	56 F HUNT VALLEY	MD 2:37:06
428 NANCY HOFFMAN	41 F REISTERSTOWN	
429 KATHY MAYNARD	47 F STEVENSVILLE	MD 2:39:07
430 JULIE WEISSMAN	28 F WASHINGTON	DC 2:39:14
431 CRISTINA PALMISANO	45 F BALTIMORE	MD 2:39:50
432 EDWARD LEIBY	55 M BROOKEVILLE	MD 2:39:57
433 CHARLES ADAMO	51 M ANNAPOLIS	MD 2:50:26
434 SHERI KREUZ	39 F ARLINGTON	VA 2:50:26
435 FRAN BURMAN	34 F PIKESVILLE	MD 2:54:29
436 WILLIAM BARNARD	46 M PIKESVILLE	MD 2:59:00
437 GINA ATAD-BURGESS	32 F ODENTON	MD 3:03:17
438 JOSEPH FAMILO	76 M OSWEGO	NY 3:16:05
439 DEBRA SPOKELY	43 F ARNOLD	MD 3:29:43

9th B&A TRAIL MARATHON

RACE RESULTS				
PLACE NAME	AG G CITY	STTIME	PACE	
1 DAVID LULJAK	44 M CHEVY CHASE	MD 2:52:40		
2 MARK SULLIVAN	37 M FREEBURG	PA 2:56:32	6:45	
3 MARK ROSASCO	40 M ARNOLD	MD 2:58:29	6:49	
4 DAVE TREBER	35 M FROSTBURG	MD 3:01:02	6:55	
5 GARY ST. ONGE	49 M WESTMINSTER	MD 3:01:07	6:55	
6 PRASAD GERARD	41 M HUGHESVILLE	MD 3:01:42	6:57	
7 J.D. LEWIS	32 M ARMONK	NY 3:02:56	6:59	
8 ROBERT ORAVEC	35 M SEVERN	MD 3:04:02	7:02	
9 PIERRE DONAHUE	37 M TAKOMA PARK	MD 3:05:30	7:05	
10 JOHN WARD	35 M OWINGS	MD 3:06:36	7:08	
11 SERGE ARBONA	34 M BALTIMORE	MD 3:09:01		
12 ANDY BAIDA	41 M BALTIMORE	MD 3:09:11	7:14	
13 PAUL JENSEN	56 M PAONIA	CO 3:09:42	7:15	
14 PATRICK FALVEY	45 M GREENFIELD	MA 3:10:42	7:17	
15 JOHNNY RANEY	38 M ALEXANDRIA	VA 3:11:03	7:18	
16 JENNIFER SULLIVAN	35 F ANNAPOLIS	MD 3:12:00	7:20	
17 RONNIE WONG	53 M BALTIMORE	MD 3:12:25	7:21	
18 VERNON LOEB	44 M GARRETT PARK	MD 3:12:47	7:22	
19 HUMBERTO MARTINEZ	40 M KENSINGTON	MD 3:14:32	7:26	
20 FRANCISCO SANCHES	57 M ARLINGTON	VA 3:14:54	7:27	
21 ERIC IVEY	28 M COLUMBIA	MD 3:15:49	7:29	
22 RONALD BLACK	45 M FAIRFIELD	PA 3:16:07	7:30	
23 BUDD BETTLER	56 M NEWARK	DE 3:16:10	7:30	
24 THOMAS ROGERS	33 M LAUREL	MD 3:17:31	7:33	
25 CHRIS JASMAN	37 M ODENTON	MD 3:18:00	7:34	
26 HAMILTON TYLER	36 M MILLERSVILLE	MD 3:18:18	7:35	
27 BELINDA SIMMONS	34 F ROCKVILLE	MD 3:18:24	7:35	
28 LOU D'ANGELO	38 M ALLISON PARK	PA 3:18:41	7:35	
29 ERNESTO CASAREZ	43 M SILVER SPRING	MD 3:19:02	7:36	
30 KATE GARMEY	29 F SEVERNA PARK	MD 3:19:08	7:37	
31 TOM PRENDKI	43 M ANNAPOLIS	MD 3:20:24	7:39	
32 RAY MCMILLIAN	53 M TIMONIUM	MD 3:20:48	7:40	
33 KEVIN SAYERS	40 M FREDERICK	MD 3:21:05	7:41	
34 KEITH MOORE	30 M WASHINGTON	DC 3:21:07	7:41	
35 SERGIO OSTEGUIN	33 M ARLINGTON	VA 3:21:31	7:42	
36 CHRIS MOORE	18 M ANNAPOLIS	MD 3:21:59	7:43	
37 JAMES THOMAS	53 M CASTLETON	NY 3:22:11	7:44	
38 BOB GRIFFITHS	38 M ANNAPOLIS	MD 3:22:12	7:44	
39 JOE SIKORA	48 M SUCCASUNNA	NJ 3:22:54	7:45	
40 FRANK RISPOLI	49 M WILMINGTON	DE 3:23:32	7:47	
41 TADD MORRIS	32 M CAMP HILL	PA 3:23:44		
42 DAVID KARLHEIM	41 M SCAGGSVILLE	MD 3:23:54	7:47	
43 MYRON SIDLOSKI	49 M CLARKS SUMMIT	PA 3:24:12	7:48	
44 JULIANA HARRIS	35 F ODENTON	MD 3:24:15		
45 GEOFF MACDONALD	41 M COLUMBIA	MD 3:24:22		
46 CHARLES WALTERS	40 M CONFLUENCE	PA 3:24:28		
47 WAYNE CORSE	50 M CHARLESTON	MO 3:24:41		
48 DOC GALLAGHER	38 M WAYNESBORO	PA 3:26:04		
49 T.J. HARRINGTON	48 M ANNAPOLIS	MD 3:26:17		
	31 M CARROLTON	MD 3:27:59		
50 HUGH HARRIS 51 JAMES HALEY	43 M HARRISONBURG			
52 DON MARVEL	57 M CORDOVA	MD 3:28:43		
OL DOIT MAITTEL	0 001100111			

53 GIL FRAIJO		MD 3:28:55	7:59
54 GARY PEDRONI		MD 3:29:27	8:00
55 JIM NARIMATSU		MD 3:30:23 TX 3:30:52	8:02
56 WILLIAM BRODERICK	38 M LEAGUE CITY	MD 3:31:37	8:05
57 DAVID HARRELL		MD 3:32:37	8:07
58 MATT MELLIN 59 STEVEN DUNN	44 M WASHINGTON	DC 3:33:00	8:08
60 DAVID SENFT		MD 3:33:53	8:10
61 NELSON STRITEHOFF		MD 3:33:59	8:11
62 LYNN PENG		MD 3:34:01	8:11
63 VINCENT LAMONTE		MD 3:34:06	8:11
64 BILL TURRENTINE	51 M PELHAM	AL 3:34:17	8:11
65 GEFFREY MOY		MD 3:35:02	8:13
66 SUSAN ELDERBROOM	46 F SCHENECTADY	NY 3:35:17	8:13
67 JOHN FAINE	53 M BOWLING GREEN		8:14
68 DOUGLAS BARNABEE		MD 3:37:02	8:17
69 DAWN MURPHY	35 F DALLAS	TX 3:37:27	8:18
70 JOHN SALLAH	31 M ALEXANDRIA	VA 3:37:40	8:19
71 STEVE SMITH	39 M LUSBY	MD 3:38:14	8:2
72 J.R. NOLEN, JR	44 M SPRINGFIELD	VA 3:38:22	8:2
73 ANDREW DUROCHER	30 M FAIRFAX	VA 3:38:56	8:22
74 RICH MACDONALD	36 M PERKIOMENVILLE		8:2
75 JAMES MINER	51 M DRYDEN	NY 3:39:27	8:2
76 BARRY FOLAND	41 M OWINGS MILLS	MD 3:39:34	8:2:
77 EUGENE FRITZEL	49 M LUTHERVILLE	MD 3:39:59	8:2
78 JEFF HOROWITZ	35 M ARLINGTON	VA 3:40:01	8:2
79 CATHERINE WARD	40 F REDMOND	WA 3:40:05	8:2
80 CHARLES DANIEL	47 M BATON ROUGE	LA 3:40:09	8:2
81 MICHAEL DAVIS	53 M MT AIRY	MD 3:40:26	8:2
82 SCOTT DAVID WILLIAMS	42 M OWINGS	MD 3:40:27	8:2
83 JIM HARTMAN	41 M UPPER MARLBO.	MD 3:41:25	8:2
84 SAMUEL WALTERS	49 M YOUNGSVILLE	PA 3:41:43	8:2
85 CHRIS SZALKOWSKI	41 M COLUMBIA	MD 3:42:06	8:2
86 DALE SLAVIN-CHIOR	38 F SILVER SPRING	MD 3:42:20	8:3
87 BRIAN KIM	38 M BETHESDA	MD 3:42:20	8:3
88 SUSAN BRIERS	44 F GAMBRILLS	MD 3:43:49	8:3
89 KEN POWELL	58 M ATLANTA	GA 3:44:19	8:3
90 MARY LANG	46 F PASADENA	MD 3:44:46	8:3
91 DAN SHUFF	65 M SAN ANTONIO	TX 3:45:07	8:3
92 JENNIFER FOULKROD	27 F LANCASTER	PA 3:46:16	8:3
93 JON NOVAK	44 M ARLINGTON	VA 3:46:26	8:3
94 JIM KNOST	41 M BALTIMORE	MD 3:47:06	8:4
95 MICHAEL DICARLO	29 M GAITHERSBURG	MD 3:48:54	8:4
96 ROBERT BUDNY	34 M BALTIMORE	MD 3:49:50	8:4
97 HUGH GORDON	45 M IJAMSVILLE	MD 3:50:53	8:4
98 AKINTUNDE MORAKINYO	36 M COLUMBIA	MD 3:51:01	8:5
			8:5
99 JIM O'BRYAN	51 M MENTOR 44 M COLUMBIA	OH 3:51:22	
100 TONY WARNER	42 M ARLINGTON	MD 3:51:39	8:5 8:5
101 TERENCE ALBRECHT		VA 3:51:40	8:5
102 PATRICK DONAHUE 103 AL BECKEN	47 M GAMBRILLS 71 M SAN ANTONIO	MD 3:52:29 TX 3:53:20	8:5
104 THOMAS GLASS	35 M WEST CHESTER	PA 3:54:13	8:5
105 ERIN KOLARIK	16 F ARNOLD	MD 3:54:56	8:5
106 JOHN HALL	30 M ANNAPOLIS	MD 3:55:40	9:0
107 ROY KNUPP	46 M ALTOONA	PA 3:56:34	9:0
108 REG HORN	58 M PAWLEYS ISL	SC 3:56:44	9:0
109 KOUNG LEE	31 M GAITHERSBURG	MD 3:56:57	9:0
110 DENNIS PAGE	47 M ALTOONA	PA 3:57:51	9:0
111 LARRY ATTANASIO	48 M ELLICOTT CITY	MD 3:58:37	9:0
112 MAUREEN ROHRS	44 F SEVERNA PARK	MD 3:58:45	9:0
113 BOB ROSS	48 M BRENTWOOD	TN 3:58:55	9:0
114 STEVE FLORA	42 M HARRISONBURG	VA 3:59:47	9:1
115 RICHARD MYERS	52 M ELKTON	VA 3:59:48	9:1
116 MIKE SKRAK	49 M NEW YORK	NY 3:59:54	9:1
117 EVAN THOMAS	58 M GLEN BURNIE	MD 4:00:55	9:1
118 ED SCHULTZE			9:1
119 JOHN DEGRECK	54 M PASADENA	MD 4:01:01	9:1
120 KRISTEN ANDERSON	30 F AKRON	OH 4:03:36	9:1
121 JIM ETCHISON	47 M CROFTON	MD 4:03:51	9:1
122 KENNETH WHITWELL	32 M APG-EA	MD 4:03:54	9:1
123 NEAL BARRETT	47 M ANNAPOLIS	MD 4:04:10	9:2
124 JOHN LEDDON	47 M RESTON	VA 4:04:22	9:2
125 CHIN LIN	61 M LEAGUE CITY	TX 4:04:38	9:2
126 KEVIN VALLUZZI	25 M BERGENFIELD	NJ 4:05:09	9:2
127 TIFFANY SCANLON	25 F UNIONVILLE	PA 4:05:22	9:2
128 KENNY GUCWA	32 M BALTIMORE	MD 4:05:36	9:2
129 VALERIE MURRAH	48 F CARBORO	NC 4:06:03	9:2
130 LARRY TABACHNICK	53 M ALEXANDRIA	VA 4:06:45	9:2
131 KEN HIDENFELTER	52 M SEVERNA PARK	MD 4:07:51	9:2
132 RAYMOND NEWMAN	53 M BALTIMORE	MD 4:08:22	9:2
133 DENNIS FUGATE	48 M ELLICOTT CITY	MD 4:08:30	9:3
134 OZLEN DEMIRCI	25 F BALTIMORE	MD 4:08:45	9:3
135 BARBARA WAGNER	41 F BROOKVILLE	MD 4:09:18	9:3
136 DAVID SLIKKER	30 M KENSINGTON	MD 4:09:22	9:3
137 BRETT PETTIS	36 M MECHANICSBUR		9:3
138 ROGER LARK	56 M ELLICOTT CITY	MD 4:09:51	9:3
139 EILEEN PROULX	39 F ANNAPOLIS	MD 4:10:20	9:3
140 EDGAR WIGGINS	49 M BALTIMORE	MD 4:10:54	9:3
141 STEVEN ZELENAK	41 M COLUMBIA	MD 4:10:34 MD 4:11:42	9:3
		MD 4:11:42 MD 4:12:24	9:3
142 WILL MYERS	50 M GAMBRILLS		9:4
143 ROBERT BRADFORD	51 M OKLAHOMA CITY		9:4
144 FRANK HILL JR	56 M ROANOKE	VA 4:13:54	
145 LAURA HYLAND WEBER	41 F BRENTWOOD	MO 4:14:52	9:4
146 ANNE GALEHOUSE	38 F AKRON	OH 4:14:52	9:4
147 NEAL KOPASEK	37 M BALTIMORE	MD 4:15:03	9:4
	36 M TEMPLE HILLS	MD 4:15:09	9:4
148 MELVIN FOXX	39 M LAUREL	MD 4:15:13	9:4
149 DEREK AMMONS		VA 4:15:24	9:4
149 DEREK AMMONS 150 THOMAS JOHNSON	59 M ROANOKE		0-
149 DEREK AMMONS 150 THOMAS JOHNSON 151 CHIP SISCO	44 M RANDOLPH	NJ 4:15:42	
149 DEREK AMMONS 150 THOMAS JOHNSON 151 CHIP SISCO 152 ROBIN SISCO	44 M RANDOLPH 40 F RANDOLPH	NJ 4:15:42 NJ 4:15:43	9:4
149 DEREK AMMONS 150 THOMAS JOHNSON 151 CHIP SISCO	44 M RANDOLPH	NJ 4:15:42	9:4 9:4 9:5

156 JIM CAVANAUGH	58 M ARLINGTON	VA 4:18:25 9:52
157 ZACH VANBLACK	32 M HOUSTON	TX 4:18:25 9:52
158 JOHN VOGEL II	52 M WHIPPANY	NJ 4:18:43 9:53
159 RUTH RIPLEY	52 F PENNELLVILLE	NY 4:18:46 9:53
160 FRED MILLS	50 M GAITHERSBURG	
161 RALPH MASSELLA	49 M GLENELG	MD 4:19:45 9:55
162 DELLA MCINTYRE	51 F CATONSVILLE	MD 4:20:37 9:57
163 ALFRED MCCLODDEN	32 M TALLULAH	LA 4:21:11 9:59
164 DELORES HORN	60 F PAWLEYS ISL	SC 4:21:13 9:59
165 JOSE ROMERO 166 BEVERLY BLACK	34 M GLEN BURNIE	MD 4:23:28 10:04
167 ALEC DESROCHES	39 F FAIRFIELD 45 M FAIRFAX	PA 4:23:56 10:05
168 ELIZABETH LANGREHR	39 F NEW FREEDOM	VA 4:27:28 10:13
169 JACK OATES	56 M COLUMBIA	PA 4:28:39 10:16 MD 4:28:51 10:16
170 RICHARD FOX	52 M ELLICOTT CITY	MD 4:29:03 10:17
171 PETER SACKRIDER	43 M ANNAPOLIS	MD 4:30:39 10:20
172 BENES TRUS	53 M BETHESDA	MD 4:30:40 10:20
173 CHRIS NEWELL	31 M REISTERSTOWN	MD 4:32:01 10:23
174 BERNARD POLLEY	49 M BALTIMORE	MD 4:32:23 10:24
175 RICHARD DEAN	52 M ARLINGTON	VA 4:32:56 10:26
176 PATRICIA SNODGRASS	45 F ANNAPOLIS	MD 4:33:24 10:27
177 TERRELL BLACK	44 M JOPPATOWNE	MD 4:34:58 10:30
178 WALTER PRESCOTT	46 M DERRY	NH 4:35:15 10:31
179 ZINA MARIE NEWELL	30 F REISTERSTOWN	MD 4:35:26 10:31
180 JOHN DUNLAVEY	27 M FREDERICK	MD 4:36:07 10:33
181 JIM DICKERSON	31 M OCEAN CITY	MD 4:36:09 10:33
182 JIM ROMES	44 M FLANDERS	NJ 4:37:20 10:36
183 STEPHANIE K HARRIS	39 F BOWIE	MD 4:38:21 10:38
184 JUDITH COLON	40 F COLUMBIA	MD 4:38:43 10:39
185 ALLISON TRUSCOTT	28 F COLOMBIA	MD 4:40:13 10:42
186 PAUL PIPLANI	50 M MESA	AZ 4:43:24 10:49
187 ALGERON MOORE	52 M BALTIMORE	MD 4:44:02 10:51
188 GARY RHODES	60 M ALTOONA	PA 4:45:52 10:55
189 DALE REICHTER 190 CRAIG COOK	46 M HULL 45 M SEVERNA PARK	IA 4:46:09 10:56 MD 4:46:30 10:57
191 MICHAEL CLARK	17 M	4:47:17 10:58
192 SHARON SEELEY	44 F ARLINGTON	VA 4:47:18 10:58
193 CAROL ELLIS	45 F ANNAPOLIS	MD 4:48:21 11:01
194 SUSAN FIORINO	38 F HAMPSTEAD	MD 4:48:21 11:01
195 NANCY CARTER	42 F SYKESVILLE	MD 4:48:22 11:01
196 ROBERT MACDONALD	37 M PERKIOMENVILLE	E PA 4:48:38 11:01
197 JERRY GUTIERREZ	37 M CATONSVILLE	MD 4:49:24 11:03
198 MIGUEL GOMEZ	51 M ALEXANDRIA	VA 4:50:16 11:05
199 BILL LAW	72 M ARNOLD	MD 4:51:34 11:08
200 PAUL COHEN	47 M WASHINGTON	DC 4:54:14 11:14
201 LINDA SIMPSON	57 F ANNAPOLIS	MD 4:54:39 11:15
202 ACE SARICH	55 M ANNAPOLIS	MD 4:55:33 11:17
203 SUZANNE MEDAIRY	26 F RESTON	VA 4:55:33 11:17
204 MEGHAN SCHAUB	22 M COCKEYSVILLE	MD 4:56:29 11:19
205 TIMOTHY GARDNER	24 M CATONSVILLE	MD 4:56:30 11:19
206 TIM BEATY	57 M COLUMBIA	MD 4:56:33 11:20
207 WILLIAM WATSON	53 M RIVER RIDGE	LA 4:57:35 11:22
208 RANDALL HANSEN	53 M ESTHERVILLE	IA 5:00:46 11:29
209 NICK PAVLINIC 210 BRIAN ALMONEY	48 M CROFTON 28 M RED LION	MD 5:03:37 11:36
211 CAROLYN GERNAND	51 F ALEXANDRIA	PA 5:04:04 11:37 VA 5:06:29 11:42
212 BRAD CHAPMAN	68 M CROFTON	MD 5:08:48 11:48
213 DOROTHY COLLINS	25 F ALEXANDRIA	VA 5:09:46 11:50
214 RAY SCHARENBROCK	66 M MILWAUKEE	WI5:09:47 11:50
215 PAUL GOLDENBERG	48 M COLUMBIA	MD 5:14:53 12:02
216 RONALD CLARK	52 M BALTIMORE	MD 5:14:55 12:02
217 HELEN BEST	34 F PITTSBURGH	PA 5:16:31 12:05
218 JOSEPH FARRELL	29 M BALTIMORE	MD 5:20:07 12:14
219 SUSAN ZEVIN	50 F ANNAPOLIS	MD 5:24:10 12:23
220 MICHAEL HUGHES	45 M SEAVILLE	NJ 5:28:56 12:34
221 VICTORIA GRACE	52 F BALTIMORE	MD 5:31:31 12:40
222 THERESA PHILIP	45 F GLEN ROCK	PA 5:31:32 12:40
223 JOSE NEBRIDA	58 M CHICAGO	IL 5:37:13 12:53
224 DICK GOOD	70 M ACCIDENT	MD 5:43:28 13:07
225 ELIZABETH PERRY	32 F ASHEVILLE	NC 6:03:42 13:53
226 ED BURNHAM	80 M KANSAS CITY	MO 6:44:24 15:25

OVERALL FINI	SHERS
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OILIUM	TITITI) I IIII	LU
MALE OVERALL RESULTS			
1 LULJAK, DAVID	44 CHEVY CHASE	MD 2:52:40	6:36
2 SULLIVAN, MARK	37 FREEBURG	PA 2:56:32	6:45
3 ROSASCO, MARK	40 ARNOLD	MD 2:58:29	6:49
4 TREBER, DAVE	35 FROSTBURG	MD 3:01:02	6:55
5 ST. ONGE, GARY	49 WESTMINSTER	MD 3:01:07	6:55
6 GERARD, PRASAD		MD 3:01:42	6:57
7 LEWIS, J.D.	32 ARMONK	NY 3:02:56	6:59
8 ORAVEC, ROBERT	35 SEVERN	MD 3:04:02	7:02
9 DONAHUE, PIERRE	37 TAKOMA PARK	MD 3:05:30	7:05
10WARD, JOHN	35 OWINGS	MD 3:06:36	7:08
FEMALE OVERALL RESULT	S		
1 SULLIVAN JENNIFER	35 ANNAPOLIS		7:20
2 SIMMONS, BELINDA	34 ROCKVILLE	MD 3:18:24	7:35
3 GARMEY, KATE	29 SEVERNA PARK	MD 3:19:08	7:37
4 HARRIS, JULIANA	35 ODENTON	MD 3:24:15	7:48
5 PENG, LYNN	24 BALTIMORE	MD 3:34:01	8:11
6 ELDERBROOM, SUSAN	46 SCHENECTADY	NY 3:35:17	8:13
7 MURPHY, DAWN		TX 3:37:27	8:18
8 WARD, CATHERINE	40 REDMOND	WA 3:40:05	8:24
9 SLAVIN-CHIORINI, DALE	38 SILVER SPRING	MD 3:42:20	8:30
10BRIERS, SUSAN	44 GAMBRILLS	MD 3:43:49	8:33
MASTERS-MALE AGE GROU	JP: 40 - 99		
1 5 ST. ONGE, GARY	49 WESTMINSTER	MD 3:01:07	6:55
2 6 GERARD, PRASAD			6:57
3 12 BAIDA, ANDY	41 BALTIMORE	MD 3:09:11	7:14
MASTERS-FEMALE AGE GR	ROUP: 40 - 99		

1	66 ELDERBROOM, SUE	46 SCHENECTADY	NY 3:35:17	8:13
1	90 LANG, MARY	46 PASADENA	MD 3:44:46	8:35
2	129 MURRAH, VALERIE	48 CARBORO	NC 4:06:03	9:24
3	176 SNODGRASS, PAT	45 ANNAPOLIS	MD 4:33:24	10:27
4	193 ELLIS, CAROL	45 ANNAPOLIS	MD 4:48:21	11:01
5	222 ROBERTSON-PHILIP	45 GLEN BOCK	PA 5:31:32	12:40

AGE-GROUP RESULTS

	111	DULLU		
	MALE AGE GROUP: 15 - 19			
	1 36 MOORE, CHRIS	18 ANNAPOLIS	MD 3:21:59	7:4
	2 65 MOY, GEFFREY	16 HALETHORPE	MD 3:35:02	8:1
	3 191 CLARK, MICHAEL	17 ARLINGTON	VA 4:47:17	
	FEMALE AGE GROUP: 15 - 19			
	1 105 KOLARIK, ERIN	16 ARNOLD	MD 3:54:56	8:5
	MALE AGE GROUP: 20 - 24			
	1 204 SCHAUB, MEGHAN	22 COCKEYSVILLE	MD 4:56:29	11:1
	2 205 GARDNER, TIMOTHY	24 CATONSVILLE	MD 4:56:30	11:1
	FEMALE AGE GROUP: 20 - 24			
	1 62 PENG, LYNN	24 BALTIMORE	MD 3:34:01	8:1
	MALE AGE GROUP: 25 - 29			
	1 21 IVEY, ERIC	28 COLUMBIA	MD 3:15:49	7:2
	2 95 DICARLO, MICHAEL	29 GAITHERSBURG		
	3 126 VALLUZZI, KEVIN	25 BERGENFIELD		
	4 180 DUNLAVEY, JOHN		MD 4:36:07	
	5 210 ALMONEY, BRIAN	28 RED LION	PA 5:04:04 1	
	FEMALE AGE GROUP: 25 - 29			110
	1 92 FOULKROD, JENNIFER	27 LANCASTER	PA 3:46:16	8:3
	2 127 SCANLON, TIFFANY	25 UNIONVILLE	PA 4:05:22	9.2
	3 134 DEMIRCI, OZLEN	25 BALTIMORE	MD 4:08:45	9:3
	4 185 TRUSCOTT, ALLISON		MD 4:40:13	
	5 203 MEDAIRY, SUZANNE	26 RESTON		
	MALE AGE GROUP: 30 - 34	2011201011	771.00.001	
	1 7 LEWIS, J.D.	32 ARMONK	NY 3:02:56	6:5
	2 11 ARBONA, SERGE	34 BALTIMORE		
	3 24 ROGERS, THOMAS	33 LAUREL	MD 3:17:31	
-	4 34 MOORE, KEITH	30 WASHINGTON	DC 3:21:07	
	35 OSTEGUIN, SERGIO	33 ARLINGTON	VA 3:21:31	
	FEMALE AGE GROUP: 30 - 34		7710127101	
	1 120 ANDERSON, KRISTEN	30 AKRON	OH 4:03:36	9-1
	2 153 BOULANGER, CORY	33 LAUREL	MD 4:16:33	
	3 179 NEWELL, ZINA MARIE	30 REISTERSTOWN	MD 4:35:26	
	1 217 BEST, HELEN		PA 5:16:31	
	225 PERRY, ELIZABETH	32 ASHEVILLE		
	MALE AGE GROUP: 35 - 39	0011011011000	110 0.00.12	10.0
	1 4 TREBER, DAVE	35 FROSTBURG	MD 3:01:02	6.5
	8 ORAVEC, ROBERT	35 SEVERN	MD 3:04:02	
	3 9 DONAHUE, PIERRE	37 TAKOMA PARK		
	1 10 WARD, JOHN	35 OWINGS	MD 3:06:36	
	5 15 RANEY, JOHNNY	38 ALEXANDRIA		
	FEMALE AGE GROUP: 35 - 39			,.,,
	1 44 HARRIS, JULIANA	35 ODENTON	MD 3:24:15	7.45
	2 69 MURPHY, DAWN	35 DALLAS	TX 3:37:27	
	8 86 SLAVIN-CHIORINI, DALE		MD 3:42:20	
	139 PROULX, EILEEN	39 ANNAPOLIS	MD 4:10:20	
	146 GALEHOUSE, ANNE	38 AKRON	OH 4:14:52	
	I TO WALLING OUL, ANNE	OU MILLION	0114.14.02	3.4

M	ALE AGE GROUP: 40 - 44			
	6 GERARD, PRASAD	41 HUGHESVILLE	MD 3:01:42	6.5
	12 BAIDA, ANDY	41 BALTIMORE	MD 3:01:42 MD 3:09:11	6:5
	18 LOEB, VERNON	44 GARRETT PARK	MD 3:12:47	7:1 7:2
	19 MARTINEZ, HUMBERTO	40 KENSINGTON	MD 3:12:47	7:2
	29 CASAREZ, ERNESTO	43 SILVER SPRING	MD 3:14.32	7:3
	EMALE AGE GROUP: 40 - 44		WID 3.19.02	1.0
	79 WARD, CATHERINE	40 REDMOND	WA 3:40:05	8:2
	88 BRIERS, SUSAN	44 GAMBRILLS	MD 3:43:49	8:3
	112 ROHRS, MAUREEN	44 SEVERNA PARK	MD 3:58:45	9:0
	135 WAGNER, BARBARA	41 BROOKVILLE	MD 4:09:18	9:3
	145 WEBER, LAURA	41 BRENTWOOD	MO 4:14:52	9:44
	ALE AGE GROUP: 45 - 49			V.,
	14 FALVEY, PATRICK	45 GREENFIELD	MA 3:10:42	7:1
	22 BLACK, RONALD	45 FAIRFIELD	PA 3:16:07	7:3
	39 SIKORA, JOE	48 SUCCASUNNA	NJ 3:22:54	7:4
	40 RISPOLI, FRANK	49 WILMINGTON	DE 3:23:32	7:4
	43 SIDLOSKI, MYRON	49 CLARKS SUMMIT	PA 3:24:12	7:4
	EMALE AGE GROUP: 45 - 49			
	90 LANG, MARY	46 PASADENA	MD 3:44:46	8:3
	129 MURRAH, VALERIE	48 CARBORO	NC 4:06:03	9:2
	176 SNODGRASS, PAT	45 ANNAPOLIS	MD 4:33:24	10:2
	193 ELLIS, CAROL	45 ANNAPOLIS	MD 4:48:21	11:0
	222 ROBERTSON-PHILIP	45 GLEN ROCK	PA 5:31:32	
	ALE AGE GROUP: 50 - 54			
	17 WONG, RONNIE	53 BALTIMORE	MD 3:12:25	7:2
	32 MCMILLIAN, RAY	53 TIMONIUM	MD 3:20:48	7:4
	37 THOMAS, JAMES	53 CASTLETON	NY 3:22:11	7:4
	47 CORSE, WAYNE	50 CHARLESTON	MO 3:24:41	7:4
	64 TURRENTINE, BILL	51 PELHAM	AL 3:34:17	8:1
	MALE AGE GROUP: 50 - 54			
1	159 RIPLEY, RUTH	52 PENNELLVILLE	NY 4:18:46	9:5
2	162 MCINTYRE, DELLA	51 CATONSVILLE	MD 4:20:37	9:5
	211 GERNAND, CAROLYN	51 ALEXANDRIA	VA 5:06:29	11:4
	219 ZEVIN, SUSAN	50 ANNAPOLIS	MD 5:24:10	12:2
5	221 GRACE, VICTORIA	52 BALTIMORE	MD 5:31:31 1	
	ALE AGE GROUP: 55 - 59			
1	13 JENSEN, PAUL	56 PAONIA	CO 3:09:42	7:1
2	20 SANCHES, FRANCISCO	57 ARLINGTON	VA 3:14:54	7:2
	23 BETTLER, BUDD	56 NEWARK	DE 3:16:10	7:3
	52 MARVEL, DON	57 CORDOVA	MD 3:28:43	7:5
	57 HARRELL, DAVID	57 CHEVY CHASE	MD 3:31:37	8:0
FE	MALE AGE GROUP: 55 - 59			
	201 SIMPSON, LINDA	57 ANNAPOLIS	MD 4:54:39	11:1
	ALE AGE GROUP: 60 - 64			
	125 LIN, CHIN	61 LEAGUE CITY	TX 4:04:38	9:2
	154 SALMON-COX, PETER		MD 4:17:49	9:5
	188 RHODES, GARY	60 ALTOONA	PA 4:45:52	10:5
	MALE AGE GROUP: 60 - 64			
	164 HORN, DELORES	60 PAWLEYS ISLAND	SC 4:21:13	9:5
	ALE AGE GROUP: 65 - 69			
	91 SHUFF, DAN	65 SAN ANTONIO	TX 3:45:07	8:3
1	212 CHAPMAN, BRAD	68 CROFTON	MD 5:08:48	11:48
2		66 MILWAUKEE	WI 5:09:47	
2	214 SCHARENBROCK, RAY	66 MILWAUKEE	WI 5:09:47	11.0
2 3 M/	214 SCHARENBROCK, RAY ALE AGE GROUP: 70 - 74			
2 3 M/	214 SCHARENBROCK, RAY ALE AGE GROUP: 70 - 74 103 BECKEN, AL	71 SAN ANTONIO	TX 3:53:20	8:55
2 M/ 1 2	214 SCHARENBROCK, RAY ALE AGE GROUP: 70 - 74 103 BECKEN, AL 199 LAW, BILL	71 SAN ANTONIO 72 ARNOLD	TX 3:53:20 MD 4:51:34	8:55
2 3 M/ 1 2 3	214 SCHARENBROCK, RAY ALE AGE GROUP: 70 - 74 103 BECKEN, AL	71 SAN ANTONIO	TX 3:53:20	8:55 11:08 13:07

Let's hear it from the voices from the back of the pack!

Please e-mail your articles, tidbits, race results and/or general newsletter materials to apc@annapolis.net

Deadline for the June Issue is Tuesday, May 2, 2000

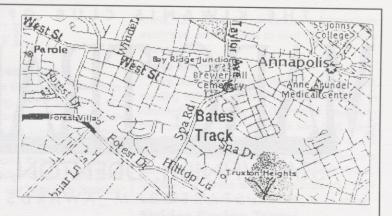
Newsletter Questions?

Contact Arnie Henderson 410-263-0863

ANNAPOLIS STRIDERS

THE RESERVE OF THE PARTY OF THE					
JUNE18	RACE TIME	SIGN IN	RACE AND LOCATION	DISTANCE	
JUNETO	8:00AM	June 17th _2pm to 5pm June 18th_6:30AM to 7:30AM	FATHER'S DAY 10K NORTH ARUNDEL HOSPITAL	10K	
JÚLÝ B	6:00PM	JULY 8th_5pm to 6pm	JOHN WALL MEMORIAL MILE	1 M	
JULY 15	8AM(WOMEN) 8:45AM(MEN)	JULY 15th_7am to 7:45am	WOMENS 5K DISTANCE FESTIVAL AND RUN AFTER THE WOMEN 5K WEST ANNAPOLIS ELEMENTARY SCHOOL	5K	
AUGUST 6	MA8	AUGUST 6th_6:30am to 7:30am	DOG DAYS 8K TRAIL RUN ANNE ARUNDEL COMMUNITY COLLEGE	8K	
ELIGIBILITY:	\$20 COVERS THE FOUR RAI AND AWARDS AS WELL AS	CES LISTED ABOVE. AT EACH RAD	CE YOU ARE ELIGABLE FOR THE NORMAL E MAY HAVE. IF YOU ARE A MEMBER OF SERIES, THE FEE IS \$8.	_ PRIZES F THE	
RIES SCORING:	FOR EACH RACE YOUR POSI THE TOTAL OF OUR THREE L	TION RELATIVE TO THE OTHER PA LOWEST SCORES WILL BE YOUR S	RTICIPANTS IN THE SERIES WILL BE YOU SCORE FOR THE SUMMER SERIES.	JR SCORE.	
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ANNAPOLIS	MALES AT THE AWARDS CE 410.268.1165	REMONY AT THE DOG DAYS RACE	E TOP THREE FEMALES AND THE TOP THE ON AUGUST 6, 2000.		
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The Annapolis Striders Present the Spring 2000



10 Week Program for Beginning Runners at Bates Jr. High Track • 1st Session: 6:00 pm, Tuesday, May 9

This low-key program will guide the participants from a walk-run beginning - to a 20 minute nonstop run. Participants should be capable of walking briskly for 20 minutes. Be sure to check with your doctor prior to starting any fitness program. Even if you have run before, this program can recharge your fitness batteries! The goal will be for all who finish the program to be able to complete the Striders' Women's Distance Festival 5K (3.1 miles) or the Run After The Women 5K to be held Saturday July 15, 2000 at West Annapolis Elementary School.

Bates Jr. High Track • 1st Session: Tues., May 9 TUESDAY & THURSDAY 6:00 p.m., SATURDAY 8:00 a.m.

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

PARKING - The entrance to WEEMS-WHELAN FIELD/BATES TRACK parking lot is at the stop light on Spa Road, across from the old recycling center. Additional parking is available at the Maryland Hall for the Arts. See map on back.

PROGRAM INCLUDE - information on finding the right shoes, injury prevention and treatment, successful cross-training techniques, keeping track of heart rate, runner's high, running safety, and keeping running fun. PLUS, graduates of last year's program will return to discuss their experiences.

YOUR INSTRUCTOR is certifiable so come experience the Patch Adams approach to running!

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

REGISTRATION INSTRUCTIONS - Cost is \$15.00 Register one of two ways:

- 1. To join the club and sign up for the program: fill out the Membership Form on page 14 and the BRP form below. Cost is
- 2. To just sign up for the program, fill out only the Beginning Running Program Form (members send no money). Cost for non-members is \$15. The best deal is club membership since you get a year's worth of newsletters, schedules, running data, race results, and discounts from local merchants.

After filling out the form(s), mail it by May 1 to:

Evan Thomas, 7941 Queens Rd., Glen Burnie, MD 21061. After that date, bring completed forms to the first session. Make checks payable to Annapolis Striders.

Premiums: "Famous" Beginning Running t-shirts to all who complete the course!

SPONSORED BY THE ANNAPOLIS STRIDERS, INC.

- 24-HOUR HOTLINE: 410-268-1165
- EVAN THOMAS, DIRECTOR, BEGINNING RUNNING PROGRAM 410-760-9188 (call before 9:00 p.m.)

APPLICATION FORM – Beginning Running Program

LAST NAME	FIRST NAME	MI PHONE
STREET	STATE	ZIP CODE
E-MAIL ADDRESS	GENDER M F	STRIDER? Y N
conditions, these risks being known and app anyone entitled to act on may behalf, waiv	ent in this activity, including but not limited to fa preciated by me. Having read this Waiver Relese	zards. I understand that I should not participate unless medically able. alls, contact with participants, effects of weather and road and traffic e and considering the acceptance of my application, I, for myself and a Road Runners Club of America, all sponsors and hosts, and their activity.
SIGNATURE OF ENTRANT	100 10 10 10 10 10 10 10 10 10 10 10 10	DATE
SIGNATURE OF PARENT IF ENTRANT UNDER AGE	18	DATE
	MANDATORY	

MARCTRAIL 5 MIER

START/FINISH: ODENTON, MD MARC TRAIN STATION
START@8AM_AWARDS CEREMONY@9:15AM

T. SHIRTS FOR ALL RUNNNERS+DOOR PRIZES

Trophies go to the winner and runner up (male and female) for the following categories:

OVERALL WINNER VARIOUS AGE GROUPS KIWANIS MEMBER KIWANIS KEY CLUB MEMBER

DIRECTIONS:

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

PLEASE PRINT

Entry fee: \$12 before June 17 • \$15 after June 17

Make checks payable to: Kiwanis Club of Odenton/MARC Train 5 Miler

Attn: Joe Mac, P.O. Box 57, Odenton, MD 21113

AGE ON RACE DAY ()	G	ENDER 🗇	М) F		ADULT	T SHIRT	SIZE	: 🗆 :	s 🗆	IM C	JL		
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Employee of MARC/M	TA? Y	ON	Kiwar	nis Mem	ber?	TY.		K	iwan	is Key	Club	Memb	per?	JY	

RELEASE AND WAIVER – (MUST BE SIGNED): I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risk with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, heat and humidity, with potential for heat exhaustion, stroke or even death, and traffic and road conditions. All such risks are known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, and administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the Odenton Kiwanis Club, all race sponsors, all race donors, their representatives and successors, and the race director from all claims and liabilities of any kind arising out of my participation in this event. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for an legitimate purpose. I attest that I have trained sufficiently for this event.

Parent or Guardian must sign for Runners under 18 Years of Age.

SIGNED

FOR MORE INFORMATION PLEASE CALL:

JOE McCARTAN, RACE DIRECTOR (AFTER 12 P.M.) KEVIN WAGNER, ASST. RACE DIRECTOR 410-551-4301 410-695-1083

Annapolis Striders Upcoming Race Schedule & Application Form

INSTRUCTIONS: Fill out the entry information. Note 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.



20th ANNUAL CHERRY PIT 10-MILE RACE

Sunday, APRIL 9, 8:00 a.m. 2nd Leg of Champ Series South River High School Complex, Central Ave/Rte 214, Edgewater. Course: Loop course over county roads, monitored, with 3 water stops. Moderate rolling hills. • Prizes: Top Male/Female. Awards to Top 3 in 10 year age groups. • T-Shirts: famous Cherry Pit shirts will be available for sale race day. • Fee: Mail prior to Apr 4, Striders-\$3, non-Striders-\$4: Race Day, all \$5. • Mail to: Bob Burash, 8333 Dubbs Dr, Severn, MD 21144. Race Directors Bob Burash and Whitey Gross, 410-551-5774 or 410-551-8996.



19TH ANNUAL JOHN WALL MEMORIAL 1-MILE TRACK RACE

Saturday, JULY 8, 6:00 p.m. 4th Leg of Champ Series Broadneck High School Track • Prizes: 1st Male/Female overall & 1st Masters M/F, and age group awards. \$50 gift certificate for breaking the event record of 4:21! • Fee: Mail prior to Jul 3, Striders: \$3, non-Striders: \$4; race day: all \$5. • Mail to Dave Wall, 313 Norfolk St, Severna Park, MD 21146. • Race Director: Dave Wall 410-315-9275

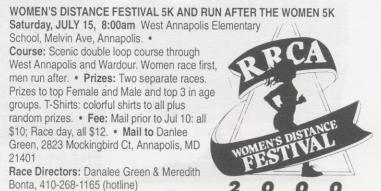


North Arundel Hospital presents the

FATHER'S DAY/B&A TRAIL 10K (In memory of Pat O Brien)

Sunday, JUNE 18, 8:00 a.m. 3rd Leg of Champ Series North Arundel Hospital, Hospital Drive, Glen Burnie

Course: USATF Certified on residential streets and the B&A Trail, mostly flat with a few hills. • Prizes: Top 3 Men/Women & Top M/F Master receive unique crystal plates. Awards to top 3 in 10 year age groups thru 70+. Random prizes too. • Post race celebration: Cook-out, soft drinks, fruit juice, beer, bagels, cookies, snacks, ice cream, etc. T-Shirts: Long sleeve shirts to all. • Packet pick-up: Sat 2-5pm, 3rd floor, North Arundel Hospital. Fee: By mail prior to Jun 13 and thru packet pick-up: \$12; Race day, all \$15. Mail to: Father's Day 10K, c/o Neal Hinkle, 8269 Mimico N., Millersville, MD 21108. Race Directors: Evan Thomas: 410-760-9188 & Neal Hinkle:



410-987-5649 Race Name: LAST NAME FIRST NAME TELEPHONE STREET CITY / STATE GENDER OM OF BIRTHDATE [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 nt 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. Haaving react this Waiver Relesse and considering the acceptance of my application, I, for myself and anyone entitle to act on may behalf, waive and release the Annapolis Striders, Inc., the Road Runners Club of America, all sponsors and hosts, and their representatives and succesors, from any claim of liability arising from my involvement in this activity. SIGNATURE OF ENTRANT DATE SIGNATURE OF PARENT IF ENTRANT UNDER AGE 18_ MANDATORY

Apr 8, Sat, 9am, BRRC Billy Goat 5K (series), McDonogh School, Baltimore, 410-296-6854. Apr 8, Sat, 9am, Sally Nyborg Loop for Lupus, Baltimore, 410-377-8882.

Apr 9, Sun, 8am, Nortel Cherry Blossom 10M (entries closed), 301-320-3350.

Apr 12, Wed, 7pm, Main Street Mile, WRRC, Liuda Galinaitis, 1796 Mt Pleasant Valley Rd, Westminster, MD 21158, 410-857-5427.

Apr 15, Sat, 830am, Garrett's 5K, Frederick, 301-663-8082(call to confirm).

Apr 15, Sat, 8am, Bright Beginnings 5K, East Potomac Park, DC, 202-337-2001.

Apr 15, Sat 10am, Terrapin Trot 5K, College Park, 301-314-8498.

Apr 15, Sat, 9am, Brandywine BrewPub 5/10K, Wilmington, DE, 302-654-6400. Apr 16, Sun, 9am?, Penn Relays 20K/5K,

Philadelphia, PA, 215-898-6145.

Apr 16, Sun, 8am, Geo Washington Parkway
15K, Alex United Way, 300N Washington St
(Suite 100), Alex, VA 22314, 703-549-4447.

Apr 16, Sun, 8am, Clydes American 10K, Columbia, 410-964-1998.

Apr 16, Sun, 8am, Cassidy & Pinkard/SAIC Brain Tumor 5K, Washington, 301-871-0400. Apr 17, Mon, Noon, Boston Marathon, SASE

to PO Box 1997-A, Hopkinton, MA01748. **Apr 22**, Sat, 9am, Clarendon/Gold's Gyn 5K, Arlington, VA, 703-527-4653.

Apr 22, Sat, 9am, Run for Life 5K, Gaithersburg, 703-573-2676.

Apr 29, Sat, 830am, Dulaney Classic 5K, Baltimore, 410-377-8882.

Apr 29, Sat, 9am, YWCA Race Against Racism 5K, Washington, 301-871-0400 (Chip)



Annapolis Strider Events What's Coming Up

STRIDER BOARD MEETINGS AA Medical Center, Jennifer Road Tuesday, April 4, 2000, 7:30 p.m. Meetings open to all Strider Members.

Cherry Pit 10 Mile Sunday, April 9 8 am South River H.S.

Governors Bay Bridge 10k Sunday, May 7, 2000 (closed)

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 - look for NEW LOCATION in next issue.

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.

The STREAK is mailed by bulk mail and cannot be forwarded by the post office. If you are planning on a move, please notify the Membership Management Director. P.O. Box 187, Annapolis, MD 21404-0187.

Hotline: 410/268-1165



THE RACES ARE

Apr 29, Sat, 730am, Mid-Atlantic Triple (trail half marathon/10K and 5K), Newark, DE, 302-453-0859.

Apr 29, Sat, 8am, Oxford Day 10K for Breast Care, Oxford, 410-226-5500. Certified course. Apr 29?, Sat, 9am, Byron 15K, Emmittsburg, 301-447-5330 – call to confirm.

Apr 30, Sun, 8am, Pikes Peek 10K, Rockville, MCRRC, 301-353-0200/460-8888. (Chip) Apr 30, Sun, 8am, Sallie Mae 10K, Washington, DC, 202-721-9500.

Apr 30, Sun, 8am, BRRC Champ Series 10K, NCRR Trail, Ashland, 410-296-6854.

Apr 30, Sun, 8am, Road and Trail Classic 8K, Towson, 410-337-6389

Apr 30, Sun, 830am, Reach Out and Run 5K, Towson, 410-377-8882

Apr 30, Sun, 9am, Mt. Hebron Viking Backers 5K, Mt. Hebron H.S. Columbia, 410-203-9355 May 6, Sat, 7am, Mason Dixon 50 Mile Relay, Sparks

May 7, Sun, 830am?, Pittsburgh Marathon & Men's Olympic Trials, 1001 Law & Finance Bldg, Fourth Ave, Pittsburgh, PA, 15219, 412-647-7866.

May 7, Sun, 8am, USO Defenders 10M, Washington, DC, 301-871-0400 (chip).

May 7, Sun, 9am, Broad Street 10M, BSR, POB 18543, Phila, PA 19129, 215-563-6184.

May 7, Sun, 830am, Jay's Run 10K, Potomac, 301-675-7747.

May 7, Sun, 8am, Kiss a Pig 5K, Patapsco State Park.

May 13, Sat, 8am, Preakness 5K, Inner Harbor, 410-377-8882.

May 14, Sun 9am, Masser 5M, Lewes, DE, 302-947-1772/301-858-1337.

May 14, Fri, 715pm, Bullis 5K cross country, Potomac, 301-353-0200.

May 14, Sun, 8am, Fleet Feet Festival 5K (women's race), Tyson's Corner, 301-871-0400 (chip).

May 14, Sun, 9am, YMCA Y2K Mother's Day 10K, Arlington, 7803-241-0395.

May 20, Sat, 7am, Kennett Square 5/10K, Kennett Square, PA, 610-388-1556. Certified Course

May 21, Sun, 8am, BRRC Lake Montebello, 5M, Baltimore, 410-296-6854.

May 21, Sun, 830am, Capitol Hill Classic 10K, Peabody School, 5th & C Sts NW, Wash, DC, 301-871-0400.

May 21, Sun, 830am, SMA 5K, Rockville, 301-315-9327.

May 21, Sun, 8am, Run for the Arts 5K, East Potomac Park, 202-944-2790.

May 27, Sat, 8am, Chestertown 10M/5K(new this year!), Tea Party Race Comte, P.O. Box 526, Chestertown, MD 21620, Kiki Jones 410-778-4179 (days) or Lee Cox 610-277-9758.

May 27, Sat, 8am, BRRC Billy Goat 5M, Bel Air, 410-296-6854.

May 28, Sun, 830am, Union Memorial Day 5K, Baltimore, 410-377-8882.

May 29, Mon, 8am, Annapolis Striders 5K Prediction Fun Run (NEW), Kinder Park, 410-760-9188.

May 29, Mon, 8am, Over Hillandale 5M, Hillandale, 301-353-0200.

May 29, Mon, 9am, HCS All Fruit Relay 4X2M, Columbia, 410-992-5744.

Jun 3, Sat, 745am, Capital Crescent 5K, Bethesda, 301-353-0200.

Jun 3, Sat, 8am, Charles Village Celebration 5K, Charles Village, 410-377-8882.
Jun 3, Sat, 8am, Laurel 5K, Laurel,

301-776-6471.

Jun 3, Sat, National Race for the Cure 5K, Washington, DC, 703-848-8884.

Jun 4, Sun, 730am, Herndon Festival 10K, Herndon, VA 703-435-6868.

Jun 4, Sun, 8am, Bel Air Town Run*, Bel Air, 410-377-8882.

(Items with a "?" indicate tentative date or time, call to confirm. An asterisk (*) indicates Maryland RRCA Championship Series Race)



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ADDRESS CORRECTION REQUESTED

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