

STREAK



A Publication for Members of the Annapolis Striders

Volume XXIII NUMBER 1 ■ APRIL 2000



Donna Black

Eric Harger



Outgoing President Sue Briers accepts honors.

AWARDS BANQUET PHOTOS
PAGES 12-14
also
NEW BOARD MEMBERS/DIRECTORS
PAGE 2



Sharon Serio, Linda Simpson and Patti Snodgrass.

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

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 you'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

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 paying dividends. Jennifer Sullivan again took second place in 19:39, 17 seconds

See Washington 5K, page 2

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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.

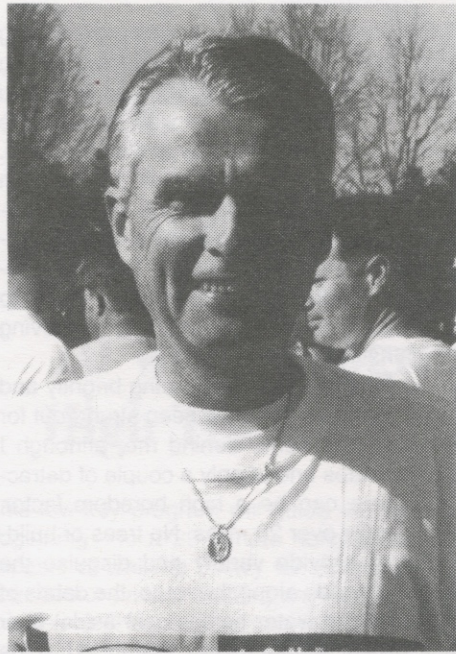
We again gave out random prizes at the finish line (no waiting). So, by this time next year you will have forgotten about the uphill finish and be raring to go, right? Where else can you have more fun than in Bay Hills? See you there!

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 Jedrick 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!).

— ET

Taking a Gamble

The Las Vegas International Marathon

by Jim Buck

It 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 detractors 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 road signs 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, Bellagio's, Caesars 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

The 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 Blue Team
- 3:20 - 3:45 Red Team
- 3:50 - 4:15 Green Team
- 4:15 & up /I want to see a finish line! 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 (just 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	
3	08/06	29	0	6	0	6	Rest	12	Dog Day's 8k	
4	08/13	34	0	6	0	6	Rest	14	8	
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 Friday
7	09/03	40	0	7	0	7	Rest	18	8	
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	
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	
13	10/15	26	0	7	0	5	Rest	8	6	
14	10/22	35.2	4	0	5	Rest	Rest	Rest	Marine Corps Marathon	
15	10/29	Rest	walk	walk	walk	walk	walk			

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.

STRIDERS ON THE ROAD

BY EVAN THOMAS

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
Judy Colon	5:05

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

Jill Hargis 2:59

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

OCT 25 MARINE CORPS MARATHON/WASHINGTON, DC

Ron Hooker	3:14:55 PR by 20 min. Boston Qualifier!!
Tom Mira	3:49
Lynn Demuth	4:08 1st marathon smiles

DEC 4 DICKENS 5K/EASTON

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

DEC 19 MCRRRC JINGLE BELL JOG 8K/ROCKVILLE

Derek Ammons 41:08

DEC 23 REINDEER RUN 5K/DESTIN, FL

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

JAN 1 MILLENIUM MARATHON/HAMILTON, NEW ZEALAND

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

JAN 8 GREENBELT 10/20 MILERS/GREENBELT AGRICULTURAL AREA

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

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

T.J. Harrington	3:33 zoom! Shirtless for 22mi.
Sherry Kosnar	3:53
Sue Briers	3:56
Ed Klebe	3:58 Our NC representative
Muffet Chatterton	4:06 2nd AG
Web Chamberlin	4:26 5th AG
Paul Heins	4:47
Dana Pomfrey	5:06 '98 BRP grad - 1st 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
Jim Lundeen	42:12 1st AG
John Fay	47:08
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
Clint Henderson	24:40
Jim Noctor	26:43 3rd AG
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

Tom Bradford 4:33 One loop then 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
Lynn Hopkins	4:57
Susan Zevin	5:07
1/2 Marathon	
Charlie Muskin	2:05
John Maynard	2:05
Jay Joseph	2:26

FEB 6 PENGUIN PACE 5K/COLUMBIA (31 F)

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

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

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

Clint Henderson	1:21:01
Marie Friedland	1:21:11
Danalee Green	1:21:58
Martin Alborno	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 MCRC 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 Han-

son: <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 gorw,
26 milltir 385
llath oing a
gorfoledd' –
October 31st!

Snowdonia National Park Wales

by Brad Chapman

Somewhere 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

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 50 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.

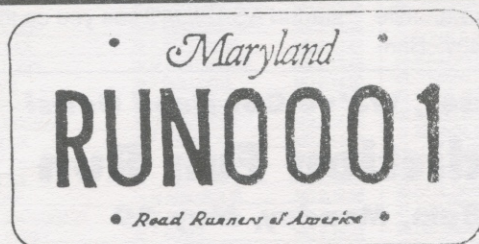
Pass mile 25 on the downhill, real steep now as we return to the asphalt. One more really steep road and I am in Llanberis. Run up the main street, shoppers cheering you on to the finish.

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 26 miles.

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".

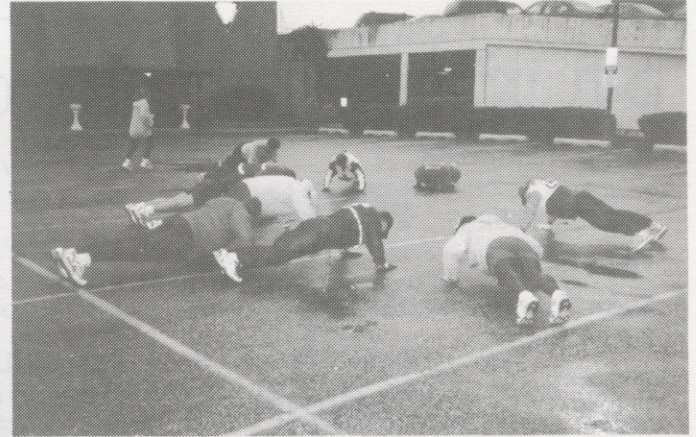
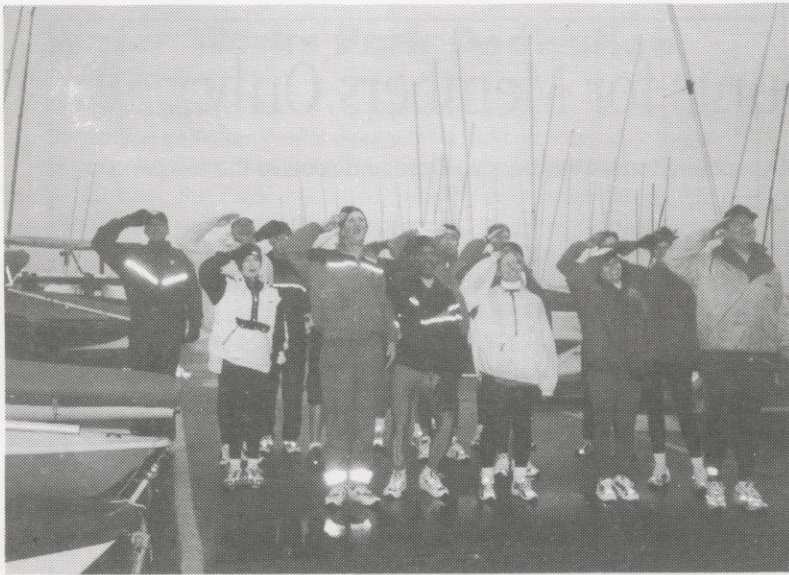
One water
stop was
complete
with a
whistling tea
kettle and two
of the most
cheerful
volunteers
I'd ever met!



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 serpentineing 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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• 1/2 page \$110 • full page \$205



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

CALL THE HOTLINE:
410-268-1165

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Footwear and Sportswear. Chris and Kelly Kishis 410-280-2391.
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Free initial consultation and sports performance evaluation. Includes complete musculoskeletal, body composition, tissue hydration and nutritional analyses. 10% off all nutritional supplements including Endura, the top rated electrolyte replacement drink mix.

Valentine's Twosome

from page 1

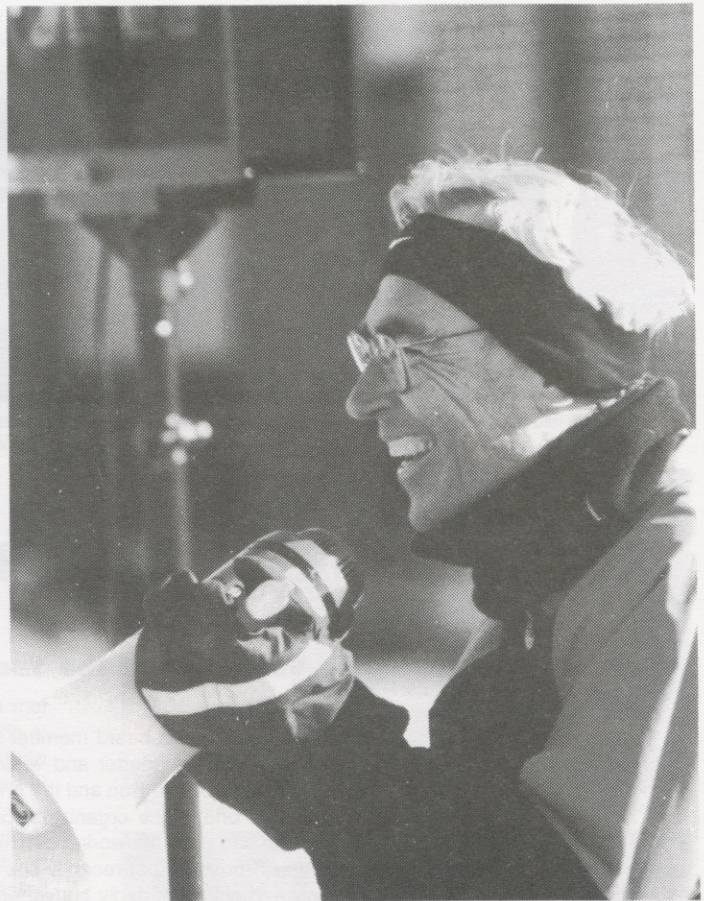
mark. Jill Hargis (18:26) led the field at the hand-off point followed by Hillary Cairns (18:38), Eleanor Simonsick (19:58), Jennifer Sullivan (20:13) and Sheri Kohne. Malcolm Lester (18:00) ran strongly to give the Cairns/Lester team victory. John Roemer ran a 17:49 to grab second place for the Simonsick/Roemer 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), "Run-away 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.

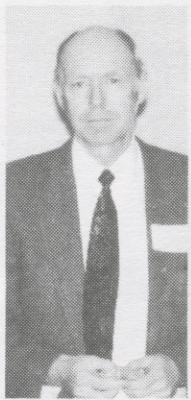
Valentine's Twosome Race Results

	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	Amie 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 Cielewicz	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			
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 card			
51.	Clint Henderson	Janet Henderson	81-100	61:49
52.	Chris Mairs	Diane Mairs	Mother/Son	62:54



Ron Bolt, 3rd
55-59



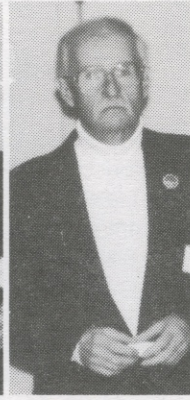
Guy Riccio, 1st
75-79



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 Championship 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 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 Championship 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.

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



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.

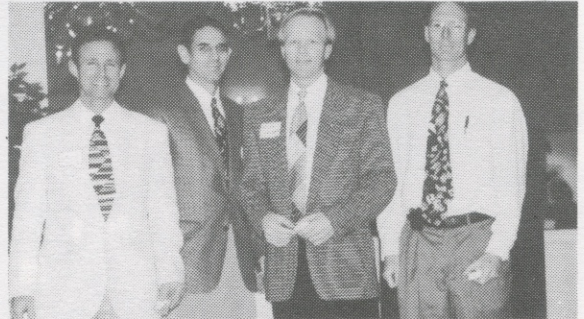
Runner of the Year - Female

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



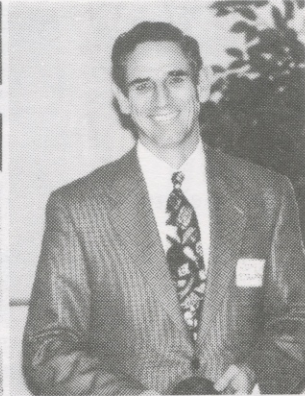
John Gallagher, 2nd 50-54
John Fay, 3rd 50-54



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



Darrin Gooding, 2nd
Champ Series 14-19



Ron Bowman,
Presidents Award

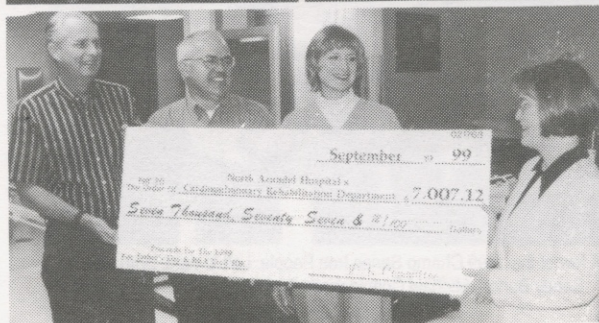
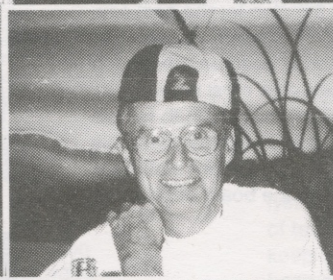


Sandy Burton, 2nd 50-54
Danalee Green, 1st 50-54



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

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



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

Kristin B. Thompson
Director of Communications & Conferences
105 Eastern Avenue, Suite 104
Annapolis, Maryland 21403-3300
410-263-1014 Fax 410.263.16.59

LYLE T. MODLIN, D.P.M., P.A.

PODIATRIC MEDICINE & FOOT SURGERY
DIPLOMATE AMERICAN BOARD PODIATRIC SURGERY

FAIRFAX CROSSING
1900 FAIRFAX RD., SUITE 10
ANNAPOLIS, MD. 21401
(410) 263-3100
(410) 269-6063

OFFICE HOURS
BY APPOINTMENT
EMERGENCIES ACCEPTED

JULIE F. MERRILL, L.A.C.

ACUPUNCTURIST

ACUPUNCTURE ASSOCIATES OF ANNAPOLIS
586 BELLERIVE DRIVE, SUITE 2B
COLLEGE PARKWAY OFFICE CENTER
ANNAPOLIS, MARYLAND 21401

TELEPHONE
410-757-7665

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.

PLEASE PRINT CLEARLY:

TYPE OF MEMBERSHIP: NEW RENEWAL

INDIVIDUAL \$15.00

SECOND MEMBER IN SAME HOUSEHOLD \$10

JR. MEMBER, under 18, \$6.00 *must have parent/guardian signature.*

FAMILY \$30.00 *attach duplicate information (below) for each family member*

NAME: FIRST _____ Middle Initial _____ LAST _____

ADDRESS _____

CITY _____

STATE _____ ZIP CODE _____

BUSINESS PHONE: (_____) _____ - _____

HOME PHONE: (_____) _____ - _____

BIRTH DATE: Month _____ Day _____ Year _____

GENDER: Male Female

I VOLUNTEER FOR THE FOLLOWING ACTIVITIES

Race / Runs Clinics/Training Public Relations Newsletter

Membership Bay Bridge Run Annapolis 10M Run

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 liability arising from my involvement 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.*

ANNAPOLIS STRIDERS

2000 Summer Scholastic Championship Series

	RACE TIME	SIGN IN	RACE AND LOCATION	DISTANCE
JUNE 18	8:00AM	June 17th 2PM to 5PM June 18th 6:30AM to 7:30AM	FATHER'S DAY 10K NORTH ARUNDEL HOSPITAL	10K
JULY 8	6:00PM	JULY 8th 5PM to 6PM	JOHN WALL MEMORIAL MILE	1M
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	8AM	AUGUST 6th 6:30AM to 7:30AM	DOG DAYS 8K TRAIL RUN ANNE ARUNDEL COMMUNITY COLLEGE	8K

ELIGIBILITY: MUST BE 19 OR UNDER ON AUGUST 6, 2000
\$20 COVERS THE FOUR RACES LISTED ABOVE. AT EACH RACE YOU ARE ELIGIBLE FOR THE NORMAL PRIZES AND AWARDS AS WELL AS ANY PREMIUMS THAT THE RACE MAY HAVE. IF YOU ARE A MEMBER OF THE ANNAPOLIS STRIDERS AND HAVE PAID FOR THE YEAR LONG SERIES, THE FEE IS \$8.

SERIES SCORING: FOR EACH RACE YOUR POSITION RELATIVE TO THE OTHER PARTICIPANTS IN THE SERIES WILL BE YOUR SCORE. THE TOTAL OF OUR THREE LOWEST SCORES WILL BE YOUR SCORE FOR THE SUMMER SERIES.

SERIES AWARDS: AWARDS BASED ON SERIES SCORING WILL BE GIVEN TO THE TOP THREE FEMALES AND THE TOP THREE MALES AT THE AWARDS CEREMONY AT THE DOG DAYS RACE ON AUGUST 6, 2000.

ANNAPOLIS STRIDER HOTLINE: 410.268.1165

SERIES COORDINATOR: DAN SYMANCYK 410.544.1516

URL: <http://annapolisstrider.org>

2000 SUMMER SERIES - COMPLETE ALL INFO., PLEASE PRINT.
Make check payable to Annapolis Striders, Inc. NO CASH BY MAIL.
Send with form to: DAN SYMANCYK, ATTN: Summer Series
234 Mill Church Road, Arnold, MD 21012

LAST NAME _____ FIRST NAME _____ MI _____ PHONE _____

STREET _____ POST OFFICE _____ ZIP _____

AGE ON RACE DAY [] SEX M F STRIDER? Y N SHIRT SIZE: M L XL

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

SIGNATURE OF ENTRANT _____ DATE _____

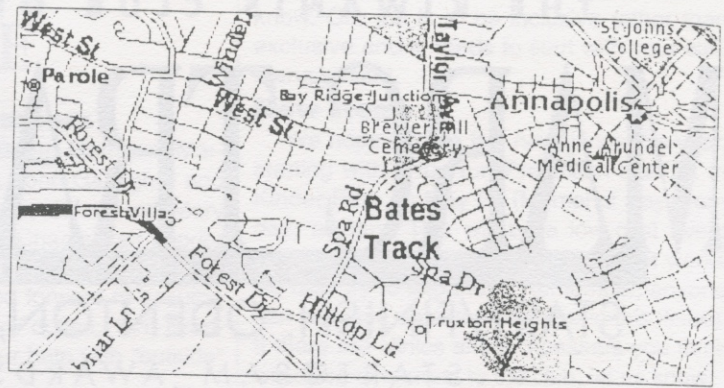
SIGNATURE OF PARENT IF ENTRANT UNDER AGE 18 _____ DATE _____

MANDATORY

Now in its 8th Year!

The Annapolis Striders Present the Spring 2000

Beginning Running Program



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 \$15.00.

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

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

SIGNATURE OF ENTRANT _____ DATE _____

SIGNATURE OF PARENT IF ENTRANT UNDER AGE 18 _____ DATE _____

MANDATORY

MARC TRAIN 5 MILER

SATURDAY, JUNE 24TH, 2000

START/FINISH: ODENTON, MD MARC TRAIN STATION

START@8AM_AWARDS CEREMONY@9:15AM

T-SHIRTS FOR ALL RUNNERS+DOOR PRIZES

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

OVERALL WINNER	VARIOUS AGE GROUPS	KIWANIS MEMBER
MARC/MTA EMPLOYEE	KIWANIS KEY CLUB MEMBER	

DIRECTIONS:

- U.S. 50 to MD 3 to MD 32 to Odenton Telegraph Rd. Exit to Odenton Road to MARC Train Station.
- I-97 to MD 32 to Odenton Telegraph 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 ()

GENDER M F

ADULT SHIRT SIZE: S M L XL

Last Name

First Name

MI

Address

City

State

Zip Code

Day time phone

Evening phone

Employee of MARC/MTA? Y N

Kiwanis Member? Y N

Kiwanis Key Club Member? Y N

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:

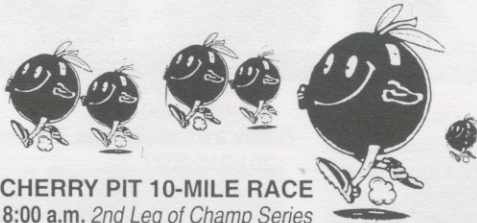
JOE McCARTAN, RACE DIRECTOR (AFTER 12 P.M.)
 KEVIN WAGNER, ASST. RACE DIRECTOR

410-551-4301
 410-695-1083

Annapolis Striders

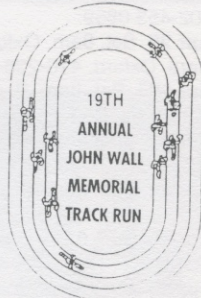
Upcoming Race Schedule & Application Form

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



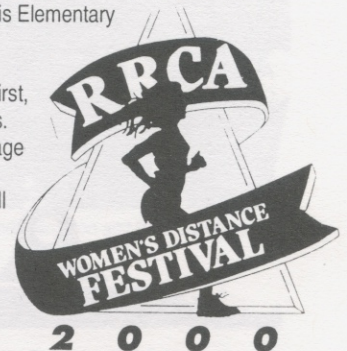
North Arundel Hospital presents the
Father's Day & B&A Trail 10K

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.

WOMEN'S DISTANCE FESTIVAL 5K AND RUN AFTER THE WOMEN 5K

Saturday, JULY 15, 8:00am West Annapolis Elementary School, Melvin Ave, Annapolis. • **Course:** Scenic double loop course through West Annapolis and Wardour. Women race first, men run after. • **Prizes:** Two separate races. Prizes to top Female and Male and top 3 in age groups. T-Shirts: colorful shirts to all plus random prizes. • **Fee:** Mail prior to Jul 10: all \$10; Race day, all \$12. • **Mail to** Danlee Green, 2823 Mockingbird Ct, Annapolis, MD 21401
Race Directors: Danalee Green & Meredith Bonta, 410-268-1165 (hotline)



Race Name: _____

LAST NAME _____ FIRST NAME _____ MI _____ TELEPHONE _____

STREET _____ CITY / STATE _____ ZIP _____

BIRTHDATE [/ /] GENDER M F

You **MUST** write in your Birthdate!!

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

SIGNATURE OF ENTRANT _____ DATE _____

SIGNATURE OF PARENT IF ENTRANT UNDER AGE 18 _____ DATE _____

MANDATORY



Where THE RACES ARE

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)

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, Emmitsburg, 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)



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



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