

# STREAK



A Publication for Members of the Annapolis Striders

Volume XXIII NUMBER 3

JUNE 2000



Bay Bridge runners #1471 and #871 cross the finish line in jubilation. INSERT: Margie Boyd

## Governor's Bay Bridge Race 2000

by Sue Briers

This year's Governor's Bay Bridge Bay Race was a huge success. As always Sandy Balderson and the ace Annapolis Striders volunteers executed a flawless event. The weather proved to be a challenge for many of the runners with temperatures approaching 90 degrees but there were only a few heat related medical problems. The runners all seemed to have a great time listening to the band, Red Line, as they munched on bagels, bananas and

beer. Thanks to a super finish line and scoring team the results were posted within 30 minutes of the first person finishing - another reason the ChampionChip system is evolutionary for the runners and the volunteers.

This year's premium was a beautiful CoolMax long sleeve shirt that proved to be a hit with the runners.

A huge thank you for all the volunteers who helped make our race so great and a special thanks to Sandy Balderson for tremendous job as Race Director.

### Inside This Issue

President's Message \ 3  
Striders On The Road \ 16  
Discounts for Members Only \ 18

Championship Series Race Results \ 20  
Strider Race Application \ 23  
Upcoming Events \ Back Cover

# ANNAPOLIS STRIDER'S BOARD OF DIRECTORS

## EVAN THOMAS

PRESIDENT  
H: 410-760-9188 W: 410-865-8252  
ethomasjr@prodigy.net

## SUSAN ZEVIN

VICE PRESIDENT  
410-573-9424

## SUE BRIERS

SECRETARY  
410-721-1442

## REGINA MIANTE

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

## BRAD CHAPMAN

RACE DIRECTOR  
410-721-3670

## SANDY BALDERSON

GOVERNOR'S BAY BRIDGE RACE DIR.  
H: 410-757-9713

## RON BOWMAN

ANNAPOLIS RUN RACE DIR.  
COMMUNITY OUTREACH  
H: 410-573-1929

## DIRECTORS

### Meredith Bonta

410-956-2123  
TERM EXPIRES 2001

### Arnie Henderson

H: 410-263-0863  
NEWSLETTER  
TERM EXPIRES 2001

### Will Myers

410-987-4883  
TERM EXPIRES 2001

### John Fay

301-262-6166  
TERM EXPIRES 2001

### Dave Waiser

410-586-0833  
TERM EXPIRES 2001

### Dick Hillman

410-263-1844  
BYLAWS  
TERM EXPIRES 2001

### Dan Symancyk

410-544-1516  
YOUTH PROGRAMS  
TERM EXPIRES 2001

### Lynn Hopkins

410-573-1929  
TERM EXPIRES 2002

### Margie Boyd

410-841-5632  
TERM EXPIRES 2002

### Mary Lang

410-437-5525  
TERM EXPIRES 2002

### Charlie Muskin

TERM EXPIRES 2002

### John Gallagher

301-855-0744  
TERM EXPIRES 2002

## CLUB COORDINATORS

### Yvonne Aasen

PUBLICITY  
H: 410-647-0879

### Will Scott

HOTLINE  
H: 410-267-8013

### Tom Bradford

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

### Bob Field

PROPERTY & EQUIPMENT  
H: 202-268-7334

### Roger Hobden

JUNIOR STRIDERS  
410-533-5689

### Lynn Hopkins

MEMBERSHIP MANAGEMENT  
410-573-1929

ANNAPOLISSTRIDERS.ORG

## Letter to the Editor

Dear Editor  
Hello,

I just wanted to say I finally took the big step of running my first marathon. It was the Pittsburgh marathon/ men's Olympic trials on May 7th.

I don't think the Olympic hopefuls feared me - especially since they got a 1 hour head start. Overall I would have to say I was totally impressed with the whole event. A pre-race pasta party, a post race celebration at beautiful Point State Park.

And the race itself ??? Well, besides a nasty, nasty, nasty, climb around the 12 mile mark, the course wasn't too bad considering how hilly the terrain around Pittsburgh can be. There were bands playing along the course and the crowd support along the way was unbelievable. Especially those last few yards. I've never seen so many people. I would have been embarrassed to stop.

The only negative was the weather. It was the second hottest Pittsburgh marathon on record (peaking at an oh so unpleasant 87 degrees). I was on course for a respectable 3:45, but my thermostat went into the overheat area at mile 18.

A nice little relief aid was sponges soaked in cold water given out the last few miles. I managed to slide in under the 4 hour mark ( 3:59:16), so I can't be too disappointed with that. Besides, its a P.R., isn't it?

Would I do it again? yes, but only under cooler conditions. Man was not meant to run in hot conditions - at least this man wasn't!

A special thanks to fellow Strider member Sandy Burton for convincing me at the awards banquet that I could do this. Now, where did I put that Ben Gay?

— Michael Kuhn

## 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:

**June 6**

**July 11**

**August 1**

**September 5**

**October 3**

**November 7**

**December 5**

Meetings are open to all club members. Please attend!

## We are looking for your experiences!

The Streak is looking for articles on your favorite race and why. Please submit brief articles on your favorite 10 mile, 10k or 5k race and why you like it. Share your fun with everyone. Submit them to Sue Briers at her email address in Word format so we can publish them in the August Streak.

## PICTURES!!

Tired of seeing the same people in the Streak issue after issue. How do you get your picture in the Streak - submit it yourself. Surely you have a favorite picture of yourself running an event recently. Submit the picture with a brief description about the event and get in the Streak. Please mail your picture to me or find me at a race and email your article.

## FAVORITE RECIPES

We are looking for your favorite recipe to share with your running pals. Submit it to Sue.

## Marathon Training

Marathon training begins Saturday, July, 22 at 6:45 a.m. at the Park & Ride on Harry Truman Parkway (off Riva Road near the MVA). See the Annapolis Striders website for schedule. [www.annapolisstriders.org](http://www.annapolisstriders.org). For details call Sue Briers 410-721-1442 or [ultra100su@aol.com](mailto:ultra100su@aol.com).

## Marathon Meeting

- To be held at the Rebecca Clatinoff Center at Anne Arundel Medical Center on Jennifer Road on Saturday, June 24 from 12:00 - 2:00 p.m.
- Friends and family are invited and encouraged to attend.
- All runners are invited - not just members.

## JFK 50 Mile Training

- Will begin with the marathon training on July 22
- See website for training schedule

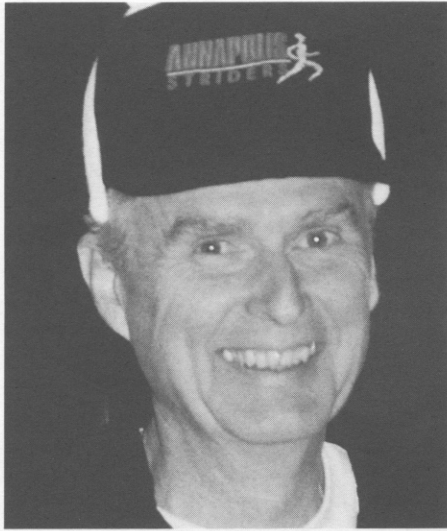
## Marathon and JFK Celebration Party

- To be held at the Radisson Hotel in Annapolis on Friday, November 10 from 7:00 - 10:00 - Dinner and dancing. \$35.00 per person.
- Bring your medals, pictures, stories and all your pride for all to share.
- See Sue Briers for reservations.

## Coaches Certification

- Ron Bowman, Sue Briers and Dave Waiser have successfully completed the RRCA Coaches Certification training.

# PRESIDENT'S MESSAGE



*Evan Thomas*

*Club President*

## E.T.'s Trailings

### **RUN0218**

I was able to salvage this license plate tag from the old land shark '76 Monte Carlo and it now proudly resides on the Strider van. So, when you see RUN0218 streaking down the highway, give me a blast from your horn and hope I interpret it in the correct manner!. If you want a RUN tag for your own, call Jim Adams, your friendly Maryland State RRCA Representative on 410-296-8543. Cost is about \$17.

### **Board Member Focus Areas**

The following points of contact/focal points have stepped forward since last issue: Dick Hillman – Bylaws, Ron Bowman – Website, Property/Equipment – Brad Chapman, Youth Programs – Dan Symancyk, Community Outreach – Ron Bowman. Still looking for someone to do Clinics, Training, Volunteers, and Legal. Also, thanks to Sue Briers, Margie Boyd and Mary Lang who will take on the newsletter editing with help from Erin Horan, Kathy Nado, and Lee Masser.

### **Junior Striders Are Back**

Roger Hebden has jumped in to take over the Junior Striders for this year. There will be 5 meets again this year and, if we find a sponsor, free t-shirts to all who do at least 3 events – Thanks, Roger.

### **Beginning Running Program**

Beginning Running is a big hit this year. Be sure to stop by and say Hello one

Tues/Thurs at 6pm or Sat at 8am. Among others, we have the Director of the Annapolis Recreation & Parks, Lee Ann Bogan, signed up. We also hope to have Miss Road Manners from the RRCA come and give us the low-down on running behavior. We will have a field day to clean up the Bates track this summer. The tentative date is June 24 at 10AM. Check the Website for confirmation. Bring shovels, wheel barrows, gloves, and edging tools,

### **The Chip Goes Local**

We tried the ChampionChip set up at the Cherry Pit. Your thoughts on how it went are important, so call the hotline or drop us a note/email. Would you go for all club races using the chip?

### **Thank You R&P Dept**

Thanks to the Rec & Parks department, we have the offer of using a portion of the storage area at the Bates Track for club purposes. Initial thoughts are to use this for all our bulky items, snow fence, rebar, hoses and garbage cans. If we can get enough transferred, we may be able to terminate our lease on one of the two sheds we now rent.

### **Strider Racing Teams**

As announced last issue, Rob Marino has kick-started our Open racing teams. First time out of the chute, they took third over all at the Cherry Blossom. We now have interest in a men's masters team, JFK 50 masters team, and a Scholastic team. A new budget item will be proposed next board meeting to cover the added expenses of servicing this important area.

### **What's UUUUUPP?**

John Wall, Father's Day, Women's Distance Festival/Run after the Women, Annapolis Run, and Dog Days are just around the corner. Not running? Come on out and volunteer! Our annual scholarship presentations will be awarded to 2 deserving club members who are students at AACC and just happen to do cross country. Ron Bowman, Will Myers, and Dan Symanzyk are also talking to the County Board of Education about what might be done to get more students into running. A middle school cross country program is one possibility.

### **We're On the Top Beam!**

I represented you at the "topping off" ceremony for the new AAMC building on Jennifer Rd. The Striders' name is now on the topmost beam of this structure. Actu-

ally, I thought we were going to get to go to the top of this building for the ceremony – more exciting I thought! Well, Lisa Hillman let me down gently and we stayed grounded and I was forced to eat all the coffee cake I could.

### **Sue Briers Heads Marathon Training**

As noted here last issue, 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 will keep the ball rolling on Truman Parkway/Rte 450, 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. In addition, there will be marathon training out on the B&A Trail under the auspices of the Arthritis Foundation and led by Michael Smith. While not a formal Striders' program, Michael has indicated that all are welcome.

### **Can't Do It Without You!**

As noted earlier, this is the time of year when it seems many club volunteers don't have much of a life outside of running events. So, thank a volunteer today! Better yet, jump in and help with a new event this year. The A10 would be a good one to pick as there will probably be two parties for it this year: the usual pre-race picnic and a new post-race evening bash in honor of the 25th race – music provided! Even if you didn't work it, you can still come to the post-race bash for a small fee. Announcements next issue and on the web. With on-line registration becoming so popular, the race may be filled by the time you get this newsletter. If so, you will want to come out and work the race – it's more fun than running on a hot, humid morning in August. We should have the Runner's World issue about the A10 and the club in hand before long. Next thing you know, we will have an article about the Governor's Bay Bridge Run. Sandy Balderson has put a lot of good planning into making this a true destination race – there is just something about streaking over a bridge that brings the runners from near and far. It doesn't hurt to finish in a park either.

### **Stay Focused**

So, let's keep the 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



## New Junior Striders Race Director

### Welcome New Members!

Please welcome the following members who joined the Annapolis Striders in April 2000.

- ALICE CLAPPER, ANNAPOLIS, MD

---

- BILL CLAPPER, ANNAPOLIS, MD

---

- DAVID DIGGS, STONEY BEACH, MD

---

- J.R. DIGGS, STONEY BEACH, MD

---

- REBECCA DIGGS, STONEY BEACH, MD

---

- JEANIE GARDNER, ANNAPOLIS, MD

---

- TERRY DRUFFEL, ANNAPOLIS, MD

---

- ERIN HORAN, ANNAPOLIS, MD

---

- WAYNE HUYARD, ANNAPOLIS, MD

---

- KARIN RECHER, SEVERNA PARK, MD

---

- DANA SMITH, ANNAPOLIS, MD

---

- E. THOMAS SMITH, ANNAPOLIS, MD

---

- DEBRA SMITH, ANNAPOLIS, MD

---

- KEVIN SMITH, ANNAPOLIS, MD

---

- SUSAN VAN DOREN, BOWIE, MD



Roger and his family.

# Roger Hebden

I was a runner in high school and college running both track (440 and 1 mile relay) and cross country. After college I turned my attention to other activities (i.e., work and golf). I have three children: Rachel (6 years old), Chet (3) and Graham (not quite 1).

About 3 years ago, my daughter (about 4 years old at the time), said that she wanted to run in our community (Hunt Meadow) 1 mile fun run. I ran along side her and was proud and surprised to see her finish (she ran the whole way).

One of our friends saw her finish and mentioned that I should get her involved in the Annapolis Jr Striders. We took Rachel to one of the meets later that year; she did very well and showed a strong interest. It was actually through the Jr. Striders program (via my daughter) that I met several other Annapolis Striders. Since that time, I've joined the Striders, gotten involved in Saturday morning runs along Rt 450 and have been participating in about a race a month (usually a 5k although I ran my first Bay Bridge 10k last month).

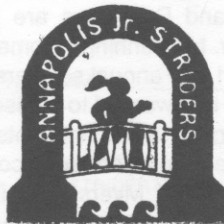
I've been encouraging Rachel and Chet to run in the Jr Striders this year. However, about a month ago I found out that Steve Egolf had moved away from Annapolis and that the Jr Striders program was in jeopardy. I called Evan Thomas to find out the status the very next day and volunteered my help. After all the discussions I have had with my kids about the program (and the success of the program last year), I thought it would be a great loss not to keep the program alive.

Making a long story short, here I am. Jr. Striders is an outstanding program. It provides the right focus on exercise, commitment and succeeding for kids to learn. I also believe the program is a wonderful way to meet new friends and get involved in a great organization.

#### Jr. Striders 2000 Events

- MAY 20 (Bates Field)
- JUNE 3 (Bates Field)
- JUNE 17 (Bates Field)
- JULY 8 (John Wall Memorial - Broadneck Track)
- JULY 22 (Bates Field)

All events (except for the John Wall Memorial) will be held at Bates Field (as last year) and we'll run a similar format, i.e. registration at 5:30 with the races starting at 6:00 p.m.



## Water Works Park Dedication

It was the first real nice day we've had for a while when a group of Striders (Ron Bowman, Lynn Hopkins, Sue Briers, DanaLee Green, Ben Moore, and Evan Thomas) attended the Dedication of the new Water Works Park. The park is located about a quarter mile from the Best Buy, Home Depot intersection on Route 450 – at the bottom of Katecef Hill. Our main purpose in attending was to scope out the trails associated with the park and find a nice place for a memorial for our friend Earl Scott.

The Annapolis Waterworks property was originally part of the land grant of Charles Carroll of Carrollton, a signer of the Declaration of Independence. The holding grew from the original 100 acres in 1685 to over 500 acres now managed by the Annapolis Parks and Recreation Department.

Mayor Johnson made the dedication speech to an audience of about thirty attendees. The park is intended for hiking and fishing (catch and release) and will require a permit from Parks and Rec. The City will issue 25 permits per month on a first-come basis. Vehicle permits cost \$10 and are limited to one permit per person. Other stipulations are contained in a brochure that can be obtained from the Parks and Rec office or by calling 410-263-7958. I have worked out an arrangement with the Director of Parks and Recreation for Annapolis Striders to have free access to the Park for the purpose of trail running/hiking. To abide by the spirit of the arrangement, if you want to fish at the Park, please obtain a permit. In return for free entry, we will act as "Friends of the Park"; observing all rules, reporting any discrepancies or violations, help monitor park usage and not use the few available parking spaces. After the ceremonies, Sue and I met with LeeAnn Bogan, Parks and Recreation Director, about the type and location of a memorial that would be appropriate for Earl and beneficial to the Park. Sue is leading a group to find a fitting memorial. A fountain and/or bench have been suggested.

On a personal note – Earl touched many, many of us. I personally spent many, many hours running trails with Earl; from the JFK 50, to our first 100 mile run in Ohio. His seventeen JFK's, and six 100 mile attempts – his love of trails and the freedom and closeness to nature was always foremost in our talks. After many discussions on the subject of how we would like to be remembered, I can say without a doubt that this park offers the perfect place to put a memorial and that he would be very pleased.

— Ron Bowman

# Striders Food for Thought

By Sue Briers

Ever since I can remember I have been interested in food, and aren't we all. I have always loved to cook and grew up in a family who showed their love through a good meal. I carried that interest and love of food into my education by getting my BS degree in Dietetics and in my career as a food service director. I have served everything from peanuts and hotdogs on the Mall in Washington, DC to lunch for the King of Egypt. However, through all my education and customer service I am still amazed at the lack of knowledge the general public has concerning their nutritional health. The latest fad such as the Adkins diet gains instant creditability while a trained nutritional professional's advice is cast aside because it is not the quick fix. Well I am hoping to help lower the level of confusion by offering some advice in the area of dining out.

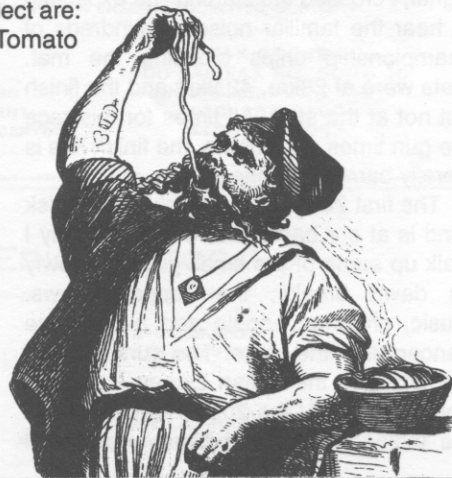
We all try to adhere to a good solid diet but many times are forced into tough situations when eating out. Good nutritional decisions become clouded when presented with a menu that screams for you to eat all the wrong things. First let's clear up the first myth – Nothing is so bad you can't have it in moderation. Remember all things in moderation are good for a balanced diet. Balance is the key word. Everyone should have carbohydrates in the diet as well protein and fat. Yes, I said fat. Many athletes seem to believe that a healthy diet is a low or no fat diet. This is the furthest thing from correct. Fat is essential for optimum health and especially in an athlete that is putting heavy physical demands on the body. Fat carries essential vitamins such as vitamin E and K. As well it provides protection for organs in your body and maintains the integrity of your skin and hair. So what is a healthy level of fat in the diet – 20-30% of your daily caloric intake. That doesn't mean everything that passes through your lips has to be 20-30% fat or less. It means the overall caloric count for the day should be 20-30% fat. Fat adds palatability to your diet as well. Ever get tired of crunchy dry food. Feel like you are eating your dog's kibble all the time. That is a key indicator that your diet is lacking fat.

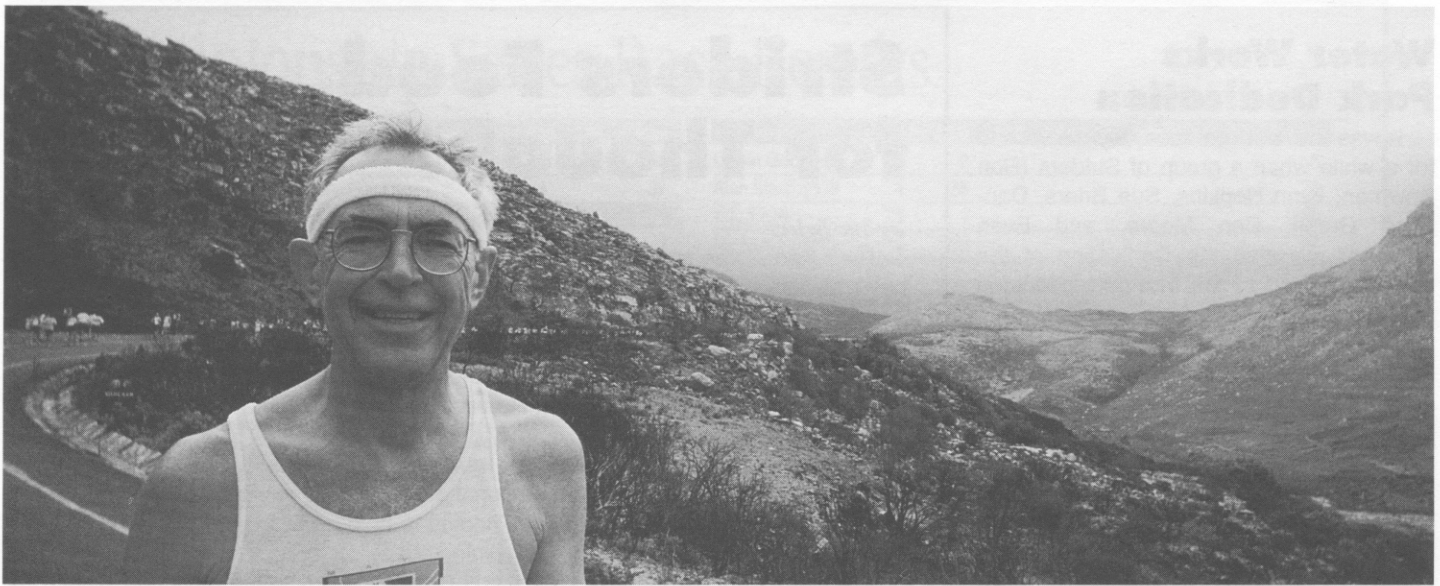
So with my words of wisdom under your belt, let's talk about eating out. I recently visited a favorite Italian restaurant, Mama Lucia's in the Annapolis Mall Annex and reviewed their menu for healthful options. Basically with Italian food you have a choice of red or white sauces. As a rule Alfredo sauce or the white sauce is a rich combination of heavy cream, butter and cheese. For most people who subscribe to a healthy diet this can be a little too much to handle. Opt for the tomato-based sauces such as marinara or a meat sauce. Pesto sauce is another healthful option. It is simply olive oil, chopped basil and garlic. It is an oil-based sauce but the olive oil is good oil for you to eat. Served over pasta with salad and plain bread it is an excellent selection. Add some seafood or chicken and you have great low fat protein source. Mama Lucia's serves an excellent low fat salad with every entrée. It is topped with tart red wine vinegar and basically no oil. Their entrees are made to order and they are very accommodating of special requests. Some of the items you might select are:

- Spaghetti with Meat Sauce, Spicy Tomato Sauce or Plain Tomato Sauce
- Chicken or Veal Marsala
- Linguine & Clam Sauce
- Veal Florentina
- Chicken Cacciatore
- Linguine & Mussels in Marinara
- Shrimp Marinara
- Shrimp Fradiavolo

Mama Lucia's serves large portions so ask for a carry out box and take home half for later.

Eating out is a social event as well as a meal. Enjoy it and stay within healthful guidelines at the same time.





## Cape Town, South Africa

# Two Oceans Ultramarathon

By Peter Salmon-Cox

Fellow Annapolis Strider, Milt Taylor and I arrived in South Africa on Wednesday April 19 with temperatures in the 80s. This would be the fourth continent on which I had run a marathon. Three more to go. It was also my first ultra. I was excited, apprehensive and nervous and I wanted to finish in less than 7 hours, otherwise there would be no medal. Milt, who had already run marathons on all seven continents and run at least two marathons in every U.S. State, was cool and relaxed. I worried about the hills, the heat and the distance – 56km; Milt told me to relax.

The race started at 6 am with temperatures in the high 50s. It is a loop course starting and finishing just outside of Cape Town in the shadow of the famous Table Mountain. Two minutes after the starting signal, I crossed the starting line expecting to hear the familiar noise of hundreds of championship chips crossing the mat. Mats were at 28km, 42.2km and the finish but not at the start. All times for this race are gun times. At 7 hours, the finish line is literally barred to runners.

The first 20km are relatively flat. A brisk wind is at our backs, but even this early I walk up some of the small grades. Slowly as dawn breaks, the support grows. Music, cheering people and even some dancers line the route. The sun rises on our left over the Indian Ocean in picture book fashion. At the 20km mark we leave the Indian Ocean and head west. In all

prior years the course continued west to the Atlantic Ocean and then climbed to the famous 200 meter high Chapman's Peak, with its magnificent views. Unfortunately, rock falls have resulted in the closure of this route. This year, in the middle of the Cape Peninsula, the course heads north along Ou Kaapse Weg. This is the first major challenge and close to the halfway point, which I reached in just under 3 hours. For a fleeting, stupid moment I dream of finishing in less than 6 hours. Signs now start to appear on the course. "The Pain Is Worse If You Quit". "If You Hit The Wall Demolish It". "Hell Is Quitting". "Finishing Stops The Pain"

Ou Kapse Weg rises 315 meters in 7 km, almost a 5% grade; the descent is much steeper, more like 9 % for 4 km. Going up was OK. Clouds covered the peak and it was significantly cooler with a light rain, but still lots of cheering people, but not a house in sight. On the other side of the peak, the route takes a huge 180 degree right hand bend. Almost directly below were runners, looking like ants. Going down was obviously going to be difficult. It was too steep to run and even too steep to walk comfortably. Running backwards was comfortable but slow. I finally did a sort of run/walk with knees bent. At 36km the Ou Kaapse Weg peak was history.

Now the race got very interesting – almost fun - and I knew that I had heeded Sue Briers advice about how to run an ultra. From the 36km point to the end I lit-

erally passed hundreds of people and very, very few passed me. I also think that doing a run/walk during the second half of the B&A Trail marathon and all of Shamrock marathon really helped. The standard marathon distance, 42.2 was passed in 4:40. This was a major milestone – the Africa marathon was complete. But there were still more peaks to overcome to finish in less than 7 hours. At 44km, a sign indicated that a 2.7km hill was about to begin and a light rain started to fall. By the 52km mark there was just four relatively flat kilometers to the finish. With two kilometers to go, there was a sharp left turn and the wind quite literally stopped me. Could this be the hand of Tom Bradford working his B&A tricks? Overall the weather had been great. Running on Friday would have been unbearably hot and running on Sunday would have been wet and windy and quite cold at the higher elevations. As the finish line came into view and the clock reading 6 hours and 22 minutes, I stopped to take a photograph. I felt lucky; I had good weather; June's support and attention to all my nagging problems had paid off; Sue's advice was invaluable and I had lots of support from my friends. Finding my race bag after the race was another story. Overall, this is a great race. South Africa is not expensive. The people are wonderful and yes, the wine can be very good. Milt finished in 6:45. This was his second Africa marathon - I think this is his start to running two marathons on every continent.

# Margie & Rita Go to Boston

By Margie Boyd

A year or two ago I said I'd never do Boston again. Disliked the race! To me it seemed like something you'd do once, and only once, and then move on. I mean, it's a beautiful city with tons of stuff to do and what a privilege to be there. But let's face it, like any out-of-town marathon, there's the traveling, loss of sleep, crowds and of course, the runners village where you wait around for half the day before the race even starts.

This year was different. I got talked into going again by Rita Twist (who is from Boston and has all of her family still there and who always has a warm bed to sleep in and whose sister always has warm coffee waiting for her in the car at the parking garage, not the bus, you get the picture). Anyway, she invited me to stay with her at this nice warm home. This was an invitation to leave the family at home and head northeast. After a few seconds of guilt, the verdict was in. We flew to Boston on Saturday, two days before the regular Monday/Patriots Day run. As promised, her sister and mother greeted us at the airport and within what seemed like minutes, we arrived at the Folan residence. Rita got the cot in the guest bedroom and I got her mother's double bed. My guilt left me as soon as my head hit the pillow.

Sunday, the day of the Boston Marathon Expo!! Yay!! This is always fun and this year I got to look at all the goodies without the kids saying "I'm ready to go now, when can we go swimming at the indoor pool?" It was fun and there was lots of great merchandise, goody bags and some celebrities that we missed like Joan Benoit Samuelson and Bill Rodgers (I bought one of his shirts anyway). We stepped out of the expo to grab a bite to eat at an Au Bon Pain in the Prudential

Center and Rita and her sister ran into a long lost cousin from California who's running the marathon. Small world. In between the chit-chat, some guy shoves us together, apparently bored with the conversation, and high tails it out of the restaurant. Minutes later, Rita's wallet is gone and so is her enthusiasm. Yes, it put a damper on the day and we even went to the Boston Police Department to file a complaint. This was mostly for insurance purposes, as the chances of catching this guy in a city this large is like finding a needle in a haystack.

We skipped the pasta dinner this year, as we were really into a more "quiet affair." If you've never attended one, it's a must. It's part of the experience and you have to go and wear the painter's caps and meet people from all over the world. This year we opted for "the Vanenzia" overlooking the Atlantic and it did the trick. Fat, full and happy (Rita was really trying, but was still bummed because even though she cancelled all her credit cards, etc., she found that someone had already tried to withdraw cash from her account that afternoon. They couldn't of course but she was still worried). We returned and went to bed at the ungodly hour of 9:30. There's a first for everything.

5:30 a.m. Monday, April 17 – Patriots Day/Boston Marathon!! I'm finally excited and a little nervous. There is news coverage in Boston for literally 24 hours on this day. It's almost as big as a visit from the Pope. We're taken to the long string of buses that will transport us to Hopkinton and board quickly. Thankfully the rain has held off, but it's much cooler than any weather report predicted. We've packed every type of clothing imaginable so we should be o.k. Besides, the race doesn't start until noon. This is currently five and a half hours away and seems like an eternity. That's a long time to wait around in the cold.

After 30 minutes on a warm and cozy bus, we've made it. Now I'm really excited. It's become real again and Boston is so fun and this is so cool and I can't wait another five hours. We hop off the bus and it's freezing. The wind has even picked up. Not again. We've done this cold deal before and it's no fun. Certainly not for five hours. We decide to skip the village altogether and find a coffee shop in Hopkinton. After a short walk, we find a great spot a few blocks from the starting line. We actually sit and have coffee and a full breakfast with a lovely couple from Toronto. I've never had a full breakfast before a marathon. Somehow, this trip has been different all around so I figure

why change now. We might have stayed there all morning if the Greek owner hadn't needed our table so badly. We begrudgingly leave and flee looking for warmth elsewhere.

We see people going into a church right in front of the start and at the base of all the Hopkinton activities. Why not try it? A friendly fellow then asks Rita, "Are you elite runners?" We looked at him like he's crazy and say "No." He says, "Sorry, this is only for the elite runners. You look like one so that's why I asked." Rita smiles and suddenly starts feeling better.

The desire to find warmth is strong. There is no way we are sitting outside until noon even if we do have tights on. Another trip around the block finds us looking at St. John the Evangelist Church. Looks inviting, as we see other runners head inside. Seems there's a reception for all the runners who have raised money for the Dana Farber Cancer Research Institute. Downstairs we come in late for a Catholic service (yes, we are both catholic) and decide to sit in. Nothing but runners, we fit right in. Upon conclusion of the mass the priest invites us all to stay in his church and stay warm. "Sanctuary!" This is great. We didn't even have to ask or sneak. Better yet, only about 25 runners decide to stay. We rest, read the paper, fill our water bottles in the priest's sacristy, agonize over what to wear and study Rita's running tables. They have never really worked for me but I look at them anyway. Rita still swears by them. Finally at 11:15 we change in the confessionals (another first) and head out to the buses and roughly 20,000 runners.

The race starts at high noon and right on time. I'm really glad because I'm already wishing that I'd chosen the tights, or the long sleeved top or anything other than shorts and short sleeves because the sun is gone and it's getting windy. The crowds make me smile because they are everywhere. No space is left without a body in it. I'd like to wave but I'm afraid to take my eyes off the pavement for fear of tripping over someone or something. Rita and I split before the race so we're on our own. No big deal. We just run this thing and meet at the big "T" at the family reunion area. Go get some coffee, warm clothes, heated car, comfy house. In theory this might have worked. That's when it just got too cold.

The first few miles were slow due to the crowds so I try to make up for lost time and push a little too hard. By the time my body warms up the stomach cramps set in. Another first. I wasn't sure

continue on next page

how long I could run like this. All I'm thinking is "what a drag" and then the leg cramps. By mile 17 and Heartbreak Hill I could barely lift my legs. In looking back I'd call it a shuffle. It was aggravating, painful, frustrating, whatever. I really wanted to drop out but I kept thinking of some crazy people I knew who had run 50 miles in the rain a few days before and it did manage to keep me going. At mile 24 1/2 there is a mild upgrade. I can't even call it a hill. Either way, it shouldn't have been there. All the hills were behind me. I walked it and felt shamed. It was that or fall down. Anyway, somehow I saw the finish line and made it over. I've seen people at marathons before who have literally dropped just feet from the finish line and have been amazed that they could "do that." All that way to drop right there. I felt that way and again was mad and even disgusted. I walked right into the medical tent and told them I needed to sit down or get sick. I did both. It's surprising how water, Gatorade and a chair can perk you up. I thank the volunteers because I have never met so many nice people in my life and leave the tent feeling somewhat human again. At that moment, Channel 5, Boston asks me if I

have a minute. Sure, I feel great. I tell them how great it was (just a little cold) and I'm feeling just fine myself. I've even got the tape to prove it. Now to find my bag and Rita. Surely her race must have been better than mine. As I find out later, she held off in the early part of the race to "save up" for the second half. Unfortunately, by the "second half" her legs were too cramped to move, much less go for the gusto.

Boston is so organized. I mean, there's so many runners and so much going on, yet everything runs so smoothly. There's a gazillion buses and I walk to bus #16, get my bag full of warm clothes and I'm finished. Almost. There's the matter of a chip and a medal. Another friendly volunteer unties my shoe, puts a lovely medal around my neck and asks me "would you like a double knot?" Now I am finished except that I duck into a women's changing tent to get into some warm clothes and find that changing elbow to elbow (and other body parts) is tricky with about 30 women in this little tent. As I'm halfway changed a guy opens the tent and retreats when everyone shrieks "this is the women's tent." Based on what I had on, it will make a

good story for him. I'm only glad that I'll never see him again.

Where is Rita? I'm warm now, except for my hands. I'm at the "T." I know her sister said the "T." I think. Waiting – again. I feel like that's all I do at these races. I just want to go home. Finally my hands can't take it any longer. They are black from poor circulation and I must find warmth. I duck into the building across the street, show the guy my hands and they let me in to use the bathroom. The first heat I've felt in many hours. I run my hands under hot water until the blood comes back, put on another layer of clothes and two pair of gloves and even run a comb through the hair. I'm feeling good. I leave the building to find Rita and her sister shivering under Rita's solar blanket. As Rita walks, or tries to, she says, "Did your legs cramp up on you? I am totally crippled." Then they both say, "Hey you don't even look like you ran a race." If they only knew. Rita's sister Mary informs us that her car is just across the street in the parking garage and that there's hot coffee waiting. Congratulations, now we've crossed the finish line.

## Marino's Track Workout

Rob Marino is offering an opportunity for speed work sessions during the week for any interested runners. Rob is a very competitive and accomplished master's runner and has provided an excellent venue for you to do the dread track work out that produces speed.

The sessions begin 6:00 p.m. on Wednesdays at USNA track and will continue indefinitely. Come early and get a good warm-up in before the workout begins. All workouts start with 1 mile on the track, striding the straightaway and jogging the turns. Cool-down repeats this Mile of striding. Workouts will focus on developing a sense of race pace, mental toughness, speed and strength. You need not complete the entire workout. Many runners modify the workouts by lengthening the rest periods or completing only part of the interval distance. For example, if the group is doing twenty 400 meter repeats, a runner may elect to do either the first 200 meters of each interval or may do every other repeat or a combination of both. If enough participants show, the groups and workouts can be modified to address the needs of everyone. The main

idea is to have someone out there to suffer along with you. If you are tired of performing at the same pace in your races as you do in your workouts, come and join us!

A word of caution: Don't come to the track to get in shape. You should have a decent foundation of mileage in order to fully benefit from interval and speed training. Transition into track workouts by doing some brisk running repeats (Fartlek) during regular workouts. Perhaps you can set the count down timer on your watch for 30 second repeats. Do ten of these in the middle of your regular mileage and wake up your legs. This should be done 2 times per week for at least 2 weeks before heading onto the track. If you are not patient enough to wait, temper your desire to run harder that you ought to during your first track sessions. Also, it is a good idea to run no more than 10% of your weekly mileage in any track session. For example, if you are running 30 miles per week, twelve 400 meters (1 total of 3 miles) would represent a maximum effort. It is best to be cautious at first. Listen to your body and avoid injury. See you on the oval.

**June 7:** Ladder – 200, 400, 600, 800, 600, 400, 200 with 200m recovery between intervals

**June 14:** Twenty 400 meter repeats with 200-meter recovery

**June 21:** Thirty 200 meter repeats with 200-meter recovery

**June 28:** Twenty 300 meter repeats with 100-meter recovery

**July 5:** Twelve 400 meter repeats with 200-meter recovery

**July 12:** To be announced

**July 19:** To be announced

**July 26:** To be announced



# Marathon Training

**OPEN TO NON-MEMBERS TOO!**

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.

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**

- **WHEN: Saturday, July 22, 2000**
- **TIME: 6:45 a.m.**
- **WHERE: MTA Park & Ride lot on Harry Truman Parkway (just off Riva Road).**

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.

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.

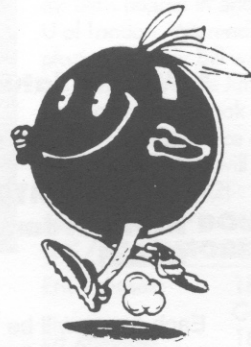
Once you have completed your marathon we all want to boast and celebrate. A victory party is be planned for November 10 so all may come and tell their stories, wear their medals and gloat. Hey - you will deserve it! If you have any questions feel free to call me, Sue Briers, Director of Annapolis Striders 2000 Marathon Training asap: 410-721-1442 or email me at [ultra100su@aol.com](mailto:ultra100su@aol.com) (please, no phone calls 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	<b>Marine Corps Marathon</b>	
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.

# Runner's Lament



## Cherry Pit 10-Mile Race

by Bob Burash & Whitey Gross, Race Directors

Gather 'round the starting line my eager runners and listen to my tale of a runner's lament. The calendar proudly displayed Sunday, 9 April 2000. This was indeed the Sunday for the 20th annual Cherry Pit 10-mile race, the 2nd leg of the Strider's championship series. Young Peter Salmon-Cox rose bright and early to ready himself for the race. He wiped the sleep from his eyes, quickly and quietly dressed and out the door he stepped. To his immediate and sudden surprise he was rudely greeted by arctic like temperatures, cold, biting, gusting winds and snow. When confronted with weather conditions such as these, young Peter Salmon-Cox instinctively knew this weather meant one thing and one thing only. As he pulled away from his house and headed down the road, he did what all good local-area runners do. Without giving it a second thought, he instinctively pointed his car in the direction of Severna Park High School in hopes of being welcomed by Tom Bradford and the B&A Trail Marathon. And, my fellow-runners, that is just the kind of day 9 April 2000 was.

Despite these deplorable early morning weather conditions, 157 runners, 75 of whom registered on race day, toed the starting line for this year's CP10. We thank all the runners who came out and participated and trust you had an enjoyable time. The overall male finisher was Dale Irons breaking the tape with a time of 1:00:14 while repeating last year's winning effort as the overall female winner was Jennifer Sullivan crossing the line at 1:08:54. Congratulations to Dale and Jennifer for a well-run race and setting the pace for those who were close on your heels. Each received the highly recognizable CP10 sports mug and a \$50.00 gift certificate from the Athlete's Foot for their effort. Age group winners received a sports mug for 1st place, a cherry pie for 2nd place and a case of cherry coke for 3rd place.

Runners of this year's CP10 were treated to the ChampionChip and the RaceTrac scoring system. These two high-tech systems moved the Cherry Pit to the forefront in small race events. The race moved from the time-tested and trusted hand-tabulated finish line cards to chip technology and nearly instantaneous finish results. The runners were surprised and expressed their pleasure in finding that from the time they crossed the finish line and made their way back to the school their overall finish place and time had already been posted. This was possible thanks to Ron Bowman who had loaded pre-race entrants into the RaceTrac data-base, while race day registrants were entered by Meredith Bonta, Mark Eby, Susan Zevin and Lynn Hopkins. A special thanks goes to Sharon Bradford, Ardis Henderson and Betty Moore. Their many years of registration experience made the transition much easier and transparent for everyone. Their willingness to help bridge the gap between the tried and true method of registration and the computerized system guaranteed that everything worked.

Thanks to the Striders' organization in general and all our loyal and steadfast volunteers who so generously gave their time and spent a cold, snowy Sunday morning to ensure the success of

this race. We want to recognize all the volunteers who worked as course monitors, manned water stops and assisted at the start/finish line. Contributing to the success of this year's race was a strong commitment on the part of the Anne Arundel Co. Reserve Officers and the Anne Arundel Co. Radio Club. These organizations ensured the safety of the runners over the entire course. We would like to thank South River Central Middle School for the use of their facilities and extend a special thanks to Mr. Marv Harris for his help and assistance.

Thanks to everyone, especially Sandi, John and Andrea, and Matt and Zach.

We hope to see everyone back for next year's Cherry Pit 10-Mile Race. Keep the wind to your back and good running.

## Overall Race Results - Wave/Chip Adjusted

Place/Name	Town	Sex	Age	Bib	Team/Club	Time
1 IRONS, DALE	MILLERSVILLE, MD	M	35	432		1:00:14.40
2 EGOLF, STEVE P	GREENSBORO, NC	M	37	415	AS	1:02:36.30
3 HAMPTON, MIKE	LAUREL, MD	M	27	393		1:02:59.50
4 SINCLAIR, CHRIS S	BALTIMORE, MD	M	32	402	BRRC	1:04:00.60
5 SERRA, PAUL	LUSBY, MD	M	44	431	AS	1:05:11.40
6 ROTHMAN-HAJI, SALIM	BALTIMORE, MD	M	28	400		1:05:50.20
7 BAILEY, CURTIS	UNKNOWN, NA	M	37	377		1:05:55.80
8 MACE, MATTHEW A	ARNOLD, MD	M	39	293	AS	1:06:22.10
9 PELTOSALO, ERIC	ANNAPOLIS, MD	M	50	353	AS	1:06:26.50
10 KIRKPATRICK, JOHN R	ANNAPOLIS, MD	M	56	325	AS	1:06:44.10
11 YOUNG, THOR A	ANNAPOLIS, MD	M	30	282	AS	1:07:58.20
12 HUGHES, RICHARD P	SEVERNA PARK, MD	M	30	356		1:08:16.60
13 WALSER, DAVE	ST LEONARD, MD	M	41	298	AS	1:08:44.50
14 SULLIVAN, JENNIFER	ANNAPOLIS, MD	F	35	252	AS	1:08:54.00
15 DUKES, JULIE	PASADENA, MD	F	30	338		1:08:58.80
16 CUNNINGHAM,	ANNAPOLIS, MD	M	45	398	AS	1:09:00.80
17 SMITH, MICHAEL	ANNAPOLIS, MD	M	43	300	AS	1:09:06.00
18 MCMANUELS, THOMAS	ELLICOTT CITY, MD	M	27	440		1:09:47.70
19 BIDDLE, ROBERT W	ANNAPOLIS, MD	M	40	424	AS	1:09:55.80
20 KNOT, JAMES	BALTIMORE, MD	M	41	425	BRRC	1:10:26.40
21 TYLER, HAMILTON F	MILLERSVILLE, MD	M	36	310	AS	1:10:46.70
22 BOYD, MARJORIE E	ANNAPOLIS, MD	F	38	284	AS	1:11:21.20
23 HARRIS, HUGH	LANDOVER HILL,	M	31	283	AS	1:11:25.10
24 JOHNSON, CURTIS E	DAVIDSONVILLE	M	40	334	AS	1:11:41.40
25 BERGESON, MICHAEL O	ARNOLD, MD	M	46	306	AS	1:12:45.90
26 ARBELAEZ, BILL C	COLUMBIA, MD	M	43	354	HCS	1:13:16.30
27 MAIRS, CHRISTOPHER	EDGEWATER, MD	M	27	281	AS	1:14:06.80
28 Penkert, Steven S	ARNOLD, MD	M	42	297	AS	1:14:25.60
29 FLICK III, ELLIOTT	ANNAPOLIS, MD	M	32	439	AS	1:14:58.30
30 KUHN, MICHAEL E	GLEN BURNIE, MD	M	37	289	AS	1:15:23.10
31 CLORETY, JOE	CROWNSVILLE, MD	M	57	327		1:15:27.80
32 ROTHMAN-HAJI, MICOL	BALTIMORE, MD	F	28	399		1:15:36.80
33 SNYDER, JEFF	ANNAPOLIS, MD	M	26	403		1:16:02.60
34 BOLT, RONALD	CROWNSVILLE, MD	M	58	329	AS	1:16:19.30
35 ROHRS, MAUREEN L	SEVERNA PARK, MD	F	44	349	AS	1:16:24.50
36 BOUCHARD, KEITH	ANNAPOLIS, MD	M	37	421	AS	1:16:39.60
37 CHACONAS, GREG	WASHINGTON, DC	M	54	443		1:17:08.60
38 FIELD, ALLAN	COLUMBIA, MD	M	52	389		1:17:18.90
39 BRAUT, DAVID L	EDGEWATER, MD	M	48	311	AS	1:17:25.40
40 PUGLISI, LARRY E	GAMBRILLS, MD	M	45	382		1:17:26.50
41 SAUER, TERRY W	ANNAPOLIS, MD	M	38	290	AS	1:17:34.20
42 KARALEKAS, ANGELA	ANNAPOLIS, MD	F	21	430		1:17:35.50
43 KOLARIK, ERIN L	ARNOLD, MD	F	16	367		1:17:45.00
44 LAIRD, HELEN S	ANNAPOLIS, MD	F	41	261	AS	1:17:53.10
45 MADISON, ANDREW	EDGEWATER, MD	M	12	408		1:18:06.10
46 CASE, CHARLES	BOWIE, MD	M	51	423		1:18:13.80
47 HEISMAN, ROSS I	ANNAPOLIS, MD	M	42	355	AS	1:18:36.00
48 SHERBUN, JON	CROFTON, MD	M	45	410		1:18:43.00
49 COLE, EMILY N	ANNAPOLIS, MD	F	16	411		1:18:47.50
50 EDEN, SCOTT	EDGEWATER, MD	M	46	441	AS	1:18:47.80
51 ROBLYER, GILES	ANNAPOLIS, MD	M	25	427		1:19:09.80
52 CAVANAGH, PATRICK P	BOWIE, MD	M	36	286	AS	1:19:11.90
53 RUSSELL, STEVE	WORTON, MD	M	43	285		1:19:14.50
54 KOFFLER, KAREN	SEVERNA PARK, MD	F	40	417		1:19:22.90
55 FRIEDLAND, MARIE	ANNAPOLIS, MD	F	45	442	AS	1:19:26.00
56 GASPER, FREDERICK	UNKNOWN, NA	M	42	245		1:19:35.80
57 ELZINGA, BILL	COLUMBIA, MD	M	62	276		1:19:41.60
58 DONAHUE, PATRICK	GAMBRILLS, MD	M	48	312	AS	1:19:50.70
59 BAILEY, ROBERT A	BOWIE, MD	M	52	424	AS	1:19:59.80
60 HOLLAMON, VASSIE T	DAVIDSONVILLE,	M	36	414	AS	1:20:37.30
61 THAYER, SCOTT W	CROFTON, MD	M	40	364	AS	1:20:46.00
62 THOMAS, EVAN	GLEN BURNIE, MD	M	58	390	AS	1:20:49.10
63 STANTON, KATHLEEN	ARNOLD, MD	F	36	255		1:21:01.30
64 LYONS, KENNETH	ANNAPOLIS, MD	M	60	419	AS	1:21:11.70
65 SEYBOLD, JOHN M	CROFTON, MD	M	0	426		1:21:32.10
66 DERR, WILLIAM B	GAMBRILLS, MD	M	61	330	AS	1:21:36.20

67	FIELD JR, ROBERT	DUNKIRK, MD	M	48	404	AS	1:21:46.50
68	FAY, JOHN	BOWIE, MD	M	52	321	AS	1:21:53.70
69	SHIELDS, MARIA N	CROFTON, MD	F	49	268	AS	1:22:02.70
70	LANG, MARY C	PASADENA, MD	F	46	422	AS	1:22:17.20
71	DALCOLLETTA, CARLA M	ANNAPOLIS, MD	F	38	257	AS	1:22:25.70
72	BONTA, MEREDITH	RIVA, MD	F	54	391	AS	1:22:33.10
73	BRIERS, SUE	GAMBRILLS, MD	F	44	263	AS	1:22:33.20
74	VEASEY, ALLEN J	CROFTON, MD	M	60	413	AS	1:22:46.80
75	BUTLER, WILLIAM	ANNAPOLIS, MD	M	50	316	AS	1:22:52.50
76	STOVER, MARK M	ANNAPOLIS, MD	M	45	303	AS	1:23:14.70
77	HIGDON, DON	ANNAPOLIS, MD	M	57	271	AS	1:23:35.60
78	SYMANYK, DANIEL F	ARNOLD, MD	M	53	322	AS	1:23:36.60
79	SCHRADER, LISA	RIVA, MD	F	44	265	AS	1:23:40.90
80	JONES, JENNIFER	ANNAPOLIS, MD	F	28	246	AS	1:23:52.80
81	BARRETT, NEAL J	ANNAPOLIS, MD	M	46	305	AS	1:24:05.10
82	YOUNG, DEBORAH A	ANNAPOLIS, MD	F	29	249	AS	1:24:19.20
83	BEMIS, ED	UNKNOWN, NA	M	37	278		1:25:04.80
84	BELTON, KEITH	MILLERSVILLE, MD	M	36	407		1:25:25.60
85	MOORE, BREV	ANNAPOLIS, MD	M	59	243	AS	1:25:38.60
86	MEYER, JON S	ARNOLD, MD	M	52	444	AS	1:25:45.50
87	MANNION, ELLEN	UNKNOWN, NA	F	38	347		1:25:58.60
88	SUCKLING, ALLISON	ARNOLD, MD	F	44	266	AS	1:26:06.00
89	BRENNAN, HELEN M	SEVERNA PARK, MD	F	42	260	AS	1:26:12.50
90	ANDERSON, ROBERT	GREENBELT, MD	M	52	401		1:26:30.10
91	TAYLOR, MILTON	ODENTON, MD	M	67	429	AS	1:27:17.40
92	GETKA, GREGG	CATONSVILLE, MD	M	37	341		1:27:35.00
93	ECKERT, LINDA D	ANNAPOLIS, MD	F	32	409	AS	1:27:52.00
94	OGDEN, ELIZABETH	SHADY SIDE, MD	F	39	370		1:27:59.30
95	FLOCKART, SUSIE	ANNAPOLIS, MD	F	29	428	AS	1:28:07.90
96	PALAGANO, TOM	SILVER SPRING, MD	M	49	251		1:28:08.50
97	BRADY, STEVEN R	ARNOLD, MD	M	43	358	AS	1:28:11.20
98	BENNIS, MIKE	EDGEWATER, MD	M	46	270		1:29:22.30
99	AMMONS, DEREK	LAUREL, MD	M	39	291	AS	1:29:35.10
100	WALTEMIRE, MARY KAY	MIDDLETOWN, DE	F	36	253	AS	1:29:58.10
101	OSORNO, RICARDO	UNKNOWN, NA	M	43	361		1:30:03.70
102	SALMON COX, PETER	MILLERSVILLE, MD	M	60	332	AS	1:30:11.70
103	BURTON, SANDRA	PORT REPUBLIC, MD	F	52	273	AS	1:30:23.00
104	SNODGRASS, PATRICIA A	ANNAPOLIS, MD	F	45	267	AS	1:30:40.80
105	O'CONNOR, MARGARET	SEVERNA PARK, MD	F	43	418		1:30:42.20
106	MYERS, WILLIAM	GAMBRILLS, MD	M	50	319	AS	1:31:05.40
107	MUSKIN, CHARLES J	SEVERNA PARK, MD	M	50	318	AS	1:31:06.70
108	HENDERSON, ARNOLD	ANNAPOLIS, MD	M	63	335	AS	1:31:22.90
109	KELLNER, JACKIE	ARNOLD, MD	F	51	272	AS	1:31:25.30
110	CURRENCE, MELISSA	PASADENA, MD	F	44	264	AS	1:31:37.60
111	TREDWELL, CYNTHIA	WASHINGTON, DC	F	29	405		1:31:52.70
112	PEREIRA, JOHN	DAVIDSONVILLE, MD	M	39	388	AS	1:32:07.80
113	JOSEPH, JOHN P	ANNAPOLIS, MD	M	52	395	AS	1:32:28.90
114	MOYNIHAN, ROBERT	ANNAPOLIS, MD	M	46	437		1:32:34.20
115	HASELTINE, REGGIE Y	CROFTON, MD	M	50	317	AS	1:32:44.40
116	ELSTER, ERIC A	ANNAPOLIS, MD	M	16	274	AS	1:32:46.80
117	KELLY, SLEAR	UNKNOWN, NA	F	17	352		1:32:53.20
118	KEMANKY, MARTHA	ANNAPOLIS, MD	F	39	313		1:32:56.60
119	DECHANT, LINDA S	ANNAPOLIS, MD	F	44	344	AS	1:32:57.50
120	FORD, SUSAN	ANNAPOLIS, MD	F	37	406		1:33:43.50
121	CAROOM, PHILIP	ANNAPOLIS, MD	M	46	307	AS	1:34:25.60
122	SUMMEY, DAVID	EDGEWATER, MD	M	45	304	AS	1:34:35.40
123	KARLSON, EDWARD S	RIVA, MD	M	64	433	AS	1:34:46.30
124	EVANS, LYNN	UNKNOWN, NA	F	53	374		1:34:51.60
125	SIMPSON, LINDA C	ANNAPOLIS, MD	F	58	244	AS	1:35:43.60
126	PAINTER, PATRICK	BOWIE, MD	M	52	381	AS	1:35:50.80
127	SNODGRASS, DONALD L	ANNAPOLIS, MD	M	49	315	AS	1:35:53.10
128	NEWTON, CHARLES	WALDORF, MD	M	28	397		1:36:26.40
129	ETCHISON, JIM	CROFTON, MD	M	47	309	AS	1:36:42.50
130	SCOTT, WILFORD	ANNAPOLIS, MD	M	50	412	AS	1:37:22.00
131	BRADBURY, MARY	UNKNOWN, NA	F	18	340		1:37:40.60
132	HINKLE, NEAL	MILLERSVILLE, MD	M	63	345	AS	1:37:44.50
133	ROHRS, WILLIAM	SEVERNA PARK, MD	M	46	363		1:37:54.00
134	BIGELOW, ROBERT	ARNOLD, MD	M	33	342	AS	1:38:21.00
135	MASSER, LEE	EDGEWATER, MD	M	64	336	AS	1:38:24.40
136	BEITZELL, RAYMOND	GLEN BURNIE, MD	M	45	394		1:38:36.60
137	LAYTON, WILLIAM	HEBRON, KY	M	26	392		1:38:54.40
138	LAYTON, JOSEPH H	VIENNA, MD	M	51	359		1:38:56.10
139	HOSSEINI, SEYED	ELLCOTT CITY, MD	M	57	324	AS	1:39:36.60
140	SERIO, SHARON	ANNAPOLIS, MD	F	53	420	AS	1:39:41.20
141	WELTHER, TARA	UNKNOWN, NA	F	23	396		1:40:24.60
142	CHAPMAN, BRAD	CROFTON, MD	M	68	339	AS	1:40:34.30
143	BROWN, CHRIS	GLEN BURNIE, MD	M	44	302	AS	1:40:40.50
144	HOPKINS, LYNN	ANNAPOLIS, MD	F	46	372	AS	1:41:03.70
145	EBERSBERGER, NANCY E	ARNOLD, MD	F	48	269	AS	1:43:32.20
146	FRANCKE, RIC	UNKNOWN, NA	M	52	383		1:43:45.00
147	CAMPBELL, RAY	HYATTSVILLE, MD	M	67	416		1:44:19.70
148	BRADFORD, THOMAS A	MILLERSVILLE, MD	M	56	323	AS	1:44:40.60
149	AASEN, YVONNE	SEVERNA PARK, MD	F	68	275	AS	1:44:59.80
150	PRITCHARD, DENZIL L	GAMBRILLS, MD	M	78	436	AS	1:45:17.90
151	HULIT, WAYNE	UNKNOWN, NA	M	51	357		1:45:56.20
152	GOODING, DARRIN	ANNAPOLIS, MD	M	16	378	AS	1:52:13.50
153	SIMMS, JIM	OAKHILL, VA	M	26	280	AS	1:52:39.30
154	SHANKLIN, FRED C	DAVIDSONVILLE, MD	M	58	435	AS	1:55:00.20
155	PRUITT, ROY	ANNAPOLIS, MD	M	41	380	AS	1:57:18.00

## Cherry 'chip'

by Ron Bowman

With three years of success using our Championship scoring system at the Annapolis Ten Mile Run and Bay Bridge Run, we decided to see if it would provide the same advantages over other systems for our smaller club races. Cherry Pit Race Directors, Bob Burash and Whitey Gross, agreed to incorporate it at their race. Actually, there was another innovation evaluated at Cherry Pit at the same time. Jim Discuillo, from the Howard County Striders, has developed an easy to use automated scoring system called RaceTrac and we used it to do Registration and Results. He has been using it for Howard County races for three years. We also took the opportunity to get more Striders experience in setting up and operating our chip system.

In spite of the B&A Marathon type conditions, setup and operation of the system went very well. Registration involved some pre-race preparations not normally required for Time-Tic scored races. We had to assign 147 pre-registrants with bib numbers and chips, plus another 50 bib/chip assignments to accommodate race day entries for a total of 156 runners. As it turned out we had plenty of chip/bibs but ended up having to reassign some chips from people that did not show up to some race day entrants. Racetrack processed the download from the Chip system flawlessly. We did the download after the first 50 runners because we knew most of the age group winners would be included. This allowed Jim to provide awards and results much faster than previous races.

We will next use RaceTrac and the Chip system for the Bay Bridge Run and then at the John Wall Mile, Dog Days, and Dawson's. Anyone wanting to be part of leading (bleeding) edge of race scoring is welcome; just contact Lynn Hopkins, Ron Jarashow, Susan Zevin, or myself and we will get you started. It's easy and fun!

## A10 Volunteers Buy Chips at Discount Price

Volunteers will also be given the opportunity this year to purchase a special 25th Anniversary A-10 chip at the same price as race entrants - \$35. If you are interested, give your name to your Race Committee Coordinator. If you don't know who your Coordinator is - for shame - call the Hotline.

## Let's Party - A-10 Post Party!

As a special Thank You for volunteers for the 25th Anniversary 10 Mile Run on August 27, there will be a Post-Race Party for all Volunteers - FREE! - on Sunday, September 3 from 6-10pm at the new CHESAPEAKE BAY BEACH CLUB (located next to Hemmingways). Come and enjoy heavy overdourves, cash bar, and plenty of dancing. Just give your name and number attending to your Race Committee Coordinator.

So that no one gets left out of this special event, any non-volunteer Annapolis Strider Member can attend the Post Race Party for \$10 fee. Send name/number attending and appropriate fee to the Annapolis 10 Mile Post Race Party, PO Box 187, Annapolis, MD 21401.



4/88	STRATHEARN, BRUCE	55	BAKERTON	WV	2:53	6:55
5/120	HESTER, HANK	56	WASHINGTON	DC	43:58	7:06

**FEMALE AGE GROUP: 55-59**

1/433	KING, BETTY	55	CROFTON	MD	49:27	7:59
2/673	CHATTERTON, MUFFET	55	CROFTON	MD	51:49	8:22
3/1143	SIMPSON, LINDA	58	ANNAPOLIS	MD	56:23	9:06
4/1518	FORMAN, JOAN	58	DESTIN	FL	1:00:18	9:44
5/1657	KAZMIERCZAK, BARBARA	55	CROFTON	MD	1:01:40	9:57

**MALE AGE GROUP: 60-69**

1/324	GROSS, MERVIN	61	SEVERN	MD	47:46	7:43
2/509	DEGNAN, THOMAS	64	SEVERNA PK	MD	50:07	8:05
3/537	BARRETTE, PAUL	64	KNOXVILLE	TN	50:32	8:09
4/540	FRATINE, JIM	66	QUEENSTOWN	MD	50:34	8:10
5/677	VEASEY, ALLEN	60	CROFTON	MD	51:51	8:22

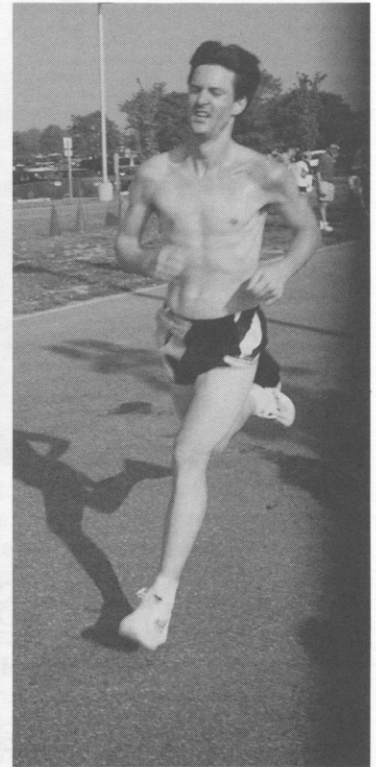
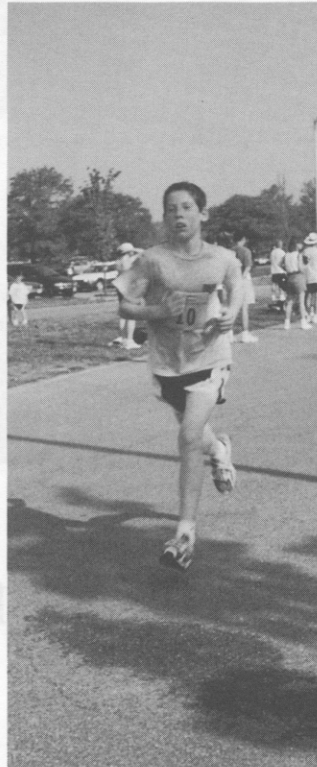
**FEMALE AGE GROUP: 60-99**

1/1415	CUFF, PATRICIA	63	MONGMRY VLG	MD	59:13	9:33
2/1685	AASEN, YVONNE	68	SEVERNA PARK	MD	1:01:56	10:00
3/2028	FRAZIER, ELIZABETH	63	ANNAPOLIS	MD	1:06:21	10:43
4/2045	KARPERS, RUTH	60	REISTERSTOWN	MD	1:06:36	10:45
5/2075	HINKLE, MARY	60	LUTHERVILLE	MD	1:07:03	10:49

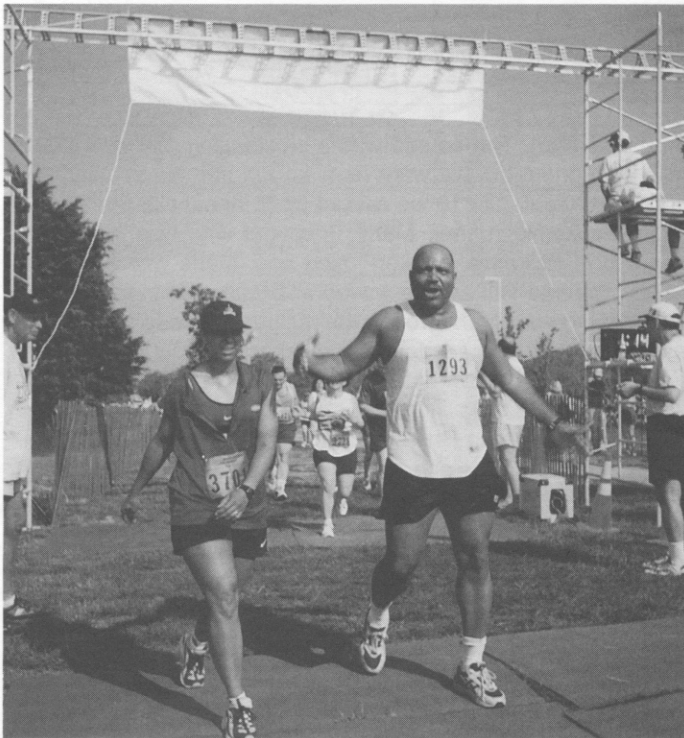
**MALE AGE GROUP: 70-99**

1/1394	MOORE, BEN	74	ANNAPOLIS	MD	58:59	9:31
2/2460	TRILLING, DON	72	ALEXANDRIA	VA	1:21:20	13:08

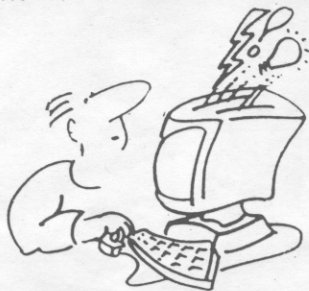
# Bay Bridge Runners



Men of all ages enjoyed the Bay Bridge Run.



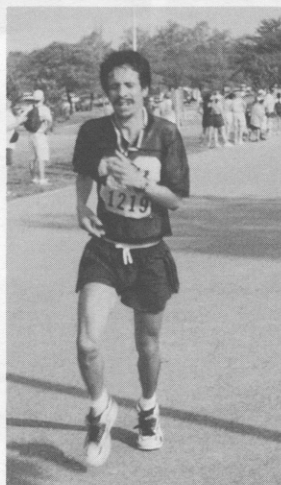
Happy couple 3701 and 1293 cross the finish line.



**WEBSITE ADDRESS**

Go to the website for anything and everything about the Annapolis Striders

[www.annapolisstriders.org](http://www.annapolisstriders.org)  
**MARK it as a FAVORITE**



3rd place male



Carole Rosasco



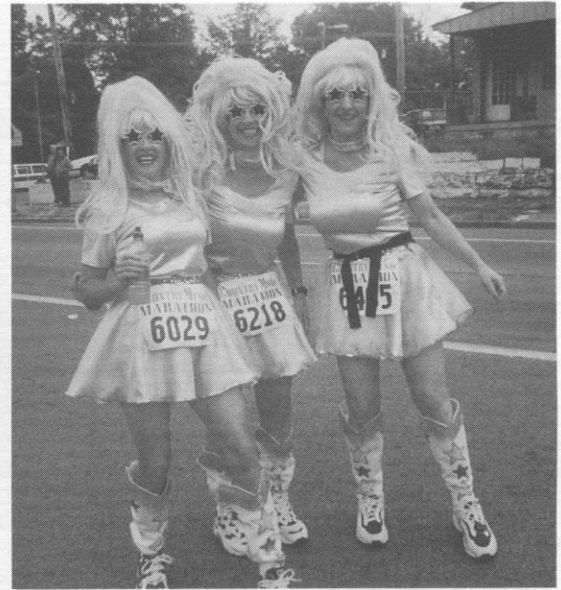
Mom and daughter are happy finishers.



Friends and finishers



Sherry Kosnar and Meredith Bonta



Dollyx3, run Dolly, run.

# Country Music Marathon

**Nashville, Tennessee, April 29, 2000**

by Sue Briars

The biggest chance you can take in marathon running is attempting an inaugural marathon. The Country Music Marathon was in its birth year but Meredith Bonta, Sherry Kosnar and I couldn't refuse the opportunity as it sounded like a great time. We left for Nashville on Friday morning VERY early. The race started on Saturday morning at Centennial Park (just a block from our hotel). This race committee was on the ball. The park was equipped with a ton of port-a-johns, breakfast foods for the runners and a baggage check that Boston could learn from. UPS was a major sponsor and they were superb in their management of the baggage drop and handling at the finish line. All runners were staged in corrals that reflected their planned finish time and the race started exactly on time with a send off by Vince Gill and Amy Grant.

A band playing a lively country tune marked the first mile. We ran through the main streets of Nashville with music and water greeting us every mile. There were even spectators out for the

7:00 a.m. start. The course was a challenging one with rolling hills throughout but we were here for fun and we certainly did find it. At about mile 16 we caught up to Annapolis Strider and Team Leukemia runner, Marie Friedland who was running in honor of a leukemia stricken loved one. Marie was her usual happy cheerful self as she waved and smiled at everyone. We continued on our path through the residential areas of Nashville as spectators who had planned brunch in the front yard as they watched the marathon unfold greeted us. The City of Nashville was so enthusiastic about the marathon one would have thought they were in Boston. Everyone in the town was knowledgeable about the race and extremely happy to have us in their city. Nothing like good ole' Southern hospitality!

Meredith, Sherry and I finished together and were very pleased with our choice to come to Nashville. Out of 54 marathons I have completed this one has to go to the top of the list in the fun category. I am certainly glad we choose to run the inaugural as next year it will be impossible to get in based on the excellent job they did this year.



Meredith Bonta, Sue Briars, Sherry Kosnar at the Country Music Marathon.



Marie Friedland

# Not Just a Bunch of Skinny Girls

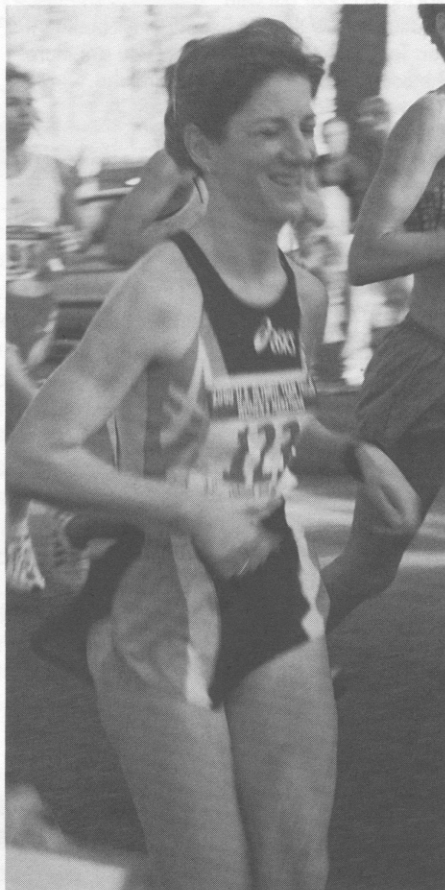
by Jill Hargis

When I met some friends in the lobby of the host hotel for the 2000 Women's Olympic Marathon Trials in Columbia, SC, I was greeted with hellos, hugs and the comment that there were sure a bunch of skinny girls in town. The day before the marathon as I walked through downtown Columbia, I overheard some sage advice from a gentleman taking a smoke-break, "Eat more, exercise less." His comment was directed to some qualifiers doing a pre-race day run.

It is true that the average size of the female marathon qualifiers is much smaller than the typical American woman and probably the entire field of 170 women didn't weigh much more than the starting lineup of the Redskins. However, I realized after spending the weekend with the top female marathoners in the country, that there is a lot more to this group of women than skin, bones and some pretty substantial calf muscles.

To qualify for the Olympic Marathon Trials, women had to run at least under 2:50 at a certified marathon during approximately a two year period. If a runner made the "A" standard of under 2:42, expenses to the trials were covered. A runner making the "B" standard of under 2:50 became eligible to participate.

Most of the women at Trials are just thrilled to have qualified and to be able to take part. Some go to compete and to try to run personal bests. An elite few are in contention to achieve the ultimate and make the Olympic team. Although it is generally expected that the top three finishers will come from the athletes under the A standard, in 1996 Jenny Spangler sur-



Jill Hargis

prised everyone by coming into the Trials with a B standard and winning

Every woman at the Trials has a unique running history. Some have been running since high school. Others were star athletes in college. Some like myself began running in their late twenties. Others even began as late as their thirties. Each story is different and many are truly inspirational.

Jane Welzel at 44 years old was running in her fifth Olympic Marathon Trials. Jane, along with 4 other women, was striving to complete all Marathon Trials since they were first held in 1984. In spite of the grueling conditions, Jane achieved her goal. Jane was also the victim of a car accident some years ago and was unable to run for some time due to serious injuries, but she fought back and is now running at the top of the Masters ranks in the USA.

Gwyn Coogan is another amazing story. Even though she was unable to complete the 2000 Marathon due to a foot injury, the fact that she was there ready to compete boggles my mind. Gwyn, a former Olympian in the 10,000 meters, is the mother of two girls, one born in November 1998. She also placed fourth in the 1996 Marathon Trials, one place short of making the team. In the meantime, she completed her Ph.D.

in mathematics, began a new job as a professor at Hood College which involved moving her family halfway across the country and still found time to train at an elite level. She must not have much time to eat or sleep.

Not much has to be said about Joan Benoit Samuelson, a legend in the history of marathon running, who came to Columbia with dreams of her own. She may not have believed she could make her second Olympic team but she hoped to finish in the top 10 and break 2:40. She was faced with tough conditions but with her trademark determination and tenacity, she reached both goals. Her emotional finish at the 2000 Trials was a culmination of a running career that will probably never be equaled.

A young friend of mine from Atlanta, Michelle LaFleur is just beginning an elite running career. She is a very talented runner who through injuries, bad luck and sometimes bad decisions never quite reached her potential. She decided to go for it in Columbia and ending up finishing in the top 20 and knocking almost 5 minutes off her personal best. I won't be surprised if she becomes the Jenny Spangler of 2004.

And of course, there is the story of Christine Clark. She was a virtual unknown in the field. She lives in Alaska, is 37 years old, married with two young children and has a career as a pathologist. She trained during the frigid winter in Anchorage on a treadmill. Not a chance, you say. Well, she made her way to the finish line in Columbia a winner and an Olympian. How is that for a dream come true?

Then there are the rest of us who are "just happy to be there". We are in awe as Joan Benoit Samuelson gets on the same elevator to go to the same starting line. Thirteen years ago, when I ran my first 10k in 48 minutes, I never imagined I would be among this group of women. When I ran my first marathon in 3:45, I most certainly didn't think it. But as I ran more and began training seriously, I gained more confidence. I was able to keep pushing my goals until one day I thought maybe it would be possible. Maybe I could qualify to run in the Olympic Marathon Trials. Now as I enter the Masters division, I have to set some new goals but I have the stories of these women and everyone that runs, young, old, fast and slow, to keep me inspired.

Although the Women's Olympic Marathon Trials qualifiers are not a bunch of heavyweights, they are not just a bunch of lightweights either. They are unique, special individuals who worked hard to achieve their goals. And as I watch the men line up for the Marathon Trials in Pittsburgh in May, I will be careful not to think to myself, "What a bunch of skinny guys!"

# STRIDERS ON THE ROAD

BY EVAN THOMAS

## FEB 19 DOUBLE BRIDGE 5K/PENSACOLA, FL

Nancy Mann 26:06 1st AG

## MAR 11 MCGUIRE'S 5K PREDICTION RUN/PENSACOLA, FL

(2,000+ finishers)

Nancy Mann 26:45 4th AG

## MAR 11 ALL AMERICAN 5K

Clint Rogers 25:51 3rd AG

## MAR 12 HILTON HEAD 5K, HILTON HEAD ISLAND, SC

Maria Shields 22:49 1st AG

## 12 MAR ST PATRICKS DAY 10K/WASHINGTON, DC

Greg Shute 34:11 19th

David Webser 36:08 2nd AG

Muffet Chatterton 49:42 2nd AG

## 12 MAR ST PATRICK'S 4M/FREDERICKSBURG, VA

Jill Hargis 23:59 1st F!

## MAR 18 SHAMROCK MARA- THON & 8K/VIRGINIA BEACH

Jim Lundeen 3:30

Sherry Kosnar 3:46

Jennifer Lundeen 3:51 Oh, my feet!

Mike Blanche 4:08

Peter Salmon-Cox 4:26 Not bad for a  
race/walk pace

Web Chamberlin ?

Marty Van Doornick 4:50

Dennis Williams 5:08

Mandy Falk 6:13

Margaret Pavlinic 6:25

Masters/Open 8K:

Stan Witomski 38:13 3rd AG

Joe Reilly 38:21

Evan Thomas 38:54

June Schneider 40:05 5th AG

Denise Hyde 42:00 1st non Masters

Jim Carter 49:13

Barbara Hotchkiss 51:56

Another fine mess Mike Blanche got us into!  
Well, we survived another "day at the beach."

Windy, as usual, but not as bad as some  
years. Nice expo and dining in town. The  
amazing one picked out one gem, the Il  
Giordino, after turning down another place  
that had good recommendations. Not until we  
arrived did we discover why this place was  
picked. Her name was Angelia, our MaitressD'  
and when in Virginia Beach, do stop in. Of  
course, after draining the post race bash, it  
was off to Bubba's Beach Club (a spot picked  
out in prior years by TJ and Mike B).

Renowned for its burgers and deer/moose  
antlers (which were decorated with many  
varieties of female upper body appliances!).  
Our beer tender there turned out to have a

master's degree in Shakespearean Lit. from the  
U of London. We made our mark there by  
placing a dollar bill with "Annapolis Striders"  
on it just below the Jim Beam bottles behind the  
bar. Try the Red Hook next time you are there.  
The course is still nice and flat and the  
Tidewater Striders will host the RRCA  
convention in 2002!

## MAR 19 O'DOUL'S SHAMROCK 5K/BALTIMORE

Eric Peltosalo 18:48 3rd AG  
Guess who's 50?

Ed Jablonski 18:53

Morgan Wells 20:26

Clint Henderson 21:01

Mark Stover 22:10

Paul Ostrowski 22:45

Larry Puglisi 23:37

Doug Silate 23:42

Allen Veasey 23:44

Patty Snodgrass 24:36 4th AG

Linda Simpson 25:19 1st AG

Tom McKee 25:22 1st AG

David Summy 25:45

Clint Rogers 25:51

Ed Karlson 26:27

Karla Puglisi 26:59

Neal Hinkle 27:23

Reggie Haseltine 27:28

Nancy Thomas 28:02

Don Snodgrass 28:26

Brad Chapman 28:29

Linda Wright 29:02

Joe O'Boyle 29:12

Linda Webb 30:08

Jeff Welsh 31:05

Lots of Chip problems with this event due to  
race officials not providing a ride back to the  
finish for the equipment that started the race.  
Not a chip problem, a transportation problem.  
I think they are still missing some finishers. My  
ace on-scene reporter, Allen Veasey, reports it  
was hard to find the post-race festivities.  
Parking was a zoo and finding your car after  
was not easy.

## MAR 25 JOE CANNON 5K/HANOVER

Clint Rogers 24:55

## MAR 25 PGRG SPRINGBURST 8K/BELTSVILLE

(107 finishers)

Paul Walters 29:24

Eric Gyaki 33:11 1st AG

Larry Puglisi 36:24

B.J. King 37:41

Evan Thomas 39:15

Derek Ammons 45:12

## MAR 25 HINTE-ANDERSON 50K/SUSQUEHANNA STATE PARK

Matt Mace 4:58 38th

Ron Hooker 5:06

Mike Bright 5:16

Sue Briers 6:06

John Fay 6:06

Meredith Bonta 6:36

Mary Lang 6:36

Charlie Muskin 6:38

Will Myers 6:38

Sarah Megdiche 6:45 and first dog -

Flex who ran the 2nd 15 mile loop with Sarah

Milt Taylor 6:46

Tim Smith 6:58

Jay Joseph 6:58

Susan Zevin 7:32

I think only one went swimming. The following  
did one loop (15+miles): Linda Simpson, Patty &  
Don Snodgrass.

## MAR 26 BETHESA CHASE 10K/BETHESA

(almost 900 finishers)

Steve Penkert 43:20

Russel Roeding 44:54

Kathleen Stanton 48:30

Lara Roeding 53:01

## APR 1 RUN VS ROW 10K/ALEXANDRIA

(1000+ finishers)

Rob Marino 34:06 3rd AG

Jeff Walcoff 34:10 3rd AG

Scott Eden 36:21

Jill Hargis 37:29 1st F!

Eric Hargis 40:18

B.J. King 46:15

Clint Henderson 46:19

Alex Major 47:35

Danalee Green 48:59

Jim Noctor 54:33

## APR 1 COOPER RIVER BRIDGE 10K/CHARLESTON, SC

Mike Cunningham 37:59 Great race & weather!  
159 of 8201 males, 9th AG!

## APR 2 RUN FOR THE RUINS 5K

Clint Rogers 24:44

## APR 8 CAMP PECOMETH 5K

Clint Rogers 25:14

## APR 9 NORTEL CHERRY BLOSSOM 10M/WASHINGTON, DC

MEN

Greg Shute 54:56

Rob Marino 55:19 2nd 40-44

Gary Sullivan 55:46

Jeff Walcoff 56:12

David Webster 1:00:45 5th 45-49

Jeff Gelfand 1:08:36

John Major 1:09:24

Jimmie Treadwell 1:11:57

Chris Riley 1:12:32

Vern Robinson 1:14:15

Clint Henderson 1:14:14

Chris Beard 1:15:25

Steve Kling 1:18:04

Rickie Smith 1:22:01

Brian Walker 1:23:06

David Spoerl 1:23:38

Bob Dyer 1:24:25

John Bechill 1:24:55

Chris Begamini 1:25:22

Robert Daniels 1:26:17

Don Singer 1:26:22

Frank McDougald 1:27:50

Claude Lair 1:34:24

Steve Van Rees 1:35:39

Jerry Linn 1:36:20

Dave Bleil 1:37:47

Tim Schaffer 1:44:03

WOMEN

Chrissy Morganti 1:01:19 12thF

Mary Jane Williams 1:19:35 PR



Muffet Chatterton	1:22:12
Siobhan Percey	1:23:15 PR
Colleen Bentz	1:23:39
Kathy Hennes	1:26:56
Claire Stockman	1:28:27
Effie Dawson	1:28:31
Mary Jefferson	1:33:14
Mary Ellen Palowitch	1:33:55
Mary Delatore	1:45:21
Gail Saherian	1:47:31
Susan Owens	1:47:56
Vivian Smith	1:50:01
Mary McDowell	1:57:16

Back on the road

Our men's Open team (Shute, Marino, and Sullivan scored) took 3<sup>rd</sup> place! Pretty good for the first time out.

### APR 12 WRRC MAIN ST MILE/WESTMINSTER

Eric Gyaki 5:06  
5th Master/1st AG

### APR 15 BULL RUN 50M/CLIFTON, VA

(247 finishers)

Matt Mace	9:04	45th
Mike Bright	9:56	
Meredith Bonta	11:15	
1st Female Senior for the North		
Sue Briers	11:15	
Mary Lang	11:29	
Charlie Muskin	11:58	
Will Myers	11:58	
Jay Joseph	12:07	

More fun in the mud. Shoes got tossed after this one.

### APR 15 RUN FOR RETT'S SYNDROME 5K/KINDER PARK

Jill Hargis	18:39	1st O/A
Eric Hargis	19:55	
Linda Simpson	27:15	1st AG
Yvonne Aasen	30:05	1st AG

This is the course we'll use for our prediction fun run. It is certified. I'll have a description in next issue.

### APR 16 CLYDES AMERICAN 10K/COLUMBIA

(1160 finishers)

Jim Griffiths	35:13	10th/2nd AG
Paul Walters	36:03	12th
Mark Swanlund	36:05	13th
Eric Schrader	36:17	
Mark Rosasco	37:14	
Richard Kersey	40:36	
Elliot Flick	43:39	
Bob Zeminsky	44:19	
Erin Kolarik	44:35	
Dave Barry	44:37	
Russel Roeding	45:38	
John Seybold	46:25	
Lisa Schrader	46:29	
John Madary	46:52	
Dan Atkinson	47:44	
Whitey Gross	47:49	
Bill Derr	48:17	
Evan Thomas	48:51	
Ann Roberts	48:58	
Bob Burash	49:06	
Mike Blanche	49:19	
Time Deaton	49:44	

Barry Davis	51:05
Derek Ammons	55:08
Patty Snodgrass	55:52
Neal Hinkle	56:03
Jim Noctor	56:07
Don Snodgrass	57:38
Dave Bleil	59:12
Brad Chapman	59:31
Jim Carter	1:02:38
Joe O'Boyle	1:05:03
Linda Webb	1:06:48

Marty Van Doornick also ran and had fun. This year, Jim Carter got there in time for the race, not just the party. Great food, etc but there were lines at the beer taps. And, then, they ran out! Oh well, the weather was great towards the end of the party, cool otherwise. Caution: Don't wear rabbit ears to Clydes - they turned out to be "chick magnates."!

### APR 16 GEORGE WASHINGTON PARKWAY CLASSIC 15K/ALEXANDRIA

TJ Harrington	1:07:08
Larry Puglisi	1:08:27!
John Bechill	1:19:08
Hal Quayle	1:21:07

### APR 16 WESTERN MARYLAND ADVENTURE RACE

Clint Rogers/Clint Henderson 2:45. Brutal race with 3m trail run, waterfall climb, rack climb, rock climb, obstacle belly crawl, 2mi canoe w/300yd portage, 10m bike, finishing with a 1.25 mile street run and a final obstacle belly crawl!

### APR 19 103rd BOSTON MARATHON/BOSTON, MA

Alpha listing	Gun/Chip time
Ron Bolt	4:04/3:59
Margie Boyd	3:26/3:23
Mike Cunningham	3:07
Andrew Gordon	5:08/4:58
Robert Griffith	3:30/3:27
Enid Hagelstein	4:16/4:09
Jesse Harrahill	3:27/3:23
Ron Hooker	3:20/3:19
Nick Lakis	3:35/3:32
Chris Sinclair	3:09/3:08
Gary Sullivan	2:42/2:42
William Tham	3:49/3:40
Karen Trasatti	3:08/3:07
Rita Twist	3:56/3:49
Hamilton Tyler	3:10/3:08
Tom Voorhees	4:49/4:41

Congratulations to our stalwart conquerors of the Boston Marathon course where, if the up hills don't get you, the down hills will! It was a great race to watch on TV for a change. I have the tape if anyone wants to borrow it.

### APR 22 TWO OCEANS MARATHON (58K)/CAPETOWN, SOUTH AFRICA

Peter Salmon-Cox	6:23:57
Milt Taylor	6:45:12

Now I suppose we will have call Mr. Salmon-Cox: Amazing, Iron, Tattooed, Ultra Peter!

### APR 22 EARTH DAY 5K/QUIET WATERS PARK

Jill Hargis 18:30 or so 1st O/A  
A number of members enjoyed a day in the park while Sue, Meredith and Susan Z. did the finish line for the almost 200 runners (a new record for them). Larry Puglisi did a 21:47 and daughter Karla did 28:08. Eric Hargis was about 19:40.

### APR 29 OXFORD DAY 10K/OXFORD

(137 finishers)

Mark Rosasco	37:07	3rd
Mike Cunningham	38:12	4th
Jennifer Sullivan	41:42	1st F
Joe Clorety	42:17	1st AG
Carole Rosasco	43:21	
Dave Brault	44:15	
Clint Henderson	46:47	
Evan Thomas	47:37	
Terry Haley	49:48	
Clint Rogers	52:22	PR
Jim Noctor	53:36	2nd AG
Linda Simpson	54:35	1st AG
Lee Masser	56:56	

A wonderful event with a full breakfast afterwards. Big festival all day afterwards - a little more spread out than Chestertown, but a great location. Nice flat course certified but use of cones at corners may have lengthened it.

### APR 30 HABITAT FOR HUMANITY 5K(WELL ALMOST)/QUIET WATERS PARK

They had about 50 finishers for this first time race. A course monitor was misplaced and they lost about 40-50 seconds of extra running enjoyment. It will be better next year. Jennifer Sullivan took top female honors. Linda Simpson, Patty Snodgrass, Don Snodgrass, Ilene Caroom, Philip Caroom, Clint Rogers, Larry Puglisi, Karla Puglisi, Alan Wycherley, Cindy Wycherley, Brooks Sherman were among the recipients of the short course. Sean Sweeney, Mike Cunningham and I did the finish line with great flourish. Ilene Caroom made her return to the races after a few months on the shelf. She says "Thanks, June" referring to her massage therapist. See, it works!

### APR 30 COUNTRY MUSIC MARATHON/NASHVILLE, TN

Chris Sinclair	3:00	
Sherry Kosnar	3:54	
Sue Briers	3:54	
Meredith Bonta	3:54	3rd AG
Marie Friedland	4:15	

I hear it was a very well done event, especially for a first time one. Mark your calendar for next year.

### FINISHING LINES - Latest Washington Running Report runner rankings:

Open Men: Greg Shute, 21st and Gary Sullivan, 23rd; 35-39: Jim Griffith, 8th; 40-44: Paul Serra, 19th; 45-49: David Webster, 4th; 55-59: Chris Riley, 7th and Joe Clorety, 8th; 65-69: Milt Taylor, 6th; Women 35-39: Margie Boyd, 21st, 40-44: Carla Pastore, 5th; 50-54: Danalee Green, 8th.

# Streak Staff

**Sue Briers** EDITOR  
H: 410-721-1442  
Email: ultra100su@aol.com

**Margie Boyd** ARTICLES ASST. EDITOR  
H: 410-841-5632  
Email: boydathome@aol.com

**Mary Lang** RACE RESULTS ASST. EDITOR  
H: 410-437-5525  
Email: SeaPro99@aol.com

**Erin Horan** ASST. EDITOR  
**Kathy Nado** PHOTOGRAPHER

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.

Ad Rates: business card: \$35 • 1/4 page \$60,  
• 1/2 page \$110 • full page \$205

## We Need You Race Volunteers Needed for the Annapolis A10 Sunday, August 27, 2000

CALL THE HOTLINE:  
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

WWW.ANNAPOLISBOOKS.COM

THE ANNAPOLIS PUBLISHING COMPANY  
132 WEST STREET, ANNAPOLIS MARYLAND 21401

## Discounts for Members Only...

Show your Annapolis Strider Membership Card and receive the following discounts:

### ATHLETE'S EDGE

*Footwear and Sportswear.* Chris and Kelly Kishis 410-280-2391.  
Discount of 15% to all members of the Annapolis Striders.

### THE ATHLETE'S FOOT

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

### ATHLETES' KNEAD

*Sports Massage, Inc., Millersville, Maryland* 410-987-0281  
June E. Schneider, Certified Massage Therapist; 20% off first massage; 30 minute, 1 hour appointments available.

### BIKEBIZ

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

### COHL FAMILY CHIROPRACTIC & SPORTS THERAPY

*1404 S. Crain Hwy, Suite 112, Glen Burnie* 410-760-6443 (1 mile north of Walmart) Free initial consultation. Schedule for a lower extremity analysis; includes gait and kinesiology evaluation.

### FOOT LOCKER

*Annapolis Harbour Center 2572 Solomons Island Road* 410-798-6068. 10% discount on any running shoe in stock at regular price. Not valid with any other coupon or promotionally priced merchandise.

### JOHN HALL - NIKKEN INDEPENDENT DISTRIBUTOR

*20909-B Humphrey Point Road, Rock Hall, MD 21661* 410-639-7084  
10% discount off any of Nikken products. Call for a free catalogue and information on the products and health technologies. Great for athletes!

### A HEALTHIER YOU

*14 Annapolis St., Annapolis* 410-269-1368. 10% discount on one hour shiatsu session, an acupuncture treatment, fully clothed.

### SUE A. JAMES, MS, RD, LD

*600 Ridgely Avenue, Suite 210, Annapolis* 410-266-8555. 10% discount for initial nutrition assessment and consultation (1 hour); 10% discount for follow-up consultation (30 minutes).

### KIBBY CHIROPRACTIC & REHABILITATION CENTER

*2110 Priest Bridge Road, #6, Crofton* 410-721-5050. Complimentary consultation and examination. Fully equipped rehab center with chiropractic and physical therapy for managing headaches, neck pain, back pain, and lower extremity disorders.

### MANDELL CHIROPRACTIC CLINIC

*134 Holiday Court, Suite 309, Annapolis, Md 21401* 410-266-3030. No charge initial consultation including computer muscle tests of quadriceps and hamstring muscles to determine unbalance or weakness. Call for appointment.

### JOHN L. MICHIE, D.C., C.C.S.P.

*Broadneck Medical Ctr., 269-C Peninsula Farm Rd, Arnold* 410-315-6909  
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.

# Membership Application

PLEASE COMPLETE THE FOLLOWING INFORMATION AND MAIL WITH  
YOUR CHECK OR MONEY ORDER TO

**Annapolis Striders**  
P.O. Box 187

**Annapolis, Maryland 21404-0187**

YOU MUST INCLUDE YOUR CHECK, OR MONEY ORDER, MADE  
**PAYABLE TO THE ANNAPOLIS STRIDERS, INC.**

\$1.25 of your dues is for a one-year subscription to the RRCA's quarterly  
magazine, *Footnotes*.

PLEASE PRINT CLEARLY:

TYPE OF MEMBERSHIP:  NEW  RENEWAL

INDIVIDUAL \$15.00

SECOND MEMBER IN SAME HOUSEHOLD \$10.00

JR. MEMBER, under 18, \$6.00 *application must include 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

**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.*



## 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.

## 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

### 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

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

PODIATRIC MEDICINE & FOOT SURGERY  
DIPLOMATE AMERICAN BOARD PODIATRIC SURGERY

OFFICE HOURS BY APPOINTMENT EMERGENCIES ACCEPTED  
FAIRFAX CROSSING 1900 FAIRFAX RD., SUITE 10 ANNAPOLIS, MD. 21401  
(410) 263-3100 (410) 269-6063

### 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

# Championship Series Race Results

Women 14-19	5K	10M	10K	1M	8K	5M	26K	15K	Total
Colleen Stover	1	35							36
Michelle DeChant	2	35							37
Women 25-29	5K	10M	10K	1M	8K	5M	26K	15K	Total
Jennifer Jones	1	1							2
Deborah Young	2	2							4
Suzie Flockart	4	3							7
Terrey Haley	3	35							38
Sarah Megdiche	5	35							40
Sherelle Grooms	6	35							41
Kimberly Stevens	7	35							42
Women 30-34	5K	10M	10K	1M	8K	5M	26K	15K	Total
Jennifer Sullivan	1	1							2
Linda Eckert	3	2							5
Mary Jane Williams	2	35							37
Denise Hyde	4	35							39
Women 35-39	5K	10M	10K	1M	8K	5M	26K	15K	Total
Marjorie Boyd	2	1							3
Kathleen Stanton	4	2							6
Jill Hargis	1	35							36
Tammy Mazzola	3	35							38
Carla Dalcolletto	35	3							38
Mary Kay Waltemire	35	4							39
Siobhan Percy	5	35							40
Stephanie Butler	6	35							41
Women 40-44	5K	10M	10K	1M	8K	5M	26K	15K	Total
Helen Laird	2	2							4
Lisa Schrader	3	4							7
Sue Briers	4	3							7
Alison Suckling	5	5							10
Helen Brennan	6	6							12
Melissa Currence	8	7							15
Linda DeChant	9	8							17
Carole Rosasco	1	35							36
Maureen Rohrs	35	1							36
Cecile Spiegel	7	35							42
Mary McDowell	10	35							45
Women 45-49	5K	10M	10K	1M	8K	5M	26K	15K	Total
Marie Friedland	3	1							4
Mary Lang	2	3							5
Maria Shields	5	2							7
Patty Snodgrass	4	4							8
Lynn Hopkins	9	5							14
Nancy Ebersberger	10	6							16
Rita Twist	1	35							36
Penelope Bittering	6	35							41
Kathy Hennes	7	35							42
Christine Brungot	8	35							43
Ilene Caroom	11	35							46
Women 50-54	5K	10M	10K	1M	8K	5M	26K	15K	Total
Meredith Bonta	1	1							2
Sandy Burton	3	2							5
Jackie Kellner	4	3							7
Sharon Serio	5	4							9
June Schneider	2	35							37
Nancy Mann	6	35							41
Rae Jean Goodman	7	35							42
Cathy Gibbons	8	35							43
Linda Webb	9	35							44
Women 55-59	5K	10M	10K	1M	8K	5M	26K	15K	Total
Linda Simpson	1	1							2
Women 65-69	5K	10M	10K	1M	8K	5M	26K	15K	Total
Yvonne Aasen	1	1							2
Men 13 & Under	5K	10M	10K	1M	8K	5M	26K	15K	Total
Justin Gooding	1	35							36

Men 14-19	5K	10M	10K	1M	8K	5M	26K	15K	Total
Darrin Gooding	3	2							5
Alan Marshall III	1	35							36
Eric Elster	35	1							36
Michael Heaphy	2	35							37
Men 25-29	5K	10M	10K	1M	8K	5M	26K	15K	Total
Chris Mairs	2	1							3
Jim Griffiths	1	35							36
Jim Simms	35	2							37
Scott Mullen	3	35							38
Men 30-34	5K	10M	10K	1M	8K	5M	26K	15K	Total
Chris Sinclair	2	1							3
Thor Young	3	2							5
Robert Bigelow	1	5							6
Hugh Harris	5	3							8
Mark Hilliard	4	35							39
Elliott Flick	35	4							39
Men 35-39	5K	10M	10K	1M	8K	5M	26K	15K	Total
Matt Mace	1	2							3
Hamilton Tyler	3	3							6
Michael Kuhn	7	4							11
Eric Schrader	2	12							14
Terry Sauer	11	6							17
Patrick Cavanagh	12	7							19
Derek Ammons	16	10							26
Steve Egolf	35	1							36
Daniel Odale	4	35							39
Ronald Hooker	5	35							40
Keith Bouchard	35	5							40
T. J. Harrington	6	35							41
Morgan Wells	8	35							43
Vassie Hollamon	35	8							43
Jim Sullivan	9	35							44
Scott Thayer	35	9							44
Edward Tabor	10	35							45
John Pereira	35	11							46
David Scheidt	13	35							48
Barry Davis	14	35							49
Daniel Nellius	15	35							50
Men 40-44	5K	10M	10K	1M	8K	5M	26K	15K	Total
Paul Serra	1	1							2
Dave Walser	2	2							4
Michael Smith	4	3							7
Steven Penkert	6	6							12
Ross Heisman	8	7							15
Steve Brady	12	8							20
Chris Brown	15	10							25
Terry Proffitt	3	35							38
Robert Biddle	35	4							39
Eric Karandy	5	35							40
Curtis Johnson	35	5							40
Alan Marshall, Jr	7	35							42
Richard Widup	9	35							44
Ricardo Osorno	35	9							44
Rick Smith	10	35							45
Clint Henderson	11	35							46
Roy Pruitt	35	11							46
Clinton Rogers	13	35							48
Higley Harmon	14	35							49
Men 45-49	5K	10M	10K	1M	8K	5M	26K	15K	Total
Michael Cunningham	2	1							3
Michael Bergeson	4	2							6
Larry Puglisi	5	4							9
David Brault	7	3							10
Bob Field	10	7							17

# Championship Series Race Results

Patrick Donohue	12	6								18
Mark Stover	13	8								21
Jim Etchison	9	14								23
Reggie Haseltine	15	10								25
Will Scott	14	15								29
Don Snodgrass	16	13								29
Philip Caroom	20	11								31
David Webster	1	35								36
Richard Kersey	3	35								38
Scott Eden	35	5								40
Chris Beard	6	35								41
Rufus Creekmore	8	35								43
Neal Barrett	35	9								44
Bill Peake	11	35								46
David Summey	35	12								47
Ron Bowman	35	16								51
Bill Woods	17	35								52
Paul Tavel	18	35								53
Nathan Leventhal	19	35								54
<b>Men 50-54</b>	<b>5K</b>	<b>10M</b>	<b>10K</b>	<b>1M</b>	<b>8K</b>	<b>5M</b>	<b>26K</b>	<b>15K</b>	<b>Total</b>	
John Fay	2	3								5
William Butler	3	4								7
Charlie Muskin	4	8								12
Will Myers	5	7								12
Dan Symancyk	10	5								15
Patrick Painter	8	10								18
John Major	1	35								36
Eric Peltosalo	35	1								36
Robert Bailey	35	2								37
Ernest Chizmar	6	35								41
Jon Meyer	35	6								41
Michael Cuirca	7	35								42
Ron Bowman	9	35								44
John Joseph	35	9								44
<b>Men 55-59</b>	<b>5K</b>	<b>10M</b>	<b>10K</b>	<b>1M</b>	<b>8K</b>	<b>5M</b>	<b>26K</b>	<b>15K</b>	<b>Total</b>	
John Kirkpatrick	1	1								2
Joe Clorely	2	2								4

Ron Bolt	5	3								8
Ken Lyons	8	5								13
Don Higdon	7	7								14
Allen Veasey	10	6								16
Tom Bradford	9	10								19
Seyed Husseini	12	9								21
Fred Shanklin	15	11								26
Chris Riley	3	35								38
John Benkert	4	35								39
Evan Thomas	35	4								39
Fransisco Sanches	6	35								41
Brev Moore	35	8								43
Gary Sewell	11	35								46
John Strumsky	13	35								48
Rob Mairs	14	35								49
Joe O'Boyle	16	35								51
Alan Wycherley	17	35								52
<b>Men 60-64</b>	<b>5K</b>	<b>10M</b>	<b>10K</b>	<b>1M</b>	<b>8K</b>	<b>5M</b>	<b>26K</b>	<b>15K</b>	<b>Total</b>	
Peter Salmon-Cox	3	2								5
Bill Derr	5	1								6
Arnie Henderson	4	3								7
Mervin Gross	1	7								8
Lee Masser	6	6								12
Neal Hinkle	9	5								14
Ed Karlson	10	4								14
Don Singer	2	35								37
Jim Noctor	7	35								42
Clair Morris	8	35								43
<b>Men 65-69</b>	<b>5K</b>	<b>10M</b>	<b>10K</b>	<b>1M</b>	<b>8K</b>	<b>5M</b>	<b>26K</b>	<b>15K</b>	<b>Total</b>	
Milton Taylor	1	1								2
Brad Chapman	2	2								4
William Douglas	3	35								38
Thomas Haney	4	35								39
Edgar Parker	5	35								40
<b>Men 75-79</b>	<b>5K</b>	<b>10M</b>	<b>10K</b>	<b>1M</b>	<b>8K</b>	<b>5M</b>	<b>26K</b>	<b>15K</b>	<b>Total</b>	
Denzil Pritchard	35	1								36

## Volunteers Needed

Volunteers are desperately needed for the races. Please do the right thing and volunteer for one of the races listed below:

### Annapolis Ten Mile Run

SEAN SWEENEY . . . . . 410-263-3956

### Father's Day 10k

EVAN THOMAS . . . . . 410-760-9188

### John Wall Mile

DAVE WALL . . . . . 410-315-9275

### Women's Distance Festival

DANALEE GREEN . . . . . 410-268-1165

### Dog Days of Summer 8k

SUE BRIERS . . . . . 410-721-1442

### Dawson's 5 Mile

DAN SYMANCYK . . . . . 410-544-1516

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  
ultra100su@aol.com

**Deadline for the August Issue is  
Saturday, July 1, 2000**

Newsletter Questions?  
**Contact Sue Briers, Editor:  
410-721-1442**

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 ELIGABLE 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.

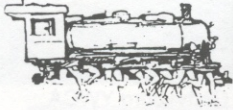
SIGNATURE OF ENTRANT \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE OF PARENT IF ENTRANT UNDER AGE 18 \_\_\_\_\_ DATE \_\_\_\_\_  
**MANDATORY**

# 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.



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

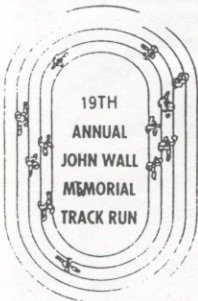
**FATHER'S DAY/B&A TRAIL 10K** (In memory of Pat O'Brien)  
**Sunday, JUNE 18, 8:00 a.m.** 3rd Leg of Champ Series  
 North Arundel Hospital, Hospital Drive, Glen Burnie  
**Course:** USATF Certified on residential streets and the B&A Trail, mostly flat with a few hills. • **Prizes:** Top 3 Men/Women & 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)



**DOG DAYS OF SUMMER 8K**  
**Sunday August 6, 2000, 8:00 a.m.** 5th Leg of Champ Series  
 Anne Arundel Community College • **Course:** A challenging cross country course. • **Prizes:** 1st-3rd overall and 1st-3rd in 10 year Age Groups. • **Fee:** \$3.00 Striders, \$4.00 Non-Striders, Race Day \$5.00 for all. • **Mail to:** Sue Briers, Race Director, 1740 Thistle Court, Gambrills, MD 21054. • **Phone:** 410-721-1442 (not after 9:00 p.m.) Email: ultra100su@aol.com



**19TH ANNUAL JOHN WALL MEMORIAL 1-MILE TRACK RACE**  
**Saturday, JULY 8, 7:00 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



**DAWSON'S 5 MILE** 46h Leg of Champ Series  
**Sunday, September 10, 8:00 a.m.** Severna Park High School • **Course:** First 2+ miles on gently rolling hilly roads and balance on the B & A Trail. • **Prizes:** 1st-3rd overall and 1st-3rd in 10 year Age Groups. • **Fee:** \$3 Striders, \$4 Non-Striders, Race Day \$5.00 for all. • **Mail to:** Dan Symancyk, Race Director, 234 Mill Church Road, Arnold, MD 21012 • **Race Director:** Dan Symancyk 410-544-1516

**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

## Metro Harriers Track & Field Challenge

Meet #1: 6:30 p.m., Thurs., June 15

Meet #2: 6:30 p.m., Thurs., June 22

Meet #3: 6:30 p.m., Thurs., June 29

Meet #4: 6:30 p.m., Thurs., July 6

Meet #5: 6:30 p.m., Thurs., July 13

Meet #6: 6:30 p.m., Thurs., July 20  
Challenge Championship

Where: North County High School  
All ages are welcome – Age Group  
medals to the top 3 in each event.

For more information check website:  
members.aol.com.metroxc/metro.html  
or email: MetroXC@aol.com



# Where THE RACES ARE



Jun 10, Sat, 8am, Crofton Kiwanis 10K,  
PO Box 3101, Crofton, MD 21114,  
410-721-3398 or 301-858-0544.

Jun 10, Sat, 8am, Billy Goat 5M, Robert E.  
Lee Park, Baltimore, 410-296-6854.

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

Jun 11, Sun, 8:30am, Sodexo Services  
Oy Vey 10K, Rockville, 301-770-8351.

Jun 17, Sat, 8am, Lawyers Have Heart  
10/5K, Washington, DC, 202-686-6888.

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

Jun 18, Sun, 8am, Father's Day 5K,  
Towson, GBMC, 410-377-8882.

Jun 18, Sun, 9am, YMCA/Shorebirds 5K  
Run/Walk, Salisbury, 410-749-0101.

Jun 24, Sat, 8am, Women's Distance  
Festival 5K, Wheaton, MCRRC, POB 1703,  
Rockville, MD 20849, 301-353-0200.

Jun 25, Sun, 8am, Clean Air Challenge 5K,  
Bethesda (Marriott HQ), 301-483-3164.

Jun 25, Sun, 8am, MARC Train 5 Miler,  
Odenton, 410-721-0595.

Jun 25, Sun, 8am, Damien's 5K Run for  
Recovery, Columbia, 410-872-2424.

Jun 25, Sun, 8am, Oriole Advocates 5K,  
Baltimore/Camden Yards, 410-377-8882.

Jul 2, Sat, 9am, Tommy's American 5K,  
Washington, DC. 301-871-0400.

Jul 4, Tues, 7pm Frederick's Fourth 5K,  
Frederick Steeplechasers, Tim O'Keefe,  
7214 Limestone Ln, Middletown, 21769,  
301-371-9562.(call to confirm)

Jul 4, Tues, 8am, Meade Crest 5K, Ft  
Meade, 301-871-0400.(call to confirm)

Jul 4, Tues, 8am, Arbutus Firecracker 10K,  
Rec & Parks Council, PO Box, 7437,  
Arbutus, MD 21227, 410-242-0809.

Jul 7, Fri, 1159pm, HCS WDF 5K,  
Columbia Mall, 410-964-1998.

Jul 6, Sat, 8am, Spirit of Gettysburg YWCA  
5K, Gettysburg, PA 717-734-9171.

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

Jul 14, Fri, 7pm, Bastille Day 4M, National  
Arboretum, Washington, DC 703-241-0395.

Jul 15, Sat, 845pm, Rockville Rotary  
Twilighter 8K, Rockville, MCRRC,  
301-353-0200.

Jul 15, Sat, 8am, Great Wyoming, DE  
Buffalo Stampede, Downstate Delaware  
Striders, P.O.Box 1379, Dover, DE  
19903-1379 or Wayne Kursh, PO Box 24,  
Montchanin, DE 19710, 302-654-6400.

Jul 16, Sun, 8:30am, Bottle & Cork  
Waterfront 5K, Dewey Beach, DE,  
www.msca.com or 302-654-6400.

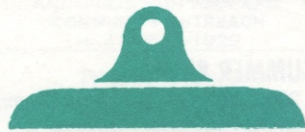
Jul 16, Sun 8am, Bun Run 5K, St Joseph's  
Hospital, Baltimore, 410-377-8882.

Jul 16, Sun, 730/815am, WRRRC Low Key  
Men's Race and WDF 5K, Union Mills,  
410-857-5427.

Jul 23, Sun, 6pm, Belle Haven 8K, Belle  
Haven Park, Alexandria, VA, 703-241-0395

Jul 30, Sun, 725am, River Rumble Half  
Marathon & 5K, Seneca, MD, MCRRC,  
301-353-0200.

Aug 6, Sun, 8am, BRRRC WDF 5K, Oregon  
Ridge Park, 410-296-6854.



## Annapolis Strider Events What's Coming Up

### STRIDER BOARD MEETINGS

AA Medical Center, Jennifer Road  
Tuesday, June 6, 2000, 7:30 p.m.  
Tuesday, July 11, 2000, 7:30 p.m.  
Meetings open to all Strider Members.

### Father's Day 10k

North Arundel Hospital  
8:00 a.m., Sunday, June 18

### John Wall 1 Mile

Broadneck HS  
6:00 p.m., Saturday, July 8

### Women's Distance Festival 5k

West Annapolis Elem.  
8:00 a.m., Saturday, July 15

### Run After The Women 5k

West Annapolis Elem.  
9:00 a.m., Saturday, July 15

### Dog Days of Summer 8k

Anne Arundel Comm. Col.  
8:00 a.m., Sunday, August 13

### 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



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

ADDRESS CORRECTION REQUESTED

Non-Profit Org.  
U.S. POSTAGE  
**PAID**  
PERMIT NO. 526  
ANNAPOLIS, MD.

