

STREAK



A Publication for the Members of the Annapolis Striders

Volume XXIV NUMBER 1 ■ FEBRUARY 2001



♥
The
Metric
Marathon
Challenge
brings
out the
best!



Prasad Gerard

Matt Mace

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2001-2002 Nominations for Officers & Board of Directors

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2001 BOARD MEETINGS

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

February 6

March 6

April 3

May 1

June 5

July 10

August 7

September 4

October 2

November 6

December 4

Meetings are open to all club
members. Please attend!

This & That Tidbits

- The Governors Bay Bridge Run Online registration will be available on your web site on February 1, a little later than last year and it closed out by mid-April. Don't wait!
- We anticipate having the Annapolis Ten Online registration up on June 1.
- The Beginning Runners 2001 Edition will begin on May 1. Application is posted on your web site. Spread the word.
- NEW! NEW! NEW! You can now register for the CHAMPIONSHIP SERIES Online. Go to the link under Bulletin Board and fill out the information. You can pay by secure credit card online transaction, fax, phone, or snail-mail!
- Just learned entries for this year's Marine Corps Marathon open on April 10 at 12pm but it's a complicated process. Get the info here:
www.marinemarathon.com/theentry.html
- Congratulations to those completing the Disney Marathon! Those that I know of: T.J. Harrington-3:36, Jeff Greene-2:55, Sue Briers-3:48. Meredith Bonta 3:48 (1st place Age Group winner).
- CORRECTION: The cover photo on the December issue of the Streak incorrectly identified the location of the Dawson's 5mile Run. It was at Severna Park High School.

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

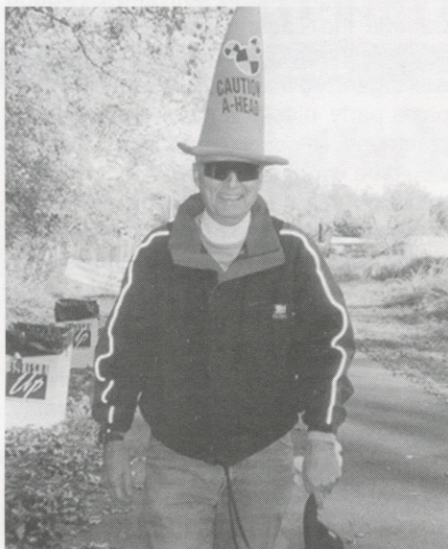
Please e-mail your articles, tidbits, race results and/or general
newsletter materials to ultra100su@aol.com

**Deadline for the April Issue is
Tuesday, February 6, 2001**

Newsletter Questions?

Contact Sue Briers, Editor: 410-721-1442

PRESIDENT'S MESSAGE



Evan Thomas, Club President

NEW BEGINNINGS

Quiz: Who ran a total of 104 miles in 2000 and still completed all the races in the Champ Series? A prize will be awarded to the first person to correctly identify this shadowy character.

Now that the real new millennium is here, we can focus on where we are and what lies in store. Personally, I'm ready to tackle new horizons, meaning real retirement is not too far off. It is getting so close, in fact, that I need to step back for a while and see what the future holds. Maybe I can really afford to drop out of the workforce! In doing so, I need to take the time to explore some new avenues. Since being club president requires more constant attention, I will not be seeking reelection. So, that means a change in club management come April 1st (a significant date, yes?) With the new by-law changes that will be in place, it is a good time to start with a new slate of officers and directors (the nominating committee recommendations should be listed elsewhere in this issue or be in your mailbox shortly).

Yes, the year has gone by quickly. We have made strides in the right direction in most areas, I would say. The newsletter is back to its former self, already reaching the point of being judged the best large club newsletter in the RRCA's Eastern Region! We have been so judged before, but let's hope this time we can win at the national level. To find out, sign up for the RRCA Convention May 3-6 in Albuquerque, NM - call any board member for an application or look in your copy of FOOTNOTES. We do have a budget for this and split the funding among those going. It is a great chance

to see how other clubs operate and realize how much in the vanguard of running clubs we are!

Our signature races (the A10, GBBR 10K, & the B&A Trail Marathon) are recognized as superior events that runners from near and far clamor to get into. Our Championship Series is attracting more and more participants - we had almost 40 members complete all the events this year. We are as financially solvent as we have ever been and have been able to contribute to many worthwhile causes in the process: AAMC, Arthritis Foundation, Summer Track Series, AACC Scholarships, RRCA Roads Scholars, City Police, AA Radio Club, Southern HS, etc.

So, what can you do to keep the momentum going? First off, you can run for the Striders in the MD-DC RRCA club challenge 10 Miler in Columbia on Feb 25. See the website for directions. We always talk about how we have enough good runners to challenge the other area clubs but, invariably, we don't make a good showing for one reason or another. So, make a New Year's resolution to come on out and wear your club singlet on Feb 25 and let's see if we can improve upon our previous finishes. It is OK to bring any of your fast friends you can find - remember, the club pays for your entry fee!

Next, you can keep volunteering to help out at a minimum of two events this year. If you volunteer you can still get credit for the Champ Series. And, new this year will be a program to recognize volunteers who work all the Champ Series races - Iron Volunteers, if you will. Look for details soon (so sign up to work the Washington's Birthday 5K now - call Jim Hall 410-757-5482).

OLD TURKEY/ANNIVERSARY RACES

Thanks to Brad Chapman for stepping in and helping Chris and Jenny Riley and Denzil Pritchard with the Old Turkey. Many kudos to Jennifer Sullivan and Dave Walser for hosting the Anniversary Run again this year (with another kudo to Brad Chapman). It's too bad we couldn't arrange the weather a little better.

NEW RACE IN THE PLANNING

Look for the "new Baltimore Marathon" next fall on Oct 20 (Saturday).

At the Anniversary Run we got a good start to the new Strider library that Ginger Andrews has volunteered to compile. To keep the ball rolling, bring those no-longer-used running books to the Washington's Birthday 5K. We had another Race Director's seminar on Sat, Jan 27th at AAMC. Don't forget: Sat, Mar 10th will be

the date for our annual meeting and awards banquet - mark your calendar now. Come and vote on the most wide-ranging changes to the club by-laws in recent memory. You can read about them on the website or we can mail you a copy, if necessary. Also, come and meet Ray Wyvill, our erstwhile "On the Road" reporter (actually, I would come to meet his wife Iris who was Cherry Pit 10M director for a few years).

Finally, some food for thought: a few years ago, two runners were out for their usual Saturday morning long run. While running, facing traffic and while wearing reflective clothing, the runners were hit by a motorist who had just come off a 20 hour shift at a convenience store and had fallen asleep at the wheel. One of the runners was killed and the other suffered near-fatal injuries that still prevent him from enjoying his former life style. The surviving runner sued the driver and his employer to cover his medical expenses and not for punitive damages. Guess what the verdict was? - the runners "contributed to the accident" and the surviving runner received no compensation at all. Incredible, you say? Apparently, Maryland has some strange laws on "contributory negligence." If the jury can be convinced that you are even slightly "negligent", then no monetary compensation needs to be paid. So, let's be careful out there, folks!

Some good news: Anne Arundel Community College has decided to name its Nature and Hiking Trail to honor the memory of Earl Scott. Earl drastically improved and developed major portions of this wonderful area in addition to being their Cross Country coach. A formal dedication ceremony will take place in the Spring.

A big thank you to all of you who supported me this past year. Keep the faith - there's still time to put a smile on your running club. Let's remember what this is all about - fun! I won't be hard to find - Beginning Running class starts May 1! My pick for the best song of the year - "A Good Day to Run" by Joe Diffy. First runner-up: "Ready to Run" by the Dixie Chicks.

All the best.

-ET

PS: Just when I thought my running had gone to the dogs, up came the results of the 2000 Maryland/DC RRCA Championship Series. Guess who was #1 in the 55-59 age group? (never mind how many ran enough qualifying races) See you at the banquet!

No Honeymoon at Niagara Falls

by Jim Buck

What a nuisance! I'm in this beautiful park, running past the historic battlements of Old Fort Erie, and all I could think of was the mundane effort of putting one foot in front of the other. I had this nice new blister on my right foot and a dull ache in my left hip. If nothing else, I had symmetrical pain. It was mile 6 of the Niagara Falls Marathon and I had just made up my mind to stay the course and continue the race. The quickest way to the finish line was under my own power. Chances are, convalescing in the back of a rescue van would be even more painful. Just 20 miles to go.

Probably like a lot of folks, I didn't know Niagara Falls had its own marathon. When I read about it in the summer of 2000, I figured this would be a nice vacation and a perfect marathon course. There weren't a lot of hills to deal with and the elevation was close to sea level. On Sunday morning, October 22, 2000 myself and 1,400 of my newest and closest friends were bused from Niagara Falls, Canada to Buffalo, New York. The marathoners were to begin their adventure at 10:00 AM but before that about 240 in-line skaters would get a half-hour headstart on us. The action would begin in the cool shadows of downtown Buffalo's business district. Although the temperature was in the low 40's, there was no discernible wind-chill factor and the sun was guaranteed to warm things up later. Watching the skaters roll across the start line about 15 minutes behind schedule, I wondered if I'd catch up with any of the stragglers later on.

Our race began with a run along city streets through local neighborhoods. We were working our way west toward the Niagara River. Unfortunately, by mile 4 little warning messages were reaching my brain from the bottom of my right foot. I knew there might be some problems with a nagging hamstring injury but a blister did not enter the calculations.

At mile 5 we were atop the Peace Bridge over the Niagara River and on our way into Canada. The top of the bridge offered stunning panoramic views. It's the highest point in the race and just about the only hill to speak of. On the right, the bridge provided our first real glimpse of the Niagara River

with its dark blue waters moving inevitably toward the precipice of the falls many miles beyond. On the left was the wide expanse of Lake Erie, the lighthouse in the distance suggesting deep water and big ships.

Once across the bridge, it was a left turn through the streets and park lanes of old Fort Erie. On leaving the Fort, runners followed the Niagara River Parkway northward toward the finish 18 miles away. The river, its width varying between 1/2 and 2 miles, was always only a few feet away on our right. This was a very scenic and also very grueling part of the course. It remained much the same until the finish, river on the right, country homes on the left, and small but spirited groups of well-wishers here and there.

The spray rising high above Niagara Falls gradually entered our view somewhere around mile 23. The finish was reached after a great 1/2 mile gentle downhill sprint. We crossed the line at a power station alongside the rapids directly above the falls. To actually see the falls, you had to continue running another 500 yards beyond the finish. I don't know that anyone actually did this. Most would have saved the view for a leisurely stroll at a more appropriate time.

My own performance was respectable, but only after contriving a workable plan to deal with my little inconveniences. After deciding at mile 6 to continue the run, I made a pact with myself to attempt a combination of running and extensive walking. I would walk through every water stop, take my drinks, and begin running on the other side. Although I was sorely (pun intended) tempted, I did not walk between water stops. The task became easier after mile 10 when waterstops appeared at every mile. The walking provided the opportunity to wiggle the toes and move the hips in a way that provided some respite from the constant pounding on the asphalt. And, the logic goes, any wimp can run for just 1 mile. A little unconventional hip movement was safe – this was not San Francisco. As luck would have it, I even achieved a decent running speed at times. I crossed the finish line with a time of 3:16. It was not a PR but it was a finish under my own power. I never did encounter any in-line skaters. I did, however, see a skater after the race who had a close encounter with the Parkway surface. She

was sporting a black eye and a large bandage over her cheek.

With segments in both the USA and Canada, the Niagara Falls Marathon is one of the few truly international races. It was well organized and included a free pre-race pasta party, plus free pizza at the awards ceremony. The course was mostly flat and would be conducive to a PR performance. Although this day was sunny, pleasantly cool, and mostly free of wind, I am told that strong head winds are always a possibility. If you're interested in your progress along the route, bring your watch. The miles were well marked but elapsed time was provided only once along the route. Also featured in the marathon was a four-person relay. Thirty-three teams had entered. But perhaps the most determined participants of all were the dozens of folks who signed on to walk the entire marathon course. These I had no trouble passing.

This was a pleasant time to be in Niagara Falls. The days were sunny and the temperatures were in the upper 50s. The Canadian people are very hospitable and the town certainly caters to the tourist. There's lots to see and the falls are magnificent. Although the marathon was no honeymoon for me, it seemed the perfect marriage of course and weather. Two weeks after the race the City of Buffalo was buried under 2 feet of snow.

The American Diabetes Association is looking for an individual interested in coaching their Team Diabetes marathon program this year. Training will be arranged for runners who want to raise money for diabetes and race sites include the Marine Corps Marathon, the Dublin Marathon, and the Bermuda Marathon.

For information, call Amy McKenna, District Manager for Team Diabetes Mid-Atlantic Region on 1-800-676-4065, email ammckenna@diabetes.org, or write to 1211 Connecticut Ave, Suite 204, Washington, DC 20036.

PROPOSED BY-LAWS

Following a Board of Directors retreat last spring during which various issues related to the governance of the Annapolis Striders were raised, President Evan Thomas appointed a committee to review the organization's by-laws. The committee consisted of Sue Briers, John Fay, Dan Symancyk, Louise Zeitlin, and Dick Hillman, chair. It met several times during the summer and proposed revisions to the Board in early fall. The revisions were considered and revised somewhat at the December Board meeting. The Board has referred these proposed amendments to the membership with the recommendation that they be adopted at the Annual Meeting in March.

Three major themes arose during the committee's deliberations, namely (1) that the basic organizational structure adopted in 1979 did not recognize the growth of the organization and increased complexity of its management; (2) that the membership seemed inclined to defer the management of the organization to the Board provided adequate checks and balances were implemented; and (3) the by-laws of other area running clubs seem to provide greater specificity and guidance than ours do.

SUMMARY OF THE PROPOSALS

Officers and chairs shall be at least 18 years old – no minimum age for being an officer or chair, or being a member itself, currently exists.

Establish responsibilities for members, namely, participating, volunteering, and supporting.

Change name of the existing vice president to vice president for administration,

eliminate the appointed position of race director and create a vice president for races, and create a vice president for training and education.

Pin down the number of directors at nine in lieu of current formula requiring annual determination of number of directors based on number of members of the organization.

Specify duties for each officer and for directors.

Create a procedure for nomination by petition no later than 30 days prior to the Annual Meeting in lieu of nominations from the floor at the meeting.

Create a procedure for absentee balloting at the Annual Meeting.

Clarify the staggering of director terms, namely 5 one year, 4 the next, and so on.

Create a procedure for removing an officer upon 2/3 vote by the Board.

Specify that the Annapolis Run and Bay Bridge Run Directors shall be board members eliminating the ability of the Board to add Board members by unilaterally declaring them to be directors of major races.

Create the right of any member to attend a Board meeting except where confidentiality requires a closed session.

Require the Board to conduct an annual budget session with prior notice to the membership.

Clarify the make-up of the Executive Committee to include the 3 vice presidents and the two major race directors.

Nominating Committee: change name to "Nominating & Board Development Committee;" specify number of members as 7; authorize the outgoing committee to recommend nominees for the incoming committee;

provide that the committee shall have at least 4 members who weren't on the outgoing committee; specify that only one nomination be made for each office; and require the slate to be provided to the membership at least 60 days before the Annual Meeting.

Authorize a 2/3 majority of the Board to amend the by-laws provided the organization's membership shall have received 30 days notice and accorded an opportunity to be heard by the Board.

In addition, the proposals contain various housekeeping revisions and a set of transitory provisions to implement the substantive proposals should they be adopted.

Copies of the proposals will be distributed at the Annual Meeting. In the meantime, Striders are encouraged to familiarize themselves with them and to seek answers to any questions about them from the chair or other members of the committee.

The new proposed by-laws are on the website <http://www.annapolisstriders.org> if you would like to see them in their official format.

NOTICE OF CONSIDERATION OF AMENDMENTS TO THE BY-LAWS

Notice is hereby given that proposed amendments to the By-laws of the Annapolis Striders, Inc., will be considered at the Annual Meeting to be held at 6 p.m., Saturday, March 10, 2001, Radisson Hotel, 210 Holiday Court, Annapolis. A summary of the proposals appears in this *Streak*. The complete text of the amendments is available at the ASI website: www.annapolisstriders.org. To receive a copy by mail, contact Dick Hillman: 410-263-1944 or osefogva@aol.com.

Striders Investment Pays Big Dividends

Annapolis Striders cashed in big dividends this year by collecting on results from the Annual Anne Arundel Community College Cross Country Scholarship award. This year's scholarship award winners Victor Thillet and Jen Borenman helped the College mens and womens cross county teams to a 10th and 5th place finish respectively at the NJCAA National Championships in Columbus, Ohio. No one doubted that Old Mills' Victor Thillet was a worthy candidate of this past year's scholarship. He did not disappoint. Victor finished 1st in four of this season's races. He finished 2nd in three meets, 3rd in two, and 12th in one. This was accomplished in a season that mostly

comprised of competition against 4-year schools, notably the U.S. Naval Academy. Victor finished the season with a third place finish at the National championship meet. This helped him earn 1st team All-American Honors

The female scholarship recipient, Jen Borenman made her own contributions to the team by making the NJCAA All Region XX team and helping the girls to a Region XX and Maryland State championship. Jen's efforts were bolstered by great performance from Arundel's Amanda Rayhorn and Bowie's Jenny Hasty. Jenny achieved All-American honors with a 5th place finish at the national championship. Both Amanda

and Jen made the All Region XX team. Check out results and pictures from the 2000 season at www.geocities.com/aaccxc.

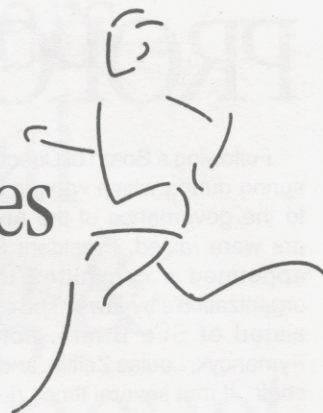
Congratulations to Victor Thillet and Jen Borenman and all the Anne Arundel Community College team for an outstanding season. And thanks to the Annapolis Striders for their assist with making this season a success.



Annapolis Striders

2001 Championship Series

Race Schedule



**Full
Season
Fee
only
\$30!**

Leg	Date	Time	Race	Distance
1st	FEB 17	10:00 a.m.	WASHINGTON'S BIRTHDAY, Bay Hills, Annapolis	5K
2nd	APR 8	8:00 a.m.	CHERRY PIT 10-MILER, Central Middle School, Edgewater	10M
3rd	JUN 17	8:00 a.m.	FATHER'S DAY 10K, North Arundel Hospital, Glen Burnie	10K
4th	JUL 7	8:00 a.m.	JOHN WALL MEMORIAL 1 MILE TRACK, TBD	1M
5th	AUG 5	8:00 a.m.	DOG DAYS 8K TRAIL RUN Anne Arundel Community College	8K
6th	SEP 9	8:00 a.m.	DAWSON'S 5 MILER Severna Park High School	5M
7th	OCT 14	8:00 a.m.	METRIC MARATHON (16.3 miles) Southern H.S., Harwood	26.2K
8th	DEC 16	10:00 a.m.	ANNIVERSARY 15K RUN, Quiet Waters Park, Annapolis	15K

**Full
Season
Fee
only
\$30!**

☆ RULES & REGULATIONS:

☆ Members in good standing with the Annapolis Striders as of the date of their first event, and who maintain membership in good standing through the last event, are eligible.

☆ A member's age as of the first of January determines the group in which the member will be scored for the year.

☆ Members who participate in all eight races will receive an award regardless of the member's cumulative score and place in an age group.

☆ Members must finish 5 out of 8 races to be eligible for age group prizes.

☆ As many as three awards will be made in each 5-year age group depending upon the participation in that group.

☆ The decisions of the Series Coordinator are final.

2001 CHAMPIONSHIP SERIES – COMPLETE ALL INFO., PLEASE PRINT.
Make check payable to Annapolis Striders, Inc. NO CASH BY MAIL.
Send with form to: TOM BRADFORD, Attn: CHAMPIONSHIP SERIES
746 Mimosa Court, Millersville, MD 21108

OFFICIAL USE ONLY

LAST NAME _____ FIRST NAME _____ MI _____ TELEPHONE _____
STREET _____ CITY / STATE _____ ZIP _____
AGE ON JAN 1, 2001 [] BIRTHDATE [/ /] GENDER ☐ M ☐ F
You MUST write in your Birthdate!!

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

SIGNATURE OF ENTRANT _____ DATE _____

SIGNATURE OF PARENT IF ENTRANT UNDER AGE 18 _____ DATE _____
MANDATORY

RUNNING AT 17,000 FEET

by Bill Douglas

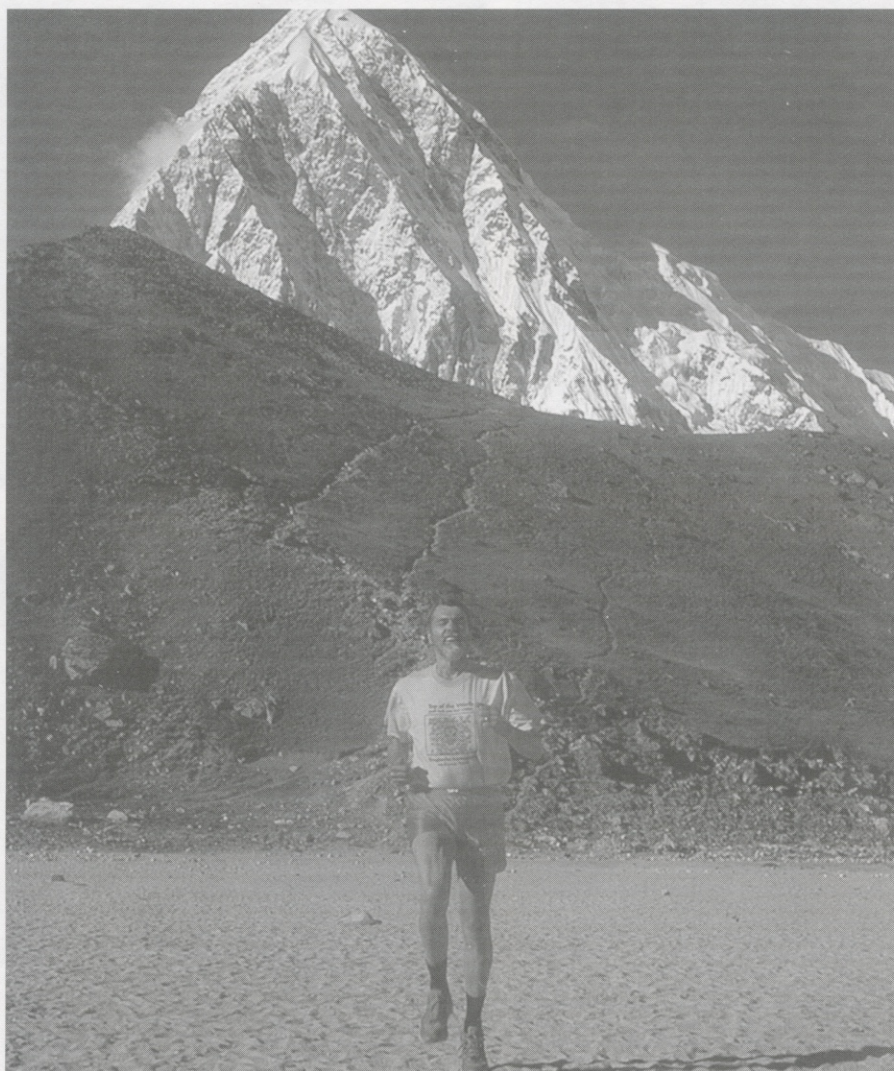
While trekking in the Nepalese Himalayas this past October, hiking up to 18,000 feet on a hill called "Kala Pattar" at the base of Mt. Everest, I learned that there is an Everest Marathon race. It is run from 17,000 feet at Gorak Shep, a dry lake-bed at the foot of Kala Pattar, down past the famed Tengboche Monastery at 12,700 feet, to the town of Namche Bazaar, at 11,300 feet - a total net drop in altitude of 5,700 feet (with some up-hill stretches along the way)! Because it is "only" about 20.2 miles down to Namche Bazaar, the final leg is a 6-mile round-trip run from Namche out to a town called "Thamo" and back on "an exhausting, undulating trail".

In many sections, the "trail" between Gorak Shep and Namche Bazaar is more like a staircase of loose, tippy boulders. To seriously consider running down this

course, given that it is an invitation to a broken leg or worse, one would have to be more than a bit daft. (Of course, we're talking about runners here).

This being the "Info Age", the Everest Marathon has, naturally, a website, at www.btinternet.com. (The Tengboche Monastery is also on the web, at www.tengboche.org).

After hiking up Kala Pattar on a beautiful, cloudless day to get a stunning view of the Khumbu icefall, the South Col, Mt. Everest, Nuptse, Ama Dablam, and many other peaks, when I got back down to Gorak Shep I thought I should take a ceremonial run on the lake bed at the start of the Everest Marathon. So, wearing my new Tengboche Monastery T-shirt, I donned my running shoes and shorts and got off to a good running start. How far did I actually run? Well, let's just say that it was a "breath-taking experience"!



Strider Bill Douglas goes for a run at 17,000 feet at Gorak Shep, the starting point of the Everest Marathon. Behind him are the 18,450-foot hill of Kala Pattar, and 23,442-foot Pumori Peak.

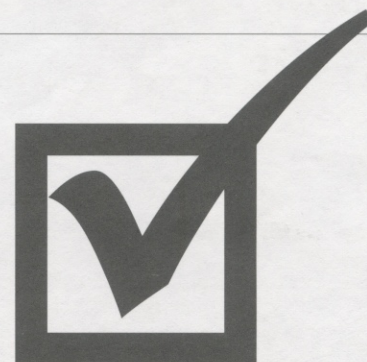
YOSEMITE/ BAY-to-BREAKERS

A group of members of Hillman's Happy Hikers / Annapolis Striders and others is planning a trip to run (or walk) the Bay-to-Breakers in San Francisco and then hike through Yosemite this spring. The Bay-to-Breakers is an event to experience at least once in a lifetime. Last year it had 70,000 entrants, many in costumes, some with nothing but running shoes. It goes across the City ending at the Pacific Ocean with a beach party. The date is Sunday May 20, 2001. The distance is 7.5 miles. With the large number of participants, don't expect a PR. Many choose to walk rather than run.

From there the group would go by car/van to Yosemite, about 4-5 hour drive, and spend the balance of the week hiking, with some biking and other activities.

While the group will try to stay generally in the same vicinity, participants will need to make their own lodging and transportation arrangements. Lodging may be in short supply.

For more information please contact Nate Betnun at betnun@worldnet.att.net or at 410-263-8512.



WE WON!

STREAK was
voted the best
RRCA Eastern
Regional Large
Club Newsletter.

Now, off to the
Nationals in May!

Anniversary 15K Run



David Brault



Marie Shields having too much fun!



Will Myers & Charlie Muskin duke it out.



Don Singer, Mike Chamberlain (to name a few)



Carole Rosasco

Junior Striders Program

Spring is just around the corner and so is the start of the Annapolis Striders Junior Striders program. Our 2001 program will kick off on Saturday, April 28 at Bates Field in Annapolis!

As in previous years, the Junior Striders provides an opportunity for our up and coming runners (boys and girls ages 2 to 14) to compete at running while learning more about the sport. We offer a program that provides parents, siblings and all involved with an environment in which to meet others, make friends and have fun.

This year there will be a new and expanded format! The Junior Striders series will be modeled after a traditional track-and-field meet (although with a smaller offering of events). In our expanded format, kids will have an opportunity to compete in multiple races from a 50-yard dash (for the 5 and under crowd) to middle distance races up to a half-mile (for the older runners). Each meet will also offer participants an op-

portunity to run the hurdles. Hurdles will start at a 12" height for the little runners and increase to a standard low hurdle for the older runners. For the 2001 season, the participants will now be able to compete in a field event such as long jump, shot put, and high jump. Finally, everybody (including moms and dads!) can participate in a 1-mile fun run at the end of each of our meets.

All running events are officially started and timed so that you'll be able to track your children's progress from meet to meet. As always, all runners receive ribbons. First through fifth place ribbons are awarded for each heat. In addition, participant ribbons are handed out to all finishers so that each runner walks away with a feeling of accomplishment.

We will offer Junior Strider t-shirts to all kids who attend 3 or more meets. Thanks to our sponsors, Anne Arundel Medical Center and the Annapolis Publishing Company, all Annapolis Striders Junior Striders

events are free to everyone. However, we do encourage contributions to further help support our program!

All events will be held on the last Saturday of the month at Bates Track Complex (off Spa Road in Annapolis and behind Maryland Hall) between April and September. Registration begins at 5:00 pm and the races start promptly at 5:30 pm. Typically, our meets last about 2 hours so that you're on your way home by 7:00 pm.

2001 JR. STRIDERS CALENDAR

Saturday, April 28

Saturday, May 26 (Memorial Day weekend)

Saturday, June 30

Saturday, July 28

Saturday, August 25

Saturday, September 29

You will find more information on the www.annapolisstriders.org web site. Or feel free to contact Roger Hebden at 410-263-6602 (rhebden@blueprinttech.com)

Pledge no. 2

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Not warm? send'em back!*

\$5.00 off your dinner

(One coupon per table, not good with any other offers.
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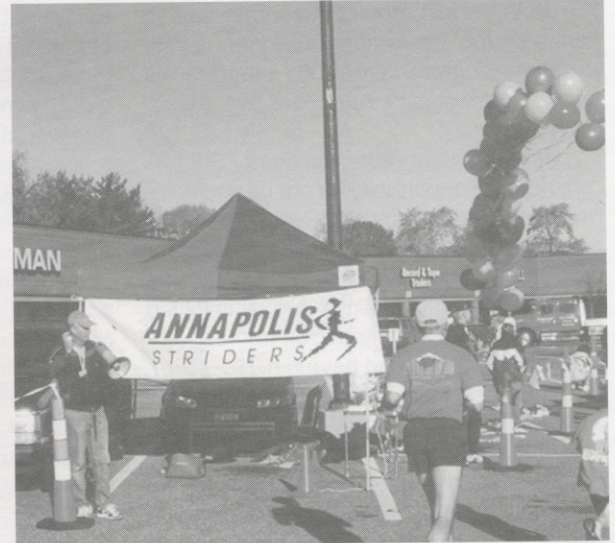
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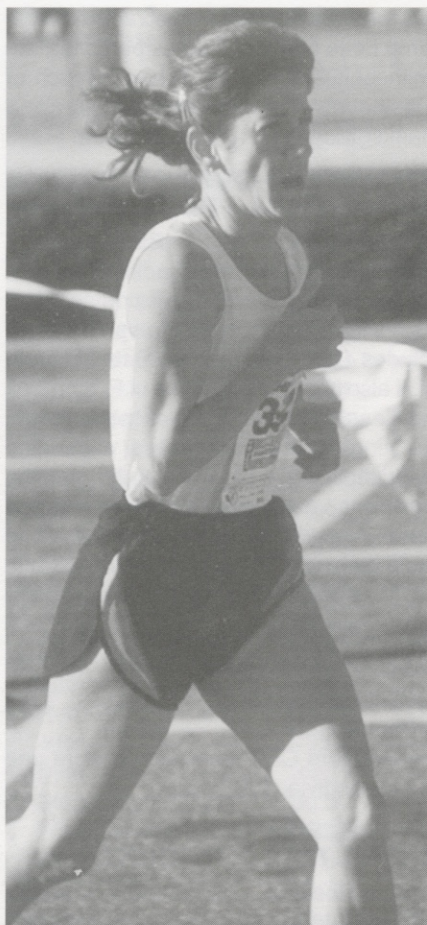
Annapolis
2430 Solomons Island Road
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Location!*

Striders on the Run





Yvonne Aasen



Sponsored by



EARTH DAY 5K RACE

SATURDAY, APRIL 28, 2001
QUIET WATERS PARK
ANNAPOLIS, MARYLAND

DISTANCE: 5 kilometers
(3.1 miles)

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

ENTRY: \$12 before April 21
\$15 race day

BENEFIT: Proceeds to benefit the Anne
Arundel County Sierra Club

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

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

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

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

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

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

Last Name First Name

Street Address Telephone

City State Zip

Signature Date

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

Printed on recycled paper

STRIDERS ON THE ROAD

BY RAY WYVILL

Early winter has been, to be charitable, pretty doggone cold. I heard one of our esteemed local weatherman types say that there was no such thing as a "Normal" winter. OK, Dude, it isn't normal. I don't know what we're supposed to call it. But, "Warm" won't be one of them.

Still, our enterprising Striders have gone out into the freezer for a number of races. Major "Props" to all of you who ventured out. (With one very jealous nod to Mike Cunningham and Michael Smith who braved the elements in Honolulu.) Let's see who froze where:

NOVEMBER 5-MAKE A WISH 5K AND 10K

10k

Clint Henderson	44:15
Clint Rogers	54:09

5k

Clint Henderson	25:57
Clint Rogers	29:49

That's not a misprint. The Brothers Clint did the double!

NOVEMBER 5-HARRISBURG MARATHON

Emmanuel Digman	3:39
Emmanuel made a weekend of it and had a great time.	

NOVEMBER 5-MARATHON IN THE PARKS

Michael Cunningham	2:56
Bill Allen	2:59
Michael Smith	3:21
Julie Dukes	3:24
Marjorie Boyd	3:24
Merle Maffei	3:44
Derek Ammons	4:31
David Simison	4:51

A sunny, cool, windy 45-degree day greeted the runners at this first-ever marathon in Montgomery County. Reports were consistently favorable about the organization of this event. There was also a fair consensus that the course was rugged. And reporting Striders wanted to thank our contingent at mile 23.

If you're doing this in 2001, enter early. The inaugural sold out.

NOVEMBER 12-VICTIM'S FUND 5K

Derek Ammons	24:13
Finishers were treated to ice cream and Krispy Kreme donuts. Derek said it was a good time for all.	

NOVEMBER 18-10th ANNUAL EDGEMEADE 10K

Clint Henderson	44:16	1st AG
Clint Rogers	54:02	

NOVEMBER 18-RICHMOND MARATHON

Hugh Harris	3:06
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NOVEMBER 19-HCS METRIC MARATHON

Clint Henderson	2:13
Derek Ammons	2:32
"Cold, windy, and hilly."	

NOVEMBER 19-PHILADELPHIA MARATHON

Trish Dunn	3:45
Dennis Williams	4:50

NOVEMBER 19-ADIDAS STRIPE RT 1 CORRIDOR 8K

Clint Rogers	42:07
Yet another multi-race weekend for those Clint fellows.	

NOVEMBER 23-TURKEY CHASE 10K, CAMP LETTS

Michael Cunningham	39:21	2nd Overall
Michael Smith	39:51	
Brian Hay	41:03	1st AG
Eric Peltasalo	42:16	
Carole Rosasco	43:27	1st F
Morgan Wells	44:15	
Dave Walser	45:57	
Michael Brian	46:04	
Gillian Conner	46:10	
Sue Briers	47:01	1st AG
Michael Lind	47:29	
Mark Stover	48:27	
Bradley Hay	49:04	
Bob Field	49:10	
William Butler	51:19	
Ron Bowman	52:28	
Ray Wyvill	52:40	
Kathy Hennes	52:59	
Erin Hollamon	55:09	
Scott Williams	55:30	
Webster Chamberlain	55:43	
Julie Henderson	56:10	
Clint Rogers	56:18	
Lee Masser	58:12	
Brad Chapman	58:30	
Linda Simpson	58:39	
Andrea Portocarrero	59:22	
Bridget Hay	60:00	
Timothy Hay	60:00	
Alan Wycherley	62:00	
Iris Hankins	68:00	

This was a very nice, little race through Camp Letts and into a small portion of the Smithsonian land area. It had a touch of cross-country feel to it. Not a bad start to a Thanksgiving Day.

NOVEMBER 25-QUAD DIPSEA, MILL VALLEY, CA.

Mike Bright	6:17
Mike wins the prize for this edition's wildest adventure race. The 28.4-mile course is four passes from Mill Valley to Stinson Beach. It includes 4000 stairs and 9200 feet of vertical. It also has an abundance of Poison Oak and Bees. Mike came out of the race with bee stings, poison oak rashes, obliterated quadriceps, and a big smile. He shared the experience with 226 similarly afflicted friends. You would think once in a lifetime would be more than enough of all that fun. But, Mike says, "Can't wait 'til next year."	

NOVEMBER 25-METRO HARRIERS RACE #7- BAYBROOK PARK 5M XC

Clint Henderson	45:15
Clint Rogers	45:46
The Brothers Clint found an obscure one for Thanksgiving weekend.	

NOVEMBER 26-NORTHERN CENTRAL TRAIL MARATHON

Mark Rosasco	2:59	6th AG
Larry Puglisi	3:37	
Mary Lang	3:55	
Allen Veasey	4:08	
Pat Cavanaugh	4:09	
Doug Corby	4:12	
Barry Boyd	4:16	
		First Marathon
Ken Lyons	4:19	
Patti Snodgrass	4:28	
Derek Ammons	4:28	
Will Myers	4:28	
Jim Etchison	4:32	
Charlie Muskin	4:47	
Don Higdon	4:47	
Pillip Caroom	5:05	
Don Snodgrass	5:07	

"Cold with some wind" read one description. NCT is personal favorite and an absolute gem of a small, minimalist marathon. It's quite the contrast to the Marine Corps Madness a month earlier. If you're looking for something isolated and quiet, you should jump on this one early.

DECEMBER 2-RUN LIKE THE DICKENS-EASTON 5K

Clint Rogers	23:50
Ray Wyvill	24:02
This was a nice little race out and back through the streets of Easton. But, it was plenty cold and plenty windy. One old waterman I knew would describe it as, "Weren't no day for a swim."	

DECEMBER 3-TUCSON, AZ. MARATHON

Tom Bradford 4:26
This was marathon #52 for Tom. He reports this is fastest course of any of them.

DECEMBER 3-JINGLE BELL 8K/ MARLEY STATION

Victor Thillett	26:39	1st O/A!!
Mike Cunningham	30:05	1st AG
Mike Smith	31:05	2nd AG
Eric Gyaki	32:13	1st AG
Merle Maffei	33:00	1st AG
Kurt Kuhn	33:34	
Steve Penkert	33:46	
Morgan Wells	34:18	
Margie Boyd	34:22	2nd AG
Larry Puglisi	35:34	
Rose Malloy	35:42	1st AG
Brian Wright	35:52	
Roy Bands	36:10	
Don Singer	36:23	3rd AG
Maria Shields	36:35	
Katherine Carney	36:47	
Ron Bolt	37:34	
John Holland	38:22	
Beth Mills	38:51	
Steve Wambaugh	38:56	
William Butler	39:26	
Bill Howie	39:54	
Derek Ammons	40:39	
Tammy Mazzola	40:54	
Cecile Spiegel	41:12	
Allen Veasey	41:28	
Denise Hyde	41:48	
Steve Parker	42:02	
Arnie Henderson	42:09	
Bill Woods	42:47	
Colleen Hughes	42:58	
Meghan Dunbar	43:00	
Robert Dunbar	43:01	
Erin Kolarik	43:15	
Sean Sweeney	43:27	1st race in many a moon
Terrey Haley	43:29	
Reggie Haseltine	43:46	
Lauren Spears	43:53	
John Kehs	44:14	
Neal Hinkle	44:36	
Linda Simpson	44:43	
Erin Hollamon	45:01	
John Strumsky	45:23	
Lee Masser	45:26	
Donna Cogle	46:39	
Alan Wycherley	46:45	
Donna Weaver	46:52	
Yvonne Aasen	47:23	1st AG
Jessica Appel	47:57	
Carolyn Maconi	48:08	
Diane Zoller	48:15	
Hannah Hollamon	48:37	
Vassie Hollamon	48:38	
Zachary Turner	49:56	

Shannon Turner	49:57
Pam Kidd	50:22
Iris Hankins	54:35

Another fun time on the B&A Trail with the Arthritis Foundation. Of course, we had the largest team and the most \$ overall. ET, wife Lloyd-Ellen, Kathy Gibbons and her daughter and granddaughter, Renda Lee Calacino and Cynthia Wycherley sailed around the 5K fun run/walk course. Once again, we had the best-dressed team - foam rubber noses this year among other nostalgic free-bees compliments of ET. And we certainly make the most noise also. The race needs to work on getting back to the level of prizes they had in the past - medals to age group winners don't cut it. We will see what help we can provide this year. I must say the Krispy Kreme doughnuts were well received at certain households

DECEMBER 10-BRRC MASTERS 10K

Derek Ammons 53:36
Derek tackled another "tough, hilly course". He says this course ranks right up there with Arbutus in degree of difficulty.

DECEMBER 10-HOPS MARATHON BY THE BAY-TAMPA FL.

Clint Henderson	4:09
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DECEMBER 10-HONOLULU MARATHON

Mike Smith	3:18
Mike Cunningham	3:18

These two get the award for running the nicest sounding event of the edition. Let's count up all the jealous points here: Hawaii; 5:00am start to beat the heat; Full Moon; Cloudless skies; Hawaii; Breathtaking views; 70 degrees at the finish; Hawaii; Next to the ocean; Hawaii; Both of these guys qualified for Boston 2001; Palm trees; Gentle Breezes; and, oh yeah, Hawaii. (As I write this, I'm looking out a steel-gray day over West River, which is frozen hard enough to walk on.) Did I mention, "Hawaii"?

DECEMBER 17-CELTIC SOLSTICE 5 MILE

Clint Henderson	33:30	2nd AG
Clint Rogers	41:39	

This was race #58 for Clint Rogers. Clint Henderson was a week off of a marathon in race number fifty-something. What an amazing year for these two guys!

THE LOWDOWN

February only comes once a year. And that is a very good thing, indeed. It's gray. It's drab. It's cold. And, as my daughter would say, "It's funkified". If you like to ski, it's a great time to get out to the mountains. But, for the flatlanders, it's a tough gig.

Winter is old by this point. Long gone are the exciting and busy times that herald the Holiday Season. All that's left of that is the credit card bill. And winter has still got the grip. It won't let go at this point. If it does, it's for an ugly, wet rain. One year, the sun didn't shine but three days all month. The general blue funk you settle into has a name, "Cabin Fever". Even the runs don't seem to break it. Running, inherently a solitary pursuit, becomes almost monastic. Long, cold, isolated, mood-absorbing runs sound so sensual in July. But, in February, the plate is over-full of them.

What to do? Well, there are a couple of options. You could say a prayer to the god of all things concerning knee ligaments and get out skiing. Some of us do that. It isn't necessarily award-winning exercise. But, the beer tastes fabulous at the end of the day.

You could elbow your way into the gym to try and sweat out the last of Aunt Thelma's fruitcake from Christmas. You could veg-out in front of the tube and watch "Survivor" re-runs. (Hint: Richard wins.) You could get fall-down drunk and pick a fistfight. That would be exciting for about ten minutes. Or you could get out there and find a little race somewhere. It's a good idea to re-establish, in your own mind, that there are other crazies out there doing this running thing. If nothing else, it breaks the monasticism.

If I remember my history correctly, Pope Gregory established the modern calendar in the thirteenth century. It's amazing how good a job he did. He especially did a good job on February by making it the shortest month. It should be. That's the good news - the calendar's least palatable month is it's shortest. The bad news is that - OK, there isn't any bad news. But, by nature of its very brevity, it won't be here long. Spring, with all the excitement of major races everywhere, is only scant weeks away. Reason enough to pull on all the gear yet again for a long, cold, isolated, mood-absorbing run in the February gray. If you go looking, late in the month you'll find Crocus sprouting up in hopes of finding sunlight. They know what we should. Spring will be staring you in the face before you know it. It's time to get ready.

Annapolis Striders Website:
www.annapolisstriders.org

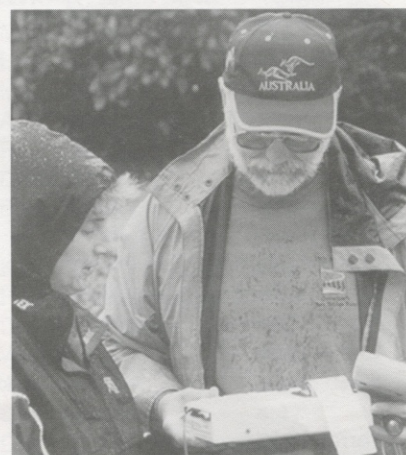
Iron Volunteer Schedule

Any Annapolis Strider member that completes a volunteer position for 10 of the 15 Club races will receive an award at the Annual Awards Banquet. Members wanting to participate will use the form below and will be responsible for getting the race director at each race to sign confirming their participation as a volunteer for that race. After the Anniversary Run, everyone having the required number of Race Director signatures (below) should turn in their forms to be included in the Awards Banquet proceedings.

11 FEB	Valentine's Twosome Relay 5K	X _____ RACE DIR. SIGNATURE
17 FEB	Washington's Birthday 5K	X _____ RACE DIR. SIGNATURE
04 MAR	B&A Trail Marathon & Half Marathon	X _____ RACE DIR. SIGNATURE
08 APR	Cherry Pit 10 Mile Race	X _____ RACE DIR. SIGNATURE
06 MAY	Governor's Bay Bridge 10K Run	X _____ RACE DIR. SIGNATURE
17 JUN	Father's Day 10K	X _____ RACE DIR. SIGNATURE
07 JUL	John Wall Memorial 1 Mile Track Run	X _____ RACE DIR. SIGNATURE
14 JUL	Women's Distance Festival 5K/Run After the Women 5K	X _____ RACE DIR. SIGNATURE
05 AUG	Dog Days 8K Cross Country Run	X _____ RACE DIR. SIGNATURE
26 AUG	Annapolis Ten Mile Run	X _____ RACE DIR. SIGNATURE
09 SEP	Dawson's 5 Miler	X _____ RACE DIR. SIGNATURE
14 OCT	Metric Marathon	X _____ RACE DIR. SIGNATURE
03 NOV	Down's Park 5 Miler	X _____ RACE DIR. SIGNATURE
25 NOV	Old Turkey 10K	X _____ RACE DIR. SIGNATURE
16 DEC	Anniversary Run 15K	X _____ RACE DIR. SIGNATURE



Ben Moore incognito



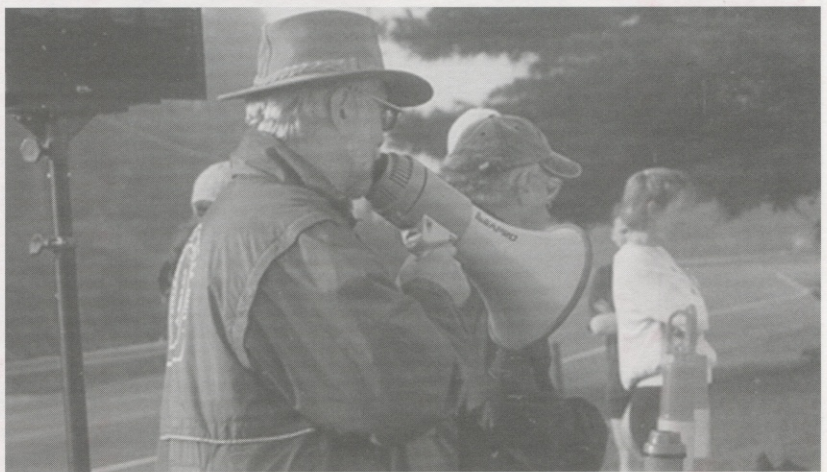
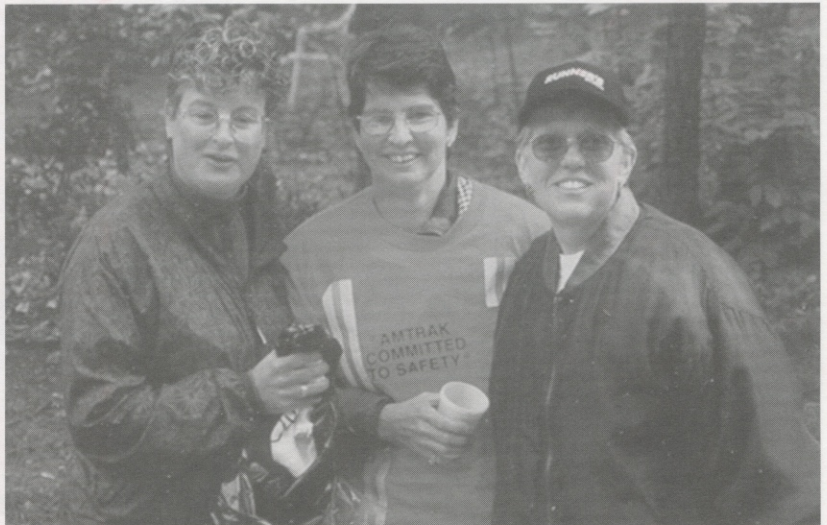
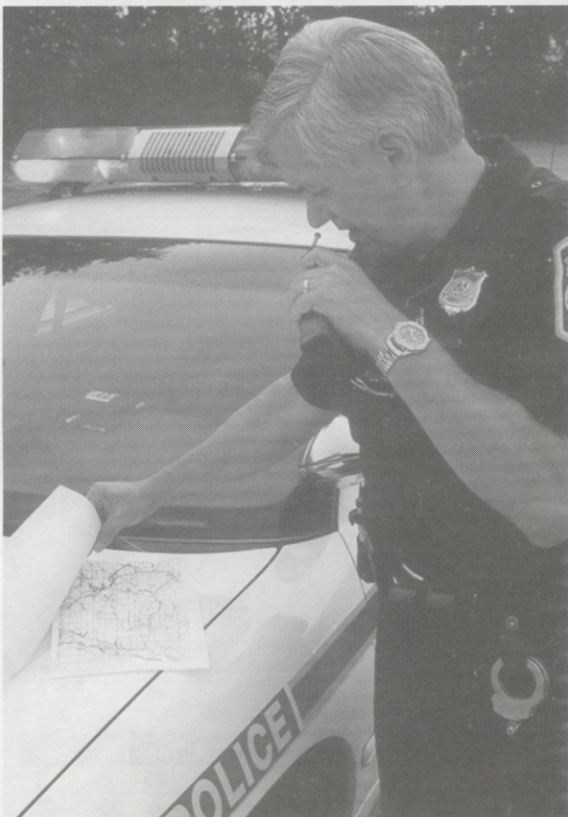
Al Stott

How to be an Iron Volunteer

1. Show up for all of the 'Striders' Series Races"
2. Sign in with the "Volunteer Sign up Person" (as assigned by each race director)
3. Do your volunteer job to the best of your ability!
4. Be consistent and you will not only be appreciated BUT—now you have a chance to be recognized!

Want more info on the many volunteer opportunities that await you? Give Marie Friedland a call at 410-757-6517 or e-mail her at marie122@aol.com

Thank You Metric Marathon Volunteers



2000 Championship Series Race Results

Women 13 & Under	5K	10M	10K	1M	8K	5M	26K	15K	Total
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Kinsey Penkart	35	35	35	2	35	35	35	35	142
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Women 14-19	5K	10M	10K	1M	8K	5M	26K	15K	Total
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Erin Kolarik	35	35	1	35	1	35	35	35	107
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Colleen Stover	1	35	35	35	35	35	35	35	141
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Elizabeth Tinker	35	35	35	35	35	1	35	35	141
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Michelle DeChant	2	35	35	35	35	35	35	35	142
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Women 20-24	5K	10M	10K	1M	8K	5M	26K	15K	Total
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Mary Norton	35	35	1	35	1	35	35	35	107
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Women 25-29	5K	10M	10K	1M	8K	5M	26K	15K	Total
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1st Deborah Young	2	2	35	1	1	1	1	1	5
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2nd Jennifer Jones	1	1	4	3	2	35	35	35	11
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3rd Sarah Megdiche	4	35	5	2	3	3	2	35	14
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Suzie Flockart	3	3	3	35	35	35	35	35	79
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Sarah Anderson	35	35	6	35	4	5	35	35	85
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Cynthia Symancyk	35	35	1	35	35	2	35	35	108
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Becky Zandler	35	35	2	35	35	35	35	35	142
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Monika Szanto	35	35	35	35	35	4	35	35	144
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Sherelle Grooms	5	35	35	35	35	35	35	35	145
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Kimberly Stevens	6	35	35	35	35	35	35	35	146
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Women 30-34	5K	10M	10K	1M	8K	5M	26K	15K	Total
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1st Jennifer Sullivan	1	1	35	1	1	35	1	35	5
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2nd Denise Hyde	4	35	3	35	2	2	35	2	13
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Terrey Haley	2	35	1	35	35	35	35	2	75
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Linda Eckert	3	2	35	35	35	35	35	35	110
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Tammy Modisette	35	35	35	35	35	1	35	35	141
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Cass Mairs	35	35	2	35	35	35	35	35	142
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Diane Frazee	35	35	35	35	35	3	35	35	143
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Women 35-39	5K	10M	10K	1M	8K	5M	26K	15K	Total
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1st Marjorie Boyd	2	1	1	1	35	1	1	7	5
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2nd Kathleen Stanton	5	2	4	35	4	3	35	35	18
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3rd Mary Jane Williams	3	35	3	3	35	35	6	7	22
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4th Ginger Andrews	35	35	10	6	9	9	8	7	39
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Carla Dalcolletto	35	3	6	35	5	6	35	35	55
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Siobhan Percey	6	35	5	4	35	5	35	35	55
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Tammy Mazzola	4	35	35	2	3	35	35	35	79
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Katherine Carney	35	35	2	35	35	35	5	7	84
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Laura Falzone	35	35	35	5	7	35	35	7	89
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Mary Rossing	35	35	7	35	6	35	7	35	90
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Jill Hargis	1	35	35	35	1	35	35	35	107
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Gillian Conner	35	35	35	35	35	2	35	7	114
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Colleen Weber	35	35	35	7	35	35	4	35	116
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Anne Redmiles	35	35	9	35	8	35	35	35	122
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Stephanie Butler	7	35	11	35	35	35	35	35	123
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Christina Morganti	35	35	35	35	2	35	35	35	142
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Karen Trasatti	35	35	35	35	35	35	2	35	142
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Dana Smith	35	35	35	35	35	35	3	35	143
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Mary Kay Waltemire	35	4	35	35	35	35	35	35	144
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Victoria Vasenden	35	35	35	35	35	4	35	35	144
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Eva Kerchner	35	35	35	35	35	7	35	35	147
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Donna Stephens	35	35	35	35	35	35	7	35	147
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Kathy Potts	35	35	8	35	35	35	35	35	148
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M.C. Rossing	35	35	35	35	35	8	35	35	148
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Lisa Murphy	35	35	35	35	35	10	35	35	150
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Susan Fu	35	35	35	35	35	11	35	35	151
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Women 40-44	5K	10M	10K	1M	8K	5M	26K	15K	Total
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1st Carole Rosasco	1	35	1	35	1	1	35	7	11
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2nd Lisa Schrader	3	4	2	3	2	3	3	7	13
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3rd Helen Laird	2	2	7	2	3	35	35	7	16
-----------------	---	---	---	---	---	----	----	---	----

3rd Sue Briers	4	3	3	4	10	4	2	7	16
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4th Melissa Currence	8	7	9	5	7	6	4	7	29
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5th Helen Brennan	6	6	8	35	5	5	35	7	29
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Alison Suckling	5	5	5	35	4	35	35	35	54
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Mary McDowell	10	35	13	35	9	9	35	35	76
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Maureen Rohrs	35	1	35	35	35	35	1	35	107
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Karen Vogt	35	35	35	1	35	2	35	35	108
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Kathy Sirois	35	35	10	35	35	35	5	35	120
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Linda DeChant	9	8	35	35	35	35	35	35	122
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Mary Gray Sachtjen	35	35	11	35	35	8	35	35	124
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Barbara Deuink	35	35	12	35	8	35	35	35	125
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Laureen Mahoney	35	35	4	35	35	35	35	35	144
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Beth Mills	35	35	6	35	35	35	35	35	146
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Jennifer Beard	35	35	35	6	35	35	35	35	146
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Brenda Norman	35	35	35	35	6	35	35	35	146
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Jehanne Edwards	35	35	35	35	35	35	6	35	146
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Cecile Spiegel	7	35	35	35	35	35	35	35	147
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Effie Dawson	35	35	35	35	35	7	35	35	147
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Carla Pastore	35	35	35	35	35	35	35	7	147
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Women 45-49	5K	10M	10K	1M	8K	5M	26K	15K	Total
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1st Maria Shields	5	2	1	1	1	1	1	6	5
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2nd Marie Friedland	3	1	7	2	2	2	5	6	10
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3rd Mary Lang	2	3	3	3	3	3	2	6	13
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4th Patti Snodgrass	4	4	4	4	4	4	35	6	20
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5th Lynn Hopkins	9	5	9	5	7	6	6	6	28
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Christine Brungot	8	35	6	35	5	5	35	35	59
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Ilene Caroom	11	35	10	6	8	35	35	35	70
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Rita Twist	1	35	2	35	35	35	35	6	79
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Kathy Hennes	7	35	5	35	35	35	35	35	117
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Penelope Bittinger	6	35	35	35	6	35	35	35	117
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Nancy Ebersberger	10	6	35	35	35	35	35	35	121
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Kathy Gormley	35	35	35	35	35	35	3	35	143
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Susan Engelhardt	35	35	35	35	35	35	4	35	144
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Diane Zoller	35	35	35	35	35	7	35	35	147
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Kathy Maynard	35	35	35	35	35	35	7	35	147
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Pat Rehberg	35	35	8	35	35	35	35	35	148
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Women 50-54	5K	10M	10K	1M	8K	5M	26K	15K	Total
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1st Meredith Bonta	1	1	1	1	1	1	1	5	5
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2nd Danalee Green	35	35	2	3	2	3	2	5	12
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3rd Sandy Burton	3	2	3	2	3	4	3	5	13
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4th Jackie Kellner	4	3	4	4	4	6	4	5	19
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5th Sharon Serio	5	4	6	7	6	8	6	5	26
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Rae Jean Goodman	7	35	7	5	35	7	35	35	61
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Cathy Gibbons	8	35	8	6	35	11	35	35	68
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June Schneider	2	35	35	35	35	5	35	35	112
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Nancy Mann	6	35	5	35	35	35	35	35	116
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Linda Webb	9	35	9	35	35	35	35	35	123
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Rose Malloy	35	35	35	35	35	2	35	35	142
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Susan Gallagher	35	35	35	35	5	35	35	35	145
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Karen Hosler	35	35	35	35	35	
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Men 13 & Under	5K	10M	10K	1M	8K	5M	26K	15K	Total
Evin Beard	35	35	35	1	1	35	35	1	73
Christopher Norman	35	35	35	35	2	2	35	35	109
Justin Gooding	1	35	35	35	35	35	35	35	141
K.C. Beard	35	35	35	1	35	35	35	35	141
Teddy Davidson	35	35	35	35	35	1	35	35	141
Weston Beard	35	35	35	2	35	35	35	35	142

Men 14-19	5K	10M	10K	1M	8K	5M	26K	15K	Total
1st Alan Marshall III	1	35	4	3	6	1	1	35	10
2nd Darrin Gooding	3	2	6	5	35	4	35	1	15
Michael Hall	35	35	1	1	3	35	35	35	75
Eric Elster	35	1	35	35	35	2	35	35	108
Trent Slacum	35	35	35	2	5	35	35	35	112
Brandon Evans	35	35	35	5	35	3	35	35	113
Jeremy Hsieh	35	35	5	4	35	35	35	35	114
Victor Thillet	35	35	35	35	1	35	35	35	141
Michael Heaphy	2	35	35	35	35	35	35	35	142
Brian Kelly	35	35	2	35	35	35	35	35	142
Stephen Weller	35	35	35	35	2	35	35	35	142
Frank Wehberg III	35	35	3	35	35	35	35	35	143
JJ Wetzel	35	35	35	35	4	35	35	35	144
Matthew Litts	35	35	35	35	7	35	35	35	147

Men 20-24	5K	10M	10K	1M	8K	5M	26K	15K	Total
Todd Young	1	35	35	1	1	2	35	35	40
Jerry Pentoney	35	35	35	35	35	1	35	35	141

Men 25-29	5K	10M	10K	1M	8K	5M	26K	15K	Total
1st Chris Mairs	2	1	1	2	35	1	35	2	7
Tim Simms	4	2	2	3	35	35	35	35	46
Dion Boyd	35	35	3	35	1	2	35	35	76
Jim Griffiths	1	35	35	35	35	35	35	35	141
Dave Wall	35	35	35	1	35	35	35	35	141
John Hall	35	35	35	35	35	35	35	2	142
Scott Mullen	3	35	35	35	35	35	35	35	143

Men 30-34	5K	10M	10K	1M	8K	5M	26K	15K	Total
1st Robert Bigelow	1	5	1	1	1	1	1	4	5
2nd Chris Sinclair	2	1	2	35	2	35	1	35	8
3rd Thor Young	3	2	35	2	3	3	3	3	13
4th Hugh Harris	5	3	3	35	35	2	2	3	13
Mark Hilliard	4	35	4	35	4	4	35	35	51
Elliott Flick	35	4	35	35	35	35	35	35	144
Kevin Smith	35	35	35	35	5	35	35	35	145
Thomas Johnson	35	35	35	35	35	5	35	35	145
Chris Burkhardt	35	35	35	35	35	35	5	35	145
Stephen Morris	35	35	35	35	6	35	35	35	146
Daniel Miller	35	35	35	35	35	6	35	35	146

Men 35-39	5K	10M	10K	1M	8K	5M	26K	15K	Total
1st Matt Mace	1	2	3	1	2	1	1	9	6
2nd Eric Schrader	2	12	1	2	1	2	4	9	8
3rd Hamilton Tyler	3	3	35	35	3	3	3	9	15
4th Michael Kuhn	7	4	7	4	6	35	7	9	28
5th Terry Sauer	11	6	9	35	8	5	6	9	34
6th Patrick Cavanagh	12	7	13	5	11	8	8	9	37
7th Ronald Hooker	5	35	16	35	10	10	9	9	43
8th Scott Thayer	35	9	16	7	35	7	5	35	44
9th Derek Ammons	16	10	19	9	12	11	10	9	49
Morgan Wells	8	35	8	35	4	4	35	35	59
Barry Davis	14	35	35	6	7	9	35	35	71
Bill Allen	35	35	5	35	35	35	2	35	112
Roger Hebden	35	35	6	3	35	35	35	35	114
Douglas Frazee	35	35	12	35	35	6	35	35	123
Brian Wright	35	35	10	35	9	35	35	35	124
Steve Egolf	35	1	35	35	35	35	35	35	141
Mark Jones	35	35	2	35	35	35	35	35	142
Daniel Odale	4	35	35	35	35	35	35	35	144
John Ward	35	35	4	35	35	35	35	35	144

Keith Bouchard	35	5	35	35	35	35	35	35	145
T. J. Harrington	6	35	35	35	35	35	35	35	145
Thomas Kennedy	35	35	35	35	5	35	35	35	145
Allen Murray	35	35	35	8	35	35	35	35	148
Vassie Hollamon	35	8	35	35	35	35	35	35	148
Jim Sullivan	9	35	35	35	35	35	35	35	149
Franco Colamarco	35	35	35	35	35	35	35	9	149
Edward Tabor	10	35	35	35	35	35	35	35	150
John Pereira	35	11	35	35	35	35	35	35	151
Jim Favret	35	35	11	35	35	35	35	35	151
Robert Von Tersch	35	35	35	35	35	12	35	35	152
David Scheidt	13	35	35	35	35	35	35	35	153
Edward Miller	35	35	14	35	35	35	35	35	154
Daniel Nelliuss	15	35	35	35	35	35	35	35	155
Tim Deaton	35	35	15	35	35	35	35	35	155
James Falvey	35	35	18	35	35	35	35	35	158
Timothy Dent	35	35	20	35	35	35	35	35	160
Craig Tyler	35	35	21	35	35	35	35	35	161

Men 40-44	5K	10M	10K	1M	8K	5M	26K	15K	Total
1st Paul Serra	1	1	35	1	2	2	35	35	7
2nd Dave Walser	2	2	2	2	3	15	8	11	
3rd Mark Rosasco	35	35	1	35	1	1	1	8	12
4th Michael Smith	4	3	3	3	5	4	2	8	15
5th Alan Marshall, Jr	7	35	5	4	8	8	4	35	28
6th Steven Penkert	6	6	6	7	6	6	35	35	30
7th Eric Karandy	5	35	35	35	7	5	5	8	30
8th Ross Heisman	8	7	7	5	9	10	7	8	34
9th Ricardo Osorno	35	9	13	35	11	11	6	8	45
10th Steve Brady	12	8	19	9	14	35	35	8	51
11th Chris Brown	15	10	23	12	17	19	14	8	61
Clint Henderson	11	35	11	35	35	9	11	35	77
William Warnock	35	35	12	35	12	12	9	35	80
12th Roy Pruitt	16	11	24	13	18	35	35	35	82
Mark O'Malley	35	35	18	11	15	15	35	35	94
Barry Boyd	35	35	20	10	35	18	13	35	96
Greg Clulow	35	35	10	35	10	7	35	35	97
Rick Smith	10	35	17	35	35	35	10	35	107
Curtis Johnson	35	5	35	35	35	35	3	35	113
Clinton Rogers	13	35	21	35	16	35	35	35	120
Douglas Burkhardt	35	35	9	35	13	35	35	35	127
Terry Proffitt	3	35	35	35	35	35	35	35	143
Bob Zeminsky	35	35	4	35	35	35	35	35	144
Robert Biddle	35	4	35	35	35	35	35	35	144
Tom Prendki	35	35	35	35	4	35	35	35	144
Hank Lobe	35	35	35	6	35	35	35	35	146
Daniel Miller	35	35	8	35	35	35	35	35	148
Douglas Silate	35	35	35	8	35	35	35	35	148
Daniel Hopkins	35	35	35	35	35	35	8	35	148
Richard Widup	9	35	35	35	35	35	35	35	149
Tim Carney	35	35	35	35	35	35	12	35	152
Kevin Poff	35	35	35	35	35	13	35	35	153
George Lundskow	35	35	14	35	35	35	35	35	154
Higley Harmon	14	35	35	35	35	35	35	35	154
Douglas Miller	35	35	35	35	35	14	35	35	154
Joe Reid	35	35	15	35	35	35	35	35	155
Michael Upton	35	35	16	35	35	35	35	35	156
Stephen Parker	35	35	35	35	35	16	35	35	156
Timothy Becker	35	35	35	35	35	17	35	35	157
Bill O'Malley	35	35	35	35	35	20	35	35	160
Tim Carney	35	35	22	35	35	35	35	35	162

Men 45-49	5K	10M	10K	1M	8K	5M	26K	15K	Total
1st David Webster	1	35	1	1	1	1	35	15	5
2nd Michael Cunningham	2	1	2	2	2	2	1	35	8
3rd Michael Bergeson	4	2	13	3	6	7	3	15	18
4th Larry Puglisi	5	4	6	7	35	8	2	15	24
5th David Brault	7	3	9	4	9	13	4	15	27

6th Richard Kersey	3	35	3	35	3	3	35	15	27
7th Jim Etchison	9	14	10	6	8	9	6	15	38
8th Patrick Donohue	12	6	11	8	13	16	8	15	45
9th Mark Stover	13	8	12	35	12	10	35	35	55
10th Ron Bowman	18	16	23	10	18	15	7	15	63
11th Will Scott	14	15	19	12	10	19	9	15	64
Chris Beard	6	35	35	5	7	35	35	15	68
12th Don Snodgrass	16	13	20	15	11	21	35	35	75
Neal Barrett	35	9	35	11	35	35	5	15	75
13th Philip Caroom	21	11	16	13	15	35	35	35	76
14th Reggie Haseltine	15	10	22	35	35	20	35	15	82
Bob Field	10	7	8	35	35	35	35	35	95
Nathan Leventhal	20	35	21	35	16	17	35	35	109
Nick Lakis	35	35	4	35	4	35	35	35	113
Bill Woods	17	35	35	35	35	18	35	15	120
Brooks Sherman	35	35	35	35	35	6	35	15	126
Rufus Creekmore	8	35	14	35	35	35	35	35	127
Jim Ostrye	35	35	15	35	35	11	35	35	131
David Summey	35	12	17	35	35	35	35	35	134
Michael Henderson	35	35	35	14	17	35	35	35	136
James Kaufman	35	35	18	35	35	35	35	15	138
Mike Van Beuren	35	35	35	35	35	4	35	35	144
Scott Eden	35	5	35	35	35	35	35	35	145
Tom Dekornfeld	35	35	5	35	35	35	35	35	145
Eric Hargis	35	35	35	35	5	35	35	35	145
T.J. Harrington	35	35	35	35	35	5	35	35	145
Dick Shea	35	35	7	35	35	35	35	35	147
Peter Bennett	35	35	35	9	35	35	35	35	149
Bill Peake	11	35	35	35	35	35	35	35	151
Rich Burton	35	35	35	35	35	12	35	35	152
Steven Litts	35	35	35	35	14	35	35	35	154
Gordon Haines	35	35	35	35	35	14	35	35	154
Paul Tavel	19	35	35	35	35	35	35	35	159

Men 50-54	5K	10M	10K	1M	8K	5M	26K	15K	Total
1st Eric Peltosalo	35	1	1	2	1	2	35	35	7
2nd John Fay	2	3	4	4	4	7	2	9	15
3rd William Butler	3	4	8	5	3	9	3	9	18
4th Harmon Bullard	35	35	6	6	2	6	1	35	21
5th Dan Symancyk	9	5	17	8	8	15	5	9	35
6th Charlie Muskin	4	8	9	9	6	10	10	9	36
7th Will Myers	5	7	11	7	9	11	9	9	37
John Gallagher	35	35	10	35	5	35	7	9	66
Patrick Painter	8	10	14	35	10	35	35	35	77
John DeGreck	35	35	3	35	35	5	4	35	82
John Joseph	35	9	35	35	35	12	11	35	102
Eric Gyaki	35	35	35	1	35	3	35	35	109
Robert Burash	35	35	5	35	35	8	35	35	118
Thomas Frankhouser	35	35	35	35	7	35	35	9	121
Michael Cuirca	7	35	35	35	35	13	35	35	125
Brian Walker	35	35	12	35	35	35	8	35	125
Ernest Chizmar	6	35	15	35	35	35	35	35	126
John Major	1	35	35	35	35	35	35	35	141
Ronnie Wong	35	35	35	35	35	1	35	35	141
Robert Bailey	35	2	35	35	35	35	35	35	142
Mel Levin	35	35	2	35	35	35	35	35	142
Dan Masterson	35	35	35	3	35	35	35	35	143
Todd Olson	35	35	35	35	35	4	35	35	144
Jon Meyer	35	6	35	35	35	35	35	35	146
Christer Broman	35	35	35	35	35	35	6	35	146
Russell Duncan	35	35	7	35	35	35	35	35	147
Eric Fromm	35	35	35	35	35	35	35	9	149
Frank McDougald	35	35	35	35	35	35	35	9	149
John Maynard	35	35	35	35	35	35	12	35	152
Bill Weisburger	35	35	13	35	35	35	35	35	153
William Gumula	35	35	35	35	35	14	35	35	154
Ed Jantz	35	35	16	35	35	35	35	35	156

Men 55-59	5K	10M	10K	1M	8K	5M	26K	15K	Total
1st John Kirkpatrick	1	1	1	1	1	1	1	7	5
2nd Francisco Sanches	6	35	2	2	2	2	3	35	11
3rd Joe Clorety	2	2	4	3	5	5	9	35	16
4th Ron Bolt	5	3	5	4	4	6	35	35	21
5th Tom Bradford	8	9	6	5	6	12	8	7	32
6th Don Higdon	7	6	9	6	7	7	6	7	33
7th Allen Veasey	9	5	11	7	35	35	4	35	36
Chris Riley	3	35	35	35	3	3	2	35	46
8th Fred Shanklin	14	10	17	11	10	14	10	7	48
9th Rob Mairs	13	35	16	9	9	13	35	35	60
Gary Sewell	10	35	35	8	8	11	35	35	72
Bill Miller	35	35	7	35	35	9	5	35	91
Alan Wycherley	16	35	18	35	35	15	35	7	91
Eric Fredland	35	35	10	35	35	10	7	35	97
John Strumsky	12	35	15	10	35	35	35	35	107
Mike Chamberlain	35	35	35	35	35	4	35	7	116
Brev Moore	35	7	35	35	35	35	35	7	119
Seyed Husseini	11	8	35	35	35	35	35	35	124
Vern Robinson	35	35	3	35	35	35	35	35	143
John Benkert	4	35	35	35	35	35	35	35	144
Evan Thomas	35	4	35	35	35	35	35	35	144
Douglas Corby	35	35	8	35	35	35	35	35	148
James Woodcock	35	35	35	35	35	8	35	35	148
Clark Rehberg	35	35	12	35	35	35	35	35	152
Gerald Royce	35	35	13	35	35	35	35	35	153
Jeffrey Welsh	35	35	14	35	35	35	35	35	154
Joe O'Boyle	15	35	35	35	35	35	35	35	155

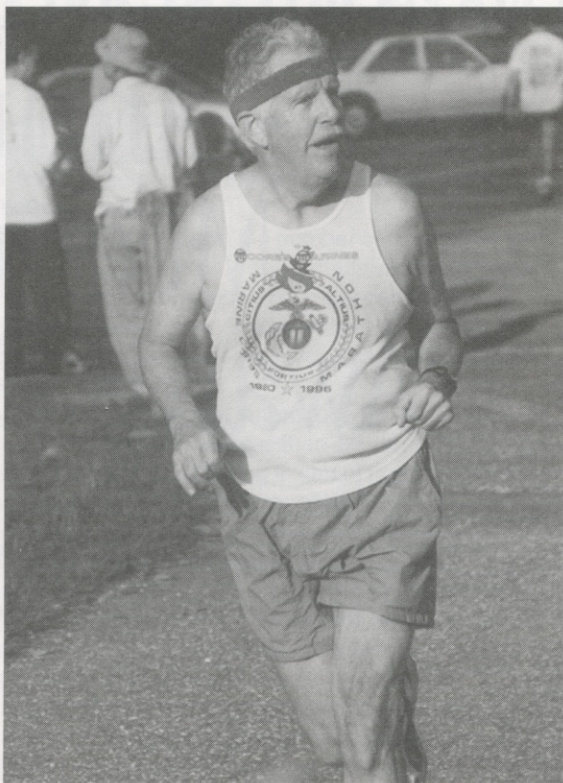
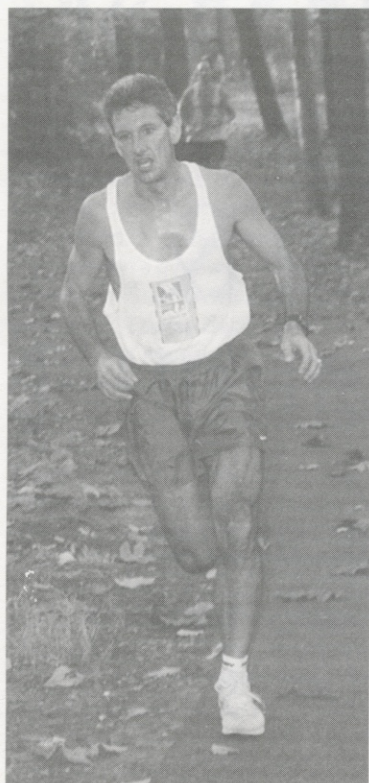
Men 60-64	5K	10M	10K	1M	8K	5M	26K	15K	Total
1st John Pack	35	35	1	1	1	3	2	35	8
2nd Bill Derr	6	2	2	3	2	1	35	35	10
3rd Don Singer	3	35	4	2	4	4	1	5	14
4th Ken Lyons	2	1	5	4	10	5	35	5	17
4th Mervin Gross	1	8	3	35	3	2	35	35	17
5th Arnie Henderson	5	4	35	5	5	35	35	5	24
6th Peter Salmon-Cox	4	3	7	7	7	35	35	35	28
7th Neal Hinkle	10	6	35	35	9	8	35	5	38
Ed Karlson	11	5	6	35	35	6	35	35	63
Jim Noctor	8	35	9	35	35	7	35	35	94
Clair Morris	9	35	35	6	35	10	35	35	95
George Sweger	35	35	35	35	6	35	35	5	116
Lee Masser	7	7	35	35	35	35	35	35	119
William Rogers	35	35	8	35	8	35	35	35	121
Mike Long	35	35	35	35	35	35	3	35	143
Don Stoddard	35	35	35	35	35	9	35	35	149

Men 65-69	5K	10M	10K	1M	8K	5M	26K	15K	Total
1st Thomas Haney	4	35	1	1	1	1	2	1	5
2nd Brad Chapman	2	2	2	2	2	35	35	35	10
3rd Edgar Parker	5	35	3	3	3	3	35	35	17
Milton Taylor	1	1	35	35	35	35	35	35	107
Web Chamberlain	35	35	35	35	35	35	1	35	141
Edwin Wintermute	35	35	35	35	35	2	35	35	142
William Douglas	3	35	35	35	35	35	35	35	143

Men 70-74	5K	10M	10K	1M	8K	5M	26K	15K	Total
Bill Law	35	35	35	35	35	35	1	1	107
Ben Moore	35	35	1	35	35	35	2	35	108

Men 75-79	5K	10M	10K	1M	8K	5M	26K	15K	Total
Guy Riccio	35	35	1	35	1	1	35	35	73
Denzil Pritchard	35	1	2	35	35	35	35	35	108

ATTENTION CHAMPIONSHIP SERIES RUNNERS: If you've participated in at least 3 of the 8 Championship Series Races, your name should appear above in the age category reflecting your age as of January 1, 2000. If there are any errors, contact Tom Bradford at 410-987-0674, or e-mail: TABSLAB@AOL.COM



Don Stoddard



Rose Maloy running in the Key School 10K



2000 Metric Marathon Participants

The Annapolis Striders Annual Meeting & Awards Banquet

Saturday, March 10, 2001

at the Radisson Hotel (off Riva Rd - formerly the Holiday Inn)

only \$28 per person

includes hors d'oeuvres,
buffet dinner, dessert bar,
DJ and dancing!

CASH BAR

6:00 - 7:00 pm Annual Membership Meeting

7:00 - 8:30 pm Dinner and Awards

8:30 - 11:00 pm Dancing

ATTIRE:

Come on, Dress up!

It's fun to see what we

look like when we're not sweaty and salty.

Besides, we usually don't recognize each other!

REQUEST FOR BANQUET TICKETS

\$28 per person

NAME _____

TELEPHONE _____

NUMBER OF PEOPLE ATTENDING _____

AMOUNT ENCLOSED _____

AND THEIR NAMES _____

Please Make Checks Payable to the ANNAPOLIS STRIDERS

MAIL BEFORE MARCH 1 to:

JENNIFER SULLIVAN

4 BEACON COURT ANNAPOLIS, MD 21403

QUESTIONS? CALL JENNIFER: 410-295-3495

10th Annual

B&A Trail Marathon

and

Half Marathon Sunday March 4, 2001

7:30 a.m. SEVERNA PARK, MARYLAND

Registration

- Register online at www.active.com - it's fast and easy!
- Saturday, March 3, noon-6pm at Marriot Courtyard Hotel Annapolis.
- Forms may be photocopied; Fee is non-refundable.
- No confirmation sent.
- **ABSOLUTELY NO RACE DAY REGISTRATION**

Race Packets Available On...

- Saturday, March 3; noon to 6pm at Marriot Courtyard Hotel Annapolis.
- Race Day beginning at 6 am at Severna Park High School.

Entry Fees

- Marathon: \$30 by February 25; \$45 after.
- Half Marathon: \$25 by February 25; \$40 after.

Getting There

The race begins and ends at Severna Park High School.

DIRECTIONS TO THE HIGH SCHOOL:

From Baltimore: Interstate 97 South to exit 10A, Benfield Road East. East on Benfield Road for 3.8 miles to the school on left. Turn at light into parking lot.

From Washington: Rt. 50 East to Bowie. Follow Rt. 3 which turns into Interstate 97 and then North to exit 10 East and proceed as above.

Course

The first three miles are on residential streets. The remainder of the Marathon and Half Marathon is on the B&A Trail - an asphalted bike and running path along a Rails-to-Trails Park.

Hill at mile 2 and 7. The rest of the course is railroad grade - mostly flat. The course is USATF certified; numerous runners have qualified for the Boston Marathon on this course.

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

Split Times

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

Awards

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

For Information

- Applications available at annapolisstriders.org; on-line registration at active.com
- Tom Bradford, Race Dir: 410-987-0674; e-mail tabslab@aol.com



10th Annual

B&A Trail Marathon

and

Half Marathon

Sunday, March 4, 2001, 7:30 a.m. SEVERNA PARK, MARYLAND

ENTRY FORM

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

SIGN ME UP FOR THE:

☐ **Marathon** \$30 by Feb 25; \$45 after.

☐ **Half Marathon** \$25 by March 25; \$40 after.

T-shirt size: ☐ M ☐ L ☐ XL

Sex: ☐ M ☐ F

Age on March 4, 2001: _____

Number of Marathons completed: _____

Best Marathon Time: _____

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

NAME _____

ADDRESS _____

CITY / STATE / ZIP _____

PHONE _____

Signature of entrant _____

Date _____

Signature of Parent if entrant under 18 _____

Date _____

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

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

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

Race History

MARATHON

1992	David Lieb
	Rose Malloy - 3:02:08 Course and Master's Record
1993	Rob Marino - 2:33:02 CR, Meredith Bonta
1994	Mark Jones, Leann Myhre
1995	Mark Jones, Jennifer Sullivan
1996	Mark Jones, Kay Carver
1997	Mark Jones, Lauren Kearney
1998	Mark Jones, Jennifer Sullivan
1999	David Luljak - 2:52:40 Master's Record; Jennifer Sullivan

HALF MARATHON

1996	Rob Marino, Carole Rosasco
	Rose Malloy - 1:26:34 Master's Record
	Kevin Geesaman, Carole Rosasco
1997	Kevin Geesaman - 1:10:26 CR, Kristen Adelman
1998	Robert Marino - 1:11:59 Master's Record
1999	Robert Marino, Christina Morganti - 1:24:39 CR
2000	Kevin Geesaman, Christina Morganti

Streak Staff

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Jon Valentine 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

Deadline for the
April 2001 Issue is
Tuesday, March 6, 2001

Please e-mail your articles,
tidbits, race results and/or
general newsletter materials to

Sue Briers, Editor
ultra100su@aol.com

410-721-1442

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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.

CHEVYS FRESH MEX

Chevys Fresh Mex of Annapolis, and Chevys Fresh Mex at Arundel Mills
2444 Solomons Island Road, Annapolis, MD 410-573-9068
20% discount on all menu items!

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.

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.

VALENTINE TWOSOME RELAY

PLACE: SHIPLEY'S CHOICE ELEMENTARY SCHOOL

DATE: SUNDAY, FEBRUARY 11, 2001

COURSE: 5k (3.1 miles) per person. Women run first, then hand off to men. **FEE:** \$8.00 per couple; \$10.00 on race day. No confirmation, No refunds.

TIME:

Registration 8:30 - 9:30

Race Starts 10:00 a.m.

Awards Ceremony 11:00 a.m.

DIRECTIONS: From I-97, take Exit 10 to Benfield Blvd. East, left on Governor Stone; second left to school. Refreshments at Finish.

RACE DIRECTOR: Peter Salmon-Cox, 410-987-0281.

WASHINGTON'S BIRTHDAY 5K

PLACE: BAY HILLS COMMUNITY CENTER

DATE: SATURDAY, FEBRUARY 17, 2001

COURSE: Rolling hills, out and back. Residential streets. No strollers. No headphones. No roller blades. **DISTANCE:** 3.1 miles

TIME:

Registration 8:30 - 9:30

Race Starts 10:00 a.m.

Awards Ceremony 11:30 a.m.

ENTRY: BY MAIL, enter before February 12, 2001. Strider Members: \$3.00; Non Striders: \$4.00. RACE DAY FEE: \$5.00 Limited to first 300 entrants. Confirmations not sent.

DIRECTIONS: Ritchie Highway (Rt. 2) to College Parkway. Go 5 stop lights to Shore Acres Rd. Turn left on Shore Acres to Bay

Hills Drive. Turn right on Bay Hills to the start/finish area across from Bay Hills Golf Course. Please carpool, parking is limited. NO PARKING in golf course parking lot. Please DO NOT warm up by running on the golf course. **AWARDS:** Merchandise prizes to overall M/F winners and runners-up, to first M/F Master, and to the first three finishers in 15 age-group categories. At least 30 random prizes also awarded at finish line (no waiting!).

REFRESHMENTS: Hot cider, fruit, cookies.

FOR MORE INFO: Contact Race Director: Jim Hall 410-757-5482, Asst. Race Dir.: Evan Thomas 760-9188.

CHERRY PIT 10K

PLACE: CENTRAL MIDDLE SCHOOL, Edgewater, Maryland.

DATE: SUNDAY, APRIL 8, 2001

COURSE: A ten mile loop course over country roads in southern Anne Arundel County. The route is secure, monitored, asphalt surfaced, with moderate rolling hills, promising good times! Water at 3.5, 5 & 8 miles. Stay on the left shoulder of main roads (Route 2 and Muddy Creek Road). Awards & Refreshments. **FEE:** Strider Members: \$3.00; Non Striders: \$4.00. RACE DAY FEE: \$5.00.

TIME:

Registration 6:30 a.m.

Race Starts 8:00 a.m.

DIRECTIONS: From the Annapolis area, take Rt. 2 (Solomons Island Rd) south over the South River Bridge; make a left at the 5th light (Central Ave., Rt. 214). South River High School is on the right at the light after about 1/4 mile. Park in the lot on your left. • **From Washington:** take Route 50 east to exit 22, Route 2 South (and follow directions above). • **From Balt.:** take I-97 South to Rt. 50. Exit right to Route 2 South (and follow directions above).

Race Name: _____

LAST NAME _____ FIRST NAME _____ MI _____ TELEPHONE _____

STREET _____ CITY / STATE _____ ZIP _____

AGE _____ 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 entitled to act on my behalf, waive and release the Annapolis Striders, Inc., the Road Runners Club of America, all sponsors and hosts, and their representatives and successors, from any claim of liability arising from my involvement in this activity.

SIGNATURE OF ENTRANT _____ DATE _____

SIGNATURE OF PARENT IF ENTRANT UNDER AGE 18 _____ DATE _____

MANDATORY

April 7-Sat, 7:45am
The Charlottesville 10 Miler, UVA's U Hall, Charlottesville, VA.

April 7-Sat, 8:30am
Sally Nyborg Loop for Lupus 5k Run, Roland Park, MD. Fax: 410.372.0560

April 7-Sat, 8:30am
Highlands Spring Chase 15k, Virginia Creeper Trail, Abingdon, VA. 540.623.5279

April 7-Sat, 9:00am
2nd Annual Ambulance Chase 5k, Belle Haven Park, Alexandria, VA.

April 7-Sat, 9:00am
Churchville Charge 5k, Churchville Elementary School, Churchville, MD. 410.836.2794

April 7-Sat, 9:00am
Shenandoah University 5k, Winchester VA. 540.665.5455

April 7-Sat, 9:30am
Queens Lake 5k, New Quarter Park, Williamsburg, VA 757.877.5659

April 8-Sun, 8:00am
Nortel Networks Cherry Blossom Ten Mile Run, Washington, DC. 301.320.3350

(REGISTRATION CLOSED) **April 8-Sun, 10:00am**
A.L.A. Clean Air Challenge 5k, Delaware Tech Comm College, Georgetown, DE. 302.947.1772

April 11-Wed, 7:00pm
Main Street Mile, Westminster, MD. 410.857.5427

April 14-Sat, 9:00am
Fairlington Firehouse 5k, Fire Station 7, South Abington St, Arlington, VA. 703.246.3801

April 14-Sat, 9:00am
Belle Haven 15k, Belle Haven Park, Alexandria, VA. 703.241.0395

April 14-Sat, 9:00am
Garret's 5k, Armory at Baker Park, Frederick, MD. 301.663.8082

April 14-Sat, 9:00am
Millwood 5k, Blandy Farm, Boyce, VA. 540.869.2761

Where The Races Are

April 14-Sat, 10:00am
Point Lookout Biathlon and 5k, Point Lookout, MD. 410.593.9662

April 14-Sat, 11:30am
Bunny Hop 5k, Suitland, MD. 301.495.0041

April 18-Wed, Noon
Tidal Basin 3k, Jefferson Memorial, Wash. DC. 703.241.0395 FREE

April 21-Sat, 8:00am
E*Trade Bright Beginnings 5k, Wash. DC. 202.337.2001

April 21-Sat, 9:00am
Martin 5k Memorial Race, Westminster, MD. 410.848.9263

April 21-Sat, 10:00am
Lewes Physical Therapy 5k, Lewes Physical Therapy Center, Lewes, DE. 302.947.1772

April 22-Sun, 8:00am
GW Parkway Classic 15/5k, Alexandria, VA. 703.549.4447

April 22-Sun, 8:00am
Second Annual Signs of Spring 5k, East Potomac Park, Wash. DC. 202.832.6681

April 22-Sun, 8:00am
Clyde's American 10k, Rouse Building, Columbia, MD.

April 22-Sun, 8:00am
Jay's Run 10k, Cabin John Mall, Potomac, MD.

April 22-Sun, 8:30am
Reach Out and Run 5k, Towson Town Center, Towson, MD. 410.377.8882

April 22-Sun, 9:00am
5k Race for RAINN, Gill Center, Western Maryland College, Westminster, MD. 410.751.8171

April 22-Sun, 9:30am
Cassidy & Pinkard Brain Tumor 5k, Wash. DC. 301.871.0400

April 22-Sun, 8:30am
Indian Creek 5K, Indian Creek School, 410-897-0490

April 28-Sat, 8:00am
Run for Rett 5K, Kinder Park, 410-222-6115

April 28-Sat, 8:00am
St. John's 5k, Frederick, MD. 301.662.0357

April 28-Sat, 9:30am
Carter's Grove Country Road 8 Mile Challenge, Williamsburg, VA. 757.221.2435

April 29-Sun, 8:00am
Pike's Peek 10k, Shady Grove Metro, Rockville, MD. 301.460.8888

April 29-Sun, 8:00am
Sallie Mae 10k, Wash. DC. 302.721.9500

April 29-Sun, 8:00am
Oriole Advocates 5k, Oriole Park at Camden Yards, Balt. MD. 410.377.8882

April 29-Sun, 8:00am
Ashland 10k, Cockeysville, MD. 410.377.8882

April 29-Sun, 8:45am
Mt. Hebron Viking Backers 5k, Mt. Hebron H.S., Ellicott City, MD. 410.964.1988

April 29-Sun, 9:00am
Spring Biathlon, The Madeira School, Mc. Lean, VA. 703.849.1980

May 3-Thu, 7:00pm
New Member 8k, Lake Accotink Park, Springfield, VA. 703.241.0395

May 5-Sat, 7:00am
Mason-Dixon 5 person 50 Mile Relay, NCR Trail, Paper Mill Road, Cockeysville, MD. 410.377.8882

May 5-Sat, 8:00am
Robbie Miles Memory 5k, Calvert HS, Prince Frederick, MD. 410.535.0892

May 5-Sat, 8:30am
Apple Blossom SunCom 10k, Winchester, VA. 540.662.3863

May 5-Sat, 9:00am
May Day 5k, Cameron Run Regional Park, Alexandria, VA. 703.836.1463

May 5-Sat, 9:00am
FSRC Ballenger Creek Elementary School 5k Run, Frederick, MD. 301.631.0702

May 6-Sun, 8:00am
Microsoft-USO Defenders Ten Mile Run, Arlington, VA. 301.871.0400

May 6-Sun, 8:00am
Takoma Park Recreation 10k, Takoma Park, MD. 301.270.4048

May 6-Sun, 9:00am
23rd Annual Patriot's Cup Corporate Challenge 8k, George Mason University, VA. 703.620.4418

May 12-Sat
Hillmere 5K, Annapolis 410-280-6226

May 10-Thu, 6:45pm
Hills of Cabin John Cross Country 5k, Cabin John, MD. 301.353.0200

May 12-Sat, 8:00am
Westfield High School 5k, Chantilly, VA. 703.488.6363 x-7125

May 12-Sat, 8:30am
Oakland Terrace Elementary School 5k, Silver Spring, MD. 301.681.9629

May 12-Sat, 8:30am
Preakness 5k, Baltimore, MD. 410.377.8882

May 12-Sat, 9:00am
Virginia Highlands 5k, Abingdon, VA. 540.628.5133

May 12-Sat, 6:00pm
The Silver Spring Parkinson's Twilight 5k, Silver Spring, MD. 301.649.9016

May 13-Sun, 8:00am
Metro Run 5k for Women, Tyson's Corner, VA. 703.790.1801

May 13-Sun, 8:00am
Run With Mom 5k, South Lakes HS, Reston, VA. 703.620.6356

May 13-Sun, 9:00am
Masser 5 Miler, Cape Henlopen HS, Lewes, DE. 302.947.1772

May 13-Sun, 9:00am
YMCA Y2k+1 Mother's Day 10k, Hayes Park, Arlington, VA. 703.241.0395

May 16-Wed, Noon
Tidal Basin 3k, Jefferson Memorial, Wash. DC. 703.241.0395

May 18-Fri, 6:30pm
Grove Club 5k, Cape Henlopen HS, Lewes, DE. 302.947.1772

May 19-Sat 8:00am
Severna Park Rac & Fitness Ctr. Stampede 5K, Millersville 410-987-1088

May 19-Sat, 9:00am
Run for Wetlands 5k, Arlington, VA. 703.532.4992

May 19-Sat, 9:00am
Journey to Better Pathways 5k, Silver Spring, MD. 301.649.0778

May 19-Sat, 8:30am
Triple Crown Races (1&1/4, 1&1/8, 1&1/2), Fort Hunt Park, Mt. Vernon, VA. 703.241.0395

May 19-Sat, 9:00am
Kids on the Run, Gaithersburg, MD. 301.353.0200

May 19-Sat, 9:00am
5K Run for Mental Health, Eastern State Hospital, Williamsburg, VA. 757.220.3200

May 19-Sat 9:00am
Arendel Habitat for Humanity 5K Kender Park, 301-987-9300

May 20-Sun, 7:00am
Columbia Triathlon, Centennial Lake, Columbia, MD. 410.430.3566

May 20-Sun, 8:00am
Rehobeth Avenue Mile, Rehobeth Avenue Bandstand, Rehobeth, DE. 302.947.1772

May 20-Sun, 8:30am
Capitol Hill 10k, 5th and C St. N.W. Wash. DC. 301.871.0400

May 20-Sun, 8:30am
Walter Johnson 10k, Walter Johnson HS, Bethesda, MD. 301.571.6928

May 20-Sun, 8:30am
Paint Branch High School 5k, Silver Spring, MD. 301.384.2168

May 20-Sun, 8:30am
Swanson Middle School's 5k, Bon Air Park, Arlington, VA. 703.228.5500

May 20-Sun, 9:00am
Port to Fort 4 Mile, Baltimore Museum of Industry, Baltimore, MD. 410.377.8882

May 20-Sun, 9:00am
Fresh Fields Copper River Salmon 5k, Clarendon, Arlington, VA. 301.871.0400

May 23-Wed, 7:00pm
One Hour Track Run, Georgetown University Track, Wash. DC. 703.241.0395

May 27-Sun, 8:30am
Union Memorial's Memorial Day 5k, Inner Harbor, Baltimore, MD. 410.377.8882

May 28-Mon, 8:00am
Over Hillandale 5 Mile, Francis Scott Key Middle School, Hillandale, MD. 301.353.0200

May 28-Mon, 8:00am
Snowdens Mental Health 5k, Fredricksburg, VA. 540.371.0588

Jun 2-Sat, 8:00am
6th Annual Laurel 5k, Laurel, MD. 301.776.6471

Jun 2-Sat, 8:00am
Charles Village Celebration 5k, Charles Village, MD. 410.377.8882

Jun 2-Sat, 8:00am
Hamilton Day 5k, Hamilton, VA. 540.338.3973

Jun 2-Sat, 8:30am
National Race for the Cure 5k, Wash. DC.

Jun 2-Sat, 8:30am
Rock 'n Root 5 Mile Trail Race, Gunpowder Park, Sweet Air, MD. 410.377.8882

Jun 3-Sun, 8:00am
Bel Air Town Run 5k, Bel Air, MD. 410.377.8882

Jun 3-Sun, 8:00am
Blackwater Eagleman 1/2 Ironman Triathlon, Sailwinds Park, Cambridge, MD.

Jun 3-Sun, 10:00am
Mitzvah 5k, Arlington, VA. 703.218.2726

Annapolis Strider Events What's Coming Up

STRIDER BOARD MEETINGS

AA Medical Center, Jennifer Road
Tuesday, April 3, 2001, 7:30 p.m.
Tuesday, May 1, 2001, 7:30 p.m.
Meetings open to all Strider Members.

INFORMAL DISTANCE RUNS

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

Wednesdays 5:30 p.m. AACC Track.

Contact Evan Thomas 410-760-9188.

NEW LOCATION NEW LOCATION

Saturdays 7 am. MTA Park & Ride, Harry S Truman Pkwy. Contact Strider Hotline: 410-268-1165

Sundays 7:30 a.m. Main Street/City Dock area

Contact Evan Thomas 410-760-9188.

6:06 a.m. Club : meet at Church Circle in front of Maryland Inn, M/T/W/T/F; run 6 miles. Contact Gill Cochran, 410-268-5515 and see: <http://sixsix.org/>

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 21401-0187.

Hotline: 410/268-1165



ANNAPOLIS STRIDERS, INC

POST OFFICE BOX 187

ANNAPOLIS, MARYLAND 21401-0187

ADDRESS CORRECTION REQUESTED

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Where THE RACES ARE

FEBRUARY 3-SAT, 9:30AM,
Pocomo Group/Hampton Coliseum Half Marathon,
Hampton VA. 1.800.800.2202

FEBRUARY 4-SUN, 8:00AM,
HCS Penguin Pace 5k, Florence Bain Comm Ctr,
Columbia, MD. 410.964.1998

FEBRUARY 4-SUN, 8:00AM,
Frozen Feet 4 Mile Trail Race,
Cromwell Valley Park, MD. 410.377.8882

FEBRUARY 4-SUN, 11:00AM,
Quantico Orienteering Club Meet, Patapsco State Park,
Avalon, MD. 703.528.INFO

FEBRUARY 10-SAT, 9:30AM,
SVR Lincoln Valentine's 3.4 Miler,
Lincoln VA. 703.771.0070

FEBRUARY 10-SAT, 9:00AM,
RRRC Sweetheart 8 Miler, Pocahontas State Park,
Richmond, VA. 804.360.2672

FEBRUARY 10-SAT, 9:00AM,
CTC Valentines Amnesty Partners 5k, Downtown Mall,
Charlottesville, VA. 804.293.3367

FEBRUARY 11-SUN, 7:45AM,
DCRRRC Winter Indoor Track Meet, Thomas Jefferson
Community Center, Arlington, Va. 703.241.0395

FEBRUARY 11-SUN, 8:00AM,
Country Road Run 8k, Farquhar Middle School,
Olney, MD. 301.353.0200

FEBRUARY 11-SUN, 9:00AM,
Valentine's Day 10k, Loch Raven Reservoir,
Loch Raven, MD. 410.377.8882

FEBRUARY 11-SUN, 12:00PM,
Four Mile Predicted Time Run, F&M Manufacturing Co.,
Westminster, MD. 410.848.8332 (Race Day Entry Only)



Annapolis Strider Events

What's Coming Up

STRIDER BOARD MEETINGS

AA Medical Center, Jennifer Road
Tuesday, February 6, 2001, 7:30 p.m.
Tuesday, March 6, 2001, 7:30 p.m.
Meetings open to all Strider Members.

INFORMAL DISTANCE RUNS

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

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

NEW LOCATION NEW LOCATION
Saturdays 7 am. MTA Park & Ride, Harry S Truman
Pkwy. Contact Strider Hotline: 410-268-1165

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

6:06 a.m. Club : meet at Church Circle in front of Mary-
land Inn, M/T/W/T/F; run 6 miles. Contact Gill Cochran,
410-268-5515 and see: <http://sixsix.org/>

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 21401-0187.

Hotline: 410/268-1165

FEBRUARY 17-SAT, 10:00AM,
Washington's Birthday Marathon and Relay,
Greenbelt, MD. 703.241.0395

FEBRUARY 17-SAT,
CTC Freezer Trail Run 5 Miler, Walnut Creek,
Charlottesville, VA. 804.296.0696

FEBRUARY 21-WED, 12 NOON
Tidal Basin 2 Miler,
Washington, DC, FREE 703.241.0395

FEBRUARY 24-SAT, 9:30AM
SVR Predicted Time 5k, Frederick Co. Middle School,
Winchester, VA. 540.635.7539

FEBRUARY 24-SAT, 9:30AM
Last Train to Boston Marathon, Aberdeen Proving Grounds,
Bel Air, MD. 410.638.1091

FEBRUARY 25-SUN, 8:00AM
Maryland RRCA 10-Mile Challenge, Howard Comm College,
Columbia, MD. 410.964.1998

FEBRUARY 25-SUN, 1:00PM
Anheuser-Busch Colonial Half Marathon, William &
Mary College, Williamsburg, VA. 757.229.7375

MARCH 2001

MARCH 3-SAT, 8:00AM
Carderock TowPath Run12k, Carderock Tow Path,
Carderock, MD. 301.353.0200

MARCH 3-SAT, 9:00AM
Belle Haven, 25k, Belle Haven Park,
Alexandria, VA. 703.241.0395

MARCH 3-SAT, 9:30AM
SVR Claymont Retro Ramble 5k, Claymont Children's School,
Charles Town, WV. 540.955.3185

MARCH 4-SUN, 9:00AM
Carrabba's 5k for the YMCA, Long Gate Shopping Ctr,
Ellicott City, MD.

MARCH 10-SAT, 10:00AM BURKE
Lake 12k, Burke Lake Park, Burke, VA. 703.241.0395

MARCH 10-SAT, 9:00AM
WMC 5k Track Run, Bair Stadium, Western Maryland College,
Westminster, MD. 410.848.8991
(Race Day Entry Only)

MARCH 11-SUN, 9:00AM
Flat Lander's Meader 5-Mile Trail Race,
Cromwell Valley Park, MD. 410.377.8882

MARCH 11-SUN, 9:00AM
Virginia Creeper Marathon, Abingdon, VA. 540.452.4724

MARCH 17-SAT, 9:30AM
Saint Patrick's Day 10k, Washington DC. 301.871.0400

MARCH 17-SAT,
Shamrock Sportsfest Marathon & 8k,
Virginia Beach, VA. 757.481.5090

MARCH 18-SUN, 1:40PM
O'Doul's Shamrock 5k, Baltimore, MD. 410.377.8882

MARCH 21-WED, 12 NOON
Tidal Basin 2 Miler, Washington, DC, FREE 703.241.0395

MARCH 24-SAT, 9:00AM
Piece of Cake 10k, Seneca Creek State Park,
Gaithersburg, MD. 301.353.0200

MARCH 24-SAT, 9:30AM
Ft. Hunt 10k, Ft. Hunt, VA. 703.241.0395

MARCH 24-SAT, 9:00AM
Springburst 8k, Greenbelt National Park,
Greenbelt, MD. 301.486.0041

MARCH 25-SUN, 8:00AM
Herring Half Marathon, Lake Montebello,
Baltimore, MD. 410.377.8882

MARCH 25-SUN, 8:00AM
Reston Ten Miler, Reston, VA. 703.620.6356

MARCH 25-SUN, 9:00AM
Mayberry 10k Trot,
Silver Run, MD. 410.848.4629(Race Day Entry only)

MARCH 31-SAT, 8:00AM
Ukrop's Monument Avenue 10k,
Richmond, VA. 804.673.7223

MARCH 31-SAT, 9:00AM
Super Sligo 4 Mile, Sligo Middle School,
Silver Spring, MD. 301.353.0200

MARCH 31-SAT, 8:00AM
Run vs. Row, Alexandria, VA. 703.241.0395

MAY 13-SUN, 9:00AM
Eighth Annual Masser 5 Miler, Cape Henlope High School
Lewes, DE. 301-858-1337



ANNAPOLIS STRIDERS, INC
POST OFFICE BOX 187
ANNAPOLIS, MARYLAND 21401-0187

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