

The Best Large Club Newsletter in the RRCA's Eastern Region

STREAK



A Publication for the Members of the Annapolis Striders

Volume XXV Number 3 ♦ June 2001



Dale Irons, 1st place, Bay Bridge 10K

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Board Meetings

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

July 10
August 7
September 4
October 2
November 6
December 4

Meetings are open to all club members. Please attend!

**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 our new editor,
Katherine Carney at:
kemcarney@hotmail.com

**Deadline for the August Issue
is Tuesday July, 10 2001**

Newsletter Questions?

**Contact Katherine Carney,
Editor
410-573-1481**



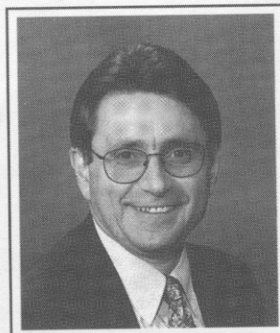
The **STREAK** Newsletter won! Standing in for **STREAK** editor Sue Briars, Ron Bowman accepts the Award for Outstanding Large Club Newsletter for the Eastern Region.

2001 Junior Striders Calendar

Saturday, June 30
Saturday, June 28
Saturday, August 25
Saturday, September 29

**All meets begin
5:30 p.m. SHARP!**

Runners should arrive by
5:00 p.m. to register at **BATES
MIDDLE SCHOOL TRACK**
(behind Maryland Hall).

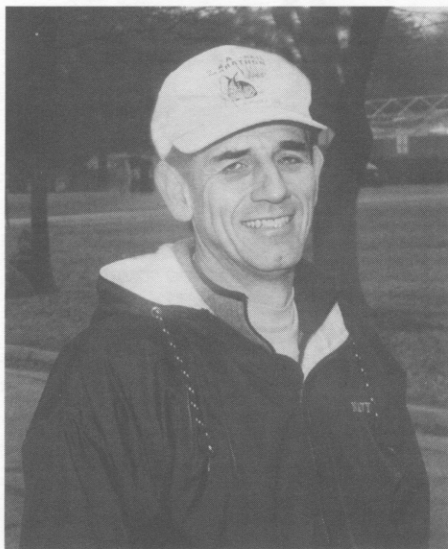


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PRESIDENT'S MESSAGE



Ron Bowman, Club President

RRCA CONVENTION

Fortunately, I was given a two day extension to get my Presidents Message submitted so that I could include information from the Road Runners Clubs of America (RRCA) Convention in Albuquerque, New Mexico. Among the topics that Lynn Hopkins and I attended were:

- > Promoting childrens running
- > Successful Club Newsletters
- > Better websites for Clubs
- > Future of women's running
- > Club and Race Management
- > Creating Efficient Teams of Volunteers

The ideas and lessons learned are too many to go into detail here, but we will be discussing with the Board of Directors how best to incorporate these ideas.

I was asked to participate on the panel discussing Club and Race Management to discuss and answer questions regarding our Championship system from the club perspective. Based on the attendance, over one hundred, and the two hours of questions and answers, there is a lot of interest in this area of race management.

The highlight of the Convention was accepting the award for Outstanding Large Club Newsletter for the Eastern Region on behalf Sue Briers and her staff - Margie Boyd, Mary Lang, Kathy Carney, and Katherine Burke; and to all of you that have contributed articles. WELL DONE!

Next years convention will be held on the same weekend in Virginia Beach, VA. and in Washington D.C. in 2003. Great opportunities for a large Annapolis Strider turnout!

BOARD OF DIRECTORS

On Saturday, 28 May, the Board of Directors met to develop priorities for the next two years. We were fortunate to be facilitated by Dr. Phil Irish who works for the National Defense University specializing in organizational development and group dynamics. He and his wife, Mary, are also new Strider members.

The approach we took for the two-hour session was: Agree on the purpose of the session. We agreed on; "Come up with a prioritized list of goals that the Club should pursue for the near-term future, not to exceed two years."

Individually free-flow ideas and capture them on post-its. Collectively separate the ideas (approx. 50) into common groups. We ended up with nine groups.

Establish criteria for evaluating the groups - resources needed, observable end product, acceptability to the target audience, barriers.

Establish rating scale - 1 to 5 (A little - A lot) Each Board member then individually rated each Group, using the above criteria and rating scale.

We then consolidated the individual numerical rankings for an OVERALL CONSENSUS of priorities.

The next step will be to discuss and agree on the priorities. We will then identify a Lead Strider for each priority who will form a team that will establish tasks and milestones for accomplishment of the idea.

GOVERNORS BAY BRIDGE RUN

The Governors Bay Bridge Run was another great success. WELL DONE to Charlie Muskin in his first year as Race Director, and to all of the volunteers who make it possible. I'm sure Charlie will be giving more details in his post race report. This year we tried something a little different with race registration.

We opted to offer GBBR registration only from our online source. The reasoning for this was pretty straightforward.

Printing Notification cards: 18,000 (A-10 race mailing list)

- > Mailing Notification cards: 18,000
- > Printing applications: 18,000
- > Mailing applications: 18,000
- > *Applications with unresolved errors: 1% x 5000 (A-10 entrants) x .34 postage
- > Printing Confirmation letters: 5,000
- > Mailing Confirmation letters: 5,000

- > Printing Results: 4,000 (Finishers)
- > Mailing Results: 4,000
- > Stress + Time of Volunteers: ?
- > Total Cost (based on past prices) = \$10,950

From past GBBR and A-10 races, we know that 4 out of 10 hard copy applications have errors in them; such as illegible name and/or address, missing gender, or missing age. Our Registration Volunteers then have two choices; correct the info from a printed check, call the person or return the application; and with our races filling up so quickly they may not get into the race.

Online registration saves the race all of the above costs which can be put into even higher quality premiums, additional donations, post-race volunteer party, and much more.

Online registration ensures accurate data from the entrant. It allows payment by secure credit card, fax, mail-in check, or phone. Allows easier capture of chip purchase, and separate donations (Bay Trust Fund).

For those without a computer, registration can be made by a friend, from a Library, or by phoning in registration information.

Confirmation is immediate by return email; Non-pays temporary entry is not confirmed until payment received by mail.

Updates on race status, closing, premium, etc. can be emailed to all entrants as needed.

A mail list of all entrants is maintained for early notification of the following years race date, fee, etc.

We now have approximately 450 of 1300 members on our STRIDER STUFF mail list. STRIDER STUFF is an email on local running news that is sent out every week or so as needed. If you have an email address and have not been receiving these messages, send your email address to: lynnron@erols.com or astriders@hotmail.com and I will make sure you get added. We always get some 'undeliverables' due to incorrectly keyed addresses, changes of address, or change in internet provider so send your email address if you included it on your membership application or renewal and have not been getting the updates.

See You On the Roads,
-Ron

The Bay Bridge 10K

By Margie Boyd

You start out with a beautiful sunrise, add some cool temps (low to mid 40's) with a light breeze, sprinkle in several thousand eager runners and what do you get? The 2001 edition of the Governor's Bay Bridge Run. It was enough to erase all the bad memories from 2000 (remember the heat and humidity?).

Anyone who ran the race last year will remember, the slow times tell the tale. This year was the complete opposite. To begin with, we actually had a tail wind blowing us across the bridge. A tail wind!! This was a day made in PR heaven. The only headwind felt was in the final stretch in Sandy Point around mile 5 and by then you were almost finished. What a change from anything I can ever remember about this race.

To backtrack a moment, I must add that for those of us who did notice our surroundings, they were certainly surroundings to behold. The Chesapeake Bay was gleaming in the morning sunlight and tipped with whitecaps. It was truly beautiful. At one point I caught my breath for its beauty (although this may have been misconstrued as gasping), for how often does one have the opportunity to enjoy such a sight? For some

of us it has become an annual rite of spring to sprint across the Bay Bridge on an early morning in May. I, for one, enjoy this race more than others for these reasons alone.

Charlie Muskin, this years' Governor's Bay Bridge race director, deserves a big thank you. He did a great job for his first year. Volunteer support was overwhelming as well, and when we left the park that morning there was not a hint of garbage anywhere to be seen. **Following is what Charlie wrote about his first year as Bay Bridge Race Director:**

While Brad Chapman and I unloaded 5,000 bananas at 4:05 a.m. on Sunday morning I thought of a thousand things that could go wrong. But 6 hours later as I walked to announce the awards, a runner walked by me and said "great race." It was then that I knew all the work was worth the effort. I noticed that the fencing was already down and the trucks were being loaded to return all of the equipment to the shed. "Where," I thought, "do those guys get the energy and what would we do without them?" I might receive undeserved kudos for the fine race - including the weather - but the real praise goes to the club members that set up and tear down all of the equipment, stuff the race numbers and

chips into the envelopes, hand out the packets, direct parking, stand on the bridge to hand out water, do timing and scoring, and on and on and on. If you see someone wearing a volunteer shirt, say "Thank You!"

Dale Irons of Millersville, was the overall winner this year with a time of 33:48. The real story this year - only slightly ahead of our own Margie Boyd's victory - was the weather. She was the first women to cross the finish line in a time of 39:23. Congratulations to both of them. Last year the medical personnel used all 15 40-lb. bags of ice to treat runners suffering from the heat. But this year only half of one bag was used for those who had complaining knees and similar ailments. Last year only half of the 1,000 bagels were consumed so we reduced the number to 500. But this year those disappeared in short order. Organizing this race, like planning a military campaign, requires planning for every contingency. Sometimes we are more successful than others.

In the end, everyone finished and most had a great time. Another successful Annapolis Strider's event. Thanks everyone for your help.

No Charlie, thank you!

AGE GROUP RESULTS

Overall FIN	Name	Age/City,	St	Time
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MALE OVERALL RESULTS-FINISH LINE ORDER

1	IRONS, DALE	37 MILLERSVILLE	MD	33:48
2	KUDERNA, DOUG	40 ODENTON	MD	33:54
3	STOTTEMYER, RAPHAEL	18 SPRINGFIELD	VA	34:10
4	WETZEL, JJ	15 CROFTON	MD	34:59
5	WALTERS, PAUL	31 ANNAPOLIS	MD	35:25
6	ROSASCO, MARK	42 ARNOLD	MD	35:35
7	SCHRAEDER, ERIC	36 RIVA	MD	35:59
8	EDEN, SCOTT	47 ANNAPOLIS	MD	36:06
9	SMELKINSON, JAY	39 GILBERT	AZ	36:08
10	STOCKERT, TIMOTHY	34 SILVER SPRING	MD	36:12

FEMALE OVERALL RESULTS-FINISH LINE ORDER

1	BOYD, MARJORIE	39 ANNAPOLIS	MD	39:30
2	CRIST, R.	31 YORK	PA	39:55
3	MILLER, LORI	34 CROFTON	MD	40:03
4	ESPOSITO, SHERRY	22 WESTMINSTER	MD	40:36
5	TRASATTI, KAREN	38 ANNAPOLIS	MD	41:07
6	SULLIVAN, JENNIFER	36 ANNAPOLIS	MD	41:37
7	SMITH, DANA	37 ANNAPOLIS	MD	41:44
8	ROSASCO, CAROLE	41 ARNOLD	MD	41:53
9	KREIGER, AMY	30 ARLINGTON	VA	42:02
10	CONNER, GILLIAN	37 ANNAPOLIS	MD	42:58

MASTERS-MALE AGE GROUP: 40-99

1/6	ROSASCO, MARK	42 ARNOLD	MD	35:35
2/10	EDEN, SCOTT	47 ANNAPOLIS	MD	36:06
3/12	SERRA, PAUL	45 LUSBY	MD	36:29

MASTERS-FEMALE

1/118	ROSASCO, CAROLE	41 ARNOLD	MD	41:53
2/195	LUNDEEN, JENNIFER	41 PORT REPUBLIC	MD	47:26
3/209	GUILFOIL, VALERIE	44 BALTIMORE	MD	44:02

MALE AGE GROUP: 1-13

1/467	KIRK, EDDIE	12 RIVA	MD	49:30
2/734	HARVEY, ETHAN	13 EDGEWATER	MD	51:23
3/892	STEELE, ALEXANDER	11 ANNAPOLIS	MD	53:07
4/902	LENK, AARON	11 WALDORF	MD	51:28
5/1143	DAWSON, WRIGHTSON	11 ARNOLD	MD	57:26

FEMALE AGE GROUP: 1-13

1/746	RIDGELY, CAITLIN	13 MILLERSVILLE	MD	52:25
2/1341	HAHER, MARISA	12 JAMSVILLE	MD	55:07
3/1368	YOUNGER, BRITTNEY	13 BELTSVILLE	MD	54:49
4/1582	SCHENKER, VICTORIA	9 PASADENA	MD	56:44
5/1949	JONES, IRINA	9 GAITHERSBURG	MD	1:04:34

MALE AGE GROUP: 14-19

1/4	WETZEL, JJ	15 CROFTON	MD	34:59
2/26	SMITH, MARLIN	19 ANNAPOLIS	MD	37:29
3/28	MCGRAW, SEAN	17 DAVIDSONVILLE	MD	37:57
4/35	JOHNS, JOSHUA	19 ODENTON	MD	38:18
5/67	MADDEN, GREGORY	15 SEVERNA PARK	MD	41:01

FEMALE AGE GROUP: 14-19

1/198	SHERROD, UTONNA	16 MILLERSVILLE	MD	43:51
2/288	FOX, RACHEL	16 CHESAPEAKE BEACH	MD	51:27
3/296	DEPMAN, COLLEEN	16 CROFTON	MD	45:28
4/297	SCHOEMER, AMANDA	18 KENSINGTON	MD	46:44
5/448	BILLINGER, SARAH	17 MONTGOMERY VILLA	MD	48:32

MALE AGE GROUP: 20-24

1/31	PEGUES, ADAM	20 WARRENTON	VA	38:00
2/90	GUMILIA, NATE	23 ANNAPOLIS	MD	41:23
3/153	HARRINGTON, CASEY	22 RESTON	VA	43:37

4/160	HYDORN, CHRISTOPHER	24 ELKRIDGE	MD	43:26
5/177	BIEDENKAPP, BRENDAN	20 MILLERSVILLE	MD	43:29

FEMALE AGE GROUP: 20-24

1/87	ESPOSITO, SHERRY	22 WESTMINSTER	MD	40:36
2/191	CECIL, KATEY	21 FREDERICK	MD	43:36
3/255	WEITZ, ALLISON	22 CROWNSVILLE	MD	45:36
4/263	CERNAK, STEPHANIE	23 CHESTER	MD	47:00
5/281	VAN WAMBEKE, MEGAN	24 PASADENA	MD	47:17

MALE AGE GROUP: 25-29

1/36	HILTON, ROBERT	27 ANNAPOLIS	MD	38:21
2/44	FERSCH, ROBERT	27 ANNAPOLIS	MD	39:10
3/45	PORTON, DAVID	28 SILVER SPRING	MD	38:58
4/74	CLORETY, CLIFF	28 CROWNSVILLE	MD	40:12
5/75	CORRIERE, MARK	27 CLARKSVILLE	MD	40:43

FEMALE AGE GROUP: 25-29

1/246	LONG, CHRISTINA	25 BALTIMORE	MD	46:32
2/284	KOLANOWSKI, MARIA	27 BRINKLOW	MD	45:54
3/329	MARTINI, ALICIA	29 BALTIMORE	MD	46:13
4/396	GREEN, STACEY	29 ODENTON	MD	51:48
5/416	REDDY, RADHIKA	25 BALTIMORE	MD	49:10

MALE AGE GROUP: 30-34

1/5	WALTERS, PAUL	31 ANNAPOLIS	MD	35:25
2/7	VIGLAND, TODD	31 CHESTERTOWN	MD	36:25
3/11	STOCKERT, TIMOTHY	34 SILVER SPRING	MD	36:12
4/18	BENDA, BRIAN	30 PARKTON	MD	37:05
5/20	DUONG, ROBERT	32 FT MEADE	MD	37:39

FEMALE AGE GROUP: 30-34

1/126	KREIGER, AMY	30 ARLINGTON	VA	42:02
2/165	CARVELL, TANEEN	34 WASHINGTON	DC	43:03
3/180	SMITH, LINDA	34 ANNAPOLIS	MD	44:05
4/187	VEIT, KENDRA	32 CALIFORNIA	MD	43:34
5/190	SCOTT, JUDITH	33 COLUMBIA	MD	44:30

MALE AGE GROUP: 35-39

1/8	SCHRADER, ERIC	36 RIVA	MD	35:59
2/9	SMELKINSON, JAY	39 GILBERT	AZ	36:08
3/14	PHELAN, DAN	37 ANNAPOLIS	MD	36:39
4/16	OLDALE, DAN	38 ARNOLD	MD	36:47
5/21	CHOPP, BRIAN	38 POCOMOKE	MD	37:07

FEMALE AGE GROUP: 35-39

1/98	TRASATTI, KAREN	38 ANNAPOLIS	MD	41:07
2/104	SMITH, DANA	37 ANNAPOLIS	MD	41:44
3/109	SULLIVAN, JENNIFER	36 ANNAPOLIS	MD	41:37
4/163	CONNER, GILLIAN	37 ANNAPOLIS	MD	42:58
5/213	KULYNYCH, JENNIFER	35 BETHESDA	MD	44:35

MALE AGE GROUP: 40-44

1/13	DIPPNER, BARRY	40 GORDONVILLE	PA	36:33
2/22	BROOKS, DANNY	41 RONKS	PA	37:06
3/29	GREEN, JEFFREY	41 WASHINGTON	DC	37:53
4/30	PRENDKI, TOM	44 ANNAPOLIS	MD	37:58
5/38	PROFFITT, TERRY	44 ANNAPOLIS	MD	38:39

FEMALE AGE GROUP: 40-44

1/195	LUNDEEN, JENNIFER	41 PORT REPUBLIC	MD	47:26
2/209	GUILFOIL, VALERIE	44 BALTIMORE	MD	44:02
3/261	COOK, SCOTT	44 REISTERSTOWN	MD	44:55
4/265	NUGENT, JOAN	42 SILVER SPRING	MD	44:55
5/290	NOONAN-KLIMA, BRIGID	40 BERLIN	MD	48:44

MALE AGE GROUP: 45-49

1/10	EDEN, SCOTT	47 ANNAPOLIS	MD	36:06
2/12	SERRA, PAUL	45 LUSBY	MD	36:29
3/15	ANDERSON, WILHELM	45 ANNAPOLIS	MD	36:41
4/37	KERSEY, RICHARD	49 DAVIDSONVILLE	MD	38:59
5/62	RHINEHART, SKIP	47 MANASSAS	VA	39:46

FEMALE AGE GROUP: 45-49

1/259	SCHRADER, LISA	46 RIVA	MD	46:00
2/334	LAPKOFF, SHARON	48 JEFFERSON	MD	46:13
3/363	ZINCK, BARBARA	46 SEVERNA PARK	MD	46:54
4/457	O'REILLY, MAIREAD	45 DAVIDSONVILLE	MD	47:30
5/485	KENDALL, VICTORIA	48 ARLINGTON	VA	47:50

MALE AGE GROUP: 50-54

1/17	MORGAN, TIMOTHY	50 DAMASCUS	MD	36:56
2/52	PELTOSALO, ERIC	51 ANNAPOLIS	MD	39:18
3/96	SHERMAN, BROOKS	50 ANNAPOLIS	MD	41:44
4/100	WALCZAK, BILL	50 ANNAPOLIS	MD	41:17
5/130	DIVAN, CHARLES	50 WASHINGTON	DC	42:15

FEMALE AGE GROUP: 50-54

1/313	SHIELDS, MARIA	50 CROFTON	MD	45:49
2/321	BUCHSER, ESTHER	52 ABINGDON	MD	49:13
3/802	BARTNICK, SUSAN	52 COLUMBIA	MD	56:22
4/971	LOCKHART, JODY	50 ARNOLD	MD	55:47
5/1048	DRYER, MARY JANE	52 ANNAPOLIS	MD	53:47

MALE AGE GROUP: 55-59

1/19	GRIFFITH, PATRICK	56 ALEXANDRIA	VA	37:04
2/32	KIRKPATRICK, JOHN	57 ANNAPOLIS	MD	38:12
3/116	STRATHEARN, BRUCE	56 HARPERS FERRY	WV	42:51
4/129	BROWN, WALTER	57 MONTGOMERY VILLA	MD	42:18
5/152	BLASZKIEWICZ, BOB	58 MILLERSVILLE	MD	43:09

FEMALE AGE GROUP: 55-59

1/812	CHATTERTON, MUFFET	56 CROFTON	MD	50:50
2/1112	SZCZEPKOWSKI, D.	57 OLNEY	MD	54:14
3/1331	HOWE, BONNIE	55 ANNAPOLIS	MD	57:12
4/1342	SZCZEPKOWSKI, JOANN	55 OLNEY	MD	55:51
5/1430	SIMPSON, LINDA	59 ANNAPOLIS	MD	55:14

MALE AGE GROUP: 60-69

1/621	PATTIE, KENTON	61 ANNANDALE	VA	49:44
2/663	GALLATIN, ROBERT	60 PHOENIX	MD	51:21
3/667	FRATINO, JAMES	67 QUEENSTOWN	MD	49:26
4/706	SCHEER, DAVID	60 COLUMBIA	MD	52:18
5/910	VEASEY, ALLEN	61 CROFTON	MD	52:37

FEMALE AGE GROUP: 60-99

1/1667	ANDERSON, JOAN	60 CROWNSVILLE	MD	1:01:02
2/1947	AASEN, YVONNE	69 SEVERNA PARK	MD	1:00:44
3/2053	KARPER, RUTH	61 REISTERSTOWN	MD	1:03:51
4/2240	DECKER, CAROL	62 CORNWALL	NY	1:04:06
5/2337	DOLES, BURNETTE	60 CROFTON	MD	1:09:26

MALE AGE GROUP: 70-99

1/1398	HUI, PETER	70 SILVER SPRING	MD	55:28
2/1436	NOBLE, JOHN	71 EASTON	MD	56:06
3/1712	OSBURN, WILLIAM	77 BETHESDA	MD	57:50
4/2058	MOORE, BEN	75 ANNAPOLIS	MD	1:01:31
5/2506	TRILLING, DONALD	73 ALEXANDRIA	VA	1:22:14

Overall Results:

www.annapolisstriders.org



J.J. Wetzel, 15 years old, 4th overall, GBBR



Go Kate!



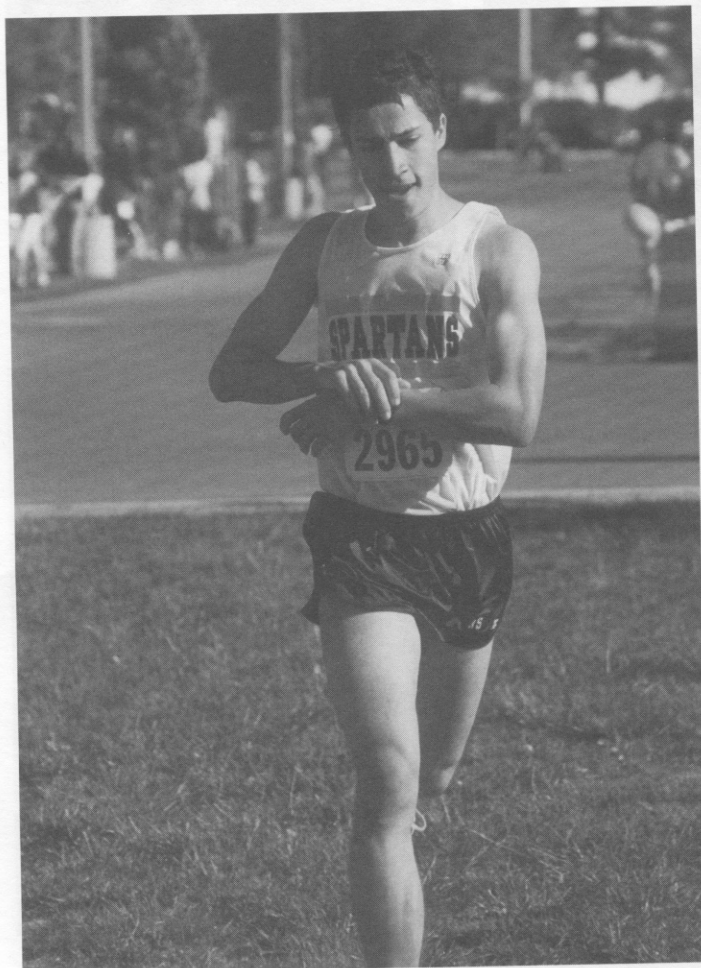
Race to the Finish



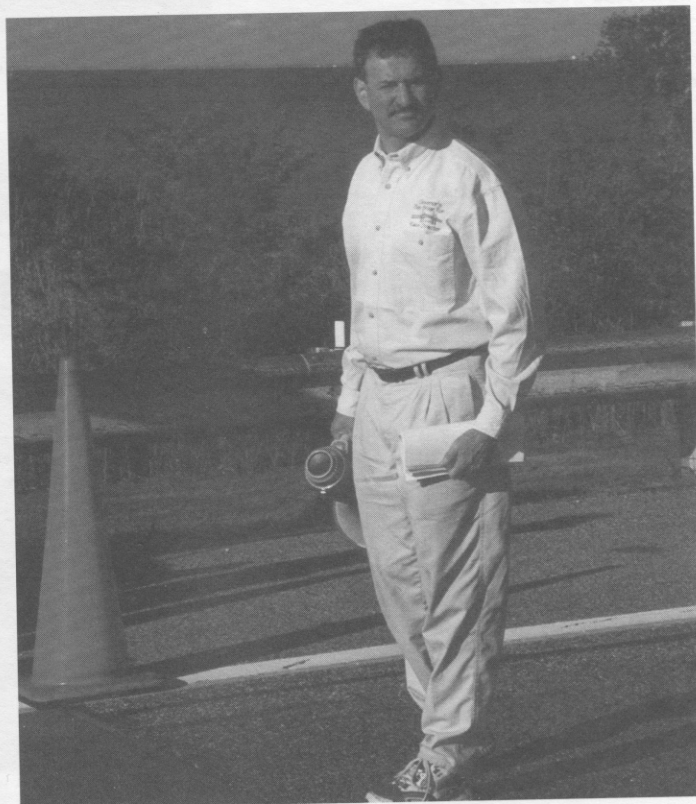
Mike Bright finishes



Mark Rosasco, 1st Master



Raphael Stottlemeyer, 3rd Place Overall, GBBR



Charlie Muskin, Bay Bridge Race Director

Summer/Fall Marathon Training

The year 2001 brought with it high expectations for a bright new start. With that start many people decided to make a difference in their life by taking a new direction. For many it may have been looking for a new job, breaking that bad habit that has haunted them for a long time or making a life style change. However, for runners it is usually setting a new goal that challenges us in our running career. This year we would like to help you achieve that goal. Many Annapolis Striders who are experienced marathon runners will support this year's training. This will enable us to provide training for all levels of runners - from the first time marathoner to the more seasoned runner who has a goal time. We have a wealth of experience and ability in the club and we hope to make that knowledge and training available to all that want to excel at any level.

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

You need to call Mary Lang, Director of Annapolis Striders 2001 Marathon Training as soon as possible or email: seapro99@aol.com (no phone calls after 9:00 p.m.). She needs to return the entries to the Marines no later than June 10, 2001.

The entries are available to Annapolis Strider members only. If you are not a member, membership information will be mailed with the entry application.

A special first time marathoners meeting will be held in June to meet and gather information about this new adventure. Family members and friends are encouraged to attend with their runner as they have questions and expectations also. The meeting date and time will be posted on our web site (www.annapolisstriders.org) tentatively June 30.

So let's get down to the facts you need to start the training. The groups for training will be defined as the following:

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

Each group will be lead by several Striders whose experience you can benefit from. These members will be your mentors and

resource for your training. As a group you will train together and help one another improve over the course of the training.

When: Saturday, July 21, 2001

Where: MTA Park & Ride lot on Harry Truman Parkway (just off Riva Road)

Time: 6:45 a.m.

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

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

Once you have completed your marathon we all want to boast and celebrate. A victory party will be planned, so all may come and tell their stories, wear their medals and gloat. Hey - you will deserve it!

If you have any questions please feel free to call me (but remember not after 9:00 p.m.)

Mary Lang
410-437-5525

Annapolis Striders Summer-Fall 2001 Marathon Training Program

Wk	Dates	Week Total	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Notes
1	07/21	26	0	5	0	5	Rest	10	6	Here we go!
2	07/28	28	0	5	0	5	Rest	12	6	
3	08/04	29	0	6	0	6	Rest	12	8	Dog Days 8k
4	08/11	34	0	6	0	6	Rest	14	8	
5	08/18	36	0	6	0	6	Rest	16	8	
6	08/25	32	0	6	0	6	Rest	12	8	Annapolis Ten Runners - no run on Sat. Run 6 on Friday.
7	09/01	40	0	7	0	7	Rest	18	8	
8	09/08	35	0	7	0	7	Rest	16	8	Dawson's 5 mile
9	09/15	42	0	7	0	7	Rest	20	8	Good opportunity for a hard short run to help leg speed.
10	09/22	42	0	7	0	7	Rest	18	10	
11	09/29	44	0	7	0	7	Rest	22	8	Please intend to volunteer for the Metric Marathon.
12	10/06	36	0	7	0	7	Rest	12	10	
13	10/14	26	0	7	0	5	Rest	8	6	Volunteer for the Metric - It is too close to the Marine Marathon
14	10/20	35.2	4	0	5	Rest	Rest	Rest	Marine Marathon	26.2
15	10/27	Rest	Walk	Walk	Walk	Walk	Walk			

This is the First Time Marathoner's schedule. The assumption is the runner can run 10 miles comfortably.

Please train up to this point by July 20 More advanced schedules will be offered on Saturday, July 21 by the mentors of each group. Rest days are very important to your success in continued training and injury prevention - take them.

Who's Who on the Board

Don Snodgrass

Age 50, married forever (23 years), wife Patty, no dependents (children or pets) just spoiled nieces and nephews, native Annapolitan.

Like several other Striders (as I have discovered), I smoked for many years. In 1993, I signed up for a smoking cessation program and quit. Although I gave up the cigarettes, I didn't give up eating. It didn't take long to realize I needed to do something to keep from becoming obese. Patty and I began running at the Annapolis High School track, running a lap and walking a lap or two. We gradually worked our way up to running 2 miles and liked the results. We then set our sites on the GBBR as our next goal. We first ran the GBBR in 1995. Somewhere along the way we decided it would be fun to run with others. Having read about the Striders' informal runs in the Capital, we decided to join them at the City Dock on a Sunday morning. The first person we met was long time strider Linda Simpson. Linda was great, introducing us to everyone, encouraging us to try new runs, and getting us involved as volunteers. We have been training with Linda for most of our runs, including our first of many A10s, a metric marathon, half of Hinte Anderson 50k(2 times), and our first marathon, Steamtown Marathon(1999). I still consider myself a newcomer to marathon running but am gaining experience, completing Wineglass and North Central Trail marathons in 2000. Our sites are now on the new Baltimore Marathon and then Philadelphia in the fall. Once again "I am in training for my next meal", not that I plan to miss any! Don can be reached most evenings at (410) 266-6424, before 9:00pm please.

Mark Rosasco

I've been running since the 1960s and have been a Strider since the 1980s. I was introduced to the Striders by my wife (then girlfriend) Carole. My major accomplishments, at least with regards to running, are my personal records: 32:18 for 10k, 2:35:30 for the marathon and 7:51 for 50 miles. My email address is

rosascm@nationwide.com and phone (w) 410-224-0045 (h) 410-349-2454.

Will Myers

My name is Will Myers. Currently I serve on the Board of Directors for the Striders. One of my responsibilities is to obtain permits for the use of County Schools for our events. I serve on the Outreach Committee that promotes running programs at County Schools and recently, I became Co-Race director for the John Wall Memorial Mile.

I actively began running in 1986 when I was encouraged to train with Moore's Marines for my first marathon. Since then, I have finished fifty marathons, six 50 milers and three 50Ks. My next goal is to finish the Vermont 100-Mile Endurance Race.

As a Strider for the last sixteen years, I have enjoyed the friendship and camaraderie of many excellent people. Working on the Board of Directors is my way of giving back to the club for so many wonderful years of organized running.

Danalee Green

I started running in March 1977 as a challenge, and a bet, that I could complete a work sponsored two-mile fun run. That first run was a combination of running and walking. I then started running a few days a week, but never over two miles for the first year. Two miles became too easy, so I trained for a 10K race. I don't remember my time, or the location of that race, but that event was the springboard to a life-long desire to run for mental and physical fitness. I ran my first marathon, Marine Corps, in the fall of 1980 and trained with Ben Moore's marathon training group. I have been a member of the Annapolis Striders since 1978, and it is a privilege to serve on the Board of a club that has enriched my life for over 23 years.

Mary Lang

I started running to relieve stress. After some years of running local short races, I decided to run a marathon. Ben Moore was the first Strider I met and I joined his marathon-training program in 1994. I have met many wonderful people

and formed great friendships through the club. In my daily life I try to influence people to take up the sport because of its great benefits.

Margie Boyd

I started running about 17 years ago when I lived in Dallas, Texas. Just out of college, running sounded like a good way to lose the weight I'd picked up. My then boyfriend, now husband, and I ran some local 10K races and I was hooked. Except for when I was pregnant with my two children I have run ever since. In 1995 I ran my first marathon in Walt Disney World with the Leukemia Society's Team in Training and have run 10 to date with a PR of 3:22. I joined the Annapolis Striders about that time and it was there that I met my very best friends. The club gave me the confidence to train for races of all distances and in 1999 I was named Runner of the Year. I continue to run and volunteer with the club as much as time permits and just recently became certified with AAAI/ISMA as a personal fitness trainer in the hopes of promoting overall fitness for others and myself. My most recent accomplishment was winning the 2001 Governor's Bay Bridge and setting a personal record of 39:30 for the 10k distance before I turned 40.

Sandy Balderson

I have been a member of the Annapolis Striders since 1988. I trained the following summer with Ben Moore and the Moore's Marines training program and ran my first marathon in 1989, the Marine Corps Marathon. I have now completed 10 marathons to date, going as far away as Anchorage, Alaska and Dublin, Ireland to run them. I have served on the board since 1995 and have contributed to the club by organizing the Banquet for 3 years, serving as Race Director of the Governor's Bay Bridge Run in '98, '99, and 2000. I also have coordinated the Expo for the Annapolis 10 Miler for 5 years. In all my spare time, ha-ha, I also coach teams to run marathons for the Leukemia-Lymphoma Society of Maryland. It keeps me very busy but it is very rewarding to see first time marathoners cross the finish line. I am currently serving on the Board as Vice President and I look forward to a productive year with the club.

John Gallagher

My running career started when as a tennis player I couldn't keep up with a person 20 years older. I was determined to get in better shape and began running. I started by running laps in my basement and finally progressed to a 1/4 mile on a road in front of my house. I played tennis almost daily and would run occasionally. Eventually running took priority over tennis. One of my tennis buddy's wife knew of Ben Moore and the Strider's marathon training program and we both joined the club and completed the 1987 MC Marathon. I volunteered for the board in order to give something back to the Striders. I look forward to future years running and being a race director for the club.

Charlie Muskin

I'm a juvenile and family master at the circuit court in Annapolis. I ran in high school and a little in college, but got back into running in my 30s. The first race I can remember was the Zoo Zoom that my sister talked me into about '85. I can remember running the GBBR and A10 in the late 80s. In '89 I was talked into doing the JFK 50 miler, and it has been down the road since then. I've done 20 marathons and 10 ultras (finishing 8). My goal this year is to finish the Vermont 100. I've been a Strider for more years than I can remember. I started being involved when I joined Ben's program in the early 90s. As I discovered the intense effort that was necessary behind the scene to do a race I decided to help out and return to the Striders some of what the club has given me. In a very weak moment, I accepted the responsibility of directing the GBBR this year. Wish me luck!

Susan Zevin

Began running in 1980 in Geneva, Switzerland in order to gain aerobic conditioning so she could learn cross-country skiing. Limiting herself to 3-mile training runs over the next several years, Susan ran her first race--the New Year's "Midnight Run"--in Central Park, NY, in the pouring rain, temperature 40 degrees, with 4000 other crazy, costumed runners! What fun!!! At that time in the early 1990's, living on Long Island, NY, Susan was a member of the Island-Wide Runners, completing their "Dreaded Winter Series," while returning home each year to Chevy Chase to run the annual Thanksgiving 10k

Turkey Chase in Bethesda. She returned to Maryland in 1994 in a career move. In 1995, immediately after the Bethesda event, (and before turkey dinner!), Susan stood in Olsson's Bookstore in Washington, DC. and read Galloway's classic book, "Running," and set a goal to run her first marathon by the time she was 50 years old (at that time, several years away, thank goodness). Within 6 months (May 1996) she had finished the Long Island Marathon; and by the following October, had completed Chicago as well. Susan joined the Annapolis Striders in 1997 and started "hanging out" with the veteran runners at the city dock on Sunday mornings. Inspired by the late Earl Scott to train for the JFK 50-miler, she completed both the 1999 and 2000 events. She also has completed the Hinte-Anderson 50k, and 8 other marathons, including this year's Antarctica event ("The Last Marathon"). In the Striders, Susan's first volunteer assignment was being in charge of bananas at the Governor's Bay Bridge Run. Since then, she has "manned" water stops, helped set-up start and finish lines, and has been the race-day "banker" for the Women's Distance Festival for 3 years! Susan's main interest is in race management, with particular emphasis bringing the ChampionChip systems and complementary automated scoring programs on-line. She was the official scorer for the 25th Anniversary Annapolis 10-mile Run; and has served as club Secretary, Vice-President, and member of the Board of Directors.

Arnie Henderson

In early 1979, I began running in old sneakers on the steel decks of aircraft carriers, after 20+ years of flying aircraft from them. At the Pentagon, a mentor in the office took pity and introduced me to running shoes, which enabled me to run my first race in September, the Severn River Run 10-miler. There I learned about the Striders and their Saturday morning training runs, and joined the club in late '79 for the pure joy of sharing pain with Ben Moore and 50 other runners once a week. 1983 was my breakthrough year, with a PR at every distance, including a 3:26 marathon and 69:45 10-miler. I retired from the Navy and joined the civilian workforce, but stayed on with "Moore's Marines" and the Striders (some 21 years

now). I directed the Cherry Pit 10-Mile for 10 years and have been on the Annapolis 10-Mile race committee in charge of parking since the mid-80s. The B&A Trail Half-Marathon finish line has also been my responsibility for all but one of the last 5 years. I have been a Strider board member for 10 years, acting secretary for long periods, and Streak board liaison (i.e., proofreader) for the past year. Email address:

ahhenderson@earthlink.net

Phone: (410) 263-0863

Dam Symancyk

I started jogging on July 13, 1972, a day that some of you will remember as being hot, humid and the day that George McGovern accepted the Democratic nomination for president and promised everyone \$1000. This was also the first summer that I taught summer school and did not have a job involving manual labor so the exercise that jogging promised seemed like a good thing to do. This promise has certainly been kept.

In previous years I spent my time unloading large truck loads of antifreeze and oil, stacking the drums or cases of these fluids in the warehouse, and then loading the antifreeze and oil along with various auto parts onto smaller trucks that would make deliveries to the company's branch stores. Little did I know at the time that this was preparing me to be a Strider volunteer. Every time I work at the Bay Bridge or A10 and we have to load and unload cases of water, kegs of beer, staging, boxes of bananas, trash cans, garden hose, and those famous "Party Perfect" tables, I draw upon the valuable training I had in my youth. I now realize that when I learned how to keep the mufflers and tail pipes in proper sequence I was actually learning how to do a finish line. While I haven't yet been able to apply what I learned about getting a T-bird engine from the fifth floor to the loading dock when the elevator is broken to Strider events, I do know that we all have had life experiences which contribute greatly to the success of the organization.

The heat and humidity got to me that first day I went jogging. While I was not an athlete in high school, I did not have any trouble passing the mile run portion of the physical fitness test. On this day though I could hardly do a quarter mile

without stopping. After a couple of months of going to a track to run, a major break through occurred. I realized that you did not need to drive your car to a track to exercise. You could walk out your door and run down the street. Rising gasoline prices during the "energy crisis" later reinforced this revelation. My course was a simple loop that involved hills, water, schools, dogs (one of which bit me one time in a place, as they say, where the sun does not shine), a funeral home, traffic lights, and other sights and sounds of a small New England town. I did the route year round about five or six times per week and began to realize how much I enjoyed being outdoors. While I was covering only 2.2 miles per day, I found that this break really helped refresh my mind so that I could resume studying or grading papers.

Shortly after moving to Maryland, I went out for a jog through suburbia. The route I took was flat, had lots of identical homes, and to my surprise would later be measured as 2.2 miles. Though the course was the same length, I soon realized that what I called heat and humidity on the day of my first jog in New England qualified as cool weather around here. I stuck with the route for several years. Eventually necessity dictated that I cover more than 2.2 miles. One day my wife took our two young children to routine doctor's visits while I prepared to teach my evening classes. When it became apparent that my wife, our children, and our car were not going to be back in time for me to get to class in the car, I had no choice but to jog to my evening classes. With my bag of books I jogged up the street to 648, headed South, took Route 2 South, rounded the corner onto College Parkway, and jogged onto campus and into my office. This was my new personal distance record, five plus miles completed blister free in dress shoes. Despite taking a paper towel sponge bath I was not late for class and no more than the usual number of students sat near the back of the classroom.

One Christmas Day, while my daughter was in middle school, she asked me if she could go jogging with me. It was a great present to know that she was interested in taking up jogging. As we went through the neighborhood that Christmas Day and stopped for breaks whenever

Cynthia needed them, I did not realize that she was starting out on a path that would lead both of us to the Annapolis Striders. During high school Cynthia began to compete in track and cross-country. One summer she asked if I would drive her to something called the Wall Mile at Bates Track. I agreed and soon became aware of two important Striders traits. The first thing I noticed before the event began was that the group had some very nice volunteers. Tom and Sharon Bradford were very helpful and welcoming at registration. As the evening went on, I realized that there were other great volunteers they're helping as well. The second thing that I noticed was that runners of all abilities were welcome and present. This was in stark contrast to the image of Strider that I had in my mind from years of hearing Keith Jackson of ABC say "Here is so and so from the Santa Monica (or some other city) Striders who holds the US record in this event."

Several years went by during which I accompanied Cynthia to several other Strider events and then another incidence involving summer school had an impact on my jogging. Due to a retirement, I was able to get a teaching schedule that allowed me to be able to run when it was cool. Gradually I found new jogging routes, covered more mileage, and decided to enter my first race. Almost twenty-one years to the day that I first started jogging I entered my first race, the Run After the Women 5K, in 1993. After my daughter finished the Women's Distance Festival 5K that morning I asked her about how hilly the course was. When she said that the course was not bad at all, I erased all images I had of the heinous Herford High School course used for the state cross country championship meet until I went up that hill near the start of the WDF course for the second time. "Cynthia lied to me", I thought as I went past the two mile mark. "All these people telling me I am almost there are lying to me too", I muttered. I began to gain confidence though as I continued and "passed" a man wearing a funny hat with a propeller on it. I said to myself, "at least I am running in the right direction." The last quarter of a mile was tough. There seemed to be lots of turns. At times it seemed that none of them would ever lead to the finish. Finally the maze was

complete, the clock was in sight, and I finished. The positive reinforcement that I received from this experience encouraged me to enter more races. In 1994 I worked my way up to the Anniversary Run 15K. Having been to the A10 several times as a spectator and volunteer my goal now was to run it. I started to run on 450 in March of 1995 to get ready for the A10. Soon after that I joined the Striders, participated in more races as a runner and volunteer, and have loved every mile and minute of it.

SUMMARY

Dan Symancyk

Started Jogging: July 13, 1972

Why: The body and the mind should both work hard.

First Race: Run After the Women 5K, July 1993

Recent New Race: Hinte Anderson Trail 50K March 2001

Running Goal: To complete every race in the championship series at a pace faster than my first 5K. (To do this I may need to flatten some hills at the Metric Marathon)

Annapolis Strider: Since 1995

Governance: Board Member 1999-2001

Vice-president for Education 2001-2002

Activities: Director of Dawson's 5 Miler 1998 - present:

Director of Summer Scholastic 19U Series 1999- present

Awards: Ironman 1997, 1998, 2000

Volunteer of the Year 2000

Other Interests: Age-grading software.

<http://home.att.net/~dfsym/>

[rtpDownload.htm](http://home.att.net/~dfsym/rtpDownload.htm)

Sharon Serio

I love to be outside and I can't fly so I began running in 1980! In 1986, I joined the Annapolis Striders and trained for my first marathon, the Marine Corps, with Ben Moore. (I think Sue Briers was also in the Class of '86.) I took over as Editor of The Streak after Yvonne Aasen resigned (after 11 years!) from the position. I took the Newsletter with the help of Katherine Burke from single pages stapled together to the desktop published format. Time constraints caused me to resign after completing 14 issues. Running continues to be one of the best things in my life. My e-mail is sserio@prodigy.net and my telephone number is 410-268-7140. Happy Trails!

John F. Kennedy 50-Mile Run Training Program

By Sue Briers

The following is a basic guideline for training for the JFK 50 Mile Run. The race will be held this year on Saturday, November 17, 2001. Many marathoners have wanted to try ultra distances but have been unsure how to train or what to expect. This program will train you to successfully complete the event and still be smiling. In the past two years we have had over 45 people tow the starting line and only three not finish the race. Those three

suffered from flu like symptoms not running related issues. So you can feel comfortable that this program will help you achieve your goal of finishing a 50-mile ultra event.

This program is designed for strong, healthy, veteran runners who have an endurance base of 14 - 16 miles run and have completed at least one marathon.

The program will begin with the fall marathon- training group on Saturday, July 21 but will follow a more challenging schedule.

2001 JFK Training Program

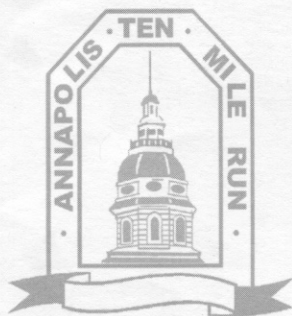
Week	Dates	Week/Total	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Notes
1	07/21	36	0	6	0	6	Rest	14	10	
2	07/28	36	0	6	0	6	Rest	14	10	
3	08/04	33	0	6	0	6	Rest	16	Dog Days 8k	
4	08/11	42	0	7	0	7	Rest	18	10	
5	08/11	44	0	7	0	7	Rest	20	10	
6	08/25	40	0	7	0	7	Rest	16	10/ATM	If you run ATM do 12 on Sat.
7	09/01	46	0	7	0	7	Rest	22	10	
8	09/08	37	0	7	0	7	Rest	18	Dawson's 5 mile	
9	09/15	48	0	7	0	7	Rest	24	10	
10	09/22	44	0	7	0	7	Rest	20	10	
11	9/29	50	0	7	0	7	Rest	26	10	
12	10/06	46	0	7	0	7	Rest	22	10	
13	10/13	28	0	7	0	5	Rest	10	6	
14	10/20	35.2	4	0	5	Rest	Rest	Rest	Marine Marathon 26.2	If you don't run Marine Corps. Run 26 on Sat.
15	10/27	19	Rest	Rest	Walk	5	Rest	8	6	
16	11/3	28	0	6	0	6	Rest	10	6	
17	11/10	24	0	6	0	6	Rest	6	6	
18	11/17	55	Rest	5	Rest	Rest	Rest	JFK50	REST	Yeah - You did it!

The applications for JFK will be mailed one week prior to going on line. I should have them available for distribution if you don't want to sign up on-line.

We will meet on Saturday, July 21, 2001 at 6:30 a.m. at the MTA Park & Ride on Harry Truman Parkway in Annapolis off Riva Road. This will allow for questions and schedule discussion. This is the most exciting and rewarding event you will probably ever do.

You will love it!!

My email address is: ultra100su@aol.com. Please email me if you have any questions.



Registration for this years **Annapolis Ten Mile Run**, August 26th, will be available online or by giving your information by phone at 734-544-7700 starting June 1 from the Annapolis Strider website: www.annapolisstriders.org. Entry fee payment can be by credit card online, phone, fax, or e-mail-in. Registration will be limited to the first 5,000 registrants. This race closes out early! This year premium will be Dresden National Running Center Sports Pants (similar to Sports Hill warm-ups).

Cherry Pit 10-Miler

(Not Exactly the "Pits")

By Margie Boyd

Sunday, April 8th played host to the 21st annual Cherry Pit 10-Mile Run. This year turned out more runners than ever before with a total of 203 finishers. Generally a scenic course with farms and gently rolling hills, it proved that inclement weather is not always a bad thing. Though the race was spattered with rain, heavy at times, the cool temps provided fast times for many runners. The overall male winner was Dusty Lieb with a time of 56:00 and the female spot was captured by Jill Hargis with a time of 1:03.03. The overall winners won \$50 gift certificates to the Athlete's Foot. First place age group winners received a sports mug with the Cherry Pit logo, while second and third place winners enjoyed, what else. . . cases of cherry coke and cherry pies!

RESULTS

PLACE	NAME	GENDER/AGE	TIME
1	LIEB, DUSTY	M 17	0:56:00
2	WORONICK, ERIC	M 29	0:56:07
3	KUDERNA, DOUG	M 40	0:57:41
4	MCCORMACK, BILL	M 40	0:57:50
5	IRONS, DALE	M 36	0:58:25
6	POWELL, CHARLES II	M 35	0:59:36
7	CALLANS, C	M 35	1:00:38
8	SWEET, JAY	M 39	1:00:42
9	ROSASCO, MARK	M 41	1:00:46
10	EDEN, SCOTT	M 47	1:00:56
11	AVILES, ERIC	M 32	1:01:15
12	ALLEN, WILLIAM	M 40	1:02:20
13	WETZEL, J. J.	M 15	1:02:27
14	MACE, MATT	M 40	1:02:35
15	SERRA, PAUL	M 45	1:02:58
16	HARGIS, JILL	F 40	1:03:03
17	HELLER, JOHN	M 28	1:03:16
18	KIRKPATRICK, JOHN	M 57	1:03:21
19	SINCLAIR, CHRIS	M 32	1:03:25
20	BIGELOW, ROBERT	M 33	1:03:34
21	OLDALE, DANIEL	M 38	1:03:56
22	LEAVITT, STEPHEN	M 49	1:04:03
23	PRENDKI, TOM	M 44	1:04:53
24	TYLER, HAMILTON	M 37	1:05:27
25	STAATS, KERRY	M 36	1:05:39
26	RABIN, JEFF	M 46	1:05:55
27	BOOTH, DAVID	M 32	1:06:28
28	JOHN, JOSHUA	M 18	1:06:30
29	SMITH, MICHAEL	M 44	1:07:27
30	HARGIS, ERIC	M 46	1:07:48
31	BIDDLE, ROBERT	M 41	1:07:54
32	LOWE, TIM	M 33	1:08:04
33	GERAGHTY, JEFF	M 44	1:08:16
34	ROGERS, THOMAS	M 34	1:08:40
35	BOYD, MARJORIE	F 39	1:08:41
36	GORDON, KIRK	M 45	1:08:57
37	WALSER, DAVE	M 42	1:09:03
38	CORN, MATTHEW	M 31	1:09:05
39	MCMANUELS, THOMAS	M 28	1:09:16
40	GONZALEZ, JUAN	M 45	1:09:22
41	ROSASCO, CAROLE	F 41	1:09:43
42	SCHULTZ, CHRISTOPHER	M 50	1:10:13
43	HASTY, JENNY	F 19	1:10:47
44	DOUGHERTY, BILL	M 35	1:10:51
45	WALLACE, JAMES	M 51	1:10:58
46	MARSHALL, ALLEN JR.	M 43	1:11:02
47	ELSEROD, JEFFREY	M 35	1:11:34
48	HEBDON, ROGER	M 40	1:11:58
49	HARRIS, HUGH	M 32	1:12:01
50	WALCZAK, BILL	M 50	1:12:19

The co-race directors, Whitey Gross and Bob Burash, did a great job as always. They would like to thank a host of volunteers, both Strider and non-Strider alike, for their support, especially in the damp weather. Special thanks go to the Anne Arundel Radio club, Central Middle School and to all the Reserve Police Officers. Though a volunteer effort on their part, Tom Bradford presented them with checks for their loyal and continued support of our races.

This is a great run and though it's definitely a challenging course, the scenery makes it worth getting up for (whether in rain, snow or sunshine).

—See ya' next year!

51	LUNDEEN, JENNIFER	F 41	1:12:41
52	BRUCE, DAVID	M 40	1:12:50
53	RAUCH, MARIE	F 27	1:13:18
54	BIRIS, KRISTIN	F 31	1:13:55
55	MADISON, ANDREW	M 13	1:14:14
56	KARANDY, ERIC	M 43	1:14:16
57	MAIRS, CHRIS	M 28	1:14:22
58	SCIANNELLA, DAVID	M 41	1:14:24
59	MCGUINNESS, CHRIS	M 39	1:14:30
60	MARTINO, TONY	M 40	1:14:49
61	BRISOLARI, KELLY	F 34	1:15:06
62	PUGLISI, LARRY	M 46	1:15:19
63	TREUTH, MATTHEW	M 41	1:15:19
64	SMITH, COLLEEN	F 34	1:15:34
65	KOFFLER, KAREN	F 41	1:15:40
66	ELIZINGA, BILL	M 63	1:15:48
67	NORTON, JIM	M 44	1:15:53
68	SNYDER, JEFF	M 28	1:15:55
69	CLULOW, GREG	M 42	1:15:55
70	BARRY, DAVID	M 57	1:15:58
71	THAYER, SCOTT	M 40	1:16:06
72	PALUMBO, MARK	M 39	1:16:16
73	LATESTA, CHRIS	M 29	1:17:31
74	YOUNG, KAREN	F 32	1:17:35
75	FIELD, ALLAN	M 53	1:17:36
76	HALL, JOHN	M 31	1:17:47
77	PACK, JOHN	M 61	1:17:56
78	CARNEY, KATHERINE	F 40	1:17:57
79	MASEMORE, MATT	M 33	1:18:28
80	SHIELDS, MARIA	F 50	1:18:37
81	JOHNSHOY, MIKE	M 46	1:18:40
82	WALSER, DAVE JR	M 19	1:18:52
83	YOON, SUNG	M 40	1:19:06
84	BAILEY, ROBERT	M 53	1:19:10
85	CELTNIEKS, IMANTS	M 56	1:19:13
86	BERGESON, MICHAEL	M 47	1:19:14
87	TWIST, RITA	F 48	1:19:28
88	CALLAHAN, FRANK	M 46	1:19:40
89	SEYBOLD, JOHN	M 39	1:20:00
90	CAVANAGH, PATRICK	M 37	1:20:05
91	FALSONE, LAURA	F 38	1:20:20
92	FIELD, BOB	M 49	1:20:26
93	HEISMAN, ROSS	M 43	1:20:36
94	MAGI, LOUANN	F 34	1:20:42
95	KAUFMAN, JIM	M 47	1:20:49
96	WANNAMAKER, JAMES	M 52	1:20:52
97	LYNCH, KEVIN	M 39	1:21:08
98	ETCHISON, JIM	M 48	1:21:25
99	FILIPOWICZ, PETE	M 46	1:21:32
100	LAIRD, HELEN S	F 42	1:21:43
101	ARTER, IRVIN JR.	M 43	1:21:51
102	BRADFORD, TOM	M 57	1:21:52
103	HENDERSON, CLINT	M 45	1:21:59
104	BARRETT, NEAL	M 47	1:22:00
105	SYMANCYK, DAN	M 53	1:22:05
106	ARTER, DANIEL	M 23	1:22:11
107	FLOCKART, SUSIE	F 30	1:22:19

108	PALAGANO, TOM	M 50	1:22:36
109	GRAVES, DAVE	M 31	1:22:40
110	LANGLOIS, SCOTT	M 39	1:22:41
111	CLORETY, JOE	M 58	1:22:43
112	MAZZOLA, TAMMY	F 40	1:22:57
113	FAY, JOHN	M 53	1:23:03
114	THAM, WILLIAM	M 41	1:23:05
115	O'REILLY, MAIREAD	F 45	1:23:18
116	RIVENBARK, JULIE	F 26	1:23:33
117	SMITH, RICKY	M 41	1:23:42
118	MOORE, BREV	M 60	1:23:44
119	BRADY, STEVE	M 44	1:23:45
120	MARINO, LORI	F 40	1:24:43
121	SCHASIEPEN, CRAIG	M 43	1:25:05
122	CALDWELL, WILLIAM	M 29	1:25:07
123	CARNEY, TIM	M 41	1:25:26
124	AMMONS, DEREK	M 40	1:25:42
125	OGDEN, ELIZABETH	F 40	1:25:52
126	COOPER, JAMIE	M 26	1:25:56
127	CAPONE, MIKE	M 37	1:26:19
128	BORMALLY, CARA	F 20	1:26:20
129	O'CONNOR, PEG	F 44	1:26:20
130	LYONS, KEN	M 61	1:26:27
131	MORTON, JOHN	M 36	1:26:30
132	HIGDON, DON	M 59	1:26:46
133	JARASHOW, DAN	M 17	1:27:19
134	CAMPBELL, MARY	F 33	1:27:44
135	SCHILLER, ROBERT	M 33	1:27:52
136	KAPPAS, VICKI	F 25	1:28:08
137	PATTIE, KENTON	M 61	1:28:12
138	SWEGER, GEORGE	M 61	1:28:32
139	TREADWELL, CYNTHIA	F 30	1:28:42
140	WATSON, LAUREN	F 22	1:29:29
141	SOUTHARD, STEVEN	M 43	1:30:04
142	KENNEDY, NICOLE	F 23	1:30:17
143	KLEMT, PAUL	M 40	1:30:30
144	YEVICS-EISENBERG, PAT	F 50	1:30:30
145	ORDERS, LAURI	F 30	1:30:39
146	DUNBAR, MEGAN	F 32	1:31:01
147	SIRIOS, KATHY	F 42	1:31:27
148	DUNBAR, ROBERT	M 33	1:31:28
149	FOX, JAMES	M 59	1:31:32
150	NORRIS, DAWN	F 31	1:31:34
151	PFEIFER, KRISTIN	F 33	1:31:41
152	RAGAN, LAURA	F 25	1:31:58
153	FRESTEN, LYDIA	F 20	1:32:02
154	SALMON-COX, PETER	M 61	1:32:06
155	BROWN, CHRIS	M 45	1:32:07
156	CURRENCE, MELISSA	F 45	1:32:32
157	PARKER, STEPHEN	M 43	1:32:36
158	FOX, LOIS	F 41	1:32:41
159	PARKER, LARRY	M 52	1:32:47
160	HOLLAND, KRISTINE	F 28	1:32:48
161	KARLSON, ED	M 65	1:33:01
162	BURTON, SANDY	F 53	1:33:15
163	ANDREWS, GINGER	F 36	1:35:00
164	SCOTT, WILFORD	M 51	1:35:04
165	KELLNER, JACKIE	F 52	1:35:07
166	HINKLE, NEAL	M 64	1:35:14
167	BELL, SARAH	F 26	1:35:23
168	MANNION, ELLEN	F 39	1:35:35
169	ROHRS, WILLIAM	M 47	1:35:45
170	THACKER, VALIERE	F 38	1:35:48
171	LEVENTHAL, NATHAN	M 49	1:35:50
172	COLAMARCO, FRANCO	M 36	1:35:55
173	SHANKLIN, FRED	M 59	1:36:05
174	MCVEY, PHILLIS	F 42	1:36:07
175	SUBASIC, WENDY	F 35	1:36:19
176	HASELTINE, REGGIE	M 50	1:37:07
177	CHAPMAN, BRAD	M 69	1:37:08
178	VANLONDEN, CHARLOTTE	F 42	1:37:36
179	HANEY, THOMAS	M 68	1:37:46
180	WATKINS, STEVEN	M 48	1:38:31
181	DENT, TIM	M 37	1:39:29
182	FOX, CHRISTINE	F 39	1:39:29
183	FEDORE, DEBORAH	F 40	1:39:29
184	DAWSON, ROBIN	F 47	1:40:16
185	DOMINICK, JACKIE	F 39	1:40:17
186	JARASHOW, RON	M 51	1:40:17
187	SIMPSON, LINDA	F 59	1:40:42
188	RIGGIN, BARBARA	F 61	1:42:22
189	LEONARD, BETSY	F 36	1:42:34
190	BUCCI, LINDLEY	F 37	1:43:16
191	HESS, MICHAEL	M 37	1:43:27
192	AASEN, YVONNE	F 69	1:43:30
193	EBERSBEGGER, NANCY E	F 48	1:44:13
194	FRANCK, RIC	M 53	1:44:29
195	GOODING, DARRIN	M 17	1:45:41
196	GILGUT, LYNN	F 27	1:46:26
197	LEE, NORMAN JR	M 66	1:48:38
198	CARNEY, KIM	F 39	1:48:44
199	POWELL, MICHELLE	F 38	1:48:45
200	MYERS, WILL	M 51	1:50:00
201	MUSKIN, CHARLIE	M 51	1:50:01
202	CAMPBELL, RAY	M 68	1:50:05
203	WOODS, BILL	M 50	1:50:06



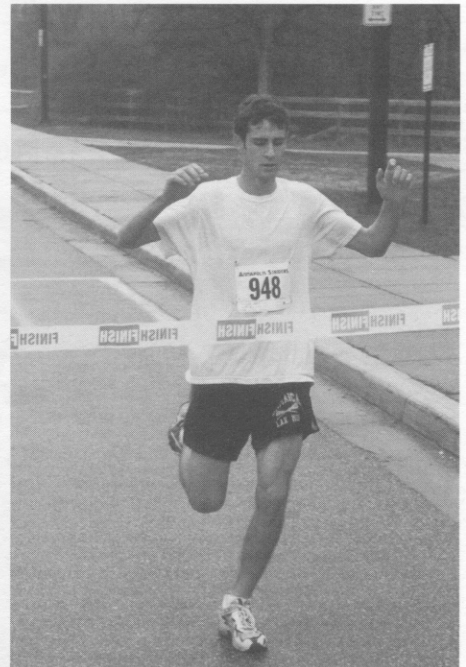
Margie Boyd, 2nd Place Female



Runners in the fog!



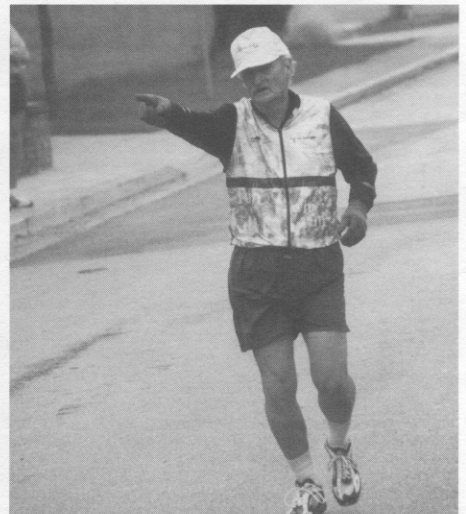
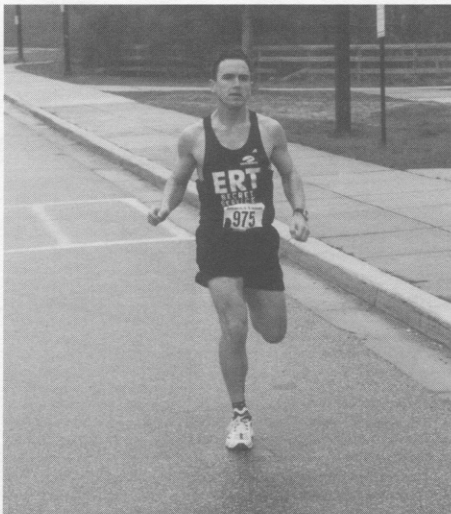
Helen Laird



1st Dusty Lieb, Cherry Pit



Darrin Goodling, Junior Strider of the Year



Brad Chapman, club race director, running and race directing

Cherry Pit 10 Miler



Ironman, Will Myers, ran Bull Run 50 the day before



Pat Cavanaugh and John Fay run it in



Kim Carney, Michele Powell, smile for the camera



Jill Hargis, 1st Place Female

Runners Never Say "Goodbye"

By Sue Briers

I have been putting off writing this article for weeks. Why - because I really did not know what to write.

If you don't know by now I will be moving to St. Augustine, Florida at the end of June. It seemed like the perfect place for my husband, Steve and I to relocate to. As Steve says, "there are no state taxes, no county taxes, no snow to shovel and no leaves to rake - just easy living and summer all year". Having been a long standing Annapolis Strider, over 15 years, it will be difficult to leave all the friends and acquaintances I have made over the years. I have done just about every volunteer position in the club. Having been the president, Annapolis Ten Mile Race Director, Dog Days Race Director, Streak editor, Board member for over 12 years, Marathon Training Coach, JFK 50 coach, and a multitude of various other functions, I have enjoyed just about every minute. The experiences and people I have met enriched my life tremendously. I have had the good fortune to meet some of the most incredible and amazing people. Many have been true inspirations and motivators

who have helped me grow as a runner and a person. I will always be indebted to Don Waddington for his belief in me when I ran my first JFK 50- mile event and his courage as he fought cancer and held it at bay until he had fulfilled his dream of completing the Appalachian Trail. Earl Scott will remain very special to me as he and I trained countless miles together to run numerous ultra events. Under his tutelage I was able to learn what true determination was and how to use it for your gain. Pat O'Brien was a very talented runner who showed us all that hard work and a strong will could catapult you to do things you never thought possible. All wonderful people who also taught me through their untimely departure that life is too short and you need to live it every day as if it is your last. Follow your dreams and never put off your goals.

Running has certainly helped me develop as a person and the people I have met in the Striders have all left their mark on me. Don't ever underestimate the karma running holds over each of us. I don't have any doubts about moving to a far away state because I know the commonality of running will allow me to meet other runners and

expand my circle of friends. Having run ultra events all over the country, I have realized the world of running is very small. I can go to California and run with many of the same runners I ran with in Virginia. I have friends all over the US just from my participation in running. The language of running allows for us to go anywhere in the world and instantly have a tight circle of people who understand us and live their lives just as we do. What a wonderful sense of community and connection!!

Having written numerous articles for the Streak I have always waited for the idea or theme to "come to me" before sitting down and putting down my thoughts. This time it just was not happening. I kept asking myself "why?" Was it I was too busy? Did I subconsciously not want to admit this would be my swan song as a Strider? Maybe - but then I really realized it was because it was hard to write a goodbye when I did not feel in my heart it was a true goodbye. You see - runners always will stay in touch and reunite as if there was never any distance or time between them. The special bond we share transcends all obstacles.

A special good bye to all my closest running buddies and remember to train and train hard. Chase your dreams and catch them. Volunteer and give back to the sport that has so richly enhanced your life. Be a kid and enjoy life and stop to smell the roses.

Remember - Only those who test the distance will ever know how far they can go!! Test it and or you may never realize your potential.



Lynn S. Finnegan

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2000 Championship Series Race Results

Women 14-19	5K	10M	10K	1M	8K	5M	26K	15K	Total
Jennifer Williams	1	35							36
Claire Winchester	2	35							37
Women 20-24	5K	10M	10K	1M	8K	5M	26K	15K	Total
Nicole Kennedy	1	1							2
Women 25-29	5K	10M	10K	1M	8K	5M	26K	15K	Total
Sarah Bell	1	2							3
Marie Rauch	35	1							36
Sarah Anderson	2	35							37
Lynn Gilgut	35	3							38
Women 30-34	5K	10M	10K	1M	8K	5M	26K	15K	Total
Susie Flockart	1	1							2
Susan Peeler	2	35							37
Megan Dunbar	35	2							37
Women 35-39	5K	10M	10K	1M	8K	5M	26K	15K	Total
Marjorie Boyd	1	1							2
Laura Falsone	6	2							8
Ginger Andrews	7	3							10
Jackie Dominick	9	6							15
Jennifer Sullivan	2	35							37
Victoria Vasenden	3	35							38
Colleen Weber	4	35							39
Christine Fox	35	4							39
Cecile Spiegel	5	35							40
Deborah Fedore	35	5							40
Lindley Bucci	35	7							42
Kim Carney	35	8							43
Lisa Murphy	8	35							43
Stephanie Peditto	10	35							45
Denise Hyde	11	35							46
Women 40-44	5K	10M	10K	1M	8K	5M	26K	15K	Total
Jill Hargis	1	1							2
Carole Rosasco	2	2							4
Jennifer Lundeen	4	3							7
Helen Laird	5	5							10
Tammy Mazzola	6	6							12
Karen Vogt	3	35							38
Katherine Carney	35	4							39
Helen Brennan	7	35							42
Kathy Sirios	35	7							42
Kathleen Flanagan	8	35							43
Beth Scheidt	9	35							44
Women 45-49	5K	10M	10K	1M	8K	5M	26K	15K	Total
Rita Twist	2	1							3
Mairead O'Reilly	3	2							5
Melissa Currence	6	3							9
Nancy Ebersberger	8	5							13
Lisa Schrader	1	35							36
Alison Suckling	4	35							39
Robin Dawson	35	4							39
Linda DeChant	5	35							40

Missy DiGiulian	7	35							42
Catherine Herbert	9	35							44
Ilene Caroom	10	35							45
Women 50-54	5K	10M	10K	1M	8K	5M	26K	15K	Total
Sandy Burton	3	2							5
Jackie Kellner	4	3							7
Danalee Green	1	35							36
Marie Shields	35	1							36
June Schneider	2	35							37
Rae Jean Goodman	5	35							40
Linda Webb	6	35							41
Susan Gallagher	7	35							42
Janet Miller	8	35							43
Noreen Lynch	9	35							44
Women 55-59	5K	10M	10K	1M	8K	5M	26K	15K	Total
B J King	1	35							36
Linda Simpson	35	1							36
Janet Tzanakis	2	35							37
Women 65-69	5K	10M	10K	1M	8K	5M	26K	15K	Total
Yvonne Aasen	1	1							2
Yuki Kobayashi	2	35							37
Women 70-74	5K	10M	10K	1M	8K	5M	26K	15K	Total
Martha Trimmer	1	35							36
Men 13 & Under	5K	10M	10K	1M	8K	5M	26K	15K	Total
Robert McQuillan	1	35							36
Men 14-19	5K	10M	10K	1M	8K	5M	26K	15K	Total
Dan Jarashow	3	3							6
Victor Thillet	1	35							36
J J Wetzel	35	1							36
Matthew Litts	2	35							37
Dave Walser Jr	35	2							37
Darrin Gooding	35	4							39
Men 25-29	5K	10M	10K	1M	8K	5M	26K	15K	Total
Christopher Mairs	2	1							3
Giles Roblyer	1	35							36
Men 30-34	5K	10M	10K	1M	8K	5M	26K	15K	Total
Robert Bigelow	1	2							3
Chris Sinclair	4	1							5
Hugh Harris	2	6							8
Tom Clowes	3	35							38
David Booth	35	3							38
Tim Lowe	35	4							39
Dennis McGinley	5	35							40
Matthew Corn	35	5							40
Stephen Morris	6	35							41
John Hall	35	7							42
Robert Dunbar	35	8							43
Men 35-39	5K	10M	10K	1M	8K	5M	26K	15K	Total
Hamilton Tyler	2	1							3
Patrick Cavanagh	7	2							9
Eric Schrader	1	35							36
Mark Hilliard	3	35							38
Bill Dougherty	35	3							38
Thomas Kennedy	4	35							39
Ron Hooker	5	35							40
Barry Davis	6	35							41
David Scheidt	8	35							43
Franco Colamarco	9	35							44

Men 40-44	5K	10M	10K	1M	8K	5M	26K	15K	Total
Mark Rosasco	2	1							3
Matt Mace	1	3							4
Michael Smith	5	6							11
Dave Walser	4	9							13
"Alan Marshall, Jr"	7	10							17
Greg Clulow	6	14							20
Matthew Treuth	8	13							21
Scott Thayer	11	15							26
Ricky Smith	14	18							32
Steven Brady	15	19							34
William Allen	35	2							37
Terry Proffitt	3	35							38
Derek Ammons	18	21							39
Paul Serra	35	4							39
Tom Prendki	35	5							40
Stephen Parker	19	22							41
Robert Biddle	35	7							42
Jeff Geraghty	35	8							43
Ricardo Osorno	9	35							44
Clint Henderson	10	35							45
Roger Hebden	35	11							46
George Lundskow	12	35							47
Eric Karandy	35	12							47
George Kerchner	13	35							48
Rick Podolin	16	35							51
Ross Heisman	35	16							51
Timothy Ryan	17	35							52
William Tham	35	17							52
Tim Carney	35	20							55
Men 45-49	5K	10M	10K	1M	8K	5M	26K	15K	Total
Eric Hargis	2	2							4
Larry Puglisi	6	3							9
Jim Kaufman	8	6							14
Neal Barrett	7	9							16
Jim Etchison	11	7							18
Bill Woods	16	14							30
Steven Watkins	17	13							30
Chris Brown	20	10							30
Nathan Leventhal	19	12							31
David Webster	1	35							36
Scott Eden	35	1							36
Charles Babington	3	35							38
T J Harrington	4	35							39
Michael Bergeson	35	4							39
David Brault	5	35							40
Bob Field	35	5							40
Scott Lutrey	7	35							42
Clint Henderson	35	8							43
Jim Campbell	9	35							44
Mark Stover	10	35							45
William Rohrs	35	11							46
Steven Litts	12	35							47
Mike Long	13	35							48
Patrick Donahue	14	35							49
Philip Caroom	15	35							50
Dave Papak	18	35							53

Men 50-54	5K	10M	10K	1M	8K	5M	26K	15K	Total
John Fay	5	3							8
Reggie Haseltine	10	5							15
Will Scott	11	4							15
Charlie Muskin	8	8							16
Will Myers	9	7							16
Dan Symancyk	16	2							18
Ron Jarashow	16	6							22
Eric Gyaki	1	35							36
Robert Bailey	35	1							36
Ronnie Wong	2	35							37
Eric Peltosalo	3	35							38
Jon Palks	4	35							39
Jon Meyer	6	35							41
Ernest Chizmar	12	35							47
Harry Gatanas	13	35							48
Ron Bowman	14	35							49
John Purgason	15	35							50
Men 55-59	5K	10M	10K	1M	8K	5M	26K	15K	Total
John Kirkpatrick	1	1							2
Tom Bradford	4	3							7
Don Higdon	3	5							8
Joe Clorey	5	4							9
Fred Shanklin	9	6							15
Francisco Sanches	2	35							37
David Barry	35	2							37
Harmon Bullard	6	35							41
Ron Bolt	7	35							42
Gary Sewell	8	35							43
Joseph O'Boyle	10	35							45
Men 60-64	5K	10M	10K	1M	8K	5M	26K	15K	Total
Ken Lyons	2	3							5
George Sweger	4	4							8
Peter Salmon-Cox	5	5							10
Neal Hinkle	6	6							12
John Benkert	1	35							36
John Pack	35	1							36
Brev Moore	35	2							37
Allen Veasey	3	35							40
John Strumsky	7	35							42
Don Stoddard	8	35							43
Men 65-69	5K	10M	10K	1M	8K	5M	26K	15K	Total
Ed Karlson	3	1							4
Brad Chapman	6	2							8
Thomas Haney	8	3							11
Stanley Witomski	1	35							36
Don Singer	2	35							37
Lee Masser	4	35							39
Norman Lee Jr	35	4							39
Sean Sweeney	5	35							40
William Douglas	7	35							42
Edgar Parker	9	35							44
Men 80-84	5K	10M	10K	1M	8K	5M	26K	15K	Total
Guy Riccio	1	35							36

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 January 1, 2001. If there are any errors, contact Tom Bradford at 410-987-0674, or e-mail: tabslab@aol.com.

STRIDERS ON THE ROAD

BY RAY WYVILL

Spring came. But, she sure took her sweet time. It was a great few months if you like the cool stuff. Folks got out and did some neat races. Let's look:

NOVEMBER 23 - 64TH MANCHESTER ROAD RACE (MASSACHUSETTS)

Guy Riccio 55:08 2nd AG
Guy finished second in the 80-85 Age Group while beating almost 30% of the 10,000-person field.

FEBRUARY 25 - RRCA CLUB CHALLENGE TEN MILER (COLUMBIA, MD)

Victor Thillet	58:09
Dave Webster	59:11
Henry Johnson	71:05
Bill Dougherty	75:19
Larry Puglisi	76:20
Clint Henderson	77:37
Tom Bradford	89:01
Derek Ammons	90:35
Peter Salmon-Cox	93:37
Bill Woods	105:54

Another "Death March" went into the books. Not satisfied that the course was hilly enough, more hills were added. The ladies were smart enough to stay away.

FEBRUARY 19 - GREAT ALOHA RUN (HONOLULU, HI)

Arnie Henderson 75:19

21,000 folks ran this 8.5 miler from the Aloha Tower to the inside of the Aloha Stadium. Arnie capped his exhaustive preparation for this race with Mai Tai's at midnight before the 7:00am race. While not a new approach to racing and training, it has not been patented yet. We're all waiting for the book, Arnie.

This sounded like a really nice event.

MARCH 11 - CARRABA'S 5K FOR THE YMCA

Patty Snodgrass	24:27	1st AG
Don Snodgrass	30:23	
Larry Puglisi	38:01	
Derek Ammons	43:36	

MARCH 25 - FOOTSTEPS OF RESTON 10 MILE

Derek Ammons 89:45

MARCH 17 - CNR FUN RUN 5K (QUIET WATERS PARK)

Tom Bradford	2nd OA
Alan Wycherly	
Yvonne Aasen	31:10 1st with dog to finish

APRIL 1 - RUN FOR RUINS 5K (ELLICOTT CITY, MD)

Derek Ammons 25:34

This was a small affair, with less than 100 folks, that featured a downhill start and uphill finish.

APRIL 7 - BULL RUN 50 MILER

Mike Bright	10:10:16
Sue Briers	11:44:14
Bill Peake	11:44:14
Meredith Bonta	11:44:14 1st Grand Master - North
Will Myers	12:31:27

This was one of those weird weather weekends where the Ocean Breezes kept us cool and cloudy, while the inland really heated up. The racers were left to deal with a wet track and 70 plus degrees. Mike's adventures included losing a shoe in a mud bog, and missing a turnoff near the end. That one cost him two additional miles. The bog cost him a pair of socks.

APR 8 29th CHERRY BLOSSOM 10M (WASHINGTON, DC)

David Webster	58:16
	3rd AG
	77th O/A
Develand Campbell	58:32
	81st O/A
William Johnson	1:11:40
Vern Robinson	1:13:09
Bob Heller	1:13:44
Chris Beard	1:16:48
B.J. King	1:17:49
Joey Bowker	1:17:56
Roy Bands	1:18:42
Danalee Green	1:18:50
Brian Walker	1:19:07
Don Brennenman	1:20:07
John Nolan	1:22:30
Ron Bolt	1:23:48
Muffet Chatterton	1:24:20
Eva Kerchner	1:25:11
Beth Miles	1:24:20
Gordon Wallace	1:25:03
Ray Wyvill	1:25:20
James Krause	1:25:55
Bob Dyer	1:26:14
Frank Lawson	1:26:18
Kevin Campion	1:26:22

Pete Cunningham	1:27:02
Joel Sanders	1:28:02
Patti Snodgrass	1:28:45
Susan Murphy	1:29:29
Clark Rehberg	1:29:41
Sue Dupont	1:29:55
Kathy Hennes	1:29:00
Denise Hyde	1:32:07
Linda Dechant	1:32:53
Barbara Holch	1:32:28
Lara Roeding	1:32:19
Susan Messner	1:33:05
Kevin O'Brien	1:34:43
Jane McMurray	1:36:12
Linda Scoggins	1:33:22
Jane Jensen	1:36:36
Mary Cofran	1:37:17
Claire Stackhouse	1:38:21
Effie Dawson	1:38:25
William Rogers	1:40:57
Lisa Simpkin	1:42:24
Lynn Lawson	1:44:09
Sandy Balderson	1:56:24
Jamie Varner	1:58:11
Linnea Varner	1:58:11

Nortel Networks and Mother Nature combined to pitch a beauty at this year's edition of the "Rite of spring". Nice cool temps and a mist made for ideal racing conditions. And, for once the blossoms were as close to peak as you can get. All in all, it was wonderful.

All times shown are "Chip" times. With 6515 finishers, delays at the start were up to ten minutes. The chips aren't used for Age Group awards, though. It's hard to figure that one out.

APRIL 16 - 105TH BOSTON MARATHON (BOSTON, MA)

Bill Allen	2:54
Jerry Hampton	3:23
Julie Dukes	3:29
Mike Smith	3:32
Chris Filopoulos	3:33
Jim Bitgood	3:34
Gil Fraijo	3:37
Jesse Harrahill	4:00
Eric Karandy	3:48
Doug Kennedy	3:49
Karen Koffler	3:47
Jim Lundeen	3:35
William Tham	3:36
Merle Maffei	3:40
Jennifer Lundeen	3:48
Muffet Chatterton	4:15

All the times reported are chip times. Patriot's Day was a spectacular clear-weather affair. It actually cooled down for the runners after they left the Newton Hills and headed into town. Bill Allen's 2:54 placed him ninth from the Maryland contin-

gent of runners. His improbable marathon adventures are the subject of this month's "Lowdown".

22 APRIL - CLYDE'S 10K (COLUMBIA, MD)

Mark Rosasco	37:00	2nd AG/ 14th O/A
Paul Serra	38:37	24th
Tom Prendki	39:47	39th
Carole Rosasco	42:49	1st AG
Bill Walczak	44:07	
Vern Robinson	45:12	2nd AG
Bob Zeminsky	45:16	
Dave Barry	46:24	
John Madary	46:57	
Maria Shields	48:37	1st AG
Clint Henderson	50:25	
Tom Frankhouser	50:58	
Mike Blanche	52:27	
Cecil Spiegel	52:47	
Sarah Megdiche	52:32	
Derek Ammons	53:55	
Patti Snodgrass	54:01	
Peter Salmon-Cox	54:37	
Marty VanDoornick	55:41	
Jim Noctor	58:26	
Ceil Prendki	61:44	
Delma Miller	63:10	
Linda Rogers	63:10	
Don Snodgrass	63:48	
Dave Bleil	64:28	

The Howard County Striders put on another wonderful day in Columbia. Not content that they had a course chock full of hills, they added another. Our own ET was pressed into service as finish line Master of Ceremonies. Some Strider seeking anonymity made strategic use of some of Clyde's finest chili to get even with the old ET-meister by dropping some on his shorts. This was, by all accounts, another fine event.

About 1,200 runners took part on a day that also saw the GW Parkway 15k, and the Brain Tumor 5k. Aside from Marine Corps, this might be the area's busiest race weekend.

APRIL 22 - GEORGE WASHINGTON PKWY 15K (ALEXANDRIA, VA)

Larry Puglisi	1:11:30
Kathy Hennes	1:23:29
Brad Chapman	1:32:53 5TH AG
Mary Jensen	1:53:10
Susan Bright	1:53:24

Pending construction at Jones Point caused the race organizers to reverse the direction of this race. Instead of starting down that lovely hill at Mount Vernon, the racers were forced to finish by going up it. Still, there are worse ways to spend a Sunday morning in April than running alongside the Potomac River.

APRIL 28 - PROMISED LAND 50K (BEDFORD, VA)

Sue Briers	8:52	
Meredith Bonta	8:52	1st Grand Master

The most spectacular scenery on the east coast. Fabulous but killer run.

PIKES PEEK

BJ King	45:29	2nd AG
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PIKESVILLE 8K

Maria Shields	36:45	1st AG
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THE LOWDOWN

Bill's Most Excellent Boston Adventure

If Bill Allen calls wanting you to accompany him on a road trip race, you might want to think long and hard on it. It seems our Strider from Calvert County enjoys slightly alternative travel planning.

It started out as a well-oiled Boston Marathon dream. He qualified four years ago. From there on, there were very few dream-like moments to it. For starters, Bill is an Engineering Technician in the Performance Monitoring Section at a nuclear power station. His job involves testing of machinery and systems to ensure they are operating properly. Like everyone else at the station, Bill's workload and hours grow exponentially during the annual refueling outage shutdown each spring.

The first year after qualifying, the outage got in the way. The following year, the same thing happened. That wore out his qualification. So, it was off to Northern Central Trail to qualify again. He did that in style, finishing fifth overall. Bill was going to the 2000 Boston. Then, a hip flexor injury intervened. He was determined that 2001 was going to be different. This year he was not to be denied. Reservations were made. Things were in order.

A funny thing happened on the way to the marathon: Life happened. Bill was assigned to night shift from 6pm to 6am. A hoped-for break in the schedule never materialized. And, low and behold, the travel and hotel reservations were botched. This would stop most folks dead in their tracks, but not Bill. After working six straight nights, Bill got off of work at 6 a.m. on Easter Sunday morning. With a few hours of sleep, and an Easter Egg hunt with his children under his belt, it was off for the drive to Boston.

What do you do when you drive in to Beantown the day before Patriot's Day, and you don't have hotel reservations? Well, you find a parking garage and get as good a night's sleep as you can. Other than waking up for the few dozen cars that tripped in

and out during the dark hours, Bill had a pretty lousy night's sleep. All of this changed, of course, as it got light. In the pre-dawn hours he finally fell into a deep sleep. He awoke just in time to run for the last bus at 8:30, a.m. Finally, the four-year ordeal of getting to the starting line was over.

Being a fast guy, Bill got to be in the first corral of 1,000 runners. Being a fast guy, Bill wears those really high tech shoes with the miracle aerodynamic holes in the soles that cut weight, letting you run faster and jump higher. Being a fast guy, Bill got to feel something warm on the bottom of his feet as two other fast guys decided to take that last pee break IN THE CORRAL. Oh, it's going to be a special day when you start out with wet, yellow socks.

The race itself went very well for him. He ran a 2:54:50 good for 539th overall. Recall this was the 2nd largest field ever with over 15,000 runners. His fastest miles were through, and past the Newton Hills. But, the end of the race was not the end of the adventure. Bill then had to make the return to Maryland. This he did after a suitable pause of, oh, 45 minutes or so. He drove the 500 miles, arriving at work at 2:00am. Fortunately, they didn't let him do anything important once he got there.

Bill gives a whole new meaning to "Road Trip" eh? Well, he did say that next year he was going to use a travel agent to make all his Boston arrangements. In fact, it was the first call he made when he got home.



2001 Summer Scholastic 19U Championship Series

Date	Race Time	Sign In	Race and Location	Distance
June 17	8:00 a.m.	June 16 from 2:00 p.m. to 5:00 p.m. Series registration accepted on June 16th June 17 from 6:30 a.m. to 7:30 a.m.	Father's Day 10K North Arundel Hospital	10K
July 7	8:00 a.m.	6:30 a.m. to 7:30 a.m.	John Wall Memorial Mile Annapolis High School New Location	1M
July 14	8:00 a.m.(w) 8:45 a.m.(m)	7:00 a.m. to 7:45 a.m.	Women's 5k Distance Festival and Run after the Women 5k West Annapolis Elementary School	5K
August 5	8:00 a.m.	6:30 a.m. to 7:30 a.m.	Dog Days 8k Trail Run Anne Arundel Community College	8K

Eligibility: Must be 19 or under on August 5, 2001.

Fee: \$20 covers the four races listed above (race day registration would total \$37). At each race you are eligible for the normal prizes and awards as well as any premiums that the race may have. If you are a member of the Annapolis Striders who has paid for the year long series and who will be 19 or under on August 5, 2001, the fee is \$8.

Series Scoring: For each race your position relative to the other participants in the series will be your score. The total of your three lowest scores will be your score for the summer series.

Series Awards: Awards based on series scoring will be given to the top three females and the top three males at the awards ceremony at the Dog Days race on August 5, 2001. The 2000 winners were Jennifer Zinck and Dusty Lieb.

Annapolis Striders Hotline: 410-268-1165

Series Coordinator: Dan Symancyk 410-544-1516

Annapolis Striders URL: <http://annapolisstriders.org>

2001 Summer Scholastic 19U Championship Series - COMPLETE ALL INFO., PLEASE PRINT. Mail before June 9, 2001.

Make check for \$20 payable to Annapolis Striders, Inc. NO CASH BY MAIL.

Send with form to DAN SYMANCYK, Attn: Summer Series

234 Mill Church Road, Arnold, MD 21012

LAST NAME _____ FIRST NAME _____ MI _____

TELEPHONE _____

STREET _____

CITY STATE _____ ZIP _____

AGE ON AUGUST 5, 2001 [] BIRTH DATE [/ /] GENDER [] M [] F SHIRT SIZE [] M [] L [] XL (Needed for FD 10k and WDF 5k)

WAIVER AND RELEASE: I know that running is a potentially hazardous activity. I understand that I should not participate unless medically able. I assume all risks associated with involvement with this series, including but not limited to falls, contact with participants, the effects of weather, including high heat and/or humidity, the condition of the track, course and/or road, traffic on the course - these risks being known and appreciated by me. Having read this Waiver and Release, knowing these facts, and in consideration of my being accepted into these races, I, for myself and anyone entitled to act on my behalf, waive and release the Annapolis Striders, the Road Runners Club of America, all sponsor and hosts, and their representatives and successors from all claims or liabilities of any kind arising from my involvement in this series.

SIGNATURE OF ENTRANT _____ DATE _____

SIGNATURE OF PARENT IF ENTRANT UNDER AGE 18 _____ DATE _____

THE KIWANIS CLUB OF ODENTON PRESENTS THE
MARC TRAIN 5 MILER

SATURDAY, JUNE 23RD, 2001

START/FINISH: ODENTON, MD MARC TRAIN STATION

START@8AM_AWARDS CEREMONY@9:15AM

T-SHIRTS FOR ALL RUNNERS+DOOR PRIZES

TROPHIES GO TO THE WINNER AND RUNNER UP (MALE AND FEMALE) FOR THE FOLLOWING CATEGORIES:

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

DIRECTIONS:

- U.S. 50 TO MD 3 TO MD 32 TO ODENTON TELEGRAPH ROAD EXIT TO ODENTON ROAD TO MARC TRAIN STATION.
- I-97 TO MD 32 TO ODENTON TELEGRAPH ROAD EXIT TO ODENTON ROAD TO MARC STATION.
- BALTIMORE-WASHINGTON PARKWAY TO MD 32 TO ODENTON TELEGRAPH ROAD EXIT TO ODENTON ROAD TO MARC STATION.

ENTRY FORM

1.) Please Print

2.) Make checks payable/mail to:

Kiwanis Club of Odenton/MARC Train 5 Miler

Attn: Joe Mac

P.O. Box 57

Odenton, MD 21113

Entry fee: \$12 before June 17th

\$15 after June 17th

Age of race day:

Gender:

Adult shirt size:

Last Name

First Name

MI

Address

City

State

Zip Code

Day time phone

Evening phone

Employee of MARC/MTA?

Kiwanis Member?

Kiwanis Key Club Member

RELEASE AND WAIVER -- (MUST BE SIGNED): I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risk with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, heat and humidity, with potential for heat exhaustion, stroke or even death, and traffic and road conditions. All such risks are known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, and administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the Odenton Kiwanis Club, all race sponsors, all race donors, their representatives and successors, and the race director from all claims and liabilities of any kind arising out of my participation in this event. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for an legitimate purpose. I attest that I have trained sufficiently for this event.
Parent or Guardian must sign for Runners under 18 Years of Age.

SIGNED _____

FOR MORE INFORMATION PLEASE CALL:

Joe McCartan (Race Director) after 12 p.m. (410) 551-4301
John Howard (Asst Race Director) W (410) 647-6000 Ext. 190
Kevin Wagner (President Kiwanis Club of Odenton) (410) 695-1083

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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.

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August 2001 Issue is
Tuesday, July 10, 2001

Please e-mail your articles,
tidbits, race results and/or
general newsletter materials to
Kathy Carney, Editor
kemcarney@hotmail.com
410-573-1481

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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

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.

FATHER'S DAY / B&A Trail 10K

(in memory of Pat O'Brien)

DATE: SUNDAY JUNE 17, 8:00 a.m.

3rd Leg of Champ Series

North Arundel Hospital, Hospital Drive, Glen Burnie

Course: USATF Certified on residential streets and the

B&A Trail, mostly flat with a few hills. • **Prizes:** Top 3

Men/Women & Top M/F Master receive unique crystal

plates. Awards to top 3 in 10 year age groups thru 70+.

Random prizes too. • **Post race celebration:** Cook-out,

soft drinks, fruit juice, beer, bagels, cookies, snacks, ice

cream, etc. T-Shirts: Long sleeve shirts to all. • **Packet**

pick-up: Sat 2-5 pm, 3rd floor, North Arundel Hospital.

Fee: By mail prior to June 12 and thru packet pick-up: \$12;

Race day, all \$15. • **Mail to:** Father's Day 10K, c/o Neal

Hinkle, 8269 Mimico N., Millersville, MD 21108. **Race**

Directors: Evan Thomas, 410-760-9188 & Neal Hinkle:

410-987-5649

20th ANNAUL JOHN WALL MEMORIAL 1-MILE TRACK RACE

DATE: SATURDAY JULY 7, 8:00 a.m.

4th Leg of Champ Series

Annapolis High School Track, Riva Road.

Prizes: 1st Male/Female overall & 1st Masters M/F, and

age group awards. \$50 gift certificate for breaking the

event record! **Fee:** Mail prior to July 2, Striders: \$3,

non-Striders: \$4; race day: all \$5. • **Mail to:** Will Myers,

1728 Saddle Drive, Gambrills, MD 21054.

Race Directors: Dave Wall: 410-315-9275 &

Will Myers: 410-987-4883.

WOMEN'S DISTANCE FESTIVAL 5K

and RUN AFTER THE WOMEN 5K

DATE: SATURDAY JULY 14, 8:00 a.m. / 8:45 a.m.

West Annapolis Elementary School, Melvin Ave, Annapolis.

Course: Scenic double loop course through West

Annapolis and Wardour. Women race first, men run after.

Prizes: Two separate races. Prizes to top Female and

Male and top 3 in age groups. T-Shirts: colorful shirts to all

plus random prizes. • **Fee:** Mail prior to July 9: all \$10;

Race day, all \$12. • **Mail to:** Womens Distance Festival,

1910 MacKiebeth Court, Annapolis, MD 21401

Race Directors: Melisa Currence: 410-360-9019

& Margie Boyd: 410-841-5632.

DOG DAYS 8K CROSS COUNTRY RUN

DATE: SUNDAY AUGUST 5, 8:00 a.m.

5th Leg of Champ Series

Anne Arundel Community College

Course: A challenging cross country course.

Prizes: 1st-3rd overall and 1st-3rd in 10 year Age Groups.

Fee: \$3 Striders, \$4 No-Striders, Race Day \$5 for all.

Mail to: Dog Days 8K, 285 Overleaf Drive,

Arnold, MD 21012

Race Director: Robert Bigelow, 410-544-2031.

**ANNAPOLIS
STRIDERS**



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

Where The Races Are

June 10-Sun, 8am

Sodexho Senior Services Oy
Vay 10k/5k, Rockville, MD.
301.770.8351

June 10-Sun, 8am

Druid Hill 5k, Druid Hill Park,
Baltimore, MD. 410.377.8882

June 15-Fri, 7:00pm

Loch Nest Monster Cross Country
8k #2, NIST, Gaithersburg,
MD. 301.353.0200

June 16-Sat, 8:30am

Tim Harmon Memorial 5k,
Fairfax, VA. 703.241.0395

June 17-Sun, 8:00am

GMBC Father's Day 5k,
Sheraton, Towson, MD.
410.377.8882

June 17-Sun, 8:00am

Father's Day 5k, Wilmington
Ave. Boardwalk, Rehobeth,
DE. 302.947.1772

June 20-Wed, Noon

Tidal Basin 3k, Jefferson
Memorial, Washington, DC.
703.241.0395

June 21-Thu, 7:00pm

Hugh Jascourt 4-Miler, Fort
McNair, Washington, DC.
301.241.0395

June 23-Sat, 7:45am

Run for the Roses 5k, Wheaton,
MD. 301.353.0200

June 24-Sun, 8:00am

Bill Degnan Memorial 5k,

Cape Henlopen HS, Lewes,
DE. 703.241.0395

June 30-Sat, 8:00am

Lake Roland Rumble 5 Mile Trail
Run, Baltimore, MD.
410.377.8882

June 30-Sat, 7:30am

Daniel Boone Wilderness Trail 8k,
Stickleyville Elementary
School, Stickleyville, VA.
540.546.2593

June 30-Sat, 8:00am

Fire-cracker 5k, The Grove Park,
Rehobeth, DE. 302.947.1772

July 1-Sun, 8:30am

Rehobeth Biathlon Swim/
Run, Rehobeth Beach Patrol,
Rehobeth, DE. 302.947.1772

July 1, 2001 8:30am

Kinder Farm Park, Millersville, MD
Johns Hopkins Pediatric
Cardiology 5K Run/Walk
410-729-1247

July 4-Wed, 8:00am

Cure Autism Now 5k, Potomac,
MD. 301.419.8198

July 4-Wed, 8:00am

4th of July Age-Handicapped 4
Mile, Carderock Park,
Carderock, MD.
703.241.0395

July 4-Wed, 8:00am

Fort Meade Meade-Fest 5k, Fort
Meade, MD. 410.377.8882

July 4-Wed, 8:00am

Fredericksburg Lion Club

Heritage Festival 5 Miler,
Fredericksburg, VA,
540.371.0588

July 6-Fri, 7:00pm

Midsummer Night's Mile,
Rockville HS, Rockville, MD.
301.353.0200

July 8-Sun, 8:00am

Compassionate Friends 2
Mile, Crystal City, VA.
301.871.0400

July 8-Sun, 7:00am

16th Annual Pohanka
Nissan-YMCA Colonial
Beach Triathlon, Colonial
Beach, VA. (1k Swim/ 40k
Bike/ 10k Run) 540.371.0622

July 8-Sun, 8:00am

Mellon Bank 5k, Cape
Henlopen HS, Lewes, DE.
302.947.1772

July 11-Wed, 7:00pm

Bastille Day 4 Miler,
Fletcher's Boat House,
Washington, DC.
703.241.0395

July 14-Sat, 8:00am

Katie DeRosa RRCA Women's
Distance Classic 5k, Rocky
Gap State Park, MD.
301.729.7849

July 15-Sun, 8:00am

Bun Run 5k, St. Joseph's
Hospital, Baltimore, MD.

410.377.8882

July 15-Sun, 8:15am

Women's Distance Festival-
Westminster RRC, Union
Mills, MD. 410.857.5427

July 15-Sun, 8:00am

Women's Distance Festival-
Reston Runners, Reston, VA.
703.742.8973

July 18-Wed, Noon

Tidal Basin 3k, Jefferson
Memorial, Washington, DC.
703.241.0395

July 19-Thu, 7:00pm

Belle Haven 8k, Belle Haven Park,
Alexandria, VA.
703.241.0395

July 21-Sat, 8:45pm

Rockville Rotary Twilight
Runfest 8k, Rockville, MD.
703.241.0395

July 29-Sun, 8:00am

FARC Downtown Mile,
Fredericksburg, VA.
540.371.0588

July 29-Sun, 8:00am

Seashore Strider 5m and
Women's Distance 5k,
Rehobeth Junior HS,
Rehobeth, DE. 302.947.1722

Aug 4-Sat, 8:00am

Railroad Days 5k, Appala-
chia, VA, 540.328.3832

Aug 5-Sun, 7:00am

Riley's Rumble Half

Marathon, Riley's Lock,
Potomac, MD. 301.353.0200

Aug 6-Sun, 8:00am

Women's Distance Festival-
Baltimore RRC, Oregon
Ridge, Hunt Valley, MD.
410.661.7870

Aug 6-Sun, 8:00am

YMCA 5 Mile Run, Deauville
Beach, North Shores,
Rehobeth, DE. 302.947.1722

Aug 11-Sat, 8:00am

Ain't No Stopping Us Now Tour
5k, Baker Park, Frederick,
MD. 301.698.2732

Aug 11-Sat, 7:00pm

Vineyards of Williamsburg 5k,
The Vineyards of
Williamsburg Clubhouse,
Williamsburg, VA.
757.229.7375

Aug 11-Sat, 8:00am

Dam Mill 5k, Cupola Park,
Millsboro, DE. 302.947.1722

Aug 11-Sat, 8:30am

Schoolhouse 5k, Abingdon,
VA. 540.676.6212

Aug 12-Sun, 8:15am

Leesburg 10k, Leesburg, VA.
301.871.0400

Aug 12-Sun, 7:45pm

Women's Distance Festival
5k, Fletcher's Boat House,
Washington, DC
703.351.9059



Annapolis Strider Events

What's Coming Up

STRIDER BOARD MEETINGS

AA Medical Center, Jennifer Road
Tuesday, June 5, 2001, 7:30 p.m.
Tuesday, July 10, 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

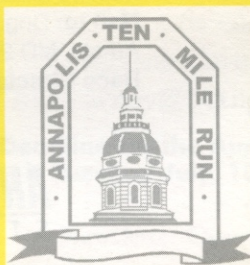
Contact Evan Thomas 410-760-9188.

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://sixosis.org/>

Ed Harte's Track Meets - All 6:30PM, Thursdays, June 14, 21,
28, July 5, 12, 19. North County High Track; Field and Track
Events - ie 100m, 200m, 400m, 800m, 1500m, 3000m, Jumps
and Throws. Check: <http://members.aol.com/metroxc/metro.html>

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



Registration for this years **Annapolis Ten Mile Run**, August
26th, will be available online or by giving your information by
phone at 734-544-7700 starting June 1 from the Annapolis
Strider website: www.annapolisstriders.org. Entry fee
payment can be by credit card online, phone, fax, or e-mail-in.
Registration will be limited to the first 5,000 registrants. This
race closes out early! This year premium will be Dresden
National Running Center Sports Pants
(similar to Sports Hill warm-ups).



ANNAPOLIS STRIDERS, INC

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