

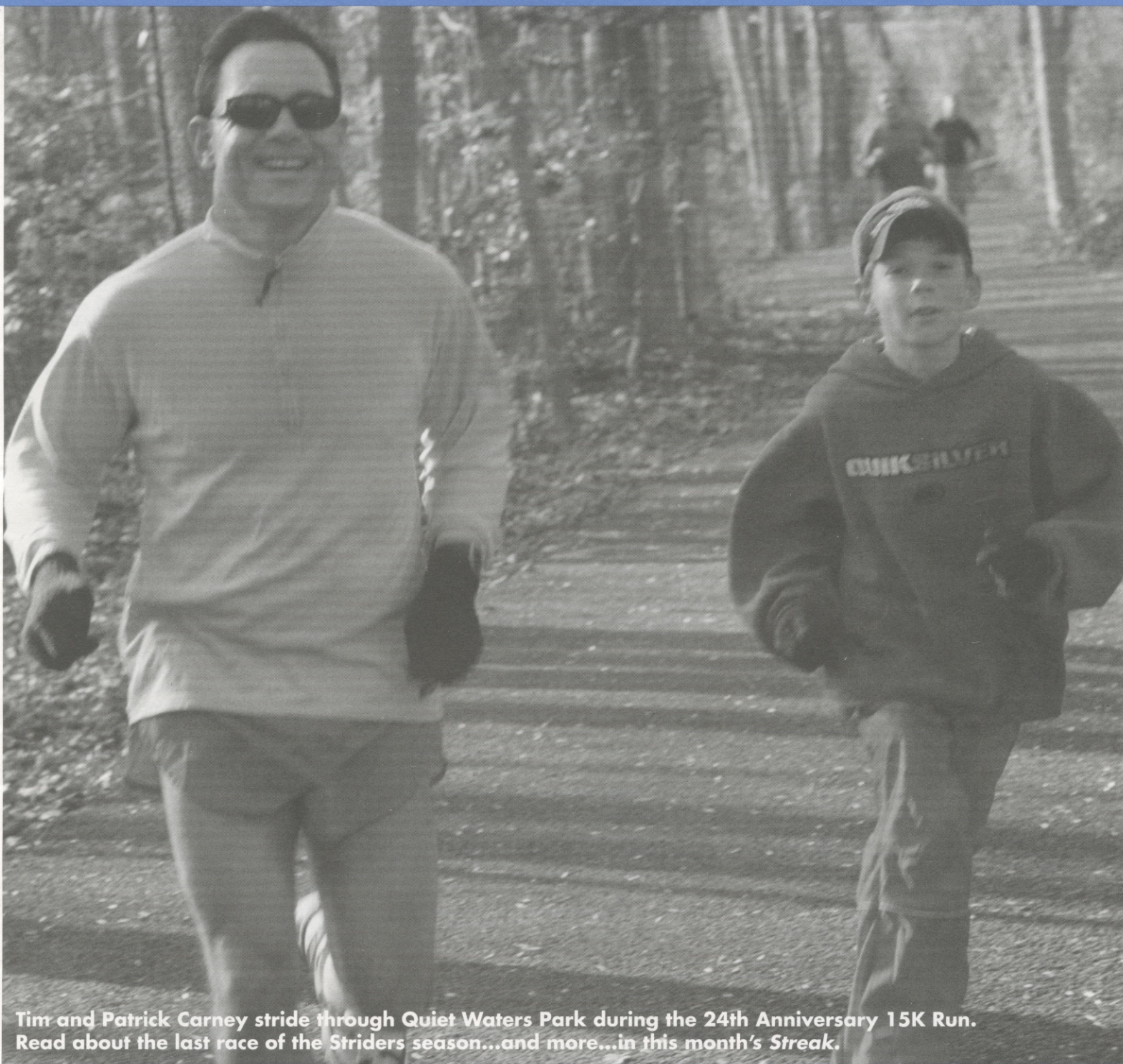
THE BEST LARGE CLUB NEWSLETTER IN THE RRCA'S EASTERN REGION

STREAK



A PUBLICATION FOR THE MEMBERS OF THE ANNAPOLIS STRIDERS

VOLUME XXVI NUMBER 1 • FEBRUARY 2002



Tim and Patrick Carney stride through Quiet Waters Park during the 24th Anniversary 15K Run. Read about the last race of the Striders season...and more...in this month's *Streak*.

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Club Calendar

February

- 5 Board Meeting
- 10 Valentine's Twosome Relay 5k
- 16 Washington's Birthday 5k

March

- 3 B&A Trail Marathon and Half Marathon
- 4 Registration for Awards Banquet must be RECEIVED by this date!
- 5 Board Meeting
- 5 Streak Copy Deadline
- 8 Awards Banquet

April

- 2 Board Meeting
- 7 Cherry Pit 10 Mile Race

2002 Board Meetings

Board meetings are held the first Tuesday of each month at our current location at AAMC. After April, it is possible for the location to change to Severna Park High School. We are currently waiting for AAMC to approve the further use of their rooms cost free. Once we hear from AAMC we will be able to confirm the location for the rest of the year. If the meeting place does indeed change to Severna Park High School, it would not be until after April. We will send out a Strider

Stuff to inform the members.

FEBRUARY 5	AUGUST 6
MARCH 5	SEPTEMBER 3
APRIL 2	OCTOBER 1
MAY 7	NOVEMBER 5
JUNE 4	DECEMBER 3
JULY 2	

Meetings are open to all club members.

The Nominating Committee's Official Slate for 2002

Executive Committee:

President - Ron Bowman
VP for Administration - Sandy Balderson
Secretary - Sharon Serio
Treasurer - Arnie Henderson
Race VP - Brad Chapman
Bay Bridge - Charlie Muskin
Annapolis 10 - Will Myers
VP of Education - Dan Symancyk
B & A Trail Director - Tom Bradford

Board of Directors- Kathy Carney, Margie Boyd, Mark Rosasco, Danalee Green, Don Snodgrass, Mike Smith, Susan Zevin, Eric Schrader, Hamilton Tyler and Jill Hargis.

Notes from the STREAK Editor,

Katherine Carney

5:50 and the alarm sounds. It's Saturday morning and as hard as it to get out of bed, there is something that I have to do. It doesn't matter that the electric blanket says 72 and the outside thermometer reads 22, my Saturday morning long run awaits me. This is the day that I join my running friends for 10 to 20 miles of long distance running. This is a year round activity, whether I am in training or just maintaining my fitness. It is as serious as it is fun. Usually I do this at a comfortable pace, chatting all the way. On other days I put my head down and push myself at a pace I know will hurt later. I know the mile markers and water stops by heart, I know the hot and cold spots along the marsh, and I know each hill and valley along the way. My friends and I talk about everything and nothing at all.

I run long because of the feeling it gives me. It's an integral part of my life, a routine that is both familiar and reliable. I've come to look forward to these runs because what started out as a demanding and exhausting aerobic activity has turned into a comfortable and rewarding exercise. The miles and hours on my feet have the desired effect. My fitness level increases with each longer run, my legs and heart grow stronger and last, but definitely not least, the bond that I have formed with my friends makes it easy to choose running in the cold over the warmth of my toasty electric blanket.

I ran through December and January because I'm in training. If you've taken that time off, now is a great time to get back into it and join one of the groups that go out on Saturdays or Sundays. You'll find runners of all different levels at the B&A Trail and the Park and Ride Lot on Harry Truman Parkway on Saturdays and at the City Dock in Annapolis on Sundays. There's a good chance you'll find a kindred spirit out there to make the miles easier, and you may just find a new friend.

Awards Banquet

Friday, March 8, 2001

Time: 6:00 p.m. meeting

All welcome and encouraged to attend

7-10 p.m. cocktails, dinner, awards and dancing

Where: The Calvert House
State Circle, Annapolis

Cost: \$25.00 per person, all inclusive

Please make checks payable to

The Annapolis Striders

and mail to Jennifer Sullivan -

4 Beacon Court, Annapolis, 21403.

No last minute sign ups like in previous years!!!

Registration must be received by March 4, 2002 because we must pre-pay.

(Look on our website for reservation application)

Deadline: March 4, 2002

JOIN US FOR FOOD, FUN, AWARDS, DRINKS, LAUGHS, MUSIC AND DANCING. HOW DO YOU LOOK WHEN YOU AREN'T SWEATING?

PRESIDENT'S MESSAGE



Ron Bowman, Club President

For my first Presidents Message of the year I would like to start off by hoping every one of you had the happiest Holidays ever; and received everything you hoped for. The weather was forgiving to us runners feeling guilty about the extra pounds we put on. Unlike a few years ago when we were iced in for days and trying to run outside was a sure death wish that prompted a lot of die hard runners to invest in their first treadmill. We are now deep in the heart of winter and looking forward to the Bay Bridge Run and B&A Marathon/Half Marathon. It is a good time to reflect on the past year and look forward to the coming year.

All of our club races had a good year. The Bay Bridge Run was a great success under new Race Director, Charlie Muskin. The B&A Marathon/Half Marathon had a record turn out with its typically questionable weather. The B&A has grown to be one of our flagship races like the Bay Bridge and A-10. The A-10 kept up its reputation for innovation and quality that has made it an international favorite. The A-10 established an international precedent by being the first major race to allow registration to be done totally over the internet. We also continued our partnership with AAMC with another \$10,000 donation. New Race Director Will Myers will be carrying the banner for 2002 and has already started planning efforts, to include increasing the number of participants and continuing the high quality premiums that have become our trademark.

In September we completed our support for the development of hiking (running) trails at Water Works Park, culminating with a dedication of an all-weather water fountain in memory of long time Strider and avid trail runner Earl Scott.

In response to suggestions that the club make more opportunities to socialize we decided to try something new in 2001 and had a Strider Picnic in July. This brought our long time partner, National Running Center sports apparel to our Quiet Waters Park gathering offering substantial discounts for Striders. We

are planning to repeat this successful outing in 2002. Another successful outing was the Fall Marathon/Ultra Potluck to give all those who had done marathons or ultras to gather, share food and drink and to exchange war stories. With the success of our Marathon Training Program and JFK 50 Training Program, the party could become a regular event. It is becoming difficult to focus on any particular long-distance event that Striders can call their own. With the new Baltimore Marathon claiming about 25 Striders, including Jennifer Sullivan as 1st Female Anne Arundel County; the Marine Corps Marathon had about 15 Striders, the Steamtown Marathon with four Striders including Age Group awardee Margie Boyd; and the Philadelphia Marathon, and Richmond Marathons each had a large contingent of Striders. Surprising even the veterans of our club was the participation of club members in this years JFK 50 Mile Run. We had 44 members participate, including first time ultramarathoner and 1st place age group winner, Maria Shields.

Under the leadership of Kathy Carney, the STREAK is better than ever with a new look, fresh articles, and lots of outstanding running photos contributed by Jon Valentine. Membership Director, Lynn Hopkins, has added new membership and membership renewal via the internet; and revamped the Membership Card to include a handy Change of Address form on one side and Strider Race Schedule on the other side.

In 2002 we will continue using our **Membership, Publicity, and Volunteer Teams** to find and implement new ways of improving services to our membership. We have already started improvements to our web page including race results archives, link to merchandise vendors (with the club receiving a percentage of all purchases), and easier drop-down information. **The Publicity Team, led by Mike Smith, (with Mike Cunningham, Web Chamberlain, Ashley Halsey, Mark Rosasco, Yvonne Aasen, Lisa Murphy)** has identified 48 local fitness centers and spas that will receive copies of the Streak for their clients. This team is also looking at ways to enhance our club identity; possibly through a standard club "uniform" and colors. **The Membership team, which is led by Sharon Serio, (with Ken Lyons, Donna Cogle, Penny Goldstein, Cathy Hanson, Margie Boyd, Mary Lang, Lynn Hopkins)** will focus on following up with members whose membership has lapsed and to find what type of services would interest them. Next they will identify ways to get more exposure for our club and our programs. The team has also identified a tool that we can survey our membership on what you would like us to keep doing, things you would like us to stop doing, and things you would like the club to start doing. Look for it coming your way

soon! **The Volunteer Team, led by Tom Bradford (with Al Stott, Phil Irish, Susan Zevin, Arnie Henderson, Sean Sweeney),** is looking at ways to expand our volunteer base through incentives and recognition.

These teams will be working throughout the year and are one more way for each of you to let your ideas and concerns be known. I challenge each of you to contact one of the above team members -or- one of the Directors -or- use our web site to submit an idea or observation to improve our club.

I can't promise that every idea or observation will be carried out, but the willingness of the submitter to contribute to the "sweat equity" necessary will go a long way. With that in mind, I leave you with a little humor:

An old man, a boy and a donkey were going to town. The boy rode on the donkey and the old man walked. As they went along they passed some older people who had been around a long time who remarked it was a shame the old man was walking and the boy was riding. The man and boy thought these people were older and wise and maybe these critics were right, so they changed positions.

Later, they passed some young professional people that remarked, What a shame, he makes that little boy walk. They then decided these successful people surely knew what they were talking about so they both would walk.

Soon they passed a small group of outspoken people who thought they were stupid to walk when they had a decent donkey to ride. So, they heeded the outcries of disdain and both rode the donkey.

Now they passed some people that shamed them by saying how awful to put such a load on a poor donkey. The boy and man said they were probably right, so they decided to lead the donkey. As they crossed the bridge, they lost their grip on the animal and he ran off.

The moral of the story? If you try to please everyone, you might as well kiss your ass good-bye.

Reminder: If you have an email address and have not been getting your Strider Stuff email news updates, send it to me at lynnron@erols.com or our web site at astriders@hotmail.com. Our membership is 1300; 300 of which are family members, so 1,000 are head-of-households that are on our bimonthly Streak mailist. We have 610 members, or 61%, on our mailist for receiving quick breaking local running news.

Stay Safe Out There My Friends;

—Ron



Maria Shields at the JFK 50



Downs Park 5-Miler: Still the Best Deal in Town

By Don Higdon, *Race Director*

Well, maybe not quite "in town", if you consider that Downs Park is about 19 miles from the center of Annapolis, but it's still in Anne Arundel County, and where would you rather go on a beautiful morning in Fall (even with a few sprinkles this year)? The drive out Route 100 and Mountain Road is certainly worth it for the best local race deal in the area.

If you only considered the free collector's item T-shirt that goes to all registrants, the \$5.00 race day entry fee would certainly be worth the trip by itself (pre-registration for Annapolis Striders still gets you in for only three bucks). But there's so much more. Where, in any direction, can you find a flat 5-mile race run through quiet woods in peak fall color, past waterfront settings with the sun rising over the Chesapeake Bay (ex-

cept when in rains), in otherwise perfect weather conditions (guaranteed by the race director) with support from a group of friendly volunteers whose only concern is that you have a nice day? And then dine on a sumptuous gourmet cuisine of bananas, bagels, cookies, and water imported from the city of Annapolis ... What? -- even more?

A pre-race 1-mile fun run with anything allowed: headsets, baby joggers, scooters, and dogs on leashes. And, if you're under six (years), a parking lot Tot Trot recently rated by Runners World as one of the sixteen best on the entire east coast.

This year's 13th annual Hogneck Scamper (the name on the T-shirt and award plaques because that was the race's original name, and still held sacred by those who continue to put the race on) went off again

as described above: unusually warm, a few sprinkles ... perfect! Some participants said they remembered weather conditions from past Scampers not quite matching the race director's guarantee, but everyone agreed that this year's race was hard to beat. The sponsor of the race, Annapolis Department of Recreation and Parks, invites you to come out next year on the first Saturday in November and check out the best deal in town.

Special thanks to the tireless volunteers: Mike Busch (Recs and Parks), Kathy Higdon, Helen Laird, Marie Friedland, Melissa Currence, Will Myers, Charlie Muskin, Gary Sewell, Tom Clowes, Michael Bergeson, Al Stott, and the staff of Downs Park.

Downs Park Results

Place	Last Name	First Name	Time	Age	M/F	Awards
1	Young	Ron	28:04	21	M	1st Overall: Men
2	Degenhardt	Sheldon	29:55	36	M	2nd Overall: Men
3	Rosasco	Mark	30:21	42	M	
4	Alcombright	Josh	30:54	27	M	1st 25-29: Men
5	Kersey	Richard	30:56	50	M	1st 50-54: Men
6	Biddle	Bob	31:19	42	M	2nd 40-44: Men
7	Rabin	Jeff	31:23	46	M	1st 45-49: Men
8	Keating	Bob	31:25	41	M	
9	Hulse	Andrew	32:13	36	M	1st 35-39: Men
10	Daubert	Chris	32:47	31	M	1st 30-34: Men
11	Rogers	Spark	32:51	47	M	2nd 45-49: Men
12	Rosasco	Carole	33:27	42	F	1st Overall - Women
13	Erbe	Matt	33:42	28	M	2nd 25-29: Men
14	Clulow	Greg	33:45	42	M	
15	DeLa Paz	Alex	34:21	13	M	1st 10-15: Men
16	Bolt	Ron	34:24	60	M	1st 60-64: Men
17	Riley	Chris	34:31	57	M	1st 55-59: Men
18	Evans	Brandon	34:50	18	M	1st 15-19: Men
19	Winkler	Greg	35:00	53	M	2nd 50-54: Men
20	McClanathan	Jeffrey	35:03	36	M	2nd 35-39: Men
21	Roblyer	Giles	35:07	27	M	
22	Richardson	Larry	35:13	47	M	
23	Richwine	Gary	35:25	52	M	
24	Weitz	Allison	35:27	22	F	2nd Overall: Women
25	Hopkins	Jeff	35:28	32	M	2nd 30-34: Men
26	Puglisi	Larry	35:37	47	M	
27	Truth	Matthew	35:41	42	M	
28	Rottler	Alec	35:52	30	M	
29	Somers	Ray	35:53	50	M	
30	Skowran	Kieth	35:59	40	M	
31	Field	Geoff	36:57	58	M	2nd 55-59: Men
32	Hough	Grace	37:00	52	F	1st 50-54: Women
33	Cawood	Bob	37:02	33	M	
34	Deaton	Jim	37:03	37	M	
35	Roper	Scott	37:05	47	M	
36	Henderson	Clint	37:06	45	M	
37	Newell	Vianne	37:18	36	F	1st 35-39: Women

38	Braithwaite	Phillip	37:19	45	M	
39	Schmidt	Steve	37:33	45	M	
40	West	David	37:44	41	M	
41	Gross	Whitey	37:50	62	M	2nd 60-64: Men
42	Chaisson	David	37:51	37	M	
43	Mima	John	37:52	33	M	
44	Vigrass	Brian	37:56	67	M	
45	Woodcock	Jim	37:57	58	M	
46	Durham	Diane	38:05	41	F	1st 40-44: Women
47	Lang	Mary	38:10	47	F	1st 45-49: Women
48	McGrath	Mike	38:15	40	M	
49	Burash	Bob	38:20	54	M	
50	McGrath	Al	38:31	42	M	
51	Davis	Barry	38:42	38	M	
52	Bullard	Harmon	38:47	55	M	
53	Meyer	Jon	38:49	54	M	
54	Henderson	Arnie	38:53	65	M	1st 65-69: Men
55	Perkins	Carl	39:04	51	M	
56	Johnson	James	39:30	38	M	
57	Edwards	Robert	39:48	54	M	
58	Newell	Ian	39:50	10	M	2nd 10-15: Men
59	Engelhardt	Walter	40:01	44	M	
60	Engelhardt	Chris	40:04	15	M	2nd 15-19: Men
61	Bowman	Ron	40:06	51	M	
62	Chamberlin	Web	40:10	70	M	2nd 65-69: Men
63	Wirth	Katie	40:15	23	F	1st 20-24: Women
64	Brittingham	Keith	40:21	35	M	
65	Kennedy	Donna	40:34	31	F	1st 30-34: Women
66	Aloyousa	Moise	40:42	37	M	
67	Watkins	Jeff	41:02	54	M	
68	Van Wagoner	David	41:08			
69	Spiegel	Cecile	41:20	46	F	2nd 45-49: Women
70	Traxler	Ann	41:25	38	F	2nd 35-39: Women
71	Truth	Laura	42:19	43	F	2nd 40-44: Women
72	Friedland	Bruce	42:22	46	M	
73	Kennedy	Don	42:28	54	M	
74	Parker	Steve	42:57	44	M	
75	Morgan	Steve	43:00	42	M	
76	Reese	Jay	43:07	45	M	
77	Brunet	Christine	43:12	48	F	
78	Mima	Regina	43:14	33	F	2nd 30-34: Women
79	Karnegis	DoreAnne	43:31	33	F	

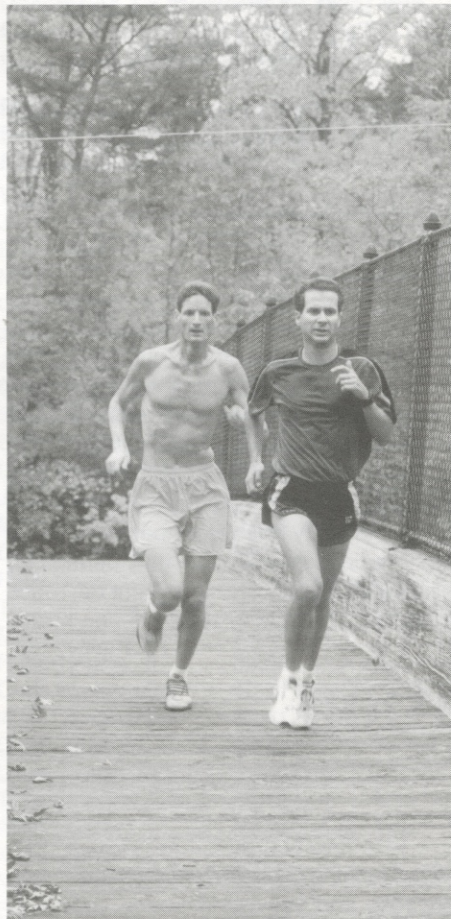
80	Murphy	Lisa	43:35	40	F	
81	Cawood	Ben	43:36	26	M	
82	Ciurca	Michael	43:57	55	M	
83	Hicks	Patricia	44:12	26	F	1st 25-29: Women
84	Southard	Steve	44:16	43	M	
85	Painter	Patrick	44:18	53	M	
86	Woods	Bill	44:23	50	M	
87	Diggs	David	44:35	40	M	
88	Hulse	Barbara	44:46	34	F	
89	Cylford	Jean	44:50	46	F	
90	Myers	TJ	44:51	11	M	
91	Goldsmith	Tom	44:52	39	M	
92	Simpson	Linda	45:00	59	F	1st 55-59: Women
93	Watts	Roberta	45:25	39	F	
94	Strumsky	John	45:29	61	M	
95	Konyar	Jeff	45:32	48	M	
96	Goodman	Rae Jean	45:34	53	F	2nd 50-54: Women
97	Zoller	Diane	45:37	51	F	
98	Edwards-Rich	Cathy	45:40	39	F	
99	Edwards	Jen	45:41	25	F	2nd 24-29: Women
100	Orndorff	Rick	45:54	46	M	
101	Haseltine	Reggie	46:03	51	M	
102	Leventhal	Nathan	46:40	50	M	
103	Williams	Andrea	47:59	23	F	2nd 20-24: Women
104	Wirth	Irene	48:08	49	F	
105	Carney	Kim	48:41	39	F	
106	Jonas	Jamie	48:42	40	F	
107	Williams	Jim	48:58	51	M	
108	Aasen	Yvonne	49:34	70	F	1st 65-70: Women
109	Wycheley	Alan	51:08	59	M	
110	Kuznicki	Kristine	53:48	40	F	
111	Ryznar	Ed	53:50	59	M	
112	Ashburn	Linda	54:07	47	F	
113	Hausman	Michelle	54:23	29	F	
114	Kobayashi	Yuki	57:13	68	F	2nd 65-70: Women
115	Collins	Charlotte	58:41	49	F	
116	Polner	Kathy	61:10	44	F	
117	Tudor	Kim	61:07			
118	Braithwaite	Brenda	61:08	70	F	
119	Arbor	Allison	62:12	52	F	
120	Mitrocak	Michael	63:05	62	M	



Chris Riley greeted by smiling volunteers.



A look at the clubs future runners



Mark Rosasco and competition on the bridge



Dan Young, 1st male overall



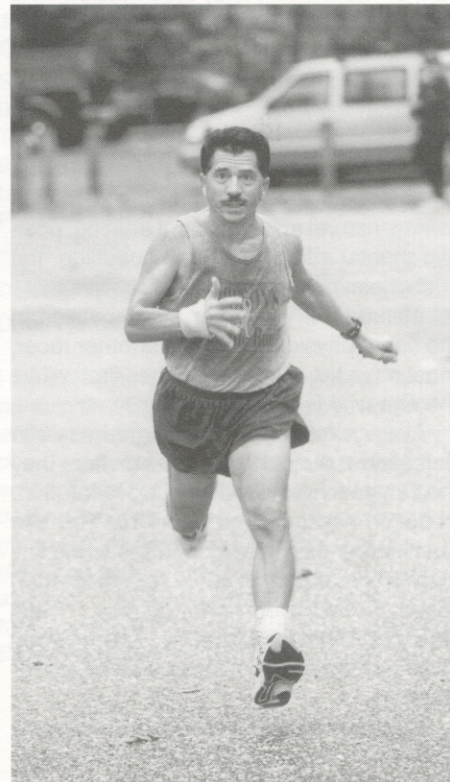
Carole Rosasco, 1st female overall



Club President, Ron Bowman



Mary Lang



One giant leap to the finish

The Importance of Even Pacing for Top Performance

By Stephen Seiler, PhD,
Exercise Physiology

If you want to get the best possible gas mileage while driving your car on the highway, you set the car on "cruise control". This serves to minimize accelerations and decelerations of the car. Accelerating a mass is more energetically costly than maintaining the velocity of the mass. So, in the car we try to maintain constant speed. In endurance events, this same "constant velocity" strategy plays a role in achieving peak performance. But there is also another reason. Unlike the car, as we increase power output, our fuel demands not only increase quantitatively but change qualitatively. We already know that as physiological power

output increases above the lactate threshold intensity, blood lactate production increases non-linearly. So, a brief period of high intensity effort elicits a substantial physiological cost, the accumulation of protons (acid), which tends to inhibit muscular force production. During a training effort, excess acidity accumulated during a short burst up a hill cannot be eliminated without a substantial pace reduction on the flat. However, this is not the case during a limit effort. An early misuse of pace results in lactic acid accumulation that cannot be eliminated without a subsequent decrease in speed. The loss in speed during recov-

ery, or fatigue, exceeds the gain in speed during the intensity burst. It has been suggested that for each second gained by going under optimal pace in the first half of a race, 2 seconds are lost on the backside due to premature fatigue. Of course, at the same time, even pacing does not mean sub-maximal effort! It means precisely distributing your effort over the distance of the race! Fitness alone is not enough to accomplish this. We must have a keen sense of how our body should and will feel throughout the effort, a sense that takes practice.

Mental Preparation for Racing

Mental preparation is perhaps the most neglected factor in racing. Many runners set racing goals and prepare themselves physically to meet them. They reach the starting line in superb condition, but something happens before they finish. These runners don't reach their athletic potential because they only train themselves physically and don't prepare mentally. When a dozen elite marathon runners were asked what percentage of their success was due to one of the following: natural ability, diligent training, positive mental attitude or good coaching, the overwhelming response was "positive mental attitude." If you enter a competition in the same physical shape as another racer, most often the one who finishes first will be the one who is stronger mentally.

Average runners are concerned less with defeating the clock, but nevertheless they too can gain from good mental preparation. In speed sessions you learn that you can push harder than imagined. Transferring this knowledge and confidence to a race often results in improved performances. **These runners didn't get better, rather they didn't underperform from lack of confidence.**

To win-whatever "winning" means to you (finishing a race, a modest PR)-it is essential to develop a winning attitude and a positive self-image. As you reach your person-

alized running goals, success will build upon success and you will increase your self-confidence. It takes a hungry person to be a champion. Although the true champions don't let it show, they are on ego trips. The ego satisfaction they get from winning makes the necessary hours of effort worthwhile.

Long training runs and consistent mileage build confidence. Increasingly faster times during speed workouts and buildup races also contribute to your physical and mental confidence. **On race day, concentrate on your own personal feelings, rather than on how good some of the other runners look.** Pump yourself up with a spirited pep talk.

If by some chance you have a bad race, don't panic. We are entitled to a few disappointments. Figure out the likely causes: too hot, started too fast, too hilly, coming off an illness. Write it off and forget about it. Concentrate on a previous good race and how you will do well in your next race.

Finally, feel proud of yourself as a runner. You are an athlete. Don't compare yourself to the skinny, fast guys and feel sub-standard. The runners in front of you don't beat you, they are running a different race. You will win your race!

Article taken from "*The New Competitive Runner's Handbook*", by Bob Glover

Annapolis Striders Approved By-Laws Changes:

The Board of Directors have approved the following amendments to the By-Laws which: 1) give the Board the discretion to allow a Board member hold two positions concurrently for a specified period of time, and 2) includes the B&A Marathon/Half Marathon as a major race and adds the Race Director to the Executive Committee. (changes made in *italics*)

"Article VIII. Section 2. Composition. The officers of this organization, the Director of the Annapolis Ten Mile Run, *the Director of the B&A Marathon/Half-Marathon*, and the Director of the Governor's Bay Bridge Run shall constitute the Board of Directors. *A member of the Board shall be eligible to fill more than one position concurrently, with the approval of the Board of Directors. The duration will be set by the Board of Directors, and shall not exceed twelve (12) months.*"

Section 4. Executive Committee - Executive Committee. The President, the Vice-Presidents, the Treasurer, the Director of the Annapolis Ten Mile Run, *the Director of the B&A Marathon/Half-Marathon* and the Director of the Governor's Bay Bridge run, shall constitute the Executive Committee of the Board of Directors.

The Executive Committee may meet formally or informally between the monthly meetings of the Board of Directors. The Executive Committee shall ensure that the operations of the organization are being carried out in an expeditious manner, shall supervise the implementation of the policies adopted by the Board, shall review the agenda for the succeeding meeting of the Board, and shall fulfill any other directions given to it by the Board. At the succeeding Board meeting, the Executive Committee shall report any action it has undertaken since the preceding Board meeting."

My Recipe for a 50 Mile Run

By Laura Falsone

1 Training Plan

1+ Running partners

1 Long run/race 3-4 weeks out

Racing gear - shoes, shirt, tights, etc.

Race strategy

Directions: Follow training plan - run long runs, cross-train, hydrate and rest. Plan runs and races with training partners, run Baltimore Marathon as hard long run and taper. Double check race gear before leaving for race (so you don't forget the important things...like your shoes, right Eric?). Start with running partners and run easy up first 3 miles to Appalachian Trail to avoid crowds. Run easy through mountains and watch feet so you don't fall! Maintain on long C&O Canal Towpath, following an 8:2 run/walk pattern and relax during the last 8 miles on the roads. Walk hills, and run as much of the rest as you can. Finish around 10 hours. HAVE FUN!

That was the plan. The recipe. Sort of like cooking a new dish, or one you haven't tried in a long time. Some people approach cooking by following the recipe to the letter, assembling all the ingredients, measuring and adding the correct amounts, and cooking at the right temperatures. Others tend to wing it, using the recipe as a guide and improvising as they go, using the ingredients they have and replacing or omitting those they don't have. I fall into the latter category, and though it sometimes drives my husband crazy, I can produce some pretty tasty meals that certainly disappear quickly!

Planning for and running a long race can be similar. Some runners devise a plan and are very good at sticking to it even allowing for the uncertainties of weather, injuries and mental state. Others (like me) often have a plan, but it's a fluid one, changing with the demands of family, work, and mental state. I had a plan for JFK, but it didn't quite work out the way I expected.

I did the long runs, or most of them anyway. I can only fit in 3 runs a week and so all my runs are long runs of 10-20 miles. I do a lot of cross-training in the form of yoga and spinning and hope that that makes up for some of the lost time out on the roads. I try to drink enough water but somehow my kids always have the water bottles. Mine

gets forgotten. And sleep is definitely something I need more of. I have some wonderful running partners and was looking forward to running with them, but I lost Neal about 5 minutes into the race, and never saw him again. Suzie, Dana and I were planning to run up the steep first 3 miles, but after a 4 year layoff from this race I got a little scared halfway up the hill and decided to conserve my energy by power-walking. I lost Suzie and Dana and didn't see them again until mile 30-something.

There went the first part of the plan, a trend that continued throughout the day. For those of you not familiar with the race, JFK can be broken down into 3 different segments: a 16 mile, hilly and rocky section along the Appalachian Trail; a 26 mile section along the C&O Canal Towpath that varies little in elevation, scenery or muscles used; and an 8 mile stretch along rolling country roads to the finish. For me, each section involves a different mental strategy and outlook. I enjoy the trail portion of the race the most, and have the most fun here, running, hopping, sliding, skipping, sometimes almost falling and trying occasionally to sneak peaks of the spectacular scenery as we pass it by. After a heart-pounding decent on steep switchbacks, the towpath portion feels easy on the legs because the surface is soft, but it's tough on the mind. It's a marathon-length stretch of unvarying, mind-numbing sameness that can seem unending. I usually play the most mental games here, breaking the race into smaller and smaller segments so that I only have to concentrate on running the next 8 minutes instead of the next 30 miles. The last 8 miles are on rolling hills, which would seem fairly effortless on an everyday run, however the smallest hill can become the best excuse for walking after 42, 44, or 46 miles. Every step gets you closer to the finish though, and that's enough to keep me going, even when my legs are ready to stop.

Instead of taking it easy as I had planned, I pushed a bit more than I expected through the mountains. I was having a great time and I felt good. The trail was rockier than I remembered, and I had quite a few near misses as I danced around, over and through the rocks. At times it felt like running through a minefield and we all slowed

to almost a walk, picking our way along until we could run again. I only took my eyes off my feet for a moment (really, that's all it took!), to glance at a shed the man in front of me mentioned, and next thing I knew I was skidding to a stop face first into the dust and the leaves. He turned around to look at me and then he was down as well, as we created a small traffic jam on the trail behind us. Luckily we found the only spot in 12 miles of trail where there were no rocks, so we survived with no blood, no injuries and some sheepish grins.

My run on the towpath was uneventful, which is a good thing I think. The best parts were seeing the faces of Jason, Tim and Marge (Tim's dog) at the water stops. I didn't really need anything from them but knowing they were always up ahead was added incentive to keep moving. I finally caught up to Suzie and Dana and we played hopscotch the last few miles along the canal and up onto the road. To me, the biggest difference in running an ultra (besides the obvious increase in distance) is that I never feel like the bottom falls completely out like it can in a marathon. When I started to feel bad on the towpath, I ran 4 minutes and walked 1 til my mind could handle 8 minutes again. And somehow (well, Advil and Succeed caplets probably had a lot to do with this), when I hit the roads I started to feel better, in fact, I started to feel pretty good.

Remember the recipe? The one that said 'relax' on the last stretch? Gone. Forgotten.

Remember the 10 hour time goal? Nope, not any more. I was under that by quite a bit and I started to think about finishing in 9:20. As the miles passed, I started to think about 9:15, something I never would have considered at any time before. It's funny, the power of the mind. I know my legs if left to themselves would not have felt like pushing, but push I did. It was hard but I walked and I ran and I just kept moving, and somehow I finished, 9 hours and 14 minutes after I started.

So there you have it. Not exactly by the book, or according to the recipe, but if you're having a good day, who cares about the recipe?



Old Turkey 10K

By Chris Riley, *Race Director*

This race is aimed at those runners that still have a need to run after a weekend of turkey, and as usual it was a low key, fun-focused affair. The rules are simple. Each runner is assigned a handicap that is based on age and gender, and this handicap (ranging up to about 15 minutes) is the clock time that the runner leaves the starting line. This year, Yvonne Aason was the lead runner, with about 4 minutes lead over the next runner. Yvonne is a regular at the race, and enjoys her time at the front of the pack until the younger runners catch her. It wasn't long before 57-year old Patrick Griffith reached the front of the pack - his combination of natural talent (he ran a 37:46) and age handicap proved unbeatable for

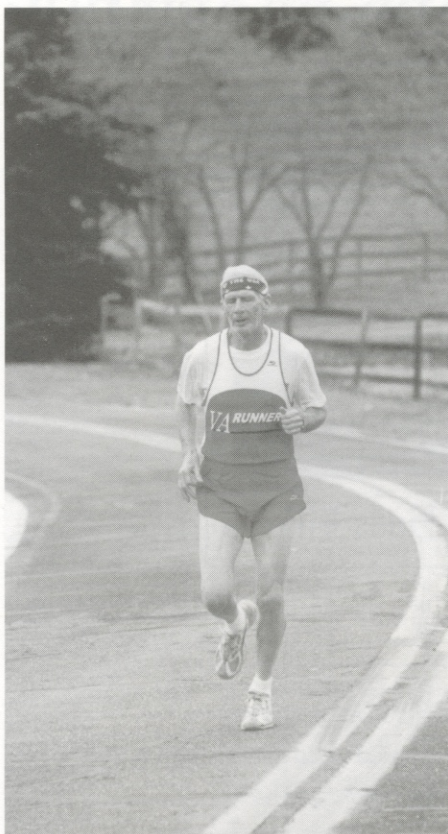
the rest of the field. Ted Poulos was close on his heels, but the 20-year age handicap he had compared to Patrick was too much to overcome. Strider Kristen Till was third and the first female with a time of 37:03. Perhaps, the other time to note was 14-year old Andrew Madison who finished tenth overall with a time of 42:50.

I am indebted to Brad Chapman for handling the lion's share of the race preparations, while I was working out of state. And, of course Brad and I are very grateful for the efforts of the volunteers who made the race a success. If you want a fun run next year, why not give the Old Turkey a try?

Old Turkey Results

PL NAME	AGE	SEX	CLOCK TIME	HANDICAP	RACE TIME
1 Patrick Griffith	57	M	46.37	8.51	37.46
2 Ted Poulos	39	M	47.45	13.8	34.37
3 Kristen Till	32	F	47.51	10.48	37.3
4 Ron Bolt	60	M	51.55	7.58	43.57
5 Henry Fuhrman	43	M	51.30	12.14	39.16
6 Don Singer	66	M	53.35	5.54	47.41
7 Drew Hulse	36	M	53.36	13.37	39.59
8 Dave Walser	43	M	54.4	12.14	41.50
9 Alison Suckling	46	F	54.28	7.53	46.35
10 Andrew Madison	14	M	54.57	12.7	42.50
11 Greg Clulaw	42	M	55.2	12.27	42.35
12 Maureen Shackelford	40	F	55.50	9.30	46.20
13 Kurt Kuhn	48	F	55.54	7.18	48.36
14 Maria Shields	50	F	55.57	6.41	49.16
15 Dana Dobbs	36	M	56.21	13.37	42.44
16 Jon Palks	52	M	56.35	10.11	46.24
17 Marc Mallonee	32	M	56.51	13.45	43.6
18 Kathy Dobbs	35	F	57.22	10.43	46.39
19 Doug Nichols	48	M	57.50	11.9	46.41
20 Yvonne Aasen	70	F	57.53	-2.0	59.53
21 Eric Karandy	43	M	57.56	12.14	45.42
22 Don Hensley	38	M	58.1	13.14	44.47
23 Samuel Mesile	43	M	58.13	12.14	45.59
24 Tammy Avery	30	F	58.17	10.48	47.29
25 Peter Blank	47	M	58.58	11.22	47.36
26 Mary Ellen Mason	46	F	59.3	7.53	51.10
27 Steve Morris	35	M	59.6	13.45	45.21
28 Tamara Mazzola	41	F	59.12	9.15	49.57
29 Patty Snodgrass	47	F	59.18	7.36	51.42
30 Claude DiGiovine	42	M	60.4	12.27	47.37
31 Robert Edwards	54	M	60.18	9.40	50.38
32 Christine Johnson	39	F	60.41	9.45	50.56
33 Cecile Spiegel	46	F	60.51	7.53	52.58

34 Frank Adams	53	M	61.15	9.56	51.19
35 Michael Kuhn	39	M	61.18	13.3	48.15
36 Keith Bowden	46	M	61.26	11.37	49.49
37 James Poone	46	M	61.40	11.37	50.3
38 Peter Salmon-Cox	62	M	62.4	7.19	54.45
39 Unknown			62.15		62.15
40 Jimmy Dulay	25	M	62.54	13.45	49.9
41 Carolyn McGlynn	37	F	63.1	10.15	52.46
42 Peter D'Alessandro	42	M	63.6	12.27	50.39
43 Unknown				63.13	63.13
44 David Walser	20	M	63.52	12.14	51.38
45 Denise Nenichka	25	F	63.53	10.48	53.5
46 Bob Cawood	33	M	64.4	13.45	50.19
47 Tina Ritsco	28	F	64.33	10.48	53.45
48 Linda Simpson	59	F	64.34	3.30	61.4
49 Christine Brugnot	49	F	64.38	7.0	57.38
50 Martha Karandy	40	F	64.45	9.30	55.15
51 Linda Kirk	46	F	64.45	7.53	56.52
52 Julie Olson	44	F	65.0	8.27	46.33
53 Will Scott	51	M	65.28	10.26	55.2
54 Karen Nadherny	36	F	66.6	10.29	55.37
55 Sekou Jones	29	M	66.38	13.45	52.53
56 Neal Hinkle	64	M	66.45	6.38	60.7
57 Ben Cawood	26	M	68.51	13.45	55.6
58 Steve Krigas	29	M	67.0	13.45	53.15
59 Stephen Parker	44	M	67.50	12.2	55.48
60 Steve Southland	43	M	68.39	12.14	56.25
61 Bill Woods	50	M	69.20	10.41	58.39
62 John Winkert	45	M	69.42	11.49	57.53
63 Linda Smith	38	F	69.46	10.0	59.46
64 Karen Tupika	31	F	71.11	10.48	60.23
65 Reggie Hasletine	51	M	71.28	10.26	61.2
66 Alan Wycherley	59	M	71.31	8.16	63.15
67 Ray Campbell	69	M	71.43	4.42	67.1
68 Unknown				78.3	78.3
69 Mary Beavers	54	F	78.16	5.22	72.54
70 Donna Fabian	52	F	7		



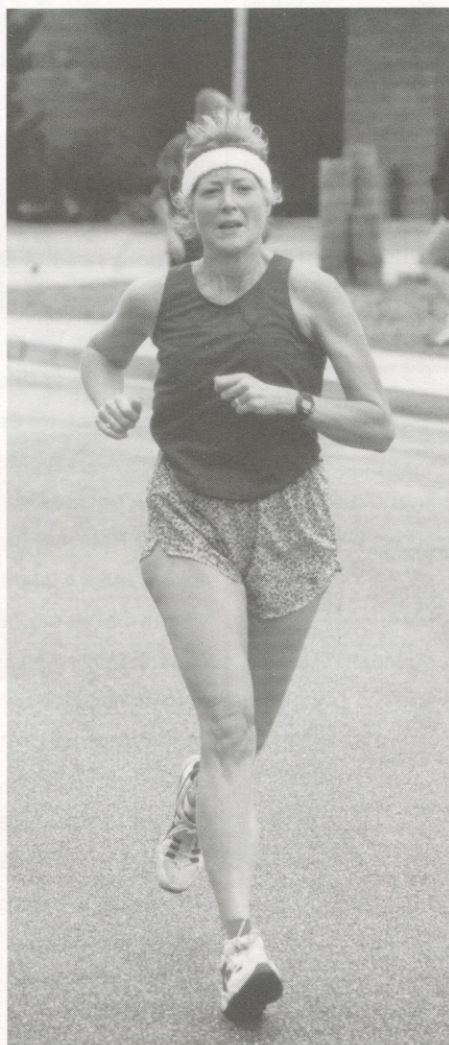
Patrick Griffith, Overall winner



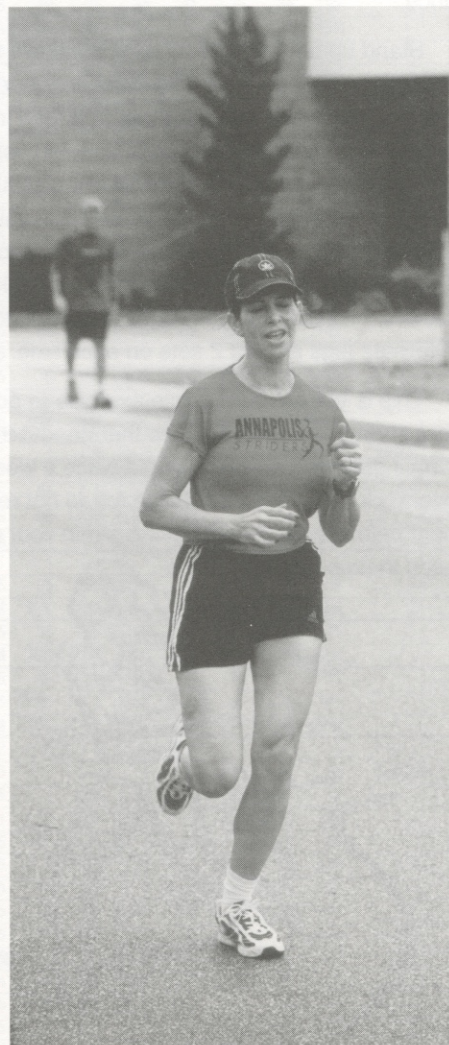
Starting line calisthenics



Kristin Till, 1st female



Patty Snodgrass



Tammy Mazzola

Strength Move of the Month

By Margie Boyd, *Board Certified Personal Trainer*

Resting Lunge

Now that the holidays are well behind us, I'm certain that everyone has put his or her new fitness plans into motion. I've chosen a lunge for this issue's move, as it's generally the exercise I do most (for my lower body) when I'm not running. There are many different types of lunges and they all work the same areas. When you go into your lunge you can generally feel the muscles that you are working. This includes your quadriceps, hamstrings and your gluteals. The lunge I am speaking of requires either a straight bar (with or without weights on it), 2-free weights (8-10 lbs.) or if don't have any weights, simply hold your hands by your sides for balance.

Stand up straight with your abdominals tightened, arms hanging by your sides (or holding dumbbells) or resting the bar on the back of your neck with both feet together. Inhale and take a large step forward with your right leg, keeping your arms by your sides. Bend both knees so your right knee is directly over your right ankle and your left knee points to the floor with your heel lifted. Your right thigh should be parallel to the floor. Bounce very lightly in place about 10 to 12 times, not allowing your left knee to touch the floor. Exhale, and push off your right toes back to the starting position. Alternate legs and do 2 sets on each side.

This is yet another simple exercise to add to your running mix that strengthens the muscles that need it the most for better running. I generally do these about twice a week. More than that can overwork those muscles. I also would not recommend doing them right before a race, as they can strain your muscles if you are not used to doing them.



STRIDER PROFILE



Linda Kirk

DOB: 11-11-55

Current Address: Riva

Occupation: RN, School Nurse at St. Mary's

Marital Status: Recently married to Ed Kirk on Sept.9, 2001

Children: 4- Michelle, Brian, Eddie and Katie

Pets: Cat named Carly

Favorite Non Running Magazine: Oprah's "O" Magazine

Favorite Movie: You've Got Mail

Last Book Read: *A Bend in the Road*, by Nicholas Sparks

Favorite Music: Soft Rock

Car you Drive: Volvo

Car you'd Like to Drive: A new one

Favorite Spectator Sport or Hobby: Tennis-I've been #1 on AACTA Women's Ladder since 1995.

Favorite Time of Day: Sunrise- I love those early morning runs!

Favorite Hero: My husband

Achievement you are most proud of: Running the Marine Corps Marathon

Years running: 13

Favorite Race: Chestertown, Falmouth Road Race and Michael Smith's New Years Day Race

Least Favorite Race: A Cross Country race at Mt. St. Joe's

Typical Training Week: Run 4 times a week, about 20 miles, and tennis 2-3 times a week.

Favorite place to run: Naval Academy and the Bay Bridge

Why do you run: For great aerobic exercise, mental health, and socializing with a great group of runners, the Striders!



BEGINNER'S LUCK!

23rd Anniversary 15K Run

by Don and Patty Snodgrass

It might have been the 23rd Anniversary Run for the Annapolis Striders but it was a first for us! Don and I were first time race directors for the Anniversary Run on Sunday, December 16, 2001. Beginner's luck was with us - not only did we have superb volunteer support and community support but the weather cooperated as well! Clear skies and not too hot - perfect for a 15K run. By start time, 208 runners had registered. Don sent everyone off with the warning that some of the mile markers might be a tad off.

Back in April or May when we agreed to be the race directors, December seemed like a long way off. We thought we had plenty of time to plan for this event. With that much time, the fact that we had not attended the race director training could certainly be overcome. We had no idea that October and November were going to be such short months this year and that December would arrive so quickly!

Once we got the ball rolling we did have some fun. We had decided to try something a little different with the awards and one of the highlights of race preparations was picking up the "something" that Trader Joe's assured us that they would provide. The huge baskets of Trader Joe goodies took us totally by surprise and really added to the fun of presenting the DPC (Determina-

tion, Perseverance and Courage) awards for the Final Male and Female Finishers. In addition to Trader Joe's, we received wonderful donations from Cantina D'Italia, T.G.I. Fridays, Romano's Macaroni Grill, Applebees, Chevy's, El Toro Bravo, Harbour Gifts, Still Ridge Herb Farm, National Running Center and Country Gardens. Please patronize these businesses as a thanks for adding to the fun of a Striders' event.

On a more personal note, Don and I want to thank all of the volunteers who helped us with this event. We learned just how many people it takes for one of our "smaller" events (especially how many monitors a course like this one takes)! So thank you to:

Sharon and Tom Bradford, Margie, Andrew, and Molly Boyd, Patrick Carney, Brad Chapman, Janice Fisher, Tom Frankhouser, Kathy Gibbons, Kathy Hanson, Artis and Arnie Henderson, Dick Hillman, Rose Malloy, Regina Miente, Betty and Ben Moore, Lee Patrick, June Schneider, Linda and Heather Simpson, Allison Wiseman, Al Stott, Jennifer and Colin Sullivan, Jim Sullivan, Cecile Spiegel, Sean Sweeney, Dan Symancyk, and Ashley Walser. Our apologies if we missed anyone.

Congratulations to all the finishers. And who knows what next year will bring? Perhaps a change in the course?

Anniversary Results

1. David Webster	48	56:40
2. Paul Walters	31	56:47
3. Matt Mace	41	57:40
4. Mark Rosasco	42	58:23
5. Chris Sinclair	34	58:41
6. Tom Clowes	34	59:24
7. Paul Serra	45	60:31
8. Andrew Hulse	36	60:41
9. Eric Schrader	37	61:02
10. Robert Bigelow	34	61:35
11. Eric Peltosalo	52	61:40
12. Dana Dobbs	36	62:18
13. Henry Fuhrman	43	62:41
14. Hal Gilreath	39	62:49
15. Dave Walser	43	63:17
16. Carole Rosasco	42	63:20 F
17. Eric Hargis	47	63:26
18. Dave Booth	33	63:34
19. Greg Gendell	31	63:39
20. Tim Wehrkamp	55	63:51
21. David Starnes	31	64:37
22. Jill Hargis	41	65:05 F
23. Bernard Ortega	17	65:08
24. Jim Sackett	42	65:18
25. Bill Dougherty	36	65:32
26. Margaret Starnes	47	65:47 F

27. Dave Bruce	41	65:54
28. Jennifer Sullivan	36	66:26 F
29. Kurt Kuhn	48	66:30
30. Karl Kunz	55	66:32
31. Greg Clulow	43	66:32
32. Brandon Thompson	18	66:36
33. Anthony Sykes	38	67:37
34. David Walser	20	67:53
35. Tim Benningfield	40	68:14
36. Brandon Evans	18	68:17
37. Art Morey	64	68:21
38. Michael Bergeson	48	68:31
39. Gary Richwine	52	68:39
40. Jim Bitgoo	56	68:46
41. Morgan Wells	41	68:58
42. Bob Field	50	68:59
43. Joe Clorely	59	69:02
44. Michael Smith	45	69:05
45. Kevin Lynch	40	69:08
46. Ross Heisman	44	69:09
47. Joseph Bonavilla	25	69:28
48. Steve D'Antoni	34	69:44
49. Dave McCorqudale	57	69:45
50. Evan Beard	15	70:13
51. David Brault	50	70:36
52. Matthew Treuth	42	70:39
53. Katherine Carney	41	70:58 F
54. Ron Bolt	60	71:05

55. Melissa Barcomb	37	71:28 F
56. Don Singer	66	71:55
57. Chris Mairs	29	72:12
58. Larry Puglisi	47	72:20
59. Eric Karandy	43	72:21
60. David Barry	58	72:26
61. John Fay	54	72:42
62. Victoria Vasenden	37	72:58 F
63. Alison Suckling	46	73:07 F
64. Maria Shields	50	73:09 F
65. Ann Foster	51	73:14 F
66. Helen Laird	43	73:19 F
67. John Foster	51	73:19
68. Mairead O'Reilly	46	73:27 F
69. John Seybold	40	73:28
70. Bob Cawood	33	73:31
71. Brooks Sherman	51	73:32
72. Tammy Avery	30	73:40 F
73. Tim Carney	41	73:46
74. Gillian Conner	38	74:02
75. Michelle Lapides	35	74:02 F
76. Tom DeKornfeld	48	74:05
77. Maureen Rohrs	46	74:09 F
78. Patrick Cavanagh	36	74:20
79. Jim Woodcock	58	74:24
80. Rick Shea	51	74:28
81. Bill Peake	50	74:31
82. Steve Russell	45	74:34
83. Jim Todd	45	74:39
84. George Perkins	46	74:49
85. Maureen Tobin	38	74:58 F
86. Laura Falsone	38	75:13 F
87. Roger Kizer Ball	35	75:19
88. Brian Smith	18	75:40
89. Jim Kaufman	47	75:40
90. Derek Ammons	41	75:45
91. Lisa Schrader	46	75:47 F
92. Jim Narimatsu	40	76:00
93. George Lundskow	44	76:07
94. Dan Symancyk	54	76:37
95. Judy Gilbert	58	76:53 F
96. Robbie Leopold	43	77:05
97. Brev Moore	61	77:06
98. Jim Pilgrim	45	77:33
99. Gregory Hill	40	77:43
100. John Ragsdale	35	77:52
101. Wendy Rhodes	33	78:06 F
102. Ronald Hooker	39	78:13
103. Thanh Vo	38	78:32
104. Bill Derr	62	79:03
105. Ken Lyons	62	79:09
106. Ron Bowman	51	79:13
107. Jennifer Hulford	33	79:24 F
108. John Gallagher	52	79:36
109. Carolyn McGlynn	38	81:10 F
110. Mike Flick	49	81:11
111. Lynn Finnegan	41	81:19 F
112. George Sweger	62	81:20
113. Ralph McKinney	56	81:23
114. Mary Ellen Mason	46	81:24 F
115. Melissa Currence	46	81:34 F
116. Elizabeth Ogden	41	81:39 F
117. John Hall	31	82:04

results continued on page 13



Carole Rosasco, 1st women overall



Greeting from smiling Sue Zevin



Beautiful smile!



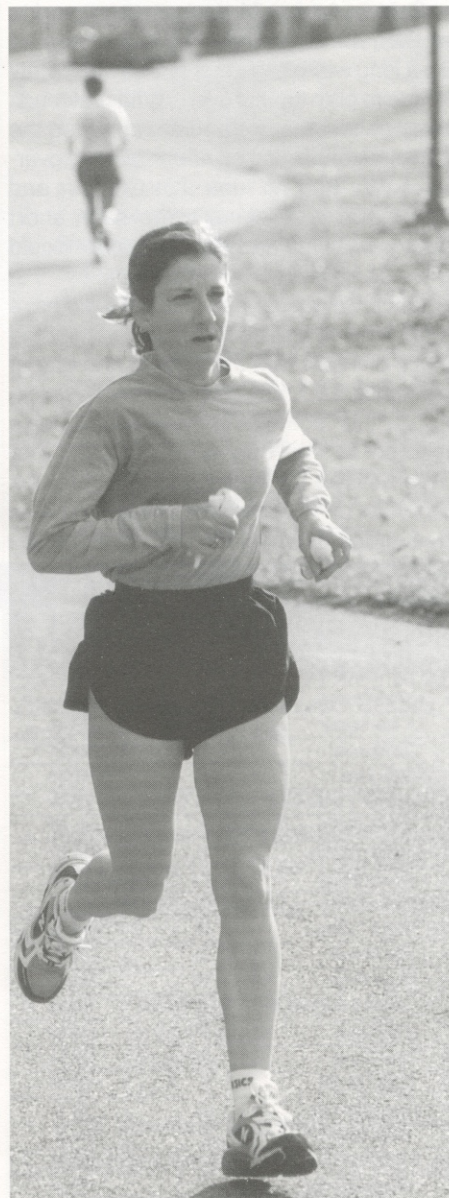
David Webster, 1st male overall



Strider Member and supporter Tom Bradford would agree..."the time clock stand—don't leave home without it!" he did.

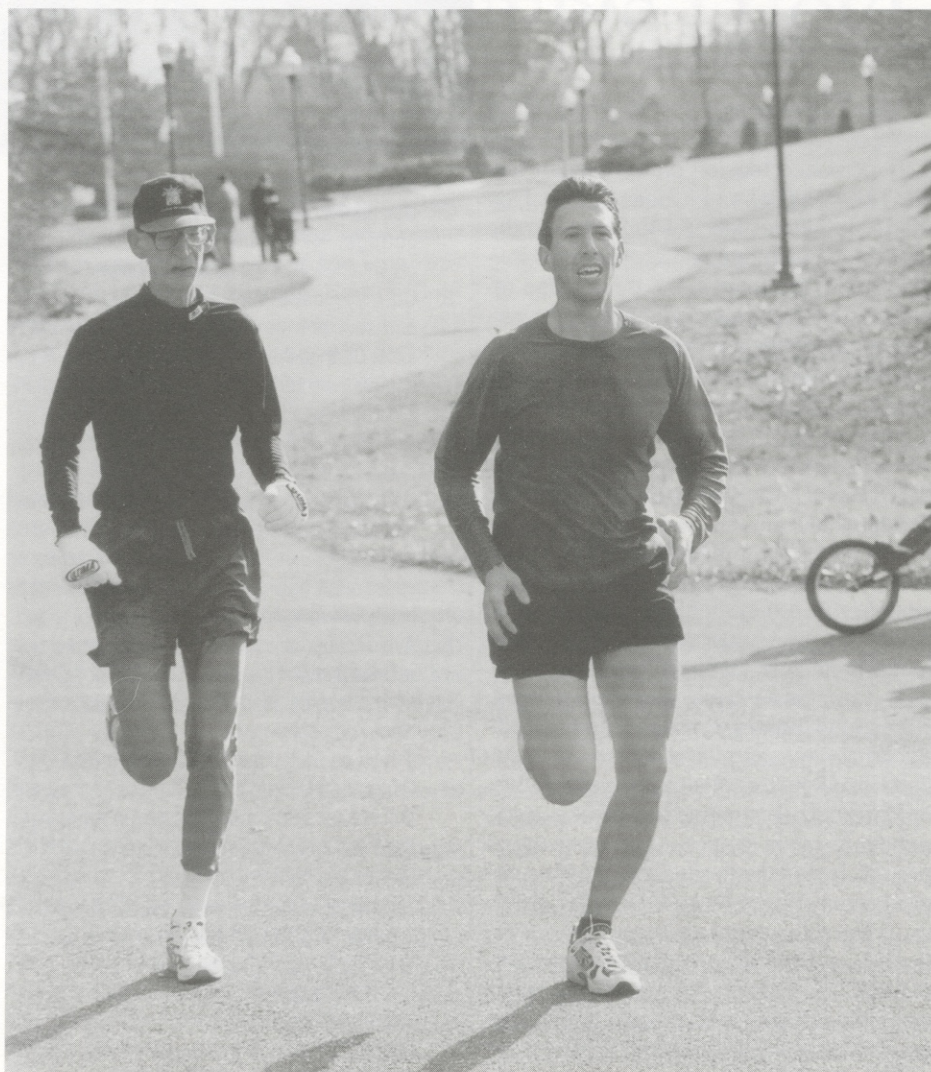


Who could resist water from Collin Sullivan



Jill Hargis, 2nd woman overall

Anniversary Run photos by Jon Valentine



In perfect unison...



Eric Schrader

continued from page 11

118.	Charlie Muskin	52	82:26
119.	Jim Etchison	49	82:34
120.	Keith Bowen	46	82:36
121.	Greg Motylensky	32	82:36
122.	Lee Shackelford	41	82:44
123.	Chris Beard	50	82:47
124.	Allen Veasey	61	83:04
125.	Thomas Frankhouser	51	83:14
126.	Steve Brady	44	83:19
127.	Peter Salmon-Cox	62	83:38
128.	Will Myers	52	83:46
129.	Kirby Steil	30	83:53 F
130.	Diane Dobak	42	83:57 F
131.	Sabrina Wilson	29	83:58 F
132.	Susie Flockart	31	83:58 F
133.	Susan Fu	40	84:00 F
134.	Jennifer Davis	40	84:01 F
135.	Robin Dawson	48	84:11 F
136.	Amy Sarver	29	84:34 F
137.	Patrick Sarver	37	84:35
138.	Charles Hammond	48	84:35
139.	Mike Long	46	84:35
140.	Kristen Galdieri	25	84:36 F
141.	Linda Kirk	46	85:00 F
142.	Ed Kirk	41	85:01
143.	Suri Patel	50	85:24
144.	Barbara Deuink	42	85:35 F

145.	Ron Jarashow	52	85:38
146.	Annebeth Bunker	30	85:42 F
147.	Rob Santin	35	85:42
148.	Sekai Chideya	28	86:02 F
149.	Chris Chisholm	28	86:19 F
150.	Steven Morgan	42	86:39
151.	Peter Gaffney	42	86:43
152.	Martha West	43	86:43 F
153.	Therese McAuliffe	40	87:38 F
154.	Joe Layton	53	87:40
155.	Don Higdon	59	87:42
156.	Wil Scott	51	87:46
157.	Sarah Bell	27	87:47 F
158.	Donald Kennedy	54	87:53
159.	Dianne Spellberg	37	87:55 F
160.	Gerard Fischer	43	87:56
161.	Tami Graf	65	88:00 F
162.	Richard Krummerick	49	88:14
163.	Lisa Koene	35	88:15 F
164.	William Rohrs	48	88:23
165.	Reggie Haseltine	51	89:03
166.	Susan Ford	39	89:06 F
167.	Chris Brown	46	89:17
168.	Lisa Murphy	40	89:22 F
169.	Carmen Rose	36	89:40 F
170.	Linda Scoggins	50	90:26 F
171.	Susan Zevin	52	90:32 F

172.	Theodore Stone	30	90:38
173.	James Spoo	55	90:39
174.	Pat Donahue	50	90:39
175.	Evan Thomas	60	90:40
176.	Erin Lord	36	91:23 F
177.	Christine Brungot	49	92:07 F
178.	Bill Law	73	92:19
179.	Donna Cogle	47	93:27 F
180.	Sandy Burton	54	93:45 F
181.	Ginger Andrews	37	94:06 F
182.	Neal Hinkle	64	94:51
183.	Brad Chapman	70	94:55
184.	Yvonne Aasen	70	95:54 F
185.	Lisa Smith	29	96:42 F
186.	Frank LoPinto	49	97:08
187.	Fred Shanklin	60	97:35
188.	Alan Wycherley	59	97:39
189.	Sharon Serio	55	98:05 F
190.	Tony Lawrence	44	98:37
191.	Jeff Jordan	42	99:02
192.	Bea Carson	42	1:40:53 F
193.	Bill Woods	50	1:44:38
194.	Janet Tzanakis	57	1:45:58 F
195.	Ilene Caroom	48	1:56:14 F
196.	Sarah Anderson	28	2:08:43 F

Plantar Fasciitis

By Dr. John L. Michie

Plantar Fasciitis is a potentially serious injury characterized by pain primarily at the plantar(bottom), medial(inner) calcaneus (heel) and running along the course of the medial band of the plantar fascia, sometimes as distal as the first metatarsal head(base of great toe). Examination reveals a point of deep tenderness at the anterior medial area of the calcaneus, the point of attachment of the plantar fascia. If one is developing plantar fasciitis, symptoms and signs may include pain over the sole of the foot, heel pain, swelling over the foot and/or ankle, gait or running alterations, loss of strength.

The plantar fascia is a thick band of fibrous tissue that arises from the medial and lateral heel and runs to the metatarsal heads where it connects. The plantar fascia provides extensive support to the arches of the foot.

Plantar Fasciitis is best classified as an overuse injury, where microtears and microruptures of the plantar fascia occur. The overuse injury usually occurs during walking and running, certain aerobics type classes or any weightbearing stop-start type of activity such as tennis, basketball, racquetball or lacrosse. These activities stretch the plantar fascia. The combination of stretching with an underlying biomechanical fault predisposes to the development of fasciitis.

Initial impact on the ground (heel strike) is 85% of body weight walking and 170% body weight jogging. There follows a second spike of vertical force to 100% walking and 250% jogging. Shear forces follow on the feet and plantar tissues are due to the angle of the body and the energy needed to propel the body forward. This shear force can be detrimental to the integrity of the plantar fascia. During the heel to toe phase in jogging, there is a mechanical stress on the plantar fascia due to the ankle dropping into pronation while the two ground points of contact(Heel and metatarsals) all create a resultant stretch on the fascia. This stretch can and frequently becomes injurious to the band of fascia. With excessive and prolonged activity with biomechanical faults, a bony prominence or spur may develop at the attachment site of the plantar fascia at the calcaneus(heel). This spur is the result of gradual calcification resulting from traction of the plantar fascia.

Overpronation is a foot fault where the ankle sort of drops downward and medially with increased tension on the plantar fascia. This condition predisposes the walker/runner to plantar fascia simply due to the persistent overstretching of the fascia during heel to toe movement. It may also regress to heel spurs, calcaneal bursitis, calcaneal periostitis and subluxation.

Another important factor in determining the diagnosis of plantar fasciitis is the presence of adequate dorsi-flexion(moving toe/ankle toward the body while stretching the calf). Lack of this motion and pain concludes the condition.

Finally, differential diagnosis should include weight bearing x-rays and blood work to rule out systemic arthritis. Treating plantar fasciitis is multifaceted. Fascial strapping with athletic tape is necessary to support the tissue thus allowing it heal. Ultrasound therapy, massage, and cross fiber friction massage to disperse any calcified adhesions, ice/ice massage, and biomechanical adjustments to the foot ankle to remove any joint restrictions or subluxations are all typically necessary. Casting for proper foot orthotics is necessary to not only treat but to prevent re-occurrence. Frequently, a night time foot splint is recommended to maintain tension on the fascia while the affected foot remains in 8-10 degrees of dorsiflexion while sleeping for 2-4 weeks will promote healing. Ankle and arch strengthening exercises using rubber tubing, range of motion of the foot and ankle, calf stretching and reduced weight bearing exercises during the acute phase are all necessary for proper resolution of this condition. In some cases where pronation is not the foot fault, raising the heel 1/4" with a heel lift/cup removes tension on the heel and releases tension on the fascia. In serious cases where conservative measures do not remit, injections of cortisone and lidocaine into the painful area are effective.

Plantar fasciitis is an insidious condition and may drastically alter a running season. It is good preventive medicine to use proper shoes, evaluate for pronation, stretch and ice after long runs and listen to the body's clues when microtraumas are accumulating before they become macrotraumas. Just as this condition is complex in its development, it can and sometimes becomes complex in its resolution so the sooner it is addressed, the easier it is managed.

Healthy Eating Tips

1. Eat as much raw food as possible.
2. Use nonfat or low-fat dairy products, like ricotta, cottage, or farmer's cheese, instead of cream cheese or full fat hard cheese.
3. Cut mayonnaise, sour cream, or other dressings and sauces with yogurt, broth, milk, or lemon juice. Change the proportions gradually until you acquire a lighter taste. If the dish seems too dry, add more liquids.
4. Add lemon or vinegar to cut salad dressings. Use herbs for additional spice.
5. Use soy products instead of traditional protein sources. Soy flakes and soy grits can be used instead of meat and cheese in such dishes as casseroles and spaghetti sauces. Tofu goes nicely with noodle or rice dishes.
6. Avoid oil by using water to cook vegetables in recipes that call for them to be fried or sauteed, and bake rather than fry vegetables such as eggplant and potatoes.
7. If you use white flour, add some bran to it.
8. Rinse or drain canned tuna fish and canned vegetables and fruits, even if packed in water, to reduce salt and sugar in the water. Don't hesitate to rinse any food that contains excess salt or fat.
9. Cut out up to half the sugar called for in baking recipes, by replacing with frozen fruit juice, or mashed ripe fruit, like bananas or pears.
10. For healthy snacks, keep raw vegetables on hand, freeze fresh berries and orange slices and freeze juices in an ice cube tray. Freeze flavored yogurt to satisfy ice cream cravings.

A-10 News

Here is the latest info on the A-10 from Race Director Will Myers;

- The A-10 will be on Sunday, August 25
- Registration will open online from our web site on June 1
- Registration online only; payment can be by:
 - online secure credit card
 - mail in check
 - phone
 - fax
- 2002 premium is a high quality long sleeve, micro-fiber, shirt with faux collar, colors will match with last years.

2001 Championship Series Race Results

Final 2001 Championship Series Race Results
 "If you have any questions, contact Tom Bradford at tabslab@aol.com"

Women 14-19	5K	10M	10K	1M	8K	5M	26K	15K	Total
Claire Winchester	2	35	35	35	1	35	35	35	108
Jennifer Williams	1	35	35	35	35	35	35	35	141
Women 20-24	5K	10M	10K	1M	8K	5M	26K	15K	Total
Nicole Kennedy	1	1	35	35	35	35	35	35	107
Kelley Lord	35	35	35	35	35	1	35	35	141
Stephanie Rose	35	35	1	35	35	35	35	35	141
Kelley Flynn	35	35	2	35	35	35	35	35	143
Women 25-29	5K	10M	10K	1M	8K	5M	26K	15K	Total
Sarah Bell	1	2	1	2	3	35	35	1	7 First
Sarah Anderson	2	35	3	35	4	1	35	2	12 Second
Becky Zandler	35	35	35	1	2	35	35	35	108
Marie Rauch	35	1	35	35	35	35	35	35	141
Marie Grisez	35	35	35	35	1	35	35	35	141
Suzanne Medairy	35	35	2	35	35	35	35	35	142
Lynn Gilgut	35	3	35	35	35	35	35	35	143
Women 30-34	5K	10M	10K	1M	8K	5M	26K	15K	Total
Susie Flockart	1	1	2	2	2	35	35	1	7 First
Deborah Young	35	35	1	1	1	2	35	35	40
Tammy Modisette	35	35	35	35	35	1	35	35	141
Janet Lockwood	35	35	35	35	35	35	1	35	141
Susan Peeler	2	35	35	35	35	35	35	35	142
Megan Dunbar	35	2	35	35	35	35	35	35	142
Michele Lapides	35	35	35	35	35	35	35	2	142
Cass Mairs	35	35	3	35	35	35	35	35	143
Molly Hughes	35	35	35	3	35	35	35	35	143
Margaret Hall	35	35	35	35	3	35	35	35	143
Kathy Dobbs	35	35	35	35	35	3	35	35	143
Wendy Rhodes	35	35	35	35	35	35	35	3	143
Jennifer Jones	35	35	35	35	4	35	35	35	144
Karen Porter	35	35	35	35	5	35	35	35	145
Cathy Bramel	35	35	35	35	6	35	35	35	146
Women 35-39	5K	10M	10K	1M	8K	5M	26K	15K	Total
Marjorie Boyd	1	1	1	1	1	1	35	35	5 First
Jennifer Sullivan	2	35	2	35	35	2	1	1	8 Second
Ginger Andrews	7	3	5	3	4	7	3	9	18 Third
Laura Falsone	6	2	4	35	35	4	35	5	21 Fourth
Lisa Murphy	8	35	6	4	35	5	2	8	25 Fifth
Victoria Vasenden	3	35	3	35	3	35	35	3	47
Christine Fox	35	4	7	6	35	35	35	35	87
Jackie Dominick	9	6	8	35	35	35	35	35	93
Gillian Conner	35	35	35	35	35	3	35	4	112
Deborah Fedore	35	5	35	5	35	35	35	35	115
Susan Fu	35	35	35	35	35	6	35	6	117
Denise Hyde	11	35	35	35	35	8	35	35	124
Carla DalColletto	35	35	35	2	35	35	35	35	142
Mary Jane Williams	35	35	35	35	2	35	35	35	142
Melissa Barcomb	35	35	35	35	35	35	35	2	142
Colleen Weber	4	35	35	35	35	35	35	35	144
Cecile Spiegel	5	35	35	35	35	35	35	35	145
Kathleen Schuman	35	35	35	35	5	35	35	35	145
Jennifer Davis	35	35	35	35	35	35	35	7	147
Lindley Bucci	35	7	35	35	35	35	35	35	147
Kim Carney	35	8	35	35	35	35	35	35	148
Stephanie Peditto	10	35	35	35	35	35	35	35	150
Women 40-44	5K	10M	10K	1M	8K	5M	26K	15K	Total
Carole Rosasco	2	2	1	2	1	2	35	1	7 First
Katherine Carney	35	4	2	4	2	3	35	3	14 Second
Helen Laird	5	5	3	35	3	4	35	4	19 Third
Laura Treuth	8	35	4	5	6	6	35	35	29 Fourth
Jill Hargis	1	1	35	35	35	1	35	2	40
Tammy Mazzola	6	6	35	3	4	35	35	35	54
Karen Vogt	3	35	35	1	35	35	35	35	109
Jennifer Lundeen	4	3	35	35	35	35	35	35	112
Kathy Sirios	35	7	5	35	35	35	35	35	117
Helen Brennan	7	35	35	35	5	35	35	35	117
Lynn Finnegan	35	35	7	35	35	35	35	5	117
Kathleen Flanagan	9	35	8	35	35	35	35	35	122

Denise O'Neil	35	35	35	35	35	5	35	35	145
Barbara Deuink	35	35	35	35	35	35	35	6	146
Martha Karandy	35	35	6	35	35	35	35	35	146
Bea Carson	35	35	35	35	35	35	35	7	147
Brenda Norman	35	35	35	35	7	35	35	35	147
Rita Bell	35	35	35	35	35	7	35	35	147
Ellen McGee	35	35	35	35	8	35	35	35	148
Ellen Hunt	35	35	35	35	35	8	35	35	148
Beth Scheidt	10	35	35	35	35	35	35	35	150
Women 45-49	5K	10M	10K	1M	8K	5M	26K	15K	Total
Mairead O'Reilly	3	2	3	1	2	1	35	2	8 First
Lisa Schrader	1	35	1	2	35	2	35	3	9 Second
Melissa Currence	7	3	6	4	5	6	1	4	17 Third
Robin Dawson	35	4	10	35	35	8	2	5	29 Fourth
Cecile Spiegel	6	35	4	35	3	5	35	35	53
Christine Brungot	35	35	8	35	4	9	35	6	62
Rita Twist	2	1	35	35	35	3	35	35	76
Alison Suckling	4	35	35	35	1	35	35	1	76
Nancy Ebersberger	9	5	13	35	35	35	35	35	97
Ilene Caroom	11	35	14	35	35	35	35	8	103
Patricia Snodgrass	35	35	5	35	35	4	35	35	114
Mary Lang	35	35	35	3	35	10	35	35	118
Missy DiGiulian	8	35	35	35	35	7	35	35	120
Donna Cogle	35	35	35	35	35	14	35	7	126
Sue Briers	35	35	2	35	35	35	35	35	142
Linda DeChant	5	35	35	35	35	35	35	35	145
Kathy Hennes	35	35	7	35	35	35	35	35	147
Jean Cyford	35	35	9	35	35	35	35	35	149
Catherine Herbert	10	35	35	35	35	35	35	35	150
Martha Madary	35	35	11	35	35	35	35	35	151
Pat Rehberg	35	35	12	35	35	11	35	35	152
Shirley Lord	35	35	35	35	35	12	35	35	152
Kathleen Hanson	35	35	35	35	35	13	35	35	153
Women 50-54	5K	10M	10K	1M	8K	5M	26K	15K	Total
Sandy Burton	3	2	4	3	1	1	1	3	8 First
Maria Shields	35	1	3	1	35	35	35	1	41
Rae Jean Goodman	5	35	5	35	35	2	3	35	50
Danalee Green	1	35	2	2	35	35	35	35	75
Susan Zevin	35	35	35	35	2	35	2	2	76
Jackie Kellner	4	3	35	35	35	35	35	35	112
Susan Gallagher	7	35	35	35	3	35	35	35	115
Linda Webb	6	35	7	35	35	35	35	35	118
Noreen Lynch	9	35	35	35	4	35	35	35	118
Rose Malloy	35	35	1	35	35	35	35	35	141
June Schneider	2	35	35	35	35	35	35	35	142
Iris Hankins	35	35	35	35	35	3	35	35	143
Valerie Dejarld	35	35	6	35	35	35	35	35	146
Janet Miller	8	35	35	35	35	35	35	35	148
Women 55-59	5K	10M	10K	1M	8K	5M	26K	15K	Total
Linda Simpson	35	1	1	2	2	1	35	35	7 First
Janet Tzanakis	2	35	2	35	35	2	35	1	42
Meredith Bonta	35	35	35	1	1	35	1	35	73
B J King	1	35	35	35	35	35	1	35	107
Women 65-69	5K	10M	10K	1M	8K	5M	26K	15K	Total
Yvonne Aasen	1	1	1	1	1	1	35	1	5
Yuki Kobayashi	2	35	35	35	35	2	35	35	109
Women 70-74	5K	10M	10K	1M	8K	5M	26K	15K	Total
Martha Trimmer	1	35	35	35	35	35	35	35	141
Men 13 & Under	5K	10M	10K	1M	8K	5M	26K	15K	Total
Robert McQuillan	1	35	35	35	35	35	35	35	141
Patrick Carney	35	35	35	1	35	35	35	35	141
Men 14-19	5K	10M	10K	1M	8K	5M	26K	15K	Total
Dave Walser	35	2	1	1	2	2	1	1	6 First
Dan Jarashow	3	3	2	4	4	4	35	35	17 Second
Eric Elster	35	35	3	2	1	35	35	35	76
J J Wetzel	35	1	35	35	35	1	35	35	107
Brandon Evans	35	35	35	35	3	35	35	2	110
"Alan Marshall, III"	35	35	4	3	35	35	35	35	112
Matthew Litts	2	35	35	35	6	35	35	35	113
Victor Thillet	1	35	35	35	35	35	35	35	141
Evan Beard	35	35	35	35	35	35	35	3	143
Tony Marino	35	35	35	35	35	3	35	35	143
Darrin Gooding	35	4	35	35	35	35	35	35	144
Eddie Tsubulasky	35	35	35	35	5	35	35	35	145
Steven Marino	35	35	35	35	35	5	35	35	145
Men 25-29	5K	10M	10K	1M	8K	5M	26K	15K	Total
Christopher Mairs	2	1	35	1	1	1	35	1	5 First
Giles Roblyer	1	35	1	35	35	35	35	35	107

Dion Boyd	35	35	2	35	35	35	35	35	142	
Matt Erbe	35	35	35	35	2	35	35	35	142	
Men 30-34										
Robert Bigelow	5K	10M	10K	1M	8K	5M	26K	15K	Total	
Chris Sinclair	1	2	1	1	3	1	3	4	6	First
Thor Young	5	1	3	35	35	35	1	2	12	Second
David Booth	35	35	4	35	1	3	2	35	45	
Tom Clowes	4	3	35	35	35	2	35	5	49	
Stephen Morris	3	35	2	35	35	35	35	3	78	
John Hall	7	35	35	35	2	4	35	35	83	
Hugh Harris	35	7	35	35	35	35	4	6	87	
Paul Walters	2	6	35	35	35	35	35	35	113	
Tim Lowe	35	35	35	35	35	35	35	1	141	
Matthew Corn	35	4	35	35	35	35	35	35	144	
Jerry Burke	35	5	35	35	35	35	35	35	145	
George Swatzbaugh	35	35	5	35	35	35	35	35	145	
Dennis McGinley	35	35	35	35	35	35	35	35	146	
Robert Dunbar	6	35	35	35	35	35	35	35	148	
Men 35-39										
Hamilton Tyler	5K	10M	10K	1M	8K	5M	26K	15K	Total	
Eric Schrader	2	1	2	3	1	1	35	35	7	First
Bill Dougherty	1	35	3	2	35	2	35	1	9	Second
Patrick Cavanagh	4	2	6	35	2	3	35	2	13	Third
Ron Hooker	8	3	9	4	3	6	1	3	14	Fourth
Barry Davis	6	35	8	5	4	7	2	4	21	Fifth
Mark Jones	7	35	10	35	5	35	35	35	92	
Mark Hilliard	35	35	1	1	35	35	35	35	107	
Thomas Johnson	3	35	5	35	35	35	35	35	113	
Brian Wright	35	35	4	35	35	5	35	35	114	
Thomas Kennedy	35	35	7	35	35	4	35	35	116	
David Scheidt	5	35	35	35	35	35	35	35	145	
Franco Colamarco	9	35	35	35	35	35	35	35	149	
Edward Miller	10	35	35	35	35	35	35	35	150	
Timothy Dent	35	35	11	35	35	35	35	35	151	
Craig Tyler	35	35	12	35	35	35	35	35	152	
Men 40-44										
Matt Mace	5K	10M	10K	1M	8K	5M	26K	15K	Total	
Paul Serra	1	3	2	3	1	1	1	1	5	First
Mark Rosasco	35	4	1	1	2	2	2	3	8	Second
Dave Walser	2	1	3	2	3	3	35	2	10	Third
Michael Smith	4	9	9	4	8	6	4	4	22	Fourth
Greg Clulow	5	6	7	9	7	8	5	8	30	Fifth
"Alan Marshall, Jr"	6	14	14	8	10	7	7	6	34	Sixth
Matthew Treuth	7	10	12	7	9	35	35	35	45	Seventh
Tom Prendki	8	13	13	10	11	9	9	10	47	Eighth
Scott Thayer	35	5	4	35	4	4	35	35	52	
Robert Biddle	11	15	18	11	35	11	6	35	54	Ninth
Ross Heisman	35	7	6	35	6	35	3	35	57	
Derek Ammons	35	16	15	35	12	35	10	9	62	Tenth
Tim Carney	18	21	24	16	13	14	11	13	67	Eleventh
Eric Karandy	35	20	20	14	14	13	35	12	73	Twelfth
Steven Brady	35	12	10	5	35	35	35	11	73	
William Allen	15	19	35	12	15	19	35	16	77	Thirteenth
Ricky Smith	35	2	35	35	5	5	35	35	82	
Jeff Geraghty	14	18	23	15	16	35	35	35	86	
Ricardo Osorno	35	8	8	6	35	35	35	35	92	
George Lundsow	9	35	11	35	35	35	8	35	98	
Stephen Parker	12	35	21	35	35	35	35	15	118	
Roger Hebden	19	22	27	35	35	16	35	35	119	
Clint Henderson	35	11	5	35	35	35	35	35	121	
Terry Proffitt	10	35	35	35	35	17	35	35	132	
Dave Bruce	3	35	35	35	35	35	35	35	143	
Morgan Wells	35	35	35	35	35	35	5	145		
Glenn Gilmor	35	35	35	35	35	10	35	122	150	
George Kerchner	35	35	35	35	35	12	35	35	152	
Jim Narimatsu	13	35	35	35	35	35	35	35	153	
Walter Englehart	35	35	35	35	35	35	35	14	154	
Rick Podolin	35	35	35	35	35	15	35	35	155	
Douglas Burchardt	16	35	35	35	35	35	35	35	156	
Timothy Ryan	35	35	16	35	35	35	35	35	156	
William Tham	17	35	35	35	35	35	35	35	157	
Bob Zeminsky	35	17	35	35	35	35	35	35	157	
Clinton Rogers	35	35	35	35	17	35	35	35	157	
Brian Davidson	35	35	35	35	35	18	35	35	158	
Barry Boyd	35	35	19	13	35	35	35	35	159	
Michael Upton	35	35	22	35	35	35	35	35	162	
Court Blatchford	35	35	25	35	35	35	35	35	165	
Kevin Poff	35	35	26	35	35	35	35	35	166	

Barry Jones	35	35	28	35	35	35	35	35	168	
Men 45-49	5K	10M	10K	1M	8K	5M	26K	15K	Total	
Eric Hargis	2	2	2	2	35	2	35	2	10	First
Larry Puglisi	6	3	4	3	2	6	1	7	13	Second
Jim Etchison	12	7	9	4	3	8	3	11	25	Third
Jim Kaufman	8	6	13	5	4	9	5	10	28	Fourth
David Webster	1	35	1	35	35	1	35	1	39	
Neal Barrett	14	9	12	8	35	35	2	35	45	Fifth
Patrick Donahue	16	15	14	6	9	13	4	15	46	Sixth
Chris Brown	22	10	18	7	10	11	35	14	52	Seventh
David Brault	5	35	5	35	35	4	35	6	55	
Michael Bergeson	35	4	35	35	6	7	35	4	56	
Nathan Leventhal	21	12	20	9	11	15	35	35	67	Eighth
Scott Eden	35	1	35	1	1	35	35	35	73	
Bill Woods	18	14	19	35	35	14	35	16	81	Ninth
Scott Lutrey	7	35	6	35	35	3	35	35	86	
Steven Litts	13	35	35	35	8	10	35	35	101	
William Rohrs	35	11	15	35	35	35	35	13	109	
Phillip Caroom	17	35	16	35	35	12	35	35	115	
Bob Field	35	5	35	35	35	35	35	5	115	
Kurt Kuhn	35	35	8	35	35	35	35	3	116	
Clint Henderson	35	8	7	35	35	35	35	35	120	
Alan Engel	11	35	10	35	35	35	35	35	126	
Mike Long	15	35	35	35	35	35	35	12	132	
Steven Watkins	19	13	35	35	35	35	35	35	137	
Charles Babington	3	35	35	35	35	35	35	35	143	
Rick Ruckstuhl	35	35	3	35	35	35	35	35	143	
T J Harrington	4	35	35	35	35	35	35	35	144	
Rufous Creekmore	35	35	35	35	5	35	35	35	145	
Mike Lord	35	35	35	35	35	5	35	35	145	
Walter Engelhardt	35	35	35	35	7	35	35	35	147	
Tom DeKornfeld	35	35	35	35	35	35	35	8	148	
Bill Peake	35	35	35	35	35	35	35	9	149	
Jim Campbell	9	35	35	35	35	35	35	35	149	
Mark Stover	10	35	35	35	35	35	35	35	150	
Douglas Silate	35	35	11	35	35	35	35	35	151	
Gil Boisvert	35	35	17	35	35	35	35	35	157	
Dave Papak	20	35	35	35	35	35	35	35	160	
Nick Pavlinic	35	35	21	35	35	35	35	35	161	
Men 50-54	5K	10M	10K	1M	8K	5M	26K	15K	Total	
Ronnie Wong	2	35	1	1	1	1	35	35	6	First
Eric Gyaki	1	35	5	2	3	2	35	35	13	Second
John Fay	5	3	3	3	4	3	5	2	14	Third
Dan Symancyk	16	2	7	4	6	13	1	5	18	Fourth
Charlie Muskin	8	8	10	6	8	7	3	8	32	Fifth
Will Myers	9	7	14	9	10	9	2	11	36	Sixth
Ron Jarashow	16	6	17	5	11	11	4	12	37	Seventh
Will Scott	11	4	18	10	12	12	35	14	49	Eighth
Reggie Haseltine	10	5	20	8	35	10	35	16	49	Ninth
Ron Bowman	14	35	16	35	7	35	35	6	78	
John Gallagher	35	35	35	35	5	4	35	7	86	
Thomas Frankhouser	35	35	35	35	9	8	35	10	97	
Eric Peltosalo	3	35	35	35	35	35	35	1	109	
Jon Meyer	6	35	35	35	2	35	35	35	113	
Bob Burash	35	35	6	35	35	6	35	35	117	
Donald Kennedy	35	35	35	7	35	35	35	15	127	
John Purgason	15	35	35	11	35	35	35	35	131	
Ernest Chizmar	12	35	19	35	35	35	35	35	136	
Robert Bailey	35	1	35	35	35	35	35	35	141	
Nick Lakis	35	35	2	35	35	35	35	35	142	
Brooks Sherman	35	35	35	35	35	35	35	3	143	
Rick Shea	35	35	35	35	35	35	35	4	144	
Jon Palks	4	35	35	35	35	35	35	35	144	
Todd Olson	35	35	4	35	35	35	35	35	144	
Jim Ostrye	35	35	35	35	35	5	35	35	145	
Frank McDougald	35	35	8	35	35	35	35	35	148	
Chris Beard	35	35	35	35	35	35	35	9	149	
Edward Laurie	35	35	9	35	35	35	35	35	149	
Brian Walker	35	35	11	35	35	35	35	35	151	
Andrew Gordon	35	35	12	35	35	35	35	35	152	
Joe Layton	35	35	35	35	35	35	35	13	153	
Harry Gatanas	13	35	35	35	35	35	35	35	153	
Jon Meyer	35	35	13	35	35	35	35	35	153	
Paul Stoneham	35	35	15	35	35	35	35	35	155	
Edward Jantz	35	35	21	35	35	35	35	35	161	
Men 55-59	5K	10M	10K	1M	8K	5M	26K	15K	Total	
John Kirkpatrick	1	1	1	1	1	1	1	35	5	First
Francisco Sanches	2	35	2	3	2	2	2	35	10	Second

November 18 - Marathon in the Parks, Rockville, MD

Ronnie Wong	3:18	3rd AG
Thomas Rogers	3:19:33	
Denis Scheele	3:33:23	
Beverly Rebar	3:55:45	
Tammy Miller	4:01:39	
Derek Ammons	4:03:29	
Ross Heisman	4:13:08	

777 men; 346 women finished; the course changed from its inaugural route, adding more hills in the first 10 miles but eliminating the final 3 hills that plagued us last year.

November 19 - Anne Arundel Community College Turkey Trot, Arnold MD

Kathy Hanson	34:20
--------------	-------

November 22 - Howard County Striders Prediction Run 10K, Columbia, MD

Denise Hyde	11:00:24
Evan Thomas	11:00:25
Peter Salmon-Cox	11:01:10
Jim Noctor	11:04:57

The idea is to finish at 11:00:00. The winner was 1 second off. Denise & ET were in the top ten closest (over). There were more under the time. Over 200 ran - nice day and nice paved trails to run on.

November 22 — 65th Manchester Road Race (4.75 miles), Manchester, NH

Guy Riccio	56:33	3rd AG
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10594 finishers; Guy was 7823. What a result for a man over 80!

November 22 - Turkey Chase 10K, Camp Letts, MD

Kathy Sirois	52:14
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Kathy reported the the weather was perfect - clear and cool - and the route was great. She recommends the race for those who want to burn off calories to make room for the Thanksgiving feast.

November 24 - North Central Trail Marathon, Sparks, MD

Ronnie Wong	3:16	2nd AG
David Bruce	3:19	
Robert Griffiths	3:47	
Larry Puglisi	3:49	
Derek Ammons	4:09	
Doug Corby	4:16	
Jim Etchison	4:28	
Pat Donohue	4:56	
Maureen Rohrs	5:03	

Overcast, light drizzle, mid 40s at start to mid 50s at finish. This was an extra marathon for November in Jim and Pat's quest. David qualified and is bound for Boston.

December 1 - Mistletoe (2 Mile) Run, Calvert County, MD

Sandy Burton	15:15	1st AG
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December 2 - Jingle Bell 8K, Glen Burnie, MD (Evan Thomas and Michael Smith, co-Race Directors)

Victor Thillet	27:48	
J.J. Wetzel	28:18	
Eric Peltosalo	31:09	
Marjorie Boyd	32:46	1st AG
Greg Clulow	32:49	1st AG
Jennifer Sullivan	33:36	1st AG
John Major	34:00	
Court Treuth	34:10	
Kurt Kuhn	34:18	
Brian Wright	34:39	
Larry Puglisi	35:34	
Jon Palks	37:02	
Maria Shields	37:33	1st AG
Derek Ammons	38:33	
Patty Snodgrass	39:45	1st AG
Thomas Frankhouser	39:45	
Mary Ellen Mason	39:49	
Robert Kurth, Jr.	39:50	
Chris Westergard	40:21	
Web Chamberlain	40:31	
Cecile Spiegel	41:22	
Laura Treuth	41:46	
Toks Fashold	42:15	
Allen Veasey	42:29	
Kathy Zephir	43:31	
Nancy Westergard	43:32	
Effie Dawson	43:33	
Ginny Bell	43:35	
Joseph Powers	43:36	
Robin Shilkret	44:59	
Jean Cyford	45:03	
Lee Masser	45:07	
Diane Zoller	45:48	
Peter Salmon-Cox	45:56	
Donald Brice	46:08	
Gray Siegel	46:18	
Barbara Riffin	47:20	
Yvonne Aasen	47:36	
Maria D'Ambrosio	47:56	
Jim Noctor	48:49	
Barbara Harmel	48:57	
Alan Wycherley	49:12	
Janet Miller	52:19	
Donna Cogle	54:24	
Penny Goldstein	54:40	

Evan reports that in addition, a number of Striders did the 5K fun run/walk:

Cynthia Wycherley, Cathy Bridges, Terry Walls, Kathy Hanson, Ed Parker, and Don Snodgrass among others. Regina Miente signed up even though she worked the finish line. A fine time was had by all - We had the biggest team again (no competition so far). Next year some members need to remember to sign up for the Striders team and thereby earn themselves a blinking red nose, blinking antlers, or a huge candy cane compliments of the head elf.

December 8 - Jinglebell Run Solomons Island, MD

Paul Serra	18:11	1st AG
Dave Walser	19:39	
Sandy Burton	24:08	1st AG
Lisa Murphy	26:30	
Ginger Andrews	27:03	

December 15 - Kiawah Island Marathon, Kiawah Is., SC

Jim Etchison	4:22:09
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(8th marathon for 2001)

Pat Donahue	4:38:30
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(5th marathon for 2001)

Sunny, light breeze, lower 70s at start, near 80 at finish The third in our "run-a-marathon-a-month" series.

Other Unspecified results

Sue Briers reported these results from her racing in Florida. Sue caveats her submission with the observation that trying to run decent time in a marathon in Florida during one of the hottest winters on history is not wise.

Tampa Marathon

Sue Briers	4:02
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(86 degrees and full sun)

Jacksonville Marathon

Sue Briers	4:11
------------	------

(72 at start and 100% humidity the whole race)

Milt Taylor	4:01	2nd AG
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January 6, 2002 - Disney Marathon Orlando, Florida

Sue Briers	3:50
------------	------

9th Disney

TJ Harrington	3:52
---------------	------

9th Disney

Laura Lu Herman	4:23
Pat Donohue	4:30
Jim Etchison	4:44

Disney Half Marathon

Doris Harrington	2:26
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I am sure I have missed some Striders who participated in the above races and other events where our runners toed the line. I don't review race results in the first place and only know a relatively small percentage of Striders by name so, I need your help to maximize coverage for this column. If you don't see your name in here, let me know and I'll try to pick it up in the next issue. Keep me posted on your future race results. Be safe and best of luck on the road!

Five Years Ago This Month in the *Streak*:

February 1997:

President-**Matt Mace**

Vice President-**Ron Bowman**

Editor-**Eileen Hagan**

David Walser, age 15, became the youngest runner to ever finish the entire 10 race Strider Championship Series...**Ardis Henderson** completed her longest race ever...Anniversary Run Overall Male is **Kevin Sommer** in 50:40, Overall Female is **Rose Malloy** in 1:00:57...At the 16th Annual Metric Marathon, **Jim Griffith** was the overall winner with a time of 1:37 and **Margie Boyd** was the first female winner with a time of 2:05. **Dave Walser** was awarded for being the youngest runner to complete the course.

Eleven Years Ago This Month:

February 1991:

President-**Richard Hillman**

Vice President-**Will Scott**

Editor-**Sharon Serio**

Race Director **Debbie Harney** moves the Anniversary Run to Quiet Waters Park, and does an outstanding job!...November 17, 1990, **Joe Blackmon** takes First Overall at the JFK 50 in 6:15:53. Also there were **Bill Turrentine**, **Luann Turrentine**, **Earl Scott**, **Sue Briers**, **Ron Bowman**, **Paul Tavel** and **Nancy Waddington**...Metric Marathon Race Directors are **Nancy Waddington** and **Debbie Heller**...Overall Male is **Tom Prendki** in 1:41:09, Overall Female is **Rose Malloy** in 1:45:12...12th Anniversary Run Race Director is **Debbie Harney**...Overall Male is **Bob Oberti** in 53:42, Overall Female is **Linda Shankin** in 1:05:45

Race Directors

Seminar 101

February 2, 2001

Training Seminar

for Aspiring Race Directors

1:00pm

Severna Park High School

At My Pace

By P. Michael Cunningham

When I was given the opportunity to write the Striders on the Road column, I was told that one of the perquisites of the "job" was that I also got to write my own article for the Streak. Well, I don't fancy myself a George Sheehan (it may be heresy for a runner to say this but I don't particularly like the writing of Sheehan) or pundit worthy of much of your attention but I'll give a stab at writing something some of you might find readable. Don't ask or speculate about the title of this column. I'm certainly not trying to suggest that this is anything very weighty or heady.

I had contemplated completing this article on January 1st but my weakly made resolution to reduce procrastination was short-lived. However, I did think a lot about my piece and got more inspiration from a run many of us participated in that morning. I would like to submit this first article as my modest tribute to running. My appreciation for running is due, more than any other thing, to the friends I have made through this activity.

What motivates us to run and race is surely varied and, I suspect, at any given time the motives change with the ebb and flow in our lives. Like many people, I had run for fitness reasons since college. I never tried racing until late 1993. I was living in Atlanta, Georgia, and I had not met many people nor made new friends. I decided to try some road racing as a vehicle to meet new people.

The Atlanta Track Club, which is the second largest running club in the US, hosts a variety of running events and races year around and there are always races in the Atlanta vicinity. My expectations were met almost immediately when I started racing and running with members of this club.

I became fast friends with two guys I count among my closest friends to this day, and we have traveled together throughout the United States to run and race together. When the three of us attended a Roy Benson running camp in the summer of '95, our circle of running friends expanded to include people from throughout the US. And, when we put together a team for the Hood to Coast relay in '99, we came from eight states and one foreign country.

The best thing about running and racing for me has been the people I have met and the friendships I have made. For this, I will always consider running to be one of the best things a person can do for himself or herself.

It was no different when I moved back to Annapolis in early '97. Once I started to run some Strider races and join the regulars for Sunday morning runs, it wasn't long before I began to meet the great people who make this club and running in general such a wonderful activity.

Virtually everyone I've met who is active with and associated with the Striders has wonderful attributes. I could not do justice to those Striders who have made my life richer and more enjoy-

able - surely I'd miss someone if I tried to identify all. But, at the risk of singling out any one person, I would like to acknowledge Michael Smith as my local running hero. To me Michael sublimely reveals the essence of running.

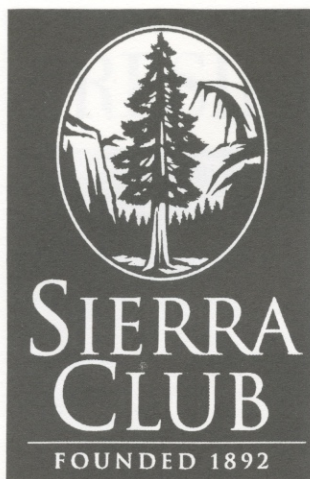
Michael is always giving to other runners (and even non-runners). He is the person who brightens up any gathering of people, whether it is the chilliest, dampest morning with the 606ers, or huddled at the start of a race. Michael's enthusiasm and gregariousness is infectious and he is quick to bring new people into his circle of friends and acquaintances. I sometimes think that Michael knows everyone in town ... or, at least, everyone who sets foot in the City Dock Cafe. Without pause, Michael includes other runners in whatever scene he is part of.

Also noteworthy - and consistent with the spirit I see in most runners - Michael is equally generous with non-runners. My best friend who, because of injuries, does not run too much, has always been welcomed as an integral member of any group of runners to whom I introduce him. I am proud of and glad for this spirit among runners.

Back to Michael. Indicative of his generosity toward his running friends is the New Year's Day race, an event just held for the third year. Organized and funded by Michael's company and the City Dock Cafe, he has developed this fun run/race into a tradition that all who run it look forward to. What started as a small group of less than 40 has grown to more than 125 hearty souls welcoming the New Year in a sport we all relish, thanks in large part to Michael. He does it because he is a runner who looks for ways to make the people around him feel better about themselves and their activities.

My appreciation for Mr. Smith is also more personal and really reveals why I find the people I have met through running to be its single most redeeming quality. It was Michael who introduced me one morning during a 606 run to Margaret, the woman who just became my wife. Obviously, my gratitude for making her acquaintance knows no bounds. And, because we share the pleasure of running in this great city with great friends, Margaret and I had a natural milieu in which our friendship and relationship grew.

That's probably far more personal stuff than you wanted to hear from this erstwhile scribe. Suffice to say, I hope that in the future I will have something to say that is a lot less self-indulgent. Perhaps the desire to see less of my input and more of yours will compel some of you to submit race results or suggest topics for me to explore. In any event, I hope that despite the liberties I have taken with your patience in writing my modest tribute to running, you will appreciate that it is my pleasure in participating with you in this healthy, competitive, engaging sport that has prompted me to write this piece. Thanks!



EARTH DAY 5K RACE

SATURDAY, APRIL 20, 2002
QUIET WATERS PARK
ANNAPOLIS, MARYLAND

DISTANCE: 5 kilometers
(3.1 miles)

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

ENTRY: \$12 before April 13
\$15 race day

BENEFIT: Proceeds to benefit the Anne
Arundel County Sierra Club

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

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

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

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

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

Sex

☐ ☐
M F

T-shirt size

☐ ☐ ☐
M L XL

Age ☐ ☐
(on race day)

Last Name

First Name

Street Address

Telephone

City

State

Zip

Signature

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

Date

Printed on recycled paper



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Roger Hebden JUNIOR STRIDERS PROGRAM

Ron Bowman MARATHON TRAINING PROGRAM

Dan Symancyk &

Ron Bowman OUTREACH PROGRAM

Dan Symancyk SCHOLASTIC SERIES PROGRAM

The purpose of the organization is to improve the physical fitness and mental well-being of its members through the promotion and encouragement of long distance running.

Article II, By-Laws of the Annapolis Striders

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

AD RATES: business card: \$35

1/4 pg \$60 • 1/2 pg \$110 • full pg \$205

**Deadline for the
April 2002 Issue is
Tuesday, February 5, 2002**

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

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410-573-1481

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Race Schedule & Application Form

INSTRUCTIONS: Fill out the entry information. Note the Strider Race you are registering for by checking the appropriate box. If you are registering 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. **Send checks only, no cash by mail.**

All applications are available online at our website www.annapolisstriders.org

VALENTINE TWOSOME RELAY

DATE: SUNDAY FEBRUARY 10 2002

TIME: Registration: 8:00 Start: 10:00 a.m.

LOCATION: Shipley's Choice Elementary School

See full page application in your December 2001 issue of the *Streak*.

RACE DIRECTOR: Peter Salmon-Cox

ENTRY FEES: Strider Members \$3.00, Non-Striders \$4.00, Race Day Fee \$5.00

MAIL TO: 773 Brushwood Ct, Millersville, MD 21108

See full page application in December's *Streak*.

WASHINGTON'S BIRTHDAY 5K

DATE: SATURDAY FEBRUARY 16, 2002

TIME: Race Start: 10:00 a.m.

First Leg of 2002 Championship Series

LOCATION: Bay Hills Community Center

DIRECTIONS: Richie Highway (Rt. 2) to college Parkway.

Go 5 stop lights to shore Acres road. Turn left on Shore

Acres to Bay Hills Drive. Turn right on Bay Hills to the

start/finish area across from Bay Hills Golf Course.

RACE DIRECTOR: Jim Hall 410-757-5482.

ENTRY FEES: Strider Members \$3.00, Non-Striders \$4.00, Race Day Fee \$5.00

MAIL TO: Jim Hall, Washington's Birthday 5K,

756 Windgate Drive, Annapolis, MD 21401

B&A TRAIL MARATHON AND HALF MARATHON

DATE: SUNDAY MARCH 3, 2002

TIME: Start: 7:30 a.m.

LOCATION: Severna Park High School

RACE DIRECTOR: Tom and Sharon Bradford, 410-987-0674.

ENTRY FEES: For both events: \$30 by February 24, \$45 after.

REGISTRATION: Info and application are available online for downloading at annapolisstriders.org

Scroll to B & A Marathon, it's fast and easy!

CHERRY PIT 10 MILE RACE

DATE: SUNDAY, APRIL 7, 2002

TIME: Registration: 6:30 a.m. Race Start: 8:00 a.m.

LOCATION: Central Middle School, Edgewater, MD

DIRECTIONS: From the Annapolis area, take Rt.2 south over the South River Bridge; Make a left at the 5th light (Central Ave., Rt. 214). Central Middle School is on the right at the light after about 1/4 mile. Park in the lot on your left.

ENTRY FEES: Strider Members \$3.00, Non-Striders \$4.00, Race Day Fee \$5.00

RACE DIRECTORS: Bob Burash 410-551-5774

and Whitey Gross 410-551-8996

MAIL TO: Bob Burash - 8333 Dubbs Drive, Severn MD 21144

☐ VALENTINE TWOSOME RELAY

☐ WASHINGTON'S BIRTHDAY 5K

☐ CHERRY PIT 10 MILE RACE

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

Feb 16, Sat, 8:30 am, George Washington's Birthday Classic
10K, Alexandria, VA, (703) 683-5561 evenings

Feb 17, Sun, 10:30 am, Washington's Birthday Marathon
& Relay, Greenbelt Youth Center, (301) 982-7000.

Feb 24, Sun, 1:00 pm, Anheuser-Busch Colonial Half
Marathon & 5K, Williamsburg, VA, 757-221-3362 or 757-221-
1599, or Rick Platt 757-229-7375. E-mail: rickplatt@juno.com.

Mar 10, Sun, Carrabba's 5K for the YMCA,
Ellicott City, MD, www.activ.com

Mar 17, Sun, 30th Anniversary Celebration Shamrock Sportsfest
Marathon, 8K, Masters 8K, 5K Walk Children's Marathon, Virginia
Beach, VA, (866) 742-6762.

Mar 17, Sun, 1:40pm, O'Doul's Shamrock 5K,
Baltimore, (410) 377-8882 or email: dcoolman@home.com.

Mar 17, Sun, 9:00 am, 39th Caesar Rodney Half Marathon,
Wilmington, DE, (302) 655-7258 ext 22 or cr@alade.org.

Mar 23, Sat, 9:00 pm (that's what it says), Joe Cannon 5K Run
Hanover, MD, (410) 222-0017.

Mar 23, Sat, 9:00 am, 16th Annual Springburst 8K
Greenbelt National Park, Greenbelt, (301) 486-0041.

Mar 23, Sat, 9:00 am, Run For Hospice of St. Mary's County, 10K
Run, 5K Run, 5K Fun Walk, Leonardtown, MD, www.activ.com.

Mar 24, Sun, 7:30 am, Inaugural Washington DC Marathon,
www.washingtondcmarathon.com.

Apr 7, Sun, 8 am, Nortel Cherry Blossom 10M,
Washington, DC, 301-320-3250.

Apr 14, Sun, 8:30 am, Plaza America Family 5K Run/Walk (new),
Reston, VA, (301) 871-0400.

Apr 15, Mon, 12:00, BAA Marathon, Boston, MA.

Apr 21, Sun, 9:30 am, 5th Annual Cassiday and Pinkard Brain
Tumor Society 5K, Freedom Plaza, Washington, DC.

Apr 28, Sun, 8:00 am, Pikes Peak 10K, Rockville MD (Shady
Grove Metro Station), (301) 460-8888 or E-mail pp10k@mcrrc.org

Annapolis Strider Events What's Coming Up

STRIDER BOARD MEETINGS

AA Medical Center, Jennifer Road

Tuesday, Feb 5, 2001, 7:30 p.m.

Tuesday, Mar 5, 2001, 7:30 p.m.

Meetings open to all Strider Members.

Wednesdays 5:30 p.m. AACC Track.

Contact Evan Thomas 410-760-9188.

NEW LOCATION NEW LOCATION

Saturdays 7 am. MTA Park & Ride,

Harry S Truman Pkwy. Contact Strider

Hotline: 410-268-1165

Sundays 7:30 a.m.

Main Street/City Dock area

Contact Evan Thomas 410-760-9188.

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

Ed Harte's Track Meets - All 6:30PM,
Thursdays. North County High Track; Field
and Track Events - ie 100m, 200m, 400m,
800m, 1500m, 3000m, Jumps and Throws.
Check: [http://members.aol.com/metroxc/](http://members.aol.com/metroxc/metro.html)
[metro.html](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.



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