

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

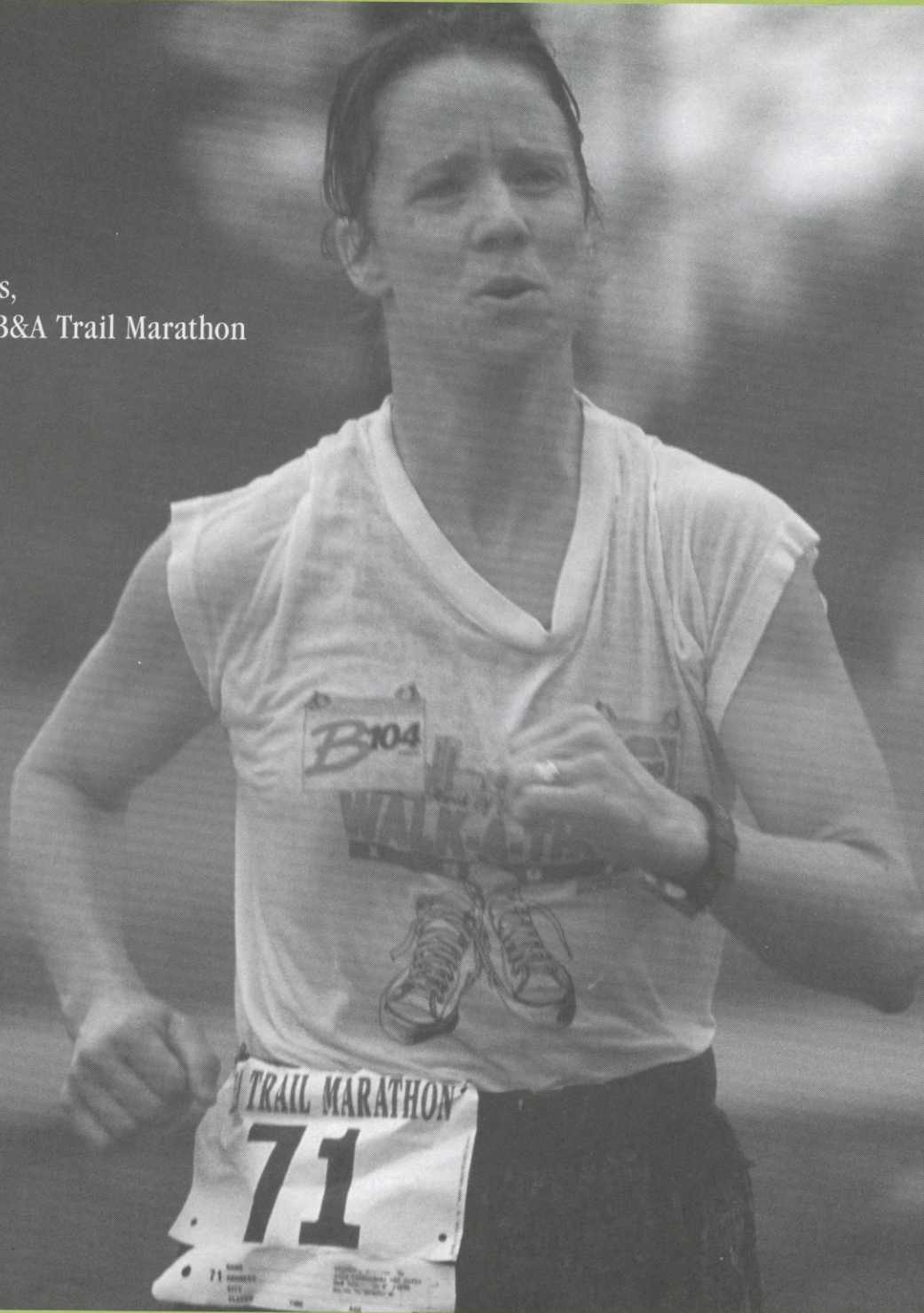
# STREAK



A PUBLICATION FOR THE MEMBERS OF THE ANNAPOLIS STRIDERS

VOLUME XXVII NUMBER 2 • APRIL 2002

Juliana Harris,  
First Female-B&A Trail Marathon



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# Club Calendar

## April

- 7 Cherry Pit 10 Mile Race
- 8 Strider President, Ron Bowman, meets with Mayor Moyer
- 9 Board Meeting
- 28 Governor's Bay Bridge 10k Run
- 30 Beginning Runners Program

## May

- 7 Board Meeting
- Streak Copy Deadline
- 18 Junior Strider Summer Series kicks off!

## June

- 4 Board Meeting
- 16 Father's Day 10k
- First race of the Summer Scholastic Series

## 2002 Board Meetings Locations

### April 9

Donner Pavillion Room 250, 7:00

### May 7

Sajak Building, Conference Room #2, 7:00

### June 4

Sajak Building, Conference Room # 250B, 7:00

### July 8

Sajak Building, Conference Room #2, 7:00

### August 6

Sajak Building, Conference Room #2, 7:00

Meetings are open to all club members.

You should all have received an email notice to take an online survey from the Annapolis Striders. We have designed this 14 question survey to find out what things you would like to see the club keep doing, see the club do more, or what you would like to see us stop doing, and what you would like to see us start doing. The 5 minutes you take to fill it out will shape YOUR running club for the next five years. IF YOU DO NOT HAVE EMAIL AND WOULD LIKE TO TAKE THE SURVEY, CONTACT THE HOTLINE OR DAN SYMANCYK AT 410-544-1516 OR RON BOWMAN AT 410-573-1929 WITH YOUR MAILING ADDRESS AND ONE WILL BE MAILED TO YOU. JUST DO IT! :-)

## Notes from the STREAK Editor,

Katherine Carney

### The Cost of Having Plantar Fasciitis

Much to my dismay, I have come down with my first real running malady. I first noted, after reviewing my running log that my right foot burned and felt bruised after my long runs. After a little rest, ice, Advil (and a lot of money!) I resumed training hoping for improvement. It wasn't to be. On February 24 my Podiatrist, Dr. Modlin confirmed that I had the dreaded "P" word-Plantar Fasciitis. Here's a quick overlook of everything I tried before going to see a Podiatrist: new shoes, new gel inserts, heel cups, arch supports from the Athlete's Foot (and excellent service from Gary Lidard), ankle support (what was I thinking?), visit to June Schneider, Massage Therapist (worth every penny!), visit to my primary care physician, visit to specialist-Podiatrist of course, Trek Wind Stand for my bike (or shall I say my heart rate), 1st roll of athletic tape (at Giant), 2nd roll of athletic tape (at Modells), 3rd 4-pack of athletic tape at CVS (getting smarter) and last, but certainly not least, plenty of advice from my friends. This of course was free, and might I add, what would have been the best remedy. Rest.

I'm now running with my foot taped and I must say, it does feel better. I guess I'll just have to wait and see how it all plays out. I've heard of Plantar stories that were nightmares compared to this. Moral of the story?-listen to your body and especially your friends (they told me I was over-training). It's a lot cheaper too.

On a different note. . . Would you like to be the next Strider Profile? If so, send me an email with your name and number and I will randomly select a new profile for the next issue. Since April featured a male, it will be a female's turn for the June issue. . . . Interested in placing an ad in the Streak? Don't wait, space fills very quickly and we seldom have room for more than one outside race application. You need to contact me directly (kemcarney@hotmail.com) and be sure to send me your payment and camera ready copy or email copy by the Streak deadline. (the copy deadline is the 1st Tuesday of the month prior to publication) Questions? Feel free to call me at 410-573-1481.



# PRESIDENT'S MESSAGE



Ron Bowman, Club President

March brought our Annual Awards Banquet and Membership Meeting. The Board of Directors for 2002 was approved. See page 2 of the Streak for the new Board members.

I would like to express my personal thanks to the outgoing Directors; Lynn Hopkins, John Gallagher, and Regina Miente, for their efforts during their tenure. Each has made contributions that make running experiences with the Striders more enjoyable for every one. I know you will always be there for advice and counsel. The new board will meet in the near future to determine which of the many issues facing the club will we focus on for 2002. We will keep our Tactical Teams for Volunteers- led by Tom Bradford; Publicity- led by Mike Smith; and Membership - led by Sharon Serio, engaged in actually making things happen. As President, I assure you I will continue to push for action, not just ideas from the Board and the membership. Our underlying theme will continue to be "What is best for the club". There is always room for new ideas and energy for anyone interested in participating.

One of the things we have done for 2002 is to revise the end of year awards process. In summary, we have a five person Awards Committee. This year the committee will be Danalee Green, Margie Boyd, Jill Hargis, Mark Rosasco, and Dan Symancyk. The committee will change each year. The committee will solicit nominations, collect performance and other information on nominees, and submit the nominees with supporting information to the Board of Directors in December. At the January Board meeting, the Board will review, discuss, make modifications as necessary, recommend any special awards, and approve a

final ballot of nominees. A nominee will only appear on the ballot in one category. Before the February Board meeting, committee members will individually rank nominees. The Board votes on award recipients by secret ballot at the February meeting. The Awards Committee tallies and retains the results confidentially until the Awards Banquet. The Committee requests and manages a budget, and purchases awards. Specific nomination criteria will be in the June STREAK. The only significant change is that no person can receive an individual running award (regardless of category) in consecutive years.

The unseasonably warm winter we have been enjoying made for the best conditions anyone could remember for the Valentines Twosome 5k and Washington's Birthday 5k. The excellent job done by race directors, June Schnieder and Peter Salmon-Cox, and Jim Hall and Evan Thomas, set the stage for easily the best B&A Marathon/Half-Marathon in years. Race Director Tom Bradford's record for miserable weather looked like it would be intact but the running gods took pity on us and gave us great conditions and - no rain until the very last minute!

Once again we were fortunate to have Jennifer Sullivan as our hostess for the Annual Banquet this year. The Board of Directors agreed to subsidize a major part of the cost for the banquet to allow Jennifer to arrange a first-class affair, and hopefully, to attract more attendees. We succeeded at the first but fell short in the second. We hope that next year we will have a better attendance, so spread the word! The banquet is a chance to socialize and share stories from the past year of running. It is also a chance to recognize those individuals that have demonstrated excellence over the year. We presented 125 awards this year! Not only in performances at races, but also in those areas critical to the every day functions of our club.

There is a separate article on the Awards Banquet but I wanted to mention some awards that it was a special pleasure for me to make:

- **Regina Miente - Volunteer of the Year.** For her years of service as Treasurer, Race Director, and general volunteer at every Strider race.
- **Jon Valentine - Volunteer of the Year.** You don't see Jon in many of the race results but you have seen his work in every Streak. As our volunteer photographer, Jon has been at every one of our races

and many races that have a strong Strider contingent, taking pictures that have been a key part of making our newsletter nationally recognized.

- **Sue Briers - Great Scott Ultrarunner of the Year.** Sue established this award as President in honor of Earl Scott; who is a symbol of the runner's spirit whose heart is always on the trails. No one has exemplified that spirit more than Sue who ran eight ultramarathons (greater than 26.2 miles), including the Western States 100 Mile Run, and four marathons in 2001; culminating with the Rocky Raccoon 100 Mile Run in Texas where she finished as First Female Masters runner last month.
- **Dave Brault - Great Scott Ultrarunner of the Year.** Dave is the heir apparent to Earl's legacy for combining a trail runner's love for being closer to nature with the mental toughness of a long distance runner.
- **Susan Zevin, Kathy Carney, and Kevin Clulow - Most Improved Runners of the Year.** Susan has taken the novice runner's enthusiasm for running and focused it on ultras rather than PR's at shorter distances, and has done it well by completing her first attempt at 100 miles in the Rocky Raccoon 100 Mile Run in Texas. Kathy has gone from being a recreational runner a year ago to finishing high in her age group in our races and qualifying for the prestigious Boston Marathon. Kevin is one of those quiet runners that admits running and the Striders have given him much more than he has given in return but I respectfully differ. Kevin has continued to improve dramatically at every distance and has volunteered regularly throughout the year.
- **Brad Chapman and Yvonne Aasen - Grand Masters of the Year.** This new award is designed to recognize those 'forever young' Striders who continue to excel. Yvonne commented to me she didn't know where she was going to put the trophy she was awarded. That is because over the years she has been consistently at the top of her age group while, at the same time, volunteering at races and working as our publicity coordinator. Brad Chapman not only delivers, sets up, takes down and stores all the materials needed for every race, including many Strider supported races, (about 30 in total per year); he also runs the races and wins his age group.

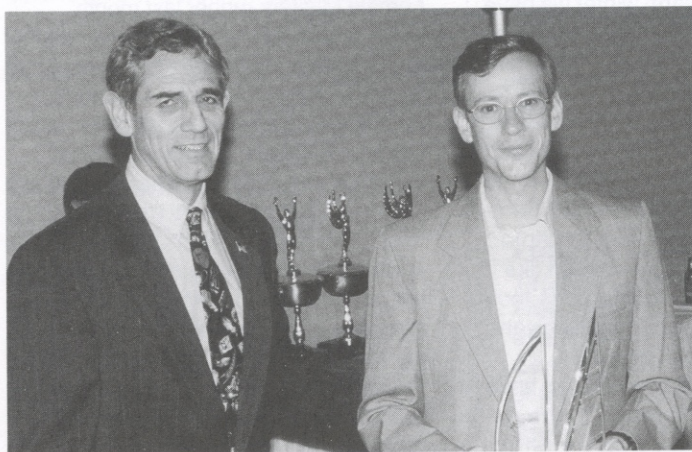
Presidents message continued on page 4



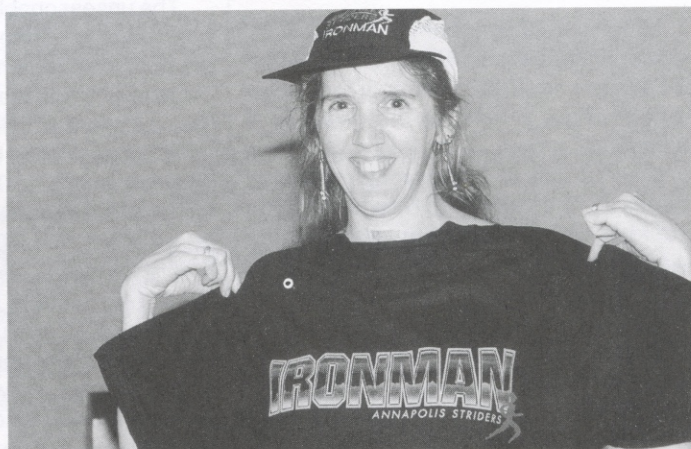
# ★ STRIDERS ★ ★ AWARDS ★ ★ BANQUET ★ ★ 2001 ★



Jennifer Sullivan was awarded a beautiful bouquet of flowers for her supreme planning and efforts for a successful awards banquet ... again!



Ron Bowman and Kevin Clulow, Male Most Improved Runner.



Ginger Andrews displays the T-shirt awarded to all Ironman participants.

## Presidents Message, continued from page 3

On February 24, 2002 the RRCA Club Challenge 10 Mile Race was held by the Howard County Striders. The Annapolis Striders continued our 'traditional' last place finish. We did have a turnout of nine women and five men running for our club. There was also a Maryland RRCA Club Presidents meeting after the race. Led by our State RRCA Representative Irv Newman, we discussed the following topics.

The Grand Prix Series has been comprised of RRCA club races of varying distances over the year with the awards made after the RRCA Club Challenge Race. This year our own Derek Ammons placed first in his age group. The club presidents agreed to reduce the number of races in the series to five and better balance the dates and distances of those races. I recommended, and it was agreed, that the Annapolis Ten Mile Run be removed as one of the series because of the possibility that some series participants might not be able to get into

the race because it closes out so early. In its place it was suggested that either our Fathers Day 10K on 16 June or the Old Turkey 10k on 24 November would be a good replacement because of their dates and distance. Our Board of Directors is considering which race would best serve our club, as well as the RRCA. The other races being considered for the Grand Prix Series are:

- **MD RRCA 10M Challenge (Columbia)**  
**Feb 24, 2002**
- **Bel Air Town Run 5k (Bel Air)**  
**Jun 2, 2002**
- **Rockville Twilight 8k (Rockville)**  
**July 16, 2002**
- **Larry Noel 15k (Greenbelt)**  
**Sept 1, 2002**

Other topics of discussion were the agreement to establish a Maryland RRCA website. This site would promote the Grand Prix Series, MD Distance Festival events, the "Run" license plate program, and other RRCA related issues. The site will be [www.mdrcca.org](http://www.mdrcca.org). Irv also asked for support

from all Maryland clubs for the National RRCA Convention to be held in Norfolk, VA on May 2-5. There was consensus among the club presidents to work harder at sharing information between clubs in areas such as series participation, marathon training program lessons-learned, and mail list sharing. The RUN license program is being rejuvenated. The fee will be \$20, with \$15 going to the MVA and \$5 to the MDRRCA. Information on the process for obtaining the license plates will be forthcoming.

**REMEMBER:** If you have not been receiving your STRIDER STUFF email news, or have changed your email address; send your correct email address to [lynnron@erols.com](mailto:lynnron@erols.com). Don't miss out on late breaking local running news!

**MOVING!** Be sure to send your new address to Membership Director at: 598 Pinedale Drive, Annapolis MD 21401; [lynnron@erols.com](mailto:lynnron@erols.com)



# ANNAPOLIS STRIDERS AWARDS BANQUET 2001

## A NIGHT TO REMEMBER



By Margie Boyd

The Annapolis Striders held its Annual Meeting and Awards Banquet at the Governor Calvert House in Annapolis on Friday, March 8. Planned and hosted by Jennifer Sullivan, it was the Striders' first year at this location and was truly an evening to remember. After an hour of drinks, hors d'oeuvres and fun, President Ron Bowman kicked off the evening by bringing out more awards than ever before; a total of 125. In addition to the standard prizes like Runner of the Year, Most Improved Runner, Volunteer of the Year, Race Director prizes, Champ Series and Ironman awards, he added new categories like Masters Runner of the Year and Grand Masters Runner of the Year, to name a few. After all the awards were given out the remainder of the evening was spent dancing and socializing with friends. Thanks to everyone who attended for their continued support of the club. Following are some of the recipients of those special awards:

### **RUNNER OF THE YEAR, MALE, MATT MACE**

Matt Mace was this year's winner and he certainly worked hard for it. Coming in first at every champ series race, in addition to placing 11th overall at the JFK in Boonsboro, MD, Matt continues to improve his performances as a Masters runner in top form. He is an active member of the Striders and continues to volunteer his services in different capacities throughout the year. 2001 marked 15 consecutive years that Matt has earned the title of Iron Man for completing all 8 of the Striders club races. He is an inspiration and a role model for runners of all ages.

### **RUNNER OF THE YEAR, FEMALE, CAROLE ROSASCO**

Carole was this year's winner and well deserving of the honor. She has broken records dating back to her days as a member of the Baltimore Road Runners Club and continues to run strong with the Striders. Running roughly 30 races this year, and placing in the top 3 or capturing a Masters title in almost every one, she also managed to place first in her 40 - 44 age group in the Championship Series this year, beating out some stiff competition. She and her husband Mark can be seen running frequently throughout the Annapolis area, on trails, at

racers or anywhere that presents a challenge to them.

### **MOST IMPROVED RUNNER, MALE, GREG CLULOW**

As he said himself, Greg could write a book on why he began running. Like many of us who take on the sport, he was overweight and had high blood pressure. What began as a means of losing weight turned into a passion that brought him from the ranks of "back of the pack runner" to ranking in the top 5 in his age group at local races. As a married father of two and a self proclaimed stay-at-home dad, Greg will be the first to tell you that he runs now for many reasons, but mostly because he loves it. Look for him both on the roads and the sidelines, as he continues to run and volunteer with the club.

### **MOST IMPROVED RUNNER, FEMALE, KATHY CARNEY**

When I met Kathy she had recently picked up running as a means of improving her cardiovascular health, after giving up tennis, which she had played for years. At the time, she had run only a few races, but had not challenged herself beyond that. It didn't take long to prove that she was a contender. Going from 2 races to at least 10 last year, and placing in her age group in most of them, a runner was born. She culminated her long months of training by qualifying for the Boston Marathon at the Steamtown Marathon last October. In addition, she placed 2nd in the 40 - 44 Championship Series age group this year and is Editor of the Streak newsletter in her spare time.

### **Most Improved Runner, Female, Susan Zevin**

Susan has always been a back of the packer who has worked very hard to make marginal improvements. 2001 was her year for change, as she had PR's in 6 distances such as the 50-mile, the marathon, the 15K and the 5K to name a few. She feels that improvements need not always come in the form of 1st place finishes and fast 5k times. It is also the mental and physical toughness needed to put in the training mile for distance running. In the last 12 months she ran 3 marathons, 1-50 miler and 1-100 miler! Susan spends a lot of time as a Strider

volunteer and has been significant in setting up the ChampionChip scoring system.

### **JUNIOR STRIDER OF THE YEAR, ERIC ELSTER**

Most veterans remember Eric playing in the sand pit as a toddler at the AACC track while his mother Eleanor ran intervals; now he is winning in his age group.

### **MASTERS RUNNER OF THE YEAR, MALE JOHN KIRKPATRICK**

Anyone who lives around Crownsville knows him simply as "Running Man." He can be seen at all hours throughout the day and year running in all types of weather. John has demonstrated both speed and consistency year after year. He runs most of the Championship Series races and has been an Iron Man more than once. He placed 1st in the 55 - 59 age group again this year and shows no signs of slowing down in the near future.

### **MASTERS RUNNER OF THE YEAR, FEMALE, MARIA SHIELDS**

Known by her friends as "Nika," she has had a stellar year. Nika ran her first Marine Corp Marathon a few years ago and was hooked from the start. She progressed quickly through the ranks and gained speed along with her mileage. She recently entered the 50+ age group and continues to improve her times. Last October she placed 2nd in her age group at the Baltimore Marathon with a time of 3:50. Her crowning glory was placing 1st in her age group at the JFK 50-Miler last year, her first ultra (and probably not her last) to date.

### **GRAND MASTERS RUNNER OF THE YEAR, MALE, BRAD CHAPMAN**

Simply running is not enough for Brad Chapman. He has become a very valuable member of our club. Not only does he bring all the materials to the races, he sets up the course, works the race and then returns all the equipment back to the strider shed. He does this and wins his age group too!

### **GRAND MASTERS RUNNER OF THE YEAR, FEMALE, YVONNE AASEN**

Yvonne has been the ultimate in consistency over the years and is very deserving of this first ever award. You can look forward to seeing Yvonne at most of our races and winning her age group too!



## **VOLUNTEER OF THE YEAR, MALE, JON VALENTINE**

Before I even knew who he was, I saw him along race courses. Always there in any kind of weather, Jon is as loyal to the Striders as anyone I've known. If he's not on his bicycle, he's certainly at the finish line taking pictures of literally every runner who finishes the race! A runner himself, Jon is getting into it more these days, but certainly not if it's a Championship Race. Who would take the pictures, he once asked me, when I inquired if he would run a certain race. Always smiling and full of energy, Jon is a volunteer worth thanking and I hope everyone will when they next see him.

## **VOLUNTEER OF THE YEAR, FEMALE REGINA MIANTE**

Serving in more capacities than most of us would even consider, Regina has proved her weight in gold. She just completed her tenure as both treasurer and board member and until a year ago she was the race

director for the Metric Marathon. Regina has always found time for the Striders. She volunteers at numerous races doing everything from serving food, scooping water, picking up trash or working packet pickup. A true asset to the club—we thank her for her tireless energy over the years.

## **MASTERS RUNNER OF THE YEAR, FEMALE MARIA SHIELDS**

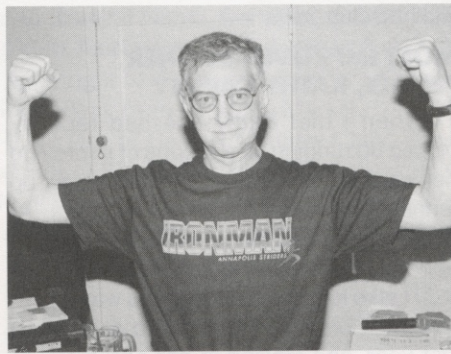
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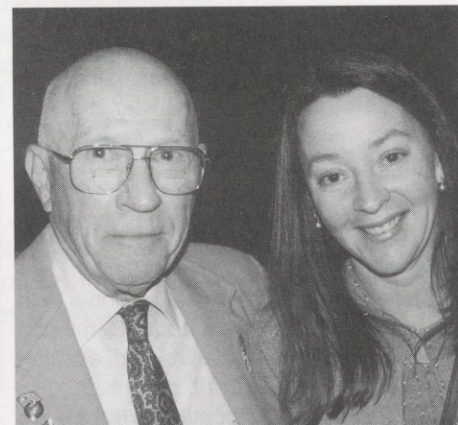
Jim Etchison 3rd 45-49 and Eric Hargis 1st 45-49.



Karen and Evan—what do you suppose they are chatting about?  
Running of course!



Ironman, Strongman—Tom Bradford.



Ben Moore and Beth McGee.



Helen Laird, Kathy Carney and Carole Rosasco 40-44 winners.



Lisa Schrader, Mairead O'Reilly and Melissa Currence, 45-49 winners.





Ron Bowman with Kathy Carney and Susan Zevin, Female Most Improved Runners.



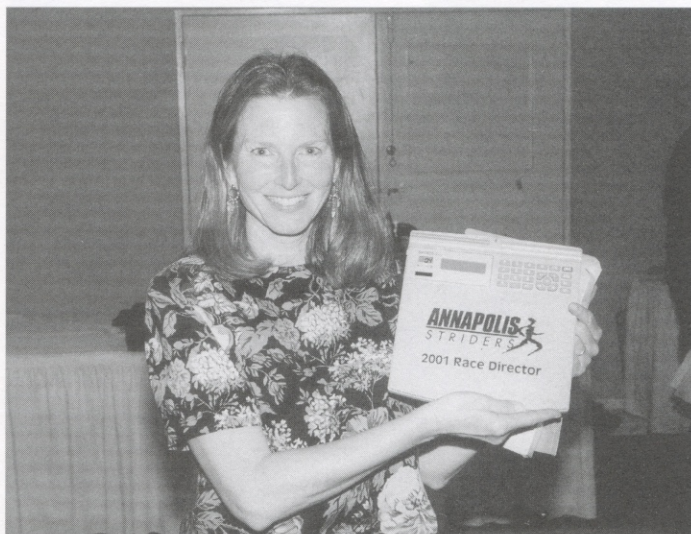
Jennifer Sullivan, Margie Boyd and Ginger Andrews, 35-39 winners.  
Hamilton Tyler-1st 35-39 and Eric Schrader-2nd 35-39.



Carole Rosasco, Female Runner of the Year and Matt Mace, Male Runner of the Year.



Robert Bigelow and Susie Flockart, 30-34 winners.



Melissa Currence displays the mouse pad/calculator award presented to all the Race Directors.





Don Singer, Yvonne Aasen and Brad Chapman 65-69 winners.



Ron Bolt and Linda Simpson, 55-59 winners, with Ron Bowman.



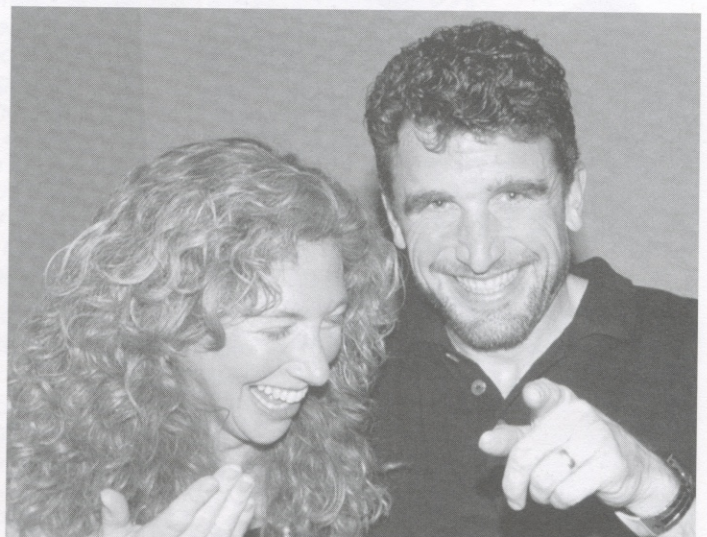
Eric Gyaki, Sandy Burton and John Fay, 50-54 winners.



Mark Rosasco-3rd 40-44 and Matt Mace-1st 40-44.



Tom Bradford, Sharon Bradford, Brad Chapman, Dan Symancyk, Al Scott, and Regina Miente, Iron Volunteer Award Winners.



Was it something he said?





Ron Bowman presents David Brault with the Great Scott Ultrarunner of the Year Award.  
Sue Briars (not shown) was the female winner.



Yvonne Aasen and Brad Chapman. Female and Male Grandmasters.



The 2001 Series Ironman Participants.



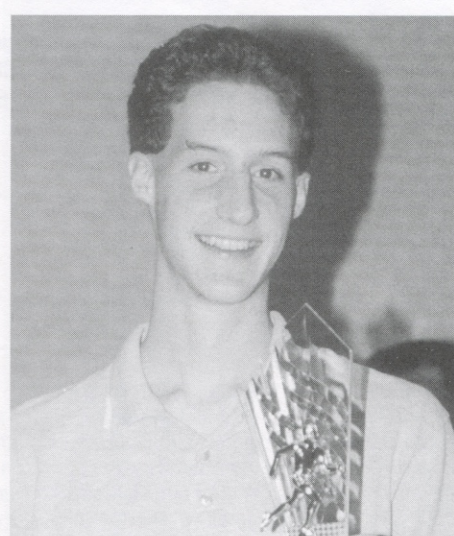
Your 2001 Race Directors!



Jon Valentine, Co-Volunteer of the Year and  
Regina Mianta (not shown).



Guy Riccio-80-84 winner.



Dave Walser, 1st 14-19.



# 2002 Summer Scholastic 19U Championship Series

Date	Race Time	Sign In	Race and Location	Distance
June 16	8:00 a.m.	June 15 from 2:00 p.m. to 5:00 p.m. Series registration accepted on June 15th June 16 from 6:30 a.m. to 7:30 a.m.	Father's Day 10K North Arundel Hospital	10K
July 6	8:00 a.m.	6:30 a.m. to 7:30 a.m.	John Wall Memorial Mile Broadneck Highschool	1M
July 13	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 4	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 4, 2002.

**Fee:** \$20 covers the four races listed above (If you register for each race on race day, the total will be \$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 4, 2002, 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 4, 2002. The 2001 winners were Linda Jack and Matthew Gray.

**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 8, 2002.

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 \_\_\_\_\_



# Strength Move of the Month

By Margie Boyd, *Board Certified Personal Trainer*

## Plank Push-Up Combo

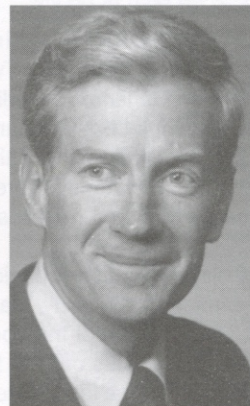
This issue I chose an upper-body move that targets three different muscle areas. Not only does this move strengthen your chest and arms, but it will also help you look and feel better with the summer months just around the corner. We know that we need strong legs to run, but it's equally as important to be strong "on top" when your running requires you to go the distance.

The plank push-up strengthens the front of your chest with the emphasis on lower fibers (the pecs), the front of your shoulders (deltoids) and your triceps. You can do these on the floor, but if you have a low bench or step that would be ideal. Place the balls of your feet on a 4 to 6-inch step and place your hands on the floor. Walk your hands forward until you're in a Plank position, with your body in a straight line from shoulders to heels. With your hands slightly wider than shoulder-width apart and wrists in line with shoulders, contract your abs. Then bend your elbows in line with your shoulders. Push back up to the Plank pose by straightening arms, then legs, then repeat. Keep your abs as firm as possible and your hips level with your shoulders when in the Plank position.

Many of you may already do these, or some form of push-up. I find that women sometimes have difficulty with them because they lack upper body strength. With practice, you can work up to 10 or 15 two or three times a week. Within 4-6 weeks you will begin to see marked improvement. The key to maximum results is keeping tension on your target muscles for as long as possible.



# STRIDER PROFILE



Brev Moore

**DOB:** 10-21-40

**Current Address:** 4 Tolson St., Annapolis

**Occupation:** Defense Contractor

**Marital Status:** Married Virginia Dickson on August 5 1967 in Jacksonville, FL

**Children:** Happel, Robert and Thomas

**Pets:** Five dogs- Mike (German Shephard), Daisy (Cockapoo), Jazz (Shih Tzu), Roger (Lab & Dalmation mutt), and Stella (Chihuahua)

**Favorite Non Running Magazine:** Backpacker

**Favorite Movie:** The Sound of Music

**Last Book Read:** *John Adams*, by David McCullough

**Favorite Music:** Country and Classical

**Car you Drive:** Buick Regal

**Car you'd Like to Drive:** Sports car

**Favorite Spectator Sport or Hobby:** Football

**Favorite Time of Day:** Nighttime- when I can put my feet up and read the newspaper.

**Favorite Hero:** John Paul Jones, a leader and gentleman who conducted himself with honor!

**Achievement you are most proud of:** Qualifying for Boston Marathon at age 50.

**Years running:** 27

**Favorite Race:** Metric Marathon; especially when it's cool!

**Least Favorite Race:** Dog Days! It's too hot!

**Typical Training Week:** Mon. swim; Tues. run; Wed. lift weights & stairstepper; Thurs. run; Fri. rest; Sat. run; Sun rest.

**Favorite place to run:** Around the Naval Academy

**Why do you run:** It makes me feel good! Being in shape makes me feel that I am capable of doing just about anything.



# MATCHMAKER, MATCHMAKER, MAKE ME A MATCH

## Valentines Twosome Relay Race

By June Schneider & Peter Salmon-Cox

With an astonishing come-from-behind move, Izudin Mehmedovic anchored the 2002 Valentines Twosome victory for himself and his partner Allison Densmore. Izudin flew past several male runners on his (second) lap of the 5K course until, with a little over a quarter mile to go, he finally caught the only runner still ahead of him, Eric Hargis. Izudin made up more than 3 minutes on his lap. The word that came to everyone's lips as they described him was "flying".

The rolling (some say hilly) 5k course is basically a loop through the streets of Shipley's Choice Community, starting and ending at the Elementary School. The women of the coed relay teams run the course first, then hand off (or kiss off?) to their male partners for the second loop. Jill Hargis ran the fastest women's lap in 19:03, followed by Susan Hendrick in 19:31, Sonya Curcio in 19:33, Margaret Starnes in 20:25 and Rose Malloy in 20:58. Women runners are at a premium, since a few rogue males always show up looking for partners, hence the excellent services of our matchmaker, Ilene Caroom. In addition to pairing the winning team, Ilene found partners for but two males, so the race had only one odd couple, better known as Tom & Ron Together Forever.

Because many prize categories are based on the combined ages of the team, there is a certain amount of strategizing that goes in the choice of partners. It's one of the few occasions that can inspire a woman to throw over a younger man for an older one. This is also a race that attracts elementary and secondary school age runners. The atmosphere is low key (until the racing starts) and this year, the costumes donned by pair Alan Wycherley and Donna Cogle added to the frivolous spirit as did the excellent Valentines sweatshirts worn by Jill and Eric Hargis. There is a special prize for the hotly contested Best Team Name and this year's award went to "Runnin on Love" for team Bob Santin and Sandra Van Veer. There is no truth to the rumor that the race director/judge of this category has been offered substantial bribes.

As always, the race directors are grateful to the volunteer police, the school custodian, and Annapolis Striders volunteers who help out in a myriad of ways and make the race safe for the runners. This years volunteers were: Ginger Andrews, Tom & Sharon Bradford, Mike, Susan, & Andrew Bright, Ben & Betty Moore, Ilene Caroom, Jim Carter, Brad Chapman, Greg Clulow, Danalee Green, Jerry & Pam Haley, Doris Harrington, Arnie Henderson, Denise Hyde, Delma Miller, Ken Lyons, Jim Noctor, Linda Rogers, Sharon Serio, Al Stott, Linda & Heather Simpson, Sean Sweeney, Stan Witomski, and Kimberley Sorry-we-didn't-get-your-last-name.



The winners were:

Category	Names	Time
Overall	Izudin Mehmedovic & Allison Densmore	38:25
Under 41	Brian Will & Lauren Will	50:12
41-60	Dave Walser & Susan Hendrick	39:28
61-80	1. James Farber & Sonya Curcio 2. Hugh Harris & Angela Najafi	39:30 44:52
81-100	1. Eric & Jill Hargis 2. Matt Mace & Rose Malloy 3. Tyler Hamilton & B.J. King	38:46 39:18 43:03
101-120	David & Margaret Starnes	42:49
121 and over	Brad Chapman & Yvonne Aasen	60:22
Mother/Son	Lori & Steven Marino	42:23
Father/Daughter	John & Julie Chall	42:04

Complete results:

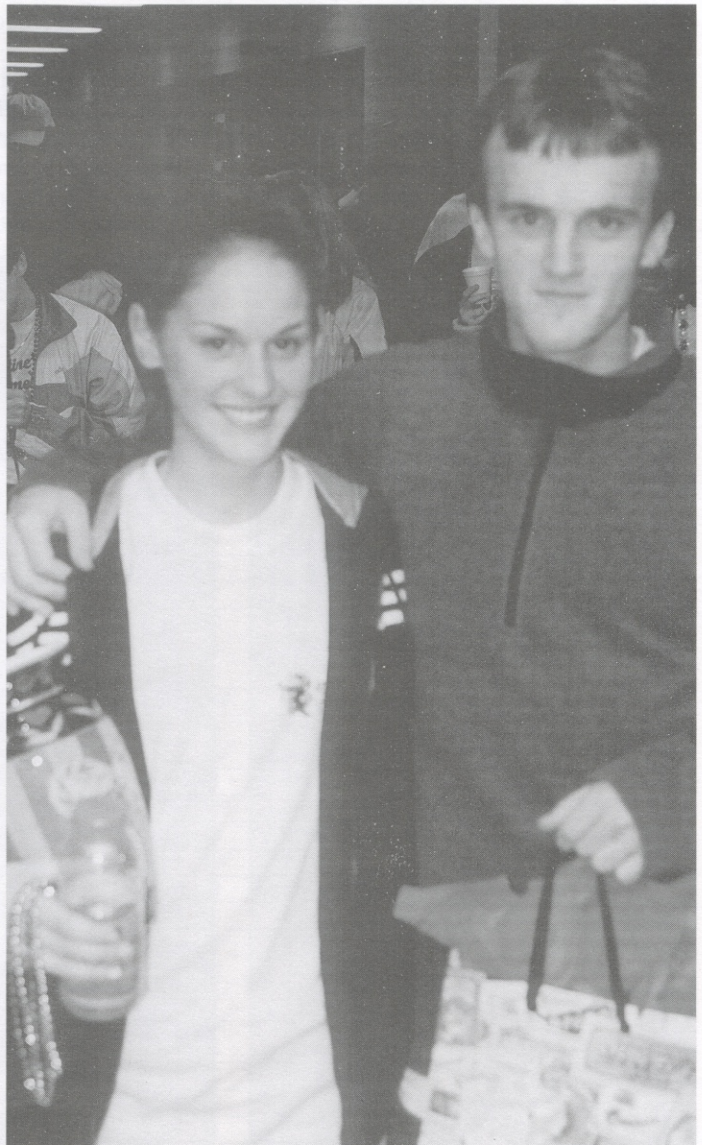
NAMES	TEAM NAME	CATEGORY	TIME
1. Izudin Mehmedovic & Allison Densmore		Under 41	38:25
2. Eric Hargis & Jill Hargis	Fleet Hearts	81-100	38:46
3. Matt Mace & Rose Malloy		81-100	39:18
4. Dave Walser & Susan Hendrick	Racing Hearts	41-60	39:28
5. James Farber & Sonya Curcio	Team Neon	61-80	39:30
6. John Chall & Julie Chall	Father/Daughter		42:04
7. Lori Marino & Steven Marino	Mother/Son		42:23
8. David Starnes & Margaret Starnes		101-120	42:49
9. Hamilton Tyler & B.J. King	Hershey's Hugs & Kisses	81-100	43:03
10. Tom Zorn & Nancy Zorn	Zorn 2 be Wild	81-100	44:35
11. Dennis Nugent & Jenna Nugent	Just a Couple of Feet		44:38
12. Hugh Harris & Angela Najafi	The Pink & Black Attack	61-80	44:52
13. Paul Serra & Valerie Fogle		61-80	44:59
14. Mike Suckling & Alison Suckling		81-100	46:32
15. Bill Daugherty & Kelly Christ		61-80	47:10
16. Joseph Bonavilla & Kristen Caldieri	2-B-married	41-60	47:13
17. Reed Bundy & Kelly Fanning	Lactose Intolerant	41-60	47:19
18. Court Treuth & Laura Treuth	The Treuth Hurts	81-100	47:20
19. Evan Thomas & Cynthia Graham	Just Met Duet	81-100	47:28
20. Rufus Creekmore & Helen Brennan	Little Darling, you're the reason our children are so ugly	81-100	49:59
21. Eric Fromm & Linda Simpson	Nutty Buddies	101-120	50:07
22. Brian Ward & Lauren Will	Lauren loves Valentine's Day	Under 41	50:12
23. Rob Santin & Annabeth Bunker	Runnin' on Love	61-80	50:31
24. Jon Meyer & Danielle Meyer	Meyer, Meyer Feet on Fire		51:50
25. Steven McCann & Piedad Alleinde	Los Conquistadores	61-80	52:19
26. Wrightson Dawson & Effie Dawson	Heart & Sole		53:27
27. Joe Bonner & Lisa Murphy		61-80	53:30
28. John Barber & Sara Brammer	North & South	41-60	53:34
29. Larry Puglisi & Karla Puglisi	Father/Daughter		53:37
30. Denise Thiebaut & Lou Hureston	Mi Lou, Mi D	61-80	54:49
31. Don Snodgrass & Patty Snodgrass	Le Grand Two	81-100	55:24
32. Alan Wycherley & Donna Cogle	Hearts & Flowers	101-120	55:38
33. Van Sieble & Carole Siebel	The Grinders	81-100	57:05



34. Steve Wanbaugh & Rebecca Wanbaugh		81-100	57:18
35. Walter Engelhardt & Sandra Van Vern	<i>Blue Skies Forever</i>	61-80	57:24
36. Robin Williams & Patricia Williams	<i>The Yorkies</i>	101-120	57:52
37. Clint Henderson & Pamela Henderson	<i>Clint &amp; Pam</i>	81-100	58:10
38. Warren Campbell & Sharon Stanley	<i>Hugs &amp; Kisses</i>	81-100	58:40
39. Clair Morris & Rae Jean Goodman	<i>The Gross National Products</i>	101-120	58:58
40. Philip Caroom & Kathleen Hanson	<i>Two Set the Record Straight</i>	81-100	59:36
41. Chris Brown & Alex Brown	<i>B&amp;B</i>		60:07
Father Daughter			
42. Will Myers & Michelle Myers			60:08
Father Daughter			
43. Brad Chapman & Yvonne Aasen	<i>The Grey Hounds</i>	Over 120	60:22
44. Samuel Encarnacion & Brenda Corro	<i>Smooth Latinos</i>	Under 40	62:33
45. John Firebaugh & Juanita Firebaugh	<i>J&amp;JR Changing Weighs</i>	81-100	64:35



Race Directors, June Schneider and Peter Salmon-Cox.



Izudin Mehmedovic & Allison Densmore, Overall Winners.





# Washington's Birthday 5k HAGE HEATS UP BAY HILLS

Race Director, Jim Hall

By Evan Thomas  
Assistant Race Director

Masters runner Jim Hage of Lanham arose from a late night's work to arrive in time to blister the field at the 2002 Washington's Birthday 5K in the Bay Hills section of Arnold, MD. Not only did he torch the 255 other runners, he brought record temperatures with him. Race Director Jim Hall thought for a moment we might have to cancel the race as registration personnel got to work with unfrozen pens for a change. As it was, the 256 finishers were the second largest field ever for the race, which is the first event in the Striders' year long Championship Series.

Hage steadily reeled in the fast starters and, by the one mile point, he was in command, finishing :23 in front of runner-up Bob Schneider 16:17 to 16:40. Strider Dave Webster returned to defend his masters crown, running 17:22, :31 faster than 2001.

Newcomer Sonya Curcio came on to win

the women's crown in 19:29, with 16-year old Susan Hendrick second in 19:37. Margie Boyd put her own training tips to use and ran :25 faster this year to grab the first masters title.

Maybe it was the weather, but many people ran well this year. For example, Tammy Avery took 2:40 off her 2001 time and President Ron Bowman sliced a whopping 7:09 off his time last year. More impressive were our male 50 and 60 age group winners: Richard Kersey (50-59 in 18:50) and Edward McAloon (60-69 in 21:29). All runners enjoyed the cider, cookies, chocolate, and bananas after the race. Many random prizes were awarded at the finish line (no waiting).

For those who did wait, they saw the winners get \$50 gift certificates from the Athlete's Foot. The second place woman and first female masters received unique road runner pins, while the second male and first male

masters were awarded \$25 gift certificates. Age group winners got either Napa Ridge chardonnay or cherry pies.

The Bay Hills Community Association seems to like the event and the fact that we pass out advance notice to those living along the course. The county police were out in force and the Bay Hills golf course graciously allowed us use of their rest rooms. The registration charge was led by Susan Zevin, Rose Malloy, Kathy Hanson, and Tom and Sharon Bradford. Carole Rosasco and Jeremy Thomas took charge at the turn-around. Neal Hinkle and Arnie Henderson got the cars parked. Al Stott, Dan Symancyk, yours truly, Mrs Will Myers and one other kind lady had things in hand at the finish line.

Thanks again for everyone's support. We'll look for you next year back in Bay Hills where everyone loves the slightly uphill finish!



Margie Boyd, 1st Female Masters.



Susan Hendrick, 2nd Female.



Jim Hage, First Male Overall.



## Washington's Birthday 5K Results

Pl	Name	Age	Time
1	Jim Hage	44	16:17
2	Bob Schneider	25	16:40
3	Chris Dyer	20	17:02
4	J. J. Wetzel	16	17:07
5	Patrick Blair	20	17:09
6	Lance Byrd	20	17:12
7	Christopher Clarke	17	17:17
8	David Webster	49	17:22
9	Doug Kuderna	41	17:36
10	Paul Chasen	20	17:47
11	Steven Plummer	17	18:02
12	Matt Mace	41	18:18
13	Hugh Harris	33	18:29
14	David Booth	33	18:30
15	Guy Silvestri	28	18:31
16	William Allen	41	18:32
17	Eric Schrader	37	18:45
18	Robert Bigelow	35	18:47
19	Tom Prendki	5	18:49
20	Richard Kersey	50	18:50
21	Ryan Voegtlin	26	18:59
22	Steve Marino	16	19:12
23	P. Michael Cunningham	47	19:13
24	Hamilton Tyler	38	19:16
25	Dennis Coster	20	19:21
26	Robert W. Biddle	42	19:24
27	Peter Middleton	17	19:25
28	Eric Peltosalo	52	19:27
29	Sonya Curcio	33F	19:29
30	Chris Sinclair	34	19:31
31	Susan Hendrick	16F	19:37
32	John Kirkpatrick	58	19:41
33	Dave Walser	43	19:47
34	Margie Boyd	40F	19:49
35	Tony Marino	18	19:56
36	Marc Mallonee	32	20:09
37	Thor Young	32	20:20
38	Bruce Mihalick	37	20:22
39	Tom Rosefelder	40	20:29
40	Jeffrey Geraghty	44	20:30
41	Michael Bergeson	48	20:42
42	Greg Clulow	43	20:46
43	Brandon Evans	18	20:52
44	Mark Hilliard	36	20:54
45	Roger Kizer Ball	36	20:56
46	Eric Karandy	43	20:57
47	Michael Smith	45	21:05
48	Morgan Wells	42	21:13
49	Jennifer Lundeen	41F	21:21
50	Francisco Sanchez	59	21:27
51	Robert Cawood	33	21:28
52	Edward McAloon	60	21:29
53	Brian Wright	39	21:31
54	Karen Koffler	42F	21:33
55	Dennis McGinley	34	21:36
56	Matthew Treuth	42	21:38
57	Kevin Lynch	40	21:50
58	Joe Schweitzer	34	21:51
59	Brev Moore	61	21:52
60	Mairead O'Reilly	46F	21:59
61	U'tonna Sherrod	17F	22:01

62	Clint Henderson	45	22:07
63	Matt Litts	16	22:08
64	Victoria Vasenden	37F	22:09
65	Steve Penkert	43	22:10
66	Hank Lobe	44	22:10
67	Larry Puglisi	47	22:11
68	Ron Hooker	39	22:13
69	Ed Kirk	41	22:15
70	Dan Kahn	24	22:20
71	Charles Kuning	49	22:22
72	Lisa Schrader	46F	22:23
73	Chuck Raper	58	22:24
74	Terry Sauer	40	22:24
75	Ron Bolt	60	22:25
76	Dave Brault	50	22:26
77	Andrew Meekins	23	22:29
78	Dave Belue	43	22:30
79	Alison Suckling	46F	22:39
80	George Perkins	47	22:47
81	Ryan Polk	25	22:48
82	Frank Callahan	47	22:51
83	John Fay	54	22:54
84	Tammy Mazzola	41F	22:55
85	Larry Wans	32	22:57
86	Scott Wilson	32	22:58
87	Helen Laird	43F	23:01
88	T. J. Harrington	50	23:05
89	John Gallagher	53	23:07
90	Tammy Avery	30F	23:11
91	Joseph Bowker	34	23:13
92	Patrick Cavanaugh	38	23:14
93	B. J. King	56F	23:15
94	Steven Donnelly	44	23:16
95	George Lundskow	44	23:20
96	John Pack	62	23:22
97	Jim Etchison	49	23:24
98	Heidi Wood	36F	23:25
99	Maria Shields	51F	23:28
100	Barry Davis	38	23:29
101	Doug Ellmore	38	23:35
102	Harmon Bullard	56	23:36
103	Steven Litts	48	23:41
104	Mary Lang	45F	23:42
105	John Zierdt	40	23:48
106	Warren Cooper	49	23:51
107	Lori Marino	41F	23:52
108	Don Singer	66	23:55
109	Arnie Henderson	65	23:58
110	James Galvanek	30	24:00
111	G. Christopher White	31	24:05
112	Ron Bowman	52	24:06
113	Emma Podolin	11F	24:07
114	Patrick Donahue	50	24:08
115	Nate Gumlia	23	24:08
116	Anthony Darden	42	24:09
117	Rick Podolin	42	24:10
118	Danalee Green	55F	24:11
119	Peter Anderson	39	24:12
120	Scott Thayer	41	24:14
121	Steve Brady	45	24:15
122	Jon Meyer	54	24:16
123	Sandy Burton	54F	24:17
124	Stan Witomski	68	24:19
125	Noel Smith	29	24:21
126	Leon Riley	56	24:25
127	Milt Taylor	69	24:29
128	Robert Edwards	54	24:30

129	Derek Ammons	41	24:34
130	Christopher Beard	50	24:36
131	Linda Kirk	46F	24:39
132	Mark Stover	47	24:41
133	Charles Ricker	10	24:45
134	Mary Ellen Mason	47F	24:53
135	James Lancione	27	24:57
136	Jim Kaufman	47	25:04
137	Bill Hague	36	25:05
138	Patricia Snodgrass	48F	25:09
139	Charles Muskin	52	25:11
140	Richard Strasser	39	25:13
141	Alan Baker	26	25:16
142	Philip Caroom	48	25:17
143	Clark Rehberg	60	25:18
144	Chris Chisholm	28	25:21
145	Laura Truth	44F	25:22
146	Peter Salmon-Cox	62	25:24
147	Melissa Currence	46F	25:28
148	Ryan Hilliard	10	25:31
149	Ben Cawood	26	25:32
150	Claire Winchester	17F	25:33
151	Raymond Pairan	42	25:35
152	Helen Brennan	43F	25:38
153	Mia Hencinski	14F	25:40
154	Tom Bradford	58	25:41
155	Cecile Spiegel	46F	25:43
156	Nicole Stambaugh	25F	25:47
157	Robin Dawson	48F	25:50
158	Allen Veasey	62	25:59
159	Will Myers	52	26:07
160	Jane Schneider	54F	26:09
161	Chris Brown	46	26:14
162	Patricia Hicks	26F	26:19
163	Warren Brockett	27	26:22
164	Ron Jarashow	52	26:24
165	Valerie Thacker	35F	26:29
166	Valerie Fogel	32F	26:37
167	Stephen Parker	44	26:37
168	Marie Maffei	23F	26:39
169	Merle Maffei	57	26:39
170	Sarah Bell	27F	26:42
171	Stephanie Butler	40F	26:47
172	Mark Stith	37	26:49
173	Allen Egloff	59	26:54
174	Jim Turner	67	27:06
175	Thomas Goodridge	62	27:07
176	Patricia Williams	51F	27:10
177	Patrick Painter	54	27:12
178	Kira Sullivan	24F	27:18
179	Joe Layton	53	27:21
180	Julie Husson	48F	27:21
181	Chris Riley	51	27:22
182	Anne Kaiser	43F	27:35
183	Peter Hollerbach	39	27:36
184	Christine Brungot	49F	27:42
185	Alan Valdez	42	27:47
186	Lee Masser	66	27:47
187	Phillis McVey	43F	27:48
188	Jim Noctor	62	27:51
189	Effie Dawson	44F	27:52
190	Rae Jean Goodman	53F	27:57
191	Neal Hinkle	65	28:02
192	Alan Murray	39	28:05
193	Richard Orndorff	46	28:10
194	Bill Woods	51	28:15
195	G. Frank Bucholtz	48	28:17

196	John Keefer	35	28:19
197	Donna Cogle	48F	28:21
198	Sharon Darden	37F	28:46
199	Lawrence Priebe	30	28:48
200	Kian Schuermann	35	28:56
201	Ron Thomas	45	28:59
202	Linda Simpson	59F	29:02
203	Ed Jantz	53	29:14
204	Ernest Chizmar	53	29:15
205	Jeff Konyar	48	29:15
206	Amanda Lepich	37F	29:16
207	Frank Locraft	41	29:17
208	Diane Zoller	51F	29:17
209	Wendy Haugan	42F	29:18
210	Ann Braman	29F	29:19
211	Steve Hencinski	48	29:21
212	Brad Chapman	70	29:23
213	Barbara Maffei	50-55F	29:26
214	Eileen Cochran	49F	29:27
215	Nancy Thomas	50F	29:30
216	Alan Wycherly	59	29:31
217	Kenny Schuermann	10	29:34
218	Druscilla Burke	51F	29:59
219	David Peterson	56	29:59
220	Ginger Andrews	37F	30:06
221	Kathleen Flannagan	45F	30:17
222	Clair Morris	65	30:25
223	Laura Moore	28F	30:26
224	Kari Petyak	18F	30:29
225	Steven Southard	44	30:30
226	Nancy Jackson	36F	30:35
227	Beth Scheidt	41F	30:36
228	Don Snodgrass	51	30:37
229	Thomas Haney	69	30:38
230	Fred Shanklin	60	31:01
231	George Swatzbaugh	31	31:24
232	Yvonne Aasen	70F	31:37
233	Ray Campbell	69	31:38
234	Guy Riccio	81	31:43
235	Emy Nakamura	30F	31:53
236	Robin Williams	50	31:58
237	Michele Yanes	37F	32:09
238	Michele Myers	21F	32:22
239	Linda Ashburn	47F	32:24
240	Gail Mahan	45F	32:48
241	James Fay	56	32:55
242	Debbie Young	31F	33:06
243	Charles Hufnagel	56	33:13
244	Kathleen Hanson	48F	34:37
245	Susan Gallagher	54F	34:43
246	Noreen Lynch	52F	35:48
247	Bert Polk	57	36:11
248	Christina Caravoulis	47F	36:27
249	Kathleen Nowlin	48F	37:01
250	Janet Tzanakis	57F	37:50
251	Deb Foy	44F	39:30
252	Edgar Parker	69	39:56
253	Caroline Schuermann	9F	41:28
254	Morgan O'Brien	11F	44:34
255	Shannon O'Brien	8F	45:02
256	Michael O'Brien	39	45:02

### Worker's Run

Evan Thomas	25:56
Dan Symancyk	24:45



# "It's the Salt, Stupid"

By Susan F. Zevin

The room at the Motel 6 is spare and spotless. I am leaning on the faux marble vanity staring down at the step of the molded fiberglass shower stall. My current physical disabilities hit home as, bent forward, I try to figure out how to lift my legs to surmount this 5-inch cliff. It might as well be Everest. Defeated, I gingerly lower myself to sit on the base lip and scoot backwards under the warm cascade of water, there to wash away the trail dirt and luxuriate in the sweet pleasure/pain of having finished my first 100-mile run.

The journey began Friday morning, Feb. 1 with a flight from Baltimore to Houston, and 65-mile drive up to Huntsville, Texas, home of the annual Rocky Racoon (sic) Trail 100. RR, as the race is known, is run in Huntsville State Park; five 20-mile loops on soft pine-needle covered, sandy trails around Lake Raven. At Bush International Airport, I've met my coach and pacer, Scott Weber for the first time after a year and half of emailing training logs. We rent the SUV and head north talking weather, strategy, fueling. Scott's advice: "Don't think, just do as I tell you. You won't have time to think; you won't have energy to think. Set your watch alarm: Drink 5 oz fluids every 15 minutes; take in 1 oz of energy gel every 30 minutes; 330 calories/hour. Take your salt tablets, at least 1 every 30 minutes."

"EVERY 30 MINUTES????? I'll die! My head will explode!" But, Scott is adamant. He continues, "SALT is the only way your body can process all the fluids and carbohydrates; it is the only thing that keeps your kidneys going. You cannot get too much salt in these 100 mile events." With 10 years of ultra-running and coaching behind him, numerous Badwater (135-mile Death Valley to Mt. Whitney) finishes, and as the sole owner of a double ultra-crossing from Mt. Whitney to Death Valley and return, Scott Weber speaks with lots of authority on SALT. I listen. Not only is he an authority, he is a mean so-and-so coach, just the kind needed to get through this toughest race I've ever run.

We check in at the State Park, pick up the t-shirt premium and other goodies, and undergo the all-important weigh-in.

From race headquarters, we tool down the road to the Motel 6. Settled into our 2nd floor rooms, we set out in mid-afternoon searching for spuds, spaghetti and bread. We find the Golden Corral buffet not far

away, an ultra runner's eating haven. In addition to porcine portions of potatoes and pasta, Coach pushes me to have 3 gourd-sized freshly baked dinner rolls. "Trust me," he says, "you'll thank me tomorrow." And I top off the starch extravaganza with 2 helpings of bread pudding. This experience I will NOT share with my Wednesday evening Weight-Watchers group!

Rolling back to the room, we organize my drop bags. Thirty bottles of water/food mix; 60 oz of energy gel parsed into 5-6 oz flasks that will have to be refilled at just the right time; at least 60 electrolyte tablets. The distribution of bottles and flasks is complicated as crews are allowed only at 3 of the 5 aid stations, all of which are concentrated within a third of the 20 mile loop. For the other 13 miles on each loop, I will need enough bottles and flasks so there is no thinking required, no wasted time tinkering with the goods.

Later, Coach comes in to fix my feet. We check for potential hot spots. He frets over my beat up shoes; fusses about my too-short trail socks. We put lambs wool around toes; pre-bandage blister points; smear on bag balm, pull up knee high stockings and over layer these with thin, anti-blister trail socks. The only things I don't wear to bed are my shoes. We have Sleepytime Tea at 9pm; and he instructs me to wake at 4 am to have breakfast. It is a bit difficult to think about eating; the Golden Corral has produced bucking Broncos in my stomach. But, a bagel and jar of peanut butter in my suitcase are just the right pre-race meal. I sleep well, and feel strong.

One hundred thirty-three runners start their individual journeys on Saturday at 6:00 am sharp. Scott has counseled me to walk to Aid Station number 1, 3.4 miles away—to settle in, relax, get centered. Everyone else takes off at a run, and soon they are out of sight in the pitch black and cold of early morning.

Within 1/2 mile of the start, I am completely alone on the trail. I am also completely lost! The little LED beam shines into complete darkness as I stand in the middle of a forest, without the slightest idea of where to go, where is the trail, where is my Coach! This is not good. What in the heck am I doing here? And, there are 99.5 miles to go! After a panicky moment, I realize that even if I wanted to quit the race, there is nowhere to go! So, I flash my little beam

around until I find a yellow pie plate with an arrow painted on it. Aha! Then, a little further ahead is a yellow reflective ribbon; and further is a red glow stick! So, this is how it's done! Yes, pie plate, ribbon, glow stick; ribbon, ribbon, pie plate, glow stick! I can do this! At the 1-mile road crossing, Scott is disbelieving of my first mile saga, and gently shoves me into the forest to continue the trek.

By 7 am, there is enough light to run freely without flashlight. Loop one goes by quickly—finished in 4:15. Loop 2 goes well, though I begin to feel nauseated. The food drink is sudsy; do I need more SALT? Scott makes fun of my foamy frappe; but, counsels: If I get to feeling very badly, just bring up whatever is bloating me and get on with the race. But, do not do this unless absolutely necessary since this removes fuel from the body. I press on and finish the loop in 5 hours flat; and am out of the aid station for miles 40-60. If I can get to 60 miles, with Scott pacing, I will finish the race.

So, the 3rd loop promises to be the toughest. And, the nausea is increasing. Again at Aid Station 1, Scott checks my tummy. He wants positive energy, and admonishes that I stay focused on getting to 50 miles. But, the mental discomfort outweighs the physical reality, and at mile 47, I lose the juice by the side of the trail and am born again! A new runner, I breeze into Aid Station 2 at the start of a 5 mile loop, pick up a water bottle, take more salt and head for the turnaround at mile 50. I blast the mid-point at 5:38 pm, fully 11 minutes ahead of JFK PR, and 20 minutes ahead of schedule.

Back at the aid station, I've run out of the fancy electrolyte tablets!! Now what to do?? The volunteers steer me to a large bowl of table salt sitting next to the boiled potatoes. Three healthy pinches, "Emeril"-style, go into the bottle. Yech! Blech! It is AWFUL! TOO MUCH SALT! ECH!!! I'll never make it around this 7-mile stretch to the next aid station drinking this brew! And, in the back of my mind, there is Coach, "You cannot get enough SALT in these races." So, flashlight in hand, salt grimace on my face, it is on to the backstretch from miles 53 to 60.

And, it is beautiful—the most beautiful running I have ever known. By myself on the pitch-black trail; the night surrounds like velvet; the trail is soft underfoot, the sounds,



the soft thump, thump of my footfall and the little peepers in the marshes. Far off, a coyote howls, and the hoot owls sound like South American ocarinas, those gourd-shaped musical flutes. The flashlight creates a round white tunnel into which I keep running. Little furry black animals run towards me by the side of the trail, magical creations of the shadows of small leaves captured in the light beam. Pie plate, ribbon, ribbon, glow stick, ribbon, pie plate. I force myself to drink the salt water, awash in Atlantic surf and beach summers past. Kidneys working well, body absorbing the calories of gel, free of nausea; I am going to finish this race! Into the last aid station of the loop a full 30 minutes ahead of schedule, Scott is totally surprised, and impressed. "Let's do this!" He says. And we are on our way with 15 hours to complete the run before the noon cutoff.

Gap 4 is difficult. At 10:05 pm I am bent over, elbows on knees, dozing at Aid Station 1; Scott thinks I am throwing up. "We don't have time for this," he barks. I take a

hit of caffeine and some Tylenol and we are off again. Coach is perceptive, and realizes I must be in the lead, rather than following. He drops back softly, quietly and lets me go—steady at 3-4 miles per hour, alternately walking very fast and shuffling, at one with the trail now, I know every turn, every bend, every bridge. At times, staggering back and forth, almost asleep on my feet and disoriented from the running tunnel of light, we stop for energy and water and salt. Coach reminds me every 20 minutes to take in calories, gives me TWO salt tablets at the aid station and one every twenty minutes for the rest of the race.

We are into the last lap by 3:30 am. I am still very sleepy and take another dose of caffeine between Aid Stations 1 and 2. Scott's back is aching and he follows me up the trail a bit, and then rests under the stars while I complete the turnaround at 90. It is dawn Sunday morning, and my body is waking up. We both are happy coming down the trail into Aid Station 3 as we set sail for the last 7 miles home. At mile 99, Scott of-

fers his final advice before leaving to meet me at the finish: "Susan, there are few times in your life, perhaps never again, that you will be at mile 99 of a 100 mile race. Savor it. Enjoy this moment. Enjoy this last mile. The icing will be to run it in. Yes, savor it; ice it; enjoy your last mile of this race."

I run across the finish line, smiling, hands above head in victory—28:40:47 after the start; the 83rd of 91 runners who will complete the event.

That night, still savoring the last mile, I take two pain-killers that Scott has left in my plastic baggy to ease aching legs and swollen feet. I am still craving salt, having demolished a basket of tortilla chips and salt-laden salsa during our Mexican dinner. On the morrow during our ride to the Airport, I tell Scott those extra pain tablets were a blessing that allowed me to sleep for most of the night. Wary of taking certain "meds" after an ultra run, I ask him whether the pills are Motrin or Aspirin or Tylenol. "Salt," he says, "they were salt tablets."

## Attention Junior Striders!

Junior striders, get ready for the upcoming season! The 2002 Annapolis Junior Striders summer series will kick off on May 18th. Please bring your children, let your friends know, or just stop by to volunteer. We're always looking for helpers! The Jr. Striders program provides an opportunity for our up and coming runners (boys and girls ages 2 to 12) to compete at running while learning more about the sport. We offer a program that provides parents, siblings and everyone that is involved, with an environment in which to meet others, make friends and have fun.

The Jr. Striders summer series is modeled after a traditional track-and-field meet (although in a smaller format). Children have an opportunity to compete in several events as outlined in the table below. Each age group can participate in two track events and one field event during every meet. The track events will alternate over the course of the season so that our runners have an opportunity to participate in races of different lengths. At the conclusion of each meet, an open event will be run allowing for the participation of everyone! (moms and dads too).

All of our Jr. runners receive ribbons. First through fifth place ribbons are awarded for every heat. In addition, participant ribbons are handed out to all finishers so that each runner walks away with a feeling of accomplishment.

Those Jr. runners who attend 3 or more meets will receive a complimentary Annapolis Jr. Striders t-shirt. All meets are open to the public and are free of charge. However, we do encourage contributions to further help support our program!

The 2002 events will be held at Bates Athletic Track Complex (off of Spa Road in Annapolis and behind Maryland Hall) between May and September 2002 according to the schedule below. Registration begins at 4:00pm and the races start promptly at 4:30pm (an hour earlier than last season).

### 2002 Jr. Striders Calendar

#### MEET #1

Saturday, May 18 4:00pm registration

#### MEET #2

Saturday, June 15 4:00pm registration

#### MEET #3

Saturday, July 20 4:00pm registration

#### MEET #4

Saturday, August 24 4:00pm registration

#### MEET #5

Saturday, Sept. 21 4:00pm registration

You will find more information on the [www.annapolisstriders.org](http://www.annapolisstriders.org) web site. Or feel free to contact Roger Hebden at 410-533-5689 ([rhebden@blueprinttech.com](mailto:rhebden@blueprinttech.com))

EVENT	AGE GROUP				
	2-4 Years	5-6 Years	7-9 Years	10-12 Years	Open
100 Meter	X	X	X	X	X
200 Meter		X	X	X	X
400 Meter			X	X	X
800 Meter				X	X
1 Mile					X
Hurdles	X	X	X	X	
Long Jump	X	X	X	X	





# B&A Trail Marathon & Half Marathon

By Tom Bradford, Race Director

This year the story of the B&A Trail Marathon & Half Marathon was the weather-it was warm! After weeks of mild weather and drought conditions the forecast looked like 3 March was going to make up for all of that. Instead, we had balmy conditions with just a little rain during the middle of the race. Despite the D.C. Marathon looming only weeks away, the B&A set a new record for participation with 221 marathon finishers versus 215 last year and 470 halfers versus 468 last year. Runners came from 21 states including Canada and Mexico. Winning times were not as fast in past years but there were some notable performances. The marathon winner, Troy Harrison ran a 2:42:08 in his first marathon. Impressive age

group times were Ernest Lehman (20) in 2:53:58, Art Burger (57) in 3:10:08 and the master's winner Matt Mace in 2:59:34. Tom Prendki (45) ran his 11th consecutive B&A and is still racing well at 3:24:22. Milt Taylor (69) was very impressive with a 4:07:35. In the half, Kevin Geesaman from Waynesboro, PA won his 4th B&A in 1:14:31. Kevin holds the course record of 1:10:26. Our very own Marjorie Boyd was overall master in 1:31:22. Is Rose coming back? She won the 50-54 easily in 1:42:05. If anyone is looking for an example of determination and guts, look no further than Kristen Adelman a past winner of this event who ran 2:01 just 60 days after bone marrow transplant.

Sharon and I would like to thank the close to 150 volunteers who helped us make the B&A an enjoyable event for the runners. We have already had lots of feedback from runners and they almost always mention how friendly, helpful and knowledgeable our volunteers are. I know you will all be eagerly awaiting my call next year and hoping at the same time for good weather. Note to Al Stott: I'll try not to call you at 4am on race day next year. Brad Chapman: I'm glad you discovered that the best way to recover from running 26.2 miles is to spend the rest of the afternoon unloading the truck back into the shed.

## HALF-MARATHON RESULTS - 13.1 MILES

### MALE OVERALL RESULTS

1	GEESAMAN, KEVIN	25	WAYNESBORO	PA	1:14:31
2	DINCES, SEAN	19	CORONA	CA	1:14:39
3	SPOTTISWOOD, MARK	27	BOHEMIA	NY	1:17:45
4	UHER, WILLIAM	27	WOODBIDGE	VA	1:18:29
5	BLAIR, PATRICK	20	PASADENA	MD	1:18:43
6	HUNKELE, MARK	30	PITTSBURG	PA	1:19:39
7	SMITH, SEAN	32	TIMONIUM	MD	1:19:54
8	HAHN, MATTHEW	19	PARKVILLE	MD	1:19:59
9	WETZEL, JJ	16	CROFTON	MD	1:20:22
10	SWEENEY, BRIAN	27	OWINGS MILLS	MD	1:21:42

### FEMALE OVERALL RESULTS

1	GRILLO, MONICA	37	ARLINGTON	VA	1:29:26
2	GRILLO, JEANNE	40	POTOMAC	MD	1:29:58
3	BORING, LINDA	37	FREDERICK	MD	1:30:52
4	BOYD, MARJORIE	40	ANNAPOLIS	MD	1:31:22
5	DULCES, JULIE	32	PASADENA	MD	1:32:41
6	AMAN, KATIE	30	BALTIMORE	MD	1:34:00
7	LUNDEEN, JENNIFER	42	PORT REPUBLIC	MD	1:35:29
8	MONAGHAN, TRISH	38	FALLSTON	MD	1:36:11
9	KOFFLER, KAREN	42	SEVERNA PARK	MD	1:37:31
10	SMITH, DANA	38	ANNAPOLIS	MD	1:37:52

### MASTERS-MALE AGE GROUP: 40 - 99

1/11	JUDSON, ROBERT	45	BETHESDA	MD	1:21:50
2/14	BOLLINGER, DAVE	46	KENSINGTON	MD	1:22:32
3/15	ALLEN, WILLIAM	41	PRINCE FREDERICK	MD	1:22:49

### MASTERS-FEMALE AGE GROUP: 40 - 99

1/37	BOYD, MARJORIE	40	ANNAPOLIS	MD	1:31:22
2/53	LUNDEEN, JENNIFER	42	PORT REPUBLIC	MD	1:35:29
3/65	KOFFLER, KAREN	42	SEVERNA PARK	MD	1:37:31

### MALE AGE GROUP: 1 - 14

1/98	FOWLER, BENJAMIN	14	BETHESDA	MD	1:40:27
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### MALE AGE GROUP: 15 - 19

1/8	HAHN, MATTHEW	19	PARKVILLE	MD	1:19:59
2/9	WETZEL, JJ	16	CROFTON	MD	1:20:22
3/18	NIEBEL, BENJAMIN	18	CENTRE HALL	PA	1:23:36
4/86	CRAWFORD, SCOTT	18	ANNAPOLIS	MD	1:39:44
5/163	GORDON, JOSHUA	19	ANNAPOLIS	MD	1:48:47

### FEMALE AGE GROUP: 15 - 19

1/95	SHERROD, U'TONNA	17	MILLERSVILLE	MD	1:40:14
2/231	O'NEILL, CHRISTINE	19	EDGEWAER	MD	1:56:43
3/273	BAFFORD, BETH	17	SEVERNA PARK	MD	2:00:16
4/298	RHODERICK, HEATHER	19	MIDDLETOWN	MD	2:01:36
5/363	COLE, CHRISTINE	19	ANNAPOLIS	MD	2:11:41

### MALE AGE GROUP: 20 - 24

1/5	BLAIR, PATRICK	20	PASADENA	MD	1:18:43
2/17	PACAK, JOHN PATRICK	21	GROVE CITY	OH	1:23:30
3/23	SMITH, MARLIN	20	ANNAPOLIS	MD	1:25:55
4/50	O'BRIEN, MICHAEL	20	ANNAPOLIS	MD	1:34:43

5/59	BROCK, MICHAEL	23	ANNAPOLIS	MD	1:36:18
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### FEMALE AGE GROUP: 20 - 24

1/161	GOULD, REBECCA	20	ANNAPOLIS	MD	1:48:18
2/182	RACE, JENNIFER	23	BETHESDA	MD	1:51:00
3/208	BAGHDADI, NAIMA	20	QUEENSTOWN	MD	1:54:50
4/214	KOONS, MEGAN	23	BALTIMORE	MD	1:55:29
5/232	KANOWICZ, HEATHER	20	MECHANICSVILLE	MD	1:56:44

### MALE AGE GROUP: 25 - 29

1/4	UHER, WILLIAM	27	WOODBIDGE	VA	1:18:29
2/10	SWEENEY, BRIAN	27	OWINGS MILLS	MD	1:21:42
3/12	CASKEY, JOHN	26	PENN HILLS	PA	1:22:04
4/20	NUDELMAN, NATHAN	26	ANNAPOLIS	MD	1:23:56
5/62	WARREN, DALE	27	LAUREL	MD	1:36:32

### FEMALE AGE GROUP: 25 - 29

1/89	MARTELLO, JENNIFER	29	ANNAPOLIS	MD	1:39:49
2/127	GRILLO, ANN	29	BALTIMORE	MD	1:44:58
3/169	RAND, KAREN	29	BALTIMORE	MD	1:49:43
4/184	THIEBAUT, DENISE	27	ROCKVILLE	MD	1:51:16
5/200	LILLIS, STACEY	27	ROCKVILLE	MD	1:53:48

### MALE AGE GROUP: 30 - 34

1/6	HUNKELE, MARK	30	PITTSBURG	PA	1:19:39
2/7	SMITH, SEAN	32	TIMONIUM	MD	1:19:54
3/19	SEIDMAN, JOSHUA	33	SILVER SPRING	MD	1:23:50
4/24	SINCLAIR, CHRIS	34	PARKVILLE	MD	1:26:11
5/28	FACCANI, MARK	33	PASADENA	MD	1:27:34

### FEMALE AGE GROUP: 30 - 34

1/41	DUKES, JULIE	32	PASADENA	MD	1:32:41
2/47	AMAN, KATIE	30	BALTIMORE	MD	1:34:00
3/91	CLUM, CHRISTINA	33	BROOKLYN	NY	1:39:58
4/125	RIDGWAY, RACHEL	31	IJAMSVILLE	MD	1:44:17
5/128	AVERY, TAMMY	30	ALEXANDRIA	VA	1:45:04

### MALE AGE GROUP: 35 - 39

1/13	SWANLUND, MARK	38	BOWIE	MD	1:22:30
2/27	PARTS, CHRIS	37	BALTIMORE	MD	1:27:32
3/29	PONTIUS, JIM	39	LAUREL	MD	1:28:48
4/32	GOODE, C.	39	ARBUTUS	MD	1:30:23
5/45	ZABIK, ROBERT	38	ELDERSBURG	MD	1:33:53

### FEMALE AGE GROUP: 35 - 39

1/58	MONAGHAN, TRISH	38	FALLSTON	MD	1:36:11
2/68	SMITH, DANA	38	ANNAPOLIS	MD	1:37:52
3/93	ISRAEL, SUSAN	37	COLUMBIA	MD	1:40:04
4/136	MONTANA, CONNIE	38	LANDENBERG	PA	1:46:13
5/143	FLAIG, TERRY	37	ELKRIDGE	MD	1:46:39

### MALE AGE GROUP: 40 - 44

1/15	ALLEN, WILLIAM	41	PRINCE FREDERICK	MD	1:22:49
2/21	ERICKSON, JAY	42	KENSINGTON	MD	1:25:03
3/25	DOLAN, KEVAN	42	OWINGS MILLS	MD	1:26:44
4/26	COYLE, SCOTT	42	BALTIMORE	MD	1:27:05
5/33	FITZGERALD, ANDREW	44	POTOMAC	MD	1:30:40

### FEMALE AGE GROUP: 40 - 44

1/53	LUNDEEN, JENNIFER	42	PORT REPUBLIC	MD	1:35:29
2/65	KOFFLER, KAREN	42	SEVERNA PARK	MD	1:37:31

3/116	STARINSKY, MELISSA	40	GLENWOOD	MD	1:42:48
4/175	LAIRD, HELEN	43	ARNOLD	MD	1:49:55
5/191	MANNION, ELLEN	40	CHANTILLY	VA	1:53:01

### MALE AGE GROUP: 45 - 49

1/14	BOLLINGER, DAVE	46	KENSINGTON	MD	1:22:32
2/16	PHILLIPS, BRENT	47	FREDERICK	MD	1:23:00
3/35	RUDE, AL	49	SPARKS	MD	1:31:13
4/49	DIERKER, RONALD	45	CHESTERTOWN	MD	1:34:13
5/54	GAASCH, WADE	47	ELLCOTT CITY	MD	1:35:33

### FEMALE AGE GROUP: 45 - 49

1/80	KARLHEIM, DEBORAH	45	ROCKVILLE	MD	1:39:14
2/102	WEBER, ROSE	48	SELINGSGROVE	PA	1:40:40
3/154	SMITH, LINELL	49	BALTIMORE	MD	1:47:44
4/174	O'REILLY, MAIREAD	46	DAVIDSONVILLE	MD	1:49:55
5/178	GORMLEY, CATHY	46	BOWIE	MD	1:50:09

### MALE AGE GROUP: 50 - 54

1/22	MORGAN, RICHARD	50	SILVER SPRING	MD	1:25:18
2/56	BEAN, GREGORY	53	CATONSVILLE	MD	1:35:42
3/70	BANKER, GEORGE	52	OXON HILL	MD	1:37:53
4/84	FASSIO JR, ARTHUR	53	BERLIN	MD	1:39:37
5/87	RICHWINE, GARY	53	REISTERSTOWN	MD	1:39:46

### FEMALE AGE GROUP: 50 - 54

1/111	MALLOY, ROSE	53	ANNAPOLIS	MD	1:42:05
2/126	FOSTER, ANN	51	ELKTON	MD	1:44:17
3/130	SHIELDS, MARIA	51	CROFTON	MD	1:45:33
4/168	SALAZAR, SANDY	50	COLUMBIA	MD	1:49:20
5/177	VASLAVSKY, NATALIE	53	BALTIMORE	MD	1:50:08

### MALE AGE GROUP: 55 - 59

1/100	CLARK, STEVE	55	DAYTON	MD	1:40:38
2/107	MALLOY, PATRICK	55	ELLCOTT CITY	MD	1:41:37
3/173	WALKER, BRIAN	55	ANNAPOLIS	MD	1:49:53
4/189	HOLLAND, JOHN	58	ANNAPOLIS	MD	1:52:15
5/193	FLOYD, SAMUEL	59	COLUMBIA	MD	1:53:19

### FEMALE AGE GROUP: 55 - 59

1/133	GILBERT, JUDY	58	STEVENSON	MD	1:45:38
2/292	BURGER, BARBARA	56	DOYLESTOWN	PA	2:01:29
3/433	BERGER, NANCY	57	HUNT VALLEY	MD	2:30:16
4/454	TZANAKIS, JANET	57	SEVERNA PARK	MD	2:48:09

### MALE AGE GROUP: 60 - 64

1/105	GLASSMAN, KARL	61	ALLEN TOWN	PA	1:41:15
2/227	MCCAMBRIDGE, HARRY	61	TIMONIUM	MD	1:56:33
3/254	FAUST, DENNIS	60	MOUNT JOY	PA	1:58:19
4/275	VEASEY, ALLEN	62	CROFTON	MD	2:00:31
5/294	THOMAS, EVAN	61	GLEN BURNIE	MD	2:01:31

### FEMALE AGE GROUP: 60 - 64

1/307	BRENNAN, JUDITH	60	MT AIRY	MD	2:03:08
2/463	SHERILL, PHYLLIS	63	VIRGINIA BEACH	VA	3:06:20

### MALE AGE GROUP: 65 - 69

1/352	HINKLE, NEAL	65	MILLERSVILLE	MD	2:10:18
2/382	MASSER, LEE	66	EDGEWATER	MD	2:17:27

### MALE AGE GROUP: 70 - 74

1/337	LAW, BILL	74	ARNOLD	MD	2:08:32
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153-Jacob McIlvaine, Annapolis and  
170-Justin Dargan, Annapolis.

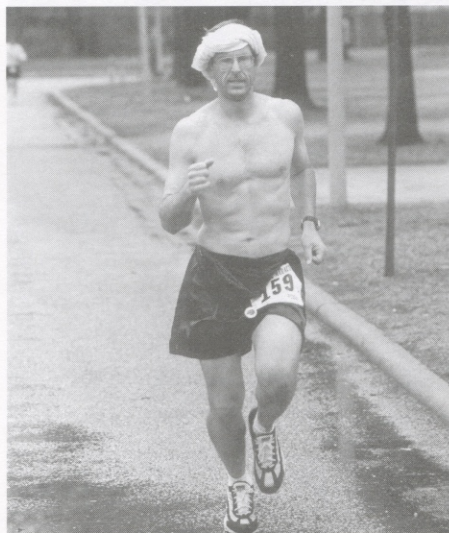
982, Jennifer Lundeen and 272-Juan Pina, Mexico.



Chris Szalkowski, Columbia.



Matt Mace, Masters winner, Marathon.



Jim Kassebaum, Severna Park.



Troy Harrison, Hustontown, PA overall winner, Marathon.



# MARATHON RESULTS - 26.2 MILES

## MALE OVERALL RESULTS

1	HARRISON, TROY	26	HUSTONTOWN	PA	2:42:08
2	ARBONA, SERGE	36	BALTIMORE	MD	2:51:15
3	LEHMAN, ERNEST	31	MARIETTA	PA	2:53:58
4	DUNDON, LUKE	20	ANNAPOLIS	MD	2:58:54
5	MACE, MATTHEW	41	ARNOLD	MD	2:59:34
6	POWELL, BOB	46	FURLONG	PA	3:00:09
7	DORSEY, JEROME	48	ASTON	PA	3:03:54
8	KASSEBAUM, JIM	36	SEVERNA PARK	MD	3:05:52
9	GRIFFIN, DAVID	40	WESTMINSTER	MD	3:06:08
10	CHOE, MOK	43	WEST FRIENDSHIP	MD	3:10:02

## FEMALE OVERALL RESULTS

1	HARRIS, JULIANA	37	ODENTON	MD	3:26:18
2	BALCKE, PAM	39	CHARLOTTESVILLE	VA	3:29:20
3	MANZIAK, NICOLE	30	NEW YORK	NY	3:32:04
4	WEBER, COLLEEN	38	ARNOLD	MD	3:35:39
5	YASSO, LAURA	41	CENTER VALLEY	PA	3:46:57
6	SCOTT, JUDITH	34	COLUMBIA	MD	3:49:06
7	COLBY, WENDY	37	ELLCOTT CITY	MD	3:49:15
8	OWENS, KERRY	38	WASHINGTON	DC	3:50:14
9	ROOT, JENNIFER	20	ANNAPOLIS	MD	3:51:09
10	MCNAMARA, REGINA	34	ARLINGTON	VA	3:54:34

## MASTERS-MALE AGE GROUP: 40 - 99

1/5	MACE, MATTHEW	41	ARNOLD	MD	2:59:34
2/6	POWELL, BOB	46	FURLONG	PA	3:00:09
3/7	DORSEY, JEROME	48	ASTON	PA	3:03:54

## MASTERS-FEMALE AGE GROUP: 40 - 99

1/74	YASSO, LAURA	41	CENTER VALLEY	PA	3:46:57
2/101	POWELL, BARB	45	FREDERICK	MD	3:56:10
3/106	BARTOLETTI, MARIE	44	FINLEYVILLE	PA	3:57:51

## MALE AGE GROUP: 15 - 19

1/99	DARGAN, JUSTIN	19	ANNAPOLIS	MD	3:56:08
2/100	MCILVAINE, JACOB	19	ANNAPOLIS	MD	3:56:09
3/116	MITTNACHT, GEORGE	18	ANNAPOLIS	MD	4:05:24
4/158	KENDRIS, ALEXANDER	19	ANNAPOLIS	MD	4:28:25

## MALE AGE GROUP: 20 - 24

1/4	DUNDON, LUKE	20	ANNAPOLIS	MD	2:58:54
2/49	EYSENBAUGH, TODD	20	ANNAPOLIS	MD	3:31:53
3/54	PANTON, DAVID	20	ANNAPOLIS	MD	3:33:45
4/55	SOODUI, IVAN KANZAKI	20	ANNAPOLIS	MD	3:34:25
5/105	MICHALKE, JEREMY	24	PASADENA	MD	3:57:23

## FEMALE AGE GROUP: 20 - 24

1/86	ROOT, JENNIFER	20	ANNAPOLIS	MD	3:51:09
2/153	MORRILL, ANNA	24	PIKESVILLE	MD	4:24:57

3/190	DUFFEY, MANDY	22	WAYNESBORO	PA	4:47:59
4/211	BOCK, MELISSA	20	TAKOMA PARK	MD	5:14:52

## MALE AGE GROUP: 25 - 29

1/25	SMILEY, JIM	27	SHERMANSDALE	PA	3:22:52
2/84	GILBERT, SHANE	28	GLEN BURNIE	MD	3:50:18
3/85	FLYNN, PATRICK	28	WASHINGTON	DC	3:50:30
4/186	KAZANOWSKY, TODD	28	ALLENWOOD	NJ	4:46:41
5/199	WRIGHT, BEAU	26	CHRISTIANSBURG	VA	4:59:39

## FEMALE AGE GROUP: 25 - 29

1/129	BIGGERMAN, LEIGH	28	OCEAN CITY	MD	4:12:46
2/156	FLANAGAN, MOLLY	29	COCKEYSVILLE	MD	4:26:49
3/160	BEAN, DAWN	26	WASHINGTON	DC	4:30:26
4/172	WINNER, SARAH	29	WINTER PARK	FL	4:33:46
5/184	MUMMA, SHERRY	27	SILVER SPRING	MD	4:43:17

## MALE AGE GROUP: 30 - 34

1/24	ROBERTS, C.J.	33	CHURCHVILLE	MD	3:22:07
2/28	HEFFERNAN II, MICHAEL	33	LUTHERVILLE	MD	3:23:37
3/29	KASS, BRIAN	33	ELLCOTT CITY	MD	3:23:56
4/34	MELOSCI JR, JOHN	34	STONY BROOK	NY	3:25:10
5/35	MAXSON, JAMES	30	SHINGLEHOUSE	PA	3:25:46

## FEMALE AGE GROUP: 30 - 34

1/81	SCOTT, JUDITH	34	COLUMBIA	MD	3:49:06
2/92	MCNAMARA, REGINA	34	ARLINGTON	VA	3:54:34
3/95	KOLSUN, KATHLEEN	30	PHILADELPHIA	PA	3:55:29
4/114	MATZKO, CHRISTINE	34	FREDERICK	MD	4:04:06
5/134	HASLE, CATHY	31	CALIFORNIA	MD	4:15:13

## MALE AGE GROUP: 35 - 39

1/8	KASSEBAUM, JIM	36	SEVERNA PARK	MD	3:05:52
2/12	SULLIVAN, MARK	39	FREEBURG	PA	3:10:36
3/13	ASWELL JR, BOBBY	39	CORNELIUS	NC	3:11:50
4/17	GROSS, ALLAN	38	ELDERSBURG	MD	3:15:19
5/19	OUCHARK, WILLIAM	37	WALTHAM	MA	3:17:19

## FEMALE AGE GROUP: 35 - 39

1/58	WEBER, COLLEEN	38	ARNOLD	MD	3:35:39
2/82	COLBY, WENDY	37	ELLCOTT CITY	MD	3:49:15
3/83	OWENS, KERRY	38	WASHINGTON	DC	3:50:14
4/113	WALKER, ANITA	35	FAYETTEVILLE	NC	4:03:40
5/124	OVEJERA, TAMMY	36	FREDERICK	MD	4:11:01

## MALE AGE GROUP: 40 - 44

1/9	GRIFFIN, DAVID	40	WESTMINSTER	MD	3:06:08
2/10	CHOE, MOK	43	WEST FRIENDSHIP	MD	3:10:02
3/14	ZARICK, JAMES	44	HIGH POINT	NC	3:13:38
4/15	OLEAN, GEORGE	41	ELLCOTT CITY	MD	3:13:43
5/31	MCGUINNESS, CHRIS	40	SEVERNA PARK	MD	3:24:19

## FEMALE AGE GROUP: 40 - 44

1/106	BARTOLETTI, MARIE	44	FINLEYVILLE	PA	3:57:51
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2/137	DE VADER, CHRISTY	41	BALTIMORE	MD	4:17:12
3/191	KIRKLAND, JANNIE	44	FAYETTE	AL	4:52:54
4/194	COLON, JUDITH	42	COLUMBIA	MD	4:55:08
5/204	KAUFMANN, SHELLEY	42	SNELLVILLE	GA	5:08:47

## MALE AGE GROUP: 45 - 49

1/6	POWELL, BOB	46	FURLONG	PA	3:00:09
2/7	DORSEY, JEROME	48	ASTON	PA	3:03:54
3/18	STAHL, DAVID	48	DOYLESTOWN	PA	3:16:49
4/20	LULJAK, DAVID	46	CHEVY CHASE	MD	3:17:44
5/21	LOEB, VERNON	46	GARRETT PARK	MD	3:19:24

## FEMALE AGE GROUP: 45 - 49

1/101	POWELL, BARB	45	FREDERICK	MD	3:56:10
2/141	SNODGRASS, PATRICIA	47	ANNAPOLIS	MD	4:18:56
3/148	FREI, DALILA	45	CHESTERFIELD	VA	4:20:55
4/165	ROHRS, MAUREEN	46	SEVERNA PARK	MD	4:32:43
5/201	LEMAY, NITAKAY	49	HAWTHORNE	IL	5:02:08

## MALE AGE GROUP: 50 - 54

1/16	SIDLOSKI, MYRON	51	DALLAS	PA	3:14:36
2/23	PINA, JUAN	51	PEDREGAL	MX	3:21:57
3/30	STRITEHOFF, NELSON	50	COLUMBIA	MD	3:23:56
4/47	FRITZEL, EUGENE	51	LUTHERVILLE	MD	3:29:47
5/87	TURRENTINE, BILL	53	CENTREVILLE	VA	3:52:19

## FEMALE AGE GROUP: 50 - 54

1/170	MAGUIRE, DONNA	50	DOYLESTOWN	PA	4:33:17
2/171	MCINTYRE, DELLA	53	BALTIMORE	MD	4:33:29

## MALE AGE GROUP: 55 - 59

1/11	BURGER, ART	57	DOYLESTOWN	PA	3:10:08
2/40	WONG, RONNIE	55	BALTIMORE	MD	3:27:38
3/41	FARRAH, STEVE	56	LANCASTER	PA	3:27:43
4/56	MCCORQUODALE, DAVID	57	WILMINGTON	DE	3:34:46
5/63	MCMILLIAN, RAY	55	TIMONIUM	MD	3:37:48

## FEMALE AGE GROUP: 55 - 59

1/157	SIMPSON, LINDA	59	ANNAPOLIS	MD	5:24:56
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## MALE AGE GROUP: 60 - 64

1/89	POWERS, DON	62	GREENWOOD	VA	3:53:20
2/104	NEUMANN, STAN	63	TIMONIUM	MD	3:56:56
3/120	CAVANAUGH, JIM	60	ARLINGTON	VA	4:07:34
4/176	SALMON-COX, PETER	62	MILLERSVILLE	MD	4:39:12
5/177	KOPERNIK, DROR	62	SKOKIE	IL	4:39:18

## MALE AGE GROUP: 65 - 69

1/121	TAYLOR, MILT	69	ODENTON	MD	4:07:35
2/154	BRUCKERT, GENE	66	ARLINGTON HTS	IL	4:25:58

## MALE AGE GROUP: 70 - 74

1/216	CHAPMAN, BRAD	70	CROFTON	MD	5:25:51
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Ronnie Wong, Annapolis.



Tom Bradford (or Darth Vader)



Rebecca Gould, Annapolis.

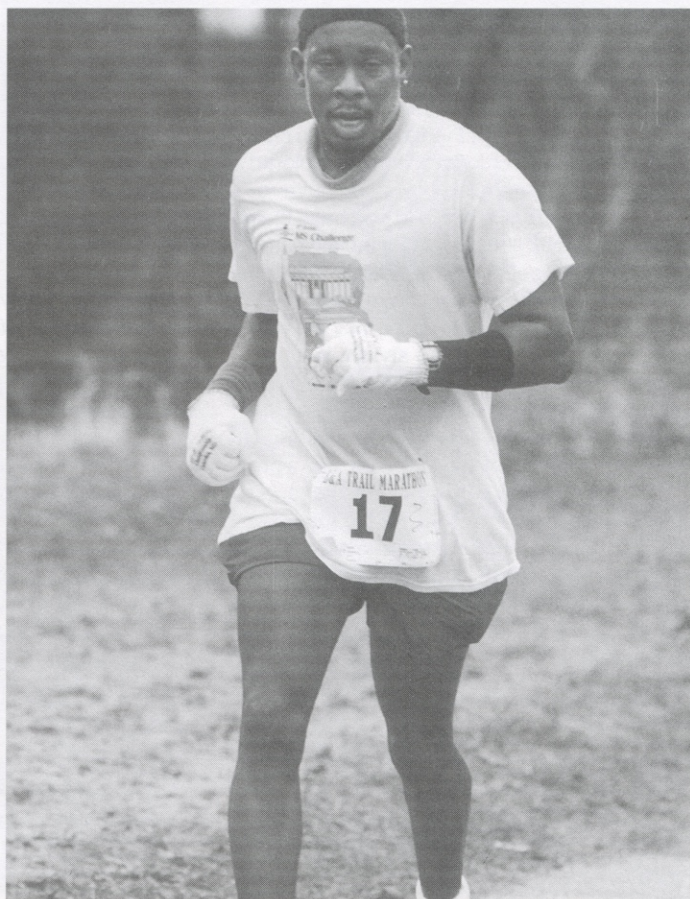




A well earned medal by Ilene Caroom.



Susie Flockart, Annapolis.



Derek Ammons.



# striders

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# on the

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# road.....

BY MICHAEL CUNNINGHAM

E-mail your race results to:  
**Michael.Cunningham@usdoj.gov**  
 or mail to 20 Thompson Street  
 Annapolis, MD 21401

I guess the winter weather and holiday season combined to keep Striders closer to the home fires during the last two months. You'll be happy to see some greetings from an old friend of the Striders who reported in from Washington State. In addition, our ambassador in the Sunshine State, Sue Briers, continues to compete far and wide. To the ever helpful Evan Thomas, thanks for keeping me in the loop on some nearby events and to all of you who took the time to send an email, hopefully you'll see your results below.

Before I continue with the results I'm going to put in a plug here for an initiative your publicity committee is working on. We think it might enhance the Striders' image when our members are on the road ... or racing at home. Most of you have probably been at races and seen members of other clubs sporting running gear in club colors emblazoned with club or team name and/or logo. We have explored several clothing manufacturers and have received an offer from Sporthill to purchase their clothing at the rate they sell to scholastic and collegiate teams, if we have a large enough order. For those of you who have used these products, I think you would agree they are very good products and are also stylish. We propose purchasing a shorts-singlet outfit in Navy and White along with a long pant and jacket ensemble in similar colors (lest you think we're too boring with these basic colors, we were advised to stick with colors that don't change from year to year.) The price for the total outfit would probably run about \$125.00 before adding the club name. If anyone is interested, please email Michael Smith or me and we'll see if we can get sufficient interest to obtain the discount rate.

## October 18 - Inaugural Baltimore Marathon, Baltimore

Ellen McGee 4:12:48

*This was Ellen's first marathon. Super result on a challenging course. Congratulations! Ellen is looking for people to run interval work in the evenings. Let her know if you are interested.*

## November 4 - New York City Marathon, New York, NY

Scott Thayer 4:08

## January 27 - Super Bowl 5K, Dundalk, MD

Carole Rosasco	20:17	2nd AG
Jon Palks	23:43	
Evan Thomas	24:35	
Jim Noctor	26:02	
Toks Fashola	27:05	
Lee Masser	27:34	
Donna Cogle	28:18	
Alan Wycherley	29:25	
Neal Hinkle	30:30	
Denise Hyde	30:42	
Kathy Hanson	32:57	
Penny Goldstein	34:03	3rd AG

*Even though it wasn't really Super Bowl Sunday, the group played along. Nice weather and fair course - not many hills. Nice windbreaker jacket for the premium and the donuts were tasty. I like another man who runs so he can eat the donuts.*

## February 2-3 - Rocky Racoon 100 Miler, Somewhere in Texas (see Susan Zevin's article elsewhere in The Streak)

Sue Briers 22:56 1st Master Female  
 Susan Zevin 28:40 1st 100 Ultra  
*Here is Sue Briers' report from Texas:*

*I am very proud to say the Annapolis Striders had an excellent showing at the Rocky Racoon 100. 100% finish rate. This 5 loop of 20 miles course was a great one to test your metal as a 100 mile participant. The weather was perfect with temperatures in the 30s at the start and moderate with overcast skies most of the day and night. The trail was dry and in good shape. This course has very modest ups and downs but it is just enough to work all muscles without fatigue in one particular area. Susan Zevin finished her first attempt at a 100 in a great time of 28:40:47. Getting to the 50 mile point in 12:03 showed she stayed strong through out the event. She was elated when I saw her just after crossing the finish line. She can now proudly display her new Rocky Racoon belt buckle. I had a goal of a sub 24 hour 100 and I am very happy to say I met it in a time of 22:56. With the help of my pacer, Laura Lu Herman we accomplished our goal and then some.*

## February 3 - 36th Las Vegas International Marathon, Las Vegas, NV

*Our intrepid marathoners continue their "run-a-marathon-a-month" series; this is their fifth. With sunny skies, a light headwind and temperatures in the mid-20s at the start, climbing to the low 50s by the end.*  
 Jim Etchison 4:17:19  
 (7th marathon since 10/20/01)

Pat Donahue 4:29:08  
 (6th marathon since 10/20/01)

## February 3 - Penguin Pace 5K, Columbia, MD

Clint Henderson 22:55 (or so)  
 Derek Ammons 25:03

*Derek sent these results. Said the race started at the Florence Bain Senior Center and was a hilly out and back course. Is everything in Columbia hilly?*

## February 9 - Gasparilla Distance Classic (15 & 5K), Tampa, FL

Michael Cunningham	1:00:20	15K
Edward Laurie	1:26:33	15K
Edward McLaughlin	1:25:48	15K
Paul Heins	1:35:29	15K

*I don't know if these other racers are Striders or not, but the results listed them from Annapolis, so I took the liberty of including them.*

## February 9 - Myrtle Beach Marathon, Myrtle Beach, SC

Robert Cawood 3:39:56 PR (288/1324)

## February 17 - 41st George Washington's Birthday Marathon, Greenbelt, Maryland

Jim Etchison 5:08:44  
 (8th marathon since 10/20/01)

*Jim reported overcast skies, lower 40s throughout race, 25 mph winds with gusts to 35mph. Oh, and he said "this one hurt." Eight marathons in four months ... is there any wonder?*

## February 17 - Motorola Marathon, Austin, TX

Thomas Steele 4:11:26  
 Claire Steele 4:28:37

## February 24 - RRCA Club Challenge 10 Miler, Columbia, MD

Dave Webster	59:29
Robert Fisch	1:03:28
Chris Riley	1:13:21
Larry Puglisi	1:19:30
Cynthia Graham	1:20:15
BJ King	1:23:03
Danalee Green	1:24:17
Derek Ammons	1:25:33
Ron Bowman	1:28:35
Evan Thomas	1:34:57
Linda Simpson	1:46:11
Iris Hankins	2:05:22

*Evan reported that they had great weather for a change. What didn't change was the course, of course. Hilly, loopy and many cul de sacs, as usual. As you can see, the men failed to show in sufficient numbers to score in the team event, leaving the women with bragging rights for another year! Apparently, a new club (Falls Road Running - as in the store!) won overall honors, much to the dismay of the usual contenders. At any rate, brunch at Clyde's was wonderful (at extra cost, of course).*



# At My Pace

by P. Michael Cunningham

Several years ago, Runner's World published a list of the 100 Best Races. It was very nice to see the Annapolis 10 Miler listed amongst that elite list and recognition that seems well deserved, even if the heat and humidity sometimes conspire against the faithful organizers and volunteers. It struck me then that it would be fun to run all 100 of those races, although I realize that identifying the 100 best is both a subjective assessment and a "moving target." I have been slowly - very slowly - ticking off some of those notable races. I'm sure many of you have already run more of them than I but I thought I'd share some of my insights into some of the races on that list. And, by the way, invite you to let me know about others you recommend, so I can include that in future Striders on the Road columns.

Two of the races on that top 100 list stand out for me because they have been the sites of rendezvous' with my running friends from distant cities. Coincidentally, both of them are super events well worth the effort to attend. I have previously written about the Falmouth Road Race, a unique 7.1 mile course along the beautiful coast of Cape Cod. Held the second weekend of August, it is timed to some of the best summer weather in New England. The organization of the race is superb and the hearty crowd of spectators seems as intent on having as good a time as the runners. With economical airfares to both Providence, RI, and Boston, MA, this makes a nice mini-vacation weekend.

Another favorite of mine is the Cooper River Bridge Run in Charleston, SC. This race is usually held the first weekend in April and likewise the weather usually seems ideal for racing. Charleston is a beautiful city, rivaling our own Annapolis for charm, quality of life and great recreational attractions. Although Charleston is an easy travel destination, the race is held on Saturday morning, which adds a little to the challenge for the out-of-town competitors. My two friends

from Atlanta and I have always followed that with a distance run Sunday morning along the two rivers around the perimeter of the City. The sheer number of other runners we see underscores what a great city this is for running.

Many of the races on that top 100 list and virtually all of them, with one exception, were great experiences in fun locations. Unfortunately, the one exception was a race I ran recently in Tampa, FL. The Gasparilla Distance Classic (15K and 5K races) was supposed to be another rendezvous run, but for reasons of business responsibility, family and injury, it ended up that only I actually arrived in Tampa. Fortunately, my best friend lives there now so race or not, it was a worthwhile trip. The races were held this year on February 9 and for reasons I never did ascertain, that was a week after the Gasparilla Festival when the city celebrates something, which also never became clear to me. This is yet another Saturday morning race, making flying logistics somewhat difficult for someone flying in on Friday night. This always makes it harder to get the full flavor of the race activities. The 15K race started at 7:30 in downtown Tampa and went southwest along Tampa Bay. Men and women start separately and join about 1/2 mile into the race. I learned later that the smell accosting my senses were not hidden port-a-potties but rather the essence of the bay when the tide is low. After about 4.5 miles, we looped back and returned to the downtown finish via the same road. The finish area seemed pretty unremarkable and as I made my way back to the parking area, it was evident that the 10:00 start for the 5K race essentially made this two separate events as opposed to one large congregation of runners. Maybe it's my general antipathy to Florida or maybe I didn't spend enough time in the actual race venue, but I wasn't impressed with this event. Hopefully, my experiences were anomalous.

## 20 Years Ago in the *Streak*, April 1982

President-Mike Van Beuren  
Vice President-Ken Thorn

Streak Newsletter-Yvonne Aasen (with a staff of 3)

Ad Rates- quarter page ad \$20, half page ad \$35, full page ad \$50

The Annapolis Ten Mile Run is in it's 7th year, Race Director is John Gudas. . . . A-10 has a field of 2,500 runners. . . . Cherry Pit 10 Mile Run Overall Male winner is Anthony Basile in 56:23. . . . Overall Female is Jeannie Libutti in 66:51

## Fifteen Years Ago, April 1987

President-Evan Thomas  
Vice President- Patricia O'Brien

Streak Newsletter- Yvonne Aasen (with a staff of 3)

The club has 709 members with 498 memberships. . . . Will Scott has run all the races in the Championship Series for 5 years. . . . Washington's Birthday 5K Overall Male is Douglas Moyer in 16:03. . . . Overall Female is Pat O'Brien in 19:14. . . . Valentine's Twosome Overall Winners are the "Blond Blitz"- Nancy Gugerty and Jeff Nicklason in 39:34

## Ten years Ago, April 1992

President-Ron Jarashow  
Vice President- Tom Bradford

Streak Newsletter-Eileen Hagan

Valentine's Twosome Overall Winners are Ron Harris and Susie Stewart in 36:40. . . . Best team name is "Cupid & Stupid" by Cindy Kelly and Danny Chesla  
...Washington's Birthday 5k has a new course record set by Robert Marino in 15:26 (ouch!). . . . First Female is Carol Cosenza in 18:53. . . . From Striders on the Road, by Evan Thomas: Winter 10K in Bowie-Tom Bradford 42:15, Joe Clorety 39+, Milton Taylor 41+, Bill Peake 44+, Ed Klebe 40+. . . . Washington's Birthday Marathon, Feb 16- T.J. Harrington 3:57. . . . Colonial Half Marathon, Williamsburg-Rose Malloy 1:24, Jim Buck 1:25, Ivan Pressman 1:30, Ron Bowman 1:39, Ben Moore 1:42.

Please email articles, tidbits and general newsletter material to  
kemcarney@hotmail.com, 410-573-1481.

We want to hear from you.



# 14<sup>th</sup> Annual

**CROFTON  
KIWANIS**

**CHESAPEAKE  
BAGEL BAKERY**

## 10 K Challenge

Saturday, June 8, 2002 at 8:00 a.m.

Start and Finish: Crofton Country Club, Crofton, MD

**TIMES: Race Day**

Packet Pickup from 6:30-7:45 a.m.

Race Starts at 8:00 a.m.

Awards Ceremony Starts at 9:45 a.m.

**AWARDS:**

Overall - 1<sup>st</sup> (M/F)

First Kiwanian

14 and under - 1<sup>st</sup> (M/F)

15 - 19 - 1<sup>st</sup>, 2<sup>nd</sup> (M/F)

20 - 29 - 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> (M/F)

30 - 39 - 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> (M/F)

40 - 49 - 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> (M/F)

50 - 59 - 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> (M/F)

60 - 69 - 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> (M)

60 - 69 - 1<sup>st</sup> (F) 70 + 1<sup>st</sup> (M)

**Other Amenities include:** Free Refreshments, including Bagels, fruit, and drinks - 3 water stops on course and at start/finish - High quality T-shirts to first 300 entrants - Wheelchair entrants welcome - Results posted on the Web following the race - Medical support on duty - Police escort - Mile splits - Course Monitors - Portable toilets at race site - Ample parking. Results will be posted shortly after the race on [runwashington.com](http://runwashington.com) Web site.

**Directions:** From DC - Route 50 East to Route 3 North, five miles to CROFTON entrance on right at light, left on Crofton Parkway to Country Club. From Baltimore: I-97 South to Exit 7 (MD Routes 32 and 3 South), 6 miles to CROFTON entrance on left at light, right on Crofton Parkway to Country Club. Please park at Country Club near registration area or Village Green away from Farmer's Market.

**Please Note:** We will be the guests on Race Day of Crofton Country Club - Please do not interfere with the golfers or swimmers. CLUB HOUSE and PRO SHOP FACILITIES are strictly OFF LIMITS. Warm up on roads. Park only in indicated areas. **Please: No pets, baby joggers or headphones.** We appreciate your cooperation!

**For More Information, Call (410) 721-3398 or (301) 858-0544/E-mail [rhaseltine@aol.com](mailto:rhaseltine@aol.com)**

### ENTRY FORM - Fill out or Register Online with

Make Checks Payable to:  
Crofton Kiwanis Foundation

Entry Fee: \$15.00 Before June 1  
\$17.00 After June 1 & Race Day

Mail Check and Signed Entry Form to:  
Crofton Kiwanis 10K Race  
1919 Layton Street  
Crofton, MD 21114

Age on Race Day \_\_\_\_\_ Sex \_\_\_\_\_

Expected 10K Time? \_\_\_\_\_

Please print information below clearly:

Last Name  
Address  
City

SHIRT SIZE: M L XL  
First Name

State ZipCode

E-mail \_\_\_\_\_ Phone Number \_\_\_\_\_

**RELEASE AND WAIVER (MUST BE SIGNED):** I KNOW THAT RUNNING A ROAD RACE IS A POTENTIALLY HAZARDOUS ACTIVITY. I am medically able and properly trained to participate in this event. 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, and road conditions, with the potential for heat stroke or exhaustion, and even death. All such risks are known and appreciated by me. Having read this WAIVER and knowing these facts and in consideration of 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 Crofton Kiwanis Club, the Crofton Kiwanis Foundation, the Crofton Country Club (including the 1691 Limited Partnership and Arnold Palmer Golf, their Officers and Assigns), the Crofton Civic Association, all race sponsors, their representatives and successors, and the race directors 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 photograph, motion pictures, recordings or any other record of this event for any legitimate purpose. I attest that I have properly trained for this event.

Parent or Guardian must sign for runners under 18 years of age.

SIGNED: \_\_\_\_\_

Refreshments by: Chesapeake Bagel Bakery and Snow Valley Water  
Refreshments by Chesapeake Bagel Bakery, Paul Yates, Snow Valley Water and Katcef Brothers Bud Light





# **"Run the Run"**

## **Waldorf Rotary 10K Run & 5K Fun Run/Walk at Gilbert Run Park**

**Saturday, June 8<sup>th</sup> 2002**



### **Directions to Gilbert Run Park race site From the Washington Beltway - 495:**

Take exit 7A - 5 South. Waldorf. Proceed on Route 5 South until joins Route 301 South. Proceed on Route 301 South into La Plata. Turn left at Charles St - Route 6. Gilbert Run Park is on the left ~ 9.2 miles; follow signs to parking lot.

### **From Southern Maryland:**

Take Route 301 North to La Plata. Turn right at Charles St - Route 6, Gilbert Run Park is on the left ~ 9.2 miles: follow signs to parking lot.

### **Registration**

Pre-registration is \$15.00 for all events: Race day registration is \$25.00. The Rotary Run starts at 8:30am. All registrants will be asked to sign a waiver of responsibility at the time of sign-in. The 10K run is a USATF sanctioned run. Trophies for women and men's divisions will be awarded in 1st, 2nd, and 3rd places for all events. (3 Divisions USATF sanctioned).

Please note: For Pre-Registration, use the following form:

**Deadline for pre-registration is May 31, 2002**

Name \_\_\_\_\_

Event Entering (Circle One)

Address \_\_\_\_\_

10K Run

5K Fun Run

Town/City, State, Zip Code \_\_\_\_\_

5K Walk

Age at time of race \_\_\_\_\_ Birthdate: \_\_\_\_\_

A T-shirt will be supplied to all who participate. Sex: (circle one) **M** **F** (division purposes)

Please enclose the Pre-Registration fee of \$15.00 Checks to be made payable to: Waldorf Rotary Club

Mail to: Waldorf Rotary Club  
P.O. Box 1353  
Waldorf, MD 20604



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**Ron Bowman** JFK TRAINING PROGRAM

**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  
June 2002 Issue is Wednesday,  
May 1, 2002**

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

**Kathy Carney, Editor**  
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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*

10% discount on all menu items!

## ROBERT M. COHL, D.C., Board Certified Sports Physician

*1404 S. Crain Hwy., Glen Burnie 410-760-6443*

Free initial consultation and fitness profile. Includes a kinesiological examination, dietary analysis and functional blood work evaluation. Certified in Active Release Technique, preferred soft tissue therapy at the Iron Man Triathlon in Hawaii; Olympic and professional athletes.

## 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

*2225-E Defense Highway, Crofton 443-481-3121*

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.

## 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.



# 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](http://www.annapolisstriders.org)

## FATHER'S DAY & B&A TRAIL 10K

**DATE:** SUNDAY, JUNE 16, 2002

**TIME:** 8:00 a.m.

**LOCATION:** North Arundel Hospital

**ENTRY FEES:** \$12 through June 15. \$15 on race day (checks payable to Annapolis Striders. No cash by mail).

Mail to: Neal Hinkle, 8269 Mimico N., Millersville, MD 21108

**COURSE:** USATF Certified 10K through Fox Chase community to the B&A Trail to Harundale Mall and return. Scenic and some shade. 536 finishers in 2001.

**AWARDS:** Embroidered hats to all entrants. Unique crystal plates to first 3 M/F & first masters M/F. Age Group prizes three deep in 10 year increments. **PARTY:** Excellent post-race celebration. **PACKET PICK UP:** Sat. June 15, 2-5pm at North Arundel Hospital, 3rd floor Conference Center. Sun. June 16, 6:30-7:45am at NAH parking lot.

**RACE DIRECTORS:** Evan Thomas (410-760-9188) and Neal Hinkle (410-987-5649)

More Info: [www.annapolisstriders.org](http://www.annapolisstriders.org) & [www.northarundel.org](http://www.northarundel.org)

## 21st ANNUAL JOHN WALL MEMORIAL 1-MILE TRACK RACE

**DATE:** SATURDAY, JULY 6, 2002

**TIME:** 8:00 a.m. 4th Leg of Champ Series

**LOCATION:** Broadneck High School

**PRIZES:** 1st Male/Female overall & 1st Masters M/F, and Age Group awards. \$50 gift certificate for breaking the event record!

**ENTRY 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. No cash please.

**RACE DIRECTORS:** Dave Wall 410-956-0828 and Will Myers 410-987-4883.

## WOMENS'S DISTANCE FESTIVAL 5K and RUN AFTER THE WOMEN 5K

**DATE:** SATURDAY, JULY 13, 2002

**TIME:** 7:50 a.m. /men 8:45a.m.

**LOCATION:** West Annapolis Elementary School, Melvin Avenue, 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.

**ENTRY FEE:** Mail prior to July 9:all \$10;Race day, all \$12.

Mail To: Margie Boyd, 1910 Mackiebeth Court, Annapolis, MD 21401. No cash please.

**RACE DIRECTORS:** Margie Boyd 410-841-5632 and Melissa Currence 410-360-9019

## DOG DAYS 8K CROSS COUNTRY RUN

**DATE:** SUNDAY, AUGUST 4, 2002

**TIME:** 8:00 a.m.

5th Leg of Champ Series

**LOCATION:** Anne Arundel Community College

**COURSE:** A challenging cross-country course.

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

**ENTRY FEE:** \$3 Striders, \$4 Non-Strider, Race day \$5 for all. Mail to: Dog Days 8K, 285 Overleaf Drive, Arnold MD 21012. No cash please.

**RACE DIRECTOR:** Robert Bigelow, 410-544-3031.

- ☐ FATHER'S DAY & B&A TRAIL 10K
 ☐ 21st ANNUAL JOHN WALL MEMORIAL 1-MILE TRACK RACE  
☐ WOMENS'S DISTANCE FESTIVAL 5K and RUN AFTER THE WOMEN 5K  
☐ DOG DAYS 8K CROSS COUNTRY RUN

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

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

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

**MANDATORY**



## Where The Races Are

**Sunday, April 21**, 7th Annual Run/Walk for Wellness to benefit Civista Health Foundation 5K Run/Walk through historic LaPlata, MD 2002 Milton Somers Middle School - LaPlata, MD 9:00 start and 7:30 check in \$15 donation postmarked by April 13/\$20 after April 13. 301-609-4132 [www.civista.org](http://www.civista.org)

**April 20-Sat, 8am**, E\*TRADE BANK & Bright Beginnings 5K, Washington, DC, (202) 862-9042, Email: [office@runwashington.com](mailto:office@runwashington.com), Website: [www.runwashington.com](http://www.runwashington.com)

**April 21-Sun, 8am**, George Washington Parkway Classic 10M & 5K, Mount Vernon, VA, (703) 549-4477

**April 21-Sun, 8am**, Clyde's American 10K, Columbia, MD, (410) 531-5276, Email: [clydes10k@hotmail.com](mailto:clydes10k@hotmail.com), Website: [www.striders.net/future.htm](http://www.striders.net/future.htm)

**April 27-Sat, 8am**, Oxford Day 10K Run & Walk, Oxford, MD, (302) 947-1772, Website: [www.seashorestriders.com](http://www.seashorestriders.com)

**April 27-Sat, 9am**, State's Attorney 5K for Victims, Baltimore, MD, (410) 377-8882 Email: [dcoolman@home.com](mailto:dcoolman@home.com), Website: [www.finishedproduct.com](http://www.finishedproduct.com)

**April 28-Sun, 8am**, Pike's Peek 10K, [in case you can't

get in the Striders' Bay Bridge Run], Rockville, MD, (301) 460-8888, Email: [pp10k@mcrrc.org](mailto:pp10k@mcrrc.org), Website: [www.mcrrc.org](http://www.mcrrc.org)

**May 5-Sun, 8:30am**, Blue Cross Broad Street 10 Miler, Philadelphia, PA, (215) 563-6184, Email: [broadstreetrun@doitsports.com](mailto:broadstreetrun@doitsports.com), Website: [www.broadstreetrun.com](http://www.broadstreetrun.com)

**May 11-Sat, 10am**, Greg Shouldis 5K, Dover, DE, (302) 697-6218 [note from PMC - I used to run with Ken Shouldis, Greg's father, when I lived in Dover area. Ken organized this race to honor the memory of his son who died of cancer and benefit research so others have a better chance at survival. Like so many other races for very worthwhile causes, this one tugs at the heartstrings.]

**May 11-Sat, 9am**, Army Emergency Relief 5K, Ft. Meade, MD, (301) 677-6615

**May 19-Sun, 8:30am**, 23rd Annual Capitol Hill Classic 10K, 3K, and Kids Fun Run, Washington, DC, (301) 871-0400

**May 25-Sat**, Time unknown, Chestertown Tea Party 10 Miler, Chestertown, MD, As of this submission the schedule had not been finalized; see

Website: <http://www.chestertown.com/events/teaparty/>

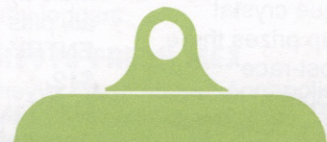
**May 25-Sat, 8am**, Arundel Habitat for Humanity 5K walk/run, Severna Park, MD, (410) 384-9212 or 410-262-8660.

**Oct 20-Sun**, Inaugural Trigon Bay Bridge Tunnel Marathon, Virginia Beach, VA, Website: [www.baybridgemarathon.com/](http://www.baybridgemarathon.com/), [limit of 5000 runners!]

**Jun 8-Sat, 8am**, Crofton Kiwanis/Chesapeake Bagel 10K Challenge, Crofton, MD, (301) 858-0544, Email: [rhaseltine@aol.com](mailto:rhaseltine@aol.com), Website: [www.croftonkiwanis.org](http://www.croftonkiwanis.org)

**June 8-Sat, 8am**, 14th Annual Crofton Kiwanis & Chesapeake Bagel Bakery 10K, Start & Finish Crofton Country Club, Crofton, MD, For more information call 410-721-3398 or 301-858-0544. E-mail: [rhaseltine@aol.com](mailto:rhaseltine@aol.com). Register online with [active.com](http://active.com)

**Jun 15-Sat, 8am**, Lawyers Have A Heart 10K, Washington, DC, (301) 871-0005, Email: [office@runwashington.com](mailto:office@runwashington.com), Website: [www.runlhh.org](http://www.runlhh.org)



### Annapolis Strider Events What's Coming Up

#### STRIDER BOARD MEETINGS

AA Medical Center, Jennifer Road  
Tuesday, April 9, 2001, 7:30 p.m.  
Tuesday, May 7, 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://sixosix.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/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.



Annapolis Striders, Inc  
Post Office Box 187  
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