

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

STREAK



A PUBLICATION FOR THE MEMBERS OF THE ANNAPOLIS STRIDERS

VOLUME XXV NUMBER 1 • FEBRUARY 2003



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Here are just a few of the 207 runners that showed up for the last race of the season – The Anniversary Run.

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Club Calendar

FEBRUARY

- 9 Valentines Twosome Relay
- 15 Washington's Birthday 5k
- 24 Tentative first race for our A.S. Racing Team, Howard County Striders 23rd Annual Ten Mile Club Challenge

MARCH

- 1 Streak copy deadline
Cutoff for Boston Marathon Team Racing entries (notify Mark Rosasco)
- 2 B&A Trail Marathon and Half Marathon
- 4 Board Meeting
- 8 Annual Meeting/Awards Banquet

APRIL

- 1 Board Meeting
- 13 Cherry Pit 10 Miler

2003 Monthly Board Meetings

Meetings are held 7:00 p.m.
in the Sajak Building, Room 250.

February 4

March 4

April 1

May 6

June 3

July 1

August 5

October 7

September 2

November 4

December 2

Meetings are open to all club members.

Annapolis Strider Events

What's Coming Up

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

Strider Distance Training Runs

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

Sundays 7:30 a.m. Main St/City Dock area
Strider Hotline 410-268-1165

6:06 a.m. Club: meet at Church Circle in front of MD Inn, M-F; run 6 miles. Contact Gill Cochran, 410-268-5515 sixsixix.org

The Streak is mailed by bulk mail and cannot be forwarded by the post office. If you are planning on a move, please make changes at annapolisstriders.org under MEMBERSHIP or contact the Membership Director at mdg624@hotmail.com or 410-360-9019.

Letter from the Editor

OK. January is finally out of here. I know it's only February, but is it me, or do you sense that spring is right around the corner? I pulled out my spring running stuff, my grass is turning green (or is that my imagination), and we're going to get to 65 degrees any day now. This is the time that all of us reinvigorate and renew, gain a new sense of purpose for the coming year and set out to achieve our new years resolutions.

With that in mind, I want to focus on the STREAK, and the goals I've set for this year. This is my tenth issue as Editor, and in that time I have strived to inject subtle format improvements and a few new features over the past 18 months. I have gotten good feedback from most of you, and what didn't seem to work is history. So what works?

Stories from people we know are interesting and somehow bring each personal achievement closer to us, making them more tangible, more real. This issue has two very good examples. Kevin Clulow writes about a rainy, windy, hilly, cold Marathon in the Parks and how his goal changed accordingly. Brad Chapman tells us about his adventures in completing the Snowdonia (Wales, UK) Marathon. What a harrowing, frightening, and triumphant experience! You can almost feel his frustration, sense his hesitation, and breathe his sigh of relief when he spies the trail and realizes he's not lost after all (I'll leave the rest for you to read yourself). These stories of personal triumph, enduring determination and inspiration are memorable events for both runner and reader. In the coming year I'll be out there harassing more of you to share your story with the club.

I've also looked at the STEAK photos and will continue to try to "shake it up." We are a club of about 1200 members, of which about 150 are regulars in the Strider Champ Series. We have a great club photographer in John Valentine, and each race yields hundreds of pictures, many worthy of the cover. My approach has been to show a mix of all the great talent we have in our club. This month's cover I tried to fit as many of you as I possibly could!

I'd like to add a few new features over the coming year. One would be an interview with a club member. If you are interested, please give me a call. In addition, I plan to start a new feature called "Race Review". (Feel free to offer suggestions for a new title) This column would consist of brief reviews about local and distant races that you have run. A quick critique by you, our members would let other runners now if these races are worth the travel, have good race support, course conditions and so on.

With that in mind, I hope that I will be hearing from a lot of you... and seeing you out there at the races!

Katherine Carney

Dear STREAK Editor:

This is the time of year that the Annapolis Striders hold their annual elections. Fortunately, there is much talent and leadership in our club, and there are several very good candidates for office. Unfortunately, the President's Message in the December STREAK contained very misleading and negative information about the candidates, the qualifications for office and the election process.

Our prize-winning newsletter should focus on the fun we have as Striders, and on good, healthy running; not on sour politics. The Editorial Board of the STREAK strives for accuracy, fairness and objectivity of reporting. The President's Message should be held to the same high standards.

Sincerely, Susan F. Zevin

Editor's Note: *The President's Message is reserved for the elected President to send his/her message to the club. The Editor does not condone or advocate the President's Message. Please note that the writer is a candidate for Club President.*

PRESIDENT'S MESSAGE



Ron Bowman, Club President

Although it is not quite a State of the Club address, I think it is important for us to reflect on some of our accomplishments as a club for 2002. I think this is important not only to give a modicum of recognition to some key volunteers but hopefully to instill a sense of understanding in members who might only see the club through the STREAK or club races.

First, in my December President's Message I addressed the upcoming election for Board of Directors and listed the candidates at that time. Susan Zevin has since tossed her 'hat in the ring' for President. Her statement of qualifications will be included with all candidates in the Ballot that will be mailed to all members shortly after February 6. Timing and space limitations have prevented putting candidate statements in the STREAK as we had initially planned.

This year we were able to put together a Membership Survey to find out what members thought their club was doing well and things they thought could be done differently. The results were a real eye-opener for some long time Striders and have helped shape our direction since. With 2002 as a baseline, a follow up survey in 2003 could give us a sense of progress toward continuing to identify and meet the needs of our members.

Roger Hebden continued to foster the thrill of running in children through the Junior Striders. The turnout at the Bates Track sessions reached as high as 135 and received some well-deserved exposure in the Washington Post. Roger is doing a good job of exposing them to the right habits that will stay with them all of their life - so they will grow up to become Striders.

Our Beginning Runners Program is one of those aspects of our club that has continued a level of excellence many may have begun to take for granted. This year Evan Thomas and his crew took 80 neophytes from their first tentative walk-run sessions to 'graduation' at the Women's Distance Festival 5k. This pro-

gram is the essence of our mission to promote fitness through running.

With the same focus on our mission, but at the other end of the spectrum, I had the privilege to work with Ben Moore to help 87 runners achieve their goal of completing their first marathon. Ben's presence and mentoring eased a lot of anxiety. Our program was recognized by Marine Corps Marathon Race Director Rick Nealis as one of the best in the region when he came to speak to our group after one of their Saturday runs. This year we had a 100% finish rate. For my part, it was rejuvenating to see the dedication of these athletes. I know I learned much more from them than I was able to teach them.

Something new this year was the Intermediate Distance Training Program. We have recognized for a long time that we had a gap in our training programs. While we have had Beginning or Marathon training, we have lacked training for the 5k, 10k and 10mile runners that actually constitute the majority of our runners. Donna Cogle and Penny Goldstein stepped forward to research, organize, and lead a 10k training group. Participants were exposed to the many types of track workouts designed to increase foot speed and 10k times. This first year saw twelve graduates run for PR's at the Old Cold Turkey 10k.

North Arundel Hospital officials decided to move their sponsorship to a fall 10k established as the NAH B&A 10k September 7. Dawson's will take over sponsorship of the Fathers Day Race, which will be 15 June. This means we will have a 5-mile run on Fathers Day instead of a 10k.

One of the biggest hits in 2002 was our Annapolis Striders Trail Guide. This initiative was put together by our Publicity Team, which is led by Mike Smith. Web Chamberlin used his substantial entrepreneurial talents to coordinate sponsors, photos, graphics, and publication to deliver a truly professional guide to the best running routes in the Annapolis area. The initial target audience was the local hotels and Visitors Bureau to be made available to newcomers and visitors that would like to get a run in while in our beautiful city. After we saw the quality and interest in the Guide, we decided to not only make it available on our web site but also to mail a copy to every member. With sponsors and donations, there ended up being no net cost to the club.

Our Strider Scholarship Program continued to provide deserving student runners with a grant toward their tuition. Program Coordinator Dan Symancyk spent all year observing local student runners via the Strider's Summer Scholastic Series, which he also directed, to come up with a couple of outstanding recommendations. The 2002 Scholarship win-

ners were Anthony Marino and Rachel Crandell.

Two of our finest runners, Jill Hargis and Eric Peltosalo stepped forward to take the lead in setting up Men's and Women's Racing Teams. They will identify race opportunities for team participation and coordinate getting our most talented runners to represent the Annapolis Striders.

To insure we put our most fashionable foot forward (so to speak) we also worked out a partnership with National Running Center to provide a Strider 'uniform' at discounted prices for members. We hope to be seeing a lot of Strider 'colors' at the races.

We had some key position changes this year as well. Melissa Currence took over as Membership Coordinator from Lynn Hopkins and Reggie Haseltine took over Champ Series Coordinator from Tom Bradford. Lynn manually entered the data for over 1300 members to create the current membership database and then helped make it web-enabled. This has saved thousands of dollars in printing and mailing expenses and made new and renewal of memberships much easier for everyone. For years, Tom has managed the results of all our Championship races to calculate and provide accurate and timely standings. Melissa and Reggie bring a great deal of talent and energy to these key positions so the transition has been transparent.

A couple of other changes of note this past year were changing our membership options to include multiple year memberships; and shifting our insurance coverage from the RRCA to the AARC (Association of American Running Clubs);

Some final notes:

- When you get your Ballot - send it in or come to the Banquet - but VOTE.
- Send in your reservation for our Annual Awards Banquet and Membership Meeting, which will be 5pm to 11pm, March 8, at the Radisson Hotel, off Riva Road.

On a personal note, I would like to thank the members of the BOARD OF DIRECTORS, and the members of the MEMBERSHIP, PUBLICITY, AND VOLUNTEER Teams, and all of the Race Directors for all of the help and guidance they provided me over the year. I am constantly amazed at their talent, organizational and athletic. I would also like to thank those amazing members of this years first time marathoners. It was a privilege to be a witness to their spirit and determination. It is easy for veterans to forget the anxious trepidation that undertaking something as daunting as your first marathon can be. I thank them for helping me stay in touch with why I love this endeavor we have made part of who we are - running. — Ron

The Alexander Technique

or What a Shakespearean Actor Can Teach You About Running

By June Schneider

For quite some time I had been putting a lot of effort into my running but only getting slower and slower. Sure, I'm getting older, but I didn't accept that as the sole reason. My body's alignment and running form were making running laborious. Being a massage therapist, I knew that part of the reason was a left pelvis that was rotated forward, not only when running or walking, but when sitting or standing too. The bodywork that I was receiving was addressing this over-rotation, but my movement patterns were reinforcing it. Even though bodywork was improving my alignment, it would not stay unless my movement patterns changed. I had classes on body mechanics for the practice of massage therapy with Nancy Romita, a dancer and teacher of the Alexander Technique. I knew her to be exceptionally good at adapting the Technique to different sports and activities. If there was hope for me, it was with the Alexander Technique and Nancy.

The Alexander Technique was developed by F.M. Alexander (1869-1955). By closely observing himself and developing clear, logical ideas about his observations, he discovered fundamental principles of movement. Alexander was an Australian actor who had a problem with recurring hoarseness and laryngitis. Neither the doctors nor voice training techniques of the day were able to solve this problem for him. Observing that his voice got better when rested, worse when used, he drew the logical conclusion that *something he was doing* while speaking was at the root of the problem. Watching himself in a mirror, he observed that the way he used his head and neck was affecting his vocal and breathing functions. Further observation revealed the critical role that neck tension and improper head carriage play in causing distortion throughout the body.

Through this type of observation and experimentation he evolved the movement re-education technique named for him. The Alexander Technique encourages integrated, efficient, easy movement by changing the way one thinks while initiating an action. A student of the Alexander Technique starts by becoming aware of his/her

instinctive or acquired habits; then learning how to get rid of counterproductive tension; and finally how to change these instinctive or acquired habits so that movement is easier and more efficient.

Alexander determined that the "Primary Control" is balancing the head on the neck and shoulders. Heads are heavy and have a way of weighing us down. To lengthen and decompress the entire body the head must release up so that the spine can lengthen. Just learning to do this one thing can profoundly reduce the effort of movement. An Alexander Technique teacher begins by helping the student with this Primary control and goes from there to observing the student's movement patterns. The teacher then helps the student become aware of when and how she is using extra effort and, through thoughtful change, alter the way she moves. The result is that movement (read running) becomes easier and feels lighter.

To illustrate: I was over-rotating my entire left side with each stride of my left foot. This recruited unnecessary muscles and required my right side to compensate so much that it was injury prone. My thighs, particularly my left thigh, did not move forward freely. It was as if it were glued into my hip socket. This kept me from getting much forward "snap" from my feet and ankles (slow!).

Even though the head is far from the hips, thighs and feet, Nancy started by reminding me of how to allow my neck to release so that my head would rest more lightly on my body. Then, we worked with the image of "allowing the knees to release forward" with each step. This one idea was an enormous help to improve the efficiency and drive of my feet and ankles. I also find this idea to be a great help whenever I start to feel fatigued. It lightens my step. Nancy used imagery, ideas and some hands-on techniques to help me in releasing my thighs away from my hip joints so that the pelvis and thigh did not move as a clunky unit. The most difficult change for me was in letting my left hipbone release back, so that my entire left side was not over-rotated. Yet, when I was able to even partially achieve these changes, running once again became smoother and more flowing.

The idea of *releasing* an area of the body is a key component in the Alexander Technique approach. The beauty of thinking in this way is that it decreases tension in the body. The opposite approach *is to do something to change the way one moves*, but this engages muscles and increases tension and is therefore counterproductive. The overall effect on running using Alexander's principles is that it feels easier and lighter. Obviously it takes some mental attention to incorporate these changes and get them to be second nature, but I find this approach easier to incorporate than thinking about things like knee drive, toe push-off, etc.

The best part came when I went out for an easy run after my first Alexander Technique session. I practiced a bit with some short 10-20 meter jogs and focusing on what Nancy and I had worked on. Then I just did an easy run. I was 20-30 seconds a mile faster than usual! Plus, the run felt much easier. Not only am I now using less effort and running a faster pace, but I've also been able to run longer distances. It's been over a decade since I've been able to run 10 or more miles.

As an avid observer of running technique, I see a lot of runners who could benefit from being more efficient and having less counterproductive tension. We runners often think that the only way to improve is to train harder or faster or longer. How about releasing tension and running more efficiently and easily? The Alexander Technique has been a great help to me and I highly recommend it.

Some information in this article is from www.alexandertechnique.com

**Copy Deadline for April
Streak is MARCH 1, 2003**

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

**We want to hear
from you!**

TRIathlon

By Sue Briers

So you want to try a TRI. Have you ever wondered why the triathlon has been nicknamed TRI? I assumed it was derived from the longer name of triathlon. This year I decided I wanted to not only do a triathlon but an Ironman distance triathlon. It was with this decision that I soon learned the true meaning behind TRI. The name TRI, I am sure, was penned as the acronym for Tremendous Resources Invested and not at all for triathlon. The sport of triathlon is a very expensive one not only from a monetary aspect but also a personal investment perspective. As I have discovered over the past nine months it is an all-consuming and addictive sport that demands time and resources.

It all started when I was "invited" to sign up for Ironman Florida by my friend and ultra pacer, Laura Lu Herman. Laura Lu had stuck by me for several ugly back miles of two 100-mile ultras and I felt an obligation to help her fulfill a dream of competing and finishing an Ironman triathlon. When informed I needed to sign up for this commitment in January, less the race would fill, I blindly signed away my life for the year. Not even owning a bike yet I felt I had plenty of time to get with the training program. By mid March I was realizing this would be quite an endeavor. The running component I had down, but the swimming and biking would be the challenge. Calling on Strider Ironman expert Chris Riley for advice, I soon learned what I needed to do to get in shape for my November race. I had 8 months to make a lot of progress.

Because IM Florida is an ocean swim I needed to practice in open water. Having been swimming in a pool for about 6 weeks, I had the opportunity to participate in a practice triathlon with a local Tri club, the Hammerheads. What an experience!! I was not prepared for rough seas, salty drinking water and the ever-present threat of sharks as I tried to swim 20 minutes in the Atlantic. This scared me to death as I had a 1/2 Ironman in 2 weeks. How would I survive 1.2 miles in the Gulf of Mexico? I read every thing I could and spoke with every swimmer I knew to get some knowledge on how to prepare myself for a more successful swim. It worked. The swim at the Gulf Coast 1/2 IM was calm and less frightening. Mind you, I was not fast but I managed the swim fine.

The next tall order was to learn to be a cyclist. I hooked up with a super group of cyclists in St. Augustine that took me under

their wings. They patiently waited for me on every ride as I built my distance, strength and speed. By the time 8 weeks had passed I was holding my own and helping to "pull" the line on the rides. I was then blessed to learn that the president of our local Ancient City Road Runners was a past team member of Indiana University's cycling team. Todd had a running injury and was back to biking. He was a huge help in teaching me tricks on the bike to help me rest, spin faster, tackle the hills, and pace myself to last the distance. He rode many of my long rides with me and was invaluable in his advice and guidance. I learned to live on my bike. By September I had worn out the seat, bike gloves, and a set of tires. The most important leg of most triathlons is the bike portion. I needed to be, at least, as strong a biker as I was a runner. This can take years but I worked hard to try and turn it around in 8 months.

Training for running was second nature. I did the Vermont 100 miler in July and simply sustained that level of fitness through the remainder of my training. Most triathletes dread the running portion of the event. This was my comfort zone and the easiest part of the training. I maintained 20-24 mile long runs weekly along with a 10-mile hill workout every Tuesday (Yes, I found a hill in Florida that I ran over continuously for the miles). I needed to keep trained in my one strong area so I could use it to my advantage during the race.

From the month of February until November I completely revamped my life and my fitness level. I lived 6 days a week training each and every day. I lost 15lbs. on the scale but much more than that in conversion of fat to muscle. My resting heart rate dropped to 43 beats per minute and I was in the best shape of my life. In addition, my husband was a saint. He was very patient as I spent almost every Saturday and Sunday from 5:30 a.m. until 2-3:00p.m. training. It was a constant juggling act of time between work, training and home responsibilities. It was the largest personal commitment I had ever made to an event.

The final weeks gloriously arrived. The intense training slacked off and I was faced with a harder challenge – tapering. In two weeks I felt like an out of shape, beached whale. I knew I had tapered correctly when I was actually looking forward to a 2.4-mile swim with a 122-mile bike followed by a marathon.

My target times were set:

1:30 Swim and on the Bike

6:30 Bike

4:30 Marathon

12:30 Total (or 12 hours anything)

The day of the race brought rougher water than desired by the 1900 triathletes. The winds had kicked up and made the swim with 1900 of your closest friends a challenge. On the second lap the swells had grown to 4 feet and the return swim was like a churning washing machine. Running out of the water was a welcomed relief as the Gulf worsened with each passing minute, not to mention to be free of flying arms, legs and constant shoving and bumping from the other participants. I was out in 1 hour 24 minutes. I peeled from my wetsuit, changed and was on my bike by 1 hour 31 minutes.

The bike was a bit windy but I was ready for it. I was having a good ride until I was slapped with a penalty for drafting at mile 24. I thought I was 3 bike lengths away from the front rider, but the official thought otherwise. In triathlons 2 penalties is an automatic disqualification. I had to be very careful for the next 88 miles. It started to rain at 80 miles but it didn't cause too many issues. I had a very consistent and effortless ride and was off the bike in 6:30. Lapsed time from the start 8:31.

The run was my comfort zone. I started off feeling great. No tired bike legs – nothing. I decided to run the marathon like an ultra and picked an 8:2 series. This means you run 8 minutes and walk 2 minutes. I followed the plan for the entire marathon. Hitting my goal time at half way in 2:05 and I turned to go out on the second loop. The hardest part of the race was the turn around for the second 13.1 miles. It was a mere 100 feet from the finish line. I finished my marathon in 4:35.

I approached the finish line thrilled I had completed my first Ironman in a respectable 12:45. The training was far worse than the event. The countless hours of sacrifice had paid off for an absolute painless and thoroughly enjoyable finish.

Many people ask if this is harder than an ultra. The answer is NO. Ultras are far more demanding in the actual event. The real challenge for triathlons is the training. There is no way around it, you have to do the groundwork or it will be a disaster. Will I do it again? Absolutely – they already have my money for 2003.

Note: Laura Lu Herman finished 12:16 for her first Ironman.

BEATING THE SLUMP

by Timothy Carlson (reprinted from InsideTriathlon)

Although this article is aimed at triathletes, the message is relevant to marathoners, ultra-marathoners, or 10k-ers. There are so many pearls of wisdom that I thought it best to submit the article in its entirety. I think everyone one of us, regardless of gender or age-group can relate to the message. I hope you get as much out of it as I do. Ron Bowman

"Weathering a rough patch takes psychological and physiological fortitude" If you thought that the superstars of triathlon – or any other sport – were immune to the depressing terrors of a slump, think again. "The only people who always improve and never have had days or sustained periods of bad performance are on drugs," suggested Troy Jacobson, coach of Olympian Joanna Zeiger and countless successful age groupers. "Whether you are the best in the world or a beginner, unless you have chemical help, you must expect down days and extended down periods." Take it from one of the gods of the sport, The Man himself, often thought virtually invincible, Dave Scott. "Maybe the public felt I was infallible and I never had a bad moment at Hawaii and that I never suffered psychologically or otherwise," said Scott. "But the truth is that numerous times in the race I have felt in the gutter and seemingly could not find the path to the golden road out of it. I think many of us have a tendency to abuse ourselves when we are in that situation."

Mark Allen, the greatest triathlete of the 20th century, was so afflicted by injuries and self-doubt he contemplated abandoning his quest for Ironman Hawaii before he won the first of his six titles. "After spectacular failures in Ironmans five and six, I was ready to hog it up there and just go back to Nice where I had great success, recalled Allen. "I was afraid of Hawaii – afraid of the wind, heat, humidity, distance, the other competitors – you name it."

The iron will to be a champion, or simply to finish a race, is a double-edged sword that can be your greatest ally or cut deeply when things go wrong. No one has felt the blade more acutely than two-time Ironman Hawaii world champion Peter Reid since his brave and painful second victory at Kona in 2000. The strong mind and willingness to endure a gauntlet of pain had been fueled

by a desire to not just be a contender but to be the dominating figure in the sport. After a series of puzzling DNFs in 2001, Reid brought that mental strength to bear against himself and started to question his courage, mental commitment, willingness to endure pain, and his heart. Late last spring, he underwent a battery of tests and found physical symptoms – hemoglobin, white and red cell blood counts were dangerously low. Now he's backed off and embarked on a period of rest that promises – but does not guarantee – a return to the pinnacle.

Triathlon demands mastery of three disciplines, but over a career, perhaps the biggest challenge to be met is the inevitable fourth leg – the slump. Those who have crawled back to equal or better their best days have shown qualities that reveal the inner strength of mind and the heart of a champion. The 2001 ITU world champion Siri Lindley has faced numerous setbacks that temporarily leveled her normally ebullient spirit. But she looks upon the valleys as a gift. "You learn the most from your setbacks," she said while recovering from recurring plantar fasciitis and dental surgery complications that have made her current season a bracing challenge after a dominating 2001. "They test your character, and when you get through them, you come back stronger than before."

Reversing the trend

While a return from a slump to good fortune is possible, you can easily spiral further into negativity unless you employ some strategies to reverse the decline. The first step of the sometimes complex pick-me-up process sounds simpler than it is. "The first step is not to panic," said sports psychologist Dr. Jim Taylor of San Francisco. A firm advocate of that approach is Lance Watson, coach of Olympic gold medalist Simon Whitfield and many other short and long-course champions, who said, "When you enter that dark place, it becomes almost overwhelming, and you grasp at straws and dig an even deeper trench for yourself." "The second step," said Taylor, "is to back away from it. Many athletes do not like to wait that long or to systematically seek a solution."

Before assuming you're in an inevitable slump, a careful analysis of the situation is in order. "The absolutely first thing to do is to determine if the slump is real or if it is

self-deceived," said Lindley's coach Brett Sutton. "Athletes are very subjective, and the best of them, the champions, are very hard on themselves. You can't fool a great athlete with empty words. I try to bombard them with facts. The fact is that Siri is suffering through a hard time with plantar fasciitis, but her workout marks are better than last year when she won a world championship." For age groupers without expensive coaches, a training log can provide such facts, as can an objective, intelligent training partner.

Identifying the problem

When the decline is objectively verified, Taylor surprises a little when he, the psychologist, cautions that first solutions are rarely mental or psychological – those factors should be dealt with further down the line. "First things to look at are physical causes," he said. Insisting on this order of action even more strongly is Phil Maffetone, former coach of Mark Allen and Mike Pigg, who said, "Most problems are physiological, and the dip in performance creates mental and emotional stress. Often, the early signals are subtle and hard to diagnose. I believe it's the biggest copout to say the problem is psychological when some doctors are too lazy or unwilling to perform the systematic and thorough assessment necessary."

Taylor has a logical checklist for the athlete to examine physical causes. "They should look at their workout schedule – perhaps they are overtrained," he said. "They should look at their nutrition. Then they should look at even minor injuries. Perhaps even a slight decline in biomechanics or flexibility can translate into a significant decline in performance. I also look at general health and the general state of the immune system. Naggging colds and respiratory infections are common among endurance athletes and can significantly affect performance. Further along the same scale might be chronic fatigue syndrome, which is not uncommon among elite endurance competitors."

Jacobson strongly agrees. "Endurance training is a controlled injury. Every day you go out and break your body and muscles down so they can rebuild stronger. Ironman training is way out on the edge of human possibility, and to successfully navigate that

is to push the limits of the immune system," he said. Scott and Maffetone point out that hard training can lead to chemical and hormonal reasons for a physical and emotional slump. For example, said Scott, if you don't eat a good mix of carbohydrates and protein before and during a workout, "it can lead to what I call central fatigue shutdown." "It's that mental fatigue you get when your body produces the chemical tryptophan, which enters the brain and produces serotonin, which produces a malaise where you lose the will to exercise."

Scott added that when the athlete is under life stress and keeps working harder, the body simulates higher cortisol levels, which can lead to protein breakdown and muscle failure. "Epinephrine and norepinephrine increase, and the body's neurotransmitters; throughout our system start to signal: "Hey, I don't feel good. What's going on?" All this can be related - diet, immune system, lack of performance and the psychological perception of mood can all feed off each other," said Scott. Maffetone explained that the mental and emotional states are inextricably interrelated with brain chemistry - which has both a psychological and physical component. "Mental issues can be due to neurotransmitter imbalances affected by food or even the weather," said Maffetone. "Blood sugar levels are another good example of how body chemistry can affect mental and emotional states."

Excess stress, added Maffetone, can have a significant effect on performance. As stress takes over, other symptoms crop up: irregular sleep, blood sugar irregularities, small injuries, sodium depletion, high cortisol levels, depleted adrenal levels and accumulation of body fat. "Life stresses, like the breakup of a marriage or losing a job, affect emotions, ambition and the simple ability to tolerate pain," said Taylor. "When you are psychologically more susceptible, the body becomes highly sensitive, because when it is under stress, it expends so much energy dealing with the stress it doesn't have the ability to deal effectively with normal challenges." If symptoms persist and the decline continues, a concerned athlete should see a doctor and get a systematic

series of tests including a blood work-up to evaluate overall health and determine why performance is declining.

Rebuilding - keep it simple

Once the scope of the problem has been identified, a return to basics is called for to rebuild competitive fitness. Impatience and skipping the simple steps can lead to a Sisyphian dead end. "Age grouper or pro, anyone who trains for an Ironman over several years will hit a point where they need extended rest," said Taylor. "So when you hit a low point, the very best thing is to back off and take time off."

Peter Haberl, a sports psychologist and U.S. Olympic Committee consultant to many top triathletes, said the danger is getting too attached to outcome: "To get out of a slump, you need to go back to the roots: "Why do I do what I do? Sure, everyone enjoys winning, but everyone started because they loved the process. And that goes for what you should focus on in a race."

In sessions on how to improve concentration, Haberl asks athletes to recall what they were thinking of when a race went well. Invariably, it's the process. "Often, it works to think of small things like stroke or stride mechanics, cycling form, breathing levels. For some, it might help to focus on heart rate. For others, to ignore the heart rate and race by feel. But almost always, it never helps to think of outcome." Sutton said the road map out of a slump involves staying in the moment. "We focus on yesterday, today and tomorrow. We stick to the now," he said.

Dave Scott agrees. "When things are bad and I can't even think about getting fit for a race, I take very short-term goals," he said. "If it's gotten bad or I'm coming off an injury, I set a two-week goal and keep it to the simplest of things. For two weeks, my goal will be to work out nine times a week - three swims, three bikes, two runs and one strength session. There will be no time goals, just completing it. I focus on the action of doing it and not on the results."

"After that two-week success, I know I can maintain faith in myself that I will succeed. I measure the path back in very, very small steps and keep to it. But you can also

become self-destructive and jump ahead and try to do the same workouts at the same pace when you were at peak fitness. Instead of focusing on those little successes, all of a sudden you look at the big picture and you start to feel like an ant. That way you set yourself up for failure."

While many of these prescriptions apply equally to pros and amateurs, there is one key difference. "If you are an age grouper, remember it doesn't pay a million dollars to win the 45-49 title," said Sutton. "Many of them have a wife, two kids and a very demanding job, and I am amazed at what they can accomplish. But there are only so many hours in a day and many responsibilities, so if they have an increased work commitment, ease off. If you're upset about performance and it shows in physical things, go back to your old goals. If you're fit, isn't that winning? And if you have to make compromises with the wife, skip some of those long bike rides. If you go into a race 10 percent undertrained, you'd be surprised - you might have the race of your life. And if you are happy with yourself, you'll get the best performance."

For the Type-A souls so attracted to triathlon, Haberl has this message: "You must realize you can never be perfect. And you must let go of the thought you have how the race ought to happen. Reality is never black and white." The frame is always changing, and you have to be honest and ask yourself what is your goal with the inevitable decline of age. "I'll never crack 32 minutes in a 10K again," said Schiller. "I used to do that all the time five years ago. And I'll never take first overall in a big age-group race, which I used to do. I have to let go of both of those goals because they are memories, but I still feel like I haven't had my greatest race yet. And that means to perform as close to my maximum of the moment as I can. Already, at 44, I am eager to turn 50 and see if I can crack the top 10 overall at that age."

Just remember, as you take the first step back from a slump, that the true measure of a champion isn't the margin of victory when everything works well. It's how far they have traveled back from their lowest point.

Following are our ad rates, production and deadline schedule. The Streak is published bi-monthly starting with the month of February and concluding with a December issue. All copy is due the first of the month prior to publication.

Therefore, the copy deadline for the next issue, which is April, will be on March 1. At this time payment for any advertising is also due. Payment must be mailed to Kathy Carney, Editor at 899 Hunters Ridge Lane, Annapolis 21401.

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SNOWDONIA AFTER DARK

By Brad Chapman

The British Airway 747-400 is out over the Atlantic at 36,000 feet, some 1,000 miles from Dulles and closing fast at 542 miles per hour. Wales is far astern. My trip is almost over. It was quite a trip however. Here's what happened.

I went back to Wales and ran the Snowdonia Marathon again. Why would I want to do a marathon again which features horrendous weather and an arduous course that includes two 300 to 1100 foot climbs one at each end? The truthful answer is that I sought the adventure of this race one more time.

The trip from Crofton to Dulles, to London, to Birmingham, to Shirley, to Bangor, to Llanberis and to the Snowdonia Marathon goes without a hitch. On the way I spend a couple of days with my friends in Shirley, Susie and Alan Tebbs.

The weather forecasts for Sunday are ominous. Predictions are for extremely heavy wind and rain across all of England going west to east. One hopes that that the actual conditions aren't that bad. On Saturday, the runners at packet pickup at the Electric Mountain in Llanberis, anticipate running on the morrow no matter what the weather. We have a pleasant pasta dinner Saturday evening. But, it is raining hard outside and the winds are coming up. The race starts at 10am.

Driving to the start area at 6am on Sunday the Race Director, Ian, fears that his van will be flipped over at any moment by the 120mph Snowdonia valley winds. The roads are flooded and littered with downed trees and power lines. This is a dangerous situation for course workers and runners! At 6:30am Ian calls the police and cancels the race for the first time in the 21-year history of the event. Actually, the weather lets up a bit by 9am. The damage, however, is done. Secretly, I'm glad they didn't run it. However, ten or so runners start anyway, without support, and three make it all the way. A runner comments afterwards about fording 6 inches of water on one road. Man, that must have been cold.

I decided to talk to Ian about running it on Monday. He says that it can be done and finds me a course map. He also admonishes me about the traffic. My greatest problems would prove to be my memory and the dark, Welsh night, not the traffic.

I learn of a policeman from Llanberis who is running the Marine Corps marathon to-

day. He must be having a far better day of it. Strange people marathon runners, flying for thousands of miles, crisscrossing the Atlantic, just to run 26.2 miles.

It's now Monday. My Snowdonia Marathon day! At 10am I am on my way, first mistake: I should have left earlier. Are there any other runners starting? Just me. It is a beautiful day with sunshine, little wind and cool temperature. Great. The start line is 1.5+ miles from the hotel. Ultramarathon anyone?

I do the first climb running all the way. After Pen-y-Pass the valley unfolds in front of me, some 900 feet below. Once down in the valley I run alongside the lakes, by a number of waterfalls, for mile after mile. On either side of the valley the sharp angles of a hill with eroded edges of slate contrasts with the rounded shape of the hill next to it. I come across several storm downed trees that had been cut and moved off the road.

At a small store at mile 12 I stop to buy a bottle of water. The store is open thanks to a portable generator. Three runners came through here yesterday. I am the fourth. How about that! I am fourth overall in a race that never was. Up ahead there is a pole hanging on its wires across the road. The road is closed. I am advised to "run fast" under the pole when I get there. This line cracks up the guy guarding the pole. After this break I run through wilderness for many miles. The mountains are way off to the side. Drivers help to break the routine as they stop to ask me where the road is cut.

About 21.5 miles into the run, I arrive in Waunfawr. Here begins the second climb to 1100 feet. It is later in the day than I think. Next, there are two right hand turns to be found in order to head towards Llanberis. I miss them both, but get back to the first turn quickly. I go way beyond the second turn, which leads directly to the top. I lose a lot of time finding that turn. It is getting darker. The last person I stop for directions offers me a ride back to Llanberis. I thank her but really want to finish the run after coming this far. "Do I have a good torch?" No, but wish I did. I regret turning that ride down ten minutes after finding the right road.

The road up to the top is really steep. I can see Llandudno on the coast in the waning light. I am walking now, not wanting to become exhausted with the toughest part to come, getting down the mountain in the dark. By the time I reach the top, mile 23, it

is completely dark and the asphalt road ends. The path is packed light-colored dirt, called a "Landrover track." Now I am alone. No one to stop and ask "Is this the right way?" My companions are darkness and silence. There is a mist. It blurs the edges of the darkness. Ahead of me a splash of white, a sheep moves silently. I probe my '99 memories for landmarks to expect if I am on the correct path down the mountain.

I must keep going downhill and not veer sideways. Otherwise I could be walking around here all night. Because, for now, the path is light colored, I can see it but that is all I can see. A mound of slate debris should appear on my left and trees on my right. I can only smell the trees. Then I see this huge, gray metallic reflection on my left. Is this the slate pile or the evil towers? Where is Gandalf when I need him? Are there Orcs about? I pick up a small fragment of slate. It will be my finishers' medal.

After passing these landmarks I stop. Once again the darkness envelops me and I cannot see the path. Nothing stands out. How can I tell where I'm going? I sense that the part of the path I am standing on has a feeling unique from whatever is on either side. By keeping that unique feeling underfoot I can proceed.

Thus my journey continues downhill until a fork in the path emerges. The left side is visible as packed light colored dirt. It seems to be headed directly towards Llanberis. The path to the right appears to angle away from Llanberis and completely disappears after a few feet. However, I am standing on the right hand path and that has been the correct one so far. I don't want to make a wrong choice. My walk continues on the right hand path. This path soon deteriorates into ruts, and rocks. This cannot be the right way. I backtrack to the fork and head up the other path. It certainly feels more like a path underfoot except it is headed uphill. Wrong direction. Further along I almost crash into a gate astride the path. No need to climb over this one. No path on the other side. Now what? There is a stonewall attached to the gate, the right hand side of which leads downhill at an angle that should intersect a lower path. If it does, I should find another gate. If it doesn't I'm truly lost. In front of the stonewall there is a barbed wire fence and the ground is

continued on page 9

A Report from Marathon in the Parks

By Kevin Clulow

Race day morning for the Marathon in the Parks was cool, and the rain had let up some. I was ready, pumped, well rested, carbo-loaded, and expecting a good marathon time. My goal was to shoot for a 3:20 or better but the course proved more difficult than I ever imagined. The first ten miles confirmed what all the runner comments on the course had said...a very hilly course. The halfway point found me right on target, a little under 1:40. After that point, I figured the course would be a piece of cake with the exception of the last 2 miles going slightly uphill. Have you heard "never assume anything?" It did not become easier. A ceaseless series of small hills and inclines awaited me with puddles, or was it small ponds in between. There was a choice of going around them but that meant running through mud. Sloshing through the water proved to be the better idea because the mud was slippery and that slowed me down more. At mile 16 my legs began to tighten and my pace slowed. I began to reassess my goal of finishing at 3:20 and changed it to 3:30. At mile 18 I began to "Hit the Wall" or was it "The Bear jumped on my back." It was a struggle to maintain pace. At mile 20 walking up hills was almost as fast as running. If there was another hill or incline I thought I would die. Well I must have "Died a Thousand Deaths". Heck, at this point it was a death march. I readjusted my goal again to "just finishing alive!"

At one point, I had begun to turn positive comments from spectators and other runners into negative thoughts. One woman that was passing me up a hill said, "Float like a butterfly!" I said "But it stings like a bee!" A man encouraging me along noting my hat that read "Annapolis Striders Ironman" said, "Come on ironman!" At first I said to myself "Ironman Ha!" Then I started thinking "On second thought.... I am like an ironman. My legs are so stiff and heavy!" I had read a book on how to cope with the fatigue and pain in the last miles of a marathon. It urged you to make fatigue and pain your friend, talk to it, and gently tell it to go away. This did not work at all. They kept hanging around and really wore out their welcome.

The last 2 miles was an unrelenting steady uphill climb on a gravel path that, once again, was steeper than I had imagined or anticipated. (If the Mount Washington race is any steeper than this, I'm not running it.) I made up my mind to run these last 2 miles as hard as I could. Mile 24 to 25 was well over 10 minutes. (You have to be kidding! Come on.... this much effort, it should be faster!) Mile 25-26 I picked up the pace more... pressing on... which seemed an eternity. My breathing was labored ... my feet were coming down hard on the gravel. Ouch! A man passed me who was leaning to one side and looked very unsteady. **My fast was slow.**

When would this torture ever end? Where was that tunnel that everyone was talking about near the end? Finally, the tunnel was in sight. (I don't know how they managed it, but they put a little hill in that tunnel. A final insult to my legs.) I entered the tunnel only to discover it was very long and I could barely see the light at the end. Hmm. Finally arriving at the end of the tunnel, I was shocked to see civilization, a city with tall buildings, and lots of people cheering. It was surreal — parkland and then a city. I could smell the finish line (or was it the Pizza.) I had sniffed it out and there it was. Yahoo! I crossed while pumping my weary arms into the air. I have never been so happy as to finish a race.

Two days later, I am still hobbling around and wondering about us runners being a little crazy taking on such an endeavor...but I know I could have done better...isn't there another marathon in the beginning of March next year? G. Kevin Clulow (3:42:50)

NOTE: I do not want to detract from this marathon. Any faults would be this runner's and conditions beyond control. The race was very well run with very helpful volunteers. It is a beautiful course with most of it run on parkland. The post race party was the tops with plenty of food, music, and a complimentary massage. It is definitely worth a try...just don't go out too fast.

SNOWDONIA, continued from page 8

soggy. By grasping the poles in the fence and stepping from one grass clump to the other I work my way down the wall. There is another gate and a path leading downhill. I climb up and over the gate only to discover, painted on the other side, "CLOSE THE GATE". Am I to conclude that the citizens of Llanberis make this trip in one direction only, uphill? At least I am headed down to Llanberis. Although I can't see the path I can still feel it.

Still to come is one last trauma, a really steep section where the path becomes a gully of exposed rocks and boulders. Here, I ran from rock to rock in '99. Tonight I literally stumble into it. Good God, I mustn't fall!

If I sprain or break something I will have to drag myself down. In several places I step off a rock into nothing and stumble, lurching from right to left trying to stay upright. This bit goes on and on. Somehow I get beyond the rocks. Then I look up. The lights of Llanberis appear in the distance way below me.

I spot the Royal Victoria Hotel and it is in the same position relative to me as it was in daylight. I am still headed in the right direction. The lights of Llanberis don't help me. It is still pitch black where I am. Keep walking down, down, down, maintain the hotel in the same position. THEN, THOUGH I CANNOT SEE IT, I FEEL THE SURFACE

CHANGE TO ASPHALT!! I am in the outskirts of Llanberis. The grade gets much steeper, forcing me to run. Soon I'm running on streets. There are cars parked at the curb, streetlights, houses, windows, TVs on, and people. Another world. I MADE IT!

One last extremely steep bit and I am on the High St. Stop for a bottle of water at a market where a clock shows 7pm. I have been out there for 9 hours and covered some 30 miles at least. It is raining harder now. I run across the street to the hotel, into the lobby, straight into the bar.

"Can I help you?" "I'll have a pint of Theakstons please."

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EARTH DAY 5K RACE

SATURDAY, APRIL 26, 2003
QUIET WATERS PARK
ANNAPOLIS, MARYLAND

DISTANCE: 5 kilometers
(3.1 miles)

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

ENTRY: \$12 before April 19
\$15 race day

BENEFIT: Proceeds to benefit the Anne
Arundel County Sierra Club

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

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

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

Sex M F

T-shirt size M L XL

Age (on race day)

Last Name

First Name

Street Address

Telephone

City

State

Zip

Signature

Date

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

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The Turkey's Swansong Old Turkey 10k

By Chris Riley, Race Director

Working the finish line of this race has given me a fresh perspective. As a runner, I know when we round the corner to the line we lay it all out, and then some. Now, sitting in my chair at the finish line, I could not help thinking that runners should be moving faster for all the effort I saw on their faces. Relax and stay smooth, I thought. These are easy thoughts from an easy chair. Then, as I collected the tags, I never realized how similarly worn out runners pant and slobber like my spaniel at home!

This is the last time that we will be running The Old Turkey, and I hope all the runners have enjoyed the race as much as Brad Chapman and I did. This year the weather was perfect, and the turnout was the best that we have ever had. Catherine Williams and John Kirkpatrick were the overall winners – each receiving a \$100 merchandise check donated by Chesapeake Running Company. Yvonne Aasen was our oldest runner. I don't think she has missed an Old Turkey yet. She had about a 5-minute starting handicap (lead) over the next runner, and when she had completed the course she was still pretty close to the front. Also, of note, were about 20 runners who had recently completed the Striders Advanced Beginners Training Program. Thanks to

everyone for turning out and making the race a fun event.

Before the race passes into history, I would like to share a few thoughts based on my observations as to how we Striders are doing when compared to age-graded standards. As most of us are aware, the Old Turkey is an age-graded race that is run with each runner being assigned a handicap based on his/her age and sex. The handicaps for each sex are based on the world records for each year of age. Thus, if the male WR for a 25-year-old male were 28 minutes, and 33 minutes for a 50 year old, the 50 year old would have a 5-minute handicap at WR pace. Since the difference is larger for less fit runners that are typical of club racing, the handicaps are further modified to increase the gap. The process is arguable, but I believe that it serves as a pretty good rule of thumb.

What I have observed is that the race is always won by runners in their middle years, and, I'm sorry to say, not by a female in the race's 5-year history - though Rose Malloy came in a close second to John Benkert one year. Perhaps (and only perhaps – given the small sample I am working with) the middle age runners in the club are retaining their level of fitness the best; but,

since we have a disproportionate number of this age in the club, there may be some built-in bias. However, since the results generally bring a 50-year old male to the lead, it probably says something about these runners being able to race close to their peak. The older runners (60+) generally do not make it into the top ten, with a couple of exceptions (including Ron Bolt, Ben Moore and Don Singer). This may be due to age starting to get the better of ability to run close to peak ability, due to injuries etc.. Another way of saying this is that after being injured several times in a row, we older runners value the ability to be able to run injury-free more than the ability to run at our maximum. And finally, after applying the handicaps, there do not appear to be significant differences between the sexes, apart from the leaders of the race who are mainly male. Perhaps this is purely because men have retained more of their Neolithic instincts, one of which is to always beat the next guy.

I enjoyed my term as race director, and want to close by thanking all the volunteers at this year's race, and specially Brad Chapman who has done the lion's share of the work over the years while I have been traveling.

RESULTS

PL	NAME	AGE	SEX	HANDICAP	RACE TIME		
					Min	Sec	
1	John Kirkpatrick	59	M	8	16	39	16
2	Will Eden	16	M	12	52	34	57
3	Jonathan Julian	16	M	12	52	35	3
4	Ted Poulos	40	M	12	51	35	26
5	Erick Westlund	18	M	13	21	35	9
6	James Moreland	50	M	10	41	39	2
7	Thomas Hattar	41	M	12	39	38	20
8	Andrew Madison	15	M	12	32	39	26
9	Catherine Williams	21	F	10	48	41	20
10	Ron Bolt	61	M	7	39	45	5
11	Scott Williams	44	M	12	2	41	8
12	Joe Clorety	60	M	7	58	45	13
13	Thomas Morton	39	M	13	3	40	13
14	Danalee Henkart	56	F	4	39	48	50
15	David Featherman	34	M	13	45	39	58
16	Suzanne Furr	41	F	9	15	44	51
17	James Fitch	39	M	13	3	41	8
18	Maria Shields	51	F	6	22	47	55
19	Kurt Kuhn	49	M	10	55	43	24
20	Joe Deak	55	M	9	25	45	3

21	Keith Hurvey	54	M	9	40	45	30
22	Ken Ciolli	45	M	11	49	43	44
23	Imants Celtniek	57	M	8	51	47	1
24	Patricia Cooke	16	F	9	55	45	58
25	Michael Calderone	28	M	13	45	42	8
26	Yvonne Aasen	71	F	-2	30	57	34
27	Mark Hilliard	37	M	13	26	42	39
28	Peter Sackrider	45	M	11	49	44	51
29	Sarah Bronenza	48	F	7	18	49	29
30	Bob Kovich	46	M	11	36	45	15
31	Tammy Avery	31	F	10	48	56	17
32	John Cooke	46	M	11	36	45	32
33	Hank Cobe	44	M	12	2	45	8
34	Sabra Harvey	53	F	5	42	63	9
35	Meredith Lecourt	40	F	9	30	49	16
36	Carolyn McGlynn	38	F	10	0	48	48
37	Robert Edwards	55	M	9	25	49	30
38	Ellen McGee	46	F	7	53	51	26
39	John Meyer	55	M	9	25	49	57
40	Peter Dalessandra	34	M	13	45	45	44
41	Warren Cooper	50	M	10	41	49	0
42	Rob Wells	41	M	12	39	47	6
43	Patty Snodgrass	48	F	7	18	52	30
44	Frank Adams	54	M	9	40	50	10
45	Kim Jupe	43	M	12	14	47	37
46	Gale Bugenhager	37	F	10	15	49	52
47	Peter Blank	48	M	11	9	49	0
48	Cecile Spiegel	47	F	7	36	52	43
49	Mary Ellen Mason	47	F	7	36	52	51
50	Larry Puglisi	48	M	11	9	49	21
51	Michael Gonzalez	42	M	12	27	48	18
52	Christine Rozycki	34	F	10	48	50	10
53	Mary-Margaret Kelb	47	F	7	36	53	26
54	Amy Pruce	24	F	10	48	50	24
54	Ed Karta	45	M	11	49	50	44
55	L.J. Collazo	42	M	12	27	49	19
56	Roxy Strickland	43	F	8	43	53	4
57	Matt Thompson	26	M	13	45	48	5
58	Lidia Smith	39	F	9	45	52	13
59	Paul Kelley	39	M	13	3	48	56
60	Frank Gattford	34	M	13	45	48	20
61	John Hall	32	M	13	45	48	27
62	Sean Smith	37	M	13	26	48	51
63	Raul Nelson	42	M	12	27	49	56
65	Maria Hendrickson	54	F	5	22	57	16
66	Joanne Reker	29	F	10	48	52	54
67	Christy Consoletti	34	F	10	48	52	7
68	Don Stoddard	66	M	5	54	57	6



10K Running Class

By Donna Cogle

“They fartleked their way over hills and trails to the Old Turkey 10K Race.”

This new running class started with approximately forty people all interested in training to progress from the 5k race distance to a 10k race. According to Lynn Hopkins, this class had been talked about for over ten years, but no one had ever attempted to get it off the ground. It was a challenge, but after talking with Lynn, Ron, ET, Ben, Ginger, Helen, Rick, a few trainers at Gold's Gym and Big Vanilla, the idea was presented to the Annapolis Strider Board and was approved. On September 17 twenty-four people and four coaches were well on their way running down the B & A Trail.

Shortly after the class began we were able to pick up sponsors. One was Chesapeake Running Center who provided the shirts at the end of the class, a discount on running clothes and a talk on what clothing and shoes to wear when you run. I would like to thank Rick and his girls for all their support throughout this class and for helping to make this class a success. The other sponsor was Bud Magersupp and Liz Mullen from The Big Vanilla who gave us a place to meet on Tuesdays and Thursdays

and presented to us two weeks free membership. I would like to thank them as well for all their support.

The class was a 50/50 split between runners from the beginning running class and runners who have been running for at least two years. When asked what the reason was for taking the class, the answers varied. Some said that it was for weight loss or health reasons while others said for cross-training. Others took the class to learn how to run hills and enjoy them. Many said that they wanted to take a class with specific goals in mind, but the reply most runners gave was just for the enjoyment.

The class took the runners to seven races throughout the 10 weeks. Each run was used as a tempo run. Eleven different times, class runners walked away with age group awards and at least half the class received random prizes. The group not only ran races, but also did fartleks, tempo runs, and cruise intervals on the B & A Trail, BWI Trail, Kinder Farm Park, Quiet Waters Park, Naval Academy, Ferry Farms, Severn River Bridge and Downs Park.

After ten weeks and 135.9 miles under their feet, the 19 remaining runners that completed the class set out to run the Old Turkey 10 K. All those that finished the class reached their goal including one runner who lost 45 pounds.

Most of the group is still running together. We meet at Gate 8 on Saturdays at 8 a.m. as long as there isn't a race going on and we meet on Tuesday nights at The Big Vanilla at 6 p.m. Anyone looking for a group to run with is welcomed to join us on either day or both. If you come on Tuesday nights, Big Vanilla will let you use their dressing room as long as you park across the street in the college parking lot. If you would like additional information, give me a call at 443-463-7936.

Congratulations to all the graduates and thanks to Alan, Penny and Kathy, my wonderful co-coaches and the Strider speakers who came out and spoke on Tuesday nights. With your help, the program was a great success.

-Donna Cogle, Rundonna1@aol.com

OLD TURKEY, continued from page 14

69	Jekk Kline	36 M	13	37	49	32	96	Janice Fisher	38 F	10	0	57	33
70	Sue Dupont	38 F	10	0	53	16	97	Annabeth Bunter	31 F	10	48	56	46
71	Chris Ramey	52 M	10	11	53	5	98	Bill Phillips	53 M	9	56	57	46
72	Peter Salmon-Cox	63 M	6	59	56	18	99	Jenna Loomis	30 F	10	48	56	56
73	Anne Kaiser	44 F	8	27	55	8	100	Mike Dorsett	38 M	13	14	54	39
74	Rob Schiller	35 M	13	45	50	6	101	Chris Coughlin	40 M	12	51	55	20
75	Donna Cogle	48 F	7	18	56	40	102	Steve Southard	44 M	12	2	57	9
76	Alvida Meyers	52 F	6	2	58	10	103	Kathy Dulisse	51 F	6	22	62	15
77	Cindy Farkus	44 F	8	27	55	57	104	Bill Woods	51 M	10	26	59	33
78	Margaret Hall	36 F	10	29	54	1	105	Laurie Bothwell	33 F	10	48	59	47
79	Natalie Scharnus	22 F	10	48	53	59	106	Lars Johanson	52 M	10	11	61	0
80	Stephanie Juda	21 F	10	48	53	59	107	Kathleen Nowlin	48 F	7	18	64	25
81	Steve McCollum	40 M	12	51	52	1	108	Alan Wycherley	60 M	7	58	63	59
82	Scott Beyere	43 M	12	14	53	43	109	Gene Pfeiffer	62 M	7	19	65	2
83	Julie Driscoll	28 F	10	48	54	11	110	Susan Noble	37 F	10	15	62	35
84	Kathie Keenan	30 F	10	48	54	12	111	Sigrun Ortmann	33 F	10	48	62	3
85	Neal Hinkle	65 M	6	17	59	22	112	Nancy Farrell	34 F	10	48	62	3
86	John Firebaugh	46 M	11	36	54	11	113	Kathleen Hanson	48 F	7	18	66	16
87	J. McGowan	64 M	6	38	59	21	114	Amy Rider	33 F	10	48	63	37
88	John Curley	54 M	9	40	56	19	115	Maria Kline	43 F	8	43	66	43
89	Patrick Dobson	25 M	13	45	52	17	116	Catherine Hovis	33 F	10	48	64	38
90	Laura Casadet	17 F	10	12	55	51	117	Ric Francke	55 M	9	25	66	51
91	Sarah Bell	28 F	10	48	55	55	118	Kimberly Zeren	33 F	10	48	66	41
92	Chris Chisholm	29 F	10	48	56	6	119	Kevin Powell	39 M	13	3	67	17
93	Pam Kidd	52 F	6	2	61	2	120	Paula Shelton	40 F	9	30	72	2
94	Reggie Haseltine	52 M	10	11	56	59	121	Brenton Edwards	11 M	10	15	73	28
95	Tom Goodridge	63 M	6	59	60	29							

Attention Boston Bound Marathoners

If you wish to run on an Annapolis Striders team at the 2003 Boston Marathon, here are 2 easy steps to get you on your way:

- 1) Enter the race at www.baa.org.
- 2) Contact Mark Rosasco at rosasco22@msn.com(410)693-9772 no later than March 1, 2003, to advise him of your entry and desire to be included on the Striders Team.

Feel free to call Mark with any questions. There is no additional fee!



A Close Call

by Don and Patty Snodgrass

24th Anniversary 15K Run

Don and I are weather watchers but this December we were paying particularly close attention to the forecasts as we made plans for the Anniversary Run. In the last couple of weeks leading up to the run, Mother Nature had dealt us a few obstacles and we spent some time worrying about the logistics and possibility of canceling the race. With the combination of snow, sleet, and COLD that Mother Nature had delivered, we were worried that the trail at Quiet Waters Park would not be clear enough for the race. However, in the few days before the run, our prayers to the running gods paid off and warmer temperatures melted the snow while the rain aided in washing the trails clean. So on the morning of Sunday, December 15, we were able to turn our frowns upside down and smile at the sunshine and clear trails. By start time, 207 runners had registered and Don sent them off on a new, less complicated, route for the 24th Anniversary 15K Run. Once again, we had superb volunteer support, community support, and thankfully, the cooperation of Mother Nature.

Like last year, we asked the local businesses to support the run with prizes and like last year they came through with outstanding support! Also, thanks to the generous support from Clif Bar and Aquaphor. Each registered runner received a holiday goodie bag. We want to thank the following businesses for their contributions to our

event: Trader Joe's, Wine Cellars of Annapolis, Clif Bar, Sam's Club, Defeet Socks, the new Home Depot South, Safeway, Graul's Market, Jalapeno's, Copeland's, Cantina D'Italia, T.G.I. Fridays, Romano's Macaroni Grill, Applebees, Famous Dave's, Chevy's, National Running Center and Country Gardens. We had quite a variety of prizes and it was great fun handing out champagne, a bag of Trader Joe's goodies, snow shovels, a ham, a turkey, boxes of Clif bars, poinsettias, and gift certificates to local eateries. Please thank these businesses for adding to the fun of a Striders' event.

As is the case with all of our events, volunteers play an enormous role in our success. Don and I want to thank all of the volunteers who helped us with this event and a special thanks to Linda Simpson for organizing the volunteer support. Thanks to Sharon and Tom Bradford, Arnie and Ardis Henderson, Brad Chapman, Janice Fisher, Tom and Donna Frankhouser, Kathy Hanson, Dick and Jacob Hillman, Rose Malloy, Regina Miente, Betty and Ben Moore, June Schneider, Linda and Heather Simpson, Allyson Wiseman, Joe and Linda O'Boyle, Al Stott, Cecile, Lauren, and Allison Spiegel, Eric Fromm, Dan Symancyk, Ed Parker and Jim Noctor. Our apologies if we missed anyone.

Congratulations to all the finishers.



Jordan Meammond, First Female



Back two: Jim Noctor, Eric Fromm; middle three: Arnie Henderson, Ben Moore, Rose Malloy; front four standing: Joe O'Boyle, Linda O'Boyle, Eleanor Kennedy, Linda Simpson; kneeling in front are Heather Simpson and Allyson Wiseman

1	Patrick Reed	33	52:03:00	1st M
2	Mike Lueke	25	54:13:00	2nd M
3	Tim Knowlton	31	54:40:00	3rd M
4	David Webster	49	54:50:00	1st mstrs M
5	Scott Koehler	19	55:50:00	1st AG M
6	Paul Walters	32	56:06:00	1st AG M
7	Matt Mace	42	56:38:00	1st AG M
8	Mark Rosasco	43	57:45:00	2nd AG M
9	William Allen	42	58:03:00	M
10	Hamilton Tyler	39	58:35:00	1st AG M
11	Chris Herring	37	58:45:00	2nd AG M
12	Steve Russell	35	59:44:00	M
13	Hugh Harris	34	59:47:00	M
14	Nathan Nudelman	27	1:00:04	1st AG M
15	Gary Buchan	45	1:00:30	1st AG M
16	James Moreland	50	1:00:50	1st AG M
17	P. Michael Cunningham	48	1:01:14	2nd AG M
18	Tom Johnson	37	1:01:23	M
19	John Kirkpatrick	59	1:01:43	1st AG M
20	Jim Fitch	38	1:02:06	M
21	Bob Biddle	43	1:02:30	M
22	Bob Cawood	34	1:02:34	M
23	Jordan Meammond	26	1:02:37	1st F
24	Paul Serra	46	1:03:09	M
25	Margie Boyd	41	1:03:18	2nd F
26	Thomas Hattar	41	1:03:30	M
27	Chris Sinclair	35	1:03:46	M
28	Carol Rosasco	43	1:04:27	3rd F
29	Curtis Prentice	22	1:04:59	1st AG M
30	Justin Hooker	19	1:04:59	2nd AG M
31	Dave Booth	34	1:05:11	M
32	Anthony Sykes	39	1:05:23	M
33	Dave Walsler	44	1:05:23	M
34	Michael Smith	46	1:05:24	M
35	Eric Gaaserud	33	1:05:25	M
36	Karl Kunz	56	1:05:26	2nd AG M
37	Eric Peltosalo	53	1:05:35	2nd AG M
38	Chris Riley	58	1:05:39	M
39	Bill Dougherty	37	1:05:40	M
40	Margaret Starnes	48	1:06:20	1st Mstrs F
41	Greg Clulow	44	1:06:28	M
42	Michael Bergeson	49	1:06:31	M
43	Morgan Wells	42	1:08:12	M
44	Joe Clorety	60	1:08:23	M
45	Alison Suckling	47	1:08:33	1st AG F
46	Steve Donnelly	45	1:08:47	M
47	David Walsler	21	1:09:15	2nd AG M
48	Art Morey	65	1:09:16	1st AG M
49	Mike Verden	44	1:09:42	M
50	Katie Bates	28	1:09:50	1st AG F
51	Robert Markovich	37	1:09:53	M
52	Court Treuth	43	1:10:04	M
53	Gary Richwine	53	1:10:18	M
54	Karen Koffler	43	1:10:23	1st AG F
55	David Brault	51	1:10:42	M

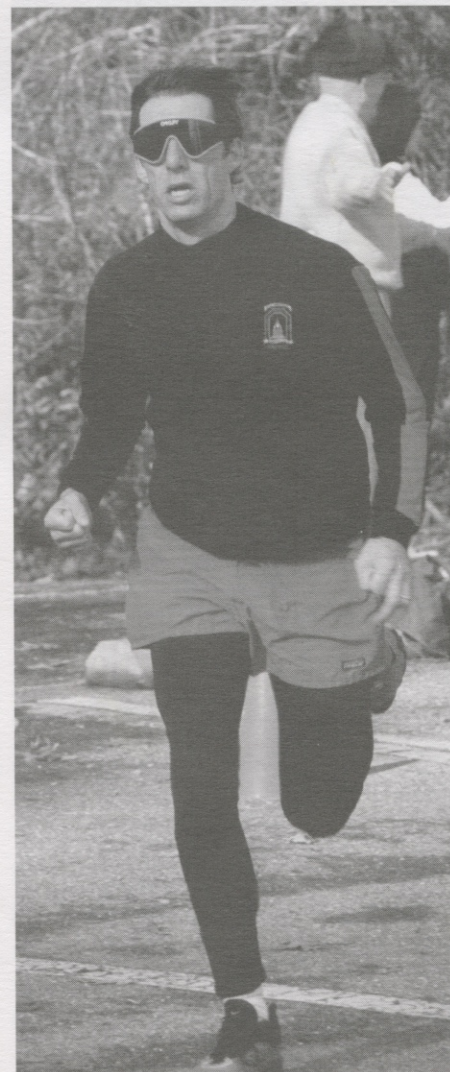
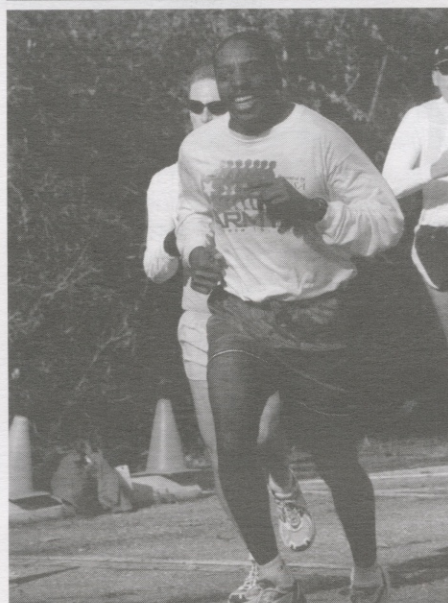
Runners who showed up for the Anniversary Run enjoyed beautiful weather and a new course.



Left to right; (first two runners are unnamed) Derek Ammons, Danalee Henkart, Web Chamberlin, Carole Rosasco, Nica Shields, Tom Bradford, and kneeling behind Tom is Charlie Muskin.

56 Michelle Lapides	36	1:10:49	F	99 Jim Sackett	43	1:16:15	M
57 Jeff Lucas	42	1:10:52	M	100 Milton Taylor	69	1:16:31	M
58 Tom Luby	44	1:10:57	M	101 Judy Gilbert	59	1:16:35	F
59 Laura Dewald	45	1:11:02	F	102 Derek Ammons	42	1:16:42	M
60 John Segbold	41	1:11:12	M	103 Robert Comeanx	35	1:16:46	M
61 Brandon Evans	19	1:11:12	M	104 Rob Wells	41	1:16:47	M
62 Doug Ellmore	39	1:11:13	M	105 Tom Bradford	59	1:16:56	M
63 Imants Celtnieks	57	1:11:20	M	106 Mairead O'Reilly	47	1:17:08	F
64 Gillian Conner	39	1:11:39	F	107 Mel Sirois	24	1:17:19	2nd AG F
65 Eric Karandy	44	1:11:48	M	108 Ron Hill	40	1:17:28	M
66 Ron Bolt	61	1:11:56	2nd AG M	109 Jon Meyer	55	1:17:32	M
67 Kevin Lynch	41	1:12:02	M	110 Greg Prewitt	39	1:17:43	M
68 Katherine Carney	42	1:12:07	2nd AG F	111 Pat Donahue	51	1:17:45	M
69 Scott Thayer	42	1:12:17	M	112 Thomas Steele	35	1:18:11	M
70 Stephen Werner	43	1:12:17	m	113 Ron Bowman	52	1:18:23	M
71 Tom Lub	54	1:12:32	M	114 L J Collazo	42	1:18:28	M
72 Tammy Avery	31	1:12:36	1st AG F	115 Rob Schiller	35	1:18:40	M
73 Ron Hooker	40	1:12:38	M	116 Margaret O'Connor	46	1:18:43	F
74 Clint Henderson	46	1:12:40	M	117 Elizabeth Hernandez	24	1:19:01	F
75 George Matthews	42	1:13:07	M	118 Evan Thomas	61	1:19:12	M
76 Robert Moynihan	49	1:13:11	M	119 Patricia Hicks	27	1:19:32	2nd AG F
77 Esther Schaftel	38	1:13:16	F	120 Dan Kallemyn	51	1:20:15	M
78 Steve Russell	46	1:13:17	M	121 Frank Callahan	48	1:20:17	M
79 Rich Shea	52	1:13:22	M	122 Melissa Currence	47	1:20:19	F
80 Mike Kreft	42	1:13:31	M	123 James O. Schaftel	45	1:20:53	M
81 Michael Gonzalez	42	1:13:46	M	124 Janice Gurganus	46	1:21:08	F
82 Rob Brannock	31	1:13:56	M	125 Charlie Muskin	53	1:21:19	M
83 Liza Recto	46	1:13:59	F	126 Tom Frankhouser	52	1:21:22	M
84 Mary Lang	48	1:14:23	F	127 Kelly Harmon	35	1:21:25	2nd AG F
85 Carolyn McGlynn	38	1:14:25	F	128 Patrick Gormally	54	1:21:26	M
86 Dan Symancyk	55	1:14:31	M	129 Ralph McKinney	57	1:21:35	M
87 Ann Foster	52	1:14:36	F	130 Don Singer	67	1:21:40	M
88 Helen Laird	44	1:14:43	F	135 Mary Ellen Mason	47	1:22:39	F
89 Martha Selonick	52	1:14:52	F	136 Margot Volk	43	1:22:44	F
90 Bill Peake	51	1:15:06	M	137 Daniel Santiago	30	1:22:45	M
91 Maria Shields	51	1:15:17	F	138 Mary Kerr	45	1:22:45	F
92 William Butler	53	1:15:23	M	139 Melissa Backum	38	1:23:04	F
93 John F. Fay	55	1:15:34	M	140 John Winkert	46	1:23:10	M
94 Chih Huang	22	1:15:45	M	141 Patricia Teck	26	1:23:23	F
95 Cara Gormally	22	1:15:48	F	142 Mike Shevenell	42	1:23:24	M
96 Jim Kaufman	48	1:15:50	M	143 David Barnes	43	1:23:31	M
97 John Foster	52	1:15:53	M	144 Peter Salmon-Cox	63	1:23:35	M
98 Danalee Henkart	56	1:16:02	F	145 Sarah Bell	28	1:23:53	F

146 Shelley Row	43	1:23:53	F
147 Patrick Dadson	25	1:23:54	M
148 Kathy Sinnis	44	1:23:55	F
149 Don Higdon	60	1:24:42	M
150 Nelson Hernandez	25	1:24:57	M
151 Vicki Middleton	43	1:25:00	F
152 John Firebaugh	46	1:25:14	M
153 Lydia Frewen	22	1:25:58	F
154 Kathryn Masters	34	1:25:58	F
155 Kathy Zephir	42	1:25:59	F
156 Alan Murray	40	1:25:59	M
157 Chris Beard	51	1:26:12	M
158 Jose Romero	37	1:26:55	M
159 Jim Etchison	50	1:27:00	M
160 Larry Puglisi	48	1:27:38	M
161 Web Chamberlin	71	1:28:26	1st AG M
162 Laura Falsome	39	1:28:33	F
163 Rebecca Roberts	35	1:28:34	F
164 Thomas Moberly	37	1:28:35	M
165 Donna Cogle	48	1:28:36	F
166 Amy Cruice	24	1:29:11	F
167 Will Myers	53	1:29:52	M
168 Carrie Hughes	23	1:30:04	F
169 Brian Boring	25	1:30:09	M
170 Annebeth Bunker	31	1:30:10	F
171 Barry Davis	39	1:30:11	M
172 Alice Chang	33	1:31:36	F
173 Cathy Bramel	36	1:31:37	F
174 Reggie Haseltine	52	1:32:29	M
175 Joe Layton	54	1:32:30	M
176 Tami Graf	66	1:32:32	F
177 Jackie Kellner	54	1:32:40	F
178 Will Scott	52	1:32:52	M
179 John Curley	54	1:33:00	M
180 Gavin Scattergood	29	1:33:30	M
181 Graham Talbot	29	1:33:50	M
182 Bill Woods	51	1:33:52	M
183 Tom Bartenstein	25	1:33:53	M
184 Rebecca Metzger	26	1:33:54	F
185 DNF			
186 Brad Chapman	71	1:35:36	M
187 Stephen Parker	45	1:36:10	M
188 Yvonne Aasen	71	1:36:25	F
189 Kevin Shirley	35	1:36:41	M
190 David Starnes	56	1:37:10	M
191 Liz Egan	42	1:37:59	F
192 Michele Cuolp	43	1:37:59	F
193 Martha Karandy	41	1:38:00	F
194 S. Koddis	39	1:38:11	F
195 Kate Lawrence	46	1:38:12	F
196 Tom Goodridge	63	1:39:52	M
197 Michael Harrison	31	1:42:16	M
198 A Wycherley	60	1:42:53	M
199 Bill Law	74	1:43:31	M
200 Sharon Serio	56	1:43:52	F
201 Mary Ellen Callahan	34	1:46:23	F
202 Kevin Powell	39	1:46:47	M
203 Kathleen Hanson	48	1:50:58	F
204 P. J. Painter	55	1:51:01	M
205 Jack Koletty	61	1:52:35	M
206 Fred Shanklin	61	1:53:51	M
207 Sarah Anderson	29	2:08:57	F



Gillian Conner

Anniversary Runners
approach the finish line

striders

on the road

BY MICHAEL CUNNINGHAM

E-mail your race results to:
Michael.Cunningham@usdoj.gov
or mail to 115 Chesapeake
Avenue, Annapolis, MD 21403

Fall is obviously a great time of the year for Striders to hit the roads. We had a large number of our fellow members representing the club in venues far and wide. Congratulations to all and thanks for sending me your results. I can only reiterate for those who don't see their times reported, that the only way to make sure your results will get reported is to send them to me personally. I reply to each submission by email so, if you've sent something and haven't received a reply, assume I didn't get it. Enough said about that.

September 7 - Medoc Marathon - Somewhere in the Medoc region of France

Susan Zevin (finished and had fun!) Susan wouldn't provide any details about this event, including her time. I'm not sure whether the emphasis is on drinking or running but I do know from what I could glean from the websites (most of which were in German and French) that they do seek to have fun as they wend their way through some beautiful wine country in France. And besides, isn't it now a given that red wine helps keep cholesterol in check?

September 21 - Outback Big Lick Triathlon (International Distance) - Smith Mountain Lake, VA

Clair Winchester 3:09:56

October 5 - 3rd Annual Osprey Sprint Distance Triathlon - Public Landing, MD

Clair Winchester 1:30:34 1st AG
Clair wrote, "I've been having a blast with the triathlon club here at UVA. Tri It!"

October 19 - Baltimore Marathon - Baltimore, MD

Ronnie Wong 3:20 1st AG
Susan Zevin 4:52 PR

Jim Etchison 5:40:46
(17th marathon since 10/20/2001)
Pat Donahue 5:40:45
(15th marathon since 10/20/2001)

October 20 - Army 10 Miler - Arlington, VA

Victoria Vasenden 1:20:00

October 20 - Great Floridian Ironman and Half Ironman Triathlon - Clermont, FL

Susie Flockhart 13:48:27 1st
Ironman triathlon

Half Ironman

Sue Briers 5:58:23 3rd AG

October 27 - Marine Corps Marathon - Washington, D.C.

Ronnie Wong 3:09 2nd AG
Victoria Vasenden 3:39:57
Pat Donahue 5:03:31
(16th marathon since 10/20/2001)
Jim Etchison 5:21:01
(18th marathon since 10/20/2001)

November 3 - 5th Annual Victims' Fund Run 5k - Severna Park, MD

Derek Ammons 22:42
Lots of other Striders there [but nobody reported results]; cold and windy but great food and prizes.

November 3 - New York City Marathon - New York, NY

Michael Cunningham 3:04:40
Ronnie Wong 3:27:43
Michael Smith 3:40:40
(3rd marathon in 3 weeks)
Scott Thayer 3:50
(19 min. better than last year)
Doug Ellmore, Sr. 3:52:22 PR
Jon Meyer 4:42:33
Danielle Meyer 4:42:33
Claire Steele 4:50:40
Therese McAuliffe 4:54:34

Doug Ellmore sent in an account of his accomplishment at NYC where he improved over his previous PR at Vermont City Marathon in May 2002. Two weeks later he bested that time at Marathon in the Parks (see below). Doug spent a considerable amount of energy battling the huge crowd at NYC, having started in the back third and finishing in the top 25%. He didn't have any complaints about the weather though.

For my part, this was a great event, although I could have done without what I came to imagine was a headwind for most of the race. The myriad nationalities and

tongues of the runners around you, the variety of the city scape, the tremendous crowd support, particularly as you come off the Queensboro Bridge and surge onto First Avenue, add up to a wonderful event. A lot of credit goes to the organizers who can both corral 31,000 plus runners into the starting area and engineer an excellent finish line operation. My experience was enhanced by the opportunity to travel to NY with Michael Smith and start the race beside my brother, who ran his first non-Ironman marathon. This is definitely another race I'd recommend.

November 9 - Florida Ironman Triathlon - Panama Beach, FL

Sue Briers 12:45:54 1st Ironman

November 9 - Richmond Marathon - Richmond, VA

Jennifer Kulynych 3:52
Melissa Currence 3:59
PR by 21 minutes
Thomas Steele 4:22:07
Claire Steele 5:04:29
Susan Zevin 5:06:08

Really hot conditions for a November marathon slowed times down quite a bit but this is a favorite marathon for many Striders. Jennifer's result was notwithstanding walking much of the last 6 miles to the finish after not being able to find the SAG vehicle. Claire's run, one week after NYC, was run with a group for charity.

November 16 - Run for Kathy 5K Bowie, MD

Maria Sheilds 22:44 1st AG

November 17 - Marathon in the Parks - Montgomery County, MD

Ronnie Wong 3:27 3rd AG
Kevin Clulow 3:42:50 PR
Doug Ellmore, Sr. 3:52:14
2nd PR in 2 weeks

A synthesis of the comments from Kevin, Doug and others: Cool, with hills, rain and puddles (some called them ponds) to run through; lots of fun, "I was just hoping to see if I could do 2 marathons in 2 weeks. Wow was I surprised. My + splits differed by 5 sec from NYC and my finish improved by 8 seconds;" well organized race with super post-race party; small field of runners made for a more relaxed running experience; I won't forget the large whitetail doe that crossed our path!

November 23 - 40th JFK 50 Mile Race - Boonsboro, MD

MATTHEW MACE 7:48:06

SCOTT MILLS	7:48:47
PRASAD GERARD	8:31:36
MICHAEL CUNNINGHAM	8:36:07
HAMILTON TYLER	8:36:18
KEVIN SAYERS	8:43:19
JEFF HINTE	8:49:20
ROBERT CAWOOD	9:08:58
DAVID BRAULT	9:40:16
ERIC FROMM	9:44:26
LAURA HERMAN	9:54:02
SUSAN BRIERS	9:54:02
RICK BURNETT	9:54:03
PATTI HARDEN	10:22:32
T.J. HARRINGTON	10:23:44
MIKE BRIGHT	10:23:45
SUZIE FLOCKART	10:26:07
JOSEPH FAGAN	10:31:04
MELINDA DAVISON	10:55:12
ROSS HEISMAN	11:07:07
WILLIAM PEAKE	11:08:59
KEVIN LYNCH	11:25:26
BILL WANDEL	11:26:26
DANIEL MILLER	11:40:35
WILL MYERS	12:17:38
CHARLES MUSKIN	12:17:39
DAN SYMANCYK	12:24:34
DAVID HALLER	12:34:43
N. PHIL ANDERSON	12:38:25
CLAIRE STEELE	12:44:55
RONALD BOWMAN	12:49:15
JOHN JOSEPH	13:10:10
PATRICK DONAHUE	13:50:06
JIM ETCHISON	13:50:07
SHERRILL SMITH	13:56:17

Thanks to Matt Mace for compiling this list of Striders – a number of whom were first timers – who ran this classic run. There were some good stories about falls on the Appalachian Trail, negotiating the food stops, and negotiating the last 8 miles of road as darkness fell. The wind speed and cold early that morning portended a tough race (I don't know how those brave souls who started at 5:00a.m. were able to negotiate the AT in the dark) but as we progressed the temperatures abated and the trees protected us from most of the wind. It ended up being a nice day for the race and once again the volunteer support was magnificent. 44 year old Marylander Jim Hage, who has won many Strider and other local races, won the event in 6:18, which was a great time given the headwind along most of the C&O Canal towpath.

November 24 – 10th Annual Outback Steakhouse Corridor Classic 8K – Hyattsville, MD

Derek Ammons 38:54
Lots of "gently rolling hills" on a cool,

Hyattsville day. Probably like those gently rolling hills in Greenbelt.

November 28 – YMCA Camp Letts Turkey Chase 10K – Edgewater, MD

Robert Cawood 41:49 1st AG
Larry C. Martin 1:00:58

November 28 – YMCA Turkey Trot – Towson, MD

George Swatzbaugh 30:50

November 28 – 66th Manchester Road Race (4.7 miles) – Manchester, CT

Guy Riccio 58:43 2nd AG
(M 80-Up)

Guy wrote that it took him 4 minutes to get to the starting line among the almost 10,000 runners; unfortunately the race doesn't yet use championship timing. He received a \$75 prize for his finish; definitely worth the effort. Boy, doesn't Guy's accomplishment prove that life doesn't have to slow down as we get older.

November 30 – 13th Annual Northern Central Trail Marathon – Sparks, MD

Ronnie Wong 3:22 2nd AG
(131st marathon, 10th this year)

Clint Henderson 3:55
Derek Ammons 4:12

Cool day with some rain on the trail; faithful ET was there to provide moral support for the Striders contingent.

December 1 - Seattle Marathon – Seattle, Washington

Jim Etchison 4:53:53
(19th marathon since 10/20/2001)

Pat Donahue 4:53:52
(17th marathon since 10/20/2001)
Jim reports that they had great weather (38-47 degrees and sunny!) and great course with many scenic views (albeit a bit hilly in the beginning and again around miles 20-22, otherwise mostly flat). We must have been lucky, because we understand this is NOT typical weather for Seattle for this time of year.

Jim was happy to report that Pat and he have "officially" finished their big 50 marathon-a-month series with this update and what a year [actually 13 months] it was. 19 marathons for Jim, 17 marathons for Pat, the JFK 50-miler for both of us, 2 Seagull Metric Century Bike rides AND we haven't yet missed an Ironman Series Race with the Striders. These guys are proof positive of the benefits of the right

attitude. Congratulations and thanks for representing the Striders well in venues throughout the country.

December 8 – Jingle Bell 5K Run for Arthritis – Marley Station Mall, Glen Burnie, MD

Dave Webster	16:56	2nd
Maurice Pointer	17:16	3 rd
Margie Boyd	18:43	1stF
Greg Clulow	18:46	1 st AG
Jennifer Sullivan	19:18	2ndF
Allison Suckling	19:25	3 rd F
Bob Zeminsky	20:16	2 nd AG
Ron Bolt	20:29	1st AG
William Butler	21:47	1st AG
Emily Selonick	21:49	1ST AG
Derek Ammons	22:09	
Maria Shields	22:15	1st AG
Martha Selonick	22:19	2nd AG
Mark Stover	22:32	
Robert Edwards	22:55	2nd AG
Kathy Gormley	23:00	2nd AG
Barry Davis	23:10	
Kevin Miller	23:15	
Don Singer	23:17	1st AG
Mary Ellen Mason	23:20	
Jim Ostrye	23:20	
Missy Digiulian	25:04	
Laura Treuth	25:08	
Court Treuth	25:11	
Cathy Bramel	25:36	
Reggie Haseltine	26:14	
Jean Cyford	26:18	
Terry Haley	26:21	
Bruce Rogers	26:46	2nd AG
Pam Kellet	27:05	
Yvonne Aasen	27:21	1st AG
Beth Ware	27:23	
Alan Wycherley	27:31	
Sigrun Ortman	27:41	
Susan Noble	27:51	
Nancy Farrell	28:12	
Linda Adelman	28:44	
Pam Kidd	28:44	
Kristen Adelman	28:51	
Barbara Deuink	29:26	
Kevin Powell	29:32	
Donna Cogle	29:33	
Linda Ashburn	29:47	
Brenton Edwards	29:49	

ET reported: Those who also participated in spirit: Stephen Parker, B.J. King, Kathy Hanson, Penny Goldstein, Kathleen Nowlin, and Lisa Murphy. Ed Parker cruised on the 3M walk. The course was about 3 miles (down from 5M thanks to the snowstorm that buried the B&A Trail.) Despite having to run wholly on the

continued on page 22

SOTR, Continued from page 21

Marley Station parking lot, there was a pretty good turnout. We, of course, had the largest team again. We had some competition this year from the Elvaton "Wrecks" and the Annapolis Rowing Club. Some club members may even have "run" with them. Those who remained loyal received red noses (blinking or foam rubber) or large candy canes (the better to reel in that runner in front of you!!). Our registration wasn't as organized as in prior years, so I may have missed some of you who should have been on the team. If I did, please let me know and I will put the times in for the next newsletter. Send to me at ethomasjr@prodigy.net. Great job by ET and the corps of volunteers!

December 8 - Bohager's Jingle Bell 5K - Baltimore, MD

George Swatzbaugh 31:18

December 8 - Tucson Marathon - Tucson, AZ

Janet Tzanakis 5:29:23

Janet wrote: I am a 58 year old female RUNNER!!!!!! On December 8, 2002 I ran my best marathon time. It was my third marathon. I trained for a 4:45 marathon time hoping to at least finish in 6 hours. When I finally wrote out my pace plan I decided I would try for 4:41. By the time I met the "PACE TEAM" in Tucson I committed to try for 5:30. Clif Bar sponsored the pacers. Star, my pacer, and I were about 36 inches from each other the entire distance. She was the best. Now if I only can learn to stay out of the port-a-potties, I will be great. This time was a 29 minute improvement over my previous fastest time. Thank you Striders for always waiting for me before you close a race because I'm usually the last one out there on the road.

Finally, I have in the past reported on the results of Strider Yvonne Aasen. In the November-December 2002 issue of the Washington Running Report, Yvonne was ranked number 1 in the Mid-Atlantic region for women 70-74. Congratulations, Yvonne, and best wishes for continued good health and running successes.

The selection of races is relatively thin the next few months. To those of you who take on a challenge off the "home field" good luck and send in the results.

If you have not been receiving your STRIDER STUFF email newsletter or have changed your email address, please check to see if any of these **incorrect** email addresses are yours and send corrections to Ron Bowman at lynnron@erols.com for update.

1819hatcher@earthlink.net
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WOMEN'S DISTANCE FESTIVAL GRAND PRIX AWARDS

by Penny Goldstein

The reading on the invitations received by three Annapolis Strider women said, "The Maryland State RRCA and Participating RRCA Clubs invite you to the **13th Annual Grand Prix Series Awards Celebration.**" When I received this, I was thrilled and immediately called my best friend and cohort, Donna Cogle to ask if she too, had received her "invite". We promptly scheduled it on our calendars. Realizing that one of the graduates from ET's 2002 Beginner's Running Class, Shirley Lord, had also received an invitation, we included her on our little safari. On the way to the event we tried to figure out just how many women would be receiving awards. Our guesstimate was way over 100. Boy were we wrong! To be exact, there were only 40 awardees!! Imagine how great we felt when we realized that only three women from the Annapolis Striders were listed in the program? US! It was nice to finally see the some of the faces that went with the rears we generally saw at the races as they passed us.

On Sunday evening, November 3, 2002, a small group of women came together at the Riverdale Mansion to celebrate and

honor each runner who ran at least four of the Grand Prix Races that make up the Women's Distance Festival. This organization is sponsored by the Potomac Valley RRCA and 12 running clubs from surrounding counties. While waiting for the presentations to be made we had a chance to look at photo albums from each of the races. Donna (4 races), Shirley (6 races) and I (5 races) laughed at the pictures of us running in the rain at the Prince George's County race. Everyone present had a great time, and we were lucky to have a photographer preserve the moment with a group picture taken outside on the steps of the mansion. Each awardee received a beautiful red canvas zipper bag emblazoned with the RRCA logo and the words "Awardee 2002."

We run because we can and because we love the sport. Our goals are simple: (1) finish the race uninjured, (2) have a smile on our faces (even if we don't feel like smiling at that moment), and (3, 4 and 5) maybe reap the bonus of a good time or even a PR, win a place in our age group or be the winner of a random prize!

Where The Races Are

Keep checking those websites for races in March and April; many haven't yet been listed on some of the more popular, easy to use sites like www.pmw.com/running/, www.racepacket.com, and <http://www.races2run.com/>. Now that the club has reactivated its running teams, please let me know (michael.cunningham@usdoj.gov) if you learn about any races with team competition. Here's a selection of local and not too distant races to whet your appetite for the more favorable weather conditions of mid-Atlantic springtime.

Feb 23-Sun, 1pm, Anheuser-Busch Colonial Half Marathon and 5K, Williamsburg, VA, (757) 221-1599, Email: rickplatt@juno.com, Website: www.peninsulatrackclub.com

Feb 23-Sun, 8am, Maryland RRCA 10 Mile Club Challenge, Columbia, MD, (410) 964- 1998, Howard County Striders, www.striders.net

Mar 8-Sat, 8am, Carderock Tow Path 15K, Cabin John, MD, Montgomery County Road Runners Club, (301) 353-0200, Website: www.mcrrc.org

Mar 9-Sun, 9am, White Hall 15K, Northern Central Trail, White Hall, MD, <http://www.brrc.com/>

Mar 9-Sun, 5K for the YMCA, Ellicott City, MD; (410) 465-4334, Email: troyweaver@ymcamd.org

Mar 15-Sat, 7:30am, Shamrock Sportsfest Marathon and 8K, Virginia Beach, VA, (757) 496-5183, Email: info@shamrocksportsfest.com, Website:www.shamrocksportsfest.com

Mar 15-Sat, 9:30am, Saint Patrick's Day 10K, Washington, DC, (301) 871-0005, Website: office@runwashington.com **Mar 16-Sun**, 1:40pm, O'Doul's Shamrock 5K Run, Charles & Center Streets, Baltimore, MD; Website: www.activ.com

Mar 23-Sun, 7:30am, DC Marathon, Washington, DC, (703) 528-8176, www.washingtondcmarathon.com

Mar 23-Sun, TBD, Orioles Advocates 5K and Fun Run, Oriole Park, Baltimore, MD,(410) 377- 8882, Email: dcoolman@charmcity.run

Mar 23-Sun, HCS Winter Series 2Mile, 10K, 15 K, Howard County Striders, (410) 964-1998

Mar 30-Sun, 8am, Inaugural Frederick Marathon and 4 person Marathon Relay, Frederick, H.S., Frederick, MD, (410) 377-8882, Email: dcoolman@charmcity.com, Website: www.charmcityrun.com.

Apr 6-Sun, 8am, 31st Cherry Blossom 10 Mile Run, Washington, DC, Email: race_director@cherryblossom.org, Website: www.cherryblossom.org

Apr 13-Sun, 25th Clyde's American 10K, Columbia, MD, Howard County Striders, (410) 992-5800

Apr 21-Mon, 12noon, 107th Boston Athletic Association Marathon, Hopkinton to Boston, MA,Website: www.baa.org

Apr 26-Sat, 8am, Old Dover Days 5K, Dover, DE, (302) 736-7050, Email: ray@trispportsevent.com, Website: www.trispportsevents.com

Apr 27-Sun, 8am, Pikes Peek 10K, Rockville, MD, MCRRC, (301) 460-8888, Email: pikespeek@mcrrc.org, Website: www.mcrrc.org/pikespeek

May 24-Sat, 8am, Chestertown Tea Party 10 Mile, Chestertown, MD, (410) 778-4179, Email: info@races2run.com, Website: www.trispportsevents.com

Awards Banquet

Saturday
March 8, 2003

Time: 5:00 p.m. meeting

All welcome and encouraged to attend
7-11 p.m. cocktails, dinner, awards and dancing

Where: The Radisson
210 Holiday Court (off Riva Road), Annapolis

Cost: \$25.00 per person

Please make checks payable to **The Annapolis Striders** and mail to **Jennifer Sullivan – 4 Beacon Court, Annapolis, 21403.**

No last minute sign ups like in previous years! Registration must be received by March 4, 2003 because we must pre-pay.

(Look on our website for reservation information)

Deadline: March 4, 2003

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

ANNAPOLIS STRIDERS

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.

Valentines Twosome Relay

Sunday, February 9, 2003
Shipley's Choice Elementary School
Race Director: Peter Salmon-Cox
773 Brushwood Ct, Millersville, MD 21108

Checks only, no cash by mail

Race Start: 10:00 a.m.

See full-page application in 2002 December Streak!

Washington's Birthday 5k

(1st leg of Championship Series)

Bay Hills Community Center

Saturday, February 15, 2003

Race Director: Jim Hall, 410-757-5482

Checks only, no cash by mail

Race Start: 10:00 a.m.

Directions: Ritchie Highway (Rt. 2) to College Parkway.

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

Shore Acres to Bay Hills Drive. Turn right on

Bay Hills to the start/finish area across from

Bay Hills Golf Course.

B & A Trail Marathon and Half Marathon

Sunday, March 2, 2003

Severna Park High School

Race Directors: Tom & Sharon Bradford, 410-987-0674

Race Start: 7:30 a.m.

Registration: Register online at www.active.com -it's fast and easy!
Entry Fees: Marathon and Half Marathon: \$30 by February 25: \$45 after

Cherry Pit 10 Mile Race

Sunday, April 13, 2003

Central Middle School, Edgewater, MD

Race Directors: Bob Burash 410-551-5774 and Whitey Gross 410-551-8996

Send checks to Bob Burash – 8333 Dubbs Drive, Severn MD 21144

Race Start: 8:00 a.m.

Registration: 6:30 a.m.

Entry Fees: Strider Members \$3.00, Non-Striders \$4.00, Race Day Fee \$5.00

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

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

Valentines Twosome Relay Washington's Birthday 5k B & A Trail Marathon and Half Marathon Cherry Pit 10 Mile Race

LAST NAME _____ FIRST NAME _____ MI _____ TELEPHONE _____

STREET _____ CITY/STATE _____ ZIP _____

AGE _____ BIRTHDATE [/ /] GENDER M F

You **MUST** write in your Birthdate!

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

SIGNATURE OF ENTRANT _____ DATE _____

SIGNATURE OF PARENT IF ENTRANT UNDER AGE 18 _____ DATE _____

MANDATORY

RENEWAL REMINDER

If your Membership Card shows an Expiration Date of: **February 2003** you must renew your membership no later than **February 1, 2003** or you will not receive the **APRIL STREAK**. If you have provided your email address, you will be receiving a notification two months and again one month prior to your Membership expiration and may renew online at our web site <http://annapolisstriders.org>.

If you do not have an email address, use the Renewal Form below and mail it, with payment, to **Annapolis Strider Membership Director**, 8179 Forest Glen Drive, Pasadena, MD 21122.

PLEASE PRINT LEGIBLY or your renewal will be returned.

Circle one: Renewal Information change

Type of Membership requested:

- Junior - \$6 Indvl: 1yr-\$15 2yr-\$28 5yr-\$70; **2nd Mbr - \$10/yr**
 Family: 1yr-\$30 2yr-\$55 5yr-\$140

***Make check payable to Annapolis Striders**

Name: (Last, First, Middle Initial) _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Birthdate: (mm/dd/yy) _____ Gender: M or F

Email address (just in case you get one) _____

Additional Family Membership Info:

1st Name: _____ Birthdate: _____ Gender: _____	2nd Name: _____ Birthdate: _____ Gender: _____	3rd Name: _____ Birthdate: _____ Gender: _____
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