

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

STREAK



A PUBLICATION FOR THE MEMBERS OF THE ANNAPOLIS STRIDERS

VOLUME XXVI NUMBER 2 • APRIL 2003

Girls just want to
have fun... at the
Annapolis Striders
Awards Banquet!



Left to right; Carole Rosasco,
Margie Boyd, Jill Hargis and Helen Laird

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Club Calendar

April

- 1 Board Meeting
- 13 Cherry Pit 10 Mile Run
- 21 Boston Marathon /Team Race
- 29 Beginning Runners Program starts

May

- 1 Streak Copy Deadline
- 4 19th Annual Governor's Bay Bridge Run
- 6 Board Meeting
- 17 Meet #1 for Junior Striders

June

- 3 Board Meeting
- 15 Dawson's Father's Day 5 Miler
First race of the 2003 Summer Scholastic Series

July

- 1 Board Meeting, Streak Copy Deadline
- 5 John Wall Memorial 1 Mile Track Race
- 12 Women's Distance Festival/Run after the Women 5k

2003 Monthly Board Meetings

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

- 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 6:00 p.m. AACC Track.
Contact Donna Cogle, 410-255-4061 or
Kathy Hanson, 410-647-7936.
Parking directly across from Big Vanilla.

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 sixosix.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

Perspective. The ability to perceive things in their actual interrelations or comparative importance (Webster)

As I complete the finishing touches of this month's STREAK, I find myself contemplating world events, and am touched by the difficult perspective we all must maintain. While perspective is highly objective, my focus has been greatly distracted by the War in Iraq. My personal training and running goals just don't seem terribly relevant right now. This is, after all, a running club dedicated to the furtherance of its members' interest in the sport of running, reporting on running events and news, profiling local runners, sharing our running experiences, and keeping score or our local races.

Yet, how does one maintain proper perspective when we have thousands of our Country's men and women in harms way? Fellow Runners and Americans are facing personal peril so that we can all continue to enjoy that for which our country stands. Many of us in this area directly support our troops or our government. Others provide indirect support through our jobs or spouses. In either event, the best we can do is serve if asked, live our daily lives, support our family and friends, and hope for a swift conclusion.

So charge into training and push hard at the next finish line. Look around, count your blessings and think of those whom have sacrificed on our behalf. And keep your perspective.

Katherine Carney



PRESIDENT'S MESSAGE



Ron Bowman, Club President

Spring has finally sprung and hopefully we will dry out enough to finally be able to actually HAVE one of our races! I know Cherry Pit Race Directors Whitey Gross and Bob Burash are spending a lot of time watching the Weather Channel.

April also brings a new Board of Directors. This year we welcome six new members to the Board; Web Chamberlin-VP for "Programs and Education", Lisa Murphy-Secretary, Michael Cunningham-Director, Ellen McGee-Director, Eric Peltosalo-Director, and Mike Lord-Director. They bring a great deal of talent and fresh perspective to the Board and I look forward to working with each of them.

I think the recent Election was another step in the maturing of our club. It is great that we have members like Mark Rosasco, Susan Zevin, and Bob Cawood willing to step forward and want to get involved. After the Election, I contacted them to express my hope that they would stay involved and take on roles of greater responsibility. They too have much to offer our organization. In fact, I have asked Susan to make a proposal to the Board for the establishment of a Trail Running Group, and A-10 Race Director, Will Myers, invited Mark to a Race Committee meeting to discuss his ideas for the race. Not all of them can be implemented, for various reasons, but some have merit and we hope Mark will take the lead on implementing some of them.

I also want to thank the Election Committee of Ron Jarashow (past President, past Bay Bridge Race Director, Club Co-Legal Counsel), Matt Mace (past President, A-10 Race Committee, and twice Runner of the Year, Club Co-Legal Counsel), Sharon Serio (Club Secretary, Membership Team Lead, past Streak Editor), Will Scott (past Vice President, past A-10 Race Director), and Tammy Mazzola (long time active member).

They knew the job would be challenging when they agreed to be on the committee and did an outstanding job of developing a fair and impartial election process.

Every year the new Board of Directors meets with past officers and major race directors to discuss the direction of the club for the upcoming year. This year I will be expanding that forum to give Mark, Susan, and any other member desiring to do so, the opportunity to discuss their concerns and ideas for the direction of the club. The purpose will not be to "air dirty laundry" but to reconfirm the concepts of promoting fitness through running to our community, to put on quality races for the running community, and our three nationally recognized races.

This year's awards went to some outstanding Striders. You will find a more detailed listing later in this Streak but there are a few that I would like to mention. This year we revamped the Awards process. Using quantitative analysis based on age-graded comparison to world record performances and results from Strider races and non-Strider races, the Awards Committee offered a list of nominees for Board selection. Selection was done by secret ballot and not announced until the Awards banquet.

Congratulations to **Jill Hargis** and **Bill Allen** whose performances earned them **2002 RUNNERS OF THE YEAR**.

A new award was added this year to recognize that individual that combined a high level of running performance while at the same time contributing significantly as a volunteer. It was my distinct pleasure to present the **first STRIDER OF THE YEAR** award to **Dan Symancyk**.

The award that drew the longest applause of the night was for a **LIFETIME RUNNING ACHIEVEMENT** award for **Milt Taylor**. Milt's accomplishments are legend to those few who knew of them but his modest nature contributed to his rarely being in the limelight. I doubt anyone can avoid being astonished when they read of Milt's running accomplishments.

Lastly, we will be sending a formidable Women's Masters Team to the Boston Marathon coming up. I'm sure I speak for all Striders when I say "good luck" to Carole Rosasco, Margie Boyd, Kathy Carney, Maria Shields, Mary Lang, Karen Koffler, and Marge O'Connor. The **MOST IMPROVED FEMALE RUNNER OF THE YEAR**, **Mairead O'Reilly** qualified for Boston but will be unable to make the trip. Go get 'em ladies!

The Men's Masters team is Bill Allen, Dave Brault, Chris Riley and Mark Rosasco.

Awards Banquet Photos

more to follow on page four



Alison Suckling, Jennifer Sullivan and Tammy Avery

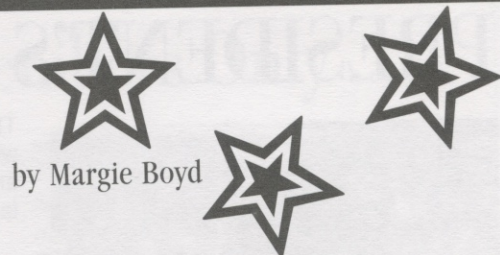


Lynn Hopkins



Kathleen Hagney

ANNAPOLIS STRIDERS ANNUAL BANQUET 2002



by Margie Boyd

Once again it's time to extend thanks to the Annapolis Striders and Jennifer Sullivan for another successful awards banquet. Held March 8 at the Annapolis Radisson, roughly 150 turned out in their finest "non-running" attire. The evening began with the annual meeting and was followed by drinks, dinner, awards and finally dancing. The banquet is open to all members of the Annapolis Striders (as well as spouses, family and friends) and always promises a night of fun. It's also an opportunity to see what everyone looks like when they're not sweating, as well as a chance to give kudos to the many runners and volunteers that continue to support our club. President Ron Bowman gave out many awards and even threw in a few new ones to spice things up a bit. Our thanks again to all who attended and especially to Jennifer Sullivan for her time and efforts in organizing yet another great evening.

RUNNER OF THE YEAR, MALE BILL ALLEN

One of the club's most consistent male runners, Bill has continued to improve his times over the years. He ran 2:52 at the Boston Marathon last year and 2:56 at the Wineglass Marathon in Corning, New York. Bill ran all of the Championship races this year qualifying him as a Strider Iron Man and lastly, he placed 2nd in his 40-44 age group for the Championship Series. In addition to work, family and daily life, Bill has managed to succeed in running and stays active with the Striders as well. He is a role model for all runners over 40, proving that life in running doesn't end in the open category.

RUNNER OF THE YEAR, FEMALE JILL HARGIS

You've certainly heard her name before. She's been to the Olympic Trials and was Runner of the Year in 2000. She's chalked up wins at the Bay Bridge 10K, the Annapolis 10-Mile Run and many other local Strider races. She placed 1st in the 40-44 Championship Series last year. In addition to serving on the Board of Directors for the Annapolis Striders she's recently taken position as head of

the women's racing team, lending experience from her days on the Atlanta Track Club. She too is a role model for all women over 40, as her times show no sign of slowing down.

MASTERS RUNNER OF THE YEAR, MALE MIKE CUNNINGHAM

Another past winner, Mike was Runner of the Year in 2000. He continues to run with a vengeance and with legs much younger than his own. He placed 1st in his 45-49 age group in last year's Championship Series and ran several marathons just around the 3:00 mark. Mike ran the Trigon Chesapeake Bay Bridge Marathon last October and then ran the New York City Marathon just 2 weeks later. That doesn't include his run at the Boston Marathon last April! Mike is also active in the Strider organization compiling and editing the "Striders on the Road" column which appears in our bi-monthly newsletter, the Streak. Most recently, Mike was elected to serve on the Board of Directors for the next two years.

MASTERS RUNNER OF THE YEAR, FEMALE MARGIE BOYD

by Kathy Carney

The first thought that comes to mind when thinking about Margie as a runner, is surprisingly, not her speed. It's her incredible support that she offers her friends and runners of all skills and ages. Margie is always the first one to congratulate others and cheer, but you will never hear her talk about her talent. And that she has! She has consistently dominated the 35-39 and now the 40-45 age group, for years. She won the Bay Bridge run in 2001 and almost always places in the top three. Next is Boston in April with her friends to continue in a sport that she loves.

JUNIOR RUNNER OF THE YEAR J.J. WETZEL

J.J. is 17 years old and is a senior at Archbishop Spalding High School. He's been running since he was 14 and was named Anne Arundel County 2002

Male Cross Country Runner of the Year by the Baltimore Sun, The Capital Gazette and the Washington Post. He runs many Strider races and has made quite a showing. He ran a 17:07 5K at last year's Washington's Birthday race, placed 2nd overall at the Cherry Pit 10-Miler in 59:50, 9th overall in the 2002 B&A Trail 1/2 Marathon in 1:20 and 4th overall in the 2001 Bay Bridge 10K with a time of 34:54. Keep up the good work J.J!

GRAND MASTERS RUNNER OF THE YEAR, MALE RON BOLT

The word on Ron is that he has been a competitive age group winner for the past decade. He recently entered, and placed 1st, in the 60-64 age group this year for the Championship Series. He's been very consistent over the years and still manages to run a 5K in about 21:00. He can be seen at any number of local area and Strider races. The good news is that you can turn 60, be a grand master and still run times like the younger guys!

GRAND MASTERS RUNNER OF THE YEAR, FEMALE DANALEE HENKART

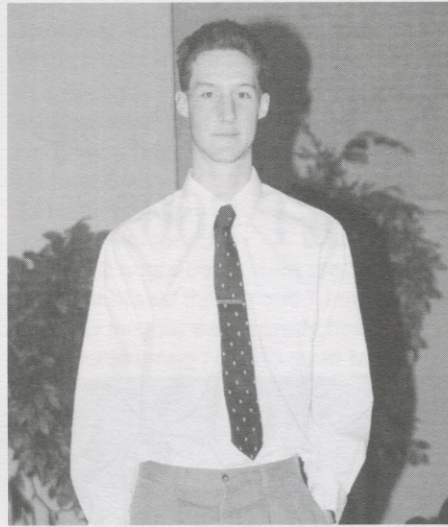
A runner and long time member of the Annapolis Striders, Danalee, known to many as Danalee Green before her recent marriage, has made numerous running achievements over the years. She placed 1st in her 55-59 age group in last year's Championship Series and continues to train for races of all distances. I've even witnessed her Masters Team Award won at the Boston Marathon several years back. Danalee has served as a board member for the Striders these past few years and is also a past Race Director for the Women's Distance Festival. She continues to run and volunteer at many Strider races.

ULTRA RUNNER OF THE YEAR, MALE MIKE BRIGHT

A Strider for many years now, Mike originally began as a trail runner with Sue Briers. After many miles and enough races, he gradually gave in and tried a 50-miler. To date he has run several, but he still manages to run the shorter races too. Despite the distance he continues to



50-54 Winner; Maria Shields
(not pictured, Rae Jean Goodman)



20-24 Winner; 1st Place, David Walser



Jill Hargis recieved the Pat O'Brien Memorial Award

improve his times and sees no stopping in the immediate future.

ULTRA RUNNER OF THE YEAR, FEMALE SUSIE SPANGLER

Susie started running about 10 years ago when she moved to Annapolis from Australia. She slowly increased her mileage and decided that she enjoyed the longer distances. In 2002 she ran the B&A Trail Marathon in 4:18, HAT 50K trail run in 5:58 (her first 50K) and Bull Run (50 miles) in 10:52. All this was gradually leading her to the Vermont 100 – something she had been thinking about for several years. She claims it was the hardest run she ever ran and swore she'd only do it once. However, it only took the drive home to think about how she could improve her time for next year.

MOST IMPROVED RUNNER, MALE BOB CAWOOD

Bob started running in 2001 after deciding to train for the Baltimore Marathon. Since then he ran his first 50-miler and continues to train for races of all distances. Despite his affinity for distance, his speed has increased drastically, capturing him 3rd place in last year's Championship Series in the men's 30-34 age group. His running goal is to complete a marathon someday with his wife Kristin and daughter Anna (and any others that may come along).

MOST IMPROVED RUNNER, FEMALE MAIREAD O'REILLY

I first met Mairead several years ago at the Annapolis Stride's Banquet! She had just begun running and had come with her friend, Helen Laird, to see what the

Striders did in their spare time. Since then, Mairead has trained for and run every distance from the mile to the marathon, most recently qualifying for the Boston Marathon at last year's Marine Corps Marathon. Her times have improved quite a bit since then and she placed 1st in her 45-49 age group in last year's Championship Series. She is known to many by her lovely "Irish brogue" but will soon be known for her running achievements. Between a thriving orthodontic practice and three children, she certainly has learned to balance her time well.

VOLUNTEERS OF THE YEAR PENNY GOLDSTEIN AND DONNA COGLE

They work well as a team. Last year, along with Sharon Serio they established a very successful Annapolis Striders membership drive/picnic. In addition, they created a 1st ever 10K training program for beginning runners. Both runners themselves, they are members of the A-10 volunteer race committee, are on the membership tactical team and are huge supporters of the beginning runners team. You've probably seen them at any number of races either as volunteers, runners or both. We are quite appreciative of the time and services they continue to provide the Annapolis Striders.

STRIDER OF THE YEAR DAN SYMANCYK

Dan fits the well-rounded Strider to a tee. Of course he runs and volunteers for the club, but his efforts go far beyond that. Dan is on the Annapolis Striders Board of Directors, he works with high schoolers

during the Summer Scholastic Series, he is a key member of the A-10 volunteer race committee and has been race director for the Dawson's 5-Mile Run for the past several years. Taking it a step further, Dan is Vice President of Education and Training for the Striders Scholastic Outreach Program. He, along with Will Myers and Ron Bowman, visit area elementary and middle schools promoting the health benefits of running to school age children. Finally, in his spare time, he actually runs. His times continue to improve and he placed 4th in his age group for last year's Championship Series. His crowning glory came last fall when he ran his first JFK 50-Miler in Boonsboro, Maryland.

LIFETIME RUNNING ACHIEVEMENT MILTON TAYLOR

Believe it or not, Milt has run roughly 160 marathons. He didn't even start doing it until he was 42! Since then he has run a marathon in all 50 states twice, he has run on every continent and has even run a marathon in all of the Canadian Provinces. A marathoner by trade, Milt runs all distances and still manages to do it competitively. In his early years he did several sub 3-hour marathons. His times still garner him age group awards in the over 70-age group and he seems to keep going at full steam. Anyone that knows Milt acknowledges that he is quiet, an absolute gentleman and humble to a fault. Where would any successful gentleman be without a strong woman? Hilda has been there to accompany him on many trips and early wake up calls. Here's hoping that there are many more to come for both of them.



ANNAPOLIS STRIDERS

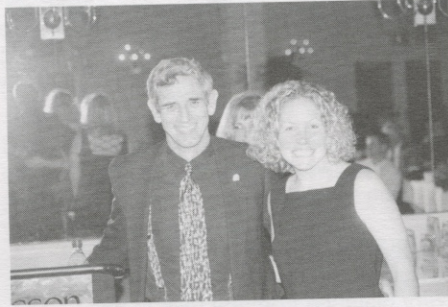
ANNUAL BANQUET 2002



35-39 Winners; Hamilton Tyler, Thomas Steele and Alan Murray (not pictured, Chris Herring, Doug Ellmore and Ron Hooker)



Ellen McGee (Center) and Patricia Hicks (right) with friend.



25-29 Winner, Patricia Hicks



40-44 Winners; Carole Rosasco, Margie Boyd, Jill Hargis and Helen Laird (not pictured, Karen Koffler)



Tom Bradford congratulates Al Stott



30-34 Winners; Tammy Avery and Claire Steele



35-39 Winner, Ginger Andrews



Ron Bowman giving Jennifer Sullivan an appreciative hug for another successful Strider Awards Baquet



30-34 Winners; David Booth and Robert Cawood (not pictured, Chris Sinclair)



40-44 Winners; Matt Mace, William Allen, Mark Rosasco, Robert Biddle and Kevin Clulow.



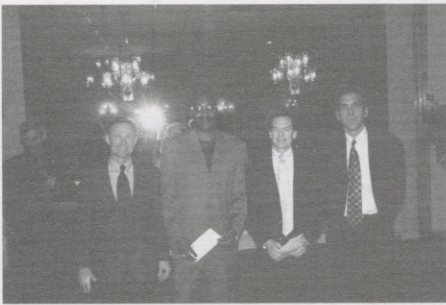
Presidential Award presented to Jim Etchison and Pat Donahue



Presidential Award for Strider Library to Ginger Andrews



45-49 Winners; Mairead O'Reilly, Alison Suckling, Mary Lang and Melissa Currence



45-49 Winners; Paul Serra, Clint Henderson, Michael Bergeson and Michael Smith



70-74 Winner; Yvonne Aasen



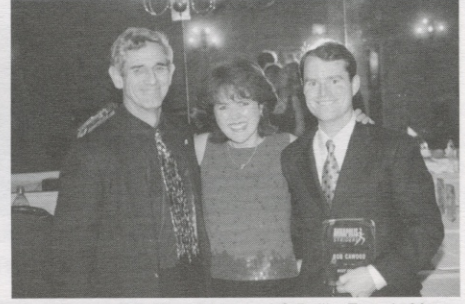
Volunteers of the Year, Penny Goldstein and Donna Cogle



50-54 Winners; David Brault, Ron Bowman, John Fay and Dan Symancyk (not pictured, Eric Peltosalo)



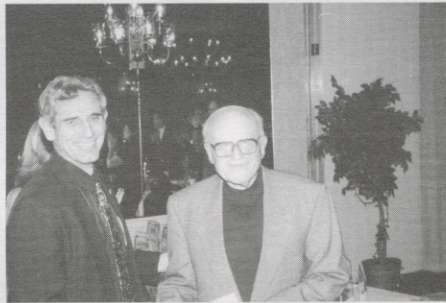
70-74 Winners; Brad Chapman, Yvonne Aasen and Web Chamberlin



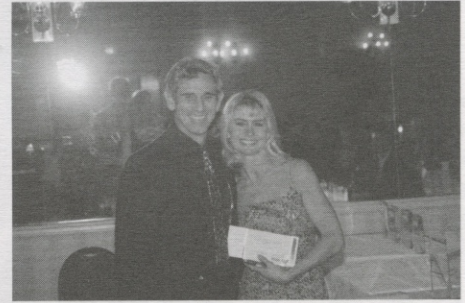
Ron Bowman (left) with Mairead O'Reilly, Female Most Improved and Robert Cawood, Male Most Improved



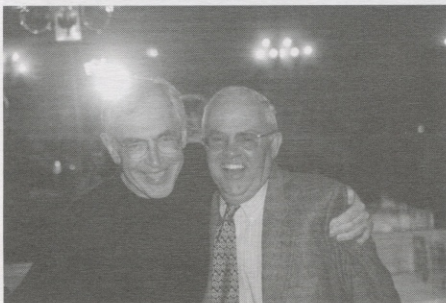
55-59 Winners; Danalee Henkart and Linda Simpson



80-84 Winner, Guy Riccio



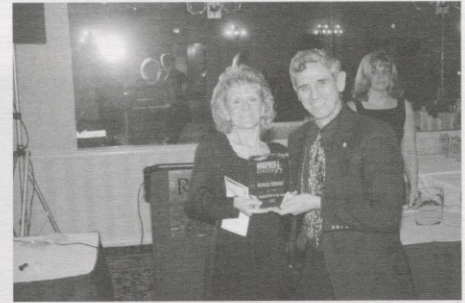
Ron Bowman with Margie Boyd, Female Masters Runner of the Year (not pictured, Michael Cunningham Male Masters Runner of the Year)



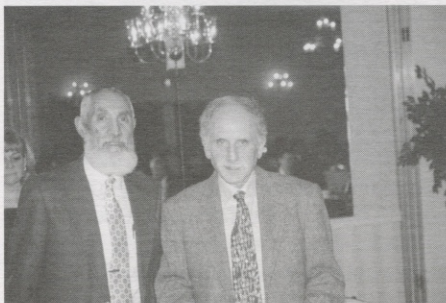
60-64 Winners; Peter Salmon-Cox and Neal Hinkle (not pictured, Ron Bolt)



Your 2002 Race Directors!



Grandmasters Runner of the Year, Danalee Henkart (not pictured, Male Grandmasters Runner of the Year, Ron Bolt)



65-69 Winners; Milt Taylor and Don Singer, (Not pictured-Thomas Haney)



Lifetime Running Achievement Award, Milton Taylor with his wife



William Allen (left), Male Runner of the Year, with Ron Bowman and Jill Hargis (right), Female Runner of the Year

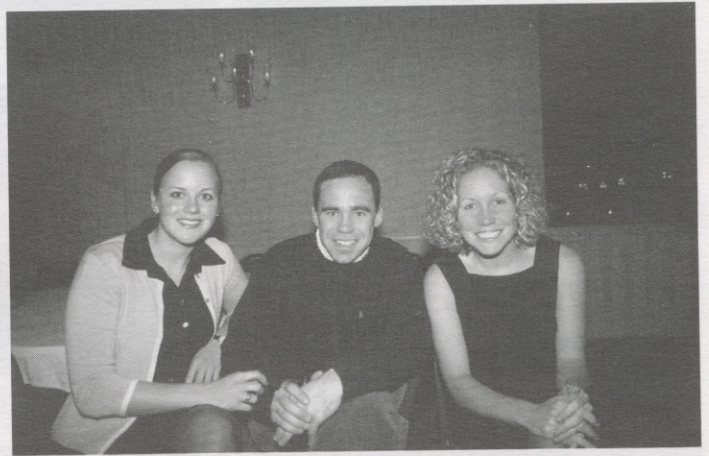
RUNNERS ENJOY THE 2002 STRIDER BANQUET



Ron Bowman presents Dan Symancyk with Strider of the Year.



Eric Hargis, Patty Snodgrass and Carole Rosasco enjoy the Baquet



Jennifer Sullivan and Jill Hargis



Ironman Awardees for 2002 Championship Series



The Annapolis Striders Present The 28th Annapolis Ten Mile Run,

Maryland's Premier Ten Mile Road Race

 by Race Director, Will Myers

Runners, it's time to mark your calendars again. The Annapolis Ten Mile Run is scheduled for Sunday, August 24th. The race committee is already hard at work. We all wish to keep this one of the finest Ten Mile runs in the nation. This year's finisher premium will be a 30-lap Ironman watch in a men's and ladies style.

On Saturday, August 23 the Packet Pickup will be held at the Navy Marine Corps Stadium. The stadium is located on Rowe Blvd in Annapolis. Packet pickup will be conducted from 10:00 a.m. to 5:00 p.m. There will also be an Expo where many vendors will be offering goods and services.

The race will be starting at the Navy Marine Corps Stadium on August 24 at 7:50 a.m. sharp! Because of the increased number of runners, parking and traffic may be an issue. Therefore, if at all possible, please car pool and plan to arrive early. At this time we are cleared to run through the Naval Academy. However, if there is a security alert we will have to utilize an alternate route. Hope-

fully, we will not have to contend with unforeseen emergencies.

Again this year we will be counting on the volunteer efforts of many people. Volunteers are essential for this race to run smoothly. Our first volunteer event will be the volunteer picnic on Saturday August 16 from 1-4 p.m. The next event will be the Chip Stuffing Party held at Severna Park High School on August 17, 2003 at 10:00 a.m. We have 5500 chips, which must be put into envelopes. In the past, the more people available make this a much shorter and easier task. Donna Cogle and Penny Goldstein are the Race Volunteer Coordinators, they really love challenge, (Bless them). If you can help with any aspect of the race, it would be greatly appreciated.

All volunteers will receive, absolutely free, a wonderful tee shirt, which will be the first in a series. If you can help, please contact Donna and Penny at Munch301@comcast.net.

Finally a Race...

Jon Valentine runs and takes photos at the O'Doul's Shamrock 5 K in Baltimore



Susan Gallagher (right) with friend



Kathy Hanson

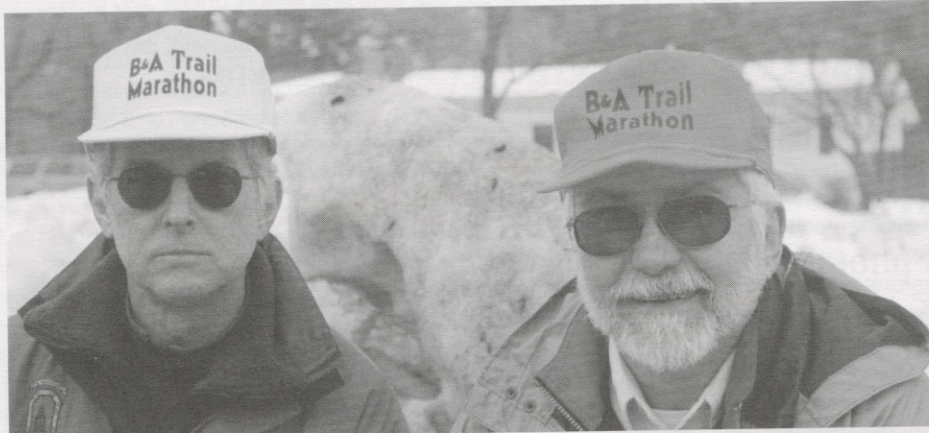
B&A Trail Event Cancelled for First Time

By Tom Bradford, Race Director

The miserable weather associated with the B&A Trail Marathon and Half Marathon has always been a bit of a joke. Some striders have even referred to me as "bad-weather Bradford". But this year it was no joke! Influenced by the many runners who were desperate to finally have a race in 2003 and by a Race Director's desire to hold an event into which so much time and energy had been invested, I tried to design what in the end was a horrible course. This course would have been unsafe for runners no matter what the weather conditions were. One of the lessons learned was that there really

is no alternate course for the B&A. It's on the trail or not at all. We did allow out-of-state runners who were trying to complete a Maryland marathon to run the modified course in Severna Park and 29 actually finished. The race was unofficial though, and no results will be posted. I would like to thank the volunteers who came out on a very rainy day to provide support to these foreigners. They were much appreciated and I have had emails thanking me for what we did. There is a very real possibility that B&A may move to a later date in 2004. The only reason it has been held the first week in March was that it

used to be a last qualifying marathon for Boston. Now that the cutoff is 1 February a later date would eliminate the threat of cancellation due to weather, which incidentally, has happened on at least three other occasions. Also, there are now several local marathons in this area in March with DC and Frederick. With Sharon and I approaching out tenth year as Race Director's for this event, we are looking for someone to take over in the future. This person would work with us in 2004 and then take over in 2005 with our full support. If interested please call 410-987-0674 or email tabslab@aol.com.



A very cheerful Tom Bradford and Al Stott



The sun finally came out ... on Rose Malloy, Jim Noctor and Sharon Bradford



Peter Schwante, Westfield Center, Ohio



Elaine Miller, Eagle, Michigan



Pamela Penfield, Highland Ranch, Colorado

Thinking on the Run

Do your non-running friends wonder why anyone would want to run a marathon or, even more mystifying, an ultra-event? An outsider to running might think nothing could possibly be more boring, tedious, and brain numbing than to run 26.2 miles unless it was to run an even greater distance. Boredom? The long distance runner does not experience boredom because he is not bored with himself.

One of the greatest ironies of running is that the intellectual demands of the sport could hardly be any lower. After all, it's just a matter of putting one foot in front of the other, hopefully faster than the other guy. Yet, study after study indicates that the people who are attracted to distance running have higher IQ's, grades in school, degrees, and incomes than almost any other group of athletes. Why? No one knows for sure, but a likely answer lies in the an-

swer to the boredom question. People who become and remain distance runners are people who aren't bored with the long hours of training because they enjoy their own mental processes. They tend to be "thinkers" who like having the time to think.

A distance runner might not know in advance where his mind might wander during a particular run. The beauty of going the distance is that your mind can go wherever it needs to go on a given day. Some runs are simple and light-simple awareness of the sky, the trees, the season, absorbed in the natural surroundings, part of the whole. Other runs are entirely different-oblivious to everything beyond the interior. Those runs are like inward journeys, replaying a conversation over and over, mulling over memories, or working on a decision or a problem, open to a burst of insight. After a long run the answer can appear obvious.

The distance runner can also be the fierce competitor with focus and awareness not on surroundings or inner reflections. The overwhelming concentration is on the stopwatch, the mile markers, splits, the rhythm of arms and legs, breathing, and heartbeat, striving for the fastest pace possible.

Bored? Never. The distance runner thrives on the time running gives for uninterrupted thought; escape from the pressures and stresses life imposes. Let go and enjoy the trip.

(Jack Lesyk, Ph.D., is a clinical and sports psychologist and the Director of the Ohio Center for Sport Psychology in Beachwood, Ohio. He may be contacted directly via e-mail at jjlesyk@sportpsych.org or through American Running Association's Clinic.)
Volume 18, Number 5,
Running & FitNews

Motivation: Key to Success

For many runners, maintaining a healthy balance between running and rest can be a challenge. Runners must schedule easy days and rest days in order not to overdo it. For other runners, maintaining motivation is a challenge. When interest fails to move you, there are things you can do to maintain your fitness and keep yourself running.

The key to motivation is to evolve into a runner who wants to run as opposed to one who feels he should run. In psychological terms this is known as intrinsic motivation—it is the difference between running as an end in itself versus running as a means to an end. Running for protection against cardiovascular disease, or to help control weight, for example, will not keep you running for a lifetime. Developing intrinsic motivation means running for its own sake rather than for the rewards it can produce.

There are ways intrinsic motivation can be developed. First, you should shift your focus from the ends to the means. Focus on running itself rather than any long-term goals. Set very specific short-term goals. For example, work on running posture or practice optimum breathing patterns for intense workouts.

Mix things up. Part of the outcome of setting specific goals can be to add variety

to your usual running pattern. If you are a runner who heads out for the same route, at the same pace day after day, that can be a dead certain motivation killer. Variety can defy boredom. Add intervals, track work, long runs and hills to your usual running schedule.

Go for the flow. One of the hot topics in exercise science is flow—the result of pure focus, total absorption, the feeling all athletes experience when performing their best. This Zen-like state of intense involvement in the moment may be one of the most important keys to intrinsic motivation. It is a feeling that can be addictive. All other input and all the day to day worries and irritations of life vanish with intense absorption in the act of running. Many athletes recognize a post-exercise feeling of bliss and well-being, which may be in part the aftermath of achieving flow.

Probably the most important key to staying motivated is to have fun. Play a little. It's not just for kids. Think of your time to run as time to play. If running becomes too much like just another obligation, like housework, you will soon find excuses to avoid it. Run for the joy of moving your body, enjoying its strength, the air on your face—just like a child. Imagine yourself as one of the greats,

by Carol Newman

ahead of the pack in an important race, crowds cheering on either side as you sprint to the finish. What you will achieve is motivation that transcends and sustains you through the other ups and downs in life.

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Copy Deadline for June Streak is MAY 1, 2003

Please email articles, tidbits
and general newsletter
material to

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410-573-1481

**We want to
hear from you!**

Simplified Low-Fat Eating

by Trevor Smith

There are signs in research papers and some recent diet books that a new approach to healthy eating will meet your needs if you are concerned about weight control. The principle is: count fat grams, not calories. Since new food labels are in use, it is now easier to track fat, and if you eat a variety of foods the calories can take care of themselves.

Why does it work?

There is ample evidence that the main source of stored body fat is fat from your diet. In that case the first step to prevent excess fat storage is to eat less fat.

It is easy to eat too much fat. Many foods you love contain loads of fat, and are high in calories: cheeseburgers, hot dogs, pizza with all the trimmings, ice cream, potato chips, and more. If you find it easy to eat more fat than your body needs, then you need to count grams of fat.

It is hard to eat too much high carbohydrate food. Why? Because carbohydrate foods usually contain plenty of water, have a low density, and therefore are very bulky, and are lower in calories than fatty foods (four calories a gram from carbohydrate, nine calories a gram from fat). A normal appetite will control your total calorie intake as long as you eat high carbohydrate low fat. In other words, if you take care of your grams of fat, your appetite will take care of your total calories. We don't say you can pig out on carbohydrate foods just because they're okay. We say if you eat reasonably and keep down your fat intake, you can settle to your natural bodyweight and not be hungry from calorie restriction.

But, you may ask, if I don't track calories and eat as much carbohydrate as I like, suppose I eat too much carbohydrate? As we said, normally you can't eat too many carbohydrate calories because you won't have the capacity. But even if you did it wouldn't matter. If you've heard and read that excess carbohydrate can be turned into fat. Well, it can, but only under very unusual conditions that are miles away from reasonable eating.

Here are the well-documented facts about excess carbohydrate. If you eat more carbohydrate than usual, the first thing that happens is your carbohydrate store increases. This, after all, is the principle of carbohydrate loading, and folks don't get fat on carbo loading. Suppose you have a super-human appetite and you eat more even

though your muscles and liver are chock-full of stored carbohydrate, what then? The answer is the rate at which your body burns carbohydrate increases. Only a tiny amount is turned into fat. A series of studies measured conversion of carbohydrate to fat when people ate large amounts of carbohydrate. As much as 2,000 calories of carbohydrate yielded not more than 9 grams of body fat, that's less than 2% of the weight of the large amount of carbs.

Researchers were curious to see if they could force people to turn carbohydrate into fat and store it like hibernating bears. Well they did, but only by massive overfeeding and cutting their fat intake to 3% total calories.

If your body is getting enough fat to supply its needs for essential fat tissues, then it is satisfied and doesn't need to turn carbohydrate into fat, so it doesn't except to a very small extent, and only after it has increased carbohydrate stores and increased the rate of burning the stuff as much as possible. If your body is being starved of fat and is not getting enough then it will begin to convert carbohydrate to meet its needs, but it takes very large amounts of carbohydrate, because the conversion is a long, inefficient process.

The bottom line is that given good health, a normal metabolism and appetite, if you limit fat, you don't need to count calories. There have been a couple of studies on controlled low fat, but unrestricted calorie diets. The total calories automatically stayed in a reasonable range to provide energy, and folks who were overweight slowly lost some.

How much fat?

We will take the guidelines for athletes proposed by the American and Canadian Dietetic Associations and make the calculations for you.

For a 115 pound woman with a sedentary job, running 20 miles a week, her calorie needs are about 2,000 per day. With 20% to 25% from fat, the range of fat intake should be 45 to 55 grams per day. If you are a heavier woman you can increase this in proportion to your bodyweight. If you run more than 20 miles a week, or are more active at work, eat more carbohydrate, not more fat.

A 150 pound man with a sedentary job, running 20 miles a week, needs about 2,700 calories a day, with 60 to 75 grams of fat per day. You can scale up the fat if you are

heavier, but for a more active job or more exercise push up the carbs, not fat. An even simpler way to tailor your fat needs to your bodyweight is to convert your weight to kilograms (pounds x 0.454 = kilograms). This number matches your suggested daily fat intake in grams, says Editorial Board Member Jack Daniels, Ph.D.

We've put in the calories to let you see where the fat estimates came from, but now you can forget them and concentrate only on fat grams.

Where's the fat?

To achieve low fat intake you don't have to avoid fat foods, but you have to take care how you combine portions. If you eat a 3.5 ounce T-bone steak with 25 grams of fat and eat a salad with tablespoon of regular dressing with nine grams of fat, that may be more than half your daily target. That's okay, but it means that you may have to avoid a cheese or ham sandwich snack that could add up to 20 grams more of fat, unless you're an over-average heavy woman or a man.

It is good to eat meats, poultry, and seafood, they contain essential nutrients such as iron and zinc, but you must control the amount. You simply cannot afford to tackle one of the huge steaks showcased by some restaurants. The right serving of meats, poultry, and seafood is three to four ounces. If you are served anything larger than a deck of cards, cut it down to size and take the rest home. A restaurant meal of meat, classic sauce such as bearnaise, salad with house dressing, is going to give you about 60 grams of fat. That's over the top for most women, and gets into the daily range for many men. It's okay to eat that meal, but you've got to cut out any fat in breakfast, lunch and snacks.

Similarly, if you get into a fast food group for lunch and feel the temptation of a Big Mac (35 grams of fat) and regular fries (11.5 grams of fat), you can have them. But you'd better have pasta and a regular vegetable-tomato sauce for dinner, not meat, sauce, and salad with dressing.

You can widen your choices by switching to nonfat and low-fat choices for many foods. For dairy products this is relatively easy. Try skim and low-fat milk, nonfat or low-fat ice cream, cheese, and yogurt. They taste different at first but your palate will adjust. After six months, or maybe longer for some people, they will taste good, and

Runners Consistently Inconsistent

Some days running feels better than on other days. And when it comes to racing, sometimes you run better than you expected and other times you don't. Running economy, which is the amount of oxygen you use to achieve a specific level of effort (the less you use the more efficiently you run), varies between 1% and 4% from day to day for most runners. Running economy depends partly on fatigue, training, body temperature, bodyweight, and diet, so the daily variations are easy to understand. Researchers at the University of Colorado in Boulder decided they would try to achieve closer control of running economy: they failed.

Six men who recently ran under 37 minutes for a 10K race, ran five treadmill tests.

They ate the same diet 24 hours before each test, trained the same for at least 35 miles a week, and kept their weight constant. During the test they ran at 90% of their lactate threshold (this is the pace at which the anaerobic by-product lactate begins to build up in the blood). This pace was chosen to avoid the slow rise in oxygen uptake that happens when you run hard. Individual variation was still in the usual 1% to 4% range for the five test runs.

"When age, fatigue, training history, body temperature, bodyweight, gender, and diet are controlled, daily variation in running economy is not reduced below previously reported values," said the researchers.

What this says is that on any given day, given good health and consistent training,

your 10K time could vary from a range of 20-30 seconds up to 1:10-2:00 minutes. This underlines how hard it is to plan peak performance, which suggests you should avoid putting all your eggs in one basket by setting a goal for a single event. When you have years of experience of judging how well you can run on any given occasion, you'll improve your forecasting, but even so, an occasional better or worse than usual may happen.

(William Byrnes, Ph.D., and colleagues, poster presentation at the Annual Meeting of the American College of Sports Medicine, Minneapolis, MN, May 31 - June 3, 1995)

Simplified, continued from page 12

you won't miss the creamy taste of the higher fat varieties (in fact, you may no longer like them). There are also many prepared foods in low-fat versions, such as dressings and sauces. Learn to enjoy them.

You can slowly (quick changes in diet may upset your stomach and lower intestine) learn to eat as many fruits and vegetables as you like. They provide plenty of vitamins and minerals, are bulky to satisfy your appetite, and are relatively low in calories. Best of all, you can forget their fat content (except avocado and olives: these pack in fat).

Breads, cereals, pasta or noodles, and prepared grain products are relatively low in fat, but you need to check the labels because fat grams add up. A slice of whole wheat bread sounds innocuous with one gram of fat. But if you eat three sandwiches, the total of six grams of fat from the bread is significant.

It's easy to keep fat down at breakfast. Cereal and skim milk with fruit, toast and preserves, juice, and coffee with skim milk

are filling, and keep fat to not more than three grams of fat.

Lunch on fruits, whole grain bread, and soup is bulky and nutritious, and you can hold fat to seven grams.

With meat, poultry, and seafood portions of three to four ounces, fat is variable but can usually be kept to about 25 grams. Check sauces carefully or make nonfat versions from wine and herbs. You can eat vegetables without restriction. Enliven your palate with a variety; it is much more interesting to pop half a dozen veggies into a steamer, rather than a larger amount of one or two.

Make salad an important part of your meal plan. Use your imagination to use the largest possible variety of ingredients; not only vegetables, but pasta and fruits can add to your enjoyment. In fact, with a large enough variety you may not need a dressing, or at least can cut it to a tablespoon of olive oil (13.5 grams of fat) and vinegar or lemon juice with herbs.

Many people who eat breakfast, a large lunch and a large dinner, as in the Euro-

pean tradition find less need for snacks. If you begin to switch to limiting your fat intake to the guidelines suggested here and allow yourself unlimited carbohydrate, snacks will be less of a problem except when faced with unusually high energy demands for long endurance workouts. When this happens you will need to avoid many traditional American snack foods, such as chips and dips, and hot dogs. Instead concentrate on breads and bagels, nonfat yogurt, fruits or vegetables and juices, and don't forget energy bars, and high carbohydrate sports drinks.

If you count grams of fat, and gradually switch to a high, unrestricted carbohydrate diet, you should get plenty of energy for your activities and workouts, and your weight and body fat should settle to where your genes want them. If you try it for a while and it doesn't seem to work as expected (bearing in mind George Sheehan's "Every patient is an experiment of one"), check with a registered dietitian to help you count fat grams.

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Copy Deadline for June *Streak* is MAY 1, 2003

Please email articles, tidbits and general newsletter material to

kemcarney@hotmail.com

410-573-1481

We want to hear from you!

Annapolis Striders

2003 Summer Scholastic 19U Championship Series

Date	Race Time	Sign In	Race and Location	Distance
June 15	8:00 a.m.	6:30 a.m. to 7:30 a.m.	Dawson's Father's Day 5 Mile Run Severna Park High School	5M
July 5	8:00 a.m.	6:30 a.m. to 7:30 a.m.	John Wall Memorial Mile Broadneck High School	1M
July 12	8:00 a.m. (W) 8:45 a.m. (M)	7:00 a.m to 7:45 a.m.	Women's 5K Distance Festival and Run West Annapolis Elementary School	5K
August 3	8:00 a.m.	6:30 a.m. to 7:30 a.m.	Dog Days 8K Trail Run Anne Arundel Community College	8K

Eligibility: Must be 19 or under on August 3, 2003.

Fee: \$15 covers the four races listed above. By paying this fee, you will save some money and on race day you'll be able to sign in as a pre-registered runner. At each race you are eligible for the normal prizes and awards as well as any premiums that the race may have.

Series Scoring: You must run in at least three of the four races in this series. For each race your position relative to the other runners who are 19 or under will be your score. The total of your three lowest scores will be your score for the summer series.

Series Awards: Awards based on series scoring will be given to the top three females and the top three males at the awards ceremony at the Dog Days race on August 3, 2003. The 2002 winners were Caitlin Koehler and Scott Koehler.

Annapolis Striders Hotline: 410-268-1165

Series Coordinator: Dan Symancyk 410-544-1516

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

(Be sure to save the top portion of this form)

2003 19U Summer Series - COMPLETE ALL INFO., PLEASE PRINT. Mail before June 8, 2003.

Make check payable to Annapolis Striders, Inc. NO CASH BY MAIL.

Send with form to DAN SYMANCYK, Attn: Summer Series
234 Mill Church Road, Arnold, MD 21012

LAST NAME _____ FIRST NAME _____ MI _____ TELEPHONE _____

STREET _____ CITY _____ STATE _____ ZIP _____

AGE ON AUGUST 3, 2003 [] BIRTH DATE [/ /] GENDER [] M [] F SHIRT
SIZE [] M [] L [] XL

(Needed for WDF 5k)

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

SIGNATURE OF ENTRANT _____ DATE _____

SIGNATURE OF PARENT IF ENTRANT UNDER AGE 18 _____ DATE _____

New Track for 2003 Junior Striders Season

By Roger Hebden

The Jr. Striders Summer Series is set to kick off on Saturday May 17th. Thanks to the Annapolis Parks and Recreation Department, the Jr. Striders will be running on a brand new track and field this season. In October of 2002, demolition of the old Bates Athletic complex track and field was started. The construction was completed late last fall and this year the kids will have a new track surface as well as a fully rebuilt long jump runway and sandpit.

For the 2003 season, events range from a 50 meter dash for the little tykes, to a 2 mile middle distance run (new this year!) for the older kids. During each meet, runners can participate in all age group track events as well as long jump. The track events will alternate over the course of the season so that runners have an opportunity to participate in races of different lengths. At the conclusion of each meet one open event will be run for all to participate (moms and dads too!).

Event	AGE GROUP				
	2-4 Years	5-6 Years	7-9 Years	10-13 Years	Open
50 Meter	X				
100 Meter		X	X	X	X
200 Meter		X	X	X	X
400 Meter			X	X	X
800 Meter				X	X
1 Mile					X
2 Mile			X	X	
Hurdles	X	X	X	X	
Long Jump	X	X	X	X	

The 2003 Jr. Striders summer series will consist of five (5) meets, one per month, from May through mid September. Each meet will be held at Bates Athletic Track Complex (off Spa Road in Annapolis and behind Maryland Hall). Registration starts at 4:00pm and the meet begins promptly at 4:30.

Meet	Date	Time		Location
		Registration	1st Race	
#1	May 17	4:00 p.m.	4:30 p.m.	Bates Athletic Complex
#2	June 21	4:00 p.m.	4:30 p.m.	Bates Athletic Complex
#3	July 26	4:00 p.m.	4:30 p.m.	Bates Athletic Complex
#4	August 23	4:00 p.m.	4:30 p.m.	Bates Athletic Complex
#5	September 13	4:00 p.m.	4:30 p.m.	Bates Athletic Complex

All meets are open to the public and are free of charge, although contributions are welcome. You can find more information on the www.annapolisstriders.org web site or by calling Roger Hebden at 410-533-5689 (rhebden@blueprinttech.com)

Moms and Dads, please consider volunteering to support the 2003 Jr. Striders. Each meet requires a staff of twelve (12) to help with registration, timing, tracking and managing the long jump event, as well as setup and tear down. Whether you can support one meet or all five, your help is appreciated. If you are interested, please contact Roger Hebden at rhebden@blueprinttech.com or at 410-533-5689.

Running This n' That...

New Strider Racing Teams

The Annapolis Striders are pleased to announce the formation of a men's and a women's racing team. The main goals of the two teams are to increase the visibility of the Striders on a local and regional level while supporting team members and helping them achieve their running related goals through team participation.

Although our debut race, the Club 10 Mile Challenge, was cancelled due to bad road conditions, teams have been formed to go to the Shamrock Sportsfest in March and the Boston Marathon on April 21st. Other possible team races this spring are the Cherry Blossom 10 Miler and the Sallie Mae 10K, both in Washington, DC in April. Team members are also encouraged to wear their Annapolis Striders uniforms at races without team competition.

The women's team is planning on scheduling some group workouts and/or long runs in the spring along with volunteering at some Strider races as a team. We also hope to spend some time sharing training tips, racing stories and after run coffees.

If you would like to find out more about joining either the women's or men's teams, you can contact the women's team coordinator, Jill Hargis at jillhargis@msn.com or (410)757-4838 or men's team coordinator, Eric Peltosalto at aepelt@msn.com or (410)263-4559.

TWO GREAT RACES TRADING PLACES (on the racing calendar)

The North Arundel Hospital and B&A Trail 10k and Dawson's Five Mile Run have traded dates on the racing calendar. North Arundel Hospital approached us about changing the date of the 10k, which raises money for the hospital and has been run on Father's Day, to a fall date to better suit their fund raising calendar. The Annapolis Striders agreed to do so and the swap in dates for the two races resulted. Both races remain part of the championship series. Here are the dates.

June 15, 2003	September 7, 2003
DAWSON'S FATHER'S DAY	NORTH ARUNDEL HOSPITAL
Five Mile Run	B&A Trail 10k
8:00 AM	8:00 AM
Severna Park, MD	North Arundel Hospital

Peppermint Peps Up Running Performance

In the category of "believe it or not," researchers linked improved performance of physical activities to the odor of peppermint. Forty athletes performed a series of physical tasks under two conditions—without smelling peppermint odor and while smelling peppermint. The peppermint condition resulted in increases in running speed, handgrip strength, and number of push-ups, as compared to the odorless condition, but had no effect on performance of skill-based tasks such as basketball free throws. The performance effect may be linked to the psychological lift the smell gives lowered ratings of perceived exertion.

It may take some creativity to figure out how to capitalize on the ergogenic effect of peppermint odor. Wear a potpourri around your neck? Pocket a bottle of peppermint oil and uncap and sniff when your energy is flagging. The results of the study may be significant enough to make it worth a try. Certainly this is one ergogenic aid in which there is no possibility of ill effects or doping scandal. It should pass the test of even the most strigent purists.

(*Journal of Sport and Exercise Psychology*, 2001, Vol. 23, No. 2, pp. 156)

On Running in the Snow Storm...

With one of the harshest winters in years in place, my Assistant Editor, Margie, and I were wondering how the membership was coping with fitting in their runs. Though we had to make some course detours due to snow build-up on the shoulders of Route 450, we have continued all our long run regardless of what Mother Nature tossed our way! We've seen all those that I have come to call "the diehards", Ron, Charlie, John G., Will, John F., Dr. Bill Tam, Brev, Kevin, Delma, Linda, Bill, Mary, Maria, Meredith, Rita and Carolyn. Oh, there are others too, but sometimes it's hard to tell who is who when faces are ninety percent covered by gaiters and knit ski masks!

Just recently, Rita Twist, a long time Strider and runner on 450 told us how she has been maintaining her running mileage. This fact inspired the following article. **Just how have YOU been staying fit through all this cold, snow, ice and slush?!**

Here's what you said.....

When it's too cold and miserable to run outside, I simply run in my basement. I usually try to find a good movie or the weather station to watch, it also helps if you start early before you fully wake up. It doesn't seem quite so bad then, and when you finish you're still warm and dry....**Rita Twist** (Rita forgot to mention that there is no treadmill involved here!)

I've been running in the snow, in the cold, in the dark... In the dark, there are no hills...in the dark, I'm as fast as I would like to be... Of course, we have it good here in So. MD with all the wide-open spaces.**Liza Recto**, Lexington Park, MD

Hi my husband and kids have still trained through all the snow and ice. They are training for two races, one being ST.Patrick's Day. Bob Kurth 46, Stephanie Kurth 12 and Evan Kurth 7. The kids have also done some cross training with swimming. They run 30-40 minutes through the neighborhood and other communities dodging cars and ice and snow. They have been very faithful and time will tell if it was worth it all. I have to give the kids the most kudos. They have really given it their all.... **Terry Kurth**

I am not a big fan of cycling (just ask my husband, Eric) but during the big snowstorm, I hooked my bike up to the indoor trainer in my garage and pedaled away. It gets a little boring but I did get to listen to some of my favorite CD's which I don't do while running.... **Jill Hargis**

I trained for the Austin 3M Half Marathon in early February by running 12 miles every Saturday in January on 450. On the 3rd Saturday it was a high of 9 degrees! I always saw Ron Bowman, Charlie Muskin, Will Myers and few other faithfuls out there as well. When the snow started melting and black ice formed in the early morning I ran on the treadmill at the Gold's Gym in Crofton....

Reggie Haseltine

I ran outdoors through the coldest winter weather, layering as necessary—the air quality was great. I didn't run when the roads were too snowy or icy and compensated by shoveling snow and walking the dog. I didn't miss too many days running but it's still hard coming back...**Yvonne Aasen**

I developed my philosophy regarding running a long time ago. I figured out that there is almost always an excuse for not doing it, especially with regards to the weather. So, whether it is raining, cold, windy, hot, humid, dark, snowing, sleeting or a mixture of such conditions, I usually press on. So, even during the big snowstorm I

Continued on page 17

Setting and Reaching Goals

If you want the satisfaction and self-esteem of getting the best out of your training, here are recognized principles for setting goals and working to achieve them.

1. Get Specific.

If you follow the well-worn advice to "do your best," are you sure you really did? But if you decide to go for a 10K PR, bench press half your bodyweight, or cut 20 points off your cholesterol count, there's no doubt when you hit the mark. Doing your best is all right, but getting specific is better.

2. Choose Difficult But Realistic Goals.

If you set an easy goal, such as trying a new sport which doesn't take much effort, you'll achieve a limited sense of achievement. But say you've been fitness walking around town, and decide it's time to go and climb a mountain trail. There is nothing quite like the sense of well-being that goes with reaching the summit, seeing nothing higher around you and a vast expanse below. And later, your hamstrings will let you know you earned that feeling by paying a price.

3. Have Long Term And Short Term Goals.

And it's more effective to link them. Going from 10Ks to a marathon is a worthy goal, but if you tackle the training program in one piece it's very tough and you increase your injury risk. If you spread it out over two or three seasons, and progress through 15K, 10 mile, 20K, half-marathon, and 20 mile races, you'll greatly increase your chances of achieving your marathon goal unhurt, and have set five new standards on the way.

4. Set Performance Goals.

To play on a soccer team that aims to win a local league championship is a fine goal. Success will be more likely if each player trains and practices to improve running endurance by 10%, improve 40 yard dash by a whisker, improve agility and balance with dribbling drills, head the ball toward a fixed target to improve accuracy in passing and shooting, and so on.

5. Write Down Goals.

You wouldn't build a house without a blueprint. You shouldn't build toward a goal without a written plan. A long term goal and the short term steps written down are like a map and compass to make sure you don't get lost on the way to your goal.

6. Develop Goal Achievement Strategies.

If you'd like to chip a couple of minutes off your 10K time, you're less likely to achieve this if you just go out and blast six mile runs, compared to a balanced strategy. Take a slow long run every couple of weeks until you can handle 12 miles, then endurance is not an issue in your 10Ks. Build leg strength by hill running, going hard or bounding up hill and recovering down hill, or begin resistance intervals on a bike, standing on the pedals. Tempo runs for a couple of miles will get you used to the feel of goal race pace. Go to the track and run 400 and 200 meter intervals for speed.

7. Consider Your Personality.

You need to have some feel for matching your goal with your personality. If you are a low achiever trying to move up a notch, avoid trying to match the goal of a friend who is already a high achiever, or you'll set yourself up for failure. If you're a social animal, you'll achieve more in a team environment.

8. Develop Commitment.

You won't achieve your goal without commitment. This means you have to work conscientiously over a sustained period, and not become sidetracked every now and then. You must track progress at regular intervals, such as weekly.

9. Develop Goal Support.

Going it alone is the rockiest route to your goal. If you are on a team you'll provide mutual support. Friends can support each other in pursuit of goals, and while this is easier for common goals, it also works for separate goals. Family support can be vital. The people you live with may not be a part of your goal, but you need them to be enthusiastic about your goal and provide caring feedback as you progress from step to step.

10. Develop Evaluation.

You need continuous feedback and evaluation of how you're doing. You may not always progress steadily toward your goal. You may get sick or injured from time to time, or go on a business trip that upsets your program. You must evaluate and make adjustments. You need not change the goal, but you may need to change the route.

*(Principles of goal setting taken from "Foundations of Sport and Exercise Psychology," by Robert Weinberg, Ph.D., and Daniel Gould, Ph.D., Human Kinetics, Champaign, IL, 1995, pp. 529, \$49.)
Copyright, The American Running Association.*

THIS AND THAT, continued on page 17

managed to run – a little! Roads nearby were plowed pretty quickly, so I could run on the main streets and roads, and I love to run in the snow. However, it was slippery too so, to tell the truth, most of that week I let the hour or more of shoveling I had to do every day suffice for my exercise for the day! Otherwise, for running in the cold weather like we had this winter, I have found that a good, warm pullover hat; wool gloves; running tights; a good wicking, long-sleeve shirt; and a GORE-TEX jacket serve me well. If it is raining, I wear GORE-TEX trousers too. This year I used a beard to cover my face!...**Brev Moore**

When running was truly out of the question, I have worked out

with The Firm tapes and have been swimming. Riding my bike on a trainer has also helped get my through this brutal winter. Happy Spring!**Mary Lang**

Until the big snow, training was normal--weekdays through town; Wednesday, B&A Trail for 10 miles with Peter, then Garry's Grill for breakfast; Sunday, City Dock, Naval Academy, and City Dock Cafe for coffee and scones. After the snow, 4 straight days of shoveling snow left me too tired to even think of running. The next couple of weeks we did our Wednesday runs on roads in Shipley's Choice (but still went to Garry's Grill for breakfast!)....**Arnie Henderson**

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

Well, it seems that winter weather has put a crimp in more than just the Striders' local races. The paucity of results for this report suggest that many people put off traveling and enjoyed the warmth of a fire ... or the physical exertion of shoveling snow ... in lieu of races hither and yon. As an avid skier, I'm not exactly complaining about the white stuff, but I do hope that the warming weather due at the time this report is published will stoke the competitive juices and the next issue will bring results from races far and wide. Here are the race reports from some of our running friends.

December 8 - Honolulu Marathon - Honolulu, HI

Jim Buck 3:31:04

Since the race submissions for this issue are so sparse, I'm including Jim's write up of his Honolulu experience:

"As one might expect, the Honolulu Marathon is certainly a warm weather event. This was a first for me. All fifteen of my previous marathons were done at starting temperatures ranging from 38 to 50 degrees, not counting windchill factor. The Honolulu race began at about 65 degrees and probably reached 75 after the required 26.2 miles. Humidity was around 55 percent. Walkers and putzers finished in 85 degree heat.

"For temperatures as low as 65 degrees, and to save the hospital emergency rooms for the homeless, the race is started at 5:00 AM. If your hotel is in Waikiki, this usually means beginning your day by 3:00 AM. The buses get you to the start line west of Waikiki at the Ala Moana Park and shopping center. Curiously, I thought this would be a scenic marathon; however, the start time and the course worked against that.

"The race began with an explosion of fireworks in the early morning darkness and it was half over before the sun cleared the

horizon. The course proceeded along Ala Moana Blvd toward the financial district where it took a right turn onto downtown streets. From here it wound its way into Waikiki, along the main thoroughfare and into Kapiolani Park at the foot of Diamond Head. At this point the runners encountered the only true hill on the course, a 3-mile long, 125 foot climb around the southern end of Diamond Head. This was followed by a mostly flat ramble along highways and through residential areas until the turnaround was reached at mile 16. For the ensuing 10-mile return to Kapiolani Park and the finish line there was a crowded and continuous parade of runners going in the opposite direction. One gets a true appreciation for the massiveness of over 26,000 people bumping along down the road...

"Honolulu is one of the few marathons where a person can stand around and be comfortable in tank top and shorts prior to the race. In my case, however, by mile 5 I was completely soaked in sweat. I countered this by drinking lots of fluids and sports drinks along the way. This had unplanned consequences when a few miles further on I began having severe abdominal cramps. A cure was found near mile 12 when I sprinted sideways out of the flowing masses, climbed a low wall, and spent 7 minutes in a porta-potty experiencing one of the finer aspects of distance running. Incidentally, the Honolulu Marathon gets high marks for the number of bathroom facilities they provided along the route.

"After rejoining the crowd I was entertained with a glimpse of the lead runners as they surged past us going in the opposite direction. The two lead Kenyans were a good 8 or 9 miles ahead of my position at that time. The diminutive Russian women were not far behind the Kenyans. These groups were destined to be the race winners.

"Not to be out done by a case of the runner's trots, my feet started acting up at about this point in the race. I had been having problems with a case of Morton's Neuroma on the bottom of my right foot for some weeks but was hoping I could work my way through it. Basically, this problem results from over training and ill-fitting shoes. It will often cause severe pain between the toes. As the marathon wore on the condition got worse and I overcompensated and placed more pressure on the left foot. During the last 10 miles, both feet were a problem and my pace had slowed to a jog and an occasional walk. But this is the nature of the marathon. Because of the distance in-

volved, the weather and the challenge of the course, the outcome is mostly unpredictable, regardless of how you've trained or how you feel at the start line. I finished this race in 3:31:04. My target had been 3:15. It was still a great experience. With over 30,000 people signed up and over 26,000 finishing, the Honolulu Marathon moved into position as the 4th largest in the world, behind London, New York and Chicago. Over half the runners in this race were Japanese and they had an outstanding showing in the results.

"The Honolulu course is relatively flat, save for the climb around Diamond Head going out and coming back. The heat and humidity certainly take their toll; however, sometime after mile 5 the gentle island breezes begin fanning your face. My outfit was soaked at mile 5, relatively dry at mile 10, and soaked again as the sun rose for the second part of the course. Once the turnaround is accomplished at mile 16, a slight tail wind provides an assist. The last 2 miles include a nice downhill romp from Diamond Head and a level approach to the finish line.

"The course was well managed and included plenty of water stops with lots of volunteers. Spectators were enthusiastic but sparse at times, but then the race did start pretty early. The post race provisions were a bit unusual. Each runner received a finisher's medal, two cookies, an apple and a bottle of water. After that he was on his own. If you were with a sponsoring group, as most runners seemed to be, you could proceed to your sponsor's tent and partake of additional refreshments. Most sponsors also had free massage tables set up. A very welcome addition. A major truism was again experienced in this race: Run the marathon the way you train for it, including your nutrition along the route. The one sports drink offered at all of the water stops as a brand that is apparently very big in Japan, Amino Vital. My advice: Don't touch this stuff unless you are accustomed to it! It has a nice semisweet taste but I believe that under race conditions a person's digestive system can have problems handling a new product. I train with Gatorade and/or an energy gel. The Amino Vital was too much of a departure for me. Hence the runner's trots.

"Don't expect a scenic marathon when you run the Honolulu course. It starts at o' dark thirty, you never really see Diamond Head from either direction and the views of the ocean are few. Having said that, however, the appeal of Hawaii is what you can

do before and after the marathon. It's an island paradise with good food and drink and lots to see and do. Beaches, mountains, and activities on and under the water. Also, the Beach Boys' Brian Wilson concert on Friday night before the marathon was interesting. They had a pasta luau before the show, featuring a line a mile long but all the pasta you could eat. It rained, at times very heavy, all through the open air concert. Nevertheless, rain is a bit easier to take when you're in paradise. Brian Wilson seemingly remembered all the words to the Beach Boys classics but it was a bit annoying whenever he'd punctuate the middle of a song with a loud clearing of the phlegm in his throat.

"That's the Honolulu report. I'd give the marathon two thumbs up. Oh, and one more thing. If you try the surfing, do yourself a favor and take the lesson."

When Michael Smith and I ran this race in 2000, more than 50% of the entrants were from Japan. It gave the race the flavor of running in a foreign venue. It is definitely a race to add to your wish list.

December 8 - Jingle Bell Run - Glen Burnie, MD

Kevin Clulow 18:45 2nd AG

This was supposed to be an out and back 8K run from Marley Station Mall to along the B&A. Unfortunately the trail was snow covered so we ran a 5K around in circles in the parking lot.

Kevin thought the course might have been a shade short.

December 28 - Manatee River Run 5 Miler - Palmetto, FL

Kevin Clulow 33:36

Kevin reported that "it was great to run in shorts and a t-shirt for a change. This race was sponsored by the Bradenton Runners Club. There was great post race party with lots of food...pizza, sandwiches, fruit, assorted drinks and the usual fare. Tons of door prizes. Only thing missing was the beer. Did I miss that beer truck again? There was a nifty t-shirt... manatees with running shoes ...cute. All in all a good race that was well worth the 12 dollars spent."

December 31 - Cingular Wireless 5K - Wilmington, DE

Maurice Pointer 17:53 2nd AG

January 12 - BRRC 10 Miler - Lake Montebello, Baltimore, MD

Maurice Pointer 1:03:50 1st Master

January 12 - Disney Marathon - Walt Disney World, Orlando, FL

Sue Briers
somewhere ahead of Smith and Harrington but I misplaced the results.

Michael Smith 3:57:44

TJ Harrington 3:57:44

Sarah Anderson 6:14

(almost 2 hours better than previous PR)

Michael said that he and TJ ran the race together in what was a pretty healthy pace considering I had to go to MGM Studios 45 minutes after the finish and carry my children around. This was TJ's 10th consecutive Disney Marathon!

January 19 - San Diego Marathon - San Diego, CA

Michael Smith 3:56:15

Pretty damn consistent Michael. One hour after finishing Michael was with his family again walking through Lego Land. There is no rest for the weary. (Doesn't Patricia give him any break?)

January 19 - Houston Marathon - Houston, TX

Sandy Salazar 4:03:54

*Boston qualifier (age 51)

Sandy wrote, "perfect weather (30'3-40's), no wind, unusually cool for Houston! This was a great course (mostly flat, but a few challenging overpasses), through scenic areas and friendly neighborhoods with wonderful crowd support. With 4700 finishers, the race was more personal, with less congestion, than New York or Chicago. This was the most fun of the 14 marathons I have run!

January 26 - Super Bowl 5K - Dundalk, MD

Maurice Pointer 17:53 2nd AG

Mark Stover 22:49

February 2 - BRRC Frozen Finger 5 Miler - Druid Hill Park, Baltimore, MD

Maurice Pointer 30:15 2nd Master

February 2 - Penguin Pace 5K - Florence Bain Senior Center, Howard County, MD 350 Finishers

Mark Stover 23:18

Clint Henderson 22:41

Tom Bradford 23:58

Evan Thomas 25:55

1st wearing Penguin shorts!

Dave Bleil 32:18

ET said, "nuttin but hill in Columbia (what else?). And a little ice in mile 2 made for some interesting strides!

February 2 - Austin 3M Half Marathon - Austin, TX

Reggie Haseltine 2:18:10

Derek Haseltine 2:04+

Reggie wrote, "a great father/son event on Sunday, Feb. 2nd in Austin, Texas. There were about 2700 participants. Perfect conditions with temperature in the low 50s, overcast skies and a slight mist on a mostly downhill course. Runner's World rates this as the 4th best Half Marathon in the country.

February 9 - Ocala Marathon - Ocala, FL

Sue Briers 3:45 3rd Masters

February 22 - Myrtle Beach Marathon - Myrtle Beach, SC

Robert Cawood 3:23:06

It was 60+ degrees at the start, with high humidity and winds from the South gusting up to 25 mph. The humidity took its toll on all the northern snow bound runners.

February 22 - ConocoPhillips 10K Rodeo Run - Houston, Texas

Vassie Hollamon 52:32

Erin Hollamon 58:31

Here's Vassie' report: Shorts and singlets in February! Sweat stinging your eyes and soaking your shirt....and not a snow flake in sight!! An incredibly well supported run through downtown Houston. ConocoPhillips sponsors all of the race costs, which allows all of the registration fees to be donated to a scholarship fund. This particular race raised over \$120,000 which was all donated. At the 4 mile mark I briefly thought of everybody back home out running in the snowy, cold weather ...and enjoyed the race even more!

February 23 - Blue Angels Marathon - Pensacola FL (I think)

Sue Briers 3:43 2nd AG

Great consistency, Sue. She wrote, "both of these marathons were great. Ocala is small on beautiful rolling hills in Horse Country. Great organization. Blue Angels is a must do for anyone with a soft spot in their heart for the Navy. It is an excellent event. Great course, super organization and a Blue Angels fly over at the start and in the race. I liked it better than any Marine Corp Marathon I have done (and I have 11).

That's the latest on the Striders on the Road. Keep those results coming in as the race season picks up again in the spring-time.

At My Pace

By P. Michael Cunningham

Hopefully you have survived the winter with fitness intact. Those vast quantities of snow surely put a crimp in the running of some of us albeit some hardy souls like TJ Harrington and Michael Smith were seen running on both the Saturday and Sunday mornings of our "big dump." I only wish the stuff had fallen in the Rockies when I was skiing; el Nino or Nina – I don't know what it is this cycle – sure wreaked havoc on the snowfall in some traditionally great skiing areas. Although I never complain about snow as an avid skier, I lament the cancellation of some of the club races due to the poor course conditions. As a sideline volunteer I can attest to the incredible amount of time and effort the race organizers put into setting up these events for our benefit. Canceling them is far more painful to them than the participants and only done with the most reluctance under the most extreme circumstances.

I've had more than the usual amount of time to contemplate how much running is an important part of my life these last few months. Being laid up with a succession of injuries that have kept me off the roads should have led to some good crosstraining. But, instead, I lamented my condition, gained weight, and selfishly envied my running buddies. Perhaps these respite from the running routine are good every now and then to remind us how fortunate we are to be able to exercise, run, compete and share these experiences with like-minded friends. That is the essence of the Striders and virtually every other running club, isn't it?

I hope that the newly elected leadership will have the support of the members and the ability to work together to advance the goals and purposes of our organization. Thanks again to the previous administration for the tireless dedication and energy you put into making our lives better through running.

Where The Races Are

The websites are full of great races for spring and early summer. Check out these for some great ideas: www.pmw.com/running/, www.racepacket.com, and <http://www.races2run.com/>. Just another reminder, if you learn of any races with team competition please let me know or send information directly to either Eric Peltosalo or Jill Hargis, the team coaches. (michael.cunningham@usdoj.gov)

For those who like to hit the beach in the summer months, look into the "The Seven Sisters of Dewey Beach" Running and Walking Series for 2003 at http://races2run.com/7_Sisters.htm. Marathon Sports, the event management, always does a great job at organizing events. There are seven races beginning in May. I've run some of these races and they are lots of fun, flat and fast. There are some great B&B's in Dewey Beach that make for a nice weekend getaway along with the races.

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

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

April 26-Sat, 8 am, Oxford Days 10K, Community Center, Oxford MD. A small but popular race hosted by the Seashore Striders. Lots of Annapolis Striders make this trek to the Eastern Shore.

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

May 4-Sun, 8:30 am, Broad Street 10 Miler, Philadelphia, PA. One of the most popular 10 mile races in the country; unfortunately, it conflicts with our own Governor's Bay Bridge Run. (215) 235-7481 BroadStreetRun@DoltSports.com

May 10-Sat, 8 am, Cosamin Preakness 10K/5K Run, Rash Field, Baltimore, MD, (arrive before 7am to see the Preakness hot air balloons launch out of Rash Field); (410) 377-8882 or email: dcoolman@charmcityrun.com

May 10-Sat, 10 am, Greg Shouldis Memorial 5K, Dover, DE. This is a super event organized and hosted by the father of the deceased cancer victim in whose name the race is run. Spend the day in beautiful, historic Dover. Ken Shouldis (302) 697-6218. Website: Trispportsevents.com

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

June 1-Sun, 7:30 am, Capital Crescent 5K Run, Bethesda, MD, MCRRC, <http://www.mccrc.org/racing/racedesc.html#capcrescent>

ATTENTION...ATTENCION!!

Your membership expiration date is now printed above your name on your mailing address label. Memberships that expire prior to **June 1, 2003** will not receive the June issue of the **Streak**.

Beginning Running Program

10 Week Program for Beginning Runners at Bates Jr. High Track 1st Session: 6:00 pm, Tuesday, April 29

This low-key program will guide the participants from a walk-run beginning - to a 20 minute nonstop run. Participants should be capable of walking briskly for 20 minutes. **Be sure to check with your doctor prior to starting any fitness program.** Even if you have run before, this program can recharge your fitness batteries! The goal will be for all who finish the program to be able to complete the Striders' Women's Distance Festival 5K (3.1 miles) or the Run After The Women 5K to be held Saturday July 12, 2003 at West Annapolis Elementary School.

Bates Jr. High Track • 1st Session: Tues, April 29 @ 6p.m.

TUESDAYS & THURSDAYS @ 6p.m., SATURDAYS @ 8a.m.

FIRST WEEK SCHEDULE – Run 1 minute, walk 2 minutes, repeat 5 times, then run 1 minute (7 minutes total running time). Each week will see less walking and more running. Complete schedules will be available at the first session.

PARKING – The entrance to WEEMS-WHELAN FIELD/BATES TRACK parking lot is at the stop light on Spa Road at the Annapolis City garage, across from the old recycling center. Additional parking is available at the Maryland Hall for the Arts.

PROGRAM INCLUDES – information on finding the right shoes, injury prevention and treatment, successful cross-training techniques, keeping track of heart rate, runner's high, running safety, and keeping running fun. PLUS, graduates

of previous year's programs will return to discuss their experiences.

YOUR INSTRUCTOR is certifiable so come experience the Patch Adams approach to running!

REGISTRATION INSTRUCTIONS – Cost for non-members is \$15.00 Fill out the Beginning Running Program Form (current members send no money).

After filling out the form, mail it by April 22 to: Penny Goldstein, 2348 Putnam Lane, Crofton, MD 21114. After that date, bring completed form to the first session. Make checks payable to Annapolis Striders.

Premiums: "Famous" Beginning Running T-shirts or singlets to all who complete the course!

SPONSORED BY THE ANNAPOLIS STRIDERS, INC.

- 24-HOUR HOTLINE: 410-268-1165
- EVAN THOMAS, DIRECTOR, BEGINNING RUNNING PROGRAM
410-451-4155 (call before 9:00 p.m. and not between 4/5-4/27) or
email: ethomasjr@prodigy.net

ATTENTION GRADUATES

Come on out and share your experiences with this year's class and renew some old acquaintances!

APPLICATION FORM – Beginning Running Program

LAST NAME _____ FIRST NAME _____ MI _____ PHONE _____

STREET _____ STATE _____ ZIP CODE _____

E-MAIL ADDRESS _____ GENDER M F STRIDER? Y N

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

SIGNATURE OF ENTRANT _____ DATE _____

SIGNATURE OF PARENT IF ENTRANT UNDER AGE 18 _____ DATE _____

MANDATORY

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DFSVM@WORLDNET.ATT.NET

TOM BRADFORD NON-STRIDER RACE CONSULTANT
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TABSLAB@AOL.COM

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

Article 11, By-Laws of the Annapolis Striders

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

**AD RATES: business card: \$35
1/4 page \$60 • 1/2 pg \$110 • full pg \$205**

**Deadline for the
June 2003 Issue is May 1**

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

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tissue hydration and nutritional
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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 June, will be on May 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. **Mailing your check directly to the Editor is the only way to insure that your ad will be placed.** Please be certain to clarify your space requirements so the proper amount of ad space is reserved.

The rates are: Business card: \$35.00; 1/4 page ad \$60.00; 1/2 page ad \$110.00; full page ad; \$205.00 Please feel free to call (410-573-1481) or email (kemcarney@hotmail.com) the Streak Editor with any questions.

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.

DAWSON'S FATHER'S DAY 5 MILE RUN

3rd Leg of Championship Series

Date & Time: JUNE 15, 2003 8:00 a.m.

Place: Severna Park High School

Race Director: Dan Symancyk (410-544-1516)

Early Entry Fees (prior to June 8): \$3 (members) or \$4 (non-members)

Mail To: Dan Symancyk, 234 Mill Church Road, Arnold, MD 21012 (no cash in mail)

Race Day Registration: 6:30 a.m - 7:30 a.m.

Race Day Entry Fee: \$5

Course: Mostly flat with GENTLY rolling hills thru scenic Severna Park. Part of the race is on the B&A trail.

Awards: Awards for overall winners, masters and age groups. Random prizes from Dawson's and other Severna Park businesses at finish line. T-Shirts will be available on race day for a nominal fee. Additional random prizes for pre-registrants and volunteers at awards ceremony. Don't forget the 1 mile fun run at 8:05 am. See website for details.

For More Information: Visit

Non-Striders: \$4: Race day: all \$5

Mail to: Will Myers, 1728 Saddle Drive, Gambrills, MD 21054.

No cash please. Race Directors: Dave Wall 410-956-0828 and Will Myers 410-987-4883.

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

Date: SATURDAY, JULY 12, 2003 7:45 a.m. /men 8:45a.m.

West Annapolis Elementary School, Melvin Avenue, Annapolis.

Course: Scenic double loop course through West Annapolis and Wardour. Women race first, men run after.

Prizes: Two separate races. Prizes to top Female and Male and top 3 in Age Groups.

T-Shirts: Colorful shirts to all, plus random prizes.

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

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

Race Directors: Margie Boyd 410-841-5632 and Melissa Currence 410-360-9019

DOG DAYS 8K CROSS COUNTRY RUN

Date: SUNDAY, AUGUST 3, 2003, 8:00 a.m.

5th Leg of Champ Series

Anne Arundel Community College

Course: A challenging cross-country course.

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

Fee: \$3 Striders, \$4 Non-Strider, Race day \$5 for all.

Mail to: Dog Days 8K, 285 Overleaf Drive, Arnold MD 21012.

No cash please. Race Director: Robert Bigelow, 410-544-3031.

22nd ANNUAL JOHN WALL MEMORIAL 1-MILE TRACK RACE

Date: SATURDAY, JULY 5, 2003 8:00 a.m.

4th Leg of Champ Series

Broadneck High School

Prizes: 1st Male/Female overall & 1st Masters M/F, and Age Group awards. \$50 gift certificate for breaking the event record! **Fee:** Mail prior to July 2, Striders: \$3,

Dawson's Father's Day 5 Mile John Wall Memorial Women's Distance Festival and Run Dog Days 8K

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 the date that appears above your name on the address label below, or on your Membership Card, shows an Expiration Date of April 2003 you must renew your membership no later than April 1 or you will not receive the June 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, 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: _____	2nd Name: _____	3rd Name: _____
Birthdate: _____	Birthdate: _____	Birthdate: _____
Gender: _____	Gender: _____	Gender: _____



Annapolis Striders, Inc
Post Office Box 187
Annapolis, Maryland 21401-0187

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