

The Streak

A Publication for the Members of the Annapolis Striders

Volume XXVII Number 6 • December 2004

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

B&A Trail 10K

Metric Marathon

Dog Day's 8K

First Time
Marathon Program

10K Running Club

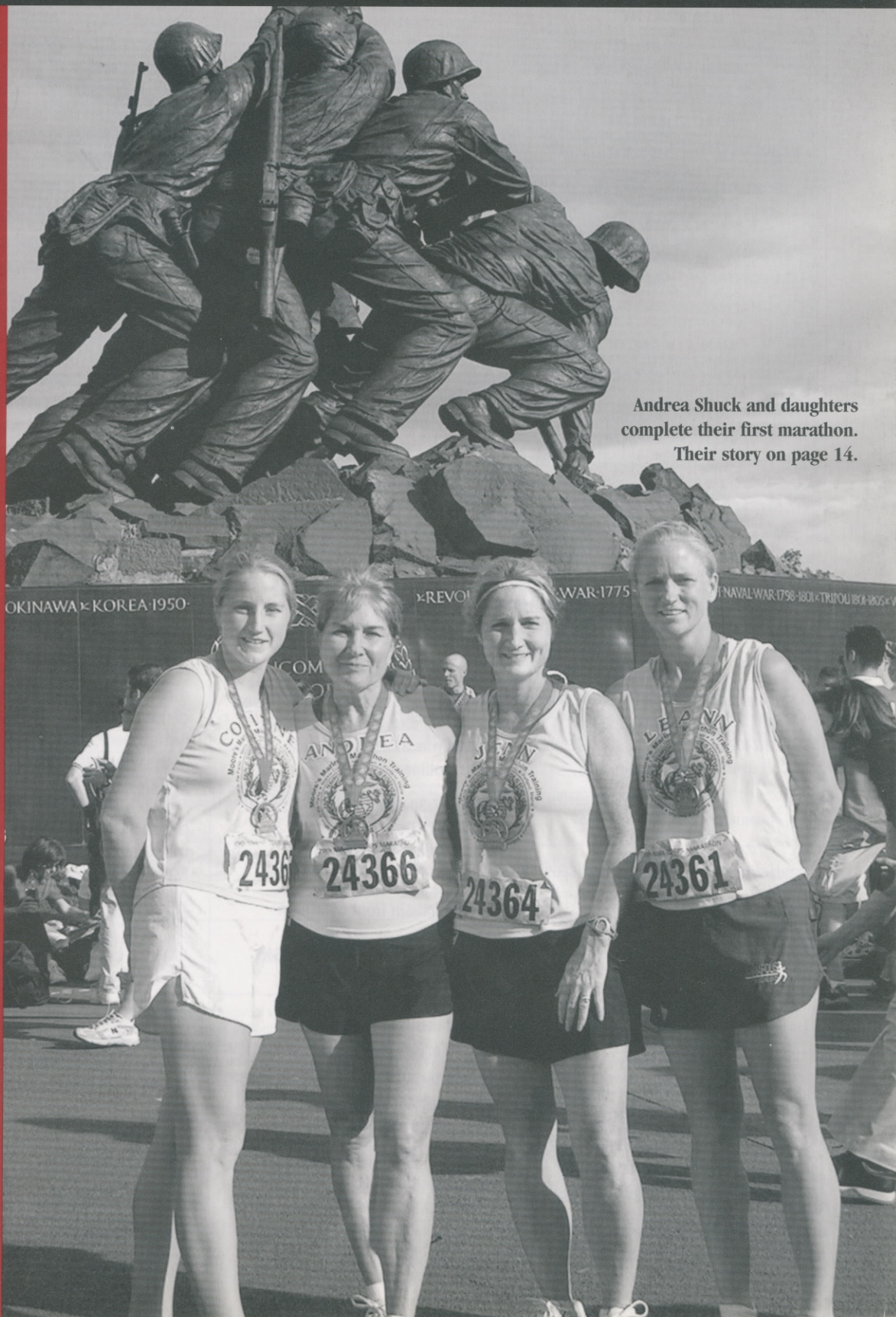
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Andrea Shuck and daughters
complete their first marathon.
Their story on page 14.

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Club CalendarBoard Meetings
Upcoming Club Races and
Club Sponsored EventsBoard meetings are held Monthly
at 7 p.m. in the Rotary Room
at the AAMC. Meetings are open
to all club members.

January

- 3 Board Meeting

February

- 2 Beginning Runner's Program starts
-
- 7 Board Meeting
-
- 12 Valentines Day Twosome
-
- 26 Annual Meeting and Awards
-
- Banquet

March

- 6 B&A Trail Marathon and
-
- Half Marathon
-
- 7 Board Meeting

April

- 4 Board Meeting
-
- 10 Cherry Pit 10 Miler

May

- 1 Governor's Bay Bridge 10K
-
- 2 Board Meeting

June

- 6 Board Meeting
-
- 19 Dawson's Father's Day 5 Miler

Annapolis Strider
Training Calendar

Tuesdays 6:15 p.m. Bates Track

Strider's Long Distance Training Runs
Saturdays 7 a.m. MTA Park & Ride,
Harry S Truman Pkwy.
Strider Hotline: 410-268-1165Sundays 7:30 a.m.
Main St/City Dock
Strider Hotline 410-268-1165M-F 6:06 a.m. (6:06 Club)
Church Circle in front of MD Inn
Run 6 miles
Contact Gill Cochran 410-268-5515
Or: //sixosix.orgThe Streak is mailed by bulk mail
and cannot be forwarded by the post
office. If you are planning to move, please
make changes at annapolisstriders.org
under MEMBERSHIP or contact the
Membership Director: 410-360-9019,
or mdg624@hotmail.com.

Letter From The Editor

As the 2004 running season comes to a close, I would like to congratulate all of the graduates and participants of our running programs. Whether you were a member of the Beginning Running Class, 10K Running Class, or a First Time Marathoner, you should be proud of yourself for your hard work and perseverance.

I would also like to thank our running program directors and staff for their hard work as well. They make it possible for these programs to continue.

The Beginning Running Program is now in its 12th year. According to program director Evan Thoms, "while starting out as a lark, this program has become one of the best membership tools for the club." In this program all All age groups are represented. From 7-year old Evie Powell and Maura Grindle, our youngest members, to 70 year old Ed Parker. For a full report, see the Beginning Running Program article in the October issue.

Our next running program, the 10K Running Class, is led by Donna Cogle. This program is the next step for beginning running graduates, and where class members and mentors move up to the 10K distance and begin to learn ways to improve their times. Of the 33 members in this years class, Susan Alhambra, for example, reduced her 5K time by 15%. See the latest results on page 19.

Our third and most popular program, the First Time Marathon Program, or Moore's Marines, had a record number of participants this year with over 150 individuals signing up for the program. Training began in June for the Marine Corp, Steamtown, Baltimore, and New York City Marathons. Begun over 20 years ago by Ben Moore, the Moore's Marines tradition continues under current program director Ron Bowman. Some of our most recent Moore's Marines graduates offer their perspective in this issue.

So whether you started with one of our beginning running programs, moved onto the marathon or greater distances, or made the transition to triathlons, remember "The miracle isn't that I finished...The miracle is that I had the courage to start." (*Runner's World* author John "The Penguin" Bingham.)

On a sad note, it was learned that Buck Cadell passed away in early November. Buck, a long time member since 1979, had been a member of Ben Moore's first marathon group. Memorial contributions can be made to the American Cancer Society, 1041 Route 3, North Gambrills, MD 21215-3231.

—David Brault

How to Contact the Editor

We welcome your comments and suggestions. Send your comments and suggestions to editor52@aol.com or ICO Editor, The Streak, 415 Salisbury Road, Edgewater, MD 21037. Please include your phone number and e-mail address.

B&A Trail 10K—September 12, 2004

We enjoyed good weather for this flat 10K championship race. Beginning at 8:00 a.m. on hospital drive near North Arundel Hospital (NAH), the course traveled through the Fox Chase community for one mile, and then onto the B&A Trail, continuing on the B&A trail to a turnaround near Harundal Plaza and returning to NAH.

The overall male and female winners were Wallace Miller and Claire Saxton both of Annapolis, MD. Wallace is a member of the Marathon Training Program at the Naval Academy and Claire is a Strider member and has run most of the championship series races. The Masters female winner was Sheryl Kline of Arnold, MD and the male Masters winner was Maurice Pointer of Baltimore, MD. Since this race was run on grandparent's day an award was also given to Jackie Kellner, the First Grandparent in the female division, and Joe Clorey in the male division. All race results are part of this article and may be found on Striders web site, <http://www.annapolisstriders.org/>.

For historical purposed, the B&A Trail 10K is dedicated in memory of Pat O'Brien. A former Strider and employee of NAH, Pat was a member of the committee that originated this race. First run in 1988, this race began as part of the celebration to honor the 100th anniversary of Glen Burnie. And, in later years, the race was added to the Annapolis Striders championship series.

Local Glen Burnie sponsors Outback Steakhouse provided post race a delicious lunch and Frank's Den provided the beer.

As race director, I cannot say enough about the many volunteers who made this race a success. And I need to give special thanks to Brad Chapman and John Gallagher who assisted the day before the race and post race at the shed. Of the volunteers, parking was ably handled by Ed Parker and a few race participants including Larry Puglisi and Reggie Haseltine.

Volunteers at the start included Evan Thomas, Al Stott, Bob Burash, Whitey Gross, Jim Noctor, Paul Thorn and Dick Hillman. Patty Woods rode the lead bike while David McGee helped with water stop setup. Melissa Currence was at the

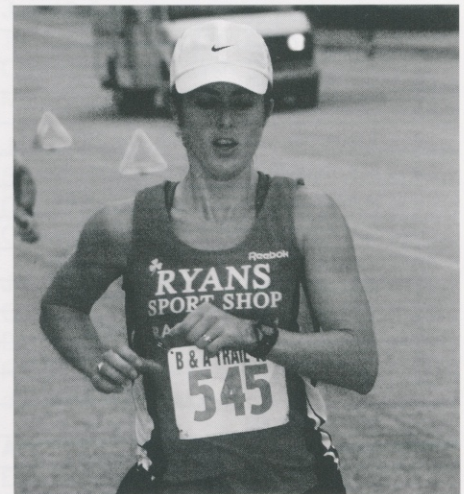


1st Male, Wallace Miller with nearest competition seconds away.

turnaround with clock. Ginger Andrews picked up the bagels and Donna Cogle took care of the Gatorade. T-shirt pickup was taken care of by Lisa Fontaine and Craig Harrison. Pre-race and race day registration was done by Denise Hyde, Tom and Sharon Bradford, Kathleen Hanson, Ellen McGee, Kathy Hennes and Christine Hinkle. Joe O'Boyle from NAH took care of bottled water and Outback Steakhouse setup. Lane Woods took care of beer. The water stop on the B&A Trail was handled by Kevin Powell, his daughter, Evelyn Powell, and Linda O'Boyle. Our neighbor on Foxwell Road, Connie Meyers, allowed us to use her water. Esther Weisman and Bob Greer were at the turnaround water stop. Our neighbor on Nancy Road, Linda Livesay, also provided water.

Course monitors included Vickie and Brian Burns and Becky Thomas. Mary Lanham, Jackie Duque and Kim Davidson, NAH Public Relations Dept., provided pre-race assistance while DJ Michael Pachino provided the music. After the race Mike remarked "time flies when your having fun" after having witnessed the smiling faces of both runners and volunteers throughout the day.

I apologize if I failed to mention any volunteer names. Without the help of volunteers you cannot put on a race. So the next time you are not running, volunteer. You are needed to make this club successful!



1st Female, Claire Saxton stays focused all the way to the finish line.



A great running career starts early.



Milt still going strong after marathons in every state and continent.

B&A TRAIL 10K 2004 RESULTS

Place	Name	Hometown	Age	Time					
1	Miller, Wallace	Annapolis, MD	M 20	34:45.89					
2	Schoenberg, Jon	Crofton, MD	M 41	34:49.23					
3	Prentice, Curtis	Annapolis, MD	M 24	35:18.96					
4	Reaves, Patrick	College Park, MD	M 19	35:47.95					
5	Nudelman, Nathan N.	Annapolis, MD	M 29	35:59.83					
6	Schuz, Bill	Bowie, MD	M 26	36:03.19					
7	Makovsky, Eric	Pasadena, MD	M 31	36:16.65					
8	Pointer, Maurice	Baltimore, MD	M 49	36:17.34					
9	Fontana, Anthony	Laurel, MD	M 25	36:40.80					
10	Johnsen, Patrick	Annapolis, MD	M 20	36:41.22					
11	Faucett, Joshua	Unknown, NA	M 21	36:51.80					
12	Severtson, Gene	Annapolis, MD	M 28	36:56.99					
13	Webster, Dave	Stevensville, MD	M 51	37:16.00					
14	Muaddi, Samy	College Park, MD	M 20	37:37.63					
15	Montoya, Jacob	Annapolis, MD	M 19	37:44.76					
16	Serra, Paul	Lusby, MD	M 48	37:57.05					
17	Degenhardt, Sheldon	Marriottsville, MD	M 39	38:00.93					
18	Piccione, Michael	College Park, MD	M 21	38:02.24					
19	Chierico, Paulstephen	Annapolis, MD	M 23	38:02.25					
20	Jones, Jordan	Annapolis, MD	M 22	38:13.96					
21	Marsh, Douglas	Annapolis, MD	M 19	38:17.51					
22	Mace, Matthew A	Arnold, MD	M 44	38:21.49					
23	Cathro, James	Annapolis, MD	M 22	38:31.58					
24	Anderson, Wilhelm F	Annapolis, MD	M 48	38:33.90					
25	Burns, Bob	Columbia, MD	M 51	38:44.03					
26	Harris, Hugh	Landover Hill, MD	M 36	38:48.34					
27	Smith, Mosi	Annapolis, MD	M 22	38:56.28					
28	Saxton, Claire	Annapolis, MD	F 27	39:01.85					
29	Reed, Brad	Annapolis, MD	M 20	39:03.03					
30	Saxton, Patrick	Annapolis, MD	M 29	39:13.83					
31	Mears, Finley	Baltimore, MD	M 0	39:35.53					
32	Cawood, Robert	Annapolis, MD	M 36	39:41.93					
33	Chall, John	Jessup, MD	M 47	39:43.00					
34	Biddle, Robert W	Annapolis, MD	M 44	39:43.68					
35	Kirkpatrick, John	Annapolis, MD	M 60	39:47.27					
36	Hargis, Jill	Annapolis, MD	F 44	39:58.36					
37	Keating, Bob	Severna Park, MD	M 44	40:10.66					
38	Ellsworth, Sterling	Edmond, OK	M 13	40:26.19					
39	Daubert, Chris	Pasadena, MD	M 34	40:30.91					
40	Walser, Dave	Huntingtown, MD	M 45	40:54.84					
41	Gordon, Kirk	Bowie, MD	M 48	40:59.26					
42	Clulow, Greg	Pasadena, MD	M 45	41:24.18					
43	Schrader, Eric	Riva, MD	M 40	41:47.30					
44	Berkman, Michael	Ellicott City, MD	M 42	41:53.33					
45	Mihalick, Bruce	Baltimore, MD	M 39	41:56.63					
46	Heisman, Ross I	Annapolis, MD	M 47	42:02.05					
47	Boyd, Marjorie E	Annapolis, MD	F 43	42:03.43					
48	Lucente, Stephen	Annapolis, MD	M 0	42:08.99					
49	Lowe, Tim	Annapolis, MD	M 37	42:15.26					
50	Calvert, Jim	Pasadena, MD	M 33	42:16.46					
51	Ivanoff, David	Pasadena, MD	M 28	42:17.83					
52	Fox, Ken	Unknown, NA	M 54	42:19.33					
53	Kline, Sheryl	Arnold, MD	F 41	42:25.15					
54	Sullivan, Jennifer	Annapolis, MD	F 39	42:30.96					
55	O'Donnell, Sean	Columbia, MD	M 27	42:35.19					
56	Kennedy, Michael	Annapolis, MD	M 46	42:50.91					
57	Fritsch, Mitch	Baltimore, MD	M 40	42:53.78					
58	Suckling, Alison	Arnold, MD	F 49	42:57.76					
59	Dekornfeld, Thomas	Annapolis, MD	M 51	43:03.56					
60	Burger, Marc	Ellicott City, MD	M 31	43:14.93					
61	Kealey, Elizabeth	Annapolis, MD	F 21	43:16.15					
62	Reed, David	Ellicott City, MD	M 44	43:17.03					
63	Hansen, Mary Lynn	Woodstock, MD	F 38	43:21.81					
64	Holden, Paul	Monkton, MD	M 44	43:23.45					
65	Sanches, Francisco D	Arlington, VA	M 62	43:25.24					
66	Hoffmann, James	Severna Park, MD	M 37	43:27.76					
67	Bergeson, Michael O	Arnold, MD	M 51	43:38.21					
68	Gilman, Cheryl	Annapolis, MD	F 36	44:00.15					
69	Goodwin, Robin	Timonium, MD	F 46	44:02.63					
70	Brant, Jaime	Annapolis, MD	F 21	44:07.44					
71	Hinkleman, Jeffrey	Glen Burnie, MD	M 45	44:11.47					
72	Norman, Christopher	Annapolis, MD	M 16	44:17.27					
73	Mairs, Chris M	Annapolis, MD	M 32	44:19.11					
74	Tavener, Andrew	Annapolis, MD	M 35	44:20.68					
75	Forney, Justin	Frederick, MD	M 32	44:21.59					
76	Hughes, Thomas	Severna Park, MD	M 16	44:24.58					
77	Gilman, Scott	Annapolis, MD	M 42	44:27.53					
78	Treuth, Matthew	Severna Park, MD	M 45	44:28.62					
79	Wans, Larry	Crofton, MD	M 35	44:30.14					
80	Morris, Stephen	Annapolis, MD	M 38	44:56.13					
81	Walser, David	Lusby, MD	M 23	45:01.88					
82	Kuhn, Michael E	Glen Burnie, MD	M 42	45:23.26					
83	Donnelly, Stephen	Centreville, MD	M 47	45:24.82					
84	Mcsherry, Dave	Camp Hill, PA	M 49	45:25.55					
85	Peak, Andy	Pasadena, MD	M 39	45:26.14					
86	Strasser, Suzanne A	Columbia, MD	F 31	45:27.62					
87	Mccullum, Rod	Millersville, MD	M 42	45:28.75					
88	Koffler, Karen	Severna Park, MD	F 44	45:29.10					
89	Slattery, Brian	Pasadena, MD	M 20	45:37.26					
90	Clorey, Joseph	Crownsville, MD	M 61	45:38.42					
91	Puglisi, Larry E	Gambrills, MD	M 50	45:40.86					
92	Garner, Mike	Crofton, MD	M 37	45:50.20					
93	Derk, Terry J	Dauphin, PA	M 62	45:55.64					
94	Harvey, Keith	Edgewater, MD	M 49	45:57.78					
95	Daly, Steve	Crofton, MD	M 39	46:06.05					
96	Borenstein, Leslie	Annapolis, MD	F 21	46:06.50					
97	Morey, Art	Columbia, MD	M 66	46:15.37					
98	Romero, Jose	Glen Burnie, MD	M 38	46:19.79					
99	Schrader, Lisa	Riva, MD	F 49	46:21.70					
100	Anderson, Michael W	Millersville, MD	M 54	46:25.05					
101	Hicks, Patricia	Annapolis, MD	F 29	46:25.52					
102	Hooker, Ronald J	Bowie, MD	M 41	46:28.60					
103	Lynch, Kevin	Severna Park, MD	M 43	46:40.65					
104	Trask, Daniel	Pasadena, MD	M 31	46:47.63					
105	Olson, Todd	Arnold, MD	M 56	46:49.46					
106	Silate, Douglas H	Glen Burnie, MD	M 49	46:50.48					
107	Callaman, Jason	Owings Mills, MD	M 30	46:55.06					
108	Sherburn, Jon	Crofton, MD	M 50	47:00.34					
109	Gilman, Luke	Annapolis, MD	M 10	47:02.79					

B&A TRAIL 10K 2004 RESULTS

110	Nist, Brian	Glen Burnie, MD	M	30	47:09.26	165	Derr, Bill	Gambrills, MD	M	65	52:35.93
111	Gyaki, Eric J	Crofton, MD	M	56	47:12.90	166	Varigur, Dave	Crofton, MD	M	42	52:44.09
112	Mcgee, Ellen	Severna Park, MD	F	48	47:26.13	167	Muskin, Charles J	Severna Park, MD	M	55	52:46.83
113	Rubinoff, Andrea	Bear, DE	F	49	47:28.68	168	Adams, Bobby	Annapolis, MD	M	37	52:49.91
114	Vazquez, Milton	Catonsville, MD	M	50	47:45.50	169	Curley, John C	Annapolis, MD	M	56	52:59.44
115	Price, Donald	Severna Park, MD	M	52	47:48.85	170	Mason, Mary Ellen	Severna Park, MD	F	49	53:03.29
116	Hollamon, Vassie T	Davidsonville, MD	M	40	47:51.83	171	Kurth, Evan	Pasadena, MD	M	9	53:04.25
117	Lang, Mary C	Pasadena, MD	F	50	48:05.07	172	Treuth, Laura	Severna Park, MD	F	46	53:18.07
118	Recto, Liza	Lexington Park, MD	F	48	48:12.28	173	Rowley, Ginger	Clarksville, MD	F	43	53:19.18
119	Joyce, David	Arnold, MD	M	49	48:22.96	174	Swatzbaugh Iii, George	Baltimore, MD	M	34	53:31.60
120	Laird, Helen S	Arnold, MD	F	46	48:26.61	175	Magnus, David	Millersville, MD	M	43	53:36.44
121	Moore, Robert	Annapolis, MD	M	63	48:27.05	176	Kolarik, Erin L	Arnold, MD	F	21	53:51.75
122	Matthews, George	Baltimore, MD	M	44	48:35.19	177	Thompson, Wes	Odenton, MD	M	34	53:59.55
123	Zazzali, Christian	Annapolis, MD	M	38	48:39.89	178	Doring, Tammy	Harwood, MD	F	42	54:03.94
124	Forsyth, David	Severna Park, MD	M	40	48:42.90	179	Schneider, June	Millersville, MD	F	57	54:11.56
125	Connolly, Sean	Pasadena, MD	M	32	48:43.98	180	Ellsworth, Steven	Unknown, NA	M	52	54:13.84
126	Coates, Chet	Silver Spring, MD	M	64	48:48.29	181	Taylor, Milton	Odenton, MD	M	71	54:20.24
127	Skowran, Kieth	Pasadena, MD	M	43	48:57.88	182	Hollamon, Erin K	Davidsonville, MD	F	39	54:20.52
128	Joyce, Patrick	Arnold, MD	M	14	48:58.36	183	Spiegel, Cecile	Annapolis, MD	F	49	54:32.54
129	Ammons, Derek	Laurel, MD	M	44	48:59.69	184	Rolfe, Nathan	Odenton, MD	M	27	54:36.19
130	White, Christopher	Annapolis, MD	M	34	49:04.57	185	Corner, Keith	Arnold, MD	M	51	54:37.25
131	Fay, John	Bowie, MD	M	57	49:06.20	186	Cox, Michelle	Odenton, MD	F	45	54:38.16
132	Filipowicz, Pete	Elkridge, MD	M	49	49:14.15	187	Etchison, Jim	Crofton, MD	M	51	54:39.53
133	Ritchie, Chris	Millersville, MD	M	33	49:22.79	188	Isiaka, Ajisekola	Silver Spring, MD	M	48	54:43.13
134	Armstrong, Kenneth	West Jordan, UT	M	41	49:23.59	189	Frankhouser, Thomas	Annapolis, MD	M	54	54:45.43
135	Symancyk, Daniel F	Arnold, MD	M	57	49:24.15	190	Beavers, Kathleen	Gambrills, MD	F	45	54:51.51
136	McFadden, Jill	Baltimore, MD	F	31	49:33.65	191	Murray, Alan	Crofton, MD	M	42	54:55.53
137	Snodgrass, Patricia A	Annapolis, MD	F	50	49:38.55	192	Kurth, Stephanie	Pasadena, MD	F	14	55:03.57
138	Bradford, Thomas A	Millersville, MD	M	61	49:39.80	193	Sheperd, Meghan	Crofton, MD	F	23	55:05.45
139	Wasch, Ken	Annapolis, MD	M	52	49:46.18	194	Senn, Deborah	Severna Park, MD	F	40	55:19.23
140	Daubert, Terri	Pasadena, MD	F	33	49:49.27	195	Stevens, Michael	Glen Burnie, MD	M	49	55:20.23
141	Singer, Don	Annapolis, MD	M	69	49:51.02	196	Vazquez, Myong H	Catonsville, MD	F	49	55:26.59
142	Toeper, Matthew	Unknown, NA	M	24	50:02.01	197	Solberg, Marvin	Edgewater, MD	M	44	55:32.46
143	Callahan, Vincent	Bowie, MD	M	49	50:03.58	198	Lynch, Monica	Annapolis, MD	F	38	55:42.81
144	Sapp, Erica	Glen Burnie, MD	F	34	50:10.43	199	Gigiulian, Missy	Pasadena, MD	F	50	55:43.35
145	Witmer, Tara	Arnold, MD	F	23	50:24.79	200	Veasey, Allen	Unknown, NA	M	0	55:45.90
146	Kallemyn, Dan	Upper Marlboro, MD	M	52	50:36.36	201	Anderson, Pamela	Annapolis, MD	F	45	55:54.04
147	Moore, John	Baltimore, MD	M	40	51:07.37	202	Woods, William	Arnold, MD	M	53	56:03.67
148	Snyder, Richard	Crofton, MD	M	41	51:08.08	203	Norman, Brenda	Annapolis, MD	F	47	56:09.88
149	Wolf, John	Crofton, MD	M	45	51:08.53	204	Martien, Frank	Edgewater, MD	M	34	56:12.90
150	Hinkleman, Denise	Unknown, NA	F	38	51:32.15	205	Tucker, Mark	Unknown, NA	M	40	56:19.38
151	Kurth, Bob	Pasadena, MD	M	48	51:32.75	206	Andrews, Ginger	Severna Park, MD	F	40	56:21.60
152	Penn, James	Glen Burnie, MD	M	55	51:46.94	207	Powell, Kerry	Severna Park, MD	M	35	56:21.96
153	Kaufman, James	Bowie, MD	M	50	51:51.77	208	Weiner, Sarah	Davidsonville, MD	F	18	56:23.09
154	Gallagher, John	Sunderland, MD	M	55	51:57.45	209	Santin, Rob	Annapolis, MD	M	37	56:25.19
155	Moore, Larry	Annapolis, MD	M	43	51:58.99	210	Upton, Michael F	Catonsville, MD	M	45	56:34.14
156	Mann, Douglass	Severna Park, MD	M	49	52:04.37	211	Myers, Will T	Gambrills, MD	M	55	56:35.85
157	Higdon, Don	Annapolis, MD	M	62	52:10.35	212	Yearwood, Adam	Arnold, MD	M	39	56:42.08
158	Zurn, Kathy	Severn, MD	F	43	52:16.13	213	Seidl, Peter	Ellicott City, MD	M	46	56:49.85
159	Skiles, Edward	Glen Burnie, MD	M	41	52:20.25	214	Hetrick, Kevin	Severna Park, MD	M	33	56:50.91
160	Schieman, Ken	Gambrills, MD	M	52	52:22.21	215	Larrison, Jeanne	Chesapeake Beach, MD	F	49	56:58.00
161	Reichert-kiss, Michele	Sparks, MD	F	32	52:24.84	216	Kellner, Jackie	Arnold, MD	F	55	57:01.61
162	Edwards, Robert	Edgewater, MD	M	57	52:26.78	217	Spence, Rhonda	Edgewater, MD	F	52	57:13.09
163	Cortes, Alfonso	Baltimore, MD	M	22	52:27.12	218	Cresswell, Kenneth M	Baltimore, MD	M	0	57:20.10
164	McArlde, Margy	Unknown, NA	F	44	52:29.14	219	Ortmann, Sigrun	Annapolis, MD	F	35	57:27.28

B&A TRAIL 10K 2004 RESULTS

220	Santin, Annebeth	Annapolis, MD	F	33	57:29.25	275	Ali, Frankie	Woodbridge, VA	M	26	1:04:46.83
221	Salby, Eric	Washington Grove, MDM	38	57:35.87	276	Ballo, Rebecca	Alexandria, VA	F	24	1:04:47.60	
222	Fletcher, Kathryn	Taneytown, MD	F	56	57:38.04	277	Reed, Linda	Ellicott City, MD	F	51	1:04:54.03
223	Donahue, Patrick	Gambrills, MD	M	52	57:41.49	278	Mailhe, Laurie	Bowie, MD	F	29	1:04:56.10
224	Olson, Evette	Glen Burnie, MD	F	29	57:49.38	279	Friese, Cyndie	Riva, MD	F	41	1:05:00.76
225	Domenech, Jeremiah	Glen Burnie, MD	M	18	57:49.82	280	Warner, Amy	Strafford, PA	F	35	1:05:01.71
226	Bunker, Andrew	Annapolis, MD	M	37	57:58.53	281	Pickus, Liz	Baltimore, MD	F	35	1:05:02.12
227	Kitchel, Katie	Severna Park, MD	F	30	58:00.70	282	Snodgrass, Donald L	Annapolis, MD	M	54	1:05:02.98
228	Heiser Buzzelli, Ann	Grasonville, MD	F	31	58:01.36	283	Brenes, Sasha Vanessa	Washington, DC	F	30	1:05:52.00
229	Szalankiewicz, Jennifer	Crofton, MD	F	33	58:02.03	284	Hetrick, Susan	Severna Park, MD	F	32	1:06:22.00
230	Rolfe, Julia	Odenton, MD	F	27	58:02.50	285	Smith, Richard	Ellicott City, MD	M	61	1:06:29.00
231	Firebaugh, John	Severn, MD	M	48	58:14.81	286	Konyar, Jeff	Edgewood, MD	M	51	1:06:39.00
232	Yearwood, Christopher	Annapolis, MD	M	39	58:16.77	287	Smith, Emily	Norfolk, VA	F	27	1:06:45.00
233	Beard, Chris	Annapolis, MD	M	52	58:25.84	288	Bliss, Karen	Annapolis, MD	F	28	1:06:46.00
234	Patterson, Barbara	Severn, MD	F	40	58:28.93	289	Wycherley, Alan D	Annapolis, MD	M	62	1:06:48.00
235	Murphy, Lisa	Severna Park, MD	F	42	58:45.93	290	Fitzgerald, Mary Beth	Bowie, MD	F	33	1:06:52.00
236	Cave, Sherie	Edgewater, MD	F	39	59:05.33	291	Leutner, Karen	Severna Park, MD	F	34	1:06:58.00
237	Jarashow, Ronald	Annapolis, MD	M	54	59:27.90	292	Edwards, Brenton	Edgewater, MD	M	13	1:06:59.00
238	Heath, Joanne	Arnold, MD	F	50	59:37.80	293	Snyder, Mark	Pasadena, MD	M	36	1:07:08.00
239	Brown, Donald	Annapolis, MD	M	54	59:39.07	294	Cullen, Suzanne M	Glen Burnie, MD	F	38	1:07:13.00
240	Le, Tien	Odenton, MD	F	30	59:42.44	295	Wigfall, Tonya	Randallstown, MD	F	31	1:07:39.00
241	Goodman, Rae Jean	Unknown, NA	F	56	59:56.05	296	Caravoulas, Christina	Silver Spring, MD	F	49	1:07:44.00
242	Cogle, Donna	Pasadena, MD	F	50	59:58.35	297	Goldstein, Penny	Crofton, MD	F	58	1:08:03.00
243	Layton, Joe	Vienna, MD	M	56	1:00:00.43	298	Overbeck, Stefany	Baltimore, MD	F	38	1:09:05.00
244	Farrel, Nancy	Annapolis, MD	F	33	1:00:00.99	299	Kolett, Jack	Catonsville, MD	M	62	1:09:50.00
245	Tucholski, Eva	Annapolis, MD	F	45	1:00:01.72	300	Davis, Susan	Millersville, MD	F	40	1:10:19.00
246	Strasser, David	Arnold, MD	M	59	1:00:02.90	301	Ginn, David	Crofton, MD	M	37	1:10:20.00
247	Sherwood, Molly	Edgewater, MD	F	62	1:00:07.10	302	Aiken, Lisa	Linthicum Height, MD	F	41	1:11:22.00
248	Konyar, Steve	Linthicum Height, MD	M	15	1:00:21.58	303	Smith, Tim	Woodbridge, VA	M	26	1:11:44.00
249	Haines, Janine	Arnold, MD	F	21	1:00:22.54	304	Wheet, Sarah	Woodbridge, VA	F	24	1:11:53.00
250	Skiles, Jacklynn	Glen Burnie, MD	F	38	1:00:26.29	305	Downing, Ada	Severna Park, MD	F	38	1:13:19.00
251	Grindle, Rita	Annapolis, MD	F	40	1:00:36.28	306	Shanklin, Fred C	Davidsonville, MD	M	63	1:13:52.00
252	Beard, Howard	Davidsonville, MD	M	58	1:00:46.30	307	Belmore, Kimberly	Pasadena, MD	F	45	1:16:28.00
253	Beem, Thomas Jr.	Baltimore, MD	M	26	1:00:56.73	308	Varieur, Diane	Crofton, MD	F	45	1:16:49.00
254	Haseltine, Reggie Y	Crofton, MD	M	54	1:01:09.98	309	Ferguson, Gale	Glen Burnie, MD	F	47	1:17:26.00
255	Commander, John	Woodstock, MD	M	57	1:01:23.86	310	Hanson, Katheen	Annapolis, MD	F	50	1:18:48.00
256	Kleis, Karen	Riva, MD	F	48	1:01:29.10	311	Lynch, Noreen A	Annapolis, MD	F	54	1:19:56.00
257	Lawrence, Tony	Silver Spring, MD	M	47	1:01:29.99	312	Hauschildt, Fred	Kensington, MD	M	57	1:25:16.00
258	Windsor, Ron	Perry Hall, MD	M	37	1:01:44.92	313	Trimmer, Martha S	Grasonville, MD	F	75	1:40:57.00
259	Hunter, Kimberly	Odenton, MD	F	30	1:01:45.20						
260	Foreman, Allison	Ellicott City, MD	F	29	1:01:57.01						
261	Berge, Melinda	Annapolis, MD	F	59	1:01:57.35						
262	Plummer, Beth	Edgewater, MD	F	38	1:02:22.36						
263	Small, Lauren	Arnold, MD	F	44	1:02:29.63						
264	Tucker, Melanie	Arnold, MD	F	40	1:02:30.14						
265	Riley, Christopher E	Pasadena, MD	M	53	1:02:42.29						
266	Jones, Trellis	Laurel, MD	M	35	1:02:58.96						
267	Zevin, Susan	Annapolis, MD	F	55	1:03:03.48						
268	Chapman, Brad	Crofton, MD	M	73	1:03:20.23						
269	Goodridge, Thomas H	Annapolis, MD	M	65	1:03:21.76						
270	D'wynter, Lydia	Davidsonville, MD	F	35	1:03:31.76						
271	Marsh, Deborah	Hanover, PA	F	45	1:03:33.01						
272	Hatcher, Roxanne	Pasadena, MD	F	45	1:04:09.93						
273	Corner, Kimberley	Arnold, MD	F	16	1:04:12.35						
274	Chadwick, Angela	Columbia, MD	F	30	1:04:37.49						



Runners enjoy excellent food from sponsor Outback Steakhouse.

The 24th Metric Marathon

By John Gallagher

On Sunday, October 3, 2004, the 24th Metric Marathon welcomed ideal early fall running weather. And South County's Harwood, MD was inundated by a record, for this race director, of 191 Metric Marathon finishers.

Finishers this year were led by men's winner Jon Schoenberg (1:40:33) a repeat winner from last year, and Claire Saxton (1:54:35) the overall women's winner. The women's age group winners were: Nicole Bogusky and Cate Keller 20-24; Amy Beer and Emily Maher 25-29; Kattie Bates and Terri Daubert 30-34; Cheryl Gilman and Paula Lucas 35-39; Jill Hargis and Margie Boyd 40-44; Ellen McGee and Helen Laird 45-49; Maria Shields and Rita Twist 50-54; and Meredith Bonta and B.J. King 55-59. The men's age group winners were: Andrew Madison and Chris Norman 19 & under; Joel Dorsey and Ronald Van den Heavel 20-24; Gene Severtson and Patrick Saxton 25-29; Anthony Olszewski and Chris Daubert 30-34; Bob Cawood and Hugh Harris 35-39; Tom Hattar and Matt Mace 40-44; Paul Serra and Wilhelm Anderson 45-49; Tom Dekornfeld and David Brault 50-54; Tom Luby and Keith Harvey 55-59; John Kirkpatrick and Chris Riley 60-64; Don Singer and Mike Long 65-69; and Milton Taylor and Brad Chapman 70 & over.

All Metric winners received Chrysanthemums, the traditional Metric award. Dick and Jane's Garden Center of Harwood provided the chrysanthemums.

Once again we were able to provide an enjoyable experience for this year's Metric and that experience was the result of the great support of our many volunteers. The Anne Arundel Sheriff's Department and the Anne Arundel Radio Club provided invaluable vehicle control and communication assistance. Allowing the race committee to anticipate and react to changing course conditions. Such as ensuring enough fluids were available at our water stops. Sheriff's Department and Radio Club personnel also stayed on the course until the last runners finished, as did many other volunteers.

Special thanks goes to my wife, Susan, who decided to make over 100



The 2004 Metric begins with a record number of starters.

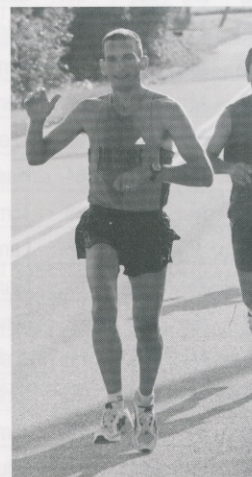


Race Director John Gallagher calls the start of this year's Metric Marathon.

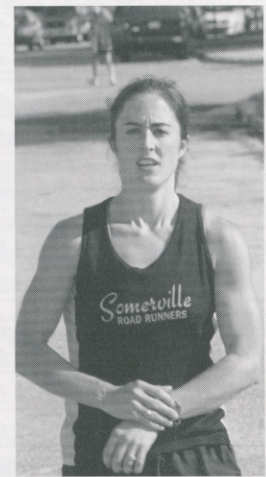
cupcakes the night before the race; kept me organized; and provided all volunteers with refreshments and thank you bags.

Our water stops were well organized and manned by John, Patty, Theresa, and Sabrina Fay, Ron Hooker. Allisson Walser, Kathy Hennes, Ed Karlson, Yuki Kobayshi, Amelia Finn, Nathan Nudelman, Bill Tham and son. Course monitors included Frank Callahan, Maria Shields's niece, and Jim Kaufman, who went to an unknown person's house to appropriate much needed water. Sharon Bradford, Neal Hinkle, and Noreen Lynch, who also did bagel duty, efficiently led race registration. The finish line and scoring team included Arnie and Ardis Henderson, who also quickly whisked water out to the course, Dick Hillman, creator of unusual questions on the finisher's cards, and those anniversary-celebrating Bradfords. Thanks also go to Donna Cogle, Dan Symancyk, and Brad Chapman for helping to set up and for taking it all down. And a special thanks to David Brault for supporting the worker's run.

Next year will be the 25th anniversary of the Metric Marathon, so I hope to see more of you out there experiencing the "gently rolling hills" of South County.



1st Male-Jon Schoenberg



1st Female-Claire Saxton



2nd Male-Paul Serra



2nd Female-Jill Hargis

METRIC MARATHON 2004 RESULTS

1. Jon Schoenburg	1:40:33	M	41	47. Scott Frazier	2:07:44	M	43	93. Eric Karandy	2:23:14	M	46
2. Paul Serra	1:44:29	M	48	48. Jose Romero	2:07:52	M	38	94. T.J. Harrington	2:23:30	M	53
3. Gene Severtson	1:44:48	M	28	49. Derek Ammons	2:08:22	M	44	95. Don Singer	2:23:37	M	69
4. Tom Hattar	1:45:06	M	43	50. Tim Carney	2:08:56	M	44	96. Terri Daubert	2:24:23	F	33
5. Matt Mace	1:45:30	M	44	51. Kevin Lynch	2:09:22	M	43	97. Paula Loucas	2:24:56	F	39
6. Andrew Madison	1:46:39	M	17	52. James Hoffman	2:09:22	M	37	98. Chris Bergman	2:24:58	M	48
7. Josh Dorsey	1:46:50	M	22	53. Katherine Carney	2:09:30	F	44	99. Don Price	2:25:12	M	52
8. No Card	1:46:55			54. Karen Koffler	2:09:31	F	44	100. Peter Stephan	2:25:17	M	33
9. Bob Cawood	1:46:59	M	36	55. Barry Hauptman	2:09:50	M	41	101. Mike LaPointe	2:25:22	M	27
10. Hugh Harris	1:47:27	M	36	56. Richard Snyder	2:10:30	M	41	102. Janet Stephenson	2:26:09	F	35
11. Anthony Olszewski	1:48:38	M	34	57. David Bauman	2:11:12	M	31	103. Helen Laird	2:26:27	F	46
12. Chris Daubert	1:50:27	M	34	58. Larry Puglisi	2:11:14	M	50	104. Dan Symancyk	2:26:35	M	57
13. John Kirkpatrick	1:50:35	M	60	59. Laurel Bell	2:11:16	F	42	105. Carl Seagrave	2:26:46	M	38
14. R. Van Den Heavel	1:50:58	M	22	60. Giles Roblyer	2:11:54	M	36	106. Teresa Miller	2:26:48	F	36
15. Wilhelm Anderson	1:51:39	M	49	61. Tim Mossman	2:12:53	M	35	107. Lisa Schrader	2:27:18	F	49
16. Prasad Gerard	1:52:46	M	46	62. Dennis McGinley	2:13:05	M	36	108. Brenda Norman	2:27:30	F	47
17. Kevin Engle	1:53:23	M	37	63. Ellen McGee	2:13:12	F	48	109. Marie Friedland	2:27:57	F	49
18. Allen Garneau	1:53:35	M	33	64. Ham Tyler	2:13:24	M	40	110. Kathy Sirois	2:29:02	F	46
19. Kirk Gordon	1:54:06	M	48	65. Tom Schumacher	2:13:27	M	22	111. Patrick Dodson	2:29:59	M	27
20. Clare Saxton	1:54:35	F	27	66. Lance Massey	2:13:36	M	38	112. Nicole Pearce	2:30:21	F	28
21. Patrick Saxton	1:54:35	M	29	67. Mark Anderson	2:13:47	M	43	113. Joe Borneman	2:30:22	M	37
22. Jill Hargis	1:55:33	F	44	68. David Bell	2:14:26	M	34	114. Tammy Mazzola	2:30:28	F	44
23. Eric Schrader	1:57:59	M	40	69. Justin Bitters	2:14:26	M	33	115. Richard Cookery	2:30:33	M	43
24. Greg Clulow	1:59:49	M	45	70. Emily Maher	2:14:47	F	25	116. Tom Bradford	2:30:41	M	61
25. Dave Walser	2:00:52	M	45	71. Tom Luby	2:14:48	M	56	117. Ron Bowman	2:30:46	M	54
26. Chris Sinclair	2:01:22	M	36	72. Court Truth	2:14:50	M	45	118. Mike Ricciardi	2:30:49	M	34
27. Ross Heisman	2:01:45	M	47	73. Patricia Hicks	2:15:43	F	29	119. John Cree	2:30:58	M	29
28. Margie Boyd	2:01:45	F	43	74. Meredith Bonta	2:16:00	F	58	120. Charlie Muskin	2:31:00	M	55
29. Tim Lowe	2:02:34	M	37	75. Scott Gilman	2:16:10	M	42	121. Lara Roeding	2:31:30	F	39
30. Amy Beer	2:02:44	F	29	76. Michael Anderson	2:16:14	M	54	122. Carol Clemmens	2:31:30	F	46
31. Tom DeKornfeld	2:03:21	M	51	77. Maria Shields	2:16:19	F	53	123. Amy Mautino	2:32:00	F	26
32. Stephen Martz	2:03:59	M	46	78. Keith Harvey	2:16:28	M	56	124. John Curley	2:32:04	M	56
33. Ron McGraw	2:04:19	M	35	79. Michael Shevenell	2:16:32	M	44	125. Nicole Bogusky	2:32:23	F	24
34. Mike Kennedy	2:04:20	M	46	80. B.J. King	2:18:00	F	59	126. Kerri Reilly	2:32:26	F	35
35. Russ Roeding	2:04:34	M	46	81. Karl Roy	2:19:07	M	33	127. Erin Hollamon	2:32:27	F	39
36. Katie Bates	2:04:45	F	30	82. Chris Riley	2:19:16	M	60	128. Vassie Hollamon	2:32:28	M	40
37. Dave Walser	2:05:27	M	23	83. Don Brenneman	2:19:46	M	55	129. Desmond Hannon	2:34:09	M	45
38. David Brault	2:05:29	M	52	84. James Lundeen	2:19:47	M	45	130. Milton Taylor	2:34:49	M	71
39. Michael Bergeson	2:05:31	M	51	85. Trent Pitensbarger	2:19:48	M	43	131. Jeanne Russell	2:35:22	F	56
40. Steve Donnelly	2:05:36	M	47	86. Ron Nuger	2:19:52	M	49	132. Annie Lovejoy	2:35:28	F	36
41. Mike Breen	2:05:45	M	47	87. Rita Twist	2:19:54	F	51	133. Kata Peltly	2:35:28	F	34
42. Cheryl Gilman	2:05:47	F	36	88. Mary Lang	2:19:55	F	50	134. Joe Clorety	2:35:55	M	61
43. Bob Biddle	2:05:56	M	45	89. L.J. Callazo	2:20:44	M	32	135. Will Meyers	2:36:01	M	55
44. Mike Lord	2:06:14	M	51	90. Patty Snodgrass	2:20:56	F	50	136. Mike Long	2:36:24	M	64
45. Jim Calvert	2:07:14	M	33	91. Dean Kramer	2:21:52	M	38	137. Maria Montgomery	2:36:39	F	46
46. Chris Mairs	2:07:21	M	32	92. Rose Malloy	2:22:51	F	56	138. Pam Anderson	2:37:26	F	45

METRIC MARATHON 2004 RESULTS

139. Kim Couranz	2:37:57	F	34	157. Ginger Andrews	2:49:10	F	40	175. Reggie Haseltine	3:01:24	M	54
140. Allen Veasey	2:38:58	M	64	158. Larry Richardson	2:49:11	M	50	176. Jim Etchison	3:02:23	M	51
141. Cate Keller	2:39:02	F	23	159. Melissa Currence	2:50:19	F	49	177. Pat Donahue	3:02:23	M	52
142. Michael Heydar	2:39:26	M	51	160. Don Higdon	2:50:51	M	62	178. Melanie Tucker	3:04:07	F	39
143. C. Norman	2:40:22	M	16	161. Kathy Gathagan	2:51:43	F	37	179. Ernie Kidder	3:06:03	M	40
144. Mary Ellen Mason	2:40:57	F	49	162. Sherrie Cave	2:53:16	F	39	180. Nancy Farrell	3:06:04	F	33
145. Virginia Sideman	2:41:27	F	46	163. W. Rohrs	2:54:22	M	51	181. Brad Chapman	3:10:17	M	73
146. Monica Lynch	2:41:35	F	38	164. T.H. Goodridge	2:54:27	M	65	182. Leslie Douglas	3:11:42	F	47
147. Missy DiGiulian	2:41:36	F	50	165. Colleen Klemens	2:55:44	F	31	183. Emily Smith	3:17:50	F	27
148. Sissy Pastirek	2:41:46	F	44	166. Scott Reaser	2:56:15	M	37	184. Donna Cogle	3:18:29	F	50
149. Kate Sanford	2:41:50	F	49	167. Alice Chong	2:56:15	F	34	185. Karen Bliss	3:18:34	F	28
150. Lisa Correnti	2:41:50	F	45	168. Bill Woods	2:57:26	M	53	186. Vicky William	3:19:29	F	27
151. Cyndi Cramer	2:42:10	F	27	169. Joe Layton	2:57:33	M	56	187. Penny Goldstein	3:20:12	F	58
152. Lisa Murphy	2:42:16	F	42	170. Evan Thomas	2:58:09	M	63	188. Fred Shanklin	3:26:25	M	63
153. John Firebaugh	2:42:32	M	48	171. Alan Murray	2:58:35	M	42	189. John Hendrick	3:28:51	M	49
154. Chuck Mutschler	2:45:06	M	40	172. Jeff Jenson	2:58:41	M	47	190. Kathleen Hanson	3:44:09	F	50
155. Jackie Kellner	2:45:17	M	55	173. Tom O'Leary	2:58:42	M	49	191. Allen Wycherley	3:44:10	M	63
156. Lauren Small	2:48:49	F	44	174. Ron Jarashow	3:00:28	M	54				

End of Year Awards

Anyone wanting to nominate someone for an End Of Year Award should submit the Strider's name and a brief description of accomplishments for 2004 to: President, Charlie Muskin, cjmuskin@yahoo.com; VP for Programs and Education, Dan Symancyk, dfsym@worldnet.att.net.

End Of Year Awards Categories:

Volunteer of the Year
 Strider of the Year
 Runner of the Year (M and F)
 Masters Runner of the Year (M and F)
 Grand Masters Runner of the Year (M and F)
 Most Improved (M and F)
 Ultra Runner of the Year (M and F)

Annapolis Striders 2005 Nominating and Board Development Committee

The Nominating and Board Development Committee—composed of Chairman, Patricia Hicks, and members: Ron Bowman, Bob Cawood, John Gallagher, Tammy Mazzola, Ellen McGee, and Will Myers—unanimously agreed on the following proposal for the 2005 Annapolis Striders' Executive Committee and Board of Directors. A term that would begin on April 1, 2005.

Executive Committee

President – Dan Symancyk
Vice President for Administration – Will Myers
Secretary – Lisa Murphy
Treasurer – Arnie Henderson
Vice President of Races – Brad Chapman
Vice President for Education and Training – Ellen McGee

Board of Directors

John Curley
 Tammy Mazzola
 Charlie Muskin
 Bill Tham

The Annapolis Striders' By Laws allow for any member to be nominated for office by written petition.

This petition must then be signed by the nominee and no fewer than seven other members and submitted to the Secretary (Lisa Murphy - email brblbabe@aol.com, phone 410-421-5950) no later than **30 days prior** to the February 26, 2005 annual meeting. **ALL NOMINATIONS MUST BE RECEIVED NO LATER THAN THE CLOSE OF BUSINESS ON JANUARY 27, 2005.**

Dog Days 8K Cross Country Run

Co-Race Director's: Robert Bigelow and Dan Symancyk

It was another typical year of hazy, hot and humid conditions for this year's Dog Days 8K Cross Country Run. A challenge in good weather, the muggy conditions once again proved more of a challenge than the course. However, the weather conditions did nothing to discourage the 249 willing participants in this 5th race of the Championship series.

Would youth prevail, as in years past, or would age and experience win the day? Most recent men's winners have been the young guns of the club although the majority of the women's winners have come from age and experience.

A challenging course, warm conditions, and the ever popular "Earl's Revenge" hill tested even the most experienced and the results from this year's race were a little different from years past. Experience prevailed in the men's division with Jon

Schoenberg as the first male while youth prevailed in the women's division with Claire Saxton taking first female.

Overall winners:

Men

First male – Jon Schoenberg
 Second male – Scott M. Koehler
 Third male – Eric Makovsky

Women

First female – Claire Saxton
 Second female – Jill Hargis
 Third female – Marjorie Boyd

As with any race it takes a multitude of volunteers. In addition to the sponsors who support our races, special thanks go to the administration and staff at Anne Arundel Community College and to all of the volunteers who made this race a success.



Jill Hargis leads eventual winner Claire Saxton up "Earl's Revenge" hill.

DOG DAYS OF SUMMER 8K 2004 RESULTS

1	Jon Schoenberg	41M	28:35.18	31	Shaun Dubick	18M	33:22.00	61	Michael Bergeson	51M	36:23.76
2	Scott M Koehler	20M	28:50.01	32	Jim Calvert	33M	33:23.16	62	Chris Mairs	32M	36:25.99
3	Eric Makovsky	31M	29:29.73	33	David E Vogt	17M	33:25.51	63	Jim Narimatsu	44M	36:30.63
4	Matthew Browne	21M	29:32.67	34	Hugh Harris	35M	33:30.49	64	Larry Wans	34M	36:31.27
5	Taylor Rogers	21M	29:43.83	35	William Morrison	15M	33:33.06	65	Alison Suckling	49F	36:42.07
6	Andrew Madison	16M	29:53.85	36	Paul Masucci	40M	33:46.70	66	Joe Clorety	61M	36:42.61
7	Ian Novick	21M	30:00.42	37	Chris Daubert	34M	33:50.80	67	Alan Cook	33M	36:56.00
8	Michael Godesky	29M	30:16.29	38	Allen Garneau	33M	33:51.49	68	John Schlehr	20M	37:00.03
9	Steve Egolf	41M	30:26.08	39	John Pierce	18M	33:54.42	69	Karen H Koffler	44F	37:04.43
10	Paul A Serra	48M	30:33.44	40	David Rosenblatt	35M	34:01.94	70	Court Treuth	45M	37:09.43
11	Wilhelm F Anderson	48M	30:55.08	41	Greg K Clulow	45M	34:05.24	71	John Hecox	34M	37:10.93
12	Matt Mace	43M	31:18.01	42	Kirk Gordon	48M	34:19.66	72	Michael R Gonzalez	43M	37:20.64
13	David B Webster	51M	31:19.41	43	Merle Maffei	60M	34:22.01	73	Steve Donnelly	47M	37:30.77
14	Claire R Saxton	26F	31:25.34	44	Marjorie E Boyd	42F	34:22.85	74	Katherine Carney	44F	37:43.37
15	John Pacak	23M	31:26.00	45	Steve Lucente	43M	34:27.93	75	Brian Slattery	20M	37:48.49
16	Bryan I Cyr	16M	31:44.49	46	Tim Lowe	36M	34:33.91	76	Jessica Kenny	29F	37:50.12
17	Danny Bennett	33M	31:56.43	47	Phillip J Mosco	13M	34:50.20	77	Don Rice?	52M	37:50.74
18	Thomas F Hattar	43M	31:57.02	48	Mike Kennedy	46M	34:55.74	78	Michael Anderson	54M	37:56.62
19	Patrick C Saxton	28M	32:12.56	49	Jesse Ritz	16M	35:05.90	79	Trevor Keen	14M	38:09.29
20	Robert Cawood	36M	32:14.96	50	Brian Gowling	25M	35:09.39	80	Tom Bradford	61M	38:09.58
21	Mark Rosasco	45M	32:17.53	51	Ross I Heisman	47M	35:10.36	81	Eric J Gyaki	56M	38:16.94
22	Robert W Biddle	44M	32:25.45	52	Lou Shapiro	62M	35:16.49	82	Eric A Elster	20M	38:45.22
23	Jill Hargis	43F	32:31.54	53	Carole Rosasco	45F	35:17.94	83	? Richard	45M	38:50.84
24	Chris Sinclair	36M	32:43.59	54	James Hoffman	37M	35:25.73	84	Liza Recto	48F	38:51.21
25	Christopher O'Brien	40M	32:46.87	55	Richard Bernstein	45M	35:37.87	85	Joe Emerson	38M	38:51.68
26	Robert Moseley	49M	32:50.52	56	Ray Mott	48M	35:47.37	86	Tammy Mazzola	44F	38:52.89
27	Thor Young	34M	32:52.54	57	Kelly Gonzalez	19F	36:04.18	87	David Braut	52M	38:59.09
28	Monte Lewis	28M	33:12.42	58	Mary Lynn Hansen	38F	36:08.72	88	Pat Wilkerson	45F	39:00.12
29	Dave Walser	45M	33:14.28	59	Michael R Goodison	32M	36:15.78	89	Nicole Pearce	28F	39:00.85
30	John Kirkpatrick	60M	33:18.99	60	Peter Novick	52M	36:21.84	90	Jose M Romero	38M	39:05.64



1st Male-Jon Schoenburg



1st Female-Claire Saxton



Brad Chapman



Milton Taylor

DOG DAYS OF SUMMER 8K 2004 RESULTS

91	Larry E Puglisi	50M	39:07.17
92	Jon Sherbun	50M	39:09.10
93	No Card Turned In		39:10.40
94	Vassie Hollaman	40M	39:13.86
95	Mary Lang	50F	39:20.19
96	Doug H Silate	49M	39:24.54
97	Tim Carney	44M	39:25.47
98	Ellen McGee	48F	39:25.78
99	Suzanne Strasser	31F	39:32.00
100	Chris J Riley	60M	39:34.52
101	John Kibby	47M	39:43.22
102	Mark M Stover	49M	39:52.60
103	Helen S Laird	45F	39:58.37
104	James C Falvey	41M	40:15.23
105	Patricia Hicks	29F	40:52.18
106	Peter Boice	57M	41:05.39
107	Jason Callaman	30M	41:08.98
108	Jill Trimboli	19F	41:15.60
109	Brev Moore	63M	41:22.42
110	Dan Symancyk	57M	41:29.70
111	John Fay	57M	41:41.68
112	Robert G Edwards	57M	41:51.31
113	Lori Marino	43F	41:52.55
114	John Wolf	45M	41:54.43
115	William Derr	65M	42:04.25
116	Tom Stevens	27M	42:07.92
117	Derek Ammons	44M	42:11.45
118	Ron J Hooker	41M	42:12.25
119	John Pereira	44M	42:16.50
120	Richard Morrison	49M	42:19.57

121	Kathy L Hennes	52F	42:21.52
122	Maria N Shields	53F	42:34.83
123	James Conlon	49M	42:42.13
124	Bob Zeminsky	46M	42:44.64
125	Christina Torre	27F	42:55.83
126	Erica Sapp	33F	42:57.11
127	Justin Vick	43M	43:01.64
128	Dan Kallemyn	52M	43:08.73
129	Christopher T Norman	16M	43:10.48
130	John Danneberger	47M	43:16.10
131	Erin Hollamon	39F	43:23.17
132	Nick Codd	53M	43:41.76
133	Evan R Kurth	9M	43:47.35
134	Cathy Hasle	34F	43:51.24
135	Jennifer Lundeen	44F	43:52.15
136	Philip Caroom	51M	43:56.92
137	Frank Callahan	49M	43:58.10
138	Heidi Burkhardt	33F	43:59.01
139	Ron Bowman	54M	44:03.72
140	John C Curley	56M	44:07.85
141	April M Penn	18F	44:15.10
142	Stephanie L Kurth	14F	44:29.79
143	Jon Meyer	57M	44:30.83
144	Laura M Truth	46F	44:37.22
145	Robert L Kurth	47M	44:48.96
146	Charles Mutschler	40M	44:51.47
147	Michael Shevenell	43M	44:52.84
148	Mary Ellen Mason	49F	45:06.77
149	No Card Turned In		45:21.67
150	Jim Etchison	51M	45:25.87

151	Kelli Southard	21F	45:42.20
152	Kerri Reilly	33F	45:42.52
153	Sue duPont	39F	45:42.83
154	Charles Muskin	55M	45:45.99
155	David J Walser	22M	45:54.53
156	Alan G Murray	41M	45:55.91
157	Milton Taylor	71M	46:05.83
158	Nathan D Nelson	29M	46:07.68
159	Fred R Leventry	62M	46:09.61
160	Thomas Frankhouser	54M	46:20.70
161	Kimmy Rohrs	14F	46:34.40
162	George K Swatzbaugh III	34M	46:44.50
163	Sally A Caruso	31F	46:53.70
164	Rebecca McNealey	32F	46:54.19
165	Terri Daubert	32F	47:07.59
166	Michael Lee	37M	47:08.28
167	Momoko O'Brien	38F	47:11.17
168	Allen Veasey	64M	47:19.40
169	Brenda Norman	47F	47:26.59
170	Cyndi Cramer	27F	47:33.63
171	Sigrun Ortmann	35F	47:37.27
172	Kathleen Hilton	36M	47:42.41
173	Bill T Woods	53M	47:51.18
174	Missy DiGiulian	50F	48:06.74
175	Linda Scoggins	52F	48:08.27
176	Anne Longanecker	59F	48:09.37
177	John Buzzelli	30M	48:09.80
178	Ann Heiser Buzzelli	31F	48:19.05
179	Web Chamberlin	73M	48:25.12
180	Pamlea Anderson	45F	48:27.99

DOG DAYS OF SUMMER 8K 2004 RESULTS

181	Chris Wooleyhand	40M	48:30.32
182	Evan Thomas	63M	48:31.09
183	Will T Myers	55M	48:39.85
184	Joanne M Heath	50F	48:43.31
185	Donna L Cogle	50F	48:46.25
186	Lisa Murphy	42F	49:00.00
187	Jackie Kellner	55F	49:09.05
188	Jennifer Kerr	24F	49:17.95
189	Maureen Rohrs	48F	49:21.79
190	Erin Miller	29F	49:22.59
191	Kati Elliot	39F	49:28.11
192	Melissa D Currence	49F	49:28.87
193	Lauren Small	F	49:34.41
194	Eva R Tucholski	44F	49:48.83
195	Reggie Y Haseltine	54M	49:55.61
196	Michael Frank	59M	50:00.85
197	Teresa Whitmyer	42F	50:06.84
198	Will Baird	36M	50:29.63
199	Sarah Bell	29F	50:36.79
200	Sherie Cave	39F	50:38.82
201	Greg Walker	38M	50:45.26
202	Rita Grindle	40F	50:51.73
203	Rich Sieber	40M	51:01.29
204	Molly Sherwood	62F	51:02.44
205	Kristin Beck	29F	51:12.73
206	Ron Jarashow	54M	51:15.13
207	Dan Jarashow	20M	51:15.50
208	Alice Chong	34F	51:16.66
209	John Firebaugh	48M	51:17.12
210	Susan Zevin	55F	51:21.65
211	Lindsey Ortel	22F	51:27.04
212	Julie Antinucci	28F	51:27.66
213	Brad Chapman	73M	51:30.86
214	Melanie I Tucker	40F	51:39.33
215	Pat Donahue	52M	51:42.36
216	William Rohrs	50M	51:45.99
217	April Winsheimer	23F	51:46.95
218	David Strasser	59M	51:47.73
219	Nancy Farrell	33F	51:54.32
220	E Patrick McDermott	48M	51:54.81
221	Renae McDermott	42F	52:08.60
222	Ed Karlson	68M	52:09.14
223	Ginger H Andrews	39F	52:13.20
224	Kenneth M Cresswell	50M	52:23.64
225	Meghan Sheperd	23F	52:25.16
226	No Card Turned In		52:41.26
227	Julie Selburg	31F	52:43.62
228	Steven Southard	46M	52:45.88
229	Linda Simpson	62F	52:51.33
230	Joe Layton	56M	52:58.06
231	Diane Lundy	38F	53:02.27
232	Stu Biscuit	51M	52:46.27
233	Scott Johnston	44M	55:23.00
234	Dennis F Meyer	55M	55:41.87
235	Kathleen Nowlin	50F	56:19.97
236	Penny Goldstein	57F	57:12.40
237	Sue Davis	39F	58:34.98
238	Alan D Wycherley	62M	58:50.01
239	Brenton P Edwards	13M	59:16.52
240	Fred Shanklin	63M	59:42.06
241	Yvonne N Aasen	72F	59:46.41
242	Ed Ryznar	62M	59:54.59
243	Kathleen M Hanson	50F	1:00:01.14
244	Jack W Koletty	62M	1:00:08.71
245	Noreen Lynch	54F	1:00:21.28
246	Jalina Jovkovich	35F	1:00:43.20
247	Susan Gallagher	56F	1:00:49.34
248	John Gallagher	55M	1:03:12.89
249	Ray Campbell	72M	1:08:51.50
250	No Card Turned In		1:10:52.59

Paddling the Length of the Chesapeake Bay May 04

Log by Jim Sandison

Although this article is not about long distance running, it does address the same qualities that long distance running is about: dedication and perseverance.

Over the past year or so there has been talk of a main stem water trail, the length of the Chesapeake Bay, that would connect all the river trails now existing. After a while, I finally arrived at the position of "stop talking and start paddling." Don Baugh of the Chesapeake Bay Foundation (CBF) was most helpful in lining up contacts and alerting the CBF captains along the bay to be on the lookout for me. The following is a short log of my trip from Portsmouth, VA (across from Norfolk) to Havre de Grace, MD.

Sunday, 9 May 2004 - My wife Nancy drove down from Severna Park, MD to Cap'n Leggett's on the York River (VA) with my kayak on top of the car. The purpose was to meet Nancy's uncle and

leave his car there, as he was only able to schedule three days away. Met Uncle John and loaded his kayak on top with mine. John's kayak was a Carolina 14, and mine a 17 ft Chesapeake Light which I built from a kit five years ago. This boat has been on numerous CBF expeditions and other paddling trips, so was confident it would be fast and suitable for a long loaded trip. Planned for three weeks and loaded for camping with two weeks of food. Also brought cold weather clothing and paddling gear, which loaded the boat with a total of 70lb of gear and food, including 16 lbs. of water.



Jim Sandison (on the right) and Jim's wife's uncle.

After loading John's kayak we drove across the York River Bridge and on down to Portsmouth VA. Put in at Tidewater Marina in Portsmouth, right across from Norfolk. Tidewater had a low float they allowed us to launch from. John & I left about 2 PM in a light Westerly with a flood tide. We paddled up Elizabeth River past commercial terminals and past the Norfolk Naval Station where I was able to give John a running commentary on all the Navy ships there including one of the big logistics ships (RO/RO) I had designed to carry tanks and vehicles to the Persian Gulf. First night was to be on the beach at Willoughby Spit, but as we turned the Naval Station corner to head for Willoughby Spit, John noted we could easily cross Hampton Roads with the light Westerly and the tide now ebbing. It was late in the afternoon but not so that we couldn't cross the two miles and still have time to find a camping spot. So we turned and paddled across to Old Point Comfort at Fort Monroe on the north side of Hampton Roads—now starting to think about where to camp. Paddled parallel to Fort Monroe and asked a fellow walking on the beach where we could camp at Fort Monroe. He pointed out the recreation building a quarter of a mile on. As we were coming ashore we were stopped at water's edge by the military police. After our tired old geezer routine, and assurances we were not conducting an amphibious landing, the MP relented and turned us over to the campground person. He gave us a spot to camp overlooking the Back Bay and told us we would have to check in with the Army camp ground manager at 8 AM (if we were still there). 1/4 mile walk with all our gear from the beach to campground. We had a campsite with a picnic table overlooking the Back Bay and sunset. Great dinner and early to bed. Up early at 7 a.m., carried gear back to the boats and launched.

Monday, 10 May – light southerly wind behind us, paddled past Buckrow Beach and on up to Plum Tree Island Nat'l Wildlife Refuge. All along we could see the damage from Hurricane Isabel. When we stopped at Plum Tree Point, which was the old bombing range, the island shown on the chart to the East no longer existed! Stopped and ate lunch on the beach and John had a nap. Then at the northern end of the PT Island Wildlife Refuge, we cut through the marshes—John thought sure we would be lost, but we followed Don

Baugh's (DB) advice of looking for moving water, and lo and behold we came out to the Poquoson River. Wind was out of the West at 8-10, still a great day, so we were working, going NW across the Poquoson. We came across two menhaden purse boats off a menhaden mother ship about 1/2 mile away. The two boats were pulling a giant purse net filled with fish. We were going to go further up towards the York River, but we decided we'd had enough for the day so we stopped at York Point. There was a sign pointing towards the land side that said no trespassing—we decided that didn't apply to paddlers arriving by water. John advised there would be someone waiting with margaritas. When we arrived we found a little garden with a concrete pad and a picnic table, a perfect site to camp for the night. (Still waiting for the Margaritas!)

Tuesday, 11 May – started out a bit overcast with wind 10-15 from the West and an ingoing tide which would have made the York River ugly to cross. We even thought of paddling up to the bridge, 5 miles up and crossing there where the river is only 1/2 mile across. We needed to get to Perrin Creek where John had left his car at Cap'n Leggett's. But as we came through the Goodwin Thoroughfare, the wind turned to the southwest and eased up, so the 2-1/2 mile paddle across the river was fairly easy. Arrived at Cap'n Leggett's and helped John load his kayak. Then filled up with 8 liters of water and took off to cross Mobjack Bay, taking advantage of the good weather. Cap't Leggett had advised me to only cross if the winds were light, as the bay can get ugly quickly. Mobjack Bay is about 5 miles across, which is enough of a fetch for wind waves to get large and mixed if against the tide, so I was concerned about getting across in good weather. Put floaties (6" diameter by 3 ft long blow up tubes) on each side to give extra buoyancy—makes boat harder to paddle and cuts 1/2-3/4 knot off the speed, but found I didn't need them so deflated and rigged them inboard. Headed for New Point Comfort Island just north of the light-house, but found it gone, so continued around the point and North along the shore to a beautiful white beach near Winter Harbor. Just at dark the owner and his dog came down and again I had to talk my way into getting him to allow me to trespass camp on his property. Trespass camping and sand beach camping are not fun. Have been spoiled

by the Appalachian Trail where there is a shelter every 15 or so miles with water and a picnic table to sit at while cooking dinner with your stove. Also number of through hikers to chat with.

Wednesday, 12 May – sunny, 10-12 knot southwesterly wind. Parts of the shoreline of Winter Harbor had disappeared. Proceeding north to Rigby Island, where DB had said there was a good camping spot, I found that chain of islands reduced to nothing more than sand spits. Paddled up Milford Haven inside Gwynn's Island, stopped on a nice beach and had lunch. Then proceeded through the narrows to cross the Piankatank River. Rounded Stingray Point on the north side of the River, with a southwesterly wind freshening and stopped to change batteries in the GPS. Impressed with the massive amount of very large riprap and bulkheading extending along those coasts, and the large expensive homes they protect. Stopped around the North side of Stingray Point, where there was a fellow on his porch. Asked if I could come up and he invited me to sit with him on a swing on the porch of his cottage and the only one with a beach—took a break and chatted while changing the batteries. He had bought the cottage 50 years ago for \$4,500. Today it's accessed at \$175,000 and the taxes may force him to sell. Then crossed the 3 miles of the Rappahannock. The current was coming in against a fresh SW wind. With the floaties, did fine even though it was very rough. Camped at Fleet's Island on the North side of the Rappahannock. Fleet's Isl. is a large timber island with rock groins to save the beach, but the beach was pretty badly destroyed by the hurricane. All the trees that had been knocked down had been timbered, so there were a lot of overturned stumps. There was a nice protected area to launch, but the flies were horrible. With long sleeves, long pants and a hat with a sun cloth, the flies were not too much of a bother, but about 1/2 hour before sunset the no-see-ums came out and were quite bothersome. Even with Deet on my face they got behind my glasses. At sunset I had 5 minutes of peace when the flies and no-see-ums disappeared, but then the mosquitoes came out with a vengeance, so it was into the tent!

*Continued in the
February/March 2005 Issue.*

Moore's Marines First Time Marathon Program Results

Program Director - Ron Bowman

Following the Marine Corp Marathon, this years First Time Marathon Program is now officially over and, judging by comments below, it appears as if it was a success.

Some comments have been edited for inclusion in the Streak. Unedited comments can be found in their entirety on the Annapolis Striders website.

Encouragement, moral support, fluids and food were provided by the following "Strider Cheerleaders": David Brault; Willie Gumula; Grace Lechert; Gloria Mullervy; Lara Mish; Denise Hyde; and Regina Miante. Rudy Casals; Patrick Saxton; Claire Saxton; Sherri Price; Kyra Price; Sasha Price; and Adam Dodson. Ricardo Broach; Nancy Broach; Donna Smith; Jessica Hadley; Mike Higgins; and Dan, Steve, and Janie Symancyk.

Marine Corp Marathon

Scott Frazier

Looking back on the experience, I began to realize why we do this beast [training]. For those last 6 miles, I tapped into things and places I didn't know I had, and may never have known I had. When they hung the medal on me at the time, I was frankly too tired and sore to fully appreciate it. But, like a fine wine, it gets better as time goes by. Today, as I look at my medal, and also hear from folks who were tracking my time on the net, it's washing over me what an extraordinary thing it was that we did. Here's to ya, Striders!



Scott isn't the only one with bragging rights!

Keith Corner MCM 4 hrs 54 minutes.
Reflections from Keith;

After two miles, boy this is tough. After 7 miles, this is OK. The trees are nice, hope nobody I know is watching me pee.



2004 Moore's Marine's graduates at the start of the Marine Corp Marathon.

After 10 miles, the sights (monuments) are great, the crowd is fantastic, but who turned on the bloody sun. After 13 miles (wasn't this a half marathon?) What do you mean, now I've got to do it all over again. I was expecting 4.15-4.30.

But after 16 miles time didn't matter. After 17 miles, give me more of that breeze. Why the hell am I doing this?

After 18 miles it was like running in the desert, two cups of water at the running stop, but within a quarter of a mile the back of my throat was dry. After 18.5 miles what's that wall thing? OK I did the split training, I know that if I walk for a quarter of a mile then I'll be able to run another half at least.

At 19 miles this bridge is a killer, I'm hot, my calves are hurting, I want my mommy. Oh hi'ya Paul, where have you been? I thought that you were in front? Oh you're bugged too, then let's see if we can finish together.

At 20 miles what's this rough stuff round my face? It's dried salt from the sweat, charming. Striders bloody striders I'm almost too tired to cheer back.

At 21 miles, whoa boy, pains down both legs, that's the same feeling I had in training just before I pulled a hamstring, let's stop stretch and think about this. (See even an oldie can learn) OK now the splits are reversed, it's walk a half and run a quarter.

At 22 miles hey there's Ron up there, he's only a mile in front, we can't be doing that bad.

At 23 miles hey there's some striders a mile behind us, we can't be doing that bad. My shoulders are hurting, I'm running with my legs but my shoulders are hurting.

(note to self . . . self you should've listened to the weight training advice.)

At 24 miles, I should be having a goo now, but if I do, I think I'll puke, let's pass on the goo.

At 25 miles we can do it.

At 26 miles, this is a wimpy hill compared to Stephenson's Road.

At 26.1 miles, oh shoot we've arrived when the run clock time is almost at 5 hours, we've got to sprint for the crowd and the commentator, just to beat the stupid clock. No problem we're striders and we've trained. 30 seconds to spare, oops didn't mean to push those poor people out of the way.

At 26.2 miles gimme that medal. YIPPEEEEE. Thank you lovely marine take off my chip, there's no way that I can bend past my waist.

Cripes I'm starving.

Owwwwwww.

Where's the bar?

Colleen Klemens, #24371

Yes you were right, pain is temporary and totally worth it! I did wear my medal and new shirt to work today. My fifth grade students were impressed. One did point out, however, that more people finished before me than after (I had to stop myself from punishing him!). When I told them my time, another excitedly commented that I was 5 minutes faster than I had told them it should take me. She was so proud! My final time was 5:25:07.

It was truly a wonderful experience . . . something I thought was never in the cards for me. This program has made me realize that anyone can do this. And I tell

all the people that are so amazed that I have done this that it is possible for them too. You have made a big difference in this quest. Your emails are very informative and they hit the right subject at the right time. I told you a couple of weeks ago that I felt like you were reading my mind most of the time. When I wanted to quit, you told us that it was a tough time and to hang in there. When I was running too fast, you told us to run our own race. The list goes on and on. You truly know your stuff and it was wonderful to have you as a "personal trainer."

Robyn Toth

On my way into the city, I met a man on the train who had ran 76 marathons. All 50 states and 4 continents!!! (one of which is ANTARCTICA) I found myself early in our conversation, asking him how fast he was planning to run that day and he looked at me like I had totally missed the point of marathoning. Which, I later learned that day. It is NOT about a time. It is about the experience, having fun, promoting good health and challenging yourself.

Lisa Correnti

Thanks so much for all your support. I found myself repeating along the way many times wise words of advice that you shared with us. I think I took it rather conservatively being a first timer—a little afraid to push even when I did feel good. Did OK until going over the bridge into Crystal City then began to feel the heat. Fought the nausea until mile 24 then had to walk about a 1/2 mile. Ran from there until the hill—about 3/4 of the way up decided to walk. As soon as I stopped I had cramps in both legs which caused me to fall. I was picked up from behind by a couple of runners—let the cramps pass and jogged the end in. Swore I would



Is this before or after the marathon?

never run another one until this morning. Unofficial time [was] around 4:35. Haven't had a chance to look yet. Looked for the group before and after the race but didn't find you. [I] Appreciated all the "go strider" [support] from fellow striders along the course. Thanks again for all the encouragement.

Ken Walker

I finished in 5:03. Considerably slower then I'd hoped, but given the weather and my knee problem, I'm happy with it. I felt great for the first 10 miles. At the 10 mile WS it felt like someone hit my knee with a hammer. For the next several stops it would hurt for the first 3-5 minutes after walking through the stop, then the pain would dull. After the mile 18 WS I decided it was easier to keep running through the stops, then I didn't have the half mile of pain. This meant I didn't get much water after mile 18. If I ever do this again, I will train with and race with a camelback—much easier to drink on the go.

My knees are slowly feeling better. Monday was pretty rough, but its not too bad today. Might be able to bike a little over the weekend. Thanks for putting together such a great training program. I'm amazed I was able to accomplish this—and I would not have been able to do it without the group support. Monday I was pretty sure I'd never run another marathon—but now I'm starting to think about how much better I could have done in good conditions and with a stronger knee :) We'll see how the winter goes.

Stacie Clemmons

My name is Stacie Clemmons and I ran the Marine Corp Marathon in 5:17.

O.K. Now for my observations.

1) I was amazed at the number of people walking. I ran the Baltimore half-marathon last year and I don't remember seeing as many people walking.

2) It may be that I have never ran in either D.C or Virginia but I was so focused on finishing the marathon that I really could not tell you anything about the course.

3) Running is very humbling. I can now say that I will go to the bathroom anywhere.

4) My mind is stronger than my body will ever be. I think my mind carried me the last 2 miles, not my legs.

I want to thank you for your advice and encouragement over the past couple of months. You are my MARATHON DADDY!

Nancy Farrell

First off, training as a group is much easier than attempting it by yourself. I looked forward to the Saturday morning runs, even 20 miles looked easy when you had a group to do it with.

I finished the marathon in 5hrs 27 minutes. I was hoping to finish in 5 hours but am thrilled I even completed a marathon.

My brother, my husband, and our 5 year old son managed to see me 5 times during the run. The first time I saw my son he got mad because I kept running by, the next time I saw him he was ok. When I saw them on the 14th Street Bridge my son ran with me for 1/4 mile. What a great experience for the both of us.

Once the finish line was near I managed to pick up my pace. How wonderful to see the finish line after all those months of training. It wasn't just finishing this marathon but all the Saturday mornings on Truman Parkway—running in the heat, the rain, the flooded road. All of that came into mind as I finished the run.

Thank you for all of your help and encouragement. This is truly something I will never forget.

New York City Marathon

Lara Mish

I couldn't have done this without you and the group! I am already missing it! The marathon was amazing! Thank you for everything. You are the best!

Shuck Family Runs Marine Corps Marathon

It started out as a way to lose weight. My daughter, Leann, had just had her second child and needed motivation. She set the Marine Corps Marathon as her goal and persuaded two of her sisters, Jenn and Corinne and I, to accompany her. Younger sister, Rachel, in graduate school, declined the challenge.

I started running six years ago and worked up to the Annapolis Ten Miler, which seemed like an insurmountable task. I had tried through the years to persuade the girls to join me but they

continued on page 16

Moore's Marines *(continued from page 15)*

all insisted running was not their thing. Playing a sport and running was OK, but running alone was not something any of them would ever do.

Well here we are in 2004, the girls are no longer playing competitive sports, they all played lacrosse in college, and now running is the sport of choice. After joining the Striders earlier in the year we met Ron Bowman and were introduced to the club's first time marathon training program. We learned that our first task was to be able to run ten miles comfortably by June 26. A task we threw ourselves into. On Saturday mornings we'd hit the B & A Trail. And gradually, as the weeks went by, we increased our mileage and were quite proud when we hit ten miles. We thought—what an accomplishment! After that it was all training, training and then more training. We ran with the Striders on Saturday mornings along Routes 450 and 424. Sometimes in the dark, sometimes in the rain, but we kept showing up. The miles were piling up and we were astounded. Each time we hit a new all time distance elation set in. During this time we were

also learning about the hardships of running. Leann had new shoes and had such painful blisters that she had to take off her shoes and walk three miles during one training session. We all had similar maladies throughout our training but somehow we never gave up.

One thing we never thought about was the huge amount of time it takes to train for a marathon: running before and after work; early to bed on Friday nights; and then getting up at 5:00 am on Saturday's. However, as their mother, it was time that I really enjoyed with my girls. We would talk about the grandkids, discuss work issues, share problems and most of all we would laugh and often reminisce about our lives together. Our hours together were something we looked forward to.

When we hit the twenty-two mile run we knew we would finish the marathon. Now we just had to wait for the big day.

Sunday, October 31, 2004, we were in our corrals and ready to go, very upbeat! Once we started we enjoyed the comradery of the runners and the boost we received from the fans as they called our names. We saw everything;

a guy running bare foot; a guy running backwards; and costumes such as Kermit the Frog and a French Maid. It was hot and as the miles ticked by the run got harder. Jenn had a stitch in her side, Leann's leg was giving out, Corinne's calves were knotting up and I was nauseated. Quitting was never an option, so we kept moving along, grateful that our bodies were vertical. Coming through the finish line was an awesome moment with feelings of happiness (that it was over), a sense of pride and unity that all four of us had made it.

My first words were NEVER AGAIN! But, as my daughter Leann expressed, "Mom, it's just like childbirth, you'll forget the pain". And you know what, she's right. We're already talking about next year's marathon and attempting a triatholon in June. Running has provided us the opportunity of attaining an amazing goal with the most important people in our lives.

Oh yes, our times: Leann Shuck Gibbs 04:44:28, Corinne Shuck 05:03:24, Jennifer Baldwin 05:43:47 and Andrea Shuck 05:43:47.

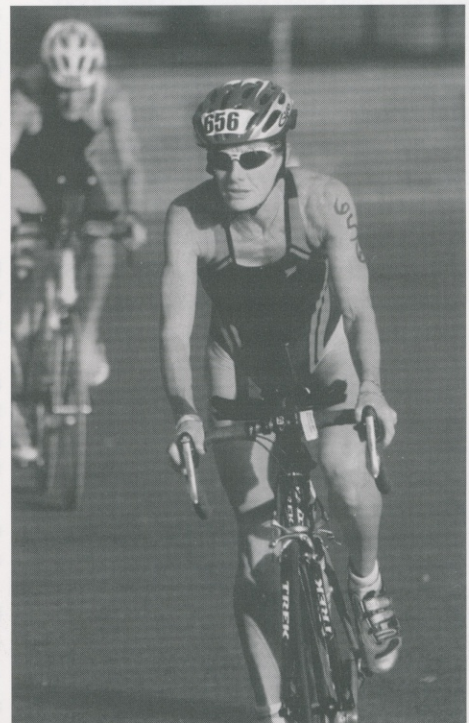
Training

Top Ten Things Not To Do Before an 'A' Race

By Alison Suckling

- 10. Do a triathlon one month before** (It'll be ok—it's only a sprint distance).
- 9. Do a MAJOR 10 MILE road race 3 weeks before in 1000% humidity** (It'll be ok—I won't race it, just a nice steady pace)
- 8. Come down with the Greatest Cold on Earth (GCoE) 3 days later** (I can't get sick now!!!)
- 7. Refuse to acknowledge the GCoE** (I can't get sick now!!!)
- 6. Do a 10k race 1 week before** (It'll be ok—I'm not sick, I'm on a roll. I won't race it—it's just a trainer.)
- 5. Fly towards a hurricane in the hopes of beating it to the connecting airport** (Unless you want to experience a new kind of stress). My thanks to the super kind people at Delta . . .
- 4. Pack supplements anywhere the airport gorilla security people can find them, and confiscate.** (Hey George—look at this white powder . . .)
- 3. Not see your course until race morning, and knowing your competitors are the best in the country, have seen it, and definitely have their acts together, and all race to win.** (Swim in/run out?? Run in/bike in? Swim out/run in and out?? Bike up/swim down/run back . . . and the finish is where ??)
- 2. Lie out in the 90 deg Louisiana sun the day before while taking antibiotics.** (It's only for a while, and besides, I don't feel well and need to rest up and the sun is so nice . . .)

Congratulations to fellow Striders Alison Suckling and Sue Briers who went to the National Age Group Triathlon Championships in Shreveport, LA recently with dreams of qualifying world competition. They returned with a chance of a lifetime and a few pointers.



Allison riding her way to Team USA for the World Triathlon Short Course Competition in October 2005.

And the #1 thing NOT TO DO on race day . . .

Try a new supplement . . .

(Well, it looks ok and everyone else has some . . .). **Not only on race day but during the race itself.**

I downed something new on the bike portion of the race. I know this is a cardinal sin but see # 4 above—I was stuck with the new stuff! And in all fairness to our sponsors it was probably the antibiotics although running a 10K and practicing Kegel exercises cramps both style and pace. Whoever invented the Port-a-Pot deserves a knighthood!

The point being, never try anything new on race day! Whether it's shoes, socks, food, clothes, sports drinks or energy bars (this includes important stuff like hair and make up). Stick with what you know and have a great race!

In spite of being guilty of 9 out of 10 of the above, (OK, I did see the course before race day) I still had a great experience in Louisiana. To race with the best from around the country is humbling and exhilarating all in one. Having Sue Briers there was an added bonus as it was great to team up with a friend and athlete as we pushed and supported each other the whole time. Sue is a fearsome competitor and a proven talent in the multi-sport arena. We both look forward to representing the US in Honolulu next October and will certainly be giving it our best.

If you are from Florida . . . Top Ten Things to Fray Your Nerves before Your "A" Race

By Sue Briers

1. Plan to go on a plane trip in the middle of hurricane season
2. Plan to alter your trip schedule on 24 hour notice as the blasted hurricanes change direction on zero notice
3. Try to add a night to your hotel 48 hours before all of Louisiana is going to evacuate from

Hurricane Ivan into the town you are going to.

4. Arrive at the race without your wetsuit. Hey the water in Florida was 85 degrees—who would ever think a wet suit was necessary
5. Pick up your rental car and realize your bike won't fit in it.
6. Go to the race site to check out the swim and it strikes you that there is not a body of water in Louisiana that is alligator free.
7. Check out the other athletes in the race and it hits you that there are no slackers here and the average body fat percentage is 3%
8. The race officials clear the water of all athletes as the sun isn't up yet to scare off the alligators.
9. Racing on new wheels for the first time and realizing that the race is over if you get a flat.
10. Knowing that this is your only chance at making World's and every second counts.

Priceless:

Calling your coach, family and friends to tell them you made it to TEAM USA for the World Triathlon Short Course Competition in October 2005.

The experience of competing at the National Age Group Triathlon Championships was unbelievable. And I have Alison Suckling to thank for giving me that opportunity.

I ran into Alison at the St. Anthony's Triathlon in St. Petersburg, Florida last April. We both competed in the 45-49 age group and both finished with a qualifying spot for Nationals. It was Alison who explained the qualification to me and told me that I could compete at Nationals. She was going for sure as it was her goal to get to World's. After a few months and encouragement from my coach, I decided that the National Age Group Championships would be a great place for me to compete in a tougher arena so I signed up. My original intention was to only participate but after some research I realized I had a shot at making the team if I had a good race. I also realized that Alison had a super chance at qualifying



Sue Briers pushes through the pain on her way to Team USA.

and if I could stay near her in the race I would do well also.

Race day came and Alison and I teamed up that morning. We wished each other well as we entered the alligator-infested Red River (I still can't believe we swam in that). I exited the river and the 1st transition hearing Alison's name announced as she was also leaving the river. I was remained near her and was right on mark. We encouraged each other on the bike and then on the run. Staying within 30-60 seconds of each other the entire race. We found each other at the finish and waited with anticipation to find out that we had both qualified for the World team. What a wonderful experience to have with a fellow Strider. Alison and I plan to make the Striders proud at the World competition next year. And will try our hardest to do our best and believe me it will be tough considering the venue is Honolulu, Hawaii but somebody has to represent the club J

Never underestimate the power of the relationships you build through sport and life.

Training Trail Running—Another Alternative

I've often asked other members to join me in a trail run and just as often received the same response: "It's too dangerous. I could trip over a rock, a root or worse twist my ankle." Well—that could happen. However, there are very good reasons why you might consider an alternative and try running on a trail.

According to author Dagny Scott Barrios he points out in his book *Complete Guide to Trail Running, Runner's World, 2003*, trail running is not just for the hard-core runner who wants to compete in a 50- or 100-mile race. It's for everyone and it's all about less. "It's less hazardous. It's less painful."

It's less hazardous because you're off-road and away from the products of our normal lives: traffic lights, noise pollution, cars and trucks, potholes, etc.

It's also less painful because concrete and pavement are certainly much harder on the body than pine needles, dirt, or crushed gravel and therefore reduces the

chance of injury. The trail surface is uneven you actually use more muscles and you get a greater range of motion. That equates to a better workout.

So where are the trails? There are many trails located in and around the Annapolis and Baltimore area. North Central Rail Trail and Patapsco State Park are the ones I hear most often. Others that are a little closer to home are the National Wildlife Visitor Center at the Patuxent Research Refuge near Fort Meade and the North Tract of the Patuxent Research Refuge. However, if you want to stay in the Annapolis area try the trails at Quiet Waters Park or the trail system located behind Annapolis High School.

The trail system behind Annapolis High School, in particular, is a great place to begin. There several small trails that run in combination and can total nearly 8 miles. Access can be gained from behind Annapolis High School as well as from the

parking lot at the NHS off Truman Parkway. This trail system has improved significantly thanks to the hard work of Scott Edan and several club members.

So if you want a break from your normal routine try another alternative and get out to a trail near you. If you want a copy of the map below go to the club web site at <http://annapolisstriders.org/>.

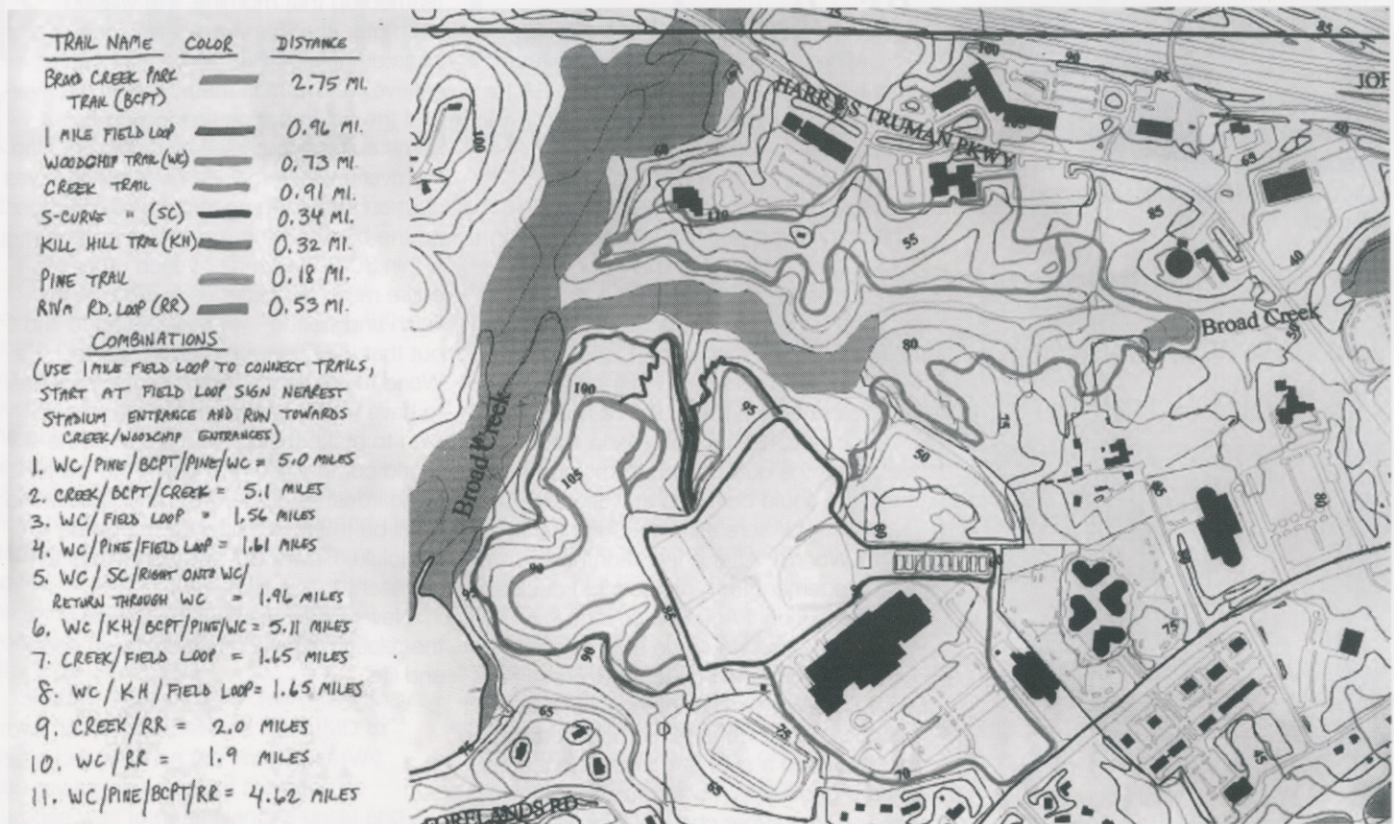
Trail Running Resources Organizations

All American Trail Running Association (AATRA)
www.trailrunner.com

American Running Association
www.americanrunning.org

American Ultra Running Association
www.americanultra.org

Road Runners Club of America
www.rcca.org



2004 Annapolis Striders 10K Running Class

Program Director - Donna Cogle (rundonna1@aol.com)

Current results of the Annapolis Striders 10K Running Class through the OSCM Halloween Fun Run in October. Results from the graduation race, The Cold Turkey 10K, on November 21 will be posted in the next issue of the Streak.

	Women's Distance Festival and Run After the Women July 2004 5K	PGRC Girls Just Wanna Have Fun August 2004 5K	Northrop Grumman September 2004 4-Mile	Bodkin Elementary October 2004 5K	OSMC Halloween Fun Run October 2004 5K
Alhambra, Susan	33:05				28:13:00
Bender, Norie	29:54				25:55:00
Border, Christine					28:12:00
Caroon, Ilene			43:29.0		
Colvin, Lauren	33:07			31:21:00	28:12:00
Cooper, Warren				25:15:00	
Cullen, Pam (M)	30:28			29:52:00	28:51:00
Cullen, Rick	35:26			33:58:00	32:59:00
Gallagher, Susan	35:41				32:01:00
Grindle, Rita (M)	47:37				
Hasbrouck, Jenny (M)	30:29	30:59:00		31:22:00	28:48:00
Hatcher, Joe (M)				21:34:00	
Hatcher, Roxanne (M)				27:42:00	
Hennes, Kathy	25:09	25:06:00			27:29:00
Katie Irwin (M)		28:09:00	38:14.8	28:02:00	27:02:00
Leanne, Jennings				35:57:00	
Lynch, Noreen					33:27:00
Miante, Regina			40:36.8	30:57:00	
Miante, Russell			29:17.8		
Miller, Jan	31:25			29:55:00	28:21:00
Neilson, Tina	39:17				
Nowlin, Kathy (M)	34:42				
Parker, Edgar	39:05			39:26:00	36:56:00
Peterson, Matt (M)			34:49.1	27:00.0	23:50
Rayburn, Arlene (M)		29:33:00	38:21.0		27:15:00
Rugolo, John (M)			38:24.5		
Toomey, Pamela	33:22				
Tucholski, Eva (M)	28:48				26:38:00
Tucker, Melanie	32:14				
Unwin, Lisa	35:21				30:07:00
Warren, Teri	33:33				
Wilson, Colleen				35:45:00	

on the road

BY MICHAEL CUNNINGHAM

E-mail your race results to:
Michael.Cunningham@usdoj.gov
 or mail to 7 Franklin Street, Annapolis,
 MD 21401.

It seems that our run of good weather continued through the fall months and Striders participated in races near and far. Although the wind picked up a little bit, the conditions for the Baltimore Marathon seemed made to order. I know that many of you participated in the races listed in this column but, most people don't submit their results. I encourage you to let fellow Striders know about your running successes and share the good and bad about races outside our local community. Thanks again to those of you who formatted your submissions to facilitate ease of compiling.

May 2 - Frederick Marathon - Frederick, MD

Ronnie Wong 3:18 1st A/G

Jun 6 - Bel Air Town Run 5K - Belair, MD

Ronnie Wong 19:07 1st A/G

Aug 8 - 3rd Venus on the Half Shell 5K - Dewey Beach, DE

Lisa Murphy 28:00

Sept 5 - Rock & Roll Half Marathon - Virginia Beach, VA

Muffet Chatterton 2:05 2nd A/G

Sept 5 - NCR Trail 20 Miler - Baltimore County, MD

Jon Schoenberg 1:59 3rd O/A
 Nathan Nudelman 2:10
 Michael Cunningham 2:22
 Merle Maffei 2:50 1st A/G
 T.J. Harrington 3:11
 Mike Bright 3:12
 George Swatzbaugh 3:22

After T.J. corralled me into running this race, I spent much of the time during it motivated by the desire to finish just so I could write up Dave Cooley for what I

thought was poorly organized event. The weather was beautiful and the trail was, as always, a nice venue for a run or race. But, the almost 4 miles between two rest stops (in fairness to organizers, they warned about 2.5-3 miles between water) and a total lack of port-a-johns at the start, coupled with a delayed start of more than 30 minutes made me frustrated from the outset, (not the way to participate in what is supposed to be, fundamentally, a fun, recreational activity). Suffice to say, I am not recommending this particular race organizer but, in the interest of balanced reporting, Nathan said he's run a number of Cooley's races and thinks they're usually well organized and executed.

Sept 10 - Knights Invite 3 Mile Cross Country Run - Baltimore, MD

Kevin Clulow 19:38 PR
 (2 min faster than last year)

Sept 11 - American National 100 Mile Championship - Toledo, OH

Ronnie Wong 23:36 3rd A/G

Sept 11 - Groundhog Fall 50k - Punxsutawney, PA

Hamilton Tyler 5:40

Sept 11 - Run to Remember 5K - Baltimore, MD

David Bonney 24:31

Sept 11 - 28th Gary P. Lister Bottle & Cork Ten Miler - Dewey Beach, DE

Lisa Murphy 1:35:25 PR

What an awesome race! 68 degrees throughout race; fast and relatively flat; very well-organized, beautiful residential scenery and the length of the Rehobeth boardwalk along the ocean. Ample water-stops—best one was the lifeguards! Great after party with lots of food, beer, music and carb drinks; great series of races overall with the Seven Sister's of Dewey Beach.

Sept 18 - Linthicum Classic 5K - Linthicum, MD

Michael Kuhn 21:01

Sept 18 - Air Force Marathon - Dayton, OH

Bob Cawood 2:58:26 21st O/A

The first 6 miles and last 6 miles are hilly. The course is basically around the Air Force base, which was closed to traffic

and quite serene. There were many aid stations, nice medal and t-shirt.

Sept 19 - Philadelphia Distance Run Half Marathon - Philadelphia, PA

Patricia Hicks 1:42:22
 David Bonney 1:54:48

Sept 26 - 20th DCRRC National Capital 20 Miler - Alexandria, VA

Maria Shields 2:57 2nd A/G

Sept 26 - Bachman Valley Half Marathon - Westminster, MD

Kevin Clulow 1:36:03 PR

Comments: Definitely a no frills small race without tee shirts. But this race was a good value with \$6 pre and \$8 race day registration fee. Good volunteer support with monitors at turns and enough water—Gatorade stops. At the end you were treated to bananas, bagels, and tons of apples. If you wanted a hill workout this half would be for you. There seemed to be hill after hill and since it was a double loop that followed part of the same course twice.... you got to do some of your favorite hills 2X!

Sept 26 - Quad Cities Marathon, Half-Marathon and 5K - Moline, IL (5K)

Christopher Lee 21:55 (5K) 2nd A/G

The Quad Cities Marathon is unique in the sense that on the same day and the same start they run a 5K, a half-marathon, and a full marathon. This course is a straight and flat up and back course built for speed.

Sept 26 - Make A Wish Triathlon - Sea Colony, Bethany, DE

Gaye Bugenhagen 2:39:18 1st A/G

Sept 26 - National Capital 20 Miler - Arlington, VA

Ross Heisman 2:42

Sept 26 - BWI 4-Mile Run - Linthicum, MD

Michael Kuhn 28:22

Oct 2 - St. Georges Marathon - UT

Muffet Chatterton 4:12 2nd A/G

I finally got to run this fast downhill (drops from 5240 ft to 2680 ft) course after looking forward to it for many years. As advertised it was definitely downhill with several sections at a 7% grade. However, there is one long uphill stretch that

includes a 9%, 1/4 mile uphill grade. The weather was nearly perfect. There is quite a temperature difference from start to finish (as low as 40 degrees to 90 degrees respectively) but with a bit of planning that was not a factor. The race is very well organized, great support, a totally closed course, except for a short distance where runners are well protected, and the only turn comes with less than a mile to go. Early arrival for busses to the start is a must. I was not able to prepare as well as I wanted due to a knee problem, but was still able to run 4:12:50 for 2nd place in the 60-64 age group. This is definitely a course that I could have run a 3:15 or better when I was in my 40's.

Nevertheless, I was pleased to be able to run it and definitely recommend the St. George Marathon. If doing it, plan time to see at least Zion and Bryce Canyon National Parks while out there.

Oct 3 - Portland Marathon - Portland, OR

Danielle Meyer 4:18:43

Danielle wrote: A beautiful, near perfect day in the PNW, with lots of support from friends and family. 4th marathon, but the first without her Dad, strider Jon Meyer. Jon suffered a heart attack following an 18 mile training run on September 4th. The following day he had open heart surgery with 3 by-passes. Genetics finally caught-up with Jon. Without his frequent running he would not have survived the attack. His prognosis is great, and he hopes to be running again next spring.

Oct 9 - 5K Run for Kathy - Bowie, MD

Michael Kuhn 21:18

Oct 9 - ChesapeakeMan Ultra Distance Triathlon [2.4 mi swim, 112 mi bike, 26.2 mi run] - Cambridge, MD

Susan Zevin 15:45:38

Susan received the following awards: ChesapeakeMan Grand Masters Female Champion, and USA Triathlon Mid-Atlantic Regional Championship Grand Masters Female. Congratulations on this super Ironman effort. With these results, Susan should be competing at the World Championships in Kona, HI next year!

Oct 10 - LaSalle Bank Chicago Marathon - Chicago, IL

Lisa Murphy 4:41

Oct 16 - Baltimore Running Festival - Baltimore MD

5K

Eric Peltosalo	20:25	3rd A/G
Michael Kuhn	20:55	
Morgan Wells	22:00	
Jeanne Tullier	29:38	

Half-Marathon

Michael Cunningham	1:28	1st A/G
Laurel Bell	1:40	
Eric Karandy	1:45	
Maria Shields	1:51	3rd A/G
Tammy Mazzola	1:59	
Stan Pendergrass	2:25:07	

Marathon Relay Team

Party Perfect Girls	3:22:52	3rd O/A Female
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Janet Toney, Liz Jameson, Geri Nash and Cheryl Gilman.

Marathon

Bob Cawood	2:56	31st O/A
Ham Tyler	3:19	
Ronnie Wong	3:24	
Margie Boyd	3:26	2nd O/A Master Female
Mary Lang	3:44	2nd A/G
Meredith Bonta	3:58	1st A/G
B.J. King	4:02	2nd A/G
Don Singer	4:15	
George Swatzbaugh	4:36	

Bob reported: Lots of concrete, lots of hills and lots of wind. At the mile 22 water stop, I heard something that sounded like a group of elephants behind me. Before I could turn around to see what was coming, whoosh, the pack of elite 1/2 marathoners passed me like I was standing still. Turns out they were running sub 5s.

Oct 17 - Ironman Triathlon [2.4 mi swim/112 mi bike/26.2 mi run] World Championships - Kona, HI

Chris Riley	14:30	22 A/G
Kevin Cunningham	12:28	

(okay, he's not a Strider but, he is the writer's brother and I'm proud of him)

Oct 17 - Big Sur Half Marathon - Big Sur, CA

Doug Silate 1:48:56

Doug wrote: I finished 501st in a field of over 3000. I was 50th in my age group (175 total). This was a spectacular run along the shoreline of Monterey Bay. I highly recommend this event to fellow striders who may have the opportunity to participate in future years.

Oct 24 - Army Ten Miler - Arlington, VA

Cheryl Gilman 1:11:33 PR

Oct 24 - Orthopaedic & Sports Medicing Halloween 5k

Scott Gilman 19:53 2nd A/G



On behalf of the Annapolis Striders, A-10 Race Director, Ron Bowman, presented a check for \$10,000.00 to Dr. Ken Gummerson, AAMC Chief of Emergency Medicine, and Pat Saunders, Director of AAMC's Critical Care and Emergency Services. Proceeds will be used to purchase a Rosetta device. This device will enable emergency room technicians to receive vital information on patients being transported to the hospital by ambulance.

2004 Championship Series Standings

Women Under 14	5K	10M	5M	1M	8K	10K	26.2K	Total
Stephanie Kurth	1	1	1	1	1	1	35	6
Chloe DeKornfield	35	35	35	2	35	35	35	177
Maura Grindle	35	35	35	3	35	35	35	178
Evelyn Powell	35	35	35	4	35	35	35	179
Women 14-19	5K	10M	5M	1M	8K	10K	26.2K	Total
Kelly Gonzalez	35	35	35	35	1	35	35	176
Kara Danneberger	35	35	1	35	35	35	35	176
Sarah Weiner	35	35	35	35	35	1	35	176
Kimmy Rohrs	35	35	35	35	2	35	35	177
Women 20-24	5K	10M	5M	1M	8K	10K	26.2K	Total
Meghan Sheperd	1	1	1	1	2	1	35	7
Jennifer Kerr	35	35	35	35	1	35	35	176
Women 25-29	5K	10M	5M	1M	8K	10K	26.2K	Total
Claire Saxton	1	1	35	1	1	1	1	6
Patricia Hicks	8	3	2	2	2	2	3	14
Cyndi Cramer	3	35	35	35	3	35	5	116
Katie Bates	35	2	35	35	35	35	2	144
Jennifer Edwards	2	4	35	35	35	35	35	146
Marianna Wackerman	4	35	6	35	35	35	35	150
Emmy Harbo	35	35	1	35	35	35	35	176
Lisa Barnum	35	35	3	35	35	35	35	178
Nicole Pearce	35	35	35	35	35	35	4	179
Sarah Bell	35	35	35	35	4	35	35	179
Jodie Stugard	35	35	4	35	35	35	35	179
Julie Antinucci	35	35	35	35	5	35	35	180
Cecilia Cox	35	35	5	35	35	35	35	180
Carol Chong	5	35	35	35	35	35	35	180
Kathryn Gosnell	6	35	35	35	35	35	35	181
Courtney Rowe	7	35	35	35	35	35	35	182
Women 30-34	5K	10M	5M	1M	8K	10K	26.2K	Total
Nancy Farrell	3	2	3	4	6	4	6	22
Sigrun Ortmann	2	35	2	2	3	2	35	46
Terri Daubert	35	35	35	3	2	1	1	77
Lydia D'Wynter	6	35	4	5	35	5	35	90
Alice Chong	5	35	35	35	5	35	5	120
Andrea Williams	1	1	35	35	35	35	35	142
Kerri Reilly	35	35	35	35	1	35	2	143
Anne Heiser Buzzelli	35	35	35	35	4	3	35	147
Jennifer Schoenberg	35	35	35	1	35	35	35	176
Jennifer Diez	35	35	1	35	35	35	35	176
Kim Couranz	35	35	35	35	35	35	3	178
Colleen Klemens	35	35	35	35	35	35	4	179
Jennifer Bunch	4	35	35	35	35	35	35	179
Susan Hetrick	35	35	35	35	35	6	35	181
Jalina Jovkovich	35	35	35	35	7	35	35	182
Kristin Truax	7	35	35	35	35	35	35	182
Juliet Jones	8	35	35	35	35	35	35	183
Jen Petrin	9	35	35	35	35	35	35	184
Women 35-39	5K	10M	5M	1M	8K	10K	26.2K	Total
Cheryl Gilman	1	1	1	1	35	3	1	8
Mary Lynn Hansen	2	2	2	2	1	2	35	11
Erin Hollamon	4	3	3	3	2	4	3	18
Monica Lynch	10	5	5	6	35	4	35	35
Ginger Andrews	6	8	6	5	8	6	5	36
Sherie Cave	7	6	7	5	7	6	38	
Melanie Tucker	13	7	11	35	7	9	7	54
Momoko O'Brien	5	4	4	4	4	35	35	56
Susan Davis	18	10	12	9	10	10	35	69
Rita Grindle	9	35	9	8	6	8	35	75
Claudia Hays	12	35	10	35	35	35	35	162
Jennifer Sullivan	35	35	35	35	35	1	35	176
Paula Loucas	35	35	35	35	35	35	2	177
Sue duPont	35	35	35	35	3	35	35	178
Kathryn Masters	3	35	35	35	35	35	35	178
Kate Coulter	35	35	8	35	35	35	35	183

Kathy Butler	8	35	35	35	35	35	35	183
Diane Lundy	35	35	35	35	9	35	35	184
Susan Noble	35	9	35	35	35	35	35	184
Suzanne Kopp	11	35	35	35	35	35	35	186
Karen McCabe	14	35	35	35	35	35	35	189
Karen Prehoda	15	35	35	35	35	35	35	190
Leslie Grove	16	35	35	35	35	35	35	191
Christine Egley	17	35	35	35	35	35	35	192
Women 40-44	5K	10M	5M	1M	8K	10K	26.2K	Total
Jill Hargis	35	1	1	1	1	1	1	6
Marjorie Boyd	1	2	2	3	2	2	2	11
Karen Koffler	3	5	5	6	4	4	4	25
Tammy Mazzola	4	7	9	8	6	35	6	40
Pam Anderson	8	8	12	10	9	6	7	48
Carole Rosasco	2	3	3	7	3	35	35	53
Katherine Carney	35	6	6	5	5	35	3	60
Lisa Murphy	9	35	15	11	10	7	9	61
Eva Tucholski	6	35	16	12	11	8	35	88
Lori Marino	7	35	10	9	7	35	35	103
Sheryl Kline	35	35	4	2	35	3	35	114
Jennifer Lundeen	35	4	7	35	8	35	35	124
Laurel Bell	35	35	35	4	35	35	5	149
Sally Cummings	5	35	11	35	35	35	35	156
Kathy Zurn	35	35	35	35	35	5	35	180
Lisa Correnti	35	35	35	35	35	35	8	183
Gillian Connor	35	35	8	35	35	35	35	183
Karen White	10	35	35	35	35	35	35	185
Beth Scheidt	11	35	35	35	35	35	35	186
Rena McDermodt	35	35	35	35	12	35	35	187
Lily Openshaw	12	35	35	35	35	35	35	187
Meredith Lecourt	35	35	13	35	35	35	35	188
Anne Miller	13	35	35	35	35	35	35	188
Lisa Fontaine	35	35	14	35	35	35	35	189
Kathy Whitlock	14	35	35	35	35	35	35	189
Women 45-49	5K	10M	5M	1M	8K	10K	26.2K	Total
Lisa Schrader	3	6	2	2	35	2	5	20
Helen Laird	2	5	4	1	5	6	4	21
Patricia Snodgrass	6	4	6	3	35	7	3	29
Allison Suckling	1	1	1	35	1	1	35	40
Brenda Norman	10	9	9	4	8	12	6	46
Mary Ellen Mason	7	8	8	35	7	8	10	48
Mary Lang	35	3	3	35	3	4	2	50
Ellen McGee	16	2	35	35	4	3	1	61
Melissa Currence	14	10	15	6	12	15	13	70
Laura Treuth	8	35	10	5	6	9	35	73
Missy Digulian	9	35	35	35	9	11	11	110
Liza Recto	35	35	5	35	2	5	35	117
Kathy Sirois	35	7	7	35	35	35	8	127
Marie Friedland	4	35	35	35	35	35	7	151
Joanne Heath	35	35	35	35	10	14	35	164
Mary Curley	15	35	14	35	35	35	35	169
Helen Brennan	5	35	35	35	35	35	35	180
Sue Alhambra	35	35	35	7	35	35	35	182
Maria Montgomery	35	35	35	35	35	35	9	184
Cecile Spiegel	35	35	35	35	35	10	35	185
Maureen Rohrs	35	35	35	35	11	35	35	186
Nancy Williams	35	35	11	35	35	35	35	186
Linda Ashburn	11	35	35	35	35	35	35	186
Kate Sanford	35	35	35	35	35	35	12	187
Barb Hulick	35	35	12	35	35	35	35	187
Regina Miller	12	35	35	35	35	35	35	187
Jeanne Larrison	35	35	35	35	35	13	35	188
Kathleen Nowlin	35	35	35	35	13	35	35	188
Gale Ferguson	35	35	13	35	35	35	35	188
Linda Cox	13	35	35	35	35	35	35	188
Leslie Douglas	35	35	35	35	35	35	14	189

Women 50-54	5K	10M	5M	1M	8K	10K	26.2K	Total
Maria Shields	1	1	1	1	2	35	1	7
Donna Cogle	4	3	4	3	4	1	3	18
Kathleen Hanson	2	4	7	5	6	3	4	24
Susan Zevin	35	2	3	4	5	2	35	51
Noreen Lynch	35	35	8	6	7	4	35	95
Rita Twist	35	35	2	2	35	35	2	111
Kathy Hennes	35	35	35	35	1	35	35	176
Linda Scoggins	35	35	35	35	3	35	35	17
Ilene Caroom	3	35	35	35	35	35	35	178
Arlene Rayburn	35	35	5	35	35	35	35	180
Denise Messineo	5	35	35	35	35	35	35	180
Diane Zoller	35	35	6	35	35	35	35	181
Women 55-59	5K	10M	5M	1M	8K	10K	26.2K	Total
Jackie Kellner	3	2	3	2	1	2	5	13
Penny Goldstein	6	5	4	4	2	4	6	25
June Schneider	1	3	2	1	35	1	35	43
Rae Jean Goodman	2	4	35	35	35	3	35	114
Susan Gallagher	5	35	35	3	3	35	35	116
Rose Malloy	35	35	1	35	35	35	3	144
Meredith Bonta	35	35	35	35	35	35	1	176
Danalee Henkart	35	1	35	35	35	35	35	176
BJ King	35	35	35	35	35	35	2	177
Jeanne Russell	35	35	35	35	35	35	4	179
Pam Cullen	4	35	35	35	35	35	35	179
Margaret Kramer	7	35	35	35	35	35	35	182
Women 60-64	5K	10M	5M	1M	8K	10K	26.2K	Total
Linda Simpson	1	35	35	1	2	35	35	109
Molly Sherwood	35	35	35	35	1	1	35	142
Ingrid Vassanelli	35	35	1	35	35	35	35	176
Women 70-74	5K	10M	5M	1M	8K	10K	26.2K	Total
Yvonne Aasen	1	1	1	1	1	35	35	40
Martha Trimmer	35	35	35	35	35	1	35	176
Men Under 14	5K	10M	5M	1M	8K	10K	26.2K	Total
Evan Kurth	1	2	1	2	2	1	35	9
Brenton Edwards	4	3	2	5	3	2	35	19
Trevor Keen	35	1	35	35	1	35	35	142
Hamilton Tyler Jr.	2	35	35	3	35	35	35	145
Nick Ackerman	35	35	35	1	35	35	35	176
Nick Murphy	3	35	35	35	35	35	35	178
Adam Garner	35	35	35	4	35	35	35	179
Kyle Schoenberg	35	35	35	6	35	35	35	181
Jared Grindle	35							

Rob Jolley	35	35	4	35	35	35	35	179
Men 30-34	5K	10M	5M	1M	8K	10K	26.2K	Total
Jim Calvert	2	1	2	3	3	3	2	13
Larry Wans	3	2	3	5	6	5	35	24
Eric Makovsky	1	35	1	1	1	1	35	40
George Swatzbaugh III	5	3	4	35	7	6	35	60
Chris Daubert	35	35	35	2	4	2	1	79
Chris Mairs	35	35	35	4	5	4	3	86
Michael Ricciardi	4	35	35	35	35	35	5	149
Thor Young	35	35	35	2	35	35	177	
Karl Roy	35	35	35	35	35	35	4	179
Jay Young	35	35	5	35	35	35	35	180
Kevin Hetrick	35	35	35	35	35	7	35	182
Men 35-39	5K	10M	5M	1M	8K	10K	26.2K	Total
Robert Cawood	5	2	3	4	1	2	1	13
Eric Schrader	4	4	2	2	35	3	3	18
Chris Sinclair	3	1	1	7	2	35	4	18
Tim Lowe	7	6	5	6	6	4	5	32
James Hoffman	9	9	6	5	7	5	7	39
Jose Romero	8	8	7	35	8	7	6	44
Christopher O'Brien	6	5	4	3	3	35	56	
Hugh Harris	1	35	35	35	4	1	2	78
Stephen Morris	35	7	8	35	35	6	35	126
John Ward	2	3	35	35	35	35	35	145
Christian Zazzali	35	35	10	35	35	8	35	158
David Forsyth	35	35	9	35	35	9	35	158
Dan Phelan	35	35	35	1	35	35	35	176
David Rosenblatt	35	35	35	35	5	35	35	180
Joe Borneman	35	35	35	35	35	35	8	183
Scott Reaser	35	35	35	35	35	35	9	184
Ernie Kidder	35	35	35	35	35	35	10	185
Mark Snyder	35	35	35	35	35	10	35	185
Rob Schiller	35	10	35	35	35	35	35	185
Lawrence "Cliff" O'Connor	10	35	35	35	35	35	35	185
Edward Miller	35	35	11	35	35	35	35	186
Gordon Ward	35	35	12	35	35	35	35	187
Men 40-44	5K	10M	5M	1M	8K	10K	26.2K	Total
Jon Schoenberg	1	1	1	1	1	1	1	6
Matthew Mace	2	5	3	7	3	2	3	18
Robert Biddle	6	35	5	4	6	3	4	28
Scott Gilman	8	6	7	6	35	5	11	43
Matthew "Court" Truth	9	8	6	9	9	6	10	47
Thomas Hattar	5	3	35	2	4	35	2	51
Mark Rosasco	4	4	2	3	5	35	35	53
Kevin Lynch	11	7	10	13	35	9	8	58
Derek Ammons	17	11	16	12	14	12	6	71
Vassie Hollamon	15	14	12	10	11	10	14	71
Ronald Hooker	14	12	15	12	15	8	16	76
Alan Murray	18	16	19	14	17	14	15	94
Hamilton Tyler Sr.	7	35	4	5	35	35	9	95
Steven Hays	10	9	8	8	35	35	35	105
Steve Egolf	3	2	35	35	2	35	35	112
Tim Carney	35	35	14	11	12	35	7	114
Jim Falvey	13	10	11	35	13	35	35	117
Steve Lucente	35	35	35	35	7	4	35	151
Jim Narimatsu	35	35	9	35	8	35	35	157
Scott Frazier	35	13	35	35	35	35	5	158
Kevin Powell	21	35	21	16	35	35	35	163
William Ackerman	12	35	13	35	35	35	35	165
Michael Shevenell	35	35	35	35	16	35	12	168
LJ Collazo	35	35	18	35	35	35	13	171
Michael Kuhn	35	35	35	35	35	7	35	182
Michael Gonzalez	35	35	35	35	10	35	35	185
George Matthews	35	35	35	35	35	11	35	186
Richard Snyder	35	35	35	35	35	13	35	188
Marvin Solberg	35	35	35	35	35	15	35	190
Jon Valentine	35	35	35	15	35	35	35	190
Van Haigler	35	15	35	35	35	35	35	190

Mark Tucker	35	35	35	35	35	16	35	191
Gary Cruttenden	16	35	35	35	35	35	35	191
Louis Petrich	35	35	17	35	35	35	35	192
William Bunch	19	35	35	35	35	35	35	194
Scott Thayer	35	35	20	35	35	35	35	195
John Rugolo	20	35	35	35	35	35	35	195
Patrick Cavanagh Sr.	22	35	35	35	35	35	35	197
Men 45-49	5K	10M	5M	1M	8K	10K	26.2K	Total
Paul Serra	1	35	1	1	1	1	1	6
Wilhelm Anderson	2	2	2	2	2	2	2	12
Greg Clulow	5	3	6	3	5	4	3	23
Dave Walser Sr.	4	4	13	5	4	3	4	24
Ross Heisman	7	5	7	35	7	5	5	36
Mike Kennedy	9	7	8	35	6	6	6	42
Stephen Donnelly	8	8	12	7	8	7	7	45
Larry Puglisi	10	10	21	12	9	8	8	57
Robert Kurth	15	12	19	11	16	11	35	84
Robert Moseley	35	1	5	6	3	35	35	85
John Firebaugh	16	35	22	14	17	13	11	93
Douglas Silate	14	35	14	10	11	9	35	93
Eric Karandy	11	9	9	35	35	35	10	109
Joe Mulhern	3	35	3	4	35	35	35	115
Robert Zeminsky	12	35	17	9	14	35	35	122
Mark Stover	13	11	15	35	13	35	35	122
Jon Sherburn	35	35	35	8	10	10	35	133
Jim Kaufman	35	35	16	35	35	12	13	146
P Michael Cunningham	6	35	4	35	35	35	35	150
Barry Boyd	35	13	20	13	35	35	35	151
Mike Higgins	35	6	11	35	35	35	35	157
John Danneberger	35	35	18	35	15	35	35	173
Chris Brown	17	35	23	35	35	35	35	180
James Lundeen	35	35	35	35	35	35	9	184
Paul Kaus	35	35	10	35	35	35	35	185
John Hendrick	35	35	35	35	35	35	12	187
John Kibby	35	35	35	35	12	35	35	187
E. Patrick McDermott	35	35	35	35	18	35	35	193
Jerry Judd	35	35	24	35	35	35	35	199
Men 50-54	5K	10M	5M	1M	8K	10K	26.2K	Total
Michael Bergeson	3	35	3	2	2	3	3	16
Michael Anderson	5	4	4	6	4	4	5	26
Donald Price	7	5	6	4	3	5	7	30
Ron Bowman	8	6	7	7	8	35	8	44
David Brault	35	3	5	3	5	35	2	53
Charlie Muskin	21	15	9	9	10	8	9	60
Jim Etchison	11	12	11	10	9	10	15	63
William Myers	13	9	13	11	13	13	10	69
Dan Kallernyn	10	35	8	8	6	6	35	73
David Webster	1	35	1	35	1	1	35	74
Tom Dekornfeld	35	2	35	1	35	2	1	76
Bill Woods	19	14	15	13	12	12	12	78
Reggie Haseltine	15	11	16	12	14	16	14	82
Ron Jarashow	17	10	14	15	15	15	13	82
Patrick Donohue	14	13	18	14	16	14	16	87
James Moreland	2	1	2	35	35	35	35	110
Phil Caroom	9	8	35	35	7	35	35	129
Michael Lord	4	35	35	35	35	35	4	148
William Rohrs	18	35	35	35	17	35	11	151
Scott Lutrey	6	35	35	5	35	35	35	151
Donald Snodgrass	20	35	17	35	35	17	35	159
Thomas Frankhouser	35	35	35	35	11	11	35	162
TJ Harrington	35	35	35	35	35	35	6	181
Douglass Mann	35	35	35	35	35	7	35	182
Rufus Creekmore	35	7	35	35	35	35	35	182
Keith Corner	35	35	35	35	35	9	35	184
Charles Schindler	35	35	10	35	35	35	35	185
Craig Harrison	35	35	12	35	35	35	35	187
Joe Ross	12	35	35	35	35	35	35	187
Charles Hammond	16	35	35	35	35	35	35	191
Dennis Meyer	35	35	35	35	18	35	35	193

Men 55-59	5K	10M	5M	1M	8K	10K	26.2K	Total
John Fay	3	2	4	3	3	3	4	18
John Gallagher	5	1	3	4	9	5	4	22
Dan Symancyk	9	4	13	7	2	4	1	27
Robert Edwards	6	3	7	6	4	6	35	32
John Curley	7	7	9	5	5	7	2	33
Eric Gyaki	2	35	1	1	1	2	35	42
Joe Layton	35	9	11	8	8	8	3	47
John Meyer	35	5	8	35	6	35	35	124
Mick Galuski	8	6	5	35	35	35	35	124
Michael Frank	35	35	10	35	7	35	35	157
Todd Olson	35	35	35	35	35	1	35	176
Ronnie Wong	1	35	35	35	35	35	35	176
Dan Masterson	35	35	35	2	35	35	35	177
Keith Harvey	35	35	2	35	35	35	35	177
Bill Freed	4	35	35	35	35	35	35	179
Paul Stoneham	35	35	6	35	35	35	35	181
Eric Fromm	35	8	35	35	35	35	35	183
Marvin Holmes Jr.	35	35	12	35	35	35	35	187
Men 60-64	5K	10M	5M	1M	8K	10K	26.2K	Total
John Kirkpatrick	1	1	35	1	1	1	1	6
Joseph Clorety	3	2	1	2	2	2	3	12
Tom Bradford	4	3	2	4	3	4	2	18
Donald Higdon	5	4	3	5	35	5	6	28
Evan Thomas	7	<						



2005 Club Calendar

FEBRUARY 12—SATURDAY

Valentine's 5K (1st leg of Championship Series)
Ellen McGee & Joe Ross ellenmcgee@hotmail.com
10:00 a.m. Kinder Farm Park

MARCH 6—SUNDAY

B&A Trail Marathon & Half Marathon
Lisa Fontaine & Craig Harrison lisafontaine@comcast.net
7:30 a.m. Severna Park High School

APRIL 10—SUNDAY

Cherry Pit 10 Mile Race (2nd leg of Championship Series)
George Swatzbaugh gks3@msn.com
8:00 a.m. Central Middle School

MAY 1—SUNDAY

Governor's Bay Bridge 10K Run
Melissa Currence mdg624@hotmail.com
8:00 a.m. Sandy Point State Park

JUNE 19—SUNDAY

Dawson's Father's Day 5 Miler (3rd leg of Championship Series)
Dan Symancyk 410-544-1516 dfsym@att.net
8:00 a.m. Severna Park High School

JULY 9—SATURDAY

Women's Distance Festival 5K/Run After the Women 5K
Melissa Currence & Ginger Andrews mdg624@hotmail.com
& bgn86wc44@aol.com
8:00 a.m. West Annapolis Elementary School

JULY 16—SATURDAY

John Wall Memorial 1 Mile Track Run
(4th leg of Championship Series)
Dave Wall 410-956-0828 Will Myers 987-4883
wtmwants@aol.com
8:00 a.m. Broadneck High School

AUGUST 7—SUNDAY

Dog Days 8K Cross Country Run
(5th leg of Championship Series)
Robert Bigelow
8:00 a.m. Anne Arundel Community College

AUGUST 13-14—SATURDAY/SUNDAY

24-Hour Relay
Dick Hillman
12 Noon – Annapolis HS

AUGUST 28—SUNDAY

Annapolis Ten Mile Run
Ron Bowman
7:50 a.m. Navy/Marine Corps Stadium

SEPTEMBER 18—SUNDAY

B&A 10K (6th leg of Championship Series)
Neal Hinkle 410-987-5649 jnealhinkle@comcast.net
8:00 a.m. North Arundel Hospital

OCTOBER 2—SUNDAY

Metric Marathon (7th leg of Championship Series)
John Gallagher jgallagher@aoc.gov
8:00 a.m. Southern High School

NOVEMBER 5—SATURDAY

Down's Park 5 Miler
Don Higdon 410-266-0561 donhigdon@comcast.net
Mike Busch 410-222-7300
8:30 a.m. Down's Park, Pasadena

NOVEMBER 20—SUNDAY

Cold Turkey 10K
Donna Cogle rundonna1@aol.com
8:00 a.m. Central Middle School

DECEMBER 11—SUNDAY

27th Anniversary Run 15K (8th leg of Championship Series)
Peter Salmon-Cox & June Schneider 410-987-0281
june9peter@aol.com
10:00 a.m. Quiet Waters Park, Annapolis

Has Your Membership Expired?

Renew online at <http://annapolisstriders.org>
or

Fill out the renewal form on the back page of
this newsletter and mail, with your payment, to:

Annapolis Striders Membership Director
8179 Forest Glen Drive
Pasadena, MD 21122

WHERE THE RACES ARE

The number of races decreases as the days grow shorter and colder, but there remain several good options throughout the season and, particularly around the holidays and the Super Bowl. Anyway, it's time to give the legs a little rest from the harder training for fall marathons and other serious races, so indulge in a well-earned break. For those of you traveling to distant venues, remember to check out the local websites for their races—and share your results with other Striders.

Again, here are some good websites for up-to-date race information:
<http://www.pmw.com/running>;
<http://www.racepacket.com/index.html>;
<http://www.races2run.com>;
<http://www.runwashington.com/calendar/smu.html>,
http://www.marylandrunning.com/events/run_calendar.phtml.

The runwashington site is chock full of events near and far and the last site is a very current compendium of the events. Better than what is reported here. In the interest of full disclosure, I remind you that—with limited exception—the compiler of this list of races does not include any race that occurs on the same day as one of the

Strider sponsored races. Here are some in our area. Good luck and have fun.

Dec 5-Sun, 9am, Masters 10K, Sparks, MD, Baltimore Road Runners Club,
 Contact: Christy St Clair at saint@att.com

Dec 11-Sat, 8am, Solomons Jingle Bell Run for Arthritis 5K, Solomons, MD
 Contact: Race Director Phone: 301-994-3597 Website: www.cbrcmd.org

Dec 18-Sat, 8:30am, Celtic Solstice 5 Miler, Druid Hill Park, Baltimore, 410-296-5050

Dec 18-Sat, 8:30am, ChristmasCaper 5K & 10K, Washington, DC (Hains Point)
 Contact: RVElliott@copper.net, 703-481-3530

Dec 31-Fri, 2 pm, Golds Gym 5K, Rehoboth Beach, DE (Golds Gym Fitness Center) - Contact: Tim Bamforth, 302-644-8952

Dec 31-Fri, 4pm, MADD Red Ribbon Run 5K, Arlington, VA
 Contact: Phone: 703-352-3944;
 mail: office@maddnova.org,
 Website: www.maddnova.org

Jan 16-Sun, 9am, 29th PSCI Icicle Ten Miler, Wilmington, DE
 Contact: Wayne Kursh 302-654-6400; Marathon Sports Event Management

Jan 29-Sat, 9am, Healthy U of Delmarva 5K Run/Walk and Fitness Expo, Salisbury (The Holly Center), MD;
 Contact: Wendy McGill, 410-742-9202

Jan 30-Sun, 10am, Superbowl 5K, Community College of Baltimore County, Dundalk, MD; Contact: Dave Cooley, Race Director 410.377.8882
dcoolman@charmcityrun.com

Apr 3-Sun, 8 am, Credit Union Cherry Blossom Ten Mile Run, Washington, DC
 Website: <http://www.cherryblossom.org/>

Apr 16-Sat, 7:30 am, First Annual Ocean City Marathon and Festival of Races, Ocean City, MD;
 Website: <http://www.extremedreamevents.com/ocmdflyer.htm>
 Contact: Eventstaff@extremedreamevents.com



Personal fitness begins with a personal fit.



Fleet Feet is a specialty store dedicated to meeting the needs of runners and walkers of all ages and paces. We offer video gait analysis and the area's best selection of technical running apparel and accessories. April is Brooks month, featuring the introduction of the new Adrenaline 5. Come by for drawings, fun runs, gifts with Brooks purchases and more.

Fleet Feet Sports of Baltimore
Festival at Woodholme

1809 Reisterstown Rd # 149
 Baltimore, MD 21208
 410.484.6565
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From Start to Finish We'll Get You There.



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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.

**Deadline for the February 2005
issue is January 1, 2005.**

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

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Production Schedule

The Streak is published bi-monthly beginning with the month of February and concluding with a December issue. All copy is due the first of the month prior to the next publication. For example, the copy deadline for the February issue would be December 1.

Advertisement Space Availability

Advertisement (ad) space can be purchased on an annual or per issue basis. Ad's purchased on an annual basis will receive a 15% discount, if requested. Ad's purchased require payment prior to the first of the month prior to the next publication. To ensure your ad is displayed, payment must be received by the Editor prior to the copy deadline.

Rates: To reserve ad space or mail your payment contact the Editor at editor52@aol.com or mail your payment to Editor, The Streak, 415 Salisbury Road, Edgewater, MD 21037.

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 application 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 DAY 5K
First Leg of Championship Series

Race Date & Time: February 12, 2005; 10:00 a.m.
Race Contact: Ellen McGee (410) 987-8809
 e-mail: ellenmcgee@hotmail.com or
 Joe Ross (410) 207-7525
 e-mail: jensonjissan@aol.com
Race Location: Kinder Farm Park, Millersville, MD

CHERRY PIT 10-MILER
Second Leg of Championship Series

Race Date & Time: April 10, 2005, 8:00 a.m.
Race Contact: George Swatzbaugh (410) 477-2323
 e-mail: gks3@msn.com
Race Location: Central/South River High School
 Complex, 221 Central Ave. East,
 Edgewater, MD 21037

DAWSON'S FATHER'S DAY 5-MILER
Third leg of Championship Series

Race Date & Time: June 19, 2005, 8:00 a.m.
Race Contact: Dan Symancyk (410) 544-1516
 e-mail: dfsym@att.net
Race Location: Severna Park High School,
 60 Robinson Road,
 Severna Park, MD 21146

**14TH ANNUAL B&A TRAIL
 MARATHON AND HALF MARATHON**

Date: Sunday, March 6, 2005
Time: 7:30 a.m.
Location: Severna Park High School,
 60 Robinson Road, Severna Park, MD
Entry Fee: \$40 by February 28; \$55 March 1-5
Absolutely no registration on race day.

**Packet-Pickup & Expo
 Severna Park High School**

Saturday, March 5; noon-6 p.m.
 Sunday, March 6, Race day, beginning at 6 a.m.

**National Running Center Expo both days
 with special prices**

Volunteers: It takes many volunteers to make a successful race, and your help is greatly appreciated by the runners as well as the race organizers.

For Information call Race Directors Lisa Fontaine or Craig Harrison at 410-268-2036 or email batrailmarathon@comcast.net. Or visit the Strider's Website at www.annapolisstriders.org.

Valentine's Day 5K
 Cherry Pit 10-Miler
 Dawson's Father's Day 5-Miler

LAST NAME _____ FIRST NAME _____ MI _____ TELEPHONE _____

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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

