It's never too late to learn. Or so

ued with the program, now in its third

"So far, so good," said director Evan

Thomas, himself a veteran runner.

"Some of them are coming along and

some have difficulty making it. We'll

Already, several other veterans have

joined the group during their thrice-

weekly sessions to talk about shoes,

proper clothing, nutrition and "the

Anyone is welcome to join - the

runners are up to 2 minutes of continu-

ous running, followed by 1 minute of

The group meets at the Bates Track (the old Annapolis High School) on

Tuesdays and Thursdays at 6 p.m. and

Saturdays at 10 a.m. A donation of 50

cents per session is requested to cover

the cost of hand outs and the track

Bello Machre has announced a new

In conjunction with their annual

12, beginning at 7:30 a.m. The race will

start and end at Harundale Mall and

Awards will be given to the overall

male and female winners, as well as the

first two finishers in the following age

groups: 15 & under; 16 to 19; 20 to 29; 30

All entrants will receive a T-shirt.

\$10; \$15 on race day, with race day

registration beginning at 6:45 a.m Ap-

plications can be obtained by writing to

Bello Machre, P.O. Box 969, Glen Bur-

nie, MD 21060 or by calling event

coordinator Cheryl Moore at 255-3805 or

race director Pam Thompson at

Speaking of applications, better get

yours in for the Annapolis 10-Mile Run,

to be held on Sunday, August 29, at 7:50

a.m. The course runs through down-

town Annapolis, the Naval Academy,

across the Old Severn River Bridge and

back to the U.S. Navy-Marine Corps

The field is limited to 3,500 runners

and generally fills up very quickly. The

fee is \$15 if postmarked by June 30; \$20

Memorial Stadium.

The registration fee before June 1 is

will run along the B&A Trail.

to 39; 40 to 49; and 50 & over.

run to benefit the organization dedicated to helping the mentally retarded.

older athlete."

walking, for 20 minutes.

## New DNR croaker rules allow us 20 keepers per day

By DON CARPENTER For The Capital

New croaker regulations by the Department of Natural Resources will permit sportfishermen to catch and keep up to 20 per day — as long as they measure nine or more inches.

Commercial men can only keep croakers measuring at least 10 inches. Thank you DNR!

Adults may fish without a license on June 5, 12 and July 4 during DNR's Free Fishing Days in Maryland. But all fishing regulations must be observed.

Rental boats at Quade's Store on the Potomac River at the mouth of the Wicomico made a killing last week

On the oyster bars in the river, Holloman and Bill Dement last Thursday took home 22 white perch and two yellow Neds all over nine inches. They caught hundreds of perch, but culled them to a 9-inch minimum using bloodworms and peeler crab baits.

· Rental boats also caught some big catfish and croakers.

With less than a week remaining in our special spring rockfish season, some of the best areas to try are: Cove Point, The Gooses, C&R Buoy, The Hill and Gum Thickets.

. Trollers are using large, green and white spoons or bucktails tipped with artificial lures.

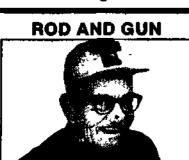
'Good catches of white perch and catfish were reported last week in the Magothy and Patapsco Rivers, Hart and 'Miller Island, also Susquehanna, Chester and Corsica Rivers.

The perch biting on bloodworms, grass shrimp, nightcrawlers and clam shouts; the catfish cut fish baits and -chicken livers in rivers.

In the tidal Potomac River: Arkandale Flats, Smoot Bay, Nanjemoy Creek and the mouth of Mattawoman Creek, good numbers of 12- to 15-inch largemouth bass and a few 3- to 6-pound bass have been taking crawfish imitation crankbaits and black and blue artificial worms presented over the grass beds have worked well

On May 15 Marty Hullihen of Glen Burnie set a state record for walleye with a 30-inch, 11-pound, 6-ounce at

Deep Creek Lake.



By DON CARPENTER

Winner of The Tackle Box surf casting rod and reel prize for landing the . first surf bluefish was Ben Nolan of Great Mills who beached a 15-pound 12-ounce chopper at the Point Lookout State Park Beach on a hunk of cut bait.

St. Mary's County trollers and chummers last week took home few threefoot striped bass but did throw back many under-sized rockfish weighing about 10 pounds each.

Tasty spot have arrived in the bay at Tangier and Pocomoke Sounds, along with croaker and weakfish. Some speckled trout catches have been made along the marsh banks in 3 to 5 feet of water. And with peeler crab baits available, bottom fishing is good

Keith Walters, author of Chesapeake Stripers, a book about rockfishing, caught a weather baloon package while trolling for trophy stripers in the Chesapeake Bay near the C/R buoy recently...

"I recently recognized the white carton as a Radiosonde package with its orange parachute," Walters said, "because I once photographed a story on weather baloons for the National Weather Service."

Radiosonde balloon releases amount to 200 each day nationwide. They gather information about weather, which the package radios back to earth. The balloon then bursts in the upper atmosphere, and the scientific package parachutes back to earth, often landing in farm fields or large bodies of water.

"We didn't catch a single rockfish." Walters said.



### Holiday means fishing is about to kick into gear

By TOM GOODSPEED **Capital Outdoors Writer** 

Historically, the Memorial Day weekend always has been just about the peak time for fishing - anywhere, on the sweet or the salt.

The BIG red drum are now in the surf of the barrier islands on the lower Eastern Shore, the black drum are in the Cabbage Patch off of Cape Charles, the bluefish are beginning to invade the Chesapeake Bay and the spring run of crappie will produce the lunkers of the

It's still a bit early for the flounder in the Chesapeake but they could appear momentarily down behind Ocean City I was fishing the South Jetty at O.C. last Thursday evening (launching at West Ocean City), casting bucktails to sixpound blues that the birds had marked for us and the evening was great

Down at Crisfield, the big red drum will be taken as they move into the shallows to feed on the flooding tide and

#### **GOODSPEED'S FORECAST**

most grassy points down there can be good. I like both Fox Island south of town and Kedges Strait north of town.

The sea trout have also appeared at Kedges but it is the speckled trout that I flip over. The spawning run is on and a piece of soft crab soaked in the mouth of one of the many tidal creeks along the bay's eastern shoreline can pro-

The season closes Monday for the spring trophy rockfish and not too many fish above 36 to 38 were taken.

At least it looks good for the future. A sleeper in the bay this spring might be some lunker cobia taken by live eels or trolled spoons down around the Virginia line Onancock probably would be the best launch site.

Finally, the fresh water fishery is in fair shape despite all the rains last week and a lot of run-off could clear the waters by this weekend.

#### more than 20 men and women are RUNNING learning through the Annapolis



#### By GABRIELLE DeGROOT

if postmarked by August 1. Applications can be picked up at the Athlete's Foot in the Annapolis Mall or at Merritt Athletic Club. Or call race director Sue Briers at 721-1442 or the Annapolis Striders hotline at 268-1165.

For those of you who have been collecting Annapolis Run premiums over the years, you'll be pleased to note that this year's premium is a nylon sports bag, with zippered pockets and even an inner shoe pocket. I've seen them and you won't want to miss getting one of your own.

#### CASE DECKNIS

Constantion Clanalo 108 Race, May 23 Sue Briers, 42-53. Meredith Bonts. 44.06, Sean Sweeney, 44-15. Evan Thomas, 44-37. Ben Moore, 48-15, Tom Prendiri, 38-04, Bill Helms, 43-39, Linda 48 15, Tam Prendki, 38 04, Bill Helms, 43 59; Linda Simpson 82 25, Doug Custer, 43 28, Kitty Good, 45 05, Dave Wall, 32 26, David Webster, 33 28; Namcy Mann, 49 45, Alan Wycherley, 89 00; Fred Shanklin, 39 12, Jim Carter, 48.54, Joan Foreman, 55 54, Roy Elder, 49 20, Francisco Sanches, 37 09; Nency Hans, 54 53, Kevin Murnane, 54 69, Mark Chaput, 46 00, Neal Hinkle, 45 31, Clint Hinden, 44 08, Tom McKee, 49 32, Esther Weisman, 52 42, Jim Noodor, 42 13

Baltimore Read Russers 84, May 36
Matt Mace, 28 32, Rose Malloy, 31-42, Evan Thomas 36 58, John Strumskil, 40-plus

Hiverdate Classic 264, May 22
Ed Klebe 40 45, 1st master's runner, 4th overall

UPCOMING RACES

Mary 29 — Chestertown Tea Party 10M, 6 a m. Marty Stetson Chestertown Bank, 213 High St., Chestertown, MD 21620

Chestertown, MD 21820

James B. Key to the City 10K, 8 30 a m. Washing

ton, DC 202-289-4988

James B. State of Israel 45th Anniversary 5K Run,

Baltimore 410-882-5485

James 32 — Bello Machre 5K Benefit Run, 7 30 a.m.

Jame 32 — Bello Machre 5K Benefit Run, 7 30 a.m., Harundale Mall Glen Burnie 285-3005 or race director Pam Thompson 638-8473
June 32 — Junior Striders Track Series, 6 p.m., Bates Track, Annapolis Scott Eden, 233-5117
June 12 — Crofton Kiwanis 10K Challengs, 6 a m., Crofton Country Club 721-3390 or (301)638-0454
June 17 — IM and 4M Summer Fun Run Series 6 pm Bates Track Annapolis 265-1165
June 26 — Father's Day 10K 6 a m., Loch Haven Recreation Area, Edgewater 268 1165
July 13 — John Wall Memorial 1M Track Race, 6 30 pm, Bates Track Annapolis 286 1165
July 17 — Women a Distance Festival 5K and Run After the Women 5K 8 and 9 am West Annapolis

Jany Av — Women is Distance yearlyst an and run After the Women Sk 8 and 9 a m West Annapolis Elementary School Parti Bembe 263 2274
Angust 6 — Dog Days of Summer 8K, 8 a Anna Arundel Community College Earl Scott, 269-5013
Fun State — Every Wednesday at 6 p in at Anna Arundel Community College track in Arnold Earl Scott 968 5812 Scott 269 5013

Scott 269 5013

Pletanes Training Runs — Saturdays at 7 sm
behind the Conte building on Route 450 and
Sundays at 7 30 am at Memorial Circle in
downtown Annapolis

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