

The Capital Sports

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FRIDAY

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Joe Gross



Good advice for runners

On Sunday morning, nearly 3,000 runners will take the starting gun for the 12th annual Annapolis 10-Mile Run.

The event is a very good one. It is as well run as any running event anywhere. The runners greatly appreciate a well-run event, which is the reason the field that was upped to 3,000 this year, after a long period at 2,500, was filled by the first week in August.

Part of the efficiency of this event concerns the safety of the runners. By taking more than the necessary precautions, the runners know the sponsoring Annapolis Striders have their welfare in mind. That means something to runners.

The Striders include a couple of paragraphs in their race information flyer to prepare the runners for the event.

For instance, the club tells about the perils of the humidity in this region and advise runners to drink a lot of liquid before, during and after the run. They tell the participants to be thoroughly hydrated.

To see to the needs of the runners, the club provides water at three stations between the start and finish lines.

All runners who feel the slightest need for liquid should take at least a cup of water for their own well-being.

In the flyer the club tells the runners that there will be qualified medical assistance people along the course and ask runners to inform course monitors if they see a runner in distress.

The club tells runners, though you wouldn't think they would have to be told, to "STOP RUNNING and seek assistance if you experience dizziness, cessation of perspiration, nausea, confusion or muscle cramping."

The club flyer, sent to all entrants, also gives a training warning, telling the novice runners in particular, "PLEASE DO NOT ATTEMPT THIS RACE IF YOU ARE NOT ADEQUATELY TRAINED."

It also gives a good training regimen for novice runners preparing for the event.

Doctors worry about events like this one because less-than-adequately-trained people often decide to try to run in the event. That can be dangerous, especially if the day is hot, which most August days are in this region.

Often novice runners will try to keep going too far. They feel they can make it a little bit further, when they really can't, not safely, at least.

Dehydration, severe cramping and blisters are some of the major causes for stopping.

The first two of those items can lead to worse things. Runners should know that, but evidently some don't or they simply think they are above those things that strike down mere mortals.

The Striders will have doctors or trainers from the Annapolis Sports Medicine Center working the race. These medical personnel are usually kept busy on race day.

Despite the amount of work that goes into running an event like this one, the Striders seem to love it.

They find hundreds of volunteers to assist them and they try to make the run a little bit better every year.

The members of the Striders have done an outstanding job with this event and, most importantly, they have shown the runners who participate in that they care.

IN THE MINORS

While some sports thrive, others struggle

By ALAN WIDMANN
Staff Writer

Ranging from the "haves" to the "have-nots," they're just like the more-publicized football and boys' soccer teams.

They're the so-called minor sports: girls' soccer, cross country, volleyball, golf and field hockey.

These teams run the gamut from rich-to-poor in terms of support, turnout and talent.

Coach Joyce Stefancik had 44 girls try out for a Severna Park soccer team that seemed virtually set when school broke last June.

Seven miles up Ritchie Highway, Glen Burnie cross country coach Dave Schneeborg has perhaps one girl — and not too many boys.

At Meade, volleyball coach Vicki Valentine gives credit to her athletic director after turning a 4-11 team into a 10-5 winner in her first year.

Minimum-grade requirements cost South River's Elaine Boothby her field hockey goalie. Potential replacements are crying "shin splints" and "work" to avoid the firing line.

Andover golf coach Bob Zerphey is not only looking forward to the upcoming season, but decades ahead into the future.

Schneeborg would like a bigger and better-rounded squad.

"I don't know when a girl last ran cross country at Glen Burnie," Schneeborg said. "As a matter of fact, we've never had that many boys."

This, despite a program that boasts defending county and regional champion and fourth-place state finisher Chris Ciamarra.

In 1985, Schneeborg inherited a team with two runners. His squad ballooned to five last year and all of six today.

"And that's it," he said.

only freshman Kim Wagner has appeared at a practice.

"I hope she sticks it out. I also hope for more girls," said Schneeborg, who will warmly welcome any walk-on or run-on, male or female, who attends his 9-11 a.m. drills.

"The problem at Glen Burnie is that kids will come out, but their friends say 'you don't want that sport,'" Schneeborg said. "I don't know if it's the type of kid here or the area as a whole."

"I do know this: If kids will come out and practice a week or so, I think we

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O's take California cure, 9-5

By BRETT FRIEDLANDER
Staff Writer

BALTIMORE — Symptom: Four losses in five games.

Symptom: Cal Ripken Jr. and Ray Knight mired in slumps that have plummeted their averages more than 40 points apiece since the All-Star break.

Symptom: Eddie Murray held without a home run and just one RBI since Aug. 12.

The cure? As always, a small dose of the California Angels helped the Baltimore Orioles back to health.

Ripken, Knight and Murray each homered and combined for eight hits, seven runs and eight RBIs last night as the Orioles defeated the Angels 9-5 at Memorial Stadium for their eighth straight victory over the defending AL West champions.

Baltimore has won 21 of the last 28 meetings between the teams, a span that dates back to July 1982.

"There's no explaining it," said Ripken, who broke out of a 3-for-21 dry spell with a homer, double and three RBIs. "We seem to have gotten the breaks against them in California and tonight, we came out and swung the bat pretty well. When you're swinging well, you drive the ball over the infield and create your own luck."

The Orioles didn't need much luck once they zeroed in on veteran left-hander Jerry Reuss, 4-2.

With the exception of Murray's team-leading 28th homer in the second, the California starter handled the Orioles with relative ease for the first three innings.

The homer was the 303rd of Murray's career, tying him with Boog Powell for first place on the all-time Baltimore list.

Meanwhile, the Angels staked Reuss to a 3-1 lead on RBI doubles by Wally Joyner and Doug DeCinces.

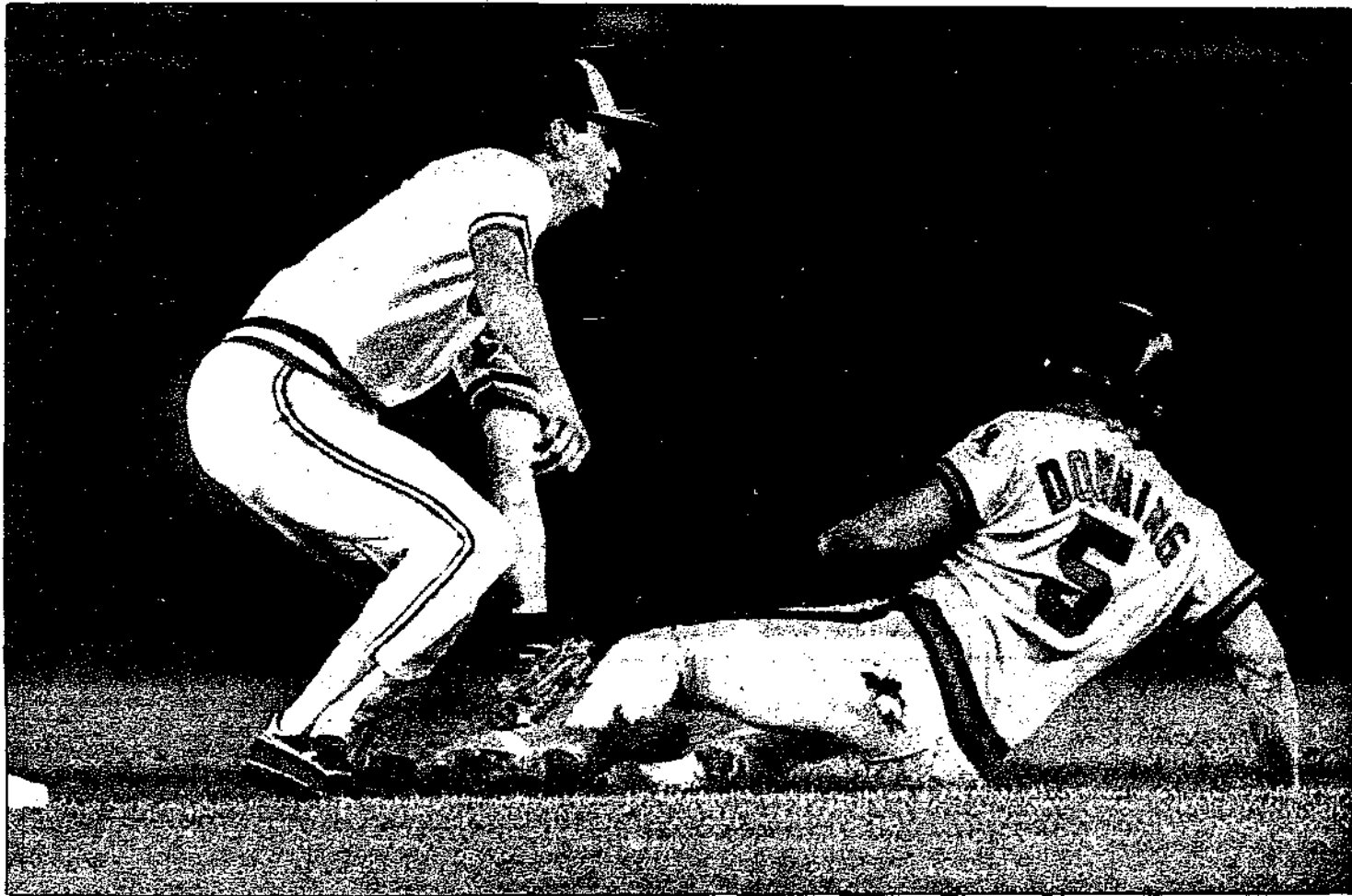
That lasted until the fourth when Ripken led off with a double and scored on a single by Murray — one of four hits by the Oriole first baseman.

Knight, who said he had faced Reuss "at least 100 times" when they were both in the National League, put that experience to use by slamming his 11th homer of the year to give the Orioles a 4-3 lead they never relinquished.

"It's about time I had a good game like that," said Knight, who came into the game hitting .102 during his last 49 at bats (five hits). "I'm not proud of what I've done offensively."

"I've had some hot streaks, but I've negated them with some real long cold spells," he added. "It's nice to contribute again."

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ORIOLE BILL Ripken catches Angel Brian Downing stealing in the first inning.

AP photo

Schmidt's elbow requires surgery

By GORDON BEARD
AP Sports Writer

BALTIMORE — Pitcher Dave Schmidt of the Baltimore Orioles will undergo arthroscopic surgery on his right elbow, but he doesn't know just when.

Schmidt, Baltimore's top winner with a 10-5 record, was examined after experiencing pain in his last several starts and the injury was diagnosed as a bone spur.

"It has to come out," Schmidt said prior to last night's game against the California Angels. "But I can keep pitching if the pain is not too great."

After resting his arm for a few days, while taking anti-inflammatory medication, Schmidt will go back to the bullpen job he had before the Orioles converted him to a starter this season.

"If it's OK, I can pitch relief," Schmidt said, "but I don't think I should start anymore the rest of this year, anyway. The shorter the stint, the better."

Schmidt said he was told by doctors that he would not risk any permanent injury by

continuing to pitch with the spur this season. "I have to have surgery," he said. "It's just a matter of when they do it. If it hurts again, I might as well have the operation done now and call it a year."

Schmidt had surgery for a bone spur in November, 1982, and then opened the following season on the disabled list.

"It was 2½ months before I could toss, and four or five months before I could throw hard," he recalled. "But they're going to scope it this time, so I should be throwing hard by the middle of the winter and be ready by spring training."

Although Schmidt's previous surgery followed a string of starting assignments for Texas late in the 1982 season, he said doctors have assured him that it was mere coincidence and not because of pitching extra innings.

Schmidt, with 14 starts and 21 relief appearances, has pitched 124 innings, topping his career high of 109 2/3 with more than a month remaining.



DAVE SCHMIDT

... bone spur in arm

McKenzie steps in

Low 1985 pick bulks up to take guard spot

By DAVID GINSBURG
AP Sports Writer

HERNDON, Va. — Raleigh McKenzie figured it was only a matter of time before he broke into the starting lineup of the Washington Redskins. He just didn't figure it would be this soon.

With the exception of two players who have stepped in because of injury, McKenzie, a guard, is the only new starter in the Redskins' lineup this season. Not bad for a guy who lasted until the 11th round of the 1985 draft.

"I'm as surprised as anyone," said McKenzie, whose twin brother Reggie is a starting linebacker for the Los Angeles Raiders. "We have four All-Pros on the line, so I figured I'd have to wait my turn. I thought I'd get a little playing time, then work my way in."

The Redskins' decision to shift guard Russ Grimm to center was made possible by the fine play of McKenzie, who has stepped in at Grimm's old spot.

"Rollo has been here three years and has never missed a practice," said offensive line coach Joe Bugel. "Last year, every time he

started he made things happen. The time has come for him to be a starter."

It didn't take the Redskins long to realize that McKenzie, who played center at the University of Tennessee, had the potential to make it in the NFL.

"Here was this rookie, blocking everyone in sight during pass-protection drills," Bugel recalled. "Right then, we knew he was a guy we wanted to keep around here a long time. All he had to do was improve his blocking on the run."

Bugel spent countless hours working with McKenzie on technique. That, coupled with a rigorous weight lifting program that bulked the 6-foot-2 McKenzie up to 270 pounds, was all it took to earn him a starting role.

"He's gotten bigger and stronger. Now he's crushing people," Bugel said. "And not just on the run, either. He's the best pass blocker among our starting five."

McKenzie, a perfectionist, says he has a long way to go until he can be satisfied with his own performance.

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Radiator preps for nationals

By JOE GROSS
Associate Sports Editor

While the fastpitch softball picture in Annapolis has faded toward oblivion the past few years, there is evidence that some of the best softball anywhere is in the Annapolis City League.

The Annapolis Radiator-sponsored team engaged in a close race with National Premium throughout the season. The two teams won consistently, but in a four-team league it's difficult to judge how good a team is. Only now, as Annapolis Radiator has its infrequent practice sessions in preparation for the Amateur Softball Association Nationals, can anyone be assured that the best in Annapolis is the best in the Central Atlantic Region.

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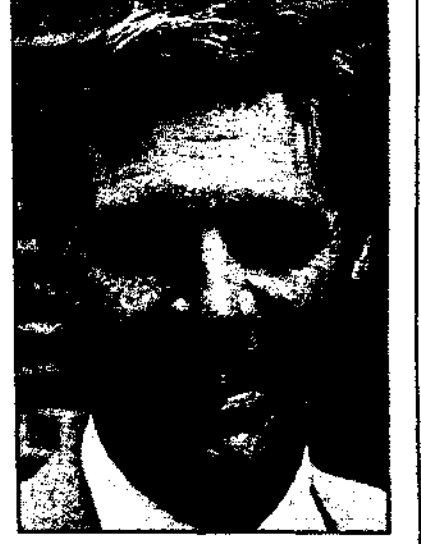


Photo by J. Hanson

GEORGE STEPHENS

... manager of team

ON TV

Friday

- 7:30 p.m. — Cubs at Reds, WGN
- 8 p.m. — Angels at Orioles, HTS
- 8:35 p.m. — Braves at Cardinals, WTBS
- 10:30 p.m. — Mets at Giants, WOP
- 3 p.m. — LPGA World Championship, 2nd round, ESPN
- 4 p.m. — NEC World Series, 2nd round, USA
- HIGH SCHOOL FOOTBALL
- 8 p.m. — Maryland all-stars vs. Pennsylvania all-stars in Btp 33 game (Hape), ESPN
- ICE HOCKEY
- 8 p.m. — Team Canada vs. Czechoslovakia, FNN

INSIDE

Familiar face

One of Joe Montana's favorite targets, receiver Dwight Clark, returned to the San Francisco 49ers lineup last night and helped beat the San Diego Chargers in an exhibition game. Page C6.

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