

**SPORTS COMMENT**



By JOE GROSS

**3,500 find pain, torture in 10K run**

It's amazing how people will wake up before sunrise to be ready to abuse their bodies by 8 o'clock in the morning. Many of those people were out at Navy-Marine Corps Memorial Stadium yesterday morning to compete in the 13th Annapolis 10-Mile Run. The runners arrived early enough to warm up in time for the 8 a.m. start. Some were drinking the Bud Light donated by one of the major sponsors before most normal people were sipping their morning coffee. By 7:30, the west parking lot at the Navy-Marine Corps Memorial Stadium looked like the kickoff of an early morning football game was moments away. Cars streamed into the parking lot as if the drivers were coming to get something for nothing. They weren't at all. Most were coming to run 10 miles as the temperatures were beginning to climb and the humidity was beginning to hug. They were arriving to force their legs to carry their bodies up and down hills. They were there to have their bodies pounded and shaken with each step on the hot, unrelenting asphalt and concrete of the course.

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:58:55

Patty McGovern carries her sweat-soaked body across the finish line as she wins the women's division of the Annapolis 10-Mile Run. About 3,500 participated in the race.

**Clapper takes city's 10K race**

*Makes up for last year's spill; McCoy paces locals runners*

By JOE GROSS  
Associate Sports Editor

A year ago, Jerry Clapper tripped midway through the Annapolis 10-Mile Run, allowing archrival but Washington Runners Club teammate Jim Hage, to pull away and go on to win the race.

This year Clapper didn't trip. And, midway through yesterday's 13th Annapolis 10-miler, he ran to a substantial lead over another Washington Runners Club teammate, Dave Berardi. Despite a valiant stretch run by Berardi, Clapper held the margin until the tape.

"We ran together all 10 miles," Clapper said after both runners were clocked at 51:25. "I got about 10 yards ahead and held that lead almost all of the rest of the race."

"I caught up coming into the stadium," Berardi said as the top two runners talked long before the next runners reached the finish line.

Clapper and Berardi, who sprinted the final 100 yards on the Navy-Marine Corps Memorial Stadium grass, led a field of nearly 3,500 runners who turned out for the event.

As the runners crowded into the east parking lot of the stadium for the 8 a.m. start, the warm, morning sun cooperated by ducking behind a bank of clouds to create a coolness for which the runners had prayed.

"We started pretty slowly, but we couldn't hold a good pace, probably because of the humidity," Berardi said. "Our last mile might have been our fastest," said the 28-year-old runner from nearby New Carrollton.

A check of their watches proved that was not the case. Berardi was surprised to learn that Clapper's last

"I know that as I came into the stadium, I could hear people hollering, 'Kick. Kick. Kick.' But it wasn't easy to do at that point."

mile was about 5:05, which meant his own was a few seconds faster.

"I know that as I came into the stadium, I could hear people hollering, 'Kick. Kick. Kick.' But it wasn't easy to do at that point," Berardi confessed.

"The humidity was surprisingly tough out there," Clapper said. "It was not an easy race."

Patty McGovern, the first female finisher, was in agreement about the difficulty of the humidity.

"The humidity was definitely a factor today. It was overcast and there was a slight breeze. That made it feel a little bit cool," McGovern said.

"But, it was very deceptive. It wasn't as cool as most of us thought. I really started to perspire heavily just a little way into the race."

Despite the burden of the humidity, McGovern, another Washington area runner, was timed in an excellent 58:56. She was the only woman to finish the 10 miles in under one hour.

McGovern was concerned with the heavy perspiration because of the loss of fluids that caused her and

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**Running backs shine in 'Skins win**

BIRMINGHAM, Ala. (AP) — To listen to Atlanta Falcons Coach Marlon Campbell and running back Gerald Riggs talk, you would think the Falcons had just finished their exhibition season with a win. "Believe me, I think we've got something going here," said Riggs, who ran for two touchdowns in the Falcons 34-17 Saturday night loss to the Washington Redskins. "I think we've started something," Riggs continued. "I think we have a team that can compete with anybody right now. The biggest thing we have to do is just keep people healthy this year." Campbell was encouraged as well. "I feel good about it," he said, "because the football team feels good about it. I think we're improving, but I can't predict what kind of team we are right now."

If Campbell and Riggs felt good about Saturday's game, the Redskins' Timmy Smith must have been ecstatic. The star of the Redskins' Super Bowl XXII triumph over the Denver Broncos, Smith picked right up where he left off, running for 99 yards and two touchdowns on 20 carries. "I was happy that I was able to move the ball," said Smith, whose performance was marred by two fumbles. Defensive end Charles Mann recovered a fumble and ran it in from the 12 to give the Skins a 14-3 lead. Wilber Marshall caused the fumble by knocking the ball from Chris Miller's hand. Atlanta, however, rallied for a 17-14 lead on two scoring runs by

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**Schroeder benched for poor attitude**

WASHINGTON (AP) — Washington Redskins Coach Joe Gibbs has benched quarterback Jay Schroeder and says he may never play again for the club. Yesterday's editions of The Washington Post reports that Gibbs told Schroeder he lacked the proper attitude to play. "I think Jay, right now, wants to be somewhere else and shouldn't be playing quarterback for this team with his frame of mind," Gibbs said. "So, that's how it stands right now. It's tough for him to be mentally right." The Post reported that Red-

skins officials apparently have decided that a Schroeder trade is best for everyone. Gibbs also indicated that if Schroeder is still a member of the team when the season begins and starter Doug Williams is injured, Schroeder may not be considered as a replacement. That means Mark Rypien will be Williams' backup, followed by rookie Stan Humphries. "My feeling is I can play anytime, anywhere," said Schroeder. Schroeder again said he has demanded a trade, which he said he did six months ago.



Jay Schroeder, pictured during Saturday night's game in Atlanta, will have to get used to watching Redskins' games from the sideline.

**Birds get better of Athletics**

OAKLAND, Calif. (AP) — Frank Robinson figures Tom Niedenfuer would have 30 saves by now on a good team. "He didn't get his first opportunity until May. He's been tough on everybody," Robinson said after Niedenfuer retired Jose Canseco on a broken-bat line drive with two on and two outs in the 11th inning yesterday, preserving a 2-1 victory over the Oakland Athletics. "People say the game is dull, but that sure wasn't," said Robinson. "They had exactly who they wanted up, and we had who we wanted pitching. It was a great confrontation, and we were fortunate enough this time to win it." Niedenfuer, who has converted nine of his last 10 save opportunities and 14 for the season, walked leadoff batter Glenn Hubbard and gave up a two-out single to Dave Henderson. He ran the count to 2-1 on Canseco before second baseman Pete Stanicek grabbed the game-ending liner with a leap similar to Bobby Richardson's 1962 World Series-ending catch. "The only hard part about it was



**Orieles vs. Angels**

When: Today, 10:05 p.m.  
Where: Anaheim Stadium  
Oriole starter: Jeff Ballard (7-10)  
Angel starter: Mike Witt (10-12)  
Radio: WNAV-1430, WBAL-1090, WTOP-1500  
TV: None

that I jumped too early," said Stanicek, who drove in the winning run with a two-out single in the top half of the 11th. "It was tough because he swung so hard, but he didn't hit it real good, so I almost jumped right when he hit the ball. I was hoping I could stay in the air long enough to still be able to reach up and grab the ball." Niedenfuer could have done without the dramatic finish. "To be honest with you, I would have rather just retired Henderson," he said. Niedenfuer was the fourth Baltimore pitcher and finished a combined four-hitter. Jose Bautista allowed two hits in seven innings and Don Asse allowed one hit over the eighth and ninth. Mark Williamson, 4-5, pitched a hitless 10th. "Give credit to the Orioles for playing a strong game all the way around," said La Russa, whose team

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Baltimore's Joe Orsulak runs past Oakland catcher Ron Hassey with the tying run in the ninth inning. The Orioles won the game 2-1.

**Myers bumped from Olympic swim team**

LOS ANGELES (AP) — Angel Myers, who had a shot at winning five medals in swimming at the Seoul Olympics, is off the U.S. squad because she tested positive for a banned substance. Myers' supporters, however, claim that birth control pills caused a false positive on the test, and said Myers would appeal the U.S. Olympic Committee's decision to remove her from the team. "We are not biochemists, but other things can be confused in the drug testing process. The drug test was erroneous," said Harriet Peak, one of the coaches for Myers' local swim team in Americus, Ga. Peak said Myers was taking Ortho-Novum, a birth control pill that could have appeared in tests as a steroid. U.S. Swimming, governing body for the sport, announced Sunday that Myers, winner of three events at the national trials, was disqualified from the Olympics next month for use of a banned drug. Team officials refused to disclose the drug. But Myers' family issued a statement in Americus saying that she had been informed by the USOC that she was taken off the team "due to the fact that her urine sample tested positive for a steroid." According to the statement, Myers



ANGEL MYERS

was taking a legal prescription for Ortho-Novum, which "has almost identical characteristics to the steroid the USOC claims she was testing positive for. ... "Angel denies that she was taking this banned steroid or any other banned substance," the statement concluded. "We are exploring our avenues of appeal," said Martha Fennessey, another coach.

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# McCoy, Matta lead locals to finish line

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 most of the other runners to drink more water than they might usually while on the course.  
 "Drinking more during the race could cause cramps," McGovern explained. "It really was rough out there today."

McGovern finished one minute and 45 seconds ahead of the second female finisher, Mariane Dickerson, who outkicked Donna Elliot as the second and third women finishers entered the stadium about 10 seconds apart.

Following the first two men was Hage, who was third with a time of 52:40.

The first Annapolis runner to reach the finish line was Pat McCoy, who was 15th. The first Annapolis woman was Jeanne Matta, the sixth of her gender to finish.

As anticipated, the Washington Runners Club was an easy winner in the team competition.

The well organized event for the first time raised money for the

Heart Association's valuable children's screening program named for Alan Katcef, the brother of first time sponsor Jim Katcef, who died prematurely after suffering a heart attack.

TOP MALE FINISHERS

1. Jerry Clapper, 51:25; 2. Dave Berardi, 51:25; 3. Jim Hage, 52:40; 4. Patrick Key, 52:58; 5. Richard Ferguson, 53:06; 6. Paul Jessey, 53:11; 7. James Eastman, 53:21; 8. Jim O'Keefe, 53:32; 9. John McGrail, 53:38; 10. Ken Fowler, 53:53; 11. Jeff Hines, 54:04; 12. Tim MacDonald, 54:35; 13. Jeff Huff, 54:37; 14. Brian Palmer, 54:40; 15. Patrick McCoy, 54:43; 16. Harry Goodman, 54:48; 17. Chris Samley, 54:42; 18. James McClelland, 54:53; 19. Tom Eagleson, 54:58; 20. Tom Bowmaster, 55:06; 21. John Ausherman, 55:10; 22. Steve Daniels, 55:23; 23. Michael Brown, 55:37; 24. Russell Blatt, 55:46; 25. James Pryde, 55:51.

TOP FEMALE FINISHERS

1. Patty McGovern, 59:56; 2. Mariane Dickerson, 1:00:41; 3. Donna Elliot, 1:02:55; 4. Elizabeth Andrews, 1:02:57; 5. Leslie Minnix, 1:03:57; 6. Jeanne Matta, 1:04:28; 7. Sue Borawski, 1:04:54; 8. Laurel Huff, 1:05:03; 9. Janey Gordon, 1:05:22; 10. Mary Gavigan, 1:05:51.



Photos by Michael P. Mejer — The Capital

Runners participating in the Annapolis 10-Mile Run begin yesterday's race.

## Runners awaken early to torture their bodies

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Those runners were there to rid their bodies of unwanted fluids. Some came to force out too much of their body fluids and to be cared for by medical personnel who would also treat blisters and muscle pulls and cramps.

They were all there, all right. Somewhere around 3,500 men, women and children turned out to participate in the run that 13 years ago had a field of five friends who challenged each other to run 10 miles from Severna Park High School to the Annapolis City Dock.

John Astle, who has since become a delegate to the Maryland General

Assembly, was the winner of that first 10-mile run. Yesterday, he finished well back in the mass of humanity who helped to carry on the tradition started by those five crazies.

Almost as strange as those who turned out to run in the event, were the hundreds who awakened nearly as early just to watch the runners put themselves through the torture.

The spectators were sensible enough to stand in line to drink coffee instead of beer at that early morning hour. Drinking the available coffee and chomping the donuts that were for sale beneath the stands of the stadium, the spectators

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helped put some money into the ever-draining coffers of the local YMCA.

Of course, the runners also helped contribute to charity. Part of their entry money was donated to the Heart Fund, which erases a few letters of the "crazy" tag many feel they should have been wearing.

There were so many people running yesterday that it took the field two full minutes to get across the start line after the gun went off.

Some of the runners were still in line for

the rest rooms when the gun sounded, but got to the pack in time to join the crowd. Some runners were kissing husbands, wives, children, girlfriends or boyfriends good-bye as the fastest runners — they start at the front of the pack — were one-half mile into the run.

There were some smarter people, who simply took off walking. They were in no hurry to sop themselves with perspiration, tire their legs or test their lungs.

The latter groups waved to all their friends near the start of the run. They slowed to talk to many of them. They were having a good time, at least in the first mile.

Many of the runners found they could not force their bodies to finish the difficult 10 mile run. Others were still staggering into the stadium a good two hours after the start, when the leaders were already cleaned up and ready for a day of strolling downtown Annapolis.

Yes, there were an awful lot of strange people who ran, jogged, walked or staggered around the 10-mile course yesterday long before most normal people got out of bed to look at their Sunday papers.

It is amazing how many people are willing to put themselves through torture in the guise of doing something healthy.

# Home Improvement & Garden

Sunday, September 11, 1988  
 in The Capital newspaper

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 Wednesday, August 31, 1988

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Jerry Clapper of Washington, D.C., above, beats his friend Dave Berardi of New Carrollton to the finish line yesterday in the Annapolis 10-Mile Run. At right, Tom Degnan of Severna Park limbers up before the start of the race.

