

Baseball
NFL
Running
Golf

The Capital Sports

B

MONDAY
Aug. 25, 1997



By Mark M. Odell, The Capital
Gaithersburg's Merrill Hausenfluck, left, and Washington's Megan Holden, right, were the top men's and women's finishers, respectively, in the Annapolis 10-mile race yesterday.

Hausenfluck, Holden win But runner's death mars Annapolis 10-mile race

By JOE GROSS
Sports Editor

■ Related story, see Page A1

Long after 25-year-old Merrill Hausenfluck crossed the finish line to win the 22nd annual Annapolis 10 Mile Run, it was learned the event — considered one of the best in the nation — had suffered the first

Joseph Sokol, a 47-year-old runner from Ellicott City, died while participating on what was likely one of the best running days of the summer

Temperature still hovered in the 70s and there was hardly a hint of humidity of the season when the starting gun sent nearly 3,300 runners on their 10 mile trek through Annapolis and its environs. Most entrants felt it was as close to a perfect running day as they could expect for late August

It seemed to be exactly that for Hausenfluck, a Gaithersburg accountant who feels he doesn't get enough time out of the office to satisfy his love for running. Despite his

would like, Hausenfluck was in a class by himself yesterday in the Annapolis Striders' signature event

Running in the Annapolis event for the first time yesterday, Hausenfluck reached the finish in front of Navy Marine Corps Memorial Stadium in 52:13. That was two minutes and eight seconds ahead of the next best runner, 36-year-old Kurt Kroemer of Bowie

Despite his fine time and obvious condi-

tioning, Hausenfluck indicated that the weather was not quite as perfect as some would think. He said the heat bothered him as he ran virtually alone during the last few miles of the run.

"It felt good running through the first six miles, then I started getting a little fatigued

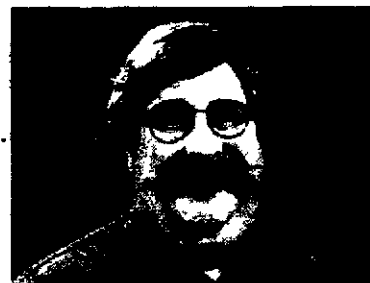
made the fairly flat second five miles rather challenging, especially when the heat kicked in," Hausenfluck said. "It got a little bit hot the last two or three miles."

More than six minutes after Hausenfluck crossed the line came the first of the Masters runners, Roberto Rodriguez, 41, of Arlington

The first of the women finishers was Megan Holden, a 27-year-old from Washington

(See RACE, Page B3)

SPORTS COMMENT



By JOE GROSS

Tragedy mars well-run race

The Annapolis Ten Mile Run went high tech this year, but the first tragedy in the 22-year history of the race brought the human factor back very quickly.

Race results have been painfully and often confusingly computerized for several years. But they were recorded by a more timely and accurate method this year — each runner was given a computer chip to be fastened to his or her shoe.

Through the miracle of electronics and some monitors set up along the course, the chips recorded when each runner left the start, reached the midway point and crossed the finish line.

Yes, it created an annoying series of beeps as runner went past, but the chips gave the scoring people an accurate reading of the order of finish.

The chips were a major post-race topic of conversation among runners and relatives of those who wore the chips. Those chips — instead of the usual paper numbers — were turned in at the end of the race in exchange for the souvenir bag that came with the entry fee.

It was day that seemed perfect for runners — especially for runaway winner Merrill Hausenfluck of Gaithersburg. But yesterday was the unlikely setting for the first-ever fatality in the 22 years of the race.

Joseph Sokol of Ellicott City, 47, died while competing in the event.

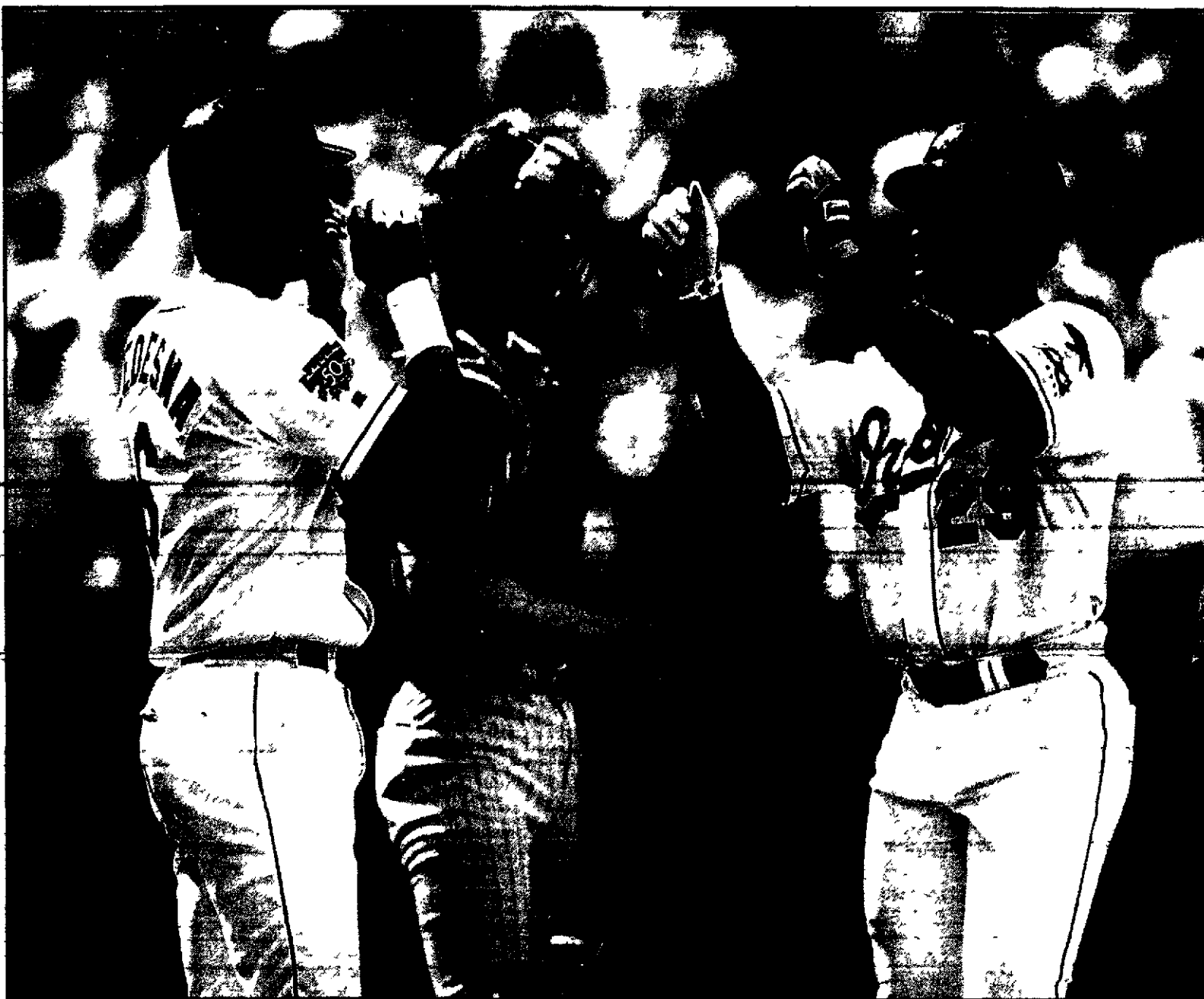
For a run that had been held in some of the most oppressive heat and humidity on some of the most hellish days possible, yesterday's weather brought great satisfaction to anyone who had anything to do with the run. Temperatures in the 70s don't often happen on the shores of the Chesapeake in late August. Bearable humidity is rare on a sunny day at this time of the year in this part of the country. But that's the way it was yesterday.

Mark Chaput and his volunteer team of doctors, nurses and medical assistants manning the medical tent just beyond the finish line in front of Navy-Marine Corps Stadium were anticipating a slow day because of the weather.

It was just that. A woman with a pulled muscle came in moments after the start. Then nothing. After the long wait until the runners began appearing at the finish line, there were a couple of sprained knees, a few cases of moderate fatigue.

Most of the cots set up in the shade of a large tree were empty. The majority of the medical team was able to enjoy the weather while looking for would-be patients.

It didn't seem possible that tragedy would strike this well-run, safety-conscious, runner-friendly event on so beautiful a day. Not after some of the recent race days that offered a threat to all but the best-conditioned athletes. Nothing. (See GROSS, Page B3)



By Heather Hall — For The Capital
Geronimo Berroa, right, celebrates at home plate with Aaron Ledesma yesterday after Berroa hit his second two-run homer in as many games.

Kamieniecki delivers as O's sweep

By BILL WAGNER
Staff Writer

BALTIMORE — The Orioles had no idea what to expect when they signed Scott Kamieniecki to a minor league contract last winter.

Kamieniecki had pitched just seven times in the major leagues in 1996 following off-season elbow surgery. He'd endured an injury-plagued 1995 season.

General manager Pat Gillick saw Kamieniecki as an insurance policy. Yesterday, manager Davey Johnson called him a lifesaver.

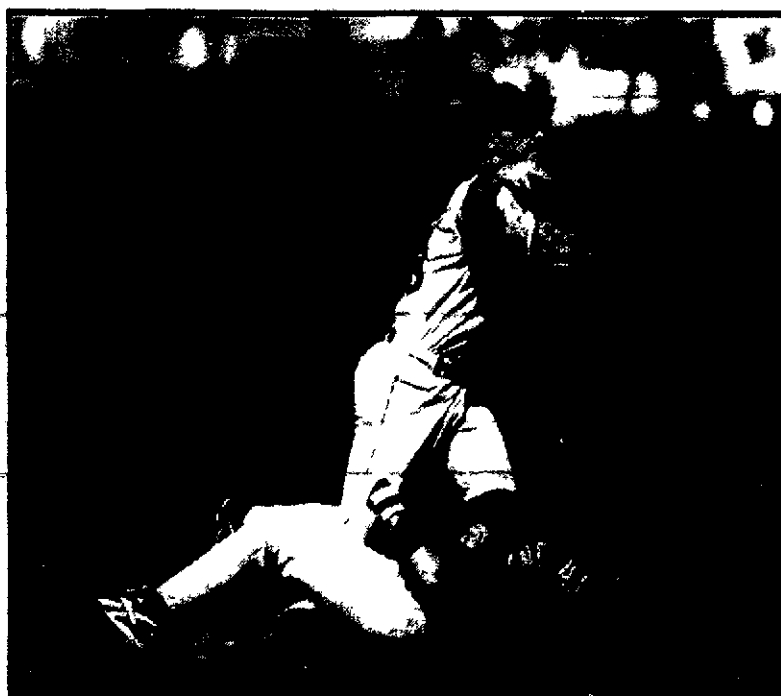
Kamieniecki hurled a four-hitter through seven innings yesterday as the Orioles beat the Minnesota Twins 5-1 to complete a three-game sweep. Kamieniecki notched a career-high eight strikeouts in improving his record to 9-5 and lowering his ERA to 4.03.

"Kammy has stepped up and pitched as well as anyone on the staff," Johnson said. "To me, he's been a lifesaver. He's filled a big gap. I don't know where we would be without him."

Kamieniecki has given the Orioles six innings or more in 14 of 24 starts while racking up 143 innings. Yesterday was his 13th quality start — defined as six innings or more with three or fewer earned runs.

"Scott has been very consistent. He's given us innings, given us wins," Orioles third baseman Cal Ripken said. "We've gotten great starting pitching and he's been the diamond in the rough we didn't know about. He's been a big bonus."

Geronimo Berroa jacked a two-run homer while Brady Anderson and Rafael Palmeiro hammered solo shots to back Kamieniecki, who had been getting the fourth worst support (4.17 runs per start) in the



By Heather Hall — For The Capital
Jeff Reboulet forces out Minnesota's Chuck Knoblauch and makes the relay to first to complete an eighth-inning double play yesterday.

American League

Baltimore (83-44) has won five straight, nine of 10 and 22 of 28 to move 39 games over .500 for the first time since August of 1979.

"I can't remember being on a team that has won at this rate. It's to the point where we go out expecting to win," Ripken said. "We've put ourselves in a very enviable position. What we've done to this point of the season has set us up nicely for the stretch run."

The Orioles now hold a seven-game lead in the A.L. East over the New York Yankees, which has to bring a smile to Kamieniecki's face.

Kamieniecki was New York's 14th round draft choice in 1986 and

spent 10 seasons in the organization. He reached the big leagues in 1992 and gave the Yankees three straight solid seasons, logging 188 innings in '92 and going 10-7 with a 4.08 ERA in '93.

Those numbers were forgotten in the face of the injuries when the Yankees chose not to re-sign Kamieniecki last winter.

The Yankees had until Dec. 20 to pick up my option and they declined. After I became a free agent, they came back and tried to sign me, but I declined," Kamieniecki said. "It was time for me to move on. I felt I could use a fresh start with another organization."

Kamieniecki cast his lot with the

Orioles, arriving at the team's spring training complex with no guarantees other than an opportunity to earn the fifth spot in the starting rotation.

The 33-year-old right-hander beat out Shawn Boskie for the job, then bumped up to the No. 4 spot when Rocky Coppinger broke down. He's proven quite an addition to the starting rotation.

"I know I wasn't being counted on coming out of the spring, but I was given the chance to pitch and made the most of it," Kamieniecki said.

"If I'm healthy, I can do the job in this league. Give me 30-35 starts and I'll prove my worth. I'll never be a No. 1 starter, but I'll keep the team in the game 80 percent of the time."

Kamieniecki has allowed just one run in four of his last five starts. He was coming off his worst outing this season (7 runs in 3.1 innings at Kansas City), but regained his winning form yesterday by mixing a sharp breaking ball with a tailing fastball and working both sides of the plate.

Minnesota's lone run yesterday came in the fourth as Darrin Jackson delivered an RBI single, but Kamieniecki avoided further damage by striking out Damian Miller with runners at the corners.

Anderson had given the Orioles a 1-0 lead in the third inning with an opposite-field homer. He also doubled in the fifth for his ninth multi-hit game since July 30.

Palmeiro broke a 1-1 tie with a towering drive to right center in the fourth inning. It was his fifth homer in eight games and gave him 29 for the season.

Berroa made it 5-1 in the fifth with a two-run blast that chased (See SWEEP, Page B3)

'Skins, Ravens make cuts

ASHBURN, Va. (AP) — When there are a couple of injuries at one position on a football team, it usually opens the door for a backup to make the roster. For tackle Andre Johnson, the effect was just the opposite.

The Washington Redskins yesterday cut Johnson, the No. 30 overall pick in the 1996 draft, after he failed

"If our offensive line were completely healthy, we would be able to make a longer commitment to Andre (Johnson)."

— Norv Turner, Redskins' coach

to show the consistency or the aggressiveness needed to play offensive line in the NFL. He becomes the last Redskins first-round flop of the 1990s.

"It's disappointing," coach Norv Turner said. "You'd like to think that he's going to play. You can't let (his draft position) be the issue. You have to keep the best guys that give your football team a chance to win."

Johnson was inactive for 15 of 16 games last season and didn't play a single down. Although he showed spurts of improvement at this year's training camp, the Redskins still don't have enough faith to play him in a regular season game.

And, with lineman Tre Johnson and Bob Dahl injured, Turner can't wait any longer for Andre Johnson to develop. He needs players who can contribute immediately, starting with the season opener at Carolina.

"This is unusual. There are around eight or nine guys that are injured," Turner said. "If our offensive line were completely healthy, we would be able to make a longer commitment to Andre."

Also released were defensive end Dexter Nottage, fullback William Bell and guard Michael Batiste as the team finalized its 53-man roster.

Johnson becomes the Redskins' latest first-round fiasco of the 1990s, although the others on the dubious list at least managed to get on the field.

■ DT Bobby Wilson (No. 17 overall, 1991) had a plethora of injuries and had been demoted to second. (See CUTS, Page B3)

SPORTS ON TV

TODAY	
TENNIS	
■ U.S. Open, first round	
7:30 p.m.	USA
MAJOR LEAGUE BASEBALL	
■ Marlins at Cubs	
8 p.m.	FX WGN
TOMORROW	
TENNIS	
■ U.S. Open, first round	
11 a.m.	USA

Sports
LINENorman wins
World Series

Greg Norman shot a 3-under-par 67 yesterday for a four-stroke victory over Phil Mickelson in the NEC World Series of Golf.

His final-round left him at 7-under-273 for the tournament. Norman collected \$396,000 and a 10-year PGA Tour exemption.

Elsewhere in golf yesterday: ■ Colleen Walker shot a 5-under-par 67 to win the Stan-

bank PGA Classic by two strokes and collect the \$82,500 first prize plus a \$100,000 bonus.

Walker, who won the du Maurier Classic earlier this month, received the bonus as part of the CCN Champions' Challenge, which offered the money to any winner who already had won a 1997 event.

Walker had a 13-under-203 total and Terry-Jo Myers, a two-time winner this year, closed with a 66 — the day's lowest round — to finish second.

■ Mark Calcavecchia shot a 5-under-par 66 on Sunday for a one-stroke victory over Andrew Magee in the Greater Vancouver Open. Calcavecchia had a 19-under-265 total on the Northview Golf and Country Club course.

■ Bruce Summerhays made a 1-foot par putt on the second playoff hole Sunday to beat Hugh Baiocchi and win the \$1 million Saint Luke's Classic on the PGA Senior's Tour.

Summerhays shot a 5-under-par 65 to come from six strokes back and force the playoff with Baiocchi, who faded to a 71 on Sunday. The two had 54-hole totals of 11-under-199.

■ NFL: The Carolina Panthers gave up on trying to meet Kevin Greene's contract demands and cut the man who led the NFL in sacks last year. It was the end of a bitter holdout and the highlight of cutdown day in the NFL as teams pared down to the 53-man roster limit.

In other moves, the Green Bay Packers traded Qadry Ismail to Miami; Rickey Jackson aborted his comeback attempt with the Saints; and Steve Emtman's injury-plagued career may have come to an end with his release by the 49ers.

■ Miami Dolphins defensive back Clayton Holmes was suspended for at least four regular-season games for an unspecified violation of the NFL's drug and alcohol abuse policy, the league said.

Saturday
COLLEGE FOOTBALL: Top-ranked Penn State led a six-team Big Ten conference contingent, but Northwestern moved in to replace Wisconsin in the first Associated Press regular-season Top 25 college football poll.

Syracuse, which beat Wisconsin 34-0 in Sunday's Kickoff Classic, jumped from No. 17 to No. 13 in balloting by 70 media members. Northwestern beat Oklahoma 24-0 in Saturday's Pigskin Classic.

For The Record

BASEBALL
American League
ANAHEIM ANGELS—Placed OF Orlando Palmeiro on the 15-day disabled list. Recalled LHP Greg Cadaret from Vancouver of the PCL. Traded INF OF Aaron Guel to the San Diego Padres for C Angelo Encarnacion.

CHICAGO WHITE SOX—Signed RHP Kyle Kane and RHP Jamie Smith.

KANSAS CITY ROYALS—Recalled RHP Jim Pittsley from Omaha of the American Association. Released RHP Mike Perez.

MINNESOTA TWINS—Activated C Greg Myers from the 15-day disabled list. Optioned OF Tom Hunter to New Britain of the Eastern League.

OAKLAND ATHLETICS—Activated RHP Brad Rigby from the 15-day disabled list. Designated RHP John Johnstone for assignment.

TEXAS RANGERS—Placed 2B Mark McLemore on the 15-day disabled list, retroactive to August 19. Purchased the contracts of INF OF Alex Diaz and OF Mike Sirmis from Oklahoma City of the American Association.

TRANSFERRED RHP Xavier Hernandez from the 15-day disabled list to the 60-day disabled list.

National League
CHICAGO CUBS—Placed RHP Kevin Foster on the 15-day disabled list, retroactive to Aug. 17.

NEW YORK METS—Optioned LHP Joe Girardi to Norfolk of the International League. Recalled INF Jason Hardtke from Norfolk.

PHILADELPHIA PHILLIES—Placed OF Gregg Jefferies on the 15-day disabled list, retroactive to Aug. 18. Recalled 1B Mike Robertson from Scranton/Wikes-Barre of the International League.

BASKETBALL
National Basketball Association
PORTLAND TRAIL BLAZERS—Signed R. Brian Grant to a seven-year contract. Re-signed C Chris Dudley to a one-year contract. Recalled the rights to F Clifford Robinson from Memphis.

ST. LOUIS BLUES—Signed G. Vincent Robinson, D. Mitchell Butler and G. Marcus Brown.

SPORTS
Ripken rolls on, even on 37th birthdayBy RICH DUBROFF
For The Capital

BALTIMORE — Yesterday was Cal Ripken's 37th birthday, and as usual, he played.

Since Ripken's streak began, the Orioles have played every August 24, he thinks.

Birthdays aren't special to Ripken.

"No, they used to be. When you get a little bit older, you want to hold on to your youth," he said.

Ripken began his consecutive games streak when he was 21, and yesterday, he played in his 2,443rd game.

He was 1 for 3 with a run scored and a walk — the 999th of his career.

Davey Johnson, who at times has had a touchy relationship with the icon, has become a huge admirer.

"If I were in the other league, I might say,

ORIOLE NOTES

"He needs a day off, it would help the team, but I don't think so," Johnson said.

"There's a presence. You don't realize his strength. With that streak, it's a force in itself. I can feel it. I think the players do, too. It's something to draw on. It's a strong and powerful presence.

"When everybody else is dragging, he wants to wrestle. He's truly the Iron Man.

"His presence, and what he stands for, it's a huge positive strength. It's a statement about him and about this team. It's the strength we have. I see that continuing for years."

READY FOR ROBBIE: Roberto Alomar was not activated yesterday but Johnson said, "we'll probably do it (tomorrow). He's working hard at it. There will be a move Tuesday."

With Jeffrey Hammonds continuing to suffer from a sore left Achilles' tendon, Johnson may be reluctant to cut a position player from the roster when Alomar is reactivated.

Esteban Yan may be returned to Rochester tomorrow, and the Orioles may play with 11 pitchers until the rosters are expanded Sept. 1.

Johnson said he likes how Alomar is recovering from his strained right groin. "I saw him work out and hit. He was moving pretty good and swinging pretty good. He's a special player," he said.

"If there's ever anybody who plays under control, it's him."

HURTING NEWS: Hammonds will not be ready to play until at least tomorrow. Johnson said that he expects the injury to be a nagging one that will bother Hammonds the

rest of the year.

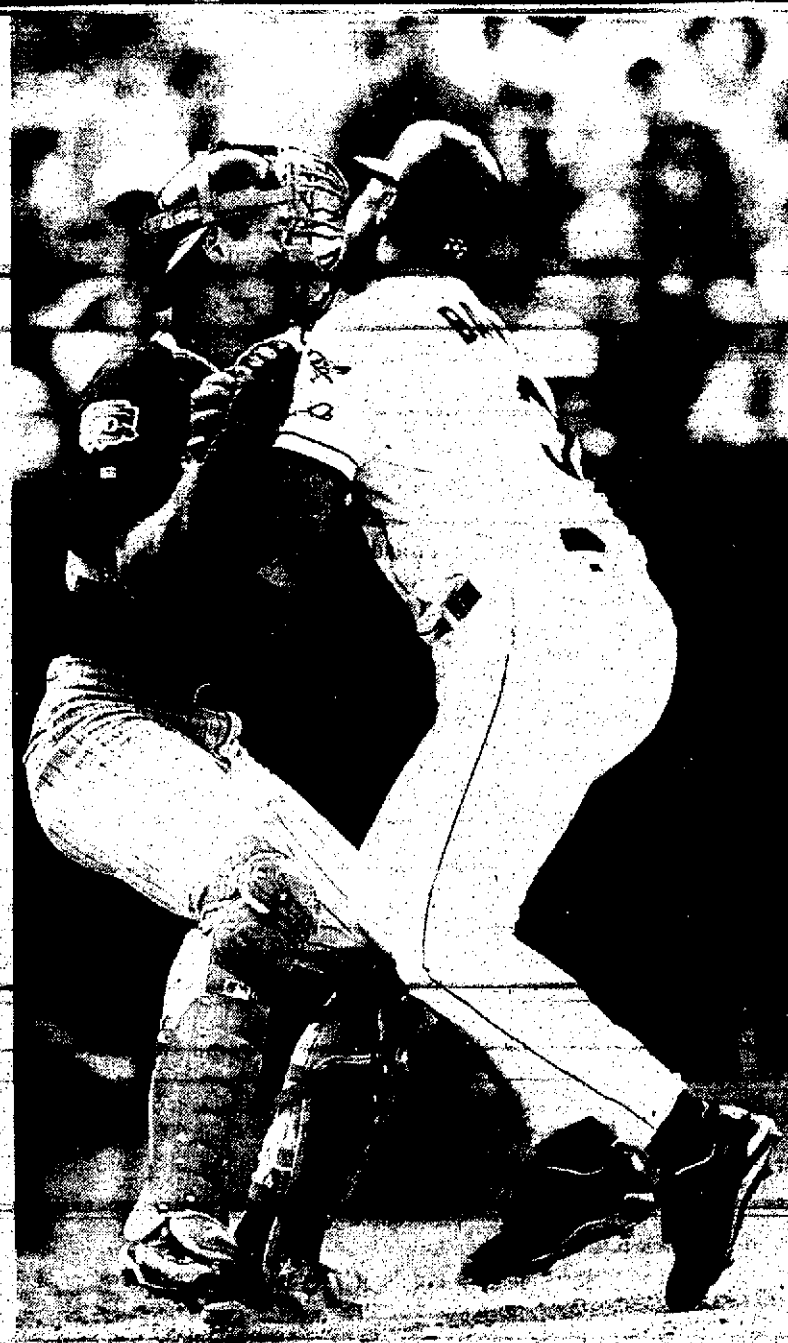
STEAMING MIKE: The day following his yanking Mike Mussina after five innings, 99 pitches and 11 strikeouts, Johnson insisted he had no second thoughts on his decision. "It's probably not straightened out in Mike's mind. Players don't agree with some of my decisions. I want him to be upset."

Obviously, Mussina is still upset. When he saw reporters, he snapped: "I have no comment. Don't ask."

PUNCHED OUT: Scott Kamieniecki and Armando Benitez struck out 12 batters yesterday. On Saturday, five pitchers combined for 16 strikeouts. The 28 batters struck out in two consecutive games is believed to be a team record.

"We've got some good arms. We make pitches and hit the corners," Johnson said.

"Good things will happen. I don't want them to make contact if I can help it."



Oriole baserunner Harold Baines is out at the plate as Minnesota catcher Damien Miller applies the tag in the fourth inning of yesterday's game.

SWEEP

(Continued from Page B1)
Minnesota starter LaTroy Hawkins (4-9), who had not allowed more than two home runs in any of his previous 18 starts.

Armando Benitez came on with two on and none out in the eighth and got out of the jam with a double-play and strikeout. He hit 100 mph twice in striking out four of the five hitters he faced.

Jackson failed at one of those 100 mph fastballs and accidentally flung his bat at Benitez, who had to jump to avoid being hit. The 6-foot-4, 225-pound Dominican glared angrily at Jackson, who simply shrugged his shoulders as if to say "What can I do?"

"The guy was just trying to touch that heater and lost his grip on the stick," Johnson said. "Armando kind of stared him down. That intimidation act is part of Armando's repertoire."

Baltimore won the season series

with Minnesota, 10-1. That's the Orioles' best record ever against the Twins.

ORIOLES 5, TWINS 1									
MINNESOTA					BALTIMORE				
	ab	r	h	bi		ab	r	h	bi
Knoche 2b	4	0	1	0	Byrd 1b	4	1	2	1
Greene 1b	2	1	0	0	Ledezma 2b	4	1	2	0
Sprache 1b	1	0	0	0	Sumoff 1b	4	0	0	0
Melton 3b	4	0	1	0	Benitez 1b	4	1	2	0
Cowan 3b	4	0	0	0	Tasso 1b	3	1	1	1
Lawton 1b	4	0	0	0	RPM 1b	3	1	1	1
Dijkster 1b	4	0	1	1	Carpenter 3b	3	1	1	0
DMiller c	3	0	0	0	Baines dh	3	0	1	0
GMays ph	1	0	0	0	Wester c	4	0	1	1
Becker 1b	3	0	1	0	Rhoulet ss	4	0	1	0
Hocking ss	2	0	0	0					
Totals	32	1	6	1	Totals	33	5	9	5
Minnesota					000	100	000	-1	
Baltimore					001	220	000	-3	
DP—Minnesota 1, Baltimore 1, LOB—Minnesota 6, Baltimore 7. 2B—Byrd, Anderson (14), Ledezma (12), Baines (20), HR—Byrd, Anderson (14), Baines (23), RPM (12), SS—Lawton (6), Becker (13).									
IP H R ER BB SO									
Minnesota									
Hawkins L 4.9	4.3	8	5	0	2				
Trombley	1.3	1	0	0	2				
Guardado	1	0	0	0	1				
Aguirre	1	0	0	0	1				
Baltimore									
Kinnick W 9.5	7	4	1	1	8				
Orosco	0	1	0	0	1				
Benitez S 9	2	1	0	0	4				

Orosco pitched to 2 batters in the 8th.
WP—Hawkins, Kamieniecki.
Umpires—Home, Cousins; First, Hickox; Second, Koser; Third, Brinkman; T—2:50, A—47,643.

Kirgan's homer lifts Baysox

BOWIE (AP) — Chris Kirgan belted his 18th homerun on the first pitch in the bottom of the ninth, giving the Bowie Baysox a 3-2 victory over the Portland Sea Dogs yesterday.

Kirgan's homer off Joe Jacobson (5-5), who had just entered the game, ended a 0-for-23 slump.

With the victory, the Baysox remained one game ahead of Reading in the race for a playoff spot. Reading visits Prince George's Stadium tonight at 7:05 and tomorrow night.

Portland grabbed a 2-0 lead in the fourth inning. Kevin Miller

smacked a one-out homerun off Baysox starter Chris Curtis. Ryan Jackson walked and advanced to second on a wild pitch. He later scored on a single to center by Lionel Hastings.

Bowie responded with a run of its own in the bottom of the inning. Johnny Isom doubled down the left field line with two outs and scored on a bloop single to right by Bryan Bogle. Bogle tied the game in the sixth with his 12th homerun.

Matt Snyder (7-5) pitched two scoreless last innings for the win.

GROSS

(Continued from Page B1)
so serious ever happened on those mornings. But it did yesterday, when it was least expected.

The Annapolis Striders, who produce the Annapolis Ten Mile Run each year, did everything to have the race go off without any hitches. And everything seemed to be exactly that way until they learned of Sokol's death. Because nothing like that had ever happened in the very popular Annapolis event, there were a lot of people at a loss about what to do.

And, as amazing as it actually is, the wonderful, technologically advanced ChampionChip scoring system didn't seem nearly as impressive once there was a loss of human life.

It's only natural that such a tragedy would take something away from the aura of the race and the excitement it creates for the thousands of participants as well as for those who live along the course and have correctly come to feel they a part of the huge event that brings in guests from all over the east — and beyond.

The name of Joseph Sokol and his fate will be remembered by runners in future Annapolis Ten-Mile Runs.

RACE

(Continued from Page B1)
She finished 63rd overall and was clocked at one hour, one minute and 42 seconds, which was 31 seconds in front of the second of the female finishers. Alexandria's 28-year-old Callie Molloy.

And the initial female Masters runner, 48-year-old Susan Humphries of Potomac, was timed at 1:07:05.

Among the most noteworthy finishers was 80-year-old Hedy Marquie of Alexandria, who completed the course in 1:34:23 and was the 2,495th runner among the more than 3,100 to reach the finish.

The first four miles, but the crowd support made me feel like I wasn't



Six-year-old Robble Saffko, right, watches the start of yesterday's Annapolis 10-mile race.

running by myself. I could always feel the presence of other runners being back there," Hausenfluck related. "A lot of times it's tough to run by yourself like I did, but with the good crowd support you get pulled right along.

"I think it was probably a little bit early to go out by myself, but I didn't go out crazy and die badly. People familiar with this course know that can happen here," Hausenfluck said.

The winner pointed out that he worked to maintain his pace despite not having anybody to help him. He said he didn't run any faster in the second half of the race than he did in the first half. Hausenfluck kept up a 5:14 per mile pace.

MEN: 1. Merrill Hausenfluck, 25, Gaithersburg 52:13; 2. Kurt Kroemer, 36, Bowie 54:21; 3. Robert Marino, 39, Annapolis 54:44; 4. Rob Magin, 26, Gaithersburg 55:07; 5. Patrick Reed, 28, Annapolis 55:33; 6. Gerry Clapper, 36, Columbia 55:47; 7. Michael Sterling, 36, Randallstown 55:52; 8. Daniel Holland, 28, Washington 56:01; 9. Paul Keating, 36, Clarksville 56:04; 10. Aaron Walter, 33, St. Louis, Mo. 56:38.

WOMEN: 1. Megan Holden, 27, Washington 1:01:42; 2. Callie Molloy, 28, Alexandria Va. 1:02:13; 3. Hilary Cairns, 26, Washington 1:02:29; 4. Jennifer Flint, 27, Wayne, Pa. 1:02:40; 5. Fiona Braxton, 38, Arlington, Va. 1:03:27; 6. Vanessa Cox, 36, Laurel 1:04:00; 7. Robyn Humphrey, 33, Elliott City 1:04:52; 8. Lisa Bandiera, 29, Arlington, Va. 1:05:05; 9. Maureen Hall, 32, Laveale 1:05:12; 10. Beth Miller, Arlington, Va. 1:05:51.

MEN 40 & OVER: 1. Roberto Rodriguez, 41, Arlington, Va. 58:32; 2. Maurice Pointer, 41, Baltimore 58:46; 3. Ty Langan, 40, Parkville 59:09.

WOMEN 40 & OVER: 1. Susan Humphries, 48, Potomac 1:07:05; 2. Margaret Starnes, 48, Fairfax, Va. 1:08:03.

42. Street 1:07:05; 3. Bernadette Flynn, 40, Fairfax, Va. 1:08:03.

MEN'S AGE GROUP WINNERS: 14-under: Kyle Reagan, 14, 1:03:51; 15-19: Chris Knott, 17, 58:52; 20-24: Jerry Pentoney, 21, 1:00:28; 25-29: Rob Magin, 26, 55:06; 30-34: Aaron Walter, 33, 56:38; 35-39: Gerry Clapper, 36, 55:46; 40-44: Maurice Pointer, 41, 58:56; 45-49: Mick Sionaker, 48, 59:57; 50-54: Reuben Beauchamp, 50, 1:01:38; 55-59: Jerry Solomon, 55, 1:05:00; 60-64: Leonard Morgan, 61, 1:12:54; 65-69: George Yannakakis, 65, 1:10:00; 70-over: Dixon Hemphill, 72, 1:18:37.

WOMEN'S AGE GROUP WINNERS: 14-under: Kristie Behrens, 12, 1:29:08; 15-19: Jennifer Englehart, 19, 1:06:54; 20-24: Mary Davison, 24, 1:07:48; 25-29: Jennifer Flint, 27, 1:02:33; 30-34: Robyn Humphrey, 33, 1:04:45; 35-39: Fiona Braxton, 38, 1:03:18; 40-44: Margaret Starnes, 42, 1:07:05; 45-49: Georgeanne Weide, 45, 1:12:08; 50-54: Hideo Prie, 52, 1:12:11; 55-59: Sharon Davis, 55, 1:14:40; 60-64: Jeanette Chambers, 62, 1:35:13; 65-69: Yvonne Aasen, 65, 1:43:51; 70-over: Hedy Marquie, 80, 1:34:23.

CUTS

(Continued from Page B1)
string before his back went out for the final time during the 1995 camp.

■ WR Desmond Howard (No. 4, 1992) was a failure as a receiver both with the Redskins and the Jacksonville Jaguars. Only when he became a return specialist with last year's Green Bay Packers did he finally find his niche.

■ CB Tom Carter (No. 17, 1993) was a four-year starter from Notre Dame, but never lived up to his billing and was glaringly weaker than Darrell Green. When Chicago offered him a \$13.8 million deal this spring, the Redskins didn't bother trying to match it and instead upgraded by signing Cris Dishman.

■ QB Heath Shuler (No. 3, 1994) had an unimpressive 58.3 rating and lost his job to seventh-round draft pick Gus Frerotte. The \$19.25 million quarterback didn't throw a pass in 1996 and was traded to New Orleans for a third- and a fifth-round draft pick.

■ WR Michael Westbrook (No. 4, 1995) has caught only two touchdown passes in two injury-plagued seasons, and his future with the team remains in question after his attack on teammate Stephen Davis during practice last week. Westbrook was fined \$50,000 and won't start in the season opener next week at Carolina.

The jury is still out on the 1997 first-round selection, DE Kenard Lang from Miami. Despite a 17-day holdout, the No. 17 overall pick has impressed coaches, talking advantage of injuries along the defensive line to earn a likely starting job for the Carolina game.

Though the list is sobering, Redskins fans can take solace in remembering that from 1969-1990 — during the trade-happy eras of coach George Allen and general manager Bobby Beathard — the team had only three first-round draft picks yet went to the Super Bowl four times. Also, the team has enjoyed unexpected success with recent low-round picks such as Frerotte, Jamie Asher and Rich Owens.

"In the last three years, we've drafted 22 players and 17 are on the roster," general manager Charley Casserly said. "And that's in a situation where no one's guaranteed a roster spot by where they're drafted. If they're not ready to play when we need them to play, then we're going to go on."

RAVENS' MOVES: The Baltimore Ravens have obtained two offensive linemen in exchange for draft picks and cut 10 players to bring their roster to 51, two under the league-mandated limit.

The Ravens will likely pick up two players off the waiver wire today to fill out the roster, the team said.

Baltimore addressed its biggest need, a thin offensive line, by getting tackle/guard Bernard Dabney from the Pittsburgh Steelers and guard Ben Caval, who spent last year on the Philadelphia Eagles' practice squad.

The Ravens gave up their seventh-round pick in the 1998 draft for Dabney, and their seventh pick in the 1999 draft for Caval.

Dabney is a six-year veteran who has played 59 NFL games, including 29 as a starter.

In addition to the 10 players waived, running Bam Morris started his four-game, league-imposed suspension for violating the NFL policy on substance and alcohol abuse.

Five rookie linemen were waived: Alex Bernstein, Randy Bierman, Jerome Daniels, Mike Flynn, and Dennis Whitmore. Also released were receiver Donald Richard, line-backer Bernard Russ, and defensive linemen Damein Jeffries, Charles King and Kelvin Moore.

Baltimore opens the regular season Sunday at home against the Jacksonville Jaguars.

THE ATHLETE'S FOOT

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CLEATS ON SALE!