

Gyaki Meets Hage, Malloy, Carnes, & Smith at A-10 Finish

BY ERIC GYAKI

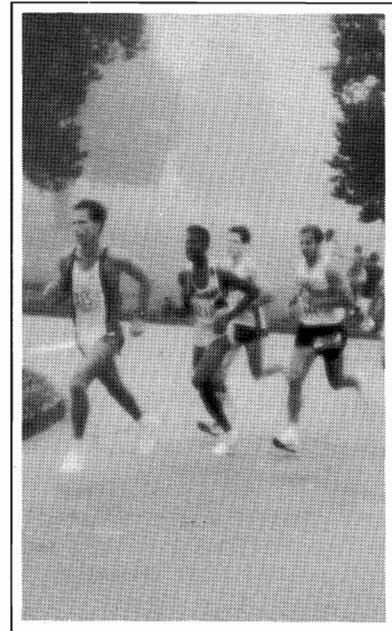
Runners preparing to run the Fifteenth Annual Annapolis Ten Mile Run awoke to find a relatively cool morning with temperatures in the low seventies. The humidity was extremely high with substantial ground fog which remained a plague to runners throughout their individual athletic sojourns. The fog was even more debilitating to the wheel chair athletes who were competing for the first time in this prestigious event. The fog made the wheelgrips on the chairs so wet that there were times when even the best racer had trouble controlling his vehicle.

Having been a runner for 10 years and having selfishly enjoyed the efforts of all the race volunteers for hundreds of races, I decided that I would volunteer to work and forgo the pleasure of an early morning jaunt through the quiet streets of historic Annapolis with 3,000 fellow runners. I volunteered to take photographs. Much to my surprise the race director nabbed me as I was taking pictures at the finish line and encouraged me to interview the winners of the different race divisions and compose that which you now hold and will hopefully finish reading!

The first athlete I talked to was Jim Hage, who won the running competition with a time of 51:21. Jim was a very personable guy and made the interview easy. I asked him

how the race had gone for him. He answered, "The race was practically a classic case of race strategy where the lead pack, in this case six runners, held together through seven miles at which point the course rises and falls through several hills and this is where I made my move surging up the hills but continuing to work going down as well. I managed to break ahead by some thirty yards and just worked to hold my advantage through to the finish."

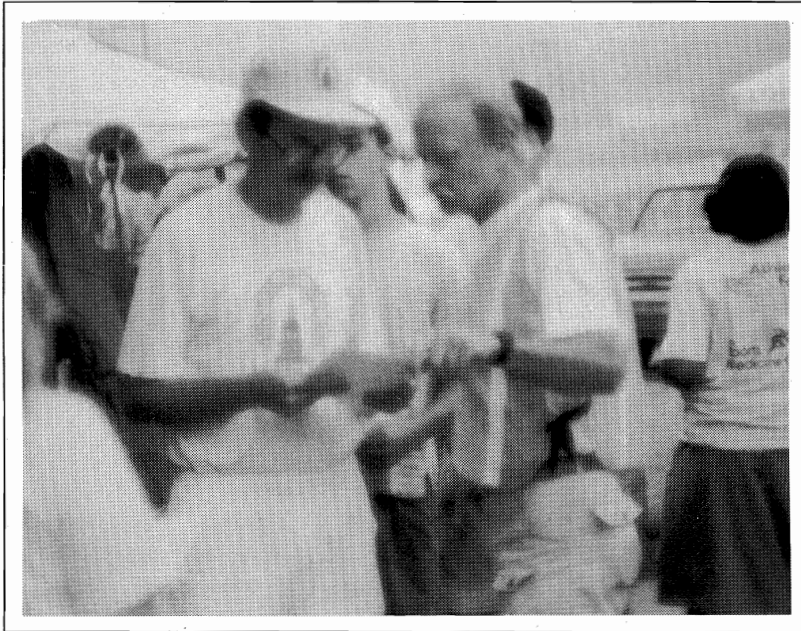
Next I talked to Rose Malloy who was the first place runner in the women's division. She told me that she caught and passed her last competition, Sue Crowe, at about the three and a half mile point. Rose thought the weather was the most important feature of this year's



The lead pack - NAVAL ACADEMY
Ron Shaiko 3130
Farley Simon 3210
Jim Hage 1944
Robert Yara 3642

race. She said, "The humidity was terrible. The air seemed so close, it created a real difficulty in breathing. I can't say this was the worst it's ever been, but it was definitely challenging."

The third interview was with Ken Carnes. Ken was the male winner in the wheel chair division with a time of 39:23. He was enthusiastic about the inclusion of wheel chair athletes in this year's run. He felt very positive about the traffic control and his personal bicycling pacer. Ken remarked on the too wet conditions. He felt that he should have prepared to race in the rain by having something handy to increase his ability to grip his driving wheels. Ken wasn't surprised that he won the race. He is as close to being a professional wheel chair athlete as one can



Brain Trust At Work

"A disability does not necessarily affect a person's competitive drive or determination. All one needs is an outlet for his untapped athletic potential."

KEN CARNES

get. He is actually ranked on an international scale for wheel chair racing. I asked him if only people with a disability can race as a wheel chair athlete. He immediately encouraged me or any A.B. (able-bodied athlete) to get in a chair and give it a try! He said that wheeling a ten mile race is equivalent to doing eight thousand push-ups. Now he was talking to a guy who maxes out at somewhere between twenty-five and forty push-ups (good for a city block or so), so I declined his invitation. For Ken to achieve his Olympic racing potential, his training includes hundred-mile weeks, interval training on a track with 400 x 16 in fifty-seven seconds, twenty-five mile cross country rides, and fartlek workouts. As Ken pointed out, "A disability does not necessarily affect a

person's competitive drive or determination. All one needs is an outlet for his untapped athletic potential."

My final interview was with Brenda Smith who was the female wheel chair division winner. Brenda was the only female wheel chair entrant, but she told me that there are one or two others in the Maryland area. Brenda has only been racing for the last six or seven months, but she is already fairly competitive with the other racers. The ten miler was a tune-up for a Salisbury marathon that she would be competing in on September 7. She commented that it was a great race and that she had no trouble with runners as long as they could hear her coming on the downhills. She felt the most

difficult part was on the Severn River Bridge where she joined runners traveling both ways. The fog caused some problem with slipping of her drive wheel, but generally she felt it was a very good race.

There you have my first efforts at race reporting. Maybe next year I'll take the easy way out and just sweat myself through a nice little ten-mile ramble.



1990 ANNAPOLIS RUN WRAPUP

The 15th edition of the Annapolis 10-Mile Run was a great success in many regards. You should know, however, that we fired the individual who was supposedly in charge of humidity. Volunteers for this post on the 1991 race committee should see me soonest. There were a number of firsts recorded this year: First finish outside the stadium in many years, first official wheelchair category, first packet pickup, spaghetti dinner, and expo at the Naval Station Annapolis, first new location of the medical area in recent years, and first race finish with only one computer working.

Who was responsible for all these firsts? You were, of course. If we didn't have such dedicated people, a let down in any one of these areas could have made the whole experience most frustrating for us and even more so for the runners. A frustrated runner is not likely to return in following years. Fortunately, thanks to your efforts, just about everyone managed to enjoy themselves and many took the time to thank us in one way or another.

So, how was this possible on a day that was so imperfect for running? It happens because of the efforts of our volunteers and roles they played, large or small, that make the runners feel welcome. Sometimes it seems that by sheer force of will many potential problems are overcome. It also helps to have good sponsors

who contribute so much to help make the race worth coming back to.

Every year we learn new things and find ways to do old things better. This year a real tip of the cap has to go to the medical team led by Mark Chaput and the finish line crew

led by John Gudas. On the medical scene, Mark said they were as busy as they have ever been in the finish line medical tent. That's what 100% humidity will do for you. Fortunately, most people ran within themselves, took advantage of well-stocked water stops, and tried to relax. All of the available cots were filled at various times, but only two persons were transported to the hospital for further treatment. They were released early in the afternoon. The excellent work of the medical staff received a boost as Dr. George Sheehan stopped in and ended up lending a hand for a while.

Meanwhile, back at the finish line, gremlins got into 2 of the 3 computers. So how did we manage to keep everybody straight for the results? Well, the backup scoring system worked to perfection and,



thanks to the dedication and attention to detail of the people involved, we were able to reconstruct the order of finish and enter everything back into the computer fairly easily (it took until about 6PM to finish checking everything).

I know there were a lot of other loose ends that people were able to fix on the spot. We tried to commit all these ideas and suggestions to paper so we won't forget and have to relive it again next year. If you have any items you think we could use and don't already have, please jot them down and send them to me.

Remember, when you patronize or have occasion to meet with our sponsors, be sure to thank them for their support. It is because of them that we can offer such a fine premium and still make a sizable donation to the heart fund - about \$6500 this year.

Speaking of the popular sweatshirt, there are a limited number of them still available in sizes Med and Extra Large. Price for club members \$12.00, non-members \$15.00. Call 268-7140 and Sharon will reserve one for you. Most of our club profit this year will come from this sale. Plan ahead for the holidays and winter, buy several!

We are already starting to plan for next year. Remember, we can't do it without you in the equation. Thanks again to all - your diligence made my job a lot easier.

See you on the road.

Evan Thomas,
Director 1990 Annapolis Run



1990 ANNAPOLIS RUN HEROES

Who are these people and sponsors, you ask?
Just to make sure you know who was responsible for what,
here are the heroes of 1990:

Race Committee

Assistant Race Director - Will Scott
Treasurer - Mike Long
Medical Coordinator - Mark Chaput
Course Directors - Don Kennedy and Will Scott
Registration - Gerte Spadone
Postal Management/Entries - Betty Moore
Volunteer Coordinator - Eleanor Kennedy
Scoring Director - Mike van Beuren
Finish Line Director - John Gudas
Public Safety/Police Coordinator - Ron Jarashow
Awards Coordinator - Pat Hoffman
Team Competition Coordinator - Bill Conroy
Sponsor Coordination - Sondra and Russ Irvine
Race Premium Acquisition - Bob Bridges
Race Premium Distribution - Ken Lyons
Starting Line Coordinator - Dick Hillman
Invited Runners - Rose Malloy
Workers Picnic - Sue Briers
Number Pickup - Pat O'Brien
Finish Line Construction - Bill Law
Stadium/Security Director - Lee Patrick
Parking - Arnie Henderson
Photography - Eric Gyaki
Spaghetti Dinner - Lloyd-Ellen Thomas
Public Address/Awards Announcer - Mike Long
Neighborhood Letter - Will Scott
Clothing Sales - Sharon Hammond
Wheelchair Coordinator - Randy Fox

Sponsors

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Sports Medicine Center of Annapolis
The Athlete's Foot of Annapolis and Columbia Malls
Snow Valley Spring Water
The Annapolis Ramada
Anne Arundel County Recreation and Parks Department
TCBY-The Country's Best Yogurt of Annapolis Mall
Nationwide Insurance
EXCEED Sports Nutritionals distributed by Team Sportsline
Annapolis Pulmonary Specialists
Poppets Toy Stores of Annapolis