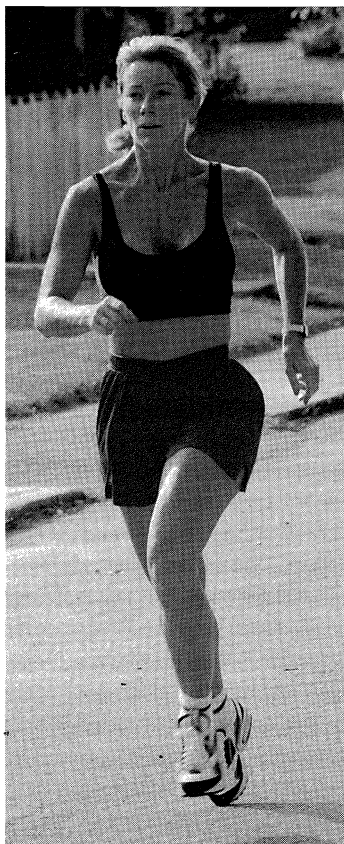


# STREAK

ANNAPOLIS  
STRIDERS

Volume XX Number 5

October 1998



## Women's Distance Festival

by **Danalee Green & Meredith Bonta,**  
*Co-Race Directors*

**G**ORGEOUS WEATHER with temperatures in the 80's and low humidity was the setting for the Women's Distance Festival and Run After the Women 5K. The fantastic weather brought out a record number of participants totaling 293, up last year by 53. All of this served to enhance the 5K run through the scenic, shady streets of West Annapolis.

This event was also the debut of Evan Thomas' Beginning Running group. The 10-week training program prepared them to complete a 5K race and culminated in a 100 percent finishing

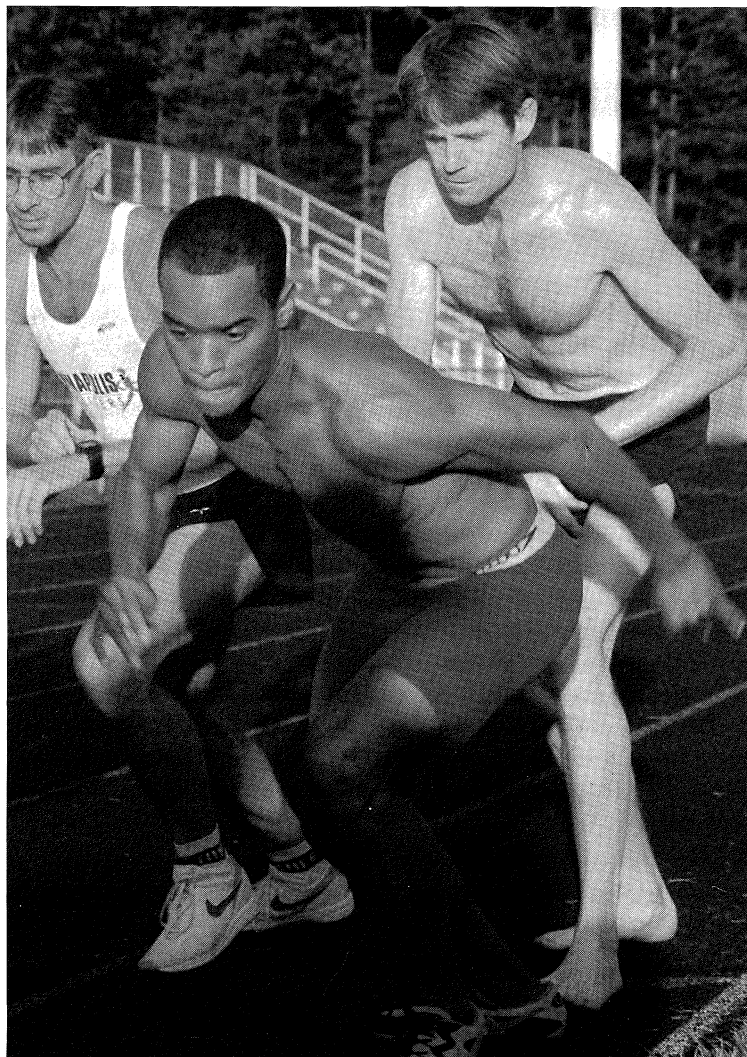
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## Annapolis Ten Mile 23rd Annual Event

by **Ron Bowman, Race Director**

**T**HE SUCCESS OF the A-10 can really only be determined by those it is intended for – the runners. Judging by the comments on race day, e-mails, and letters after the race, this was among the most successful ever. A few samples of letters and e-mail messages that reflect the majority of responses I've received are on pages 4 and 5. We had 3,373 finishers, second most ever! There were 2,202 Male finishers, a decrease of 33; and 1,171 Female finishers, an increase of 10%. We had to turn away about 400 late requests for entry!

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John Wall competitors (l-r) Steve Egolf, Remus Medley, and David Webster.

## John Wall Track Run A New Home for an Old Friend

by **Dave Wall, Race Director**

**S**UNNY SKIES and temperatures in the mid-eighties were a nice welcome to the participants of this year's race as Broadneck High School became the new home of the mid-summer event. A record turnout of 162 runners toed the line of the fast, rubberized track nestled inside the school's stadium. The track's significance was the main reason for moving the race at all. Johnny Wall completed the final workouts of his stellar

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# Message From the President

**Sue Briers**



Sue Briers,  
President  
Annapolis  
Striders, Inc.

The relief of cool weather has finally arrived. Those long hot runs are over and now you can reap the benefits in the cool crisp days of fall.

For those who were lucky enough to get into the US Marine Corps Marathon - good luck. You will need it with this year's field reaching well over 16,000. For those who didn't - I am sure you will enjoy another marathon in a different venue just as well. For those who don't run marathons - enjoy your fall races or simply the scenery this time of year brings.

## Summer Running

This year's summer races proved to be a huge success. Our John Wall Mile was organized and directed by a new race director - Dave Wall. Being the grandson of John Wall, Dave had a huge challenge ahead of him. Not only did he do a great job organizing the race and moving it to a great facility, Broadneck High School, but he also ran and won the race.

The Junior Striders was another success story. For the second year Steve Egolf was the "main kid" and did a great job. His love of running and children really shines through and makes the program super.

The Women's Distance Festival/Run After the Women 5k was another banner race. Danalee Green and Meredith Bonta did their usual superb job conducting the race with over 300 finishers and very unique awards. Great T-shirt design!!

The Dog Days of Summer 8k made a return at its original venue

of Anne Arundel Community College. I was the race director with Earl Scott as my assistant and I loved putting on the race. Anything hot, hilly, trail and challenging is right up Earl's and my alley. I heard lots of positive feedback on the return of this race to the Strider's racing circuit.

## Fall Racing

The Metric Marathon, Old Cold Turkey 10k and Anniversary Run 15k are the last races of the year for the Striders. The Metric Marathon and the Anniversary Run 15k are your last chance to be competitive in the championship series. The Old Cold Turkey 10k is our first attempt at an age/gender graded race and I can't wait to see who wins. My guess is Rose Malloy will take away the overall win. (You know she is 50 now and running better than ever)

This year's Anniversary Run marks the 20<sup>th</sup> birthday of the Annapolis Striders. We promise to have a huge birthday cake and lots of extras so don't miss it.

## Moore's Marines

This year the Striders and Moore's Marines faced a first ever challenge - the US Marine Corps Marathon was going to close out before the program started in July. Having realized this in June, Ben and I made some fast decisions. Ben contacted the Marines and they were gracious enough to front us 40 slots to offer to our "new meat" and members. This allotment of entries allowed us to get all our mara-

thon-training runners in the race. Kudos to the Marines for being so helpful and going that extra mile to accommodate us when they didn't have to. They already have the 1999 website open to take entries.

## New Shed

The Striders rent storage space each year to house all the equipment we own. Believe it or not we have an extensive amount of race and computer equipment that enables us to conduct our races. We recently moved our equipment to the brand new Shurgard Storage facility on West Street. The area is wonderful and much easier for our volunteers to utilize.

## New Partnership with the Hospital

The Striders have entered into a new partnership with Anne Arundel Medical Center. We recently pledged to donate \$50,000 over the next 6 years to the center. We were the first non-profit organization to offer a pledge. The Annapolis Ten-Mile Run has contributed proceeds to the hospital over the past several years. This year's race had a display of all the equipment the Cardiac Rehab Center has purchased as a result of our donations. It was impressive! Last year the Striders were one of the single largest contributors to the hospital with a check from the Annapolis Ten-Mile Run of \$10,000. This year's race has been as successful if not more so.

## Annapolis Ten-Mile Run

Many, many thanks to all the volunteers who worked on the race this year. The race was a huge success and, through the wonders of technology, we have received lots of positive comments through e-mail. Ron Bowman, Race Director, and his race committee deserve a tremendous amount of credit for all the hard work they put into the race.

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We did have one runner who was transported to the hospital and, at this writing, is recovering. (See his letter on page 5) The runner suffered an apparent heatstroke even though he did everything he should have to prevent it. He hydrated the day before, morning of and during the race and was running well within his ability. So take note - there are no guarantees and careful monitoring of yourself can save your life. Thanks to the increase in medical support and monitors along the course with cellular phones he was immediately identified as a medical emergency and transported via ambulance to the hospital.

The Annapolis Ten Mile Run has the most extensive medical support of any race I have ever participated in and it has proven to be invaluable to our runners. The doctors have told us if it wasn't for the immediate

monitoring and response of our medical support the results may have been tragic. Thank you to all the doctors, nurses, physical therapists, EMT's, medical professionals and volunteers who contributed to a phenomenal performance.

### Awards

It is that time of year to start thinking about the Annapolis Striders Awards. Do you have a running partner who has improved tremendously this year? Have you? Do you know of an exceptional volunteer? If you answered "yes" to any of these questions perhaps you should nominate a runner for one of the Strider awards. Check the criteria, write a brief description of the qualifications and mail your entry into the Striders. ■



Thanks Ron,

I had a great time and was impressed with the organization of the race. Good job! Immediately after I complete this message I'm going to go to your website and apply for membership in the striders.

Doug Frazee

## Safe Winter Running

As the days get shorter, the risks of running increase. Remember to:

- **Wear reflective clothing and a clip on light when running in the dark.**
- **Run with a partner whenever possible**
- **Don't be predictable in your patterns**
- **Please, please, please do not wear headphones while running.**
- **Be more cautious about your course - eliminate traverse desolate, dark areas or secluded pathways.**
- **Wear clothing to protect against the weather. Running is just like skiing - it is miserable if you don't have the right clothing and equipment.**
- **Don't leave your brain at home when you put on your shoes - stop, think and be safe.**

Morning Ron,

I would like to thank the Annapolis Striders for a wonderful event. The support throughout the course was enthusiastic and encouraging for all runners. This was my first 10-Miler and I enjoyed the run. Weather was a little warm, but as you know you have no control of it. Anyhow, Do you know when the results will be posted in the web?

E.

*Dear Ron,*

I would like to thank you and the entire Annapolis 10 Mile Run Team for your efforts during the race. The quick response of your safety monitor and the ambulance team saved my life after my collapse during the race. I was diagnosed with heat stroke with a temperature of 108+ (the + is because that's the highest the thermometer would read). The emergency room staff at Anne Arundel Medical Center did a wonderful job in cooling me down. Despite a very poor initial prognosis due to the high temperature (possible brain damage & kidney and liver function questions), I am happy to have recovered and am presently at home resting with no real effects.

I cannot explain the severity of my condition (although the doctors mentioned an infection). I have run several races previously, including a marathon. I followed all the guidance given in your pre-race information. I had over a quart of water before the race began and walked every water station, taking 2 cups of water each time. I ran through all the available sprinklers and was wearing water wicking clothes and a hat. After the first mile, realizing how hot it was, I slowed my pace. I never felt any dizziness, nausea or cramps during the race. Last thing I remember is taking water near mile 7 and starting to run. Apparently some racers saw me staggering and pulled me off to the side of the road near mile 8. The racers alerted one of the monitors to my condition, she dialed 911, and within minutes I was in an ambulance. Those several people were instrumental in saving my life.

The race was a well-run professional event. It was due to this professionalism that I am able to write you today. The course is beautiful and the staff provided every type of support needed. Your staff was even able to take care of transporting my wife, a race participant, to the hospital as quickly as possible. I consider the above actions and the fact that the overwhelming majority of the runners finished the race safely, a truly remarkable achievement for your race staff and the Striders. Once again, I am indebted to you, the race staff and the Striders.

Sincerely,  
Chris Ceckak

Dear Mr. Bowman:

Thank you for a really great event! Every detail was covered from the beginning to end. Please convey my appreciation to everyone who was involved in the ten-mile race, from the people who maintained registration to the Red Cross workers along the route to the many great neighbors who gave out water and used their sprinklers to keep us cool. Your race officials and the Annapolis Police Department were great! I can't say enough. The vehicle route into the stadium was smooth and the exit was also fast and efficient.

Thank you for a great time!

Jera Thompson

Dear Ron,

I have run many Annapolis 10-Milers but I think this year's race was far and away one of the best you all have done! The refreshments were great, the chips worked well and there were plenty of premiums available in all sizes! It would be great if we could start earlier however!

Congrats,  
Dick Woods, HCS



## ANNAPOLIS 10 MILE

Continued from page 1

Your Race Committee outdid themselves this year! We had twenty-two sponsors this year; twelve more than last year. We had over 100 more volunteers this year. For the first time, we had race day media coverage in the form of WRNR-103.1 radio and 11WBAL-TV. WBAL had live coverage of the start and interview with the Race Director at the Finish Line. Audrey Barnes, morning News Anchor, not only helped out with Start and Awards announcements but also ran the race with two of her co-workers. We had more sponsors with tables at the Expo than ever. They are beginning to realize that being involved with our race is good business. We expose them to about 30,000 runners through our application and advertising efforts and bring approximately 10,000 people (runners plus family and friends) into Annapolis for race weekend.

Every Race Committee member reported extraordinarily few difficulties and echoed the "best ever" sentiment. We had more Course Monitors and Water Stop personnel than ever. The Midshipman and Girl Scouts are getting to be real pros. The Start, Finish, Medical, Premium Distribution went very smoothly. Even with sized premiums, the transition from Finish Line to water to premium pick-up, which is easily the most hectic, stressful (for the runners as well as the volunteers!) segment of the race, went very smoothly. The wood snow-fencing worked great keeping spectators from congesting the Finish

/Water/Premium area. Our ChampionChip system worked well, not flawlessly, but it allowed us to recover quickly. Some of the scoring difficulties were a result of our outsmarting ourselves; in trying to 'catch' runners not properly crossing the start mats we inadvertently caused the system to 'miss' some early finishers - which caused some consternation at the Awards, but in the end the correct award went to the correct runner before they left the stadium.

Between now and next year's A-10, we want to train a number of Striders on the operation of the chip scoring system. We are even considering using it at some of our club races as training opportunities, so if you are interested in becoming one of the elite, high-tech., fast-reaction A-10 Scoring Team, contact myself, Ron Jarashow, Matt Mace, or any of the Board of Directors.

One significant addition this year was having 24 Medical Course Monitors spread along the course. Another first was the presence of the MEDStar helicopter for emergency and show-and-tell. The Medical Course Monitors carried cell phones and were to call our Medical Tent Operations if they observed a runner having trouble, and 911 if they saw someone in distress. They proved their worth as we had a runner go down late in the race with apparent heat stroke. (See more on page 5). ■



A-10 Race Director Ron Bowman (left) and Lee Patrick monitoring the successful event.

### 1998 ANNAPOLIS RACE COMMITTEE

These people are the heart and soul of the A-10; next time you see them give them a Well Done - they deserve it. If you want to be part of a real team, let one of these people know and we will get you involved.

Jennifer Sullivan: Sponsors

Sue Briers: Premium Distribution

Lee Patrick: Logistics Setup

Ron Jarashow: Scoring

Brad Chapman: Course

Lynn Hopkins: Awards

Dot Thomas: Medical

Mark Chaput: Medical

Arnie Henderson: Parking

Ardis Henderson: Applications

Matt Mace: Finish Line Setup

Jim Sandison: Water Stops

Tom Bradford: Registration

Sharon Bradford: Registration

Evan Thomas: Start Line Setup

Meredith Bonta: Post Race Setup

Sandy Balderson: Police Coord./Expo

Don Kennedy: Course Cert./Logistics

Sean Sweeney: Volunteer Coordinator

A special thank you to Lisa Hillman for taking on a role with premium distribution, and to Will Scott for coordinating race day volunteers and course monitor

transportation. A Very Special Thank You to the clean-up crew of volunteers that stayed until late afternoon breaking down the Start and Finish Line scaffolding, rolling up the snow fencing, and making sure the area was cleaner than when we got there. These devoted workers were: Lee Patrick, Al Stott, Mike Chamberlain, Brad Chapman, Jim Hall and son, Don Kennedy, and Sean Sweeney.

#### Anecdotes:

- Jennifer with 10 boxes of Power Gel in her garage
- First disqualification of a runner for not wearing a shirt on Academy grounds
- Registrant to Betty Moore - "You're here again!?"
- Registrant using last year's canceled check to try to get an entry - good catch Ardis!
- The couple from Florida complaining that I didn't warn them of the hills.
- Seeing all the finishers with their vests on (not really summer apparel) after the race.

