

STREAK

ANNAPOLIS
STRIDERS

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Another A-10 in the Books

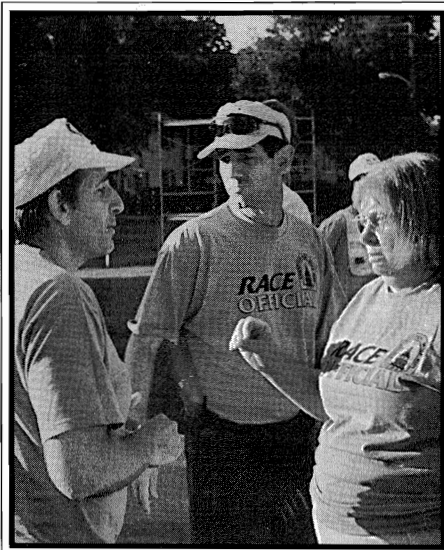
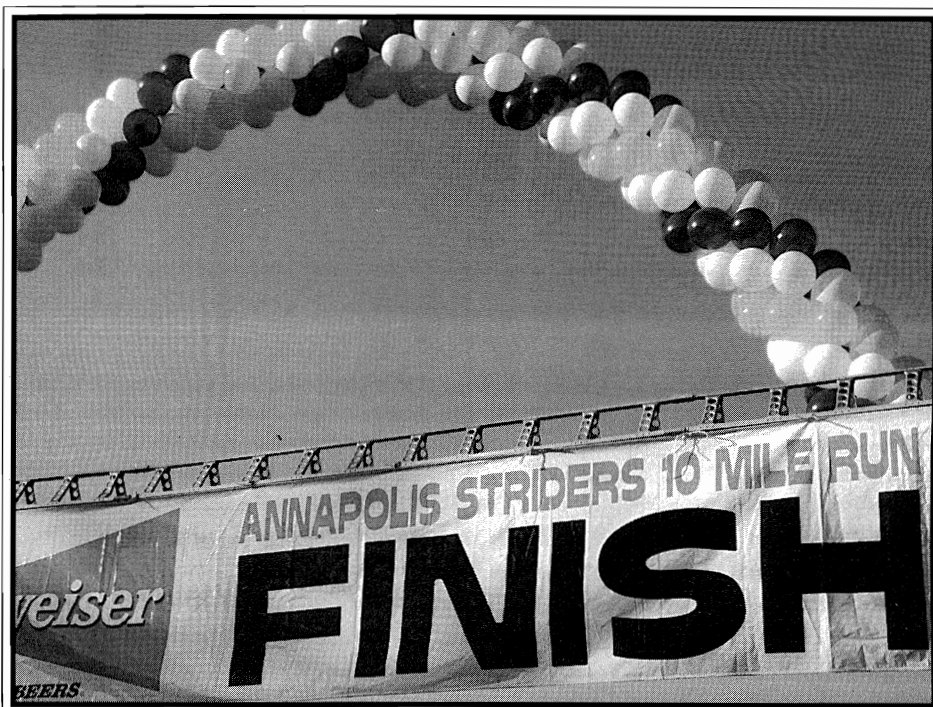
by **Ron Bowman,**
1997 Annapolis Ten Race Director

Well, the 22nd Annapolis Ten is in the books. This year had two firsts. One brought our race onto the cutting edge of race management and the other was a tragic reminder of our mortality.

The unfortunate death of one of our runners during the race put a somber note to an otherwise outstanding event. Joseph Sokol died of an apparent heart attack at the 7 1/2 mile point. He was a 47 year old pharmacist from Ellicott City; had done the A-10 four previous times, and was a seasoned runner, without apparent prior indications of a problem. Sue Briers and I attended the viewing and visited at length with the family. A \$500 donation has been made in Joseph's memory to the University of Maryland's School of Pharmacy in Baltimore on behalf of the Annapolis Ten and the Annapolis Striders.

The introduction of the computer chip was an overwhelming success. The system worked flawlessly. The only problems were with runners not following directions concerning the wearing of the chip. I've received 47 internet messages and every one gave us glowing remarks about how smoothly things went with the chip; they really liked not being "penalized" for having to start back in the pack. The main focus of the feedback was

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TOP: A10 Finish Line. ABOVE: Starting Line.
LEFT: Ron Jarashow and Ron Bowman review
finish line with one of the 400+ race volunteers.

Shopping Opportunity!!

Bob Fields will be selling Annapolis Strider apparel at the Anniversary Run on Sunday, December 14th at Quiet Waters Park. Come on out run the race or volunteer and complete your holiday shopping at the same time!

ET's Beginning Runners

If you signed up for a really cool Beginning Runners shirt and did not receive one, give ET a call. He stills has a few left. Turn to page 5 for WDF race results and pictures of ET's Beginning Runners graduation class.



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Message From the President Sue Briers



Sue Briers,
President
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Now that the hot dog days of summer are drawing to a close the anticipation of cool weather running is on most runner's minds. Those who are pursuing their first marathon are nervous and those who procrastinated about the USMC Marathon are a little disappointed.

The summer has been a busy one for myself and the Striders. The hustle bustle of the Annapolis Ten Mile Run is over and we are gearing up for the fall races: **Metric Marathon**, the **NEW Cold Turkey 8K** at AACC and the **Anniversary Run**. Did you know this year's Anniversary Run celebrates the 24th year of the Annapolis Striders organization?

Annapolis Ten Mile Run

The Annapolis Ten Mile Run was once again a tremendous success. The race had over 4100 registered runners and about 3275 scored finishers. The weather was absolutely wonderful - probably the best in the history of the race. The organization of the race by Race Director, **Ron Bowman** was right on. With the inclusion of the new electronic timing system, **ChampionChip**, the race was elevated to a new level to be included in the ranks of such well known events as the Boston Marathon and the Disney Marathon. The volunteer effort was phenomenal. The race uses over 490 volunteers. Ron was able to solicit the assistance of some new volunteers such as the Harley Davidson Club and the Girl Scouts.

I would like to thank the race committee for the super job they did for our race. We have a few volunteers, most who are race committee members, who have worked on this race every year for as long as I can remember and do a huge amount of work to make the Annapolis Ten Mile Run "one of the top one hundred races in the country". Thank you to all who participated, worked as a volunteer or offered services.

Special thanks to the Annapolis Police Department, A.A. Co. Police Department, Maryland State Police, Naval Academy and the Naval Academy Stadium Officials.

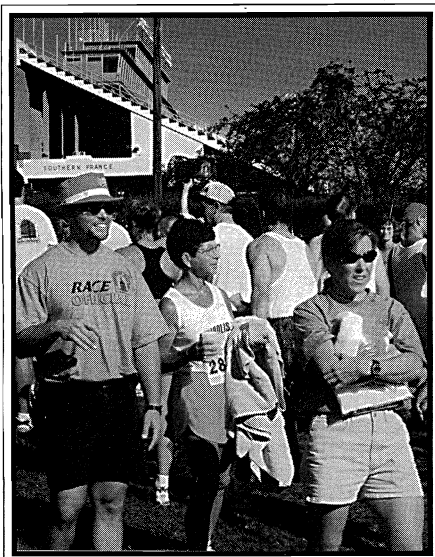
Tribute To A Fallen Runner

In all the fanfare and excitement of the Annapolis Ten Mile Run there was a tremendous loss in the running community. At mile 7.5 of the race in the Naval Academy, the Annapolis Ten Mile Run suffered a tragedy.

Joseph Sokol, a Howard County Strider, was the unfortunate victim of a presumed cardiac arrest. Many of the runners witnessed the heroic attempts of two runners and medical personnel to save Joe but to no avail. Our hearts and prayers go to the Sokol family as they grieve the loss of their loved one. Ron Bowman and I attended the funeral viewing of Joseph and were fortunate enough to learn what an active and well respected man he was. A pharmacist who lived in Columbia, MD, Joe was an Howard County Strider who had run the Annapolis Ten Mile Run four times prior. He was active in his community and in his professional career as represented by the scores of people who came to his viewing. He left a wonderful family of three teenage daughters and a wife, Betsy.

In memory of Joe, the Annapolis Ten Mile Run and the Annapolis Striders have made a \$500 contribution to the family's charity of choice, the University of Maryland, School of Pharmacy.

The Sokol family wanted us to relay the warm thoughts they had for the Annapolis Striders and all the medical assistance and aid given to Joe by the race staff. My thanks to the Medical Director, Mark Chaput and his staff for providing the best professional support in a time of need.



Mike Blanche and Jennifer Sullivan, volunteers.

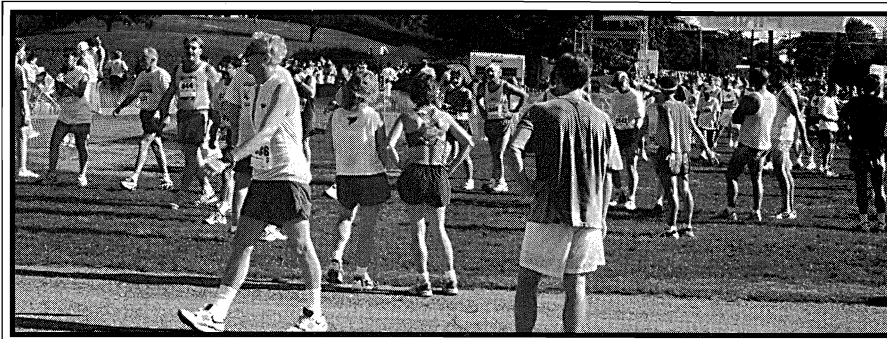
A10

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on the superb support and organization the 500 volunteers provided the runners. I had an email from one runner that Sunday afternoon - sent as soon as he arrived at his home in Philadelphia. Some of you might have seen the nice note in Wednesday's Capital Reader's Views from the City Manager of LaPlata, MD. I also received a call from a Vice President of Conoco requesting information on race organization and use of the chip for a race they are sponsoring in Houston this fall.

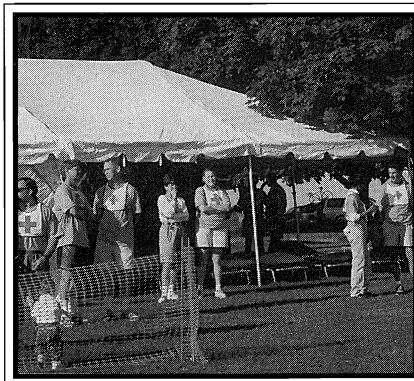
Bottom Line - Every one of the almost 500 volunteers should give yourself a pat on the back. You really outdid yourselves. Due to probably the best weather conditions ever (mid-70's, low humidity), we had the second largest number of finishers at 3,297. The race results were available on a 900# that afternoon, on the Internet and our web page the following Tuesday, and results postcards by Thursday.

The Expo/Registration was also a resounding success. Located in the open parking area under the Anne Arundel Medical Center pavilion, it provided more room for the 30 vendors and packet pick-up. Vendors sales were up 15 - 20% from previous years (we get a percentage of sells). Also, complaint calls to our Hotline after the race have been down significantly from previous



This is the finish line? Where are the chutes?

photos by Eileen Hagan



Medical Tent volunteers standing by.

years. While all the invoices are not yet in, I expect to be able to make a donation the AAMC Cardiac Support Unit in the amount of \$8,500.

The Race Committee for this year's run deserves a medal for excellence above and beyond the call. My job as Race Director consisted of coordination and generally being sort of a lightning-rod - for both

the good and the difficult. The Race Committee consisted of:

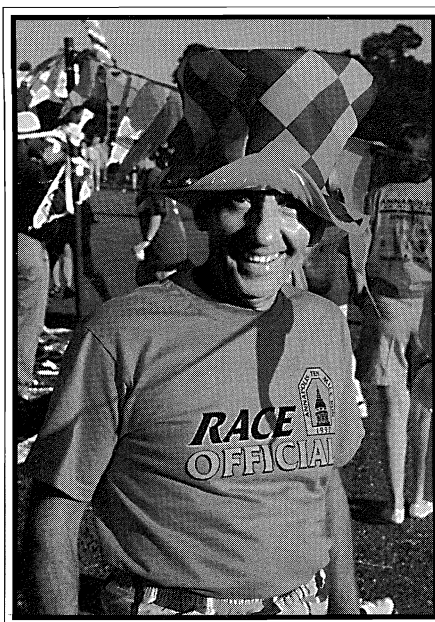
Ron Jarashow - Finish Line Scoring
Matt Mace - Finish Line
Sue Briers - Premiums
Sandy Balderson - Expo
Jennifer Sullivan - Sponsors
Lee Patrick - Stadium setup
Eric From/Will Scott - Course
Jim Sandison - Water stops
Lynn Hopkins - Awards
Evan Thomas - Starting Line
Ardis Henderson - Application processing
Arnie Henderson - Parking
Tom/Sharon Bradford - Registration
Meredith Bonta - Post Race food
Mark Chaput - Medical

This group, and our race, are nationally recognized as one of the best.



SPECIAL RECOGNITION TO OUR OLDEST AND YOUNGEST PARTICIPANTS IN THE 22ND ANNUAL ANNAPOLIS TEN MILER

Place/Name	Age	Time	Pace
MALE AGE GROUP 1-14			
1 Kyle Reagan	14	1:03:48	6:23
2 Brad Mele	11	1:18:46	7:53
3 Justin Gooding	11	1:22:48	8:17
4 Craig Haas	14	1:25:04	8:31
5 Reilly Smith	11	1:32:52	9:18
6 John Royer	14	1:42:57	10:18
FEMALE AGE GROUP 1-14			
1. Krystle Behrns	12	1:29:05	8:55
2. Bridget Morris	14	1:38:33	9:52
3. Audrey Pietrzyk	12	1:39:05	9:55
MALE AGE GROUP 70-99			
1. Dixon Hemphill	72	1:18:35	7:52
2. Frank Pierce	75	1:27:31	8:46
3. Ben Moore	72	1:32:11	9:14
4. Gordon Miller	72	1:38:46	9:53
5. Denzil Pritchard	76	1:39:24	9:57
6. Jim Johnson	72	1:43:46	10:23
7. Bill Osburn	73	2:14:01	13:25
8. Leonard Salatti	76	2:17:41	13:47
FEMALE AGE GROUP 70-99			
1. Hedy Marque	80	1:34:20	9:26



A standout in any crowd — Bill Law.