



by his family to participate in the funeral--Ben Moore and Mike van Beuren were pall bearers. The service was replete with John's love of running and his dedication to finishing. The Strider's Board has voted to dedicate the One-Mile Track Race in his name. Other memorial events are being considered.

Pennysaver 5-Miler: Many thanks to Don Kennedy and Anne Chamberlain for a smooth race the week after the Annapolis Run. Despite the rain, there were some good times posted. Of course, that was probably due to the fact that all course monitors had "the whistle" to urge on the pack. You will be glad to know you can help collect more whistles by saving all your Good 'n Plenty and Good 'n Fruity candy boxes. For each box you give us, we can get a free Choo Choo Charlie whistle.

B&A Trail: At the ground-breaking ceremony for the Severna Park portion of the B&A Trail, we were able to reenact our donation of funds (almost \$4000) to the County Parks and Recreation for upkeep/beautification/facilities along the trail. It's good to see the plans for the trail are still moving along. The light rail transit issue is still bubbling; proponents of this want to use the B&A right-of-way for their project (not what we had in mind.)

Odds and ends: Most stressful race job: Yep, the Annapolis Run sweatshirt distribution after the race. Best addition to race: Team competition. Close to 30 teams toed the starting line this year.

Best Judgement Award: To Ben Moore for calling off the Moore's Marines training run on September 12. Heavy rains and lightning made for terrible conditions. Those who did run that weekend found out what Dale Vogel and I experience every time out in hot weather: how to run with a 5-pound weight on the end of each leg!

New Race Set for '88: On 10 April next year a one-time 10K celebrating the Glen Burnie Centennial will be held. Early planning calls for Dr. George Sheehan to be in attendance. Lots of random prizes are also promised. Entry forms to be available in November.

New richest Strider: Bob Maynard who found \$20 while doing Moore's Marines training one Saturday. To claim, tell Bob you know whose picture is on the front.

Remember, RAFS! (Run and finish smiling!)

Evan Thomas, President

CREDIT GIVEN WHERE CREDIT IS DUE

"Super race.
 "We'll be back.
 "Great course.
 "Awesome jersey.
 "Everyone was so helpful.
 "Tough hill but don't take it out.
 "Can't wait for next year."

Those were a few of the comments we have heard in the aftermath of the 12th Annapolis Run. Hats off to Dick Hillman for orchestrating the big show. We also need to remember to recognize our sponsors who made the event possible:

First National Bank
 Chesapeake Bay Distributors-Miller LITE
 Entre' Computers
 Sports Medicine Clinic of Annapolis.

Also contributing were:

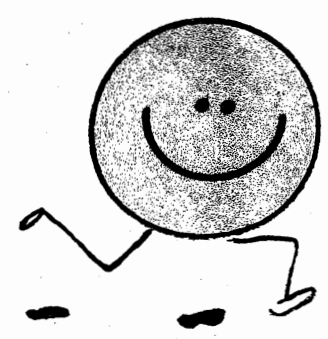
the City of Annapolis
 Anne Arundel County
 U.S. Naval Academy
 Naval Academy Athletic Association
 St. John's College
 The Capitol
 Key School

Howard County Striders
 the Radio Club

And all those who live along and near the race route--THANK YOU FOR YOUR SUPPORT!

Most of all, the Race Committee and all of you who volunteered to help with the race were the reason the race was a success. The Weather Committee (many claimed to be in charge of this) pulled another coup this year. We do have to watch out--people will start to expect ideal conditions. As a result of having a record 2,753 finishers, the Annapolis Run is now among the top 100 distance races in the U.S. This, coupled with Ed Benham's single age record setting performance, guarantees the Annapolis Run will get a few mentions in the national media this year. (Ed Benham is 80.)

Tempering the good feelings generated by the Annapolis Run was the recent passing of John Wall. John contributed in many ways to the Striders and other running clubs. We were asked



TRAINING TIPS

by Bill Vogenitz

RECOVERING FROM A MARATHON

Recovering from running a marathon begins the moment you cross the finish line. You must resist the temptation to sit, lie down, or collapse! You need to keep moving to pump the products of fatigue out of your muscles. Failure to do so will increase your chance of becoming injured in the following weeks. Try to walk or jog slowly for another 15 minutes after you finish. To help reduce the inflammation in your muscles, take aspirin or apply ice.

As soon as you can get back to your hotel or home, take a hot bath and massage your leg muscles thoroughly. Afterwards, take a short walk. That evening, repeat the hot bath, massage, and the short walk, and add some light stretching.

The next day should again include a hot bath, light stretching, and 30 minutes of easy jogging. The second day after the marathon should repeat the above. The emphasis is on removing any residual fatigue products from your muscles.

Once the fatigue products have been removed, emphasis is placed on allowing your muscles to heal. Post-marathon day three, four, and five should not include jogging, only walking and stretching.

For a full week after the marathon, your emphasis should be on recovering, not training. Training should be resumed gradually. If you averaged 50 miles a week training for the marathon, wait until the fourth week after the marathon before you run 50 miles a week again. It takes at least one month to fully recover from a marathon effort. Therefore, you should not attempt to run in a race or do speed work during this time.

5K SPEED WORK TRAINING CLINIC ANNOUNCED

An eight week 5K Speedwork Training Clinic will be sponsored by the Annapolis Striders starting on Sunday, January 3, at the Anne Arundel Community College track. The eight sessions will be held on Sundays, beginning at 8:00 A.M. and lasting 90 minutes.

The 5K speedwork clinic is open to runners of all abilities. It is designed to train you to run faster and to "peak" for the Washington's Birthday 5K.

The eight week training sessions will cover an assortment of hill repeats, fartlek training, and speed intervals of 220 yards, 440 yards, 880 yards, and one-mile runs. The ninth week will be the Washington's Birthday 5K race.

Look for further details in the December issue of the Streak, or call Bill Vogenitz at 974-1998.

ATTENTION:

TRIATHLETES AND WOULD-BE TRIATHLETES

Naval Academy swimming coaches Brian McLoughlin and Ed Denny will be offering a ten-week, one night-a-week, training clinic in swimming strokes at the Naval Academy, starting sometime in January, 1988. Two nightly swimming sessions a week will be scheduled after the initial ten-week clinic.

The exact date, time, and night of the week will be determined later. They need to know how many triathletes would be interested in gaining a "stroke-up" on their competition. There will be a small fee for the clinic. Please call Brian or Ed to express your interest in this clinic at 257-3012/3013 (W) or 544-6762 (H).

RUNNING SHORTS

RUNNING AT THE ANNAPOLIS TEN

Running! Running! runners mingle,
Runners bunched and runners single.

Panting, straining, working harder,
Sweating, dripping, mouths the dryer.

Wild eyed, red eyed, dead pan faces;
Aching, limping, gutsy cases.

Pumping arms and pounding feet,
Determined faces red from heat.

Knee bands, head bands, singlet--styles,
Tee-shirts, short shirts, no shirt--miles.

What a race! but I'll not run,
Course monitor is much more fun!

--Yvonne Aasen

