## ANNAPOLISTS TRIDERS

Volume XVIII Number 5

The Annapolis Striders, Inc.

October 1996



938 females + 2,276 males = 3,214 finishers!

## 21st Annapolis Run

OLKS AWOKE BEFORE sunrise on Sunday, August 25th to a moderate temperature and reasonable humidity. Would the 21st Annapolis Run be an exception to the tradition of heat and closeness? NO! As soon as the sun was up and the race began, it was just like any other August Sunday, hot and humid. But this is our "Heartbreak Hill" and part of the charisma of the event.

From the start, exactly at 7:32 a.m., through the rest of the morning the race went smoothly. The participants enjoyed the events, the volunteers were cheerful, and motorists weathered the morning uneventfully.

The winners were Keith Matiskella, 24, of Wallingford, Connecticut in a time of 51:32 and Stacey Nicholson, 34, of Lutherville, Maryland, in 1:01:05. The masters champions were Thad Jones, 40, Richmond, Virginia, 55:52 and Margaret Starnes, 41, Street, Maryland, 1:01:05. Marjorie Boyd, 35, was the recipient of the Pat O'Brien Memorial Award as the first female finisher from

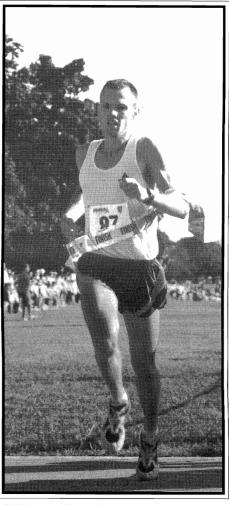
the County. Overall she was the 39th female in a time of 1:12:09.

The maximum field size of 4000 was reached with the mail postmarked on the entry deadline, Wednesday, July 24th. Of these entrants, approximately 80 percent picked up bib numbers and participated. There were 3214 finishers: 938 females and 2276 males.

The hard working race committee consisted of Dick Hillman as the race director, Yvonne Aasen, Sharon & Tom Bradford, Sue Briers, Mark Chaput, Doris Davenport, Gabrielle deGroot, Bob Field, Eric Fromm, Cathy Gibbons, Eileen Hagan, Ardis & Arnie Henderson, Lisa Hillman, Ron Jarashow, Don Kennedy, Tom Kessler, Bill Law, Mike Long, Rose Malloy, Ben & Betty Moore, Brenda Norman, Pat Ogle, Lee Patick, Jim Sandison, Will Scott, Gary Sewell, Evan Thomas, Rick Woods, and Iris Wyvill.

Striders who enjoyed the event and wish to express both their appreciation for this year and their encouragement

see A10, page 3



1996 Annapolis 10 Mile winner Keith Matiskella wears the finish line ribbon at 51:32

#### **INSIDE THIS ISSUE**

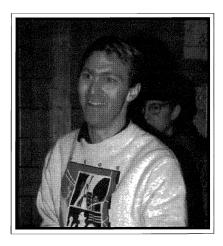
Message from the Editor, Eileen Hagan / 2
Presidents Message, Matt Mace / 3
Striders On The Road with Evan Thomas / 4
Beginning Running Class of 1996 by ET / 7
At The Meet with Kathleen Heagney / 9
Mountain Madness by Don Stoddard / 12
Athletic Performance & Nutrition by Dr. R. Cohl / 14
Strider Discounts / 15

#### **RACE RESULTS:**

Women's Distance Festival / 6 Championship Series / 10 & 11

#### APPLICATION FORMS:

Key School 10K / 16
Hog Neck Scamper 5 Mile / 17
Cold Turkey 20k / 17
Annapolis Striders 18th Anniversary 15k / 18
Club Membership Form / 19
UPCOMING RACES: back cover



# Message From the President

#### 21st Annual Annapolis Run

The 21st Annual Annapolis Run was extremely successful and the weather fortunately cooperated to produce one of the largest finishing fields ever. Significant other comments will be found in this issue of the Streak. On behalf of the Board, I would like to thank Dick Hillman and the race committee for a job extremely well done. The weather for this year's Run could have been a little better, but the administration of the race went as smoothly as any year in recent memory. The premiums were particularly well received, providing the runners with a unique reward for their efforts. Tentative planning is already under way to have sport bags for next year's Run.

The continued success of this major event is dependent upon the combined efforts of many volunteers. The search is already underway for a new Race Director for next year's Annapolis Run. Even if you do not think that you can be Race Director, there are numerous available positions open for coordinating the several hundred volunteers needed to continue the event's top billing. Consider contacting one of the Board members to consider volunteering for this or another event.

#### Dawson's 5 Miler

Mike Brian was our new Race Distor for Dawson's 5 Miler, which was the very successful. Over 300 finishers raced through Severna Park in very good, although somewhat warm, conditions. Mike is already planning for next year and I am sure would be interested in receiving input from anyone for the event. (Race Results in next issue)

#### **Key School 10K**

The Striders will be assisting with this year's Key School 10K. **Brooks Sherman** is again acting as the Race Director for this event scheduled for Sunday, October 20th.

#### Award Renamed to Honor Gerte Spadone

I am very sorry to note the passing of Gerte Spadone, one of the early members of the Striders and a consistent volunteer for the Club. For many years, Gerte was the mainstay of the applications for the Annapolis Run. In Gerte's memory we have renamed the Volunteer of the Year Award and are seeking donations to the Gerte Spadone Volunteer of the Year Fund. Anyone wishing to contribute should contact me or one of the other Board members.

#### 1997 Banquet

Next year's banquet will be directed by **Sandy Balderson**. I appreciate Sandy stepping forward. We are anticipating the same format as last year and also looking for volunteers.

#### **Directors Retreat**

Your Board members will be conducting a retreat to discuss the direction of the Club, how to maintain the quality of our programs, and, involvement of the membership. Larger issues for discussion will include the general race calendar as well as the assistance which we provide to outside organizations. There have been several suggestions that we change the Championship Series, and that with a few modifications we might significantly improve our race calendar. If you have any questions or suggestions, or if you want to provide comments with respect to a specific race or event, please contact me or one of the Board members.

### **A10**

continued from page 1

for the future might communicate this enthusiasm to our wonderful principal sponsors, Anne Arundel Medical Center, First National Bank, and Katcef Brothers/Bud Light, and to all of our contributing sponsors, The Annapolis Publishing Co., Bagels And, Gatorade, Koons Ford of Annapolis, Power Bar, Schering Labs / Claritin, Snapple, Sports Medicine Center of Annapolis, Turbana Corporation. Contributing mightily to the success of this year's race was a deepened commitment on the part of public safety and public works agencies. Strider letters acknowledging the support of the Annapolis and Anne Arundel County Police and Public Works Departments should be sent to Mayor Hopkins and County Executive Gary, respectively. Moreover, I am certain Governor Glendening would be pleased to learn of how wonderly responsive the folks were at District #5 of the State Highway Administration.

The race would have been impossible to conduct without the continued support of the Naval Academy Athletic Association, the United States Naval Academy, and the Anne Arundel Radio Club. The hospitality provided by area restaurants to so many entrant is a key ingredient in the race's success. Striders should acknowledge this contribution by patronizing these establishments: Adams Ribs, Buddy's, Carrol's Creek, Fred's, Griffin's, Harry Browne's, Middleton's, O'Brien's, Ramshead. If your favorite hostelry is not listed, ask them to participate next year.

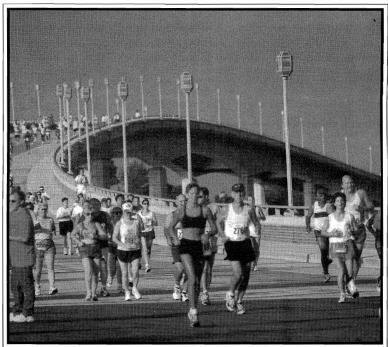
While the final bills are still being paid, it appears that the race did very well financially. Both the Striders and Anne Arundel Medical Center should benefit handsomely from the event.

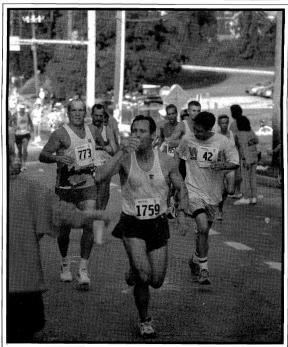
The nucleus of the committee will remain intact for the 22nd Annapolis Run to be held Sunday, August 24, 1997. Anyone interested in directing the race should contact Matt Mace immediately as planning for the 1997 event should swing into full gear in late fall.

**By Richard Hillman, Race Director**Turn to page 5 for more A10 pictures.









1996 Annapolis 10 Mile photos by Rick Woods.

