

# The Best of the STREAKers



*Abe Pollack*

## ON THE ROAD AGAIN--ANNAPOLIS ENGINEER COMPLETES TEN MILER

(as written by Jim Scott in The Center Line)

As the song goes, Abe Pollack, head of the Joining Branch on the Ship Materials Engineering Department, is on the road again. On August 29, he completed the 7th Annual Annapolis Ten Mile Run . . . a significant accomplishment, since Abe had an open heart by-pass operation in 1981.

During the recovery period, Abe established a walking program around the neighborhood cul-de-sac, even though he admits to not participating in any fitness activity since his high school days (which were too long ago to note).

Being a technical type, he conducted a survey on fitness programs and read everything available. He completed a 'Run for Your Life Course' starting with a one minute walk followed by a one minute jog. After three months of aches and pains, he passed the requirement of thirty minutes of continuous jogging.

This accomplishment encouraged Abe to participate in two and three mile fun runs. To increase his endurance and improve his cardiovascular condition, he trained and entered 10,000 meter (6.1 mile) events for causes such as Cancer, Heart, Fight-for-Sight, Kidney, Arthritis, and even Battered Wives.

Encouraged by his family, friends and co-workers, Abe set his sights for a ten mile goal. To accomplish this feat he joined and trained with the Annapolis Striders. He gives special credit to John Gudas and Don Waddington for their encouragement and guidance. John was the race director and Don was course director for the Ten Mile Run.

'I am a firm believer in hitting the road,' says Abe. 'I now run 30-35 miles a week and it keeps me fit, reduces stress and keeps the weight down.' He followed up his first ten mile run by entering the 15,000 meter (9.3 mile) Severn River Run on September 26.

In addition to Abe, two other Annapolis Lab employees completed the Ten Mile Run: LCDR David Vetter and Gerald Sutton.