



### PAT HOFFMAN COLLECTS KUDOS

Just when we thought it was time to relax a little after the Annapolis Run, we find ourselves embroiled in controversy stirred up by the local paper. It's not so much the fact that we could make improvements in a few things. Rather, it's the one-sided approach taken. Well, maybe it's a sign we are a force to be reckoned with that has raised their hackles. At any rate, everyone can take justifiable pride in their efforts this year as we managed to do a superior job in carrying off the race. Race Director Pat Hoffman gets the kudos for having broad shoulders and the good nature to handle all the many facets of a tough job. Thanks Pat--your year's supply of Maalox is on the way.

The Dog Days 8K was a great success thanks to Don Kennedy and crew. It was a true dog of a day but record numbers showed up anyway. T-shirt sales were very popular and we will have to lay in a new supply for next year. Speaking of next year, Earl Scott has volunteered to be the director for next year's Dog days race. And I know we are all waiting for more dog days!

Anne Chamberlain, and Pennysaver advertising, showed us how to do it at the Pennysaver 5-Miler in Severna Park. 291 finishers was a record and it looks like it will be even bigger next year. The attraction must be the whistles, or the addition of a stretch of the B&A Trail on the course. Of course, a large list of random awards certainly helped.

A big welcome to Bob Maynard who will be directing the Metric Marathon on October 9. Call Eleanor Elster, 268-0982, if you can help with this race on a scenic course.

### VOLUNTEERING HAS IT'S REWARDS

We are looking for volunteers to help with the Maryland Marathon by manning a water stop or two. This year's race will be held on October 23 and is being held on a new course. Please call me to volunteer (760-9188). All workers will get the race shirt and all the water and EXCEED they can drink.

Congratulations to Don Waddington on his conquest of the Appalachian Trail. Whoever guessed his finish date of 13 August can call Don to collect their moose nuggets.



'I think they're supposed to keep the socks from slipping down into the shoes.'



**BEST ANNAPOLIS TEN MILE RACE STORY:**  
Runner Attacks Car Driver: Somewhere near the stadium a driver couldn't wait any longer to get on his way, so he tried to force his way through the traffic cones and managed to hit one runner. Twice. After the second nudge, the runner had enough and attempted to pummel the driver. Fortunately--for the driver--the police got things under control quickly.

**THOUGHTS WHILE WATCHING A CAR THAT HAD JUST BEEN REAR-ENDED BY A PICKUP TRUCK SLIDE HELPLESSLY TOWARD THE CONSTRUCTION TRAILER AT RTE 450 AND RUTLAND ROAD: EEEEEAAHH!**

Thank God he stayed on the right hand side of the road away from some Striders doing their marathon training on the left hand side of the road. Some people had just changed sides at the spot where the car hit the chain link fence which protects the trailer. **BETTER THOUGHTS:** Lets push for early completion of the B&A Trail so we can switch to that location for training next year.

On the lighter side of the news we have a few entries, courtesy of Kathy Bridges, in the dictionary of the way the world is now:

**Question:** What happens to runner's brains soon after they begin running "seriously"?  
**Answer:** All their common sense is sucked out. This, of course, is known as brain suck (or BS if you like abbreviations).

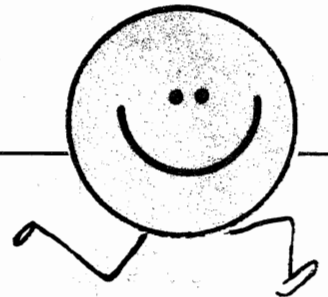
If you look up "pool suck" you will find out this is what can happen if you get caught off guard by an automatic pool vacuum.

Finally, what happens when you lose that little nubbly bobber off the back of your sock? Sock suck, what else?

All of that should set you up for a visit to Donald Disk. Last issue we left him enroute to a trip to MRI (magnetic resonance imaging). That evolution led to Donald's getting his PHD--partially herniated disk, that is. Physical therapy helped a little. What really seemed to help was swimming, walking in the shallow end of the pool and running in place in the deep end. As the pain eased, the numbness seemed to hang on. Eventually, I was able to start some easy walking but had to be careful in foot placement since the left side of the foot had no feeling and it was easy to turn an ankle. Five weeks had passed before the walking felt comfortable. After 8 weeks I tried a short run/walk combination, finally getting up to a mile. And so, from mid-August to mid-September, a build-up was successful in getting me back in some sort of shape. Doc says do whatever pain allows. So far, so good. Since I didn't get the injury directly from running, there is a good chance that running won't make it worse. I am a fanatic about my back exercises now and encourage anyone with low back problems to do the same. After you can't run for a while, the feeling you get when you can is something special. So enjoy it while it lasts.

Remember, run and finish smiling--RAFS!

Evan Thomas,  
President



# Annapolis Run

## ANNAPOLIS RUN RAMBLINGS

by Evan Thomas

Right after the race I was going to send a letter to the editor of the Capital to express thanks to the residents who live along the race route for helping the runners enjoy the race. This they did by putting out water, spraying hoses and generally being enthusiastic in greeting those who ventured out on a typically hot and humid August day. Before I could get it sent, the editors started their stir-the-pot campaign against the closing of roads and the perceived problems caused thereby. Rather than engage in a contest with people who don't want to hear both sides of the story, the Board felt it would be more appropriate for individuals to write the Capital editor on their own expressing their good feelings toward the race. This would, hopefully, show the editorial staff that many more people favor events like these. Perhaps one of you would be listed as a "guest columnist." The fellow who described us as "rabble" was given the distinction of guest columnist. So, if you don't agree with the newspaper's approach, please drop the editor a line telling him so and add those things about the race that you particularly like.

The above notwithstanding, you can be proud of the effort that went into making this year's event so successful. With the exception of the person in charge of weather, everyone came through with flying colors. The 2850 finishers, from some 17 states and the District of Columbia, were treated to a first class event. Everyone I spoke with said they would be back, especially if we can get sweat pants (with pockets) to match this year's sweatshirt. The enthusiasm of the workers and those lining the course helped show off our part of the world in a very unique way. Even though it was a tough day to do a race for time, it is the people involved that make it a good event for the participants and it is these people who will incline the same number of runners to return next year. Thanks for your help!

How tough a day was it? Well, it was tough enough for us to tell people at the start that we would give them their sweatshirt even if they couldn't finish or run that day. In looking over the results, I found a good cross section of the Baltimore/Washington running community represented. A subjective list of some names you might recognize follows:

(more)

39 PHIL STEWART 57:33  
 48 STAN FLETCHER 58:33  
 66 MATT MACE 59:34  
 70 TONY CARVALHO 59:56  
 90 BOBBY EVANS 1:01:02  
 128 NEAL RIEMENSCHNEIDER 1:02:48  
 140 TOM PRENDKI 1:03:07  
 149 BEN MATHEWS 1:03:20  
 184 ED PURPURA 1:04:24  
 223 EARL KEICHER 1:05:25  
 264 WINNIE HITTLE 1:06:34  
 276 PAT MILLESON 1:06:52  
 286 CATHY MERKEL 1:07:22  
 292 RICHARD RAHILLY 1:07:28  
 308 BETSY BACHTLE 1:07:46  
 320 VALERIE GUILFOIL 1:07:56  
 333 JOE CLORETY 1:08:11  
 347 MAUREEN SHANEMAN 1:08:27  
 395 ELAINE TODARO 1:09:11  
 416 HOWARD BEARD 1:09:29  
 434 BAILEY ST CLAIR 1:09:43  
 468 CAROLE ROSASCO 1:10:25  
 479 LARRY TABACHNICK 1:10:40  
 551 MELINDA HOCK 1:12:02  
 570 GREG HOPPA 1:12:22  
 591 TOM KOMAREK 1:12:40

606 HANK CHURCH 1:12:53  
 657 MIKE CHAMBERLAIN 1:13:40  
 718 MARK COUGHLIN 1:14:25  
 728 DON KENNEDY 1:14:34  
 739 JIM KATCEF 1:14:42  
 742 TOM MCKEE 1:14:46  
 754 WARREN PITTS 1:14:53  
 772 REED PYERITZ 1:15:07  
 821 BILL CONROY 1:15:53  
 860 DAVE HERLOCKER 1:16:18  
 887 VIVI PROVINE 1:16:39  
 899 BREV MOORE 1:16:50  
 923 IVAN PRESSMAN 1:17:06  
 967 ED BENHAM 1:17:38  
 975 SUE BRIERS 1:17:43  
 991 JANE SISCO 1:17:57  
 1024 JIM FRATINO 1:18:23  
 1035 EARLE MYERS 1:18:28  
 1055 ERIC FREDLAND 1:18:40  
 1077 NEAL HINKLE 1:18:55  
 1160 BEN MOORE 1:19:49  
 1208 RICHARD MILLER 1:20:31  
 1224 TOM FUTCH 1:20:42  
 1231 FRED BETZ 1:20:47  
 1292 CINDI CONTARINO 1:21:34  
 1332 JOE HOLLAND 1:22:00  
 1354 WILL MYERS 1:22:24  
 1366 MIKE PIERRE 1:22:32  
 1464 ROBERT MOORE III 1:23:48  
 1466 JOHN DE GRECK 1:23:49  
 1501 MARTY COVER 1:24:12  
 1508 SONYA WHITLEY 1:24:22  
 1558 JOHN STRUMSKY 1:24:55  
 1584 JOHN GUALA 1:25:23

1591 JOHN ASTLE 1:25:27  
 1643 WILL AASEN 1:26:05  
 1688 TOM BRADFORD 1:26:36  
 1710 LARRY GANG 1:26:56  
 1724 LEONARD KUENTZ 1:27:07  
 1725 CECILIA TINNEY 1:27:07  
 1727 TOM KESSLER 1:27:10  
 1746 PAUL CLEAVER 1:27:23  
 1793 MIKE IMPELLIZZERI 1:28:00  
 1795 TOM DAVIS 1:28:01  
 1819 REGINA LAPETINA 1:28:22  
 1838 CAROLE RIVERA 1:28:39  
 1913 MILES WEIGOLD 1:29:31  
 1981 DOTTIE MULLEN 1:30:31  
 2005 BILL VOGENITZ 1:30:56  
 2016 LINDA SIMPSON 1:31:03  
 2032 ESTHER WEISMAN 1:31:17  
 2099 DENNIS WILLIAMS 1:32:08  
 2136 NATHALIE LENOBLE 1:32:38  
 2175 BILL LAW 1:33:13  
 2183 HOWARD BERRY 1:33:20  
 2209 KATHY TOSKES 1:33:38  
 2228 JOHN BRINTON 1:34:04  
 2285 GERALD FICHTNER 1:35:02  
 2287 GUY RICCIO 1:35:08  
 2369 ARNOLD GALIANO 1:36:39  
 2485 RAY CHAPMAN 1:38:37  
 2501 CLYDE VILLEMEZ 1:39:00  
 2547 ALAN WYCHERLEY 1:40:26  
 2577 JOE RYAN 1:41:53  
 2606 EMILY MORSE 1:42:43  
 2635 NEAL KINSINGER 1:44:15  
 2775 CHUCK LESHER 1:53:29  
 2831 JAYNE ASTLE 2:08:48



**THANKS**

**THANKS, ALL ANNAPOLIS  
 TEN VOLUNTEERS WHO  
 HELPED TO MAKE THE RACE  
 SUCCESSFUL. WE COULDN'T HAVE PULLED  
 IT OFF WITHOUT YOU. EACH OF YOU  
 PERFORMED A VALUABLE FUNCTION THAT  
 COMBINED TO MAKE IT A GREAT RACE TO  
 RUN, A RACE THAT WILL DRAW PEOPLE  
 BACK AGAIN AND AGAIN.  
 THANKS A MILLION.**

**-ELEANOR ELSTER,  
 VOLUNTEER COORDINATOR**