



# The Streak

A Publication for the Members of the Annapolis Striders

Volume XXVIII Number 5 • October 2005



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Club CalendarBoard Meetings,  
Upcoming Club Races and  
Club Sponsored Events

Board meetings are held the first Tuesday of each month at 7 p.m. in the AAMC Conference Room across from the cafeteria. Meetings are open to all club members.

## October

- 2 Metric Marathon
- 4 Board Meeting

## November

- 1 Board Meeting
- 1 Copy Deadline for December *Streak*
- 5 Down's Park 5-Mile Run
- 20 Cold Turkey 10k

## December

- 6 Board Meeting
- 11 27th Anniversary 15k Run

Annapolis Strider  
Training Calendar

Strider Hotline: 410-268-1165

## Long Distance Training Runs

Saturdays 7 a.m. (6:30 a.m. June-Aug)  
from the Truman Pkwy Park-and-RideTue/Thurs, 6 a.m. Track Workout,  
leaving from the City DockWednesday Track Workouts at 6 p.m.  
at Bates Track; June thru OctoberMon-Fri 6:06 a.m. at the top of Main  
Street; 5 1/2 miles on M/W/F and 4 1/2  
miles on T/TH; Contact Gill Cochran  
410-268-5515 or <http://sixsix.org>

The *Streak* is mailed by bulk mail and cannot be forwarded by the post office. If you are planning to move, please make changes at [annapolisstriders.org](http://annapolisstriders.org) under MEMBERSHIP or contact the Membership Director: 410-360-9019, or [mdg624@hotmail.com](mailto:mdg624@hotmail.com).

## Letter From The Editor

As I take over as editor of *The Streak*, I would first like to thank David Brault, the outgoing editor, for the time and effort he has put in over the past year putting together some terrific issues. I would also like to thank Michael Cunningham for the time he spent on *The Streak* staff writing and compiling the "Striders on the Road" and "Where the Races Are" columns. Finally, I would like to welcome Lisa Murphy to the staff, as she takes over those columns from Michael starting with the next issue.

This is a full issue, featuring the recaps and results of the A10, the John Wall Mile and the Dog Days 8k Run. An article on the Junior Striders and the good work that Roger Hebden and his volunteers do with the kids appears on page 16. In addition, we have several contributions from members, including stories about race experiences (ranging from a 100 mile ultra to a mountainous marathon to a mud run and ride relay), an essay from Andrea Williams about why she runs, and the song stylings of Susan Zevin. I look forward to receiving more of your thoughts, musings and articles.

In closing, I'd like to wish you all good luck and good health in your fall races (and maybe even a few PRs!).

## How to Contact the Editor

We welcome your comments and suggestions. Send them to [lisafontaine@comcast.net](mailto:lisafontaine@comcast.net) or *The Streak*, 5 Maryland Avenue, Suite 9, Annapolis, MD 21401. Please include your name, phone number and e-mail address.

## DISTRIBUTION NOTICE:

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You can also send an e-mail to [astriders@hotmail.com](mailto:astriders@hotmail.com) or call the Hotline at 410-268-1165.

## PRESIDENT'S MESSAGE



Club President – Dan Symancyk

Though most of us are not farmers, tilling the soil to make a living, we runners have been working hard during the hot and humid summer months and are also about to enter our harvest season. The miles we've run—along roads and trails, across fields and bridges, through the sand and the mud, up oppressive hills and into tranquil valleys, around tracks and cul-de-sacs, at dawn and dusk, with friends or alone, through ocean fog or mountain mist, on good days and bad—help us gauge our progress towards our goals.

The great summer races that we have (both our smaller ones and that real big one at the end of August) also help in this regard. Ginger Andrews and Melissa Currence directed another fantastic Women's Distance Festival 5k which again served as the graduation race for the Spring Beginning Running Program ably led by Evan Thomas and company. While I had to miss the Wall Mile due to vacation plans, I understand that Will Myers and the Wall family brought the race off in fine fashion despite the high heat and humidity that I managed to elude while in Maine. Matt Mace made his debut as a race director at Dog Days with a course modified due to construction projects and weather that ensured that race lived up to its name. As he said at the awards ceremony, thank him for the flat parts of the course and blame me for the new hills. We were disappointed that the 24-Hour Relay had to be cancelled this year due to delays in

resurfacing the track at Annapolis High School and at other venues which precluded a switch of sites. I know that Dick Hillman worked hard in planning this year's event. Please join me in thanking him and the other directors and volunteers who made these running opportunities possible.

The conditions at this year's Dog Days 8k were truly taxing. Many runners told me afterwards that the humidity seemed to escalate exponentially after the race started. While it's true they didn't actually say "escalate exponentially", I think it is better to use a mathematical term in a family publication than the language actually used. Moreover, given the conditions, several runners experienced problems at the end of the race. The aid provided by runners who stepped forward to help was greatly appreciated by all. While I didn't get all of the names of the good Samaritans, I do want to thank Nathan Nudelman, Josh Faucett, Doug Marsh, Pat Saxton, Clair Saxton, and others for their quick thinking and response. Family members of one runner were truly impressed with Nathan's use of his own heart rate monitor to care for the runner. Ironically, on the Tuesday before the race, the Board of Directors approved the purchase of an upgraded medical kit recommended by Board member, Bill Tham, and Tom Hattar. This kit will make it easier for any doctor, nurse, or EMT who may be present at a race to determine if further assistance is needed.

The 30th Annapolis 10-Mile Run, which also served as the RRCA 10-Mile National Championship, was a huge success. We are honored to have been involved with the race and pleased to see the success of many local runners in the event. These include Striders Rose Malloy and Don Singer, who were age group winners and the Centrowitz siblings, Lauren (18) and Matthew (15), who took top honors in their respective 19 and under categories.

It takes a lot of energy, attention to detail and coordination to direct such an event. We are fortunate to have talented people who are willing to put in the time necessary to plan and conduct such a successful venture. Congratulations to race director, Ron Bowman, and associate directors, Will Myers and Brad

Chapman, for a job well done. Thanks also to the race committee and all the volunteers. While there are too many people to thank individually, I do want to mention one other person. Since this is a large race that depends entirely on volunteers, it is important to have people who can fill leadership positions when key volunteers can't be there. The role that Joe Ross assumed in the days leading up to the race was pivotal to its success. Thank you, Joe.

While we haven't had the A10 wrap up meeting at the time I am writing this, I do want to share some of my observations. As a member of many crews over the past years that have set up the equipment, taken it down and put it away, I found that this year was by far the easiest. From the workers, a big thank you to Ron Bowman and the entire race committee for having the start and finish together and for eliminating the need for snow fence. I know that the runners were not disappointed that the turnaround point near mile seven did not include the big hill that was part of the race for the last several years. I'm not exactly sure of the runners' reaction to the hill at the end of the race but I'm sure they enjoyed the easy access to premiums and refreshments after the race.

The board will soon be setting the 2006 schedule of races, working on 2005 awards and beginning work on next year's budget. If you have initiatives that you'd like the board to consider, now is the time to get them on the table. In the meantime I hope your running harvest is bountiful. Whether you're headed to a 5k, 10k, marathon, ultra, or just out for a jog, enjoy each step along the way.



# Happy 30th Birthday Annapolis Ten Mile Run

August 28, 2005 • By Ron Bowman, Race Director

Thirty years ago the Race Director was a young Lieutenant Junior Grade stationed on a Destroyer in Hawaii getting ready for his second six month deployment. I was running about 30 miles/week but had never entered a race. Operations Coordinator, Will Myers was the Social Studies Department Chairperson at

McArthur Jr. High, teaching 8th and 9th graders. Co-Volunteer Coordinator, Penny Goldstein was a 29 year old non-running mother chasing a very active budding swimmer out of the deep end of the pool. That 4 year old, now 34, just ran the Virginia Beach Half Marathon in 2:00:48. Logistics Coordinator, Chris Cechak was 15 years

old and trying out for the JV football team at his high school. Back then he could run sub 5:30 miles, but only weighed 170 lbs. Registration Co-Coordinator with wife, Ardis, Arnie Henderson was Commanding Officer of a Navy squadron flying the A-7 Corsair II "light attack" jet from the deck of USS Forrestal (CV-59). He was just returning from a 6-month deployment to the Mediterranean, and Ardis was in Orange Park, FL, organizing the wives and families to meet the fly-in of squadron airplanes at Naval Air Station Cecil Field. His fitness routine then consisted of running up steel ladders from the "ready room" to the flight deck for launch, and back down after recovery. Ardis was running all over the Jacksonville area dealing with the problems that squadron wives couldn't handle with their husbands gone for 6 months. Charlie Muskin was making good use of his leather track shoes from high school—which were perfect to wear when racing sports cars, which required fire resistant clothing and leather shoes. The

only track work he did in 1975 was at Watkins Glen, Lime Rock, Mid-Ohio, Nelson Ledges and Summit Point race tracks, among others. We're probably more fit now, but it's not as exciting.

Thirty years later, they were working together with the other Race Committee members to put on a race that started



out as a challenge among a group of six friends, including State Senator John Astle, and became, as RRCA President Bee Andrews said at the Post Race Party, "one of the best organized races in the country that also enjoys an international reputation."

I think it is safe to say that each one of those thirty races was different. This year probably had more changes than usual. First, we reduced the size of the field to 5,000 from a previous high of 5,700. This was to help reduce the time the streets had to be closed. We have always enjoyed a good relationship with the City of Annapolis and the City, County and State Police, so we decided to see what a smaller field size would do to help. Also, it helped relieve some of the congestion at the Finish. Second, we combined the Start and Finish lines, partially due to the work going on the Gold (East) side of the stadium. This meant not having to erect two scaffolds, which has always been a huge drain on the volunteers. Probably the most noticeable change to the runners was having



Male Winner, Jeff Olenick

both a Participation Premium for anyone coming to the Expo (a running vest) and the traditional Finisher Premium (a replica of the winners award).

Actually, my guess is the most noticeable thing to the runners was the conditions. No one could remember EVER having rain—pea-soup thick fog, perhaps, but never rain!

Another "first" was the Post Race Birthday Party. You can't have a 30th Anniversary and not have a party, so Kim Couranz and her team set out to make ours a memorable one. From all of the feedback that I and other Race Committee members have received, it was a total success. The party was for any Annapolis Strider and all of the 750 volunteers. The venue was the newly opened stadium Jack Stephens Banquet Room. In addition to having a large-screen monitor, each wall was lined with plaques honoring Naval Academy sports teams. If you looked closely, you could find our own Chris Cechak listed among the N\* winners for the Class of '82. We put the monitors to use as well. Club Photographer Jon Valentine teamed with



Female Winner, Susannah Kvasnicka

the AV Club from Severna Park High School to put on a streaming video loop of images and scenes from the race. They are in the process of fine tuning it and putting it to music, so stay tuned. Many of the party-goers gave their multi-tasking abilities a workout by watching the monitors and, at the same time, listening to see if they had won one of the dozens of random prizes being announced.

Yes, there WAS actually a race. The course is not known as a PR course. In fact, it has become a running joke that each year I invite Bill Rodgers (we met at a Running Camp in Bar Harbor, Maine) and each year, he declines—too hot and humid for his taste. Despite the typical conditions, the combination of being selected as the 2005 RRCA National Ten Mile Championship, and the race's 30th Anniversary brought out a strong field. The Male Overall Winner was 26 year old Jeff Olenick of Newport News, VA, with a (modern day) course record of 51:28. This was Jeff's first ever ten mile race. The Female Overall Winner was Susannah Kvasnicka, 33, from Great Falls, VA, with

a time of 59:22. Susannah was comfortable with the course and conditions, having placed second in 2004 and being the overall winner in 2003. The Male Masters Champion was 40 year old Michael Woodman of Timonium, MD with a time of 55:35. Michael was 4th overall; not bad for an "old guy". Female Masters Champion was Robyn Humphrey, age 41, of Ellicott City, MD with a time of 1:05:01,

which was not quite enough to break Strider Rose Malloy's record set in 1990. The Grand Masters Male (an RRCA category) winner was 53 year old Chuck Moeser of Sterling, VA with a time of 58:37 and 12th overall. Karen Erb, 54 years old, of Alexandria, VA took the Female Grand Masters honors with a time of 1:14:05.

A notable accomplishment in the Age Group category was the one-two-punch of 18 year old Annapolis local phenom, Lauren Centrowitz and her 15 year old brother Matthew Centrowitz, each taking First in the 19 and Under Age Group. Lauren finished with a time of 1:07:16 and will be running for Stanford

University next year. Matthew finished with a time of 57:33 and will be a force in races for a long time to come. At the other end of the age group spectrum, local favorite and still Female Masters Course Record Holder, Rose Malloy, 57, made her comeback by winning her age group with a time of 1:14:47. The first Annapolis resident to finish was Brad Reed, 21, with a time of 56:42, which put him in seventh place overall. The first female finisher from Annapolis was Strider Jill Hargis, 44, with a time of 1:09.03.

RRCA President, Bee Andrews, was the

Honorary Starter of the race. Bee is a long time friend of the Annapolis Striders, hailing from Virginia Beach and the Tidewater Striders, and has completed about 15 Annapolis Ten Mile Runs. Over the years, she has taken her share of awards. She and Rose joked about getting to know each other while standing on the podium, receiving awards at the A-10. Jean Knaack, the new RRCA Executive Director, was also among the field of 3892.

There were a lot of things different for this year's race, but there were a lot of things that remain the same. In my opinion, race committees and race directors may come and go, but the key ingredient to ANYTHING lasting for thirty years is consistency. The consistent willingness, year after year, for volunteers to donate their time, on a well-deserved weekend, to put in 3, 4, even 12 hours in support of this event, is what has earned it the reputation it so well deserves. Now, volunteers are not the ONLY thing that makes the race happen. Without the year after year, City Administration change after Administration change support of the Mayor's office and the Chief of Police, we could not even get started. Without the cooperation of the Naval Academy Athletic Association (NAAA) and the Superintendent's Office, we could not have the venue that brings people from all over the country. Without a dedicated race committee to bring all of those facets together, without compensation, and in some cases, requiring year round involvement, this race would not happen.

To all of the above, and to all of you—a well-deserved thank you. On to 2006!



Ron Bowman, Race Director (center) with RRCA President Bee Andrews and RRCA Executive Director Jean Knaack.



## A 10 RACE RESULTS AND RACE COMMITTEE

Award	Name	HomeTown	Age	Chip Time	Chip Place
<b>Overall Male</b>					
1.	Olenick, Jeff	Newport News, VA	26	0:51:27	1
2.	Wardian, Michael	Arlington, VA	31	0:52:13	2
3.	Cucuzzella, Mark	Shepherdstown, WV	38	0:55:23	3
<b>Overall Female</b>					
1.	Kvasnicka, Susannah	Great Falls, VA	33	0:59:20	17
2.	Harvey, Alisa	Manassas, VA	39	1:01:54	44
3.	Morganti, Christina	Severna Park, MD	40	1:02:45	57
<b>Masters Male</b>					
1.	Woodman, Michael	Timonium, MD	40	0:55:34	4
<b>Masters Female</b>					
1.	Humphrey, Robyn	Ellicott City, MD	41	1:04:52	91
<b>Grandmaster Male</b>					
1.	Moesser, Chuck	Sterling, VA	53	0:58:36	12
<b>Grandmaster Female</b>					
1.	Erb, Karen	Alexandria, VA	54	1:13:50	348
<b>1-19 Male</b>					
1.	Centrowitz, Matthew	Arnold, MD	15	0:57:33	10
2.	Phelan, Dan	Annapolis, MD	11	1:06:39	117
3.	Johnson, Isaac	Orrtanna, PA	14	1:10:56	236
<b>1-19 Female</b>					
1.	Centrowitz, Lauren	Arnold, MD	18	1:07:16	129
2.	Buckley, Kristin	Annapolis, MD	8	1:09:56	199
3.	Whipple, Justine	Duxbury, MA	19	1:13:00	322
<b>20-24 Male</b>					
1.	Tulloch, Brian	Falls Church, VA	23	0:56:10	5
2.	Miller, Wallace	Stone Mountain, GA	21	0:56:37	6
3.	Reed, Brad	Annapolis, MD	21	0:56:42	7
<b>20-24 Female</b>					
1.	Kulsrud, Kelly	Washington, DC	24	1:12:40	310
2.	Maffei, Sarah	Annapolis, MD	22	1:15:01	413
3.	Bortnick, Michelle	Bethesda, MD	24	1:15:36	443
<b>25-29 Male</b>					
1.	Fox-Boyd, Michael	Arlington, VA	26	0:58:53	14
2.	Holden, Gregory	Washington, DC	25	0:59:25	18
3.	Olenick, Stephen	Ellicott City, MD	29	0:59:55	23
<b>25-29 Female</b>					
1.	Cole, Melissa	Virginia Beach, VA	26	1:04:50	88
2.	Siemon, Johanna	Philadelphia, PA	27	1:06:47	118
3.	Slipakoff, Stacey	Falls Church, VA	28	1:08:03	148
<b>30-34 Male</b>					
1.	Reboulet, Timothy	Alexandria, VA	30	0:58:25	11
2.	Tisch, Robert	Bowie, MD	34	0:59:59	26
3.	Tripp, Jason	Columbia, MD	33	1:01:01	34
<b>30-34 Female</b>					
1.	Meyer, Jenifer	Elkton, MD	30	1:07:22	131
2.	Hoffman, Michele	Baltimore, MD	33	1:09:12	173
3.	Trainum, Heather	Arlington, VA	34	1:09:44	192
<b>35-39 Male</b>					
1.	Mead, David	Washington, DC	37	0:57:28	9
2.	Powell, Charles	Baltimore, MD	39	0:59:04	15
3.	Kern, Rick	Frederick, MD	39	0:59:04	16
<b>35-39 Female</b>					
1.	Volpe, Susan	Arlington, VA	36	1:08:01	147
2.	Feliciano, Tacy	Columbia, MD	37	1:09:48	194



Brad Chapman,  
Course Director



Will Myers,  
Race Operations  
Director



Regina Miante,  
Treasurer/Budget



Brev Moore,  
Course Monitors



Charlie Muskin,  
Premium  
Distribution



Chris Chechak,  
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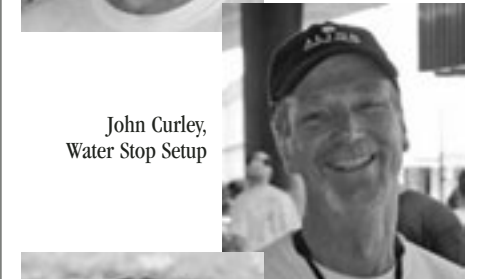
Tammy Mazzola,  
Sponsors/Food

## A 10 RACE RESULTS AND RACE COMMITTEE

3.	McMurray, Cheryl	Fairfax, VA	37	1:10:25	216
<b>40-44 Male</b>					
1.	England-Arbona, Serge	Baltimore, MD	40	0:59:31	19
2.	Kam, Laurance	Alexandria, VA	41	1:01:40	41
3.	Caudle, Kyle	Alexandria, VA	40	1:01:43	42
<b>40-44 Female</b>					
1.	Grillo, Monica	Arlington, VA	41	1:06:36	116
2.	Hall, Maureen	Cumberland, MD	40	1:07:01	122
3.	Nathan, Rebecca	Rosslyn, VA	40	1:07:58	145
<b>45-49 Male</b>					
1.	Hage, Jim	Kensington, MD	47	0:57:19	8
2.	Tison, Robert	Arnold, MD	46	0:59:39	21
3.	Mcintyre, Keith	Ellicott City, MD	47	0:59:53	22
<b>45-49 Female</b>					
1.	Mills, Lisa	Rogers, AR	48	1:07:28	135
2.	Rosasco, Carole	Arnold, MD	46	1:11:39	268
3.	Goodwin, Robin	Timonium, MD	47	1:13:27	333
<b>50-54 Male</b>					
1.	Hart, Mike	Washington, DC	50	1:00:13	28
2.	Giorgis, Steve	Herndon, VA	50	1:01:36	38
3.	Ryan, Paul	Arlington, VA	54	1:07:10	125
<b>50-54 Female</b>					
1.	Roman, Laura	Baltimore, MD	50	1:14:39	387
2.	Elmer, Peg	Pinellas Park, FL	51	1:15:11	421
3.	Smith, Linell	Baltimore, MD	52	1:15:58	466
<b>55-59 Male</b>					
1.	Slonaker, Mick	Columbia, MD	56	1:04:51	89
2.	Wong, Ronnie	Catonsville, MD	58	1:07:36	136
3.	Cabrol, Gerard	Washington, DC	57	1:09:23	179
<b>55-59 Female</b>					
1.	Malloy, Rose	Annapolis, MD	57	1:14:47	396
2.	Mills, Linda	Salisbury, MD	55	1:21:11	814
3.	Kearney, Linda	Oakhill, VA	59	1:21:18	827
<b>60-64 Female</b>					
1.	Burley, Marge	Baltimore, MD	60	1:22:43	945
2.	Smith, Betty	Rockville, MD	64	1:24:40	1162
3.	Welch, Pat	Vienna, VA	60	1:29:35	1682
<b>60-64 Male</b>					
1.	Pinit, Piriya	Catonsville, MD	60	1:08:54	166
2.	Kirkpatrick, John	Annapolis, MD	61	1:09:19	176
3.	Chase, Bob	Falls Church, VA	60	1:13:37	341
<b>65-69 Female</b>					
1.	Murray, Brenda	Chevy Chase, MD	66	1:47:07	3275
2.	Guerrieri, Kathleen	Kensington, MD	66	1:50:47	3465
3.	Tomaszewski, Maria-mag	Gaithersburg, MD	66	1:53:13	3549
<b>65-69 Male</b>					
1.	O'Hagan, Malcolm	Chevy Chase, MD	65	1:12:47	311
2.	Forman, Stephen	Mclean, VA	65	1:17:56	578
3.	Cowley, Tom	Gaithersburg, MD	68	1:22:53	965
<b>70-99 Female</b>					
1.	Hunt, Hiroko	Reston, VA	72	1:58:42	3728
<b>70-99 Male</b>					
1.	Singer, Don	Annapolis, MD	70	1:27:18	1417
2.	Gresia, Ercolini	Catonsville, MD	71	1:29:09	1620
3.	Jefferson, Edward	Norfolk, VA	72	1:38:54	2624



Dan Symancyk,  
Water Stops



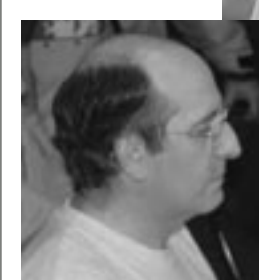
John Curley,  
Water Stop Setup



Neal Hinkle,  
Parking



Matt Mace,  
Start/Finish Setup



Ron Jarashow,  
Scoring



Arnie and Ardis Henderson, Packet Pickup



Donna Cogle,  
Volunteer Coordinator



Joe Ross,  
Assistant Volunteer Coordinator



Penny Goldstein,  
Assistant Volunteer Coordinator



### Race Committee Not Pictured:

Sandy Miedema, Permits, Expo • Don Kennedy, Course Certification/Logistics  
Dot Thomas, Medical • Kim Couranz, Post Race Party Coordinator

## Volunteers Make the World Go 'Round and Ensure Success

By Penny Goldstein, Assistant Volunteer Coordinator, A-10

This year the club achieved a major goal in running, the 30th Anniversary of the Annapolis 10 Mile Run! Then, for extra icing on the "anniversary cake", the event is chosen as the RRCA's Championship Race! Wow! How much better could life be? This race just doesn't "happen". It takes months and months of planning and seeking volunteers to do the myriad jobs involved that make the race happen. The planners and plotters work, more or less, behind the scenes. It's the volunteers who help with chip stuffing and packet pickup, help pick up everything from the sheds before most others awake, set up and tear down the Start/Finish Line, schlep tables, man the water stops, act as course monitors, distribute premiums at the end of the race, serve up food, man the med tent, score the race, help with parking in the pre-dawn hours, and, in general, do whatever is asked of them. They are



not all Striders; they are family members of runners from out-of-state, Girl Scouts, Boy Scouts, high school cross-country teams, and midshipmen. They make the race successful.

Donna Cogle, Joe Ross and I would like to offer our heartfelt thanks to all of the folks who volunteered their time, energy and can-do attitudes to make the A-10 an outstanding success once again.

See you on the roads! Don't worry, you'll hear from us again next year!

## "Ode to the Cone Boys"

By Susan Zevin

Dedicated to the A-10 Course Marking Team  
(with thanks and apologies to Gordon Lightfoot)  
(sung to the melody of "Early Mornin' Rain")

*Editor's Note: The Team consisted of Brad Chapman, Keith Chapman, Tom Bradford and Susan Zevin. Apparently too early in the morning for even the rental truck to be functioning properly, the parking brake gave out with nobody in it. Keith saved the day by catching up with the truck and, half in and half out, stopping it before it could continue down 450 driverless.*

In 3:30 am rain,  
Not a dollar nor a dime,  
With an achin' in my back,  
And, my pockets full of lime.

I'm a long way from done,  
And, I miss my bedroom so,  
In 3:30 am rain,  
With 10 miles of cones to go.

Out on mile marker 9,  
Big Budget rental truck goes slow,  
But, I'm stuck here as gears grind,  
And, the parking brake lets go.

Hear the mighty gear box whine,  
See the silver truck go fly,  
She's away and westward bound,  
As 450 whizzes by.

Tom's a sittin' down to pray,  
Susan's wailin' by the bay,  
Brad's a jumpin' up and down,  
Keith's a hangin' outward bound.

This ole' race has got me down,  
It ain't no earthly good to me.  
But, I'm happy on the ground,  
'Least I'm off that truck and free.

You can't cone every lane,  
Like you can a 10k,  
So I'd best be on my way,  
In 3:30 am rain.

## John Wall Mile

July 17, 2005

By Will Myers, Race Director

It was a hot and muggy morning with a threat of a thunderstorm eminent. What the heck, it's mid July, what else did I expect? As always, the volunteers rolled in early and took care of setting up registration, food, timing, and other necessary tasks to prepare for the race. Each volunteer has my thanks for a job well done.

By 8:00 a.m. there were 161 runners ready to challenge themselves at the mile distance.

After 7 heats, our overall male and female winners were: Scott Koehler 4:45

and Andrea Williams 5:36. Our Masters winners were: Jon Schoenberg 4:50 and Sheryl Kline 5:44. Considering the conditions, every participant was a real winner!

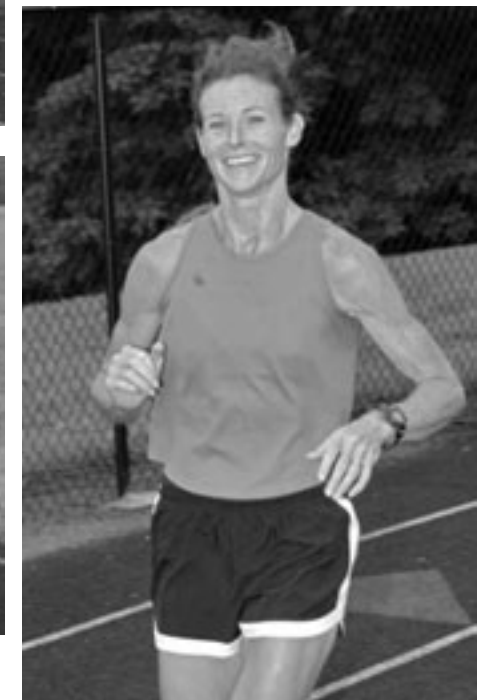
As many of you may know, the Wall Mile is run in honor of John Wall, a long time advocate for running. John was a member of the '36 Olympic team and ran with the legendary Jesse Owens. John's grandson Dave Wall has been the long time co-coordinator of the race honoring his grandfather. This year Dave took a job offer out of state and was not able to participate in coordinating the race. His

help and guidance will be missed. The good news is Dave's father and mother and uncle will continue to attend the race and assist with the award ceremonies.

The Wall Mile is the closest thing to a "pure" club race we run. It is organized by us for us. It is a great opportunity to meet, greet and compete with all our old friends. I hope to see even more of you at next year's race. Until then, train hard, train smart and prepare yourself for the challenge of the John Wall Mile.



Jon Valentine, Strider Photographer.  
(Who's taking the photos, Jon??)





## JOHN WALL MILE RACE RESULTS



NAME	AGE	TIME	AWARDEES
1 Scott Koehler	21	4:45	1st Overall Male
2 Josh Dorsey	23	4:47	1st 20-29 Male
3 Jon Schoenberg	42	4:50	1st Master Male
4 Tom Hattar	43	4:56	1st 40-49 Male
5 Matt Gelety	16	5:03	1st 15-19 Male
6 Nathan Nudelman	30	5:05	1st 30-39 Male
7 Dan Phelan	41	5:05	2nd 40-49 Male
8 Pat Terranova	15	5:09	2nd 15-19 Male
9 Patrick Kiley	30	5:10	2nd 30-39 Male
10 Paul Serra	49	5:13	3rd 40-49 Male
11 Wilhelm Anderson	49	5:14	
12 Steve Gelety	17	5:17	3rd 15-19 Male
13 John Gygax	41	5:19	
14 Danny Siebenhaar	13	5:20	1st 14 & Under Male
15 Tom Johnson	39	5:20	3rd 30-39 Male
16 Paul Tarter	23	5:22	2nd 20-29 Male
17 Matthew Mace	44	5:23	
18 David Walsler	23	5:25	3rd 20-29 Male
19 Stephen Guth	14	5:27	2nd 14 & Under Male
20 Thor Young	35	5:28	
21 James Fitch	40	5:29	
22 Hamilton Tyler	41	5:31	
23 Greg Clulow	46	5:32	
24 Bob Cawood	37	5:32	
25 James Hoffman	38	5:35	
26 Dave Walsler	46	5:35	
27 Steve Mulina	42	5:36	
28 Andrea Williams	34	5:36	1st Overall Female
29 P. Michael Cunningham	50	5:37	1st 50-59 Male
30 Scott Gilman	43	5:38	
31 Spencer Robinson	13	5:38	3rd 14 & Under Male
32 Rory Roberge	17	5:39	
33 Michael Bergeson	52	5:41	2nd 50-59 Male
34 Scott Singler	25	5:41	
35 Mike Lord	51	5:42	3rd 50-59 Male
36 Robert Biddle	45	5:42	

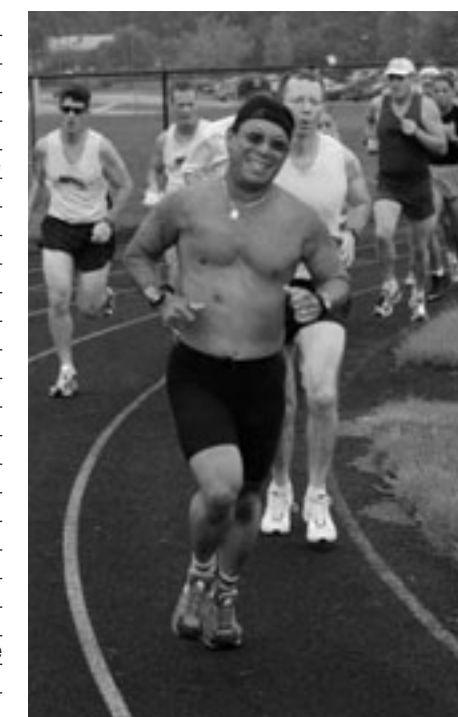
37 Chris Mairs	33	5:43	
38 Matt Heist	25	5:43	
39 Jeff Carlson	38	5:43	
40 Sheryl Kline	42	5:44	1st Master Female
41 Marc Elim	39	5:45	
42 Leonard Hamilton	42	5:46	
43 Russ Roeding	47	5:47	
44 John Benkert	64	5:48	1st 60-69 Male
45 Luke Gilman	11	5:50	
46 Mike Higgins	50	5:50	
47 Jill Hargis	44	5:50	1st 40-49 Female
48 Ross Heisman	48	5:53	
49 Steve Morris	39	5:53	
50 Richard Snyder	42	5:54	
51 Ryan Polk	28	5:55	
52 Scott Lutrey	51	5:56	
53 Jim Favret	44	5:57	
54 Jennifer Schoenberg	32	5:57	1st 30-39 Female
55 Holly Marcum	39	6:01	2nd 30-39 Female
56 Brian Slattery	21	6:02	
57 Jeremy Corey	24	6:03	
58 Jose Romero	39	6:04	
67 Mary Lynn Hansen	39	6:05	3rd 30-39 Female
60 Trent Pitsenbarger	43	6:06	
59 Jon Sherbun	50	6:07	
62 Court Truth	46	6:08	
61 Cheryl Gilman	37	6:10	
64 Leann Shuck	36	6:11	
63 Eric Gyaki	56	6:11	
65 Dan Masterson	60	6:12	2nd 60-69 Male
66 Jim Falvey	42	6:12	
68 Laurel Bell	43	6:13	2nd 40-49 Female
69 Eric Peltosalo	55	6:14	
70 Kasey Jamison	17	6:15	1st 15-19 Female
71 Bill Tham	46	6:17	
72 Derek Ammons	45	6:18	
73 Greg Hitton	39	6:19	

74 Mike Burke	46	6:21	
75 Peter Blank	50	6:22	
76 Mike Ricciardi	35	6:28	
77 Douglas Burke	53	6:28	
78 Bob Zemansky	47	6:28	
79 Joe Clorey	62	6:30	3rd 60-69 Male
80 Michele Ogden	35	6:31	
81 Larry Puglisi	51	6:31	
82 Mary Lang	51	6:32	1st 50-59 Female
83 Evan Kurth	10	6:33	
84 Maria Shields	54	6:33	2nd 50-59 Female
85 Brev Moore	64	6:34	
86 Andrew Skopp	39	6:35	
87 Christian Zazzali	39	6:35	
88 Ron Bowman	55	6:35	
89 Patricia Hicks	30	6:36	
90 Shannon Riesenfeld	25	6:37	1st 20-29 Female
91 Dan Kallemyn	53	6:39	
92 Jane Meyer	44	6:39	3rd 40-49 Female
93 Helen Laird	46	6:40	
94 Kyle Frank	14	6:42	
95 Tammy Mazzola	45	6:42	
96 Marvin Solberg	45	6:43	
97 Ellen McGee	49	6:46	
98 Charlie Muskin	56	6:47	
99 Frank Callahan	50	6:48	
100 Tom Bradford	62	6:48	
101 Meghan Sheperd	24	6:49	1st 20-29 Female

## JOHN WALL MILE RACE RESULTS

102 Kristen Heist	25	6:51	2nd 20-29 Female
103 John Gallagher	56	6:51	
104 Stephanie Kurth	15	6:52	
105 John Curley	57	6:52	
106 Gage Bugenhagen	40	6:52	
107 Peter Boice	58	6:54	
108 Elisa Velarde	38	6:54	
109 Rita Roberge	34	6:56	
110 Don Singer	69	6:59	
111 Meredith Bonta	59	7:02	3rd 50-59 Female
112 Patty Snodgrass	51	7:04	
113 Tim Wheatley	46	7:05	
114 Corinne Shuck	25	7:07	
115 Hamilton Tyler, Jr.	9	7:09	
116 Carolyn Falvey	12	7:12	1st 14 & Under Female
117 Jim Etchison	52	7:14	
118 Kerri Reilly	36	7:21	
119 Robert Edwards	58	7:22	
120 Norie Bender	42	7:22	
121 Allen Veasey	65	7:31	
122 Brenda Lee Norman	47	7:31	
123 Joe Layton	57	7:33	
124 Elizabeth Gelety	13	7:35	2nd 14 & Under Female
125 Suzanne Kopp	39	7:36	
126 Kim Couranz	35	7:39	
127 Michael Coleman	36	7:41	
128 Lydia D. Wynter	36	7:42	
129 Pam Anderson	46	7:42	
130 Ann Heiser Buzzelli	32	7:43	
131 Mary Ellen Mason	49	7:45	
132 Milton Taylor	72	7:46	1st 70-79 Male
133 Kristin Koblish	47	7:47	
134 Ron Jarashow	55	7:48	
135 Monica Lynch	39	7:49	
136 Lisa Murphy	43	7:50	

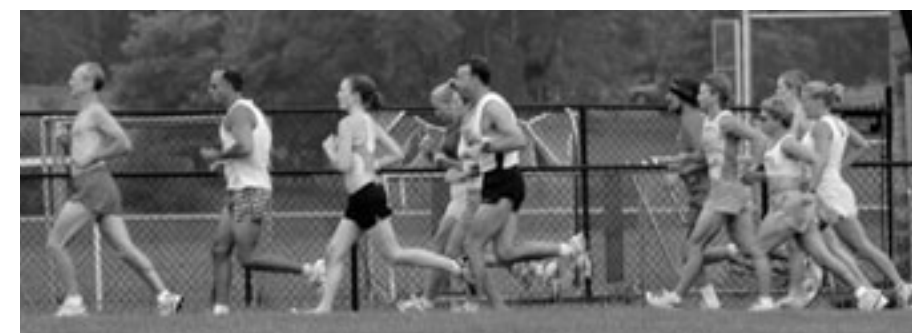
137 Lauren Colvin	30	7:54	
138 Jeanne Larrison	50	7:54	
139 Jim Colombo	40	7:55	
140 Reggie Haseltine	55	7:59	
141 Tom Goodridge	65	7:59	
142 Erin Falvey	10	8:01	3rd 14 & Under Female
143 Melissa Currence	50	8:02	
144 Will Myers	56	8:13	
145 Bill Woods	54	8:18	
146 Pat Donahue	53	8:25	
147 Andrea Shuck	57	8:32	
148 Peter Salmon-Cox	65	8:33	
149 Jon Valentine	45	8:36	
150 Brenton Edwards	14	8:47	
151 Neal Hinkle	68	8:48	
152 Ginger Andrews	46	9:02	
153 Brad Chapman	73	9:06	2nd 70-79 Male
154 Rhonda Spence	55	9:29	
155 Clair Morris	69	9:30	
156 Kathleen Hanson	51	9:42	
157 Janice Coleman	35	10:11	
158 Fred Shanklin	64	10:17	
159 Yvonne Aasen	73	10:31	1st 70-79 Female
160 Kathy Zurn	44	10:36	
161 Kyle Schoenberg	4	10:43	



Bill Tham leads one of the heats.



Kyle Shoenberg, following in Dad's footsteps.





# Dog Days 8K Cross Country Run

August 7, 2005

Matt Mace, Co-Race Director

The Race could not be faulted for false advertising; it wasn't a "Dark and Stormy Night", but it was sure a Hot, Humid and Hazy August day. At around 80° with almost 100% humidity, the weather was appropriately "doggy". I am sure that Earl Scott, in whose memory the Race has been run for several years, would have been proud. (For the first time in memory, the course actually ran by Earl's Memorial, located near the East/West footbridge on the AACCC Campus.)

A field of almost 260 runners conquered the race and I am happy to say that notwithstanding a couple of hard recoveries, the group looked none the worse for wear. Eventual winner Mike Colaiacovo led from early in the race and complimented the Club for "the tough second mile which really separated the field". I doubt that's what most of the runner where muttering, but RDs take any compliments they can get.

The Dog Days 8K was a success thanks in no small part to the efforts of the volunteers as always, including the hard "ground" work of several individuals. I am sure that I will leave someone out,

but those helping included Dan (co-Race Director) and Janie Symancyk, Tom and Sharon Bradford, Arnie and Ardis Henderson, Al Stott, Brad Chapman, Neal Hinkle and Bill Woods. June Schneider and Evan Thomas helped as course monitors. The water stops were manned by Dick Hillman, Patty Woods and Kathy Hennes. A special thanks to Keith Bigelow for all of his efforts in cutting the grass on the course and general maintenance. Also special thanks to a trio constantly "out in the field on Club business", Charlie Muskin, Will Myers and Dan Symancyk, who agreed to give up a Friday evening and some Saturday time to mark the entire course.

The race was particularly successful as a result of the sponsorship of Gotta Run

located on Main Street in Annapolis. André from Gotta Run made sure that we had plenty of gift certificates for award winners and discount cards for all participants. Please stop by and let them know we appreciate the support.

The award winners are as follows. Complete results can be found at [www.annapolisstriders.org](http://www.annapolisstriders.org).



Neal Hinkle



Dan Symancyk—Co-Race Director



## DOG DAYS 8K CROSS COUNTRY RUN RACE RESULTS

### Men

Overall			
1	Colaiaacovo, Mike	36	28:51.70
Masters			
1	Daugherty, Brian	45	30:49.84
14 and under			
1	Zemanski, Houston	13	36:49.15
2	Bickell, Nathan	14	39:38.36
3	Zemanski, Nolan	11	41:11.06
15 to 19			
1	Koelzer, Kolten J	17	34:48.47
2	Zinck, Christian	15	39:52.89
20 to 29			
1	Koehler, Scott M	21	29:56.93
2	Faucett, Josh	22	31:25.47
3	Lourie, Owen	23	33:24.73
30 to 39			
1	Nudelman, Nathan N	30	32:31.93
2	Johnson, Thomas E	39	33:11.30
3	Cawood, Robert	33	33:16.59
40 to 49			
1	Hattar, Thomas F	45	31:04.65
2	Mace, Matt	44	31:56.31
3	Degenhardt, Sheldon	40	32:15.39
50 to 59			
1	Wong, Ronnie	58	34:30.73
2	DeKornfeld, Tom	52	36:38.71
3	Cunningham, P Michael	51	36:49.60
60 to 69			
1	Kirkpatrick, John	61	34:47.49
2	Maffei, Merle	61	36:43.94
3	Slade, John	61	40:23.40
70 and over			
1	Taylor, Milton	72	50:48.50
2	Chapman, Brad	74	57:10.38

### Women

Overall			
1	Hargis, Jill	44	35:43.11
Masters			
1	Boyd, Marjorie	43	37:40.50
14 and under			
1	Falvey, Carolyn	12	50:09.74
15 to 19			
1	Nagle, Emily G	18	37:18.18
2	Servais, Mallory	16	41:45.31
3	Kurth, Stephanie L	15	46:30.05
20 to 29			
1	Fox, Allison	24	40:21.08
2	Zinck, Jennifer	21	40:22.81
3	Woodward, Candice	22	43:43.42
30 to 39			
1	Williams, Andrea P	34	35:56.44
2	Marcum, Holly	39	38:07.76
3	Gilman, Cheryl L	37	39:07.47
40 to 49			
1	Bell, Laurel	43	40:49.93
2	Laird, Helen S	47	42:25.69
3	Meyer, Jane M	44	43:17.85
50 to 59			
1	Malloy, Rose	56	39:40.35
2	Lang, Mary	51	40:54.52
3	Shields, Maria N	54	41:46.49
60 to 69			
1	Graf, Tami	69	51:45.80
2	Riggin, Barbara	65	52:43.40
70 and over			
1	Aasen, Yvonne N	73	1:03:10.70
2	Trimmer, Martha	76	1:31:13.25



Peter Salmon-Cox





# Moore's Marines Marathon Training Program

By Ron Bowman, Marathon Training Program Coach

As of this writing, the group has completed their 10th week of training. They just completed their second 18 mile run and their Bates Track workout of 10 x 800 repeats. Here are some observations for them—and anyone training for a marathon.

They have learned about the value of stretching, massage, the "Stick", Biofreeze, Succeed and GU. They have learned how to determine their "sweat rate", their Resting Heart Rate, their Maximum Heart Rate, their VO2 Max, what DOMS (Delayed Onset Muscle Soreness) means and what "bonking" means. They know running, and training, for a marathon is as much mental as physical; and how important it is to tell the difference. They know the importance of planning ahead for a long run, for knowing how they react in various conditions, and how to recognize the indicators that they have "miscalculated" how hot it was, or how long they could go without GU or Gatorade or Succeed—and how their body reacts to each of those supplements. They have learned that it is not about maintaining a pace, but about maintaining THEIR pace.

Now is a good time for them to affirm the benefits of exercise. When they are tentative about their motivation to get out the door for a run, it often helps to read (possibly out loud) the following list of benefits they receive after running: their attitude is better after every run. Stress is released, often completely dissolved. Natural body chemicals called endorphins relax the body, reducing or eliminating muscle aches and pains. Their spirit is engaged, leaving them with feelings of

accomplishment, confidence and strength. Body and mind are connected, giving them the confidence that comes with being a more complete person. Their right brain is engaged, energizing their creative and imaginative resources. They are learning to make connections to hidden inner resources that kick in whenever they are under stress.

They all are doing great! I know it's easy for them to fall into the "comparison trap" and get depressed when they see their running partners progressing a little faster than they are. They may find themselves pressing a little harder to keep up. I tell them, "Be strong, Grasshopper. Resist the urge to press

harder than you should". They must learn where their fine line between gradually increasing their stress (pace) tolerance, and pressing too hard to "keep up". I've seen greater improvement in some



## Summer-Fall 2005 Marathon Training Program

Week	Sat Dates	Week Total	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Notes
15	10/01	34	0	6	6-Track	6	Cross	16	Metric Marathon	Volunteer for the Metric—or do it at 80% of marathon pace—EASY
16	10/08	44	0	6	5-Track	6	Rest	22	5-Trail	Steamtown Marathon
17	10/15	34	0	6	4-Track	5	Cross	14	5-Trail	Baltimore Marathon
18	10/22	23	0	5	3-Track	5	Rest	10	Rest	
19	10/29	35.2	4	0	5	Rest	Rest	Rest	Marine Corps Marathon	RACE DAY
20	11/05	Rest	Walk	Walk	Walk/Swim	Walk	Walk		New York Marathon	Downs Park 5K (Sat)



period after their runs, especially the long ones. They, or their spouses, may be noticing they are spending less time with some of their normal routines. IT'S OKAY and IT WILL GET BETTER. It's a normal response to the increasing stresses they

are putting on their body, and psyche. If not handled properly, it can be a tough period. Most of those who drop out of this, or any, program do so during this period. The enthusiasm they had at the beginning just wasn't backed up by the hard commitment necessary to get through this tough period. Nagging injuries from the increased stress can also be a de-motivator. It is much like the marathon itself, or life for that matter: a series of peaks and valleys, ups and downs, happy and not-so-happy times. This is the time they really need to lean on their friends who are going through the same thing.

of them whose pace does not keep them at the head of the pack, than some who are often the first ones to finish the run—it's ALL RELATIVE. Each one is an experiment of one.

"A person who aims at nothing is sure to hit it." Each member of this, and every, marathon training group has undertaken a challenging task, they recognize that they owe it to themselves to prepare the best they can for THEIR race.

I mentioned to them how great it is to feel themselves getting stronger. Well, the next few weeks can also be a difficult transition period in their training. The weekly, as well as the Saturday, runs are getting longer; and taking more time. They are probably feeling tired for a longer

are putting on their body, and psyche. If not handled properly, it can be a tough period. Most of those who drop out of this, or any, program do so during this period. The enthusiasm they had at the beginning just wasn't backed up by the hard commitment necessary to get through this tough period. Nagging injuries from the increased stress can also be a de-motivator. It is much like the marathon itself, or life for that matter: a series of peaks and valleys, ups and downs, happy and not-so-happy times. This is the time they really need to lean on their friends who are going through the same thing.

These next few weeks are when they begin to understand what I meant when I quoted "training for a marathon does not build character—it reveals it". They may be starting to have some doubts creep into their mind—"can I really DO this?", "Did I bite off more than I'm prepared to chew?", "Is it really worth it?", "There's always next year.", "Who's going to know, or care, if I drop out now?". It's normal. I've done 107 combined marathons and ultra-marathons, and I go through the same thing every time—during the training AND during the actual race. I'm sure every "veteran" reading this would tell them the same thing. It's how they choose to deal with those negative thoughts that will define them as a marathoner and as a person.

They are also probably starting to ask themselves—"How long will it last?" and "What if I'm not feeling like that now?" Well, it depends on the individual. Some will be able to stay upbeat the whole way, others will struggle up to and during the marathon itself—but they will get through it. Generally, they will start to see "the light at the end of the tunnel" after they do their first 20 mile run—especially if they have a good one. If they are not starting to have any negative thoughts yet, they probably will; and if they don't, I've asked them to let me know and we will find a way to bottle it.

# John F. Kennedy 50-Mile Run Training Program

Week	Dates	Week Total	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Upper body weight strength training done 2x/week.
11	10/01	48	24 Option 0	10 Option 16.3	0	7	0	7	REST	Option: May do Metric Marathon on Sunday. Do not run on Saturday if you do MM.
12	10/08	50	26	10	0	7	0	7	REST	
13	10/15	34	16	6	0	7	0	5	REST	
14	10/22	29	8	7	7	0	7	REST	REST	
15	10/29	34.2	REST	Marine Marathon 26.2	5	0	3	REST	REST	If you don't run Marine Corps., run 26 on Saturday. RUN MARINE CORP—HARD
16	11/05	28	REST	6	REST	REST	WALK	5	REST	
17	11/12	24	6	6	0	6	0	6	REST	No strength training this week.
18	11/19	55	JFK 50	REST	REST	5	REST	REST	REST	<b>YEAH—YOU DID IT!</b>



# The 2005 Jr. Striders Summer Series: A Season in Review and Tips on Running with Your Child

By Roger Hebden, Jr. Striders Race Director

## The 2005 Season in Review

Kids love to run! In fact, we had another record season with over 200 young runners participating in the 2005 Annapolis Jr. Striders Summer Series!

The 2005 Summer Series consisted of four monthly track and field meets between May and August. This year our track events ranged from a 50 yard dash for the 2 to 4 year olds, to the 880 for the 10 to 13 year olds. During each meet, runners also participated in the long jump with results ranging from about 1 foot to a season best at nearly 12 feet. Following the track and field events, several of the older runners, as well as many Moms and Dads, ventured out on a 1.4 mile cross country run. Runners started and finished on the track and wound around the playing fields, tennis courts and buildings of Bates Middle School.

The clear crowd pleaser was the hurdles event. Our junior hurdles for the 2 to 4 year olds measure about 8 inches. For some little ones, a hurdle is something to climb over, for others they just run around it! As the season progressed, however, most of the little ones got the idea and did their best to jump over.

In addition to our monthly track and field meets, this summer we saw some great interest in our weekly track



Starter Bob Biddle gets the girls ready to run.

practices. These practices run on Wednesday nights and consist of warm-ups, a timed obstacle course, practice of a track and field event (e.g., baton passing, long jumping, using starting blocks, etc.), and a short distance run. Our little runners (under 6) try to complete 2 laps at the end of practice while our older runners (10 and up) work on 4 laps. Practices this season gained in popularity as a Wednesday night activity and it's



The 5-6 year old boys finish the 220.

wonderful to see the Moms and Dads out there running with the kids.

### Thanks to Our Volunteers

Of course, none of the events could take place without the support of over a dozen volunteers at each meet. I would like to specially thank our "multi-meet" volunteers Charles Gross, Dan Masterson, Bob & Ariel Biddle, Susan Nobel, Nancy Eble, Katie Jereza, Scott Eden, Tania Howard, my wife Susan Hebden, as well as many others who have pitched in to make the Jr. Striders a continuing success.

## 7 Tips for Running with Your Child

I have compiled a few ideas for running with children from an article by Claudia Piepenburg, editor of *Running for the Soul* (cpiepe@roadrunnersports.com). When running with your children, here are a few tips and ideas to guarantee that the experience will be fun and rewarding for both you and your child.

- 1) First and foremost, younger runners under the age of 10 should be running strictly for the fun of it. One idea for introducing your kids to running and having fun include starting with a 1 mile fun run. They are a terrific way to introduce your child to organized, but non-competitive running and are a popular, ancillary event to many local road races.
- 2) If your child is three or under, remember that they don't have long attention spans and they'll probably tire quickly from the activity. Be aware and take them home before they start getting cranky!
- 3) Remember that spontaneity is key. Don't plan anything days or weeks ahead.



The 10-13 year olds show good form on the hurdles.



A great jump!

- 4) Celebrate the fun of the day. Pack a picnic lunch and share it as a family once you've finished running.
- 5) During an organized race (e.g., 1 mile fun run) take photographs, not just of your child finishing, but during the entire day. Bring a Frisbee to toss around.
- 6) Try playing running games with your kids on occasion. Unlike soccer, or other field games that involve a ball or other type of sports equipment, the purpose of these games is simply to run and have fun. Try these games with your child:



Volunteer Dan Masterson records a finisher's time.



Timer Charles Gross calls out the times.

**Catch Dad (or Mom).** Let your child chase you for short distances and listen for the sound of them coming up behind you and slow down so they can catch you.

**Tag Me!** Run for a short distance, let your child catch you and tag you. Once your child has tagged you, he or she starts running and you try to catch them to tag them. You tag them, then they try to catch and tag you again.

**What Animal Am I?** Run and then have your child guess what animal you are. If you're pretending you're an elephant for instance, swing your arms down in front of you like you have a trunk. If you're pretending to be a lion, roar once or twice on the run! Then have your child run and you guess what animal they're pretending to be.



A big lead at the finish!



# Antioxidants and Ultrarunning

UltraRunning July/August 2005, Jason Hodde, MS, ATVL

As ultrarunners, we appreciate the role nutritional supplementation may play in our diets and in helping us recover from the rigors of long races. New data from researchers at the Firms Pauling Institute of Oregon State University in Corvallis, Oregon, suggest that taking vitamin E before a grueling ultramarathon may lessen or avert some of the cellular damage it can cause.

In Corvallis, Oregon, contestants ran up and down 32 miles of steep hills, with an elevation gain and loss of 12,000 feet. Dr. Maret Traher and her group have worked with these runners, investigating the antioxidant effects of vitamins C and E and whether they can protect the body from oxidative stress caused by such extreme athletics. Dr. Traber is Principal Investigator in the Firms Pauling Institute and Professor in the Department of Nutrition and Exercise Sciences at Oregon State University.

She explains, "The body converts food energy into energy it can use, producing carbon dioxide and water. The process is similar to that of a log burning in a fire-place; you're burning energy in order to have enough energy to run your body. Energy conversion on the cellular level is not perfect but it is efficient. But because it's not perfect, about one percent of energy escapes as free radicals like superoxide, a very toxic free radical that contains oxygen and that can initiate all kinds of damage. That's where you get into the damage caused by oxidative stress. We study this on the membrane level."

In 2001, her group published research that showed that despite the many known health benefits of exercise, endurance exercise is also associated with oxidative stress. They determined whether extreme endurance exercise induces lipid peroxidation, a type of cell damage caused by free radicals. In this study, 11 athletes (three females, eight males) were studied during a 50k ultramarathon and during a sedentary protocol a month later. Baseline measures of oxidative stress and vitamin E were obtained, and changes in levels were measured following exercise. This first study showed that extreme endurance exercise results in the generation of lipid peroxidation and increases the rate of vitamin E disappearance.

More recently, Traber spoke at a health and science writers' workshop on vitamin E and health, held at the New York Academy of Sciences and sponsored by the Council for Responsible Nutrition. In Dr. Traber's newly released double-blind study, ultramarathoners took either antioxidant vitamins C and E or a placebo daily for six weeks, and then were evaluated for inflammation and oxidative stress on the race morning and every morning for the week after the 50k. Inflammatory markers were increased in all runners, whether they received antioxidants or not. While antioxidants had no effect on inflammation, the nutritionist found no increase in cell membrane damage caused by oxidative stress in those runners who took antioxidants, although there was membrane damage in those taking placebo.

What the researchers found most interesting, however, was that although the oxidative stress markers for women on placebo went back to normal two hours after the race, men on placebo had elevated oxidative stress markers for a week after the event.

The role that gender played in this study was unexpected. According to Dr. Traber, "Women are better protected from oxidative stress than are men. This was surprising. I wouldn't have guessed that there was a gender difference."

The nutritionist suggested that men who decide spontaneously to run a marathon and who haven't been training or planning ahead, can really can do some serious injury to their muscles and experience oxidative stress. This is especially true if they haven't had proper nutrition. Taking antioxidants, however, may help them recover sooner.

Runners in this study supplemented their diet for six weeks prior to the race with 1,000 mg vitamin C and 300 mg vitamin E acetate on a daily basis. For safety, the Food and Nutrition board suggests limiting your daily intake to less than 1,000 mg vitamin E. If you prefer to obtain your antioxidants in your food, consider the following sources. For vitamin C, choose a variety of fruits and vegetables, such as peppers, kiwis, oranges, grapefruits, or papaya. For vitamin E, also choose a variety of leafy green vegetables, oils, and ours, such as wheat germ oil, almonds, sunflower seeds, peanuts, broccoli, or spinach.

# "Why I Run"

By Andrea Williams

My first memories of running were when I was a kid and my dad used to go for a morning jog now and then to get in shape. I thought this was a big deal. He'd don his running attire (sweatband included), head out the front door and begin "warming up". This consisted of him slowly walking to the end of our street as the anticipation of the upcoming run built. Then the workout would begin. He had the right idea, however he used to run about a mile down the street to his "carrot", a.k.a. Egg McMuffin, at the local McDonald's where his breakfast was awaiting him and then he'd walk home. I was impressed anyway, and sometimes I'd go with him. I was pretty confident as a young runner because I could catch any kid in my neighborhood, girl or boy, in a game of tag; I knew I could keep up with my dad, even with his sweatband.

I know I'm preaching to the choir here, but I'm coming upon my 19th year as a runner (playing tag and running to McDonald's not included) which, considering I'm only 34, is a long time and I've been reflecting lately on what running means to me. I've had many neighbors and friends say, "I don't know how you do that", or "I wish I could run but...". I try to get across to them why they should give it a shot, but sometimes it's not easy and I find myself frustrated. I know you guys will understand though. I don't know how they survive without running.

To me, running is about much more than losing weight, winning a race, or getting in shape, although I do enjoy being able to eat my ice cream knowing that I will run it off in the morning. My love of running goes much deeper than that. I wonder sometimes what made me go back out the second day of cross country practice in high school, after running a quarter of a mile the first day thinking the stitch in my side might kill me, but I did.

Maybe not that first day, but eventually running began giving me confidence in all areas of my life. It makes me feel strong. After suffering through mile repeats in 80 degree weather I know that I can do anything. I've run in severe heat, cold so bitter that I had icicles hanging from my hair, mountains, beaches and I even ran a marathon after deciding to do it just three

weeks before the race. I didn't do very well, and I don't recommend it, but I finished. I know that I can endure some amount of pain and I can push myself further than my mind thinks I can. When I come home from my morning run after watching the sunrise over Greenbury Point and sharing coffee with my friends, I feel invigorated and ready to take on anything the day will bring me.

Running keeps me even keeled emotionally. My husband is thankful for that. My running friends tease me that I don't let my husband come run with them. The truth is that he knows it's in his best interest to let me go in the morning (and he likes to sleep later). Many mornings I open my eyes at 5:30 when my alarm goes off, and I don't want to face the day. I force myself to get out of bed and throw my running shoes on because that's what I always do, and I know I always feel better for it. I come home with a whole new outlook on life. The times I haven't run, or have been injured, my husband often sends me out to get some form of exercise even if it can't be running, because I'm driving him nuts. He says I'm like a cat in a paper bag and he's the bag! Running has saved me money on anti-depressants and counseling. It just plain makes me happy.

Probably the main reason I've continued to run all of these years is the people. My husband teases me that I probably wouldn't be a runner if I was forced to run alone. He's probably right. In our busy lives we don't get many opportunities to connect with people on a regular basis, and running lets me do that. Not only do I get to hear about what's going on in the lives of my friends, but we get to encourage each other and share in our victories and defeats. Many of my closest friends started out as just someone I was running with. I met one of my best friends when I passed her and her running partner on a run one morning while I plodded along on my own. Being desperate for someone to talk to, I turned around and asked her if I could join them. We've been friends ever since. I've heard friends' life stories, counseled marriages, received counseling (free), gotten announcements of surprise pregnancies,

cried and laughed with my friends all while running with them. We don't just share the pain and joy of running, but we share the pains and joys of life. I also know that my running friends like me for who I really am. Well, at least it's not for my appearance. I usually head out for my run at 6 am after rolling out of bed, brushing my teeth and throwing on my hat, which I wear if I have particularly bad bed head that morning. Those are the kinds of friends I really need.

Moving to Annapolis three years ago was a huge adjustment for me. I left behind many close friends, a great neighborhood and even family. I was quite homesick for a while, but I had hope. I knew somehow I would find someone to run with and then I would begin to feel at home again. I searched the web and found the 606 club. There I found some people who let me run with them, and soon Annapolis became home.

I'm wondering why I'm writing this. Maybe it's because I'm thankful to have found a passion like running. Maybe I'm trying to figure out how to articulate to my non-runner friends why I'm crazy enough to get up and run at 6 am, or maybe I'm just writing because I know you will relate to me. Regardless, keep running and I'll see you in the morning, or at the next race.

*Editor's Note: Please send me your essays, musings, anecdotes, etc. about why YOU run, memorable running experiences, or other running-related topics. Send them to [lisafontaine@comcast.net](mailto:lisafontaine@comcast.net).*

## Welcome New Members ...

Jane Andraka  
Greg Behrmann  
Tracy Bigley  
Sherelleg Black  
Sheri Bohs  
Robert Bussink III  
Jonny Chase  
Kristie Chisholm  
Patty Cunningham  
David Dushkin  
Justin Edwards

MaryEllen Enos  
Toks Fashola  
Gloria Gans  
Laura Hatch  
Alana Heinle  
Alice (Ali) Hollander  
Michael Klewin  
Dana Koller  
Martin Levine  
Scott Lutrey  
Ellen Lutrey

Lori Mahaney  
Dennis McGinley  
John Michie  
Jennifer Michie  
Anya Michie  
Eva Michie  
Ted Morgan  
Kerry Mueller  
Tammy Ouellette  
Carolyn Purcell  
Kelly Rodowsky

Reuben Saval  
Lindsay Scoggins  
Monica Sondberg  
Renee St. Lawrence  
David Strasser  
Suzanne Strasser  
Christina Thomas  
Jeff Tice  
Jillian Trimboli  
Kelechi Uduhiri



# The Old Dominion 100 Mile Memorial Run Part 2

May 28–29, 2005

Continued from the August 2005 Streak

By Hamilton Tyler

I left the 50 mile turnaround at 11 hours and 57 minutes. It was just about 5:00 pm and the heat of the day. I took care to drink a lot on the way to the mountain and reached it in 1 hour and 14 minutes, just 5 minutes slower than 12 hours earlier. I refilled everything and headed up the mountain. I again encountered Phil from California. This was a trend that would repeat itself the rest of the race. I was moving faster than Phil, but because he was such a veteran of the 100 mile races, he was getting in and out of the aid stations in a fraction of the time that I was spending. Certainly a lesson learned for the next effort.

My legs really started to feel like lead on the climb up Woodstock Mountain for the second time. I was definitely moving slower. Jogging down the long straight-way on the backside of the mountain provided some relief. The sun was headed down at this point. It started to get pretty lonely. All of the 50 mile runners were done. A number of the 100 mile racers had dropped at 50 when they got back to the hotel, so that left even fewer runners on the course.

As I reached 60 miles going down the mountain, I saw Serge England-Arbona of Baltimore coming the other direction. He was at 90 miles at about 14 hours and 30 minutes. I offered him some encouragement as he ran swiftly by me. This guy is a 100 mile machine having won the Umstead 100 mile race in April in 15 hours and 26 minutes and run the Massanutten 100 mile race in 22 hours and 47 minutes, finishing in "just" 7th place just 3 weeks before this race. I really did not feel too bad because he is one of the elites in North America among long distance runners. He went on to win this race handily in 15 hours and 43 minutes.

As it started to get dark I put my headlamp on. I was carrying both a headlamp and a flashlight. The headlamp did not

provide quite enough light to my liking in those dark woods and the bright setting would last only 4 hours on the batteries. Although I had spare batteries, I found the flashlight much easier to use. It has two settings as well, a 3 LED low setting and a 10 LED bright setting. I liked having the option of swinging the light at the many different sounds I heard. The batteries never ran out.

When it started to spit rain when it got dark, I was a little concerned because I was wearing only a short sleeve shirt and my warm clothes were in my drop bag at the Peterson Farm, another 8 miles or so. I started to get really chilled, but decided movement was the key to warding it off, and I did not have a choice anyway. I had stupidly left my emergency trash bag at the hotel. That would have at least kept me dry.

Luckily for me the storm cloud passed quickly and before long the stars were out. It is always amazing to me to view the stars from out in the county because it is almost like being in a planetarium it is so clear. Because the moon would not come up for several hours it was quite dark and there was virtually no ambient light to distort the view.

I was still moving forward at a decent pace, running when I could. It was definitely tougher to run the steep downhills in the dark. It was still lonely and several of the aid stations were now unmanned which did not really bother me too much except for the aid station near the killer dogs that were still chained outside at 10:00 pm.

I reached the end of the dirt road at mile 71 in just over 17 hours and shot the breeze with the two high school boys that the race director had coerced to man the aid station. To their credit they had some hot chicken noodle soup waiting for me and were cranking some hard driving rock and roll which got me going. I made

good time the last 4 miles to the 75 mile turn around, arriving at 17 hours and 52 minutes. The third 25 mile segment had taken 5 hours and 55 minutes, not bad for part of it in the dark.

It was a welcome site to approach Peterson's Farm once again. Because there was a 30 hour cutoff, I had over 12 hours to make the last 25 miles which I knew I could walk the whole way if I had to and still make it. I answered the medical director's questions to his satisfaction and weighted in. I had only lost 2 pounds from my prerace weight which was excellent. A loss of 7% or a gain of 5% would get you pulled from the race (a gain of this magnitude is indicative of your kidneys shutting down). If I was doing anything right, I was eating and drinking well.

My feet were again trashed and I had to untape and retape them. The aid station personnel helped me. I also ate and changed into some warmer clothes. It was getting chilly so I switched to a long sleeved shirt, windshirt, hat and light gloves. After packing up some more Conquest in baggies to mix along the way, I was out of the aid station after a very long 36 minutes. The time was now 18 hours and 28 minutes, or just about 11:30 p.m. Strangely, despite being up for almost 20 hours at that point, I was still not that tired. I guess it is hard to fall asleep when you are still moving.

I was still moving pretty decently, but the next 4 miles took me 67 minutes which included a very long uphill out of the valley. I again encountered the rock and rollers who were still jamming out. I examined their checklist of runners and was surprised that there were only 2 runners behind me at this point. The list showed that there had been a lot of drop outs.

Heading out of the 79 mile aid station I began having trouble. This was a mostly

downhill 2 miles on dirt roads that should have been easy, but it was so steep it was killing my quads to run. I developed a slow shuffle. I reached the bottom of the valley once again and was greeted by the killer dogs. Again, there was no one at this aid station and not much food so I high-tailed it out of there, walking the long uphill. I was definitely tiring. The aid station at the second out and back was manned and I spent some time refueling. As I was walking back up I encountered Phil again.

At this point due to extreme tiredness I had the only course confusion I experienced all day and night. We reached a fork in the road and I started up the left fork. Phil called me back and said it was the right fork. Neither of us could find any markings on the road, nor did we see any glowsticks which were periodically hanging from trees. Apparently some of the locals were not too pleased with the race and the glow sticks were disappearing. Phil walked back down to the aid station to check which direction to go. Neither of us wanted to run any extra miles at this point. Phil came back and stated that he was told to go right. We looked again in earnest and then saw the marks on the road clearly marking the way once I shined the light in the right place.

About a mile later a runner came towards us. We knew something was wrong as he mumbled something and went by us. I ran after him and asked him if he was all right. He seemed coherent but apparently he was lost and was going back to the Peterson's Farm because he had missed it. However, it was after 1:00 am and he was never going to make the 2:00 am mandatory cutoff. He claimed he knew what he was doing and continued on. About 30 minutes later I encountered one of the race volunteers who was looking for this lost runner. He would not finish the race.

I reached the bottom of the valley for the last time just shy of 22 hours with about 12.5 miles to go. From here it was 4 miles to the top of the mountain. I started the long slog upward. I no longer even tried to run the short flat sections of this portion. It was extremely slow going. After about an hour I approached the 90 mile aid station and saw a runner hobbling up to it as well. It was Dimitri from New Jersey who I had run the first few miles with. He was having problems but I could tell he was going to stick it out. There

was a female runner at the aid station in a sleeping bag, but awake. She was too cold to run and was going to wait until the sun came up in a few hours and it warmed up to make the final 10 mile push.

I felt strangely energized and put a hard push on in the final 1.5 miles to the top of the mountain. For such a steep section I was making pretty good time. I crested the mountain and started down the switchbacks. I tried to run some of the switchbacks and walk the corners, but it was really killing my quads. As I reached the bottom of the mountain it started to get light. My feet were again painful, but I figured I would just gut it out rather than waste more time trying to retape them.

I crossed the north fork of the Shenandoah River again and the Burnshires Dam. The aid station was right on the other side of the river. The aid station volunteers were asleep in their car. Not wanting to wake them, I filled up my bottles, grabbed some chips and headed off for the final 6.5 miles through town. It was 5:15 am and I had been running for over 24 hours, over 14 hours more than my previous slowest 50 miler.

It was very slow going because it hurt to run at all. My quads felt like two bags of cement. I played games by trying to shuffle between telephone poles over the few flat parts of road. I sang songs to myself to try and stay awake. The drivers of the few cars that passed me waved. I am sure they wondered what this lunatic with number 20 written on his leg carrying a flashlight that was off was doing walking along the road. It took me 56 minutes to go 3.25 miles to the last aid station at the water tower. The water tower was so tall that it gave me the cruel illusion of being very near while I was still far away.

The aid station volunteers were again asleep so I just filled the bottles, grabbed a banana for breakfast and headed out. This was truly the last push with just over 3 miles to go. I was now definitely having trouble staying awake. I was singing any song that came into my head. If anyone stuck their head out their window I am sure they would have tried to have me picked up. I was staggering along, looking disheveled while singing to myself. I walked past houses and the local park where I had meet my kids who were playing there when I went by on the way back during the first lap.

I reached the main road across from the hotel and was unceremoniously

stopped by traffic at the stoplight. Didn't all of these people know who I was? I had just run 100 miles. I had the right of way! I did not trust my legs so I waited for the light to change. I walked the two blocks toward the hotel. As I rounded the final corner I broke into a shuffle. I did not want to walk across the finish line. I slowly and painfully jogged across the finish line in 26 hours and 11 minutes and received a handshake from the race director. The last 25 miles had taken me 7 hours and 14 minutes. I started the race at 5:00 am on Saturday morning and finished at just after 7:11 am on Sunday morning. It has been a mighty long time since I have seen the sun come up two days in a row.

I thought I would be overcome by emotion at having finished my first 100 mile race, but I was just plain exhausted. I talked to the race director for a few minutes and then headed up to my room to get my shoes off my aching feet. My wife and kids heard me in their room and came in to congratulate me. I took off everything, laid down on the bed and slept for 3 hours until we had to check out.

Of the 25 starters in the 100 mile race, there were just 14 finishers. I ended up finishing in 10th place. I will certainly never forget this race. I will do another 100 mile run and hope to break 24 hours. I did some things right (stomach management and pace) and some things wrong (feet and too much time stopped at aid stations), so it was certainly a learning experience. I consider myself very fortunate to be able to run ultramarathons in some of the most beautiful places in the country.



# on the road

BY P. MICHAEL CUNNINGHAM

E-mail your race results to:  
**Michael.Cunningham@usdoj.gov**  
or mail to 7 Franklin Street,  
Annapolis, MD 21401.

As I compile this in August, I'm hoping that by October we'll be enjoying the best running weather of the year. Many of you will run a marathon—maybe your first—this autumn. Be sure to share your results and impressions with fellow Striders. On a personal note, the December issue of the Streak will mark my last Striders on the Road and Where the Races Are columns. That issue will be submitted to the editors by October 31, 2005. Lisa Murphy has kindly agreed to take over this task, so beginning November 1, 2005, submit your results to Lisa at brblbabe@aol.com. And, please extend her the same courtesy of submitting your race results in the format in which they are published. Here are more results for the past several months.

#### Apr 16 – Ocean City Marathon – Ocean City, MD

Ron Bowman 4:43:00

#### Apr 17 – Sallie Mae 10K – Washington, DC

Rob Steinberg 52:41

#### Apr 29 – Country Music Marathon – Nashville, TN

Ron Bowman 4:52:18

#### June 5 – Rock & Roll Marathon – San Diego, CA

Brev Moore 4:22:16  
A/G 37 of 158

It's against my modus operandi to run a marathon anytime before October or later than March because of my problem of dealing with warm weather. However, I found that a small group was going to run the R&R in honor of my son, Robert, who had cancer. How could I pass that up?

As it turned out, the day was relatively cool as an overcast sky prevailed for the entire race. Despite the marathon's debut disaster, they have the organization down well now. There are bands all along the course, which makes for a lively accompaniment. Crowd size varies as the race leaves the city, travels on a four-lane highway, passes along one of the bays, and ends up at the Marine Corps Recruiting Depot. I could have sworn that I saw Elvis running in the race—probably just hallucinations! I felt terrible at about mile 16 and my right knee was giving me fits; so I had to walk a fair amount. Then, lo and behold, there was a Tylenol 8-Hour station, one of the race's sponsors. A couple of those and it was not one of my best marathons, but not one of my worst either, so I felt satisfied with the results. Most unfortunately, my son was not able to see the results. He died on 27 May and was buried two days before the race. I was probably slow due to a condition known as a "heavy heart". The good news is that "Spaz's" Team raised \$5000 for the fight against cancer and overall participants in the marathon raised over \$2M in the fight against leukemia & lymphoma!

#### Jun 12 – Survivor Harbor 7 – Baltimore MD

Sue Michalski 59:50  
Rob Steinberg 1:01:30

#### July 3 – Kiwanis Mease Midnight Run 5K – Dunedin, FL

Greg Clulow 20:24 2nd A/G

#### July 4 – Kiwanis Mease Midnight Run 10K – Dunedin, FL

Greg Clulow 45:37  
Comments: I decided to do both races. One was before midnight and the other after. The course was run over a causeway that went to Honeymoon Island and back. It was lit most of the way by hundreds of candles in 1 gallon milk jugs. Talk about a lot of work setting up a course! Although it was run around midnight, it was still hot and humid. I guess being surrounded by the Gulf, which was 88 degrees, didn't help. It was a unique race but with the usual fare of bagels and bananas.

#### July 4 – Dundalk Heritage Independence 6K – Dundalk, MD

Maurice Pointer 21:32 1st A/G  
Maria Shields 28:00 1st A/G

#### July 5 – Grandfather Mountain Marathon – Boone, NC

Rob Wells 3:47  
See Rob's entertaining account of this notable race on page 24.

#### July 5 – Jim Fixx 5K – Siesta Key, FL

Greg Clulow 20:26 3rd A/G  
Comments: A nice race along the beach. Complete with post race popsicles and beer. A great way to cool off after a hot run. The \$2 race fee was not hard to swallow, either.

#### July 9 – Diamond in the Rough Triathlon (1 mile Swim/27 mile Bike/5 mile Run) – Perryville, MD

Matt Mace 2:20:11  
Alison Suckling 2:27:30 3rd A/G  
Jennifer Lundeen 2:49:33 4th A/G  
Mary Lynn Hansen 2:43:53  
Mary Lang 3:16:38

#### July 9 – Spirit of Gettysburg 5K – Gettysburg YWCA, Gettysburg, PA

Maurice Pointer 17:40 1st A/G

#### July 10 – Howard County Women's Festival 5K – Columbia, MD

Maria Shields 22:52 1st A/G

#### July 16 – Twilight Run Fest 8K – Rockville, MD

Maria Shields 38:40 3rd A/G

#### July 24 – Orioles 5K – Baltimore, MD

Maria Shields 22:27 1st A/G

#### July 24 – Mid Atlantic USATF T&F Championships – Plymouth-WhiteMarsh H.S., PA

5000 Meter  
Maurice Pointer 17:55 1st A/G

#### July 30 – Jay Mountain "Marathon" – Jay, VT

Josh Dorsey 6:41:59  
Chris Daubert 6:42  
Chris Daubert wrote, this race was without a doubt the hardest run I've ever completed. One man with a GPS said it was 30 miles this year, up from 28 last year. It included running up and down Jay Mountain, three separate one mile sections of brook running [that is running IN the brook (mostly consisting of slippery rounded river rocks)], several bushwacking sections, a rope-assisted river crossing, and sections of shoe-sucking mud that was knee deep.

#### July 30 – Kilauea Volcano Wilderness Marathon – Kilauea, "Big Island," HI

Gerald Royce 6:29  
Gerald wrote, what a tough course over rough lava fields which lead to lots of falls and injuries. I ran conservatively and only had some really cut up shoes but shed no blood. With this marathon, I have completed marathons in all 50 States plus DC. My prize is another t-shirt . . . but this one says COMPLETED MARATHONS IN ALL 50 STATES PLUS DC.

#### July 31 – Blackwater Traverse Duathlon (5k Run/31K Bike/5k Run) – Cambridge, MD

Kerri Robbins 1:33.22 2nd O/A  
Alison Suckling 1:40.59 1st Master  
Ashley Halsey 1:44.32

#### July 31 – Hadassah Challenge 5K – Inner Harbor, Baltimore, MD

Maurice Pointer 18:05 2nd O/A

#### Aug 14 – Lums Pond Sprint Triathlon (.5 m Swim/19.5 Mile Bike/5k Run) – Bear DE

Alison Suckling 1:31:16 1st A/G  
Mary Lang 1:53:29 4th A/G

#### Aug 14 – BRRC Grand Prix 5 mile – NCR Trail, Papermill, MD

Maurice Pointer 30:08 1st Master

#### Aug 20 – Druid Hill YMCA 8K – Druid Hill Park, Baltimore, MD

Maurice Pointer 30:32 1st A/G

#### Aug 25 – Metro Harriers X-C 3 mile – Baybrook Park, Brooklyn, MD

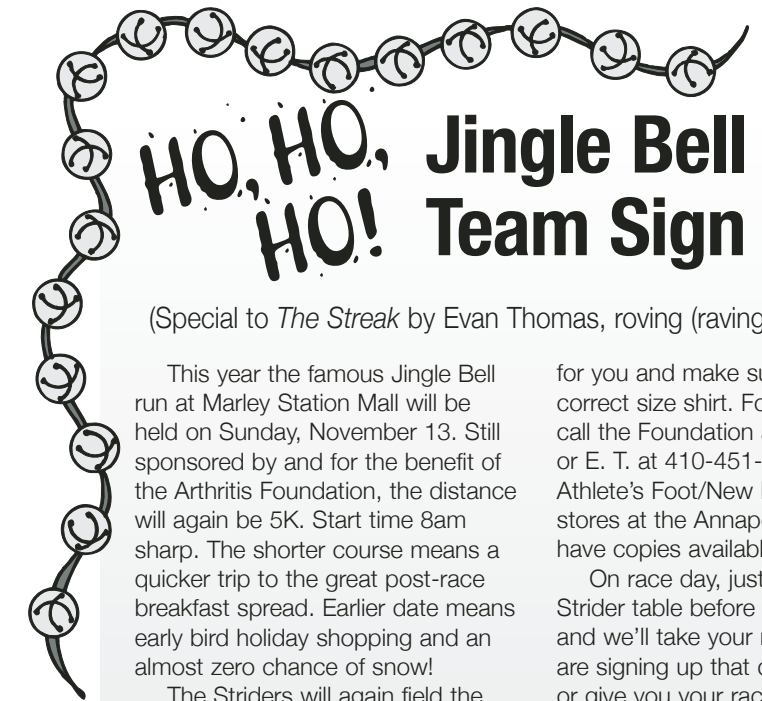
Maurice Pointer 18:14 1st O/A

#### Aug 27 – Girls Just Wanna Have Fun 5K – College Park, MD

Maria Shields 22:56 2nd Masters

#### Sep 3 – Knights of Columbus 10K – Ellicott City, MD

B.J. King 51:22 1st A/G  
Beautiful HILLY Course



## HO, HO, HO! Jingle Bell Team Sign Up!

(Special to *The Streak* by Evan Thomas, roving (raving) reporter)

This year the famous Jingle Bell run at Marley Station Mall will be held on Sunday, November 13. Still sponsored by and for the benefit of the Arthritis Foundation, the distance will again be 5K. Start time 8am sharp. The shorter course means a quicker trip to the great post-race breakfast spread. Earlier date means early bird holiday shopping and an almost zero chance of snow!

The Striders will again field the largest team with the usual colorful premium supplied free of charge by yours truly (blinking red noses, antlers, huge candy canes, holiday noise makers, etc).

To join in the fun, just put "Annapolis Striders" as your team. For those who get their applications in early, we pick up your race packet

for you and make sure you get the correct size shirt. For applications, call the Foundation at 410-544-5433 or E. T. at 410-451-4155. The Athlete's Foot/New Balance shoe stores at the Annapolis Mall will also have copies available.

On race day, just stop by the Strider table before registering and we'll take your name if you are signing up that day for the team or give you your race packet if you are pre-registered. Be sure to pick up your free souvenir stress management device! There will also be a 5K walk so the whole family can have fun on the 13th. If you can't run but can volunteer, you will get a free long sleeve t-shirt and the free souvenir—what a deal. Call E.T. to volunteer. Mark your calendar now!

## Dashing Through the Show Run After Dark and See the Lights!

This year, the Annapolis Striders and Anne Arundel Medical Center will again cosponsor a fun run on Saturday, November 12 as the grand opening for the "Lights on the Bay" holiday display at Sandy Point State Park. All ages are welcome.

Santa Claus and actual whitetail deer might also take part in the event. Holiday refreshments and flashing light souvenirs will be offered, as well as health care handouts.

Gates will open at 5 p.m. and the fun run will start at 5:45 p.m. Charitable contributions of \$10 per person are requested. Photography is permitted.

Runners and their families who joined in the event's first three years agree that it puts fun-runs in a whole new light and is well-worth the time.

If severe weather forces a cancellation on Saturday, November 12, the "rain date" will be the next evening, Sunday, November 13. On later dates, light-lovers will be able to see the 2+ miles of decorations only while driving in their cars. For more information (or to check on possible weather cancellation on 11/13), please call the Lights-On-the-Bay hotline at 443-481-3161.



# Grandfather Mountain Marathon

By Rob Wells

**Lesson #1 about the Grandfather Mountain Marathon: DON'T BELIEVE THE GRAPHIC.**

The organizers devised a nifty looking graphic to convey the magnitude of this run from Boone, N.C. to Grandfather Mountain, the tallest in the Blue Ridge Mountain range. The graphic zigzags upward from Mile 1 to Mile 26, denoting the elevation climb from 3,333 feet to 4,279 feet, on the shoulder of this craggy southern Appalachian landmark.

The chart actually looks like a graph of Enron's stock price before the company crashed. And like anyone sucked in by Enron's marketing materials, runners relying on the Grandfather Mountain Marathon graphic were in for a very rude ending.

crawl up the Blue Ridge Parkway that ends at Mile 10—the third hill of the day—a hill only softened by the pastoral scenes of cows, tractors and soft meadows. It hid the brutal half-mile gravel wall at mile 16, where runners left the Blue Ridge Parkway for U.S. 221, a shady and curvy climb up to Grandfather's broad shoulders. And the graphic offered no hint of the mean one mile climb at Mile 23 that left many gasping and cross-eyed.

It may be deceiving, but this field of 359 runners wasn't easily duped for the 38th annual running of the Grandfather. This was a strong and experienced crew, with 119 finishing in four hours or less.

We had everything going for us. Temperatures on July 9 began in the low 60s for the 7 a.m. start at Appalachian

serene Blue Ridge Parkway. After 15 miles of hilly running over stone bridges and past lakes and picnic benches, we exited the parkway and headed into the real climbing along U.S. 221. The shady route offered a broad panorama of distant Appalachian Mountains and valleys. We passed a waterfall alongside the road and several loud, frothy creeks, all tempting diversions.

Traffic wasn't blocked on the route, which meant we needed to keep a sharp eye for motorhomes, large pickups and the occasional logging truck barreling down the highway.

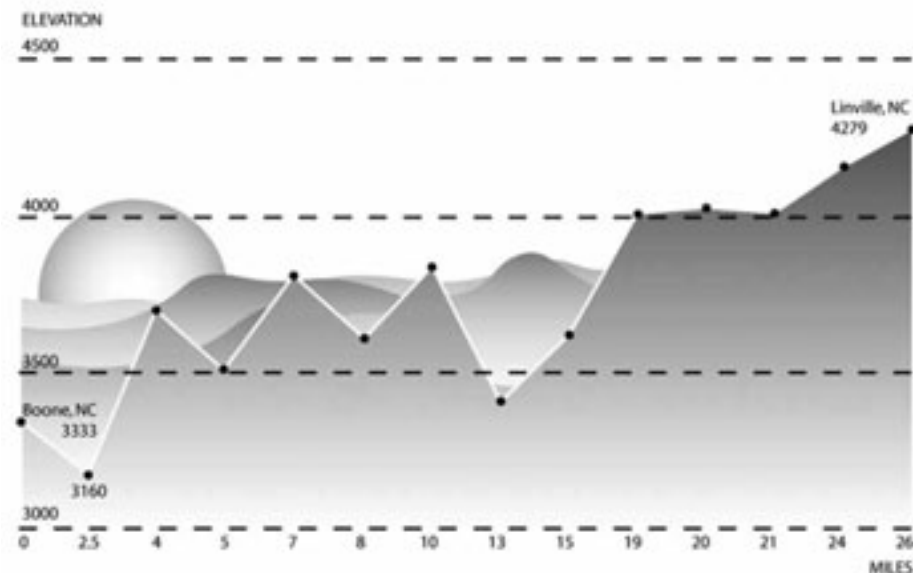
Michael McPhatter, 32, wasn't distracted by any of these challenges, breaking the tape at 2:49, some 2 1/2 minutes ahead of the competition. The finish is at McRae Meadows, and coincides with the North Carolina Highland Games, a Scottish games festival attended by several thousand people, including many large men in snappy kilts. The crowd was great and applauded runners deep into the field. As the winner, McPhatter was given a lit torch, which he carried for not one but two laps around the dirt track. Fitting, given his achievement over such a demanding course.

This was my fourth marathon, and I was delighted to finish #79 with a 3:47, a time I attribute to dried apricots, my training partner Martin Vaughn (#73 at 3:44) and great support from my lovely wife, Deborah St. Coeur.

If you plan on running it next year, here are a few tips: 1) Book a hotel room early, as the men in kilts take over Boone the same weekend. 2) Prepare for an 8-hour drive from Annapolis (some opted to fly to Tri-Cities Airport in Bristol, TN., and rent a car). 3) The run has few amenities, only water and Gatorade on the course. So bring your own gels, or in my case, dried apricots.

State University's Kidd Brewer Stadium, home of the Mountaineers. It's a beautiful and modern campus, best known as a teacher's college with a strong business and hospitality industry program. That hospitality was abundant along the course, which stretched through the ugly strip mall and sprawl of outer Boone, over a hill to the famous steam powered Tweetsie Railroad and on to the lovely and

## Grandfather Mountain Marathon Profile



This is, after all, one of America's toughest marathons, according to *Runner's World*. Event organizers told runners to finish in five hours or less.

The graphic simply didn't do justice to the intensity and magnitude of the climbs, which begin at Mile 2.5 and end only at Mile 26.2—or when you're flat on your back in an ambulance racing back to town. It masked the relentless two mile

# Striders Get Down and Dirty

By Jenny Hasbrouck

What do you get when you mix a cross-country run, an off-road bike ride and an obstacle course . . . ? Oh yeah—and a mud pit . . .

During an afternoon run, what started as a topic of conversation during an afternoon run about an article in a popular running magazine turned into an adventure that six (6) Strider's (Arlene Rayburn, Joe Ross, Katie Irwin, Donna Cogle, Eric Sherrod and Jenny Hasbrouck) won't soon forget. What was the great adventure? The "Muddy Buddy Ride and Run 10K" in Richmond Virginia.

The adventure began earlier this summer this when the "Dirty Duo", "Dirt Divas" and "Rebel Lee" teams began training. Running was not a problem, as we are Striders, after all. But none of us had competed in a relay where you and your partner repeatedly trade between running, riding, and climbing through obstacles. You can imagine the looks and questions we received this summer as we practiced on the B&A Trail, alternating between riding and running; all the while wearing a bike helmet. Going from riding to running was obstacle enough (it's a lot harder than you'd think)—the real ones had to wait . . . Part of the adventure is that the obstacles aren't known until the day of the race.

Our efforts culminated on July 17 in Richmond's Pocahontas State Park. It was a beautiful Sunday morning, with a heat index bordering on 105 degrees. The race began with one team member riding and the other running across the start and onto the trails. We had 5 legs in front of us, ranging from 1 to-1.6 miles in length. At the end of each leg, we each had an obstacle to complete before switching running/riding roles and heading off into the woods (or dirt, grass, rocks, water, and oh yea . . . mud) to the next obstacle. At the last leg, you meet up with your "partner in grime" to cross the infamous mud pit to the finish. What a rush! We had a day to remember and tackled feats that we'd never done before (or at least not since we were 10). I think I'm still finding mud in places I didn't know it could go . . . Though hot, tired and definitely muddy, we were already planning our strategy for next year.



Jenny Hasbrouck, Eric Sherrod, Katie Irwin, Donna Cogle, Arlene Rayburn and Joe Ross before . . .

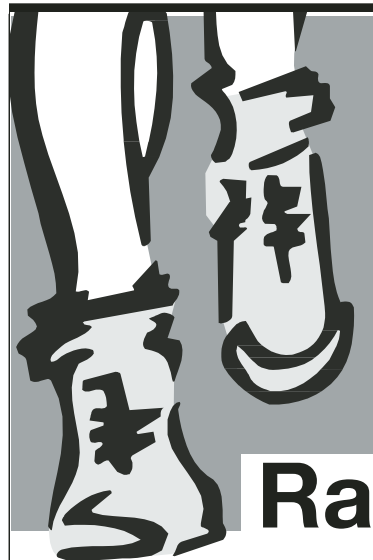


. . . and after the Muddy Buddy.

What were the obstacles you ask? Well, those will remain our secret . . . can't let our competition get a leg up on us. Are you ready to get muddy? If so, we look forward to seeing you in the mud pit next year.

*Editor's note: As of September 1, there are already a half-dozen Strider teams lined up for next year.*





## Where the Races Are

### October 2005–December 2005

By the time you read this, we'll be right in the middle of the best running/racing weather of the year. I hope you've found some races to test your mettle and satisfy your wanderlust. Here are two marathon websites for those looking for something different: [www.marathonguide.com/](http://www.marathonguide.com/), [www.runnersworld.com/channel/1,5032,s6-75-0-0-0,00.html](http://www.runnersworld.com/channel/1,5032,s6-75-0-0-0,00.html). When you're heading to distant venues, check out the local websites for their races—and remember share your results with other Striders. Again, here are some good websites for up-to-date race information: [www.pmw.com/running](http://www.pmw.com/running); [www.racepacket.com/index.html](http://www.racepacket.com/index.html); [www.races2run.com](http://www.races2run.com) (this is an excellent site for you beachgoers); [www.runwashington.com/calendar/smu.html](http://www.runwashington.com/calendar/smu.html), [www.marylandrunning.com/events/run\\_calendar.phtml](http://www.marylandrunning.com/events/run_calendar.phtml). The runwashington site is chock full of events near and far and the last site is a very current compendium of the events. Better than what is reported here. In the interest of full disclosure, I remind you that—with limited exception—the compiler of this list of races does not include any race that occurs on the same day as one of the Strider sponsored races. Good luck and have fun.

#### Oct 2, Sun, 8 am, Army Ten-Miler, The Pentagon, Washington, DC

Website: [www.armytenmiler.com/exec/army/Home.cfm?publicationID=16](http://www.armytenmiler.com/exec/army/Home.cfm?publicationID=16);  
Note: This race is the same day as the Striders' Metric Marathon Championship Series event.

#### Oct 9, Sun, 8 am, Steamtown Marathon, Scranton, PA,

Website: [www.steamtownmarathon.com/index.asp](http://www.steamtownmarathon.com/index.asp)  
Phone: 570-963-6363, Email: [racecommittee@hotmail.com](mailto:racecommittee@hotmail.com)

#### Oct 16, Sat, 8 am, Baltimore Running Festival (Marathon, Half, 5K), Baltimore, MD

Website: [www.thebaltimoremarathon.com](http://www.thebaltimoremarathon.com),  
Phone: 410-605-9381  
Email: [customerservice@corriganports.com](mailto:customerservice@corriganports.com)

#### Oct 23, Sun, 9 am, 6th Annual Orthopaedic and Sports Medicine Clinic 5K Run to Benefit Special Olympics, 108 Forbes St, Annapolis

Phone: 410-729-4878, email: [pcarroll@osmc.net](mailto:pcarroll@osmc.net),  
web site: [www.osmc.net](http://www.osmc.net)  
Phone: 410-729-4878, email: [cmorganti@osmc.net](mailto:cmorganti@osmc.net)

#### Oct 29, Sat, 9 am, Seaside 10 Miler and 5K Run, Ocean City, MD

Phone: 800-OC-OCEAN, Contact: Race Director 410-250-0125  
web site: [www.ococean.com](http://www.ococean.com)

#### Oct 29, Sat, 9 am, Rogue Road and Trail Five Miler, Liberty High School, Eldersburg, MD

Contact: Dan Jones and Pete Lester, 410-549-6296 or [road2trailrace@errun.org](mailto:road2trailrace@errun.org)

#### Nov 5, Sat, 8:30 am, Cardinal 5K and 1/2 mile Fun Run Kensington, MD,

Contact: Ellen Borda 301-580-4846, [info@cardinal5k.com](mailto:info@cardinal5k.com)

#### Nov 5, Sat, 9 am, BRRC Chase The Geezers 5 Miler at TBA

Contact: John Senatore, [jrsenatore@comcast.net](mailto:jrsenatore@comcast.net)

#### Nov 6, Sun, 10 am, Run through the Grapevine 8K, Linganore Wine Cellars, Carroll County, MD

Contact: Howard County Striders, [www.striders.net](http://www.striders.net)

#### Nov 11, Fri, 9 am, Westminster Road Runners' Mayberry Four Mile Trot Taneytown (Silver Run), MD

Contact: Bob McCubbin, 410-848-6244 or [runbob@juno.com](mailto:runbob@juno.com)

#### Nov 12, Sat, 8 am, Suntrust Richmond Marathon, Richmond, VA

Contact: 804-673-RACE

#### Nov 13, 8 am, 15th Annual Jingle Bell Run for Arthritis, Marley Station Glen Burnie, MD

Contact: Bridgette Guida, 410-544-5433 or [bguida@arthritis.org](mailto:bguida@arthritis.org)

#### Nov 19, Sat, 7 am, JFK 50 Miler, Boonsboro, MD,

Contact: 301-739-7004

#### Nov 20, Sun, 9 am, Jingle Bell Run/Walk for Arthritis, Baltimore MD, The Du Burns Arena in Canton

Contact: Beth Farrall, 410-654-6570 x230 or [bfarrall@arthritis.org](mailto:bfarrall@arthritis.org)

#### Nov 26, Sat, 9:30 am, BRRC Northern Central Trail Marathon and Relay, Sparks, MD

Baltimore Road Runners Club, [brrcinfo@gmail.com](mailto:brrcinfo@gmail.com)  
Website: [www.brrc.com](http://www.brrc.com), 410-377-7327

#### Dec 4, Sun, 9 am, Jingle Bell Run/Walk for Arthritis, Howard County Ellicott City, MD

Contact: Ashley Warnick, 410-654-6570 x227 or [awarnick@arthritis.org](mailto:awarnick@arthritis.org)

#### Dec 11, Sun, 9 am, Westminster Road Runners' Dasher Dance 10K, F&M Manufacturing Company, Tech Court, Westminster, MD

Contact: Bob Leatherman, 410-848-1782 or [rgrlsal@adelphia.net](mailto:rgrlsal@adelphia.net)

## LOCAL NEWS AND STRIDER STUFF

### ASK THE EXPERTS

Do you have a question about nutrition, injury prevention, or women's fitness? For answers to these and many other questions; check out the new "Ask the Experts" feature on our web page, [www.annapolisstriders.org](http://www.annapolisstriders.org).

The "Ask the Experts" section is listed under PROGRAMS. If you have a question on Nutrition, Injury Prevention/Care, or Women's Fitness you can click on the header, Ask the Experts, which will take you to a page where you select the area for your question for a local Strider expert. For example, our nutrition expert is Amy Mautino, R.D., L.D.N., and our Injury

Prevention/Care expert is Dr. Bill Tham, our Women's Fitness experts are Margie Boyd and Kathy Carney. Margie and Kathy are Certified Fitness Instructors and Co-editors of *StayFit Magazine*.

When you click on the "Ask the Experts" section listed under PROGRAMS you will be taken to our Annapolis Striders Community Forum and from there you submit your question. Be sure to include the area for your question (Nutrition, Injury Prevention/Care, Women's Fitness) in the subject line. Your expert will respond to your question. We will add additional "experts" as we go along.

## Hurricane Katrina Marathon Drive

Any Annapolis Strider looking for a way to increase their motivation for their fall marathon and contribute to the Katrina relief effort is asked to make a donation of 25 cents for every mile they run for their marathon. (\$6.55 for a full marathon.) Make the check out to "Annapolis Striders Katrina Donation". Besides your name, be sure to put the name of the marathon and your time. Send the check to Annapolis Striders Katrina Donation, c/o Ron Bowman, 598 Pinedale Drive, Annapolis MD 21401.

Ron will track the donations and present the amount to the Board of Directors. The Club will match whatever amount is raised. The total amount will be sent to the Red Cross for Katrina Relief. The amount donated, the list of contributors and their marathon will be listed in the December *Streak*.

New Orleans was the host city for the 2005 RRCA Convention. Let's do what we can to help the people from that city, as well as the entire Gulf Coast.

## MEMBERSHIP ALERT!!

For the past several months, the Striders have been making the transition from online membership services provided by Dolt Sports to services provided by Active.com. Email renewal notices from Dolt Sports no longer contain valid renewal links and should not be used to renew your membership.

If you have received an email from Dolt Sports, in the last six months, reminding you to renew, or if you have renewed your membership through Dolt in the last six months, please contact Melissa at [mdg624@hotmail.com](mailto:mdg624@hotmail.com) or 410-360-9019.

Remember—your expiration date appears above your name and mailing address on the current issue of each *Streak*. Renew online through Active at [www.annapolisstriders.org](http://www.annapolisstriders.org) or contact Melissa.



Whether its a big race or or little race, they all need volunteers. Take a look at the schedules of upcoming races on page 31 and contact the Race Director listed for each race.



# 2005 Championship Series Standings

Women Under 14	5K	10M	5M	1M	8K	10K	Total
Megan Brennan	35	35	1	35	35	35	176
Hannah Bonarrigo	1	35	35	35	35	35	176
Women 14-19	5K	10M	5M	1M	8K	10K	Total
Stephanie Kurth	1	35	35	1	1	35	108
Tina Tallon	35	35	1	35	2	35	143
Kimmy Rohrs	35	35	2	35	35	35	177
Women 20-24	5K	10M	5M	1M	8K	10K	Total
<b>Kristen Heist</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>7</b>
Meghan Sheperd	2	35	2	1	2	2	44
Maryline Lefebvre	3	35	35	35	35	35	178
Jody Grande	4	35	35	35	35	35	179
Women 25-29	5K	10M	5M	1M	8K	10K	Total
<b>Patricia Hicks</b>	<b>1</b>	<b>1</b>	<b>3</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>8</b>
Lauren Colvin	5	35	35	3	2	2	82
Corrine Shuck	3	3	35	2	35	35	113
Nicole Pearce	35	2	2	35	35	35	144
Claire Saxton	35	35	1	35	35	35	176
Shannon Teates	2	35	35	35	35	35	177
Danielle Meyer	35	35	4	35	35	35	179
Danielle Devito	35	4	35	35	35	35	179
Tara Lord	4	35	35	35	35	35	179
Women 30-34	5K	10M	5M	1M	8K	10K	Total
<b>Andrea Williams</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>6</b>
<b>Ann Heiser Buzzelli</b>	<b>11</b>	<b>5</b>	<b>2</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>30</b>
Terri Daubert	5	2	3	35	2	2	49
Kim Couranz	4	3	5	4	3	35	54
Jennifer Schoenberg	2	35	35	2	35	35	144
Michele Ogden	3	35	35	3	35	35	146
Sarah Bell	35	35	4	35	5	35	149
Colleen Klemens	35	4	6	35	35	35	150
Christine Border	7	35	7	35	35	35	154
Carol Chong	35	6	35	35	35	35	181
Colleen Mitchell	6	35	35	35	35	35	181
Elaine Aleshire	35	7	35	35	35	35	182
Susan Hetrick	8	35	35	35	35	35	183
Stephanie Pasternak-Bowers	9	35	35	35	35	35	184
Marie-Christine Jolin	10	35	35	35	35	35	185
Women 35-39	5K	10M	5M	1M	8K	10K	Total
<b>Elisa Velarde</b>	<b>9</b>	<b>7</b>	<b>4</b>	<b>5</b>	<b>7</b>	<b>2</b>	<b>34</b>
Cheryl Gilman	2	2	35	3	2	1	45
<b>Monica Lynch</b>	<b>8</b>	<b>11</b>	<b>6</b>	<b>9</b>	<b>6</b>	<b>9</b>	<b>49</b>
Leann Shuck-Gibbs	4	3	2	4	3	35	51
<b>Suzanne Kopp</b>	<b>11</b>	<b>10</b>	<b>8</b>	<b>7</b>	<b>10</b>	<b>7</b>	<b>53</b>
Lydia D'Wynter	12	35	7	8	9	5	76
Mary Lynn Hansen	1	35	1	2	35	3	77
Ann Brennan	10	12	9	35	8	4	78
Holly Marcum	3	4	35	1	1	35	79
Michelle Martenis	6	5	3	35	35	35	119
Kerri Reilly	35	35	35	6	4	8	123
Diane Lundy	14	35	10	35	11	35	140
Chris Anne Spehar	15	35	35	35	12	10	142
Lara Roeding	7	35	5	35	35	35	152
Sigrun Ortmann	16	35	35	35	35	6	162
Jennifer Sullivan	35	1	35	35	35	35	176
Claudia Cunningham	35	35	35	35	5	35	180
Kelly Walton	5	35	35	35	35	35	180
Paula Loucas	35	6	35	35	35	35	181
Tracy Devore	35	8	35	35	35	35	183
Alice Chong	35	9	35	35	35	35	184
Karen Leutner	35	35	35	35	35	11	186
Claudia Hays	35	35	11	35	35	35	186
Diane Casey	13	35	35	35	35	35	188
Cheri Priestino	17	35	35	35	35	35	192
Susan Noble	18	35	35	35	35	35	193

Lisa Bonarrigo	19	35	35	35	35	35	194
Women 40-44	5K	10M	5M	1M	8K	10K	Total
<b>Jill Hargis</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>7</b>
<b>Jane Meyer</b>	<b>4</b>	<b>4</b>	<b>6</b>	<b>4</b>	<b>4</b>	<b>6</b>	<b>28</b>
<b>Gaye Bugenhagen</b>	<b>3</b>	<b>6</b>	<b>7</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>31</b>
Laurel Bell	35	2	5	3	3	3	51
<b>Lisa Murphy</b>	<b>7</b>	<b>9</b>	<b>11</b>	<b>7</b>	<b>10</b>	<b>8</b>	<b>52</b>
<b>Ginger Andrews</b>	<b>12</b>	<b>11</b>	<b>12</b>	<b>8</b>	<b>8</b>	<b>7</b>	<b>58</b>
Sheryl Kline	2	35	2	1	35	2	77
Kathy Zurn	6	8	10	9	9	35	77
Norie Bender	10	35	35	6	11	35	132
Marjorie Boyd	35	35	3	35	2	35	145
Erin Hollamon	5	35	35	35	35	4	149
Lori Marino	8	35	35	35	7	35	155
Meredith Lecourt	35	7	9	35	35	35	156
Sherie Cave	9	10	35	35	35	35	159
Lisa Fontaine	11	35	13	35	35	35	164
Virginia Hasbrouck	13	35	35	35	12	35	165
Jennifer Lundeen	35	3	35	35	35	35	178
Katherine Carney	35	35	4	35	35	35	179
Laura Keen	35	5	35	35	35	35	180
Sue duPont	35	35	35	35	6	35	181
Daffney Swint	35	35	8	35	35	35	183
Melanie Tucker	35	35	14	35	35	35	189
Women 45-49	5K	10M	5M	1M	8K	10K	Total
<b>Helen Laird</b>	<b>3</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>3</b>	<b>10</b>
<b>Melissa Currence</b>	<b>8</b>	<b>8</b>	<b>6</b>	<b>7</b>	<b>4</b>	<b>4</b>	<b>37</b>
Pamela Anderson	6	7	35	4	5	5	62
Mary Ellen Mason	7	9	5	5	2	35	63
Ellen McGee	4	2	35	2	35	2	80
Jeanne Larrison	11	35	7	6	6	35	100
Brenda Norman	35	5	4	3	35	35	117
Eva Tucholski	9	35	35	35	3	6	123
Susan Alhambra	12	35	8	35	7	35	132
Alison Suckling	1	35	35	35	1	142	
Kathy Sirois	35	4	2	35	35	35	146
Debra Spatz	35	6	3	35	35	35	149
Christina Caravoulis	10	35	9	35	35	35	159
Karen Koffler	2	35	35	35	35	35	177
Judith Weber	35	3	35	35	35	35	178
Laura Truth	5	35	35	35	35	35	180
Karen Kleis	35	10	35	35	35	35	185
Julie Caverly	13	35	35	35	35	35	188
Monica Cooke	14	35	35	35	35	35	189
Women 50-54	5K	10M	5M	1M	8K	10K	Total
<b>Mary Lang</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>6</b>
<b>Maria Shields</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>12</b>
<b>Kathleen Hanson</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>5</b>	<b>7</b>	<b>9</b>	<b>45</b>
Patricia Snodgrass	3	35	3	3	3	3	50
Arlene Rayburn	5	6	4	35	5	6	61
Rhonda Spence	35	4	6	4	6	7	62
Donna Cogle	4	5	35	35	35	5	119
Kathleen Nowlin	6	35	9	35	4	35	124
Diane Zoller	35	35	5	35	35	8	153
Linda Ashburn	35	35	7	35	8	35	155
Linda Scoggins	35	3	35	35	35	35	178
Rita Twist	35	35	35	35	35	4	179
Robin Dawson	35	7	35	35	35	35	182
Colleen Wilson	7	35	35	35	35	35	182
Mary Curley	9	35	35	35	35	35	184
Ilene Caroom	35	35	10	35	35	35	185
Debbie Siedband	10	35	35	35	35	35	185
Women 55-59	5K	10M	5M	1M	8K	10K	Total
Meredith Bonta	2	1	35	1	2	1	42
Rae Jean Goodman	3	3	3	35	2	3	50

Andrea Shuck	5	35	5	2	5	4	56
Jackie Kellner	4	5	4	35	4	35	87
Susan Zevin	6	6	35	35	6	5	93
Rose Malloy	1	35	1	35	1	35	108
BJ King	35	2	2	35	35	2	111
Linda O'Boyle	8	35	6	35	35	35	154
Jeanne Russell	35	4	35	35	35	35	179
Sharon Serio	35	7	35	35	35	35	182
Judith Bullner	7	35	35	35	35	35	182
Susan Gallagher	9	35	35	35	35	35	184
Noreen Lynch	10	35	35	35	35	35	185
Women 60-64	5K	10M	5M	1M	8K	10K	Total
Melinda Berge	1	35	1	35	35	1	108
Darlene Conklin	2	35	35	35	35	35	177
Women 70-74	5K	10M	5M	1M	8K	10K	Total
Yvonne Aasen	1	35	1	1	1	1	40
Women 75-79	5K	10M	5M	1M	8K	10K	Total
Martha Trimmer	35	35	35	35	1	35	176
Men Under 14	5K	10M	5M	1M	8K	10K	Total
<b>Brenton Edwards</b>	<b>4</b>	<b>1</b>	<b>1</b>	<b>4</b>	<b>2</b>	<b>3</b>	<b>15</b>
Luke Gilman	1	35	35	1	35	1	108
Evan Kurth	2	35	35	2	1	35	110
Hamilton Tyler Jr.	3	35	35	3	35	2	113
Jake Duabert	5	35	2	35	3	35	115
Gus Daubert	6	35	4	35	4	35	119
Matthew Hays	35	35	3	35	35	35	178
Kyle Schoenberg	35	35	35	5	35	35	180
Men 14-19	5K	10M	5M	1M	8K	10K	Total
Matt Gelety	35	35	1	1	35	1	108
Steven Gelety	35	35	3	2	35	2	112
Trevor Keen	1	35	35	35	35	35	176
Christopher Norman	35	1	35	35	35	35	176
Matt Litts	35	35	35	35	1	35	176
Patrick Thayer</							



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The purpose of the organization is to improve the physical fitness and mental well-being of its members through the promotion and encouragement of long distance running.

Article 11, By-Laws of the Annapolis Striders

The Streak, published bi-monthly, is the official newsletter of the Annapolis Striders, Inc., P.O. Box 187, Annapolis, Maryland 21404-0187. Letters to the Editor, as well as other articles, are welcome. Permission is hereby granted to reprint any article appearing herein provided the source is acknowledged. Permission cannot be extended for copyrighted materials.

**Deadline for the December 2005 issue is November 1, 2005.**

**Please e-mail your articles, tidbits, race results and general newsletter materials to Lisa Fontaine, Editor  
lisafontaine@comcast.net  
410-268-2036**

# Discounts for Members Only...

## THE ATHLETE'S FOOT

Annapolis Mall next to JC Penney  
410-224-3455  
15% discount on any non-sale shoe.

## ATHLETE'S KNEAD

Sports Massage, Inc., Millersville, Maryland  
410-987-0281  
June E. Schneider, Certified Massage Therapist; 20% off first massage; 30 minute, 1 hour appointments available.

## DR. ROBERT M. COHL, D.C., C.C.S.P.

1411 Madison Park Drive, Suite #1A  
Glen Burnie, MD 21061  
410-760-6443  
www.cohlchiropractic.meta-ehealth.com  
Free consultation and Applied Kinesiology assessment for lower extremity conditions for Striders. Board Certified Sports Physician and Spinal and Extremity Rehabilitation. Certified in Cold Laser Therapy; current treatment for Lance Armstrong and many professional elite athletes. See our website for more information. 25% Discount for the professional model of "The-Stick".

## A HEALTHIER YOU

14 Annapolis St., Annapolis, 410-269-1368  
10% discount on one-hour shiatsu session, an acupressure treatment, fully clothed.

## KIBBY CHIROPRACTIC & REHABILITATION CENTER

Dr. John F. Kibby, DC, Six-time marathoner  
2110 Priest Bridge Road, #6, Crofton  
410-721-5050 or 301-858-1600  
Complimentary consultation and examination. Fully equipped rehab center with chiropractic and physical therapy for managing headaches, neck pain, back pain, and lower extremity disorders.

## Has Your Membership Expired?

Renew online at <http://annapolisstriders.org> or  
Fill out the renewal form on the back page of this newsletter and mail, with your payment, to: **Annapolis Striders Membership Director, 8179 Forest Glen Drive, Pasadena, MD 21122**

## Production Schedule

The Streak is published bi-monthly beginning with the month of February and concluding with a December issue. All copy is due the first of the month prior to the next publication. For example, the copy deadline for the February issue would be January 1.

## Advertisement Space Availability

Advertisement (ad) space can be purchased on an annual or per issue basis. Ads purchased on an annual basis will receive a 15% discount, if requested. Ads purchased require payment prior to the first of the month prior to the next publication. To ensure your ad is displayed, payment must be received by the Editor prior to the copy deadline. **Rates:** To reserve ad space or send your payment contact the Editor at [lisafontaine@comcast.net](mailto:lisafontaine@comcast.net) or mail your payment to Editor, The Streak, 5 Maryland Avenue, Suite 9, Annapolis, MD 21401

## WHOLE HEALTH CHIROPRACTIC

**DR. JOHN L. MICHIE**  
Certified Chiropractic Sports Physician  
1834 George Avenue  
Annapolis, MD 21401  
410-315-6909  
<http://drjohnmichie.chiroweb.com>  
[Drjohnmichie@aol.com](mailto:Drjohnmichie@aol.com)  
Complimentary consultation and evaluation for Striders. Services include advanced musculoskeletal care, applied kinesiology, sports performance nutrition, bio-impedance and tissue hydration analysis, gait/running analysis, orthotics and extensive rehabilitation/conditioning in state-of-the-art facility.

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George K. Swatzbaugh III, Owner  
10% discount on labor only to Annapolis Striders.

## 5K SPECIALTY RUNNING & WALKING

736 South Bond Street  
410-342-0305  
Striders receive 15% off merchandise.  
Deneen Habarta 410-342-0305  
[deneen@5krunning.com](mailto:deneen@5krunning.com)  
Fax: 410-342-2067  
Located in Historic Fells Point Baltimore City. Evening Harbor Runs every Tuesday and Thursday at 6:45 p.m.

## NEW BALANCE ANNAPOLIS

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Annapolis, MD 21401  
410-573-9554  
[email: nbannapolis@yahoo.com](mailto:email:nbannapolis@yahoo.com)  
10% discount.

# ANNAPOLIS STRIDERS RACE SCHEDULE & APPLICATION FORM

**INSTRUCTIONS:** Fill out the entry information. Note the Strider Race you are registering for by checking the appropriate box. If you are registering for more than one race, photocopy this application and fill out one for each race. You must submit a separate application form and fee for each race. Send checks only, no cash by mail. All applications are available online at our website [www.annapolisstriders.org](http://www.annapolisstriders.org).

## METRIC MARATHON

### Seventh Leg of Championship Series

(Information about this race can be found at:  
[www.annapolisstriders.org/races/metricrace.html](http://www.annapolisstriders.org/races/metricrace.html))

**Race Director:** John Gallagher, (301) 855-0744;  
[jgallagh@aol.gov](mailto:jgallagh@aol.gov)

**Race Date & Time:** October 2, 2005, 8:00 a.m.

**Race Location:** Southern High School,  
4400 Solomons Island Rd,  
Harwood, MD 20776

**Race Fees:** \$3.00 Striders; \$4.00 Non-Striders;  
\$5.00 All Race Day Registrations  
Make check payable to Annapolis Striders, Inc.  
NO CASH BY MAIL.  
Send with form to: John Gallagher,  
5781 Highland Lane, Sunderland, MD 20689

## DOWN'S PARK FIVE-MILE RUN with 1-mile Fun Run and 100 Yard Tot Trot

(Information about this race can be found at:  
[www.annapolisstriders.org/races/downsparkrace.html](http://www.annapolisstriders.org/races/downsparkrace.html))

**Race Director:** Don Higdon, (410) 266-0561;  
Mike Busch, (410) 222-7300

**Race Date & Time:** November 5, 2005, 8:30 a.m.

**Race Location:** Down's Park, Pasadena, MD

**Race Fees:** \$3.00 Striders; \$4.00 Non-Striders;  
\$5.00 All Race Day Registrations  
No charge for Fun Run or Tot Trot but registration is required.

Make check payable to Annapolis Striders, Inc.  
NO CASH BY MAIL.  
Send with form to: Don Higdon,  
55 Sleepy Hollow Road, Annapolis, MD 21401

## COLD TURKEY 10K

(Information about this race can be found at:  
[www.annapolisstriders.org/races/coldturkeyrace.html](http://www.annapolisstriders.org/races/coldturkeyrace.html))

**Race Director:** Donna Cogle, (443) 623-6628;  
[rundonna1@aol.com](mailto:rundonna1@aol.com)

**Co-Directors:** Joe Ross, (410) 207-7525  
[jensenjissan@aol.com](mailto:jensenjissan@aol.com)  
Brad Chapman, (410) 320-9416  
Penny Goldstein, (410) 721-6614  
Kathy Hanson, (410) 757-0894

**Race Date & Time:** November 20, 2005, 8:30 a.m.

**Race Location:** South River High School  
221 Central Avenue East (Rt. 214)  
Edgewater, MD

**Race Fees:** Before November 15:  
\$10.00 Striders; \$12.00 Non-Striders;  
\$15.00 All Race Day Registrations  
Make check payable to Annapolis Striders, Inc.  
NO CASH BY MAIL.  
Send with form to: Penny Goldstein,  
2348 Putnam Lane, Crofton, MD 21114

## 27TH ANNIVERSARY 15K RUN

### Eighth and Final Leg of Championship Series

(Information about this race can be found at:  
[www.annapolisstriders.org/races/theanniversaryrace.html](http://www.annapolisstriders.org/races/theanniversaryrace.html))

**Race Director:** Peter Salmon-Cox and June Schnieder,  
(410) 987-0281; [june9peter@aol.com](mailto:june9peter@aol.com)

**Race Date & Time:** December 11, 2005, 10:00 a.m.

**Race Location:** Quiet Waters Park, Annapolis, MD  
**Race Fees:** Free to Annapolis Striders if pre-registered by  
December 3, 2005.

\$4.00 for Non-Striders if pre-registered by December 3, 2005.  
\$5.00 for all race day entries. All runners welcome.  
Make check payable to Annapolis Striders, Inc.  
NO CASH BY MAIL.  
Send check with form to: Peter Salmon-Cox, Anniversary Run,  
773 Brushwood Court, Millersville, MD 21108  
**DO NOT MAIL AFTER DECEMBER 3, 2005.**

Metric Marathon

Down's Park Five-Mile Run

Cold Turkey 10k

27th Anniversary 15k Run

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ MI \_\_\_\_\_ TELEPHONE \_\_\_\_\_

STREET \_\_\_\_\_ CITY/STATE \_\_\_\_\_ ZIP \_\_\_\_\_

AGE \_\_\_\_\_ BIRTHDATE [ / / ] GENDER  M  F ANNAPOLIS STRIDER  YES  NO

You **MUST** write in your Birthdate!

**WAIVER AND RELEASE:** I recognize that participation in this activity may involve certain hazards. I understand that I shouldn't participate unless medically able. I assume the risks associated with involvement in this activity, including but not limited to falls, contact with participants, effects of weather and road and traffic conditions, these risks being known and appreciated by me. Having read this Waiver Release and considering the acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the Annapolis Striders, Inc., the Road Runners Club of America, all sponsors and hosts, and their representatives and successors, from any claim of liability arising from my involvement in this activity.

SIGNATURE OF ENTRANT \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE OF PARENT IF ENTRANT UNDER AGE 18 \_\_\_\_\_ DATE \_\_\_\_\_

**MANDATORY**





# RENEWAL REMINDER

**Please note your membership expiration date as it appears above your mailing address below. Current membership is required in order to receive the next issue of the Streak.**

**Renew online at [www.annapolisstriders.org](http://www.annapolisstriders.org) or complete the form below.**

**PLEASE PRINT LEGIBLY** or your renewal will be returned.

.....  
Mail with check payable to: Annapolis Striders  
8179 Forest Glen Dr.  
Pasadena, MD 21122

Circle one:    Renewal            Information change

**Type of Membership requested:** circle one

- |                                   |                           |                                      |
|-----------------------------------|---------------------------|--------------------------------------|
| Junior (under 18) - \$6           | Individual: 1 year - \$15 | 2nd member- same address - \$10/year |
|                                   | 2 years - \$28            |                                      |
|                                   | 5 years - \$70            |                                      |
| Family (3 or more): 1 year - \$30 |                           |                                      |
| 2 years - \$55                    |                           |                                      |
| 5 years - \$140                   |                           | Amount enclosed: \$_____             |

Name: \_\_\_\_\_ Gender: M or F  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_ E-mail \_\_\_\_\_  
 Birthdate: \_\_\_\_\_

**Additional Family Membership Information:**

Name: _____	Name: _____	Name: _____
Birthdate: _____	Birthdate: _____	Birthdate: _____
Gender: M or F	Gender: M or F	Gender: M or F



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