

STREAK

VOLUME VI

NUMBER 2

april 1984



ANNAPOLIS STRIDERS

ANNAPOLIS STRIDERS, INC.
P.O. Box 187
Annapolis, Maryland 21404

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Initial

Birth Date Mo. Day Yr.

Sex Male Female

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State

Zip Code

Area Code

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Area Code

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Is This A Membership Renewal Address Change

Yes No Yes No

Signature

AS A VOLUNTEER, I'D LIKE TO WORK ON THE FOLLOWING COMMITTEE(S)

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DUES: Individual \$8 Family \$12 Fulltime Student \$4

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INCLUDE FAMILY MEMBER INFORMATION HERE

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268-1165

AREA CODE 301

THIS IS THE 24-HOUR PHONE NUMBER OF THE ANNAPOLIS STRIDERS



- Shirts are also available at Strider runs and at the Athlete's Foot, 121 Main St., Annapolis, where we maintain an events and gear form bulletin board.
- Call for information on coming events and to leave messages 24 hours a day: (301) 268-1165.
- When requesting information by mail, include a long, self-addressed, stamped envelope.
- Please allow 2 weeks for processing this application. You will be sent a membership card good for discounts on running gear at selected area stores.
- The Annapolis Striders, Inc. is a non-profit, charitable organization. Your tax-deductible donation is welcome.

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STREAK

ANNAPOLIS STRIDERS

volume VI number 2

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The purpose of this running club is to improve the physical fitness and mental well-being of its members through the promotion and encouragement of long distance running. --from Article II, By-Laws of the Annapolis Striders

The STREAK, published bi-monthly, is the official newsletter of the Annapolis Striders, PO Box 187, Annapolis, Maryland 21404. 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 material from a copyrighted source.



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DON'S DAWDINGS

FACING THE COMEBACK TRAIL

Twice within the past year I have had to undergo the unpleasant experience that is associated with the surgeon's knife. The experience is far from pleasant. But, if you must undergo an operation, I recommend that you be in good cardiovascular condition. The rate of recovery is many times faster. While others lie in bed, you will be up and around. The amount and intensity of pain experienced appears to be less. Both the doctor and the nurses continually inquire about your need for pain medication throughout the hospital stay. And, a prescription is sent home with you even though none was used since the day of the operation (perhaps the doctors own stock in the manufacturer). In any case, the amount of discomfort that you experience seems to be much less than that experienced by others in the surgical ward. A comparison of notes with others convinced me that this is a runner's (not just a Don Waddington's) phenomenon...A worthwhile benefit that will help keep me on a regular exercise routine.

For those of you who may not know, my latest problem consisted of a malignant tumor in the colon that was surgically removed. The reason I mention this is that the surgeon confirmed what I had read some time ago, which caused me to modify my diet to vegetarianism. He stated that it is very rare for him to see a person with a high fiber diet, like mine, with this type of problem. Evidently I did not switch soon enough. As runners I'm sure you're interested in your health. But, running is only half of the health equation. In fact, diet may be more important. Some of you may have been reading about the connection between cholesterol and heart attacks. Also, about the connection between cancer and the typical American high-fat/low fiber-diet—which the government has known for years but is just now starting to inform the public. If you have wondered how to modify your diet, here is a guide you can use:

<u>Food</u>	<u>Protein</u>	<u>Fat</u>	<u>Complex Carbohydrate</u>	<u>Cholesterol</u>	<u>Fiber</u>
Meat (all kinds)	High	Very High	Zero	High	Zero
Fish (including shellfish)	High	Low	Zero	High	Zero
Dairy Products (including eggs)	High	Very High	2%	High	Zero
Vegetables, Fruits & Grains	Low	Very Low	High	Zero	High

There are a few exceptions to every rule and they are as follows:

1. Fowl—the fat is in and adjacent to the skin, don't eat the skin.
2. Fish—tuna and sardines packed in oil are high in fat.
3. Eggs—the fat is in the yoke. Eat the white only.
4. Vegetables—olives, avocados and nuts (including coconuts) are high in fat.
5. Anything fried—high in fat.

Note:

1. The human body needs less than two ounces of protein per day. Vegetables will provide adequate protein needs.
2. Energy derived from red meat is mostly fat. The only lean red meat is from a well trained ultramarathoner.

KUDOS FOR THE TEAM: The Annapolis Striders were well represented at the MD/DC RRCA Team Championship. Twenty-six participated. (Look at Race Results and My Favorite Race). Congratulations to all. It was the best Annapolis placing to date.

See you on the road,

Don Waddington
Don Waddington

EDITORS REMARKS

AWARDS: Property and Awards chairman, Doug Pond, selected some handsome awards to hand out at the Membership Meeting. There were plaques for the Club Champ series winners. And special awards were beautiful framed photographs of the Annapolis 10-Mile Run (by Universal Design; Nancy Jordan 268-3264).

On behalf of each person who was honored with an award, "Thank you, Striders!" I can't say that I was surprised to hear my name announced for working on the Streak. No, I wasn't surprised—I was shocked out of my shoes!

Actually, working on the newsletter fulfills a need for me. When I began running five years ago my enthusiasm knew no bounds. Much to my chagrin, I soon discovered that proselytizing didn't work. "OH, her again," people would say to themselves. People who didn't want to run didn't want to hear about it. But look what a responsive audience the Streak has!

TYPOS: I'm sorry if there are errors in names or ages on the Washington Birthday's 5K race results. Its just that I couldn't decipher Ben Mathew's handwriting. Or maybe he couldn't decipher the entry forms.....

THANKS FOR COLLATING: The February Streak was quickly put together by Don and Nancy Waddington, Bill Conroy, Tom Fry, Alice Weathersbee, Carol Huddy, Bob Hunton, Bob and Pat O'Brien, and my husband, Marv. Also Zachary O'Brien did very well in view of the fact that he is only three years old.

EXCUSES: If the Streak is late its because "if it doesn't rain it pours"—we had no end of March house guests; my mother who is 83 stayed for 3 weeks and I wanted to spend as much time as possible with her. I got her out almost every day for a mile walk. "I'll leave the running to you," she said.

DEADLINE: Get your news to me by May 8 for the June Streak.

Yvonne Aasen



elected on March 10, 1984

President: Don Waddington
 Vice President: Bill Law
 Secretary: Gerte Spadone
 Treasurer: Ken Thorn

DEAR STRIDERS



MDA BENEFITS FROM B&A

Dear Striders,

The Severna Park Jaycees are sponsoring the 6th Annual B&A 10 Km Run on Sunday morning, April 29, 1984. The run starts and finishes at the Severna Park Senior High School and winds through several Severna Park communities. For the past 5 years, the Annapolis Striders have played an integral part in the success of the event, both through race directing expertise and participation. We look forward to seeing you at our upcoming event. An entry form is included in this issue of the Streak for your convenience.

This is the second year we will donate the proceeds of the B&A 10K to the Muscular Dystrophy Association. Three other Jaycees and myself personally presented the proceeds from last year's run on a live telecast during the Jerry Lewis Telethon last Labor Day. Since we were live on the air at 2:30 AM, I guess that makes me a "NOT READY FOR PRIME TIME STRIDER." I encourage you to run with us in Severna Park on Sunday, April 29.

Doug Nauman,
 SEVERNA PARK JAYCEES

MONEY NEWS



ANNAPOLIS STRIDERS, INC.
 Cash Flow Statement
 January 1984

Cash Balance as of January 31, 1984		
Checking	\$1528.54	
Savings	3522.88	
Cash & checks	252.00	
Total		5303.42
Income for January	1629.25	
Expenses for January	78.00	
Excess income over expenses		<u>1551.25</u>
Cash Balance 12/31/83	3752.17	
Cash Balance 1/31/84	5303.42	
Increase in cash		<u>1551.25</u>
Income		
Anniversary 15K	1110.00	
Shirts	105.25	
Memberships	389.00	
<u>Streak ads</u>	<u>35.00</u>	
Total Income		1629.25
Expenses		
Postage	20.00	
Computer Services,		
Memberships	50.00	
NSF Check	8.00	
Total Expenses		<u>78.00</u>
Excess Income Over Expenses		<u>\$1551.25</u>

BULLETIN BOARD

TAKE A TURN HELPING OUT

Qualify for the Club Champ Series and work the Father's Day 10K too—run the Worker's Run on Saturday, June 16, at 9:00 A.M. Call race director, Orv Pratt 798-4126 to volunteer.

...PLAN ACCORDINGLY

The 2-Mile Track Race on April 14 will be run in heats (age divisions) starting at 8:00 A.M. and will last until about 10:00 A.M. No restroom facilities available.....
No entry form. Non-members \$1.00; Striders 50¢.

OFFICIAL NOTICE

Strider Board Meetings are open to all Strider members. You are welcome to come and see what's going on. The Board meets the 2nd Monday of each month at 7:00 P.M. at the Arundel Center. Call Hotline for confirmation.

GIVE ADVANCE NOTICE

If you ask Hot-Line Mike to put a message on the Athlete's Foot bulletin board for you, please give him plenty of advance notice (like two weeks). He cannot jot down your offer to give someone a ride to a race, or whatever, and get it there overnight for the race the next day—much as he would like to.....

NEXT ISSUE: PAM ANDERSEN'S REPORT ON LONG-RANGE PLANNING. CHERRY PIT RACE RESULTS plus lots of other things.



WELCOME TO THOSE WHO HAVE RECENTLY JOINED THE STRIDERS

Richard Dugan
John Ohara
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Wendy Foose
Warren Armstrong
Jeffery Cleveland
Aubrey Posey, Jr.
Jerry Owens
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Thomas Scoonover
Dy-anna Scoonover
Elizabeth Scoonover
Don Anderson
Lyle Modlin
William Rosser, III
Susan Shores
Julie Smiddy
Milton Taylor
Anne Cryer
Melissa McWethy

DON'T LET THE MOST PRESTIGIOUS STRIDER'S EVENT SLIP BY!!!

RUN THE ANNAPOLIS TEN MILE WORKER RACE

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RUNNING HEALTHY

PRESS DISCRIMINATES AGAINST MEN

Have you ever heard of TSE? Few men have. Newspapers run columns instructing women on breast self examination, but neglect men on the subject of a very threatening form of cancer—testicular cancer. Men in their 20s and 30s are in a particularly vulnerable age group. They should: (1) have regular checkups, which include examination of the testes. (2) Check their own testes on a monthly basis—and consult a doctor immediately if any unusual lump or thickening is found. (In one study a majority of the men who had discovered a lump did not realize the gravity and waited as long as five precious months before consulting a doctor.) The American Cancer Society recommends the following procedure:

HOW TO DO A TESTICULAR SELF-EXAMINATION

WHO: All men age 15 and older.

WHEN: Men should do a TSE every month. The best time for the exam is after a warm shower or bath, when the scrotal skin is relaxed.

HOW: A man should examine each testis with both hands. He should place the index and middle fingers below one testis and the thumbs on top—and then gently roll the testis between the fingers and thumbs to discover any lump, thickening, or change in consistency. Most lumps are about the size of a pea and are found on the sides or front of the testes. The man should also learn to recognize the feel of the epididymis, at the lower rear portion of the testis, so he won't confuse this with a lump.

WHY: A lump might be, but isn't necessarily, the symptom of testicular cancer. But if a man notices any abnormality during his monthly TSE, he would be on the safe side if he reported it to a doctor immediately. Early discovery and treatment greatly increase the chance of cure.

RUNNERS AREN'T IMMUNE

Running does much to improve and maintain health but it doesn't guarantee to prevent cancer.

"Cancer isn't something we like to think about," Bill Conroy said recently. Bill lost both of his parents to cancer of the colon (Bill is race director of the Jean Conroy Memorial 10K—in memory of his parents). With a family history affecting both parents, Bill has changed his eating habits from a high-fat "meat" diet ("where's the beef?") to a low-fat, high-fiber vegetarian diet which is recommended by the American Cancer Society to prevent cancer of the colon. "Although I'm still in my 40s," Bill said, "I use the Guaiac test once a year." It comes in a simple kit and is used to determine if there is blood in the stool which can be a symptom of colon or rectal cancer. Bill feels that this type of cancer gets little coverage in the press. If discovered early it has a good cure rate.

We can all help safeguard our health by learning the early warning signs of cancer. People over 50, especially, should learn the symptoms because it occurs more often in their age group

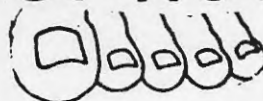
CANCER'S SEVEN WARNING SIGNALS

1. Change in bowel or bladder habits
2. A sore that does not heal
3. Unusual bleeding or discharge
4. Thickening or lump in breast or elsewhere
5. Indigestion or difficulty in swallowing
6. Obvious change in wart or mole
7. Nagging cough or hoarseness

If you have a warning signal, see your doctor.

—Yvonne Aasen

FOOT NOTES



EVERYTHING YOU EVER WANTED TO KNOW ABOUT SHIN SPLINTS

by Joe Bramante, Jr., D.P.M.

With the coming of spring and hopefully warmer weather, many of the "non diehard" runners will be anxious to test their new pair of running shoes. Others will be coming out of hibernation to pursue spring and summer sports of all types. In these early days of spring with high hopes and goals of better fitness, it is not uncommon to find the athlete, who must incorporate running to some degree in his program developing the condition known as "shin splints."

Shin splints present themselves as pain along the inside or outside of the tibia or shin bone at about the middle or lower one-third of the leg. The pain can range from moderately annoying to so severe as to stop all forms of running activities. This condition is frequently encountered in the novice runner or person who has decided to resume his program after a long layoff.

It can also occur with the more experienced runner who accelerates his program too quickly, changes running surfaces or terrain, or incorporates extensive uphill and downhill running in his program.

What is a "shin splint?" First a quick anatomy lesson. The leg is comprised of different compartments which house various muscle groups arising from the leg and attaching to different levels of the feet. Specifically it is the anterior (front) and posterior (back) compartments and the muscles which attach to the shin bone that are involved. The more common anterior shin splints arise from the fact that two of the muscles in this compartment must work overtime or harder in keeping the foot from slapping the ground after heel strike. When a runner tries to go too fast and too hard before he is properly conditioned, he will overstride, setting up a situation where the muscles in front of the leg must pull harder and longer to keep the front part of the foot from contacting the supporting surface with a sudden slap. As one runs faster, this naturally happens more times during the run thus magnifying the problem.

(continued on next page)

"Posterior" shin splints are caused by excessive hyperpronation or "rolling in." The tendon that is responsible for restraining or decelerating this pronation is located in the deep back compartment of the leg and causes pain along the inside part of the shin bone. By increasing the workload and increasing the shock absorption stresses, the tendon may partially pull from its bony attachments or its covering may be strained. Posterior shin splints may also be encountered with conditions such as bowlegs, running on banked surfaces or tracks—all causing one side to overpronate. Also hard surfaces may aggravate shin splints as it makes shock absorption more difficult thus leading to increased pronation and foot slap.

The pain is the result of a combination of tendonitis, muscle inflammation, bone inflammation, partial tear of the muscles involved and possibly tibial stress fractures all arising from the cumulative stresses and multiple impacts the foot and leg must deal with at foot strike.

Diagnosis can be made by a careful clinical history and exam and usually x-ray examination to rule out possible stress fractures.

Treatment includes rest, running on softer terrain, avoiding excessive uphill downhill training for a period of time, ice massage pre and post workout, aspirin, soft appliances to control impact shock, and possibly orthotic devices to control any foot or lower extremity faults. Most important is prevention. A stretching program and strengthening exercises for the leg muscles is a must. A sensible progression of training and avoidance of overuse in the early stages of training is necessary to eliminate acute and chronic symptoms from developing. The proper fitting of shoes and matching of shoe type to one's weight, mileage requirements and usual training surface can also eliminate these types of problems to a great extent.

With a past history of shin splints or if pain begins to develop, one should consider a thorough biomechanical examination of the foot and lower extremities to evaluate the need for specific treatment or conditioning exercises to avoid this particular condition or other associated injuries which could dampen the spirits of even the most enthusiastic performer.

—Joe Bramante is an athlete and practicing Annapolis podiatrist.



"The guy in the next bed? Oh, he went out for a run!"

The Best of the STREAKers

OBSERVING DON WADDINGTON
Reprinted from THE OBSERVER
Department Of The Navy

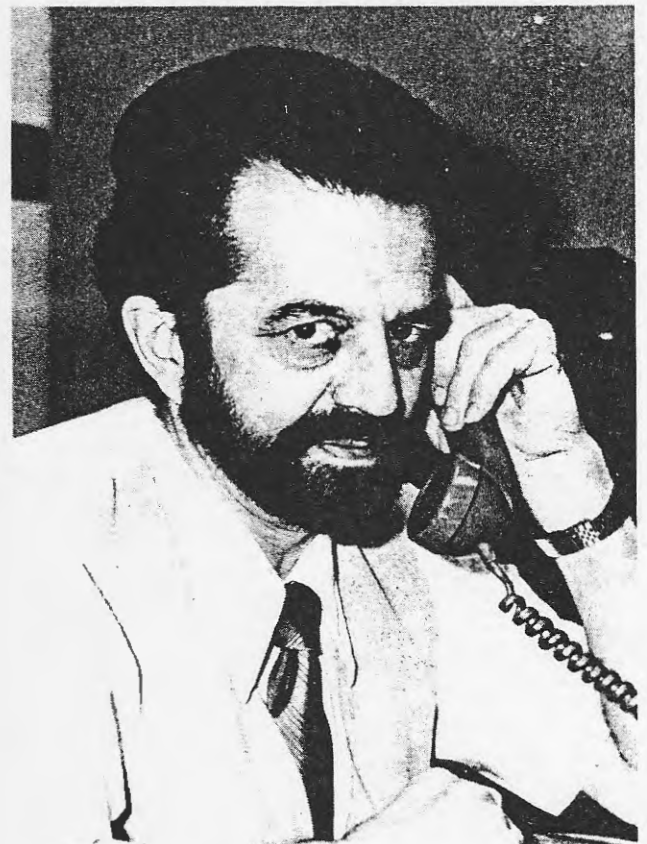
Don Waddington is the ultramarathon runner who works in PMS 392. For those of you who do not spend your leisure hours in running shorts, an ultramarathon is a race of more than 26 miles.

Don, who manages the Quality Assurance Office, did not start to run until he was 45 years old. At that time he weighed close to 200 pounds, had very little energy, and wanted to do something to bring his weight under control. He started running slowly and in a few months considered himself "addicted to the exercise routine."

After running for three months he entered his first race—a 6.2 miler. At the end of 5 miles he says he "hit the wall," a term referring to the exhaustion of all energy stored in the muscles, and he had to walk the rest of the race. "This exhaustion results from starting the race at too fast a pace," he explained.

Since that time he has run 14 marathons, 5 ultramarathons, and many 10K runs. Some of the races he has run are the Boston Marathon, the Marine Corps Marathon, the Washington Birthday Marathon, and the D.C. Marathon. He has participated in a 184-mile five day run along the

(continued on next page)



—photo credit, The Observer

Don Waddington in shirt and tie.

C&O Canal tow path from Cumberland to D.C.; runs from D.C. to Annapolis; and his favorite race, the John F. Kennedy 50-Mile Hike/Run. This run is unique. It starts off with a 1,190 foot rise in elevation in the first 5 miles, followed by 13 miles through the woods. "Rocks and logs over which you must jump require constant attention," Don says. A "welcome relief" follows these 13 miles as the road becomes flat for 26 more miles. The last 8 miles are on a rolling highway. Don guarantees you will be glad to see the finish line of this race!

He has also participated in triathlons, a race consisting of a 2-mile swim, 20-mile run, and 50-miles of biking. He entered one at Oxford, Maryland, in 1981 and hopes to do it again this June.

Upon being asked how his wife adapts to his running routine, he replied, "Oh, she runs, too. We often run up to 20 miles and bike up to 50 miles a day on weekends."

Don is pretty much a vegetarian with a high fiber diet, but before a race, he loads up on calories with spaghetti or pancakes. He says 5,000 calories are needed for a 50-mile run.

Don's advice to prospective runners is to "start a running program very slowly, either by walking a little faster than normal or by jogging slowly. A good rule of thumb is "if you cannot carry on a conversation with a running partner, you are going too fast." Keep this pace comfortable. Walk or jog for 20 minutes, a minimum of three times a week. Running every day will bring results much faster, however. As long as the exercise routine continues, the energy level and endurance will improve until you will wonder if the human body has an upper limit."

Don, who is now a trim 150 pounds, resides in Edgewater, Maryland, with his wife, Nancy. They have three children, Sharon, Diane, and Rebecca.

ADVERTISING

The Streak accepts advertising from interested companies or persons. The rates per issue are:

Business card -- \$10 Half page --- \$35
 Quarter page -- \$20 Full page /--- \$50

Yearly rates available

If you are interested in placing an ad, please call Yvonne Aasen at 647-0879. If you have an ad that is ready for press, mail to: Editor, P.O. Box 187, Annapolis, MD 21404

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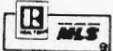
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WALK

HOW ABOUT A NICE LONG WALK FOR A CHANGE?

A 13-mile "Walk for Heart" will be held on Saturday, May 5, 1984 through scenic downtown Annapolis. The walk starts at the U.S. Naval Academy Stadium sometime after 6:00 a.m.

The event hopes to promote the importance of cardio vascular health and raise money for the American Heart Association fight against heart disease. The walk is dedicated to Charlotte Adler Stern, an avid walker, who died in May of 1983 of a heart attack.

The 13-mile route follows through downtown Annapolis. Volunteers will provide refreshments along the way. Families, groups, and individuals are urged to participate.

Prizes will be awarded to the youngest, oldest, the first ten families to finish the course, the individual who raises the most money, and the bartender/waitress or waiter who raises the most money.

Entry forms are available at downtown Annapolis businesses. The \$5.00 entry fee guarantees a "Walk for Heart" t-shirt and a complimentary gift bag on the day of the event. When you send in your entry form, you will receive a pledge collection envelope so that you can ask your friends and family to sponsor you.

Funds raised will help the American Heart Association with research, professional and public education and community service programs.

Entertainment, refreshments and beer will be provided at the stadium during the all-day affair. (6 a.m. - 6 p.m.)

The participant who receives the most pledges will be awarded a free champagne balloon flight for two.

-Alice Weathersbee

WOMEN'S RACING TEAM

STRIDER WOMEN'S RUNNING GROUP

As winter starts blending into spring and (hopefully) warmer weather, thoughts are turning to racing again. From our February 25th meeting, it seems some women enjoy all-women's races (AVON and Bonne Bell events), while some would rather run in "mixed" races. The group at the meeting agreed on two races to put on our calendars. Both races have the team-entry option:

o Bonne Bell 10K (approx. May 6)
Hayne's Point, D.C.

o Hecht's 10 Miler (June 3)
Rock Creek Park

If you're interested in either or both races, contact me! I'll try to get applications ASAP.

Other topics discussed at the Feb. 25th meeting: I handed out a phone/address list of all the women who have contacted me...28 total! Also, I wrote up a one-page sheet of suggested track workouts for anyone (new runner, old runner, female, male). This list is a summary of the best track/speedwork/interval workouts I've done over the past 14 years. You can pick your "flavor" of workout from the list! If you're interested in either the name list or the track workout sheet-just send me a SASE.

Liz Kisenwether
1574 Bandury Court
Crofton, MD 21114
(H) 721-7550 (before 9pm, please)
(W) 301-459-8655



ANNAPOLIS STRIDERS

TRAINING TIPS

-by John Butterfield

RUNNIN' ON

Here are a random collection of notes, tidbits, and "stretching it a bit," some training tips from your outgoing Clinics Chairman:

I. This piece was seen long ago, and has been adapted for Annapolis Striders purposes. The author shall remain nameless.

ALL THE COP-OUTS FOR NOT JOGGING/RUNNING

Thirty-eight excuses—as opposed to reasons—for not jogging, most used by some of us, and all probably heard by Ben Moore since he began proving his run-for-your-life thesis training Moore's Marines: It's too hot. It's too cold. I haven't got time. It's raining. Dust makes me choke. Dogs bite me in the morning. Somebody might mug me at night. Teen-age drivers try to "shave" me. I'll be late for my appointment at the beauty parlor.

STIFF, TIRED, BUSY, BUGS: I'm too stiff in the morning. I'm too tired at night. The sand on the beach is too hard. The sand on the beach is too soft. The tide is up. Someone (could be Dimitri Fotos or Rob Bushnell) said riding a bike is just as good. My shoes get wet jogging on morning grass. Jogging on concrete hurts my knees. I can't afford a jogging suit. Bugs get after me. My jogging suit is too heavy to carry on trips.

SEX, OLD, YOUNG: Ever since a University of Oregon study established that jogging increases sex drive, people holler "Sex maniac!" at us. I tried jogging a whole week and didn't lose any weight. I know Billy Graham says jogging saved his health, but I'm not Billy Graham. I'm too fat to jog. I'm skinny enough already. I'm too old. I'm too young. Jogging makes me sick after a martini. I can't jog straight after two beers. HOMEWORK, HOUSEWORK, TOENAILS: Too much homework. Too much housework. I have to get the kids dressed and fed and driven to school, and then I'm too bushed to jog. I have ingrowing toenails. My wife won't jog with me. My husband won't jog with me. I have to eat when I get up, and jogging makes my breakfast jiggle in my stomach. I knew a guy who dropped dead jogging when he was 68. I have to mow the lawn.

(continued on next page)

II. WHY EXERCISE? Exercise is the medicine that keeps countless people alive. However, for some, the only exercise they get is jumping to conclusions, running down other people, sidestepping responsibilities, dodging issues, passing the buck, and pushing their luck. Try the real thing! Fit minds and fit bodies; physical fitness and spiritual fitness—they go together!

III. A public Striders "thank you" to Dimitri's Ltd. of Main Street, Annapolis, who graciously opened their doors on New Year's Eve, to allow us to have a party, run in the New Year, and give club member Dennis a boost. Dimitri, the hospitality was fantastic and we Striders thank you! We hope more club members will discover the fine food, refreshment, and fellowship at Dimitri's!

IV. Thanks to all the Striders who sent in cards and letters supporting anti-smoking legislation. Also, hope some of you read the column in the February 26 Washington Post entitled "Get the Smoke Out of Tennis." Role models for young women shouldn't tout cigarettes. I think many of us agree totally. As the writer said, "It is an indisputable medical fact that women are getting, and dying from, diseases associated with long-term smoking at a greater rate than ever before.

It is also fact that alcohol is killing more and more Americans, and I seriously question the advertising (and you might include race promotion) which touts beer and other forms of alcohol. Sure there is absolutely no place for smoking in sports, athletics, and meaningful recreation. We must be careful not to lure young people towards alcohol at an early age, and only then moderation and care should be the name of the game.

V. FROM SERMONETTE, TO VICTORY AND 'DE-FEET':

Inside our shoes are the most abused parts of the human anatomy, our feet.

Feet absorb the initial impact of running, and pass it upward to the ankles, legs, knees, hips, back, neck and head. Most people have weak feet, which when pounded on the earth thousands of times a week, cause a wide range of injuries.

The arches in our feet commonly bring pain and discomfort. Often, flat feet or feet with high arches both require support. Flatfootedness, however, does not necessarily mean that the arch is flat. It can be a condition in which weak ankles allow the foot to roll medially, giving the appearance that the arch is flat. Exercises to strengthen the muscles of the foot sometimes bring relief. Picking up marbles with your toes, rolling a soda bottle under your foot or standing on a towel with your toes over the edge and then picking up the towel with your toes all help.

The Achilles' tendon connects the powerful lower leg muscles to the heel. An injury to this tendon is painful and long lasting. Causes of Achilles' tendonitis are many and varied.

For example, running tightens the calf muscles, and runners who cannot dorsiflex their feet (bend them upward) to the ideal 10 degrees beyond the right angle put a strain on the Achilles' tendon. Also, many runners neglect warm-ups and stretching exercises, and tight, tense muscles and tendons are more susceptible to injury.

Many runners, especially beginners, run on the balls of their feet, which causes strain on the Achilles' tendon. Bursts of speed by a runner who has not built up to it will strain the tendon, and running shoes with low heels or ones that don't readily flex under the ball of the foot are inadequate and cause Achilles tendon problems.

There are other causes that may precipitate an attack of tendonitis. Any sudden change in footwear (thick heels to thin heels), running surfaces (soft to hard) or training pattern (flat terrain to hill work, endurance to speed, increased mileage) may trigger tendon strain. If you overtrain a fatigued body, or run on worn-down heels, or stretch with fast or jerky motions, or force a stretch beyond the first point of discomfort, you may harm your Achilles' tendon.

You should stretch the Achilles' tendon more than once a day.

VI. YOU KNEW I WASN'T KIDDING—'STRETCHING IT A BIT'—I HAD TO LEAVE YOU WITH SOME PRACTICAL HINTS: But I must leave, and we Butterfields will be absent from the Striders scene by the time this issue reaches the newsstands. I am excited with sudden orders to become the commanding officer of the Naval Air Station on Guam. It's a great job; I get to fly again, and it is an exciting place. There is already a running club in existence, and once you master the heat and humidity (which Priscilla loves) the running is fun. See you after we run on for awhile.....

—John Butterfield

COOKIN' ON THE RUN

Our Striders president's lady, Nancy Waddington, served Corn Chowder at the Annual Membership Meeting and Potluck supper. It was delicious, filling, and warming after a cold handicap run. And its so easy to prepare! Nancy was happy to share her recipe:

CORN CHOWDER

1 can condensed milk
1 can creamed corn
1 can kernel corn
3 or 4 potatoes
1 small onion
2 cups milk
salt, pepper, and butter to taste

Cut up potatoes and onion. Cover with water in soup pot and cook until tender. Add creamed corn, kernel corn, condensed milk and regular milk. Heat over low heat. Add butter. Season with salt and pepper to taste. Heat thoroughly and serve.



Nancy's Corn Chowder went fast!

MY FAVORITE RACE

ANNAPOLIS STRIDERS SHOW REMARKABLE IMPROVEMENT

by Pat O'Brien

"When the going gets tough, the tough get going"—and that's the spirit that moved twenty-six Annapolis Striders to brave the windy, February chill and compete in the MD/DC RRCA Team Championship Race. This is an annual event that attracts the "champs" from running clubs located all over the Maryland and D.C. area. In order to score, individuals have to participate as members of a team—the minimum number for which is fifteen. The ten-mile course is both scenic and tough as it winds through hilly residential sections of Columbia.

On Sunday, February 26, a total of eight teams were represented in a field of well over two-hundred. In this event, the smallest team entered determines the number of individuals who will be scored for each of the teams. In past years, our Striders have often had difficulty making the minimum team number; but not so this time. Not only were our forces twenty-six deep but we also had the strength to relinquish our traditional last place slot by finishing fifth! This upward mobility can be attributed to a stellar performance by each and every Strider who competed.

The nemesis of every runner—wind—made the challenge especially draining. The twenty-five-mile-per-hour gusts seemed to work against us with relentless vengeance on the long grueling uphill grades. Despite the conditions many of our runners set PRs for a ten miler. Just scan the names and times (following in the Race Results) and you'll gain some real admiration for our group. We've much to be proud of!

Next year, let's double our forces and continue to climb to the No. 1 spot. Anyone interested in "reserving" a slot on the team can contact the Race Director. Better sign up early to guarantee you'll be included in the next episode of this team challenge. Howard County Striders you'd better watch out, we're movin' on up!

RACE RESULTS



RRCA TEN-MILE CHALLENGE RACE

February 26, 1984

PLACE	NAME	TIME
30	Nut Hall	58:06
32	Tim Thurtle	58:13
45	Robert Biddle	59:59
50	Jim Black	60:21
67	Ben Mathews	62:12
109	Stephen Dilling	65:38
110	Winnie Hittle	65:51
111	Dan Fratio	65:51
125	Joe Clorety	67:08
128	Rick Smith	67:20
129	Bill Wandel	67:22
135	Pat O'Brien	67:47
136	Ray Harrison	67:47
141	Bob Phillips	68:08
143	Don Kennedy	68:24
179	Will Scott	72:30
181	Robert Spencer	72:37
198	Ron Marland	73:48
214	Jim Fratino	76:23
247	Brian Garner	81:12
259	Chris Miller	82:45
263	Betty Impellizzeri	83:13
264	Bill Law	83:13
271	Maureen Lamb	84:30
281	Louise Zeitlin	87:18
289	Michael Smith	89:57

RRCA TEN-MILE CHALLENGE TEAM SCORES (low scores win)

Howard County Striders	373
Baltimore Road Runners	610
Queen City Striders	742
Montgomery County Road Runners	1029
Annapolis Striders	1411
Frederick Steeplechasers	1481
Westminister Road Runners	1611
DC Road Runners	1946

PEOPLE



IN THE NEWS

CONGRATULATIONS to Strider Ed Zelik who won the drawing at the Bud Light Qualifying Torch Run to carry the Olympic flame for 1 kilometer in the 1984 torch relay when it passes through Maryland on May 14 or 15.

"I'm really thrilled to be part of the Olympics," said Ed, "I've followed the Olympics since 1960."

Ed, who lives in Baltimore and works in Annapolis, entered the race specifically to qualify for the drawing. There were

approximately 1,100 finishers. "I was quite excited when my number was drawn," he said.

Ed has been active in the Striders since 1980 either working or running the Annapolis 10-Mile Run.





VALENTINE TWOSOME RELAY



February 11, 1984 Total Distance Each Team = 10K

PLACE	TEAM NAME	RUNNER'S NAME	AGE	TIME
1.	The Purple Hearts	Amy Donavan Terry Epley	18 28	35:57
2.	The Kissing-Weathers	Jim Kisenwether Liz Kisenwether	26 27	36:39
3.	The Studs	Scott Baker Krista Pierpont	16 15	36:52
4.	The Drunken Sailors	Bruce Truog Erica Sahler	34 18	37:13
5.	Chariots of Desire	Priscilla Bremser Ian Rowe	27 42	37:38
6.	Beauty and the Beast	Pat O'Brien Doug Pond	36 44	37:55
7.	Coachee and Coacher	Mary Watras Ed Purpura	16 30	39:40
8.	Under 40s	Walt Stroud Barb Stroud	39 38	41:00
9.	The Nuts	Nut Hall Anne Cryer	26 17	41:07
10.	Track Wallies	Janie Grindstaff Joe Esterling	17 16	42:13
11.	High Asperations	Kelly Keating Randy Rogers	16 16	42:19
12.	The Presidential Pretenders	Nancy Waddington Rick Dugan	45 39	43:23
13.	Cupid's Revenge	Joel Sanders Monique Walters	40 16	44:30
14.	Sweetheart and the Old Fart	Louise Zeitlin Bill Law	39 56	44:33
15.	Rah-Rah and OO Rah!	Susan Williams Dave Badger	18 20	44:42
16.	Notorious Nymphos	Vincent Abbrescia Lara Helgerman	17 16	44:55
17.	Little Rascals	Linda Simpson Richard Rahilly	39 25	45:15
18.	The Over-The-Hill Gang Returns	Anne Chamberlain Mike Chamberlain	39 40	45:20
19.	The Gruesome Twosome	Robert Browne Carrie Cochran	(teens)	47:03

20.	Two Tons of Fun	Tom Donlin Joy Donlin	33 33	47:19
21.	The Nifty Swiftly Fifties	Betty Moore Ben Moore	55 58	47:34
22.	The Generation Gap	Yvonne Aasen Will Aasen	52 18	47:47
23.	Leading Economic Indicators	R.J. Goodman Clair Morris	35 47	48:22
24.	The Perpetual Emotion Machine	Kevin Dopart Deborah Hensley	27 25	48:41
25.	The Hill-Mans	Dick Hillman Lisa Hillman	40 36	49:36
26.	The Slow Shufflers	Joe Walsmith Sheila Walsmith	53 52	50:08
27.	The Young and The Restless	Judy Parker Earl Scott	23 43	50:18
28.	Disco Duo	Jim <i>Dunhylo</i> Lydia	36 37	52:23
29.	The Love Storeys	Jim Storey Elaine Storey	43 41	54:12
30.	Maggie & Jiggs	Rebbie Siehl Dan Siehl	40 49	61:14
31.	The Anabowies	John Winkert Ruth Blair	54 36 (?)	61:31

CLEVER TEAM NAME WINNERS

1. The Perpetual Emotion Machine--Kevin Dopart & Deborah Hensley
2. Cupid's Revenge-----Joel Sanders & Monique Walters
3. Grusome Twosome-----Robert Browne & Carrie Cochran
4. The Nifty Swiftly Fifties-----Betty & Ben Moore

RUNNING SHORTS

HE LOOKED DANGEROUS

Mary Ellen Pinkham wrote in her Evening Sun column about her nearsighted friend, Melvyn. Melvyn had taken up running in his mid-40s, she related. Early one morning he was heading back to his apartment when he saw a disheveled figure coming toward him. The man looked bad. His face was distorted, his hair was going in every direction and he was dressed in old clothes. Melvyn was a little nervous, but he didn't think the guy would hurt him. Melvyn figured he was probably a drug addict. When he was about three feet away, Melvyn realized he was looking in a mirror.

WASHINGTONS

BIRTHDAY

March 3, 1984



Place	Name	Age	Time
1.	Mike Beam	17	16:03
2.	Nut Hall	26	16:06
3.	Bob Biddle	24	16:26
4.	Bill Conroy	40	16:28
5.	Joe Esterling	16	16:37
6.	Tony Carvallo		16:38
7.	Don Anderson	32	16:39
8.	Mike van Beuren	31	16:43
9.	Eric Peltosalo	34	16:44
10.	Bill Bester	33	16:54
11.	Jim Kisenwether	26	16:59
12.	Gary McGuffin	35	17:09
13.	Jeff Long	17	17:19
14.	David Hankle	18	17:21
15.	Scott McAusland	16	17:36
16.	Quentin Maddox	15	17:37
17.	Bobbie Siehenhaar	15	17:41
18.	Lou Chesla	36	17:51
19.	Bob Leo	31	17:53
20.	Eddie Anderson	20	18:04
21.	Matt Schoener	17	18:05
22.	Dan Fratino	20	18:10
23.	Joe Clorety	41	18:11
24.	Michael Kielhon	15	18:12
25.	Steve Dilling	40	18:14
26.	Norman Alton	37	18:15
27.	Martin Beam	19	18:19
28.	Alan Johnson	17	18:27
29.	Matt Gorham	16	18:32
30.	Richard Dugan	39	18:34
31.	Mike Chamberlain	40	18:37
32.	Liz Kisenwether	28	18:44
33.	John Butterfield	46	18:49
34.	Ted Shields	28	18:55
35.	Mark Yerkes	28	18:57
36.	Joe Deak	36	19:12
37.	Skip Myers	37	19:13
38.	O. Payne	32	19:15
39.	Milton Taylor	51	19:17
40.	Bruce Dalton	40	19:19
41.	Bert Rice	47	19:24
42.	Stephen Porter	28	19:26
43.	Will Scott	34	19:28
44.	O'Hara	50	19:29
45.	Pat Moynihan	17	19:30
46.	Bob Halpin	40	19:32
47.	Herb Alban	41	19:34
48.	Ron Schumann	39	19:35
49.	Branin Thorn	17	19:37
50.	Dave Gomme	17	19:39
51.	Eric Fredland	41	19:40
52.	Dave Bartosevich	37	19:41
53.	Wick Koating	36	19:50
54.	Krista Pierpont	4	19:58
55.	Ed Purpura	30	19:58
56.	Earl Myers	34	20:00
57.	Arnie Henderson	47	20:06
58.	Ken Upton	35	20:10
59.	Jim Fratino	50	20:13
60.	Tom McKee	55	20:15
61.	Mark Stover	29	20:16
62.	Mike Rubb	18	20:17
63.	Jim Storey	43	20:20
64.	Howard Beard	37	20:22
65.	Robin Kelley	42	20:23
66.	Bill Law	56	20:24
67.	Al Bressi	46	20:26
68.	Ken Thorn	48	20:39
69.	Lisa Fratino	16	20:40
70.	Vicki Pierpont	40	20:41
71.	Steve Rogers	30	20:44
72.	Danny Siebakuar	16	21:09
73.	Tim Dailey	16	21:18
74.	Ron Bowles	37	21:25
75.	Eric Fromm	38	21:59
76.	Wycherley	41	22:02
77.	Jonas Legum	35	22:04
78.	Tom Donlin	33	22:09
79.	Earl Scott	43	22:12
80.	Stephen Davis	24	22:18
81.	John M. Cochran	64	22:18
82.	Michael Smith	34	22:24
83.	J. Carrier	47	22:27
84.	Kenneth Lyons	44	22:33
85.	Allen Stallings	49	22:34
86.	D. Vogul	53	22:35
87.	Mike Blackstone	35	22:41
88.	Mike McAusland	49	22:42
89.	Daniel Chesla	9	22:43
90.	Evan Thomas	42	22:43
91.	Ouadra Rohrback	15	22:44
92.	Michael Wiley	37	22:52
93.	Marty Paul	42	23:06
94.	George Nislien	43	23:14
95.	Joy Donlin	33	23:19
96.	R. Kames	42	23:21
97.	Lee J. Patrick	40	23:22
98.	Louise Zeitlin	39	23:24
99.	Eric R. Haars	61	23:26
100.	Greg Donahue	18	23:34
101.	Ray Chapan	36	23:42
102.	Andrew Thomas	13	23:48
103.	Clair Morris	49	23:50
104.	John Logis	45	24:02
105.	Martha Kinsinger	49	24:12
106.	Don Potter	41	24:13
107.	San Chastain	52	24:14
108.	Doug Raper	54	24:15
109.	Wheeler Stanfield	55	24:21
110.	Joseph C. Ryan	59	24:24
111.	Guy Riccio	63	24:27
112.	Lee Meadows	54	24:33
113.	S. Greinke	50	24:35
114.	Larry Kinney	35	24:40
115.	Ginger Aben	37	24:41
116.	Ding Brannan	50	24:50
117.	Brian Kelley	10	25:00
118.	K. J. Goodman	36	25:11
119.	Dyan Beall	26	25:19
120.	Anne Chamberlain	39	25:23
121.	Marvin S. Terawaki	26	25:38
122.	Carol D. Huddy	46	25:59
123.	Bill Vogenitz	36	25:59
124.	Melisa McWethy	27	26:00
125.	Lynne Kerr	22	26:06
126.	Joanne Radice	36	26:09
127.	Ginny Allen	30	26:14
128.	Charlie Weaver	44	26:19
129.	Yvonne Aasen	52	26:25
130.	Donna Hooten	23	26:35
131.	Willard Johnson	49	26:41
132.	Marian Johnson	47	26:41
133.	N. Kinsinger	49	26:44
134.	Margaret Cochran	60	26:45
135.	Rod Beach	60	26:50
136.	John Straub	11	26:57
137.	David Zeitlin	9	26:58
138.	Ralph LaBarge	28	27:02
139.	Bob Metz	34	27:13
140.	Mary Sprawls	25	27:22
141.	Murray S. Korman	30	27:36
142.	Cathie E. Hall	31	27:42
143.	Cynthia Delo Santas	20	27:52
144.	No Name		27:59
145.	No Name		27:59
146.	Kimberly Meile	24	28:11
147.	Drana van Uliet	24	28:28
148.	Patricia Bembe	30	28:34
149.	Marian Turcotte	28	30:04
150.	Susan Jones	27	30:28
151.	Steve Klakring	31	30:28
152.	Chris Castillo	24	32:37
153.	No Name		34:49
154.	Bobbie Darwick	49	37:43
155.	Chris Metz	33	47:58

MEN

13

Overall

1.	Mike Beam	16:03
2.	Nut Hall	16:06
3.	Bob Biddle	16:26

19 and under

1.	Mike Beam	16:03
2.	Joe Esterling	16:37
3.	Tom Cavallo	16:38

20-25

1.	Nut Hall	16:06
2.	Bob Biddle	16:26
3.	Jim Kisenwether	16:59

30-39

1.	Don Anderson	16:39
2.	Mike van Beuren	16:43
3.	Eric Peltosalo	16:44

40-49

1.	Bill Conroy	16:28
2.	Joe Clorety	18:11
3.	Steve Dilling	18:14

50 and over

1.	Milton Taylor	19:17
2.	O'Hara	19:29
3.	J. Fratino	20:13

WOMEN

Overall

1.	Liz Kisenwether	18:44
2.	Krista Pierpont	19:58
3.	Lisa Fratino	20:40

19 and under

1.	Krista Pierpont	19:58
2.	Lisa Fratino	20:40
3.	Ouadra Rohrback	22:44

20-29

1.	Liz Kisenwether	18:44
2.	Dyan Beall	25:19
3.	Melisa McWethy	26:00

30-39

1.	Joy Donlin	23:19
2.	Louise Zeitlin	23:24
3.	Ginger Aben	24:41

40-49

1.	Vicki Pierpont	20:41
2.	Martha Kinsinger	24:12
3.	Carol D. Huddy	25:59

50 and over

1.	San Chastain	24:14
2.	S. Greinke	24:35
3.	Yvonne Aasen	26:25

W A L K - D O N ' T R U N

T O T H E S H E N A N D O A H

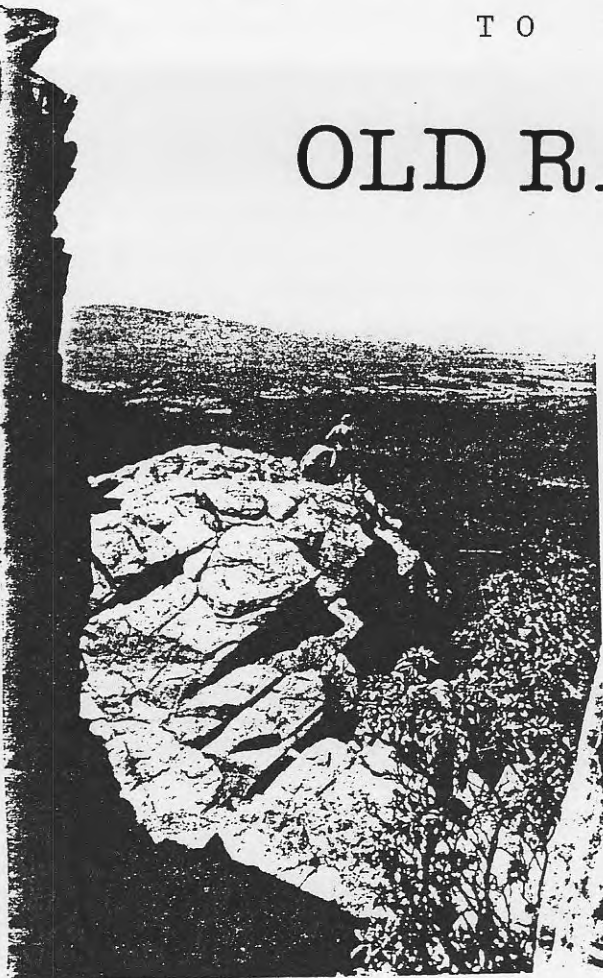
OLD RAG M T. H I K E

WITH NANCY (THE PRESIDENT'S LADY)

SATURDAY, APRIL 28, 1984

CARPOOLS LEAVING ANNAPOLIS MALL

AT 6:30 A.M. (approximately 3-hour drive)



3291 feet above sea lev.1.

HIKE THE RIDGE TRAIL OVER BOULDER
STREWN OLD RAG MOUNTAIN

ENJOY MAGNIFICENT VIEWS OF THE
PIEDMONT VALLEY AND THE
BLUE RIDGE MOUNTAINS

2,400 foot ascent
3-mile hike to crest
then return on
the same trail (Ridge Trail)

BRING A BACK PACK TO CARRY IN/OUT NEEDED WATER AND SNACKS. NO LIQUIDS ARE
AVAILABLE—SO BRING ENOUGH FOR A STRENUOUS HIKE

DRESS IN LAYERS—AS YOU WILL SOON BE VERY WARM!

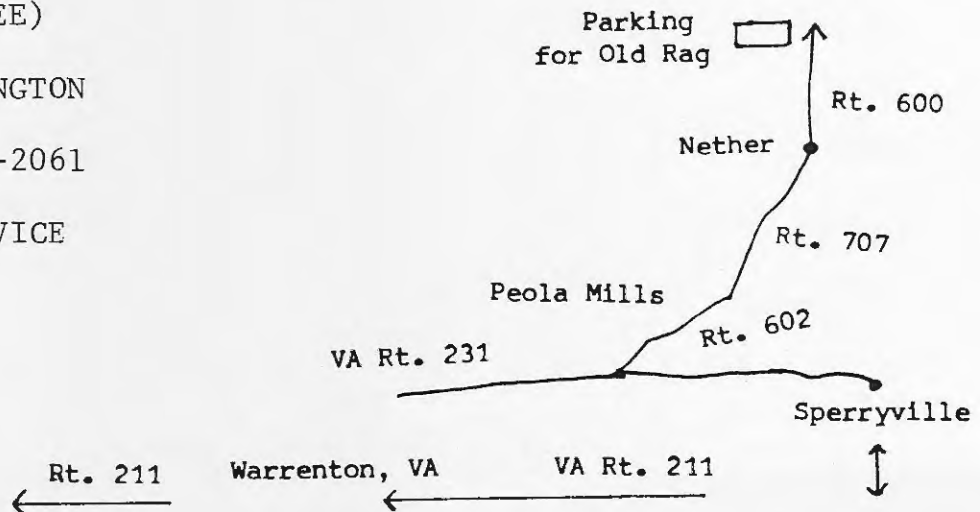
PREPARE FOR RAIN ALSO—USE A GARBAGE BAG WITH CUTOUTS FOR HEAD & ARMS
(a Bill Law special)

(THERE IS NO FEE)

CALL NANCY WADDINGTON

EVENINGS AT 956-2061

FOR INFO OR ADVICE





WHATS COMING UP

1984 ANNAPOLIS STRIDER EVENTS CALENDAR THRU JULY

(All official Striders events are underlined)



PLEASE CALL HOTLINE OR RACE DIRECTOR TO CONFIRM TIME AND PLACE
HOTLINE (301) 268-1165

<u>Date</u>	<u>Time</u>	<u>Race - Run - Distance</u>	<u>Location</u>	<u>Director</u>
Every Saturday	7:00 A.M.	<u>Informal Training Runs</u>	Annapolis Mall & Route 450	Hot Line 268-1165
Every Sunday	7:30 A.M.	<u>Informal Training Runs</u>	Navy/Marine Corps Stadium	Hot Line 268-1165
2nd Monday of each month	7:00 P.M.	<u>Striders Board Meeting</u>	Arundel Center Annapolis	Hotline 268-1165
April 1 Sunday	2:00 P.M.	<u>Cherry Pit 10-Mile Club Championship #2</u>	South River High School Edgewater, MD	Mike Whitworth 721-0926
April 14 Saturday	8:00 A.M.	<u>2-Mile Track Race Club Champ #3</u> \$1 (50¢ for Striders)	Broadneck High School (off College Parkway) Arnold, MD	Bill Vogenitz 974-1998
April 28 Saturday	6:30 A.M.	<u>Shenandoah Hike all day trip</u>	Appalachian Trail Carpool from Annapolis Mall	Nancy Waddington 956-2061
April 29 Sunday	9:00 A.M.	6th Annual B&A 10Km Run (benefit MDA)	Severna Park Sr. High S. Benfield & Robinson Rd.	Doug Nauman 301/544-0385
May 5 Saturday	8:00 A.M.	<u>Biathlon 10K Run, 20M Bike (limit 200)</u>	South River High School Edgewater, MD	Don Waddington 301/956-2061
May 5 Saturday	8:30 A.M.	May Day Race Against Cancer 10K, 1-mile fun run	Marketplace Shopping C. Bowie, MD	Merrily O'Hara 262-5867
May 19 Saturday	8:00 A.M.	<u>Triathlon 1-mile swim 8-mile run, 20-mile bike (limit 200 entrants)</u>	South River High School Edgewater, MD	Don Waddington 301/956-2061
June 13 Wednesday	6:00 P.M.	<u>TRUXTUN PARK SERIES 1-Mile/4-Mile</u>	Truxtun Park Spa Cove, Annapolis	Hotline 268-1165
June 16 Saturday	8:00 A.M.	Annapolis Fine Arts Foundation Run For The Arts 10K	Maryland Hall Annapolis	Rick Rohrbach 268-9074
June 17 Sunday	8:00 A.M.	<u>Father's Day 10K Club Champ Series #4</u>	Loch Haven Recreation Area, Edgewater, MD	Orv Pratt 798-4126
June 20 Wednesday	6:00 P.M.	<u>Truxtun Park Series</u>	Truxtun Park	
July 1 Sunday	7:30 A.M.	<u>Annapolis 10-Mile Training Run</u>	Annapolis Mall Route 450	
July 6 Wednesday	6:00 P.M.	<u>Truxtun Park Series</u>	Truxtun Park	
July 11 Wednesday	6:00 P.M.	<u>Truxtun Park Series</u>	Truxtun Park	
July 14 Saturday	6:30 P.M.	<u>1-Mile Track Race Club Champ #5</u>	Annapolis High School Riva Road, Annapolis	
July 15 Sunday	7:30 A.M.	<u>Annapolis 10-Mile Training Run</u>	Annapolis Mall & Route 50	

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