

# STREAK

VOLUME VI  
NUMBER 5

OCTOBER 1984



## ANNAPOLIS STRIDERS

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

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U.S. POSTAGE

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Permit No. 526  
ANNAPOLIS, MD.

Non-Profit Organization





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# 268-1165

AREA CODE 301

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

**INCLUDE FAMILY MEMBER INFORMATION HERE**

First Name	Sex		Birth date		
	M/F	Initial	Mo.	Day	Yr.
<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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**ORDER FORM FOR T-SHIRTS**

	S	M	L	XL	
MEN'S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$6.00 each postpaid
WOMEN'S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
CHILD'S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

**ORDER FORM FOR TANK-TOPS**

	S	M	L	
ONE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$8.50 each postpaid
STYLE				



- Shirts are also available at Strider runs and at the Athlete's Foot, 121 Main St., Annapolis, where we maintain an events and entry 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.

**OFFICIAL USE ONLY**

<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>

## Annapolis Striders

### MEMBERSHIP APPLICATION & RENEWAL FORM

Mail To:  
(Send Check or Money Order)

MEMBERSHIP  
Annapolis Striders Inc  
P O Box 187  
Annapolis, MD 21404

Last Name		First Name		Initial	Birth Date			Sex	
<input type="text"/>		<input type="text"/>		<input type="checkbox"/>	Mo.	Day	Yr.	Male	Female
<input type="text"/>		<input type="text"/>		<input type="checkbox"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mailing Address			Street (Include Apt. No.)			City		State	
<input type="text"/>			<input type="text"/>			<input type="text"/>		<input type="text"/>	
Zip Code	Area Code	Business Phone	Area Code	Home Phone	Is This A New Membership		Address Change		
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
					Yes	No	Yes	No	
Occupation				Signature X					

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

<input type="checkbox"/> Race/Runs	<input type="checkbox"/> News-letter	<input type="checkbox"/> Property/Awards	<input type="checkbox"/> Member-ship	<input type="checkbox"/> Publicity	<input type="checkbox"/> Clinics/Training
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**DUES:**

Individual	Family	Fulltime Student
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
\$8	\$12	\$4

Today's Date \_\_\_\_\_

# STREAK

# ANNAPOLIS STRIDERS

volume VI number 5

october 1984

### OFFICERS

President	Don Waddington	Home 956-2061	Work (202) 692-7287
Vice-President	Bill Law	647-5015	
Secretary	Gerte Spadone	841-6894	
Treasurer	Ken Thorn	263-9549	

### CHAIRMEN

Race Runs, Co-Chr.	Bill Wandel	672-3164	
	Bill Vogenitz	974-1998	
Publicity	Eric Peltosalo	267-0374	(301) 268-1121
Newsletter	Yvonne Aasen	647-0879	
Membership	Mike van Beuren	269-1796	(301) 268-1165
Property/Awards	Doug Pond	841-6853	(202) 376-6544
Training/Clinics	Pat O'Brien	757-0462	
Annapolis 10-Mile Run	Mike van Beuren	269-1796	(301) 268-1165 Hotline

### STREAK STAFF

Editor	Yvonne Aasen	647-0879
Layouts & Graphics		
Assistant Editor	Lee Turowski	757-4793
	Carolyn Downing	674-5188



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

# MONEY NEWS



## TREASURER'S REPORT

The ninth Annapolis Ten Mile Run is history. And once again the race lived up to its reputation of being top quality. Mike Van Beuren and his motley group of committee chairmen directed what I think was the smoothest Annapolis Ten Mile Run todate. Perhaps after eight tries we're beginning to learn how it should be done, or maybe we were lucky. But, you can bet we're not going to sit back and ride on our reputation. If any of you who either worked or ran the race have comments of constructive criticism we would like to hear from you. We may not agree with or adopt your suggestion but we certainly will consider it. We also want to thank the many volunteers who worked the race. The Annapolis run simply would not be the same without the large number of workers required for a race of this caliber. And I would especially like to thank all of those who returned after the breakfast to help clean up the stadium.

Anyone interested in helping out the Training/Clinics committee? Pat O'Brien is still looking for helpers. If you can help, give Pat a call at 757-0462.

Many thanks to Betty Impellizzerri for organizing the Strider's picnic at Truxtun Park. Those of you who did not attend missed a fun time.

Now that my time consuming projects and vacations are over, the come back trail is beginning to make more headway. Speed and distance for both the swim and bike are close to past performances. For the run, however, both speed and endurance have a long way to go. I'll be back.

Anyone who is planning to do the JFK 50 mile hike/run or would be interested working with a support crew this year, please contact me at 956-2061. If there's enough interest, a meeting will be held in early November for both runners and workers.



See you on the road

*Don Waddington*

DON WADDINGTON

### ANNAPOLIS STRIDERS, INC. Cash Flow Statement Period ending July 31, 1984

Cash balance 7/31			
Checking		\$1170.27	
Savings		<u>245.30</u>	1415.57
Cash balance 6/30			<u>1323.89</u>
Increase			<u>91.68</u>
Income:			
Father's Day 10K		127.50	
Dues		556.00	
Shirts		41.25	
Clock Rental		75.00	
Ad		10.00	
Bank adjustment		<u>6.40</u>	816.15
Expenses:			
Bi/Tri shirt Silkscreen		78.00	
Telephone		31.12	
Streak		450.00	
Misc. printing		56.15	
Telephone Answering Device		<u>109.20</u>	724.47
			<u>91.68</u>

### ANNAPOLIS STRIDERS, INC. Cash Flow Statement Period ending August 31, 1984

Cash balance 8/31			
Checking *		\$1467.64	
Savings		<u>245.30</u>	1712.94
*plus \$521.25 on deposit for Moore's Marines			
Cash balance 7/31			<u>1415.57</u>
Increase			<u>297.37</u>
Income			
Dues		384.00	
Women's Dist. Festival 5K		419.00	
8K		108.00	
Father's Day 10K		115.00	
Clock rental		100.00	
Shirts		22.00	
Ad		20.00	
Bank correction		<u>4.00</u>	1172.00
Expenses			
Women's Dist. Festival 5K		67.32	
8K		161.18	
Postage		40.00	
Streak		561.00	
Telephone		25.05	
Batteries for clock		<u>20.08</u>	874.63
			<u>297.37</u>

# MEMBERSHIP RENEWAL

# DEAR STRIDERS

## READ YOUR ADDRESS LABEL

by Mike van Beuren

THE STONES  
1942C Benfold Circle  
Honolulu HI 96818

Hello Striders. This is your membership chairman speaking:

In order to alert you of when your dues are due (and to save Strider money on postage) a message will appear on your Streak mailing label. When this message says "Your dues are due," please fill out the renewal form that appears on the inside cover of each Streak and mail it in with your payment.

Membership information is available by calling me in care of the HOTLINE 268-1165 and leaving a message, or try to catch me at home 269-1796. Thank you for your co-operation.

Dear Gerte,

I address this to you since I thought you would be opening the mail, but it is meant for all the Striders.

Well, the island is everything people said it would be—and more. The more is the McDonald's; Pizza Huts; freeways; Sears; and even litter! Its hard to get too homesick with so much of home right here. But we really love it—and for sure, its a runner's paradise.

I wanted to pass on our address and to say if any Strider gets over here and doesn't get in touch with us—we'll never forgive them. Also, we're taking reservations for the December 9 Honolulu Marathon. The offer goes for "nothing fancy accomodations" at our house.

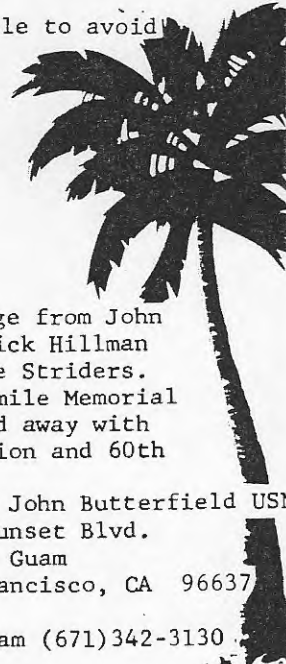
In any case, pass on our address to Yvonne for the Streak—also we would love a copy sent here.

We do miss everyone and no matter how much running goes on here, there's no club like the Annapolis Striders. The friendships that grew out of our running with the club will be cherished always.

Enough of that; I've been able to avoid getting homesick (as of 8/1/84).

Please write.

Fondly,  
Jan and Larry



## EDITORS REMARKS

**EXCUSES, EXCUSES:** You probably have been wondering when your October Streak would arrive in the mail. Well, my husband and I were busy. We saw two boys off to their respective universities (not a small task). And we went on vacation—a time when the Streak deadline came and went. So there you have it; and here it is.

**YOU WERE NOT CALLED:** We had a benevolent benefactor to collate the August newsletter. (Thanks Ms. Anonymous). But some of you may look for a call in the future to help with stapling, folding, labeling, and bundling.

**VIEW FROM THE MIDDLE:** I saw the Annapolis 10-Mile Run this year from the middle where I was a road monitor at Great Meadows. It was an exhilarating experience. I cheered and clapped for every single runner. Some of them said, "thank you," as they raced by.

**CONTRASTS:** This issue of the Streak is fat and late. By necessity the December issue is going to be lean and early. This is necessary because of the Christmas rush at the printers. Turn in any news early if possible. The absolute deadline is November 6, 1984.

-Yvonne Aasen

Editor's note: The following message from John Butterfield was received by Mayor Dick Hillman who thoughtfully passed it on to the Striders. Butterfield placed third in a 13.8-mile Memorial Day Run. His wife, Priscilla, raced away with a first in the womens masters division and 60th overall.

Capt & Mrs John Butterfield USA  
206 West Sunset Blvd.  
NAS Agana, Guam  
FPO San Francisco, CA 96637

Phone: Guam (671)342-3130

Hope all's well back in Annapolis. We think of you and our many friends all the time. We do love Guam and have made many friends and plunged right into many activities and fun events. Guam Running Club is nearly equal to 300 members with an event every two weeks (usually on a Saturday, 0530 to 0630 because of the heat'n humidity). Events are small/low key but fun and small enough to allow socializing and "small townishness" about it.....

Best to the family and our many friends—particularly the Striders. (Hope the Annapolis 10 goes great!)

Take best care.

John Butterfield



Caricature by Irv Finifter

# BULLETIN BOARD

## TRACK CLINIC A HIT: WORKOUTS CONTINUE

Earl Scott and Bill Vogenitz deserve a round of applause for their efforts in conducting the Beginners Track Work Clinic on August 9. Fifteen enthusiastic tracksters learned about safe and satisfying ways to engage in speed work. Just to guarantee no one walked away without a feel for the effort required in speed work, everyone had the opportunity to do some fast and fancy 440 footwork before the session ended.

Most participants agreed that it was helpful to have a group for doing interval work. Since then, our regular Thursday track sessions (6 PM at AACCC) have attracted some new faces. Come on out and join us and discover those "fast twitch" fibers you never knew you had!

## News Flash

Anyone interested in running the JFK 50-Miler, or working the support team (November 17, 1984), call Bill Vogenitz (974-1998) for time and place of organizational meeting.

Many entry forms are available at the Annapolis Strider Bulletin Boards, The Athlete's Foot, 121 Main St., Annapolis, or The Annapolis Mall next to Pennys. For Annapolis Strider race entry forms, send your long, self-addressed, stamped envelope to: Annapolis Striders, P.O. Box 187, Annapolis, MD 21404. Call the Hotline 268-1165 for confirmation on place, date, and time of races.

NEED A CARPOOL?  
NEED A RUNNING PARTNER?  
Leave your message on the Striders Bulletin Board at the Athlete's Foot, 121 Main Street, Annapolis. Please date your ad or take it down yourself when it is no longer valid.

## WOMEN'S RACING

### WAS THAT BLUE STREAK A WOMEN'S SINGLET

by Liz Kisenwether

I've got some good news and some bad news. The good news is the Annapolis Striders now have women's singlets! We've received 18 singlets in August in aqua, light blue and navy with white mesh bottoms. Now the bad news: they went so fast that...well, I didn't get one! As of now, there are four aqua-colored singlets left, but they are size SMALL...and I mean small.

But don't despair. Doug Pond (Property Manager and all-around good guy) said he would reorder to meet the demand. If you want a singlet, call Doug at 841-6853 to place your order. The basic colors again are aqua, light blue and navy (but other colors are available) at \$8.95 each. Warning: these singlets run small. I would suggest ordering a size larger than you think you should (or willingly admit to). If you want to see the singlets before ordering, Doug will have them in his travelling show of singlets, T-shirts, sweatshirts and bumper stickers that appears at all Strider events.

With the initial response so positive for the singlets, I hope we can reorder this fall and have many more women wearing the Annapolis Striders name!



## MEMBERSHIP RENEWAL NOTICE

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Membership information is available by calling me in care of the HOTLINE 268-1165 and leaving a message, or try to catch me at home 269-1796. Thank you for your co-operation.

Mike van Beuren

# TRAINING TIPS

by Pat O'Brien

## PAT'S 'FIVE' FORM THINK TANK

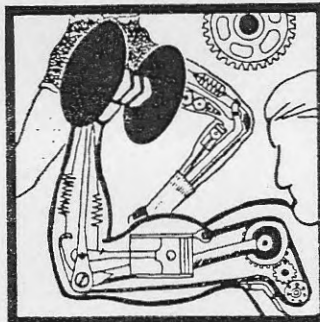
I'm pleased to inform you that we now are a committee of five volunteers: Liz Kisenwether, Lyle Modlin, Jim Fratino, Nut Hall, and myself. It is my expectation that we will be arranging some fun and interesting clinics and seminars in the months to come. Remember, however, we need your ideas as the foundation of our task. There were only five respondents to the Ideas Checklist published in the last issue. The results were: (3) Tips for Beginning Runner (1) Injuries (1) Exercise and Stress Management. To those who took the time to respond, thank you. If there are others of you who have additional comments or ideas, please feel free to contact me.

The National Hospital Center for Sports Medicine in Arlington, Virginia, has a monthly Runners' Seminar series which some of you may wish to attend. The information is given here. Please contact me if you plan to attend and I will try to arrange a car pool if indicated. (757-0462)

## • BECOMING A BETTER RUNNER

This program will build upon the previous month's presentation and concentrate on the performance of the road racer, 10K runner, or marathon participant. Come and learn about interval and speed training, LSD (long steady distance) training, and Fartlek training. Win a free physical fitness assessment as a door prize!

**Date:** November 14, 1984      **Time:** 7:30 to 9:00 p.m.  
**Location:** Cafeteria, George C. Marshall High School  
7731 Leesburg Pike, Falls Church, Virginia  
**Speaker:** Staff, Center for Sports Medicine, National Hospital  
**Fee:** \$4      For more information, call 553-2460



## • PHYSIOLOGY OF RUNNING

An individual's running program has an effect on all of the body's systems. This includes the cardiovascular system, pulmonary system, muscular-skeletal system, and the mind. Join us for this informative discussion to learn how the total mind-body effect of running can be a beneficial, uplifting experience. A door prize of a free physical fitness assessment will be awarded!

**Date:** October 10, 1984      **Time:** 7:30 to 9:00 p.m.  
**Location:** Auditorium, Robert E. Lee High School  
6540 Franconia Road, Springfield, Virginia  
**Speaker:** Staff, Center for Sports Medicine, National Hospital  
**Fee:** \$4      Call 553-2460 for further information.

## TRAINING/CLINICS COMMITTEE FIELDS QUESTIONS

In an attempt to deal more directly with your running related problems and concerns our committee gladly welcomes your questions. None of us claims to be an authority on any aspect of running and fitness but each of us has logged a respectable number of "foot pounding" miles. Perhaps what we've learned on the roads you can discover more simply by directing your questions to us.

Feel free to use the form below, or any convenient scratch pad will do. Along with your questions/comments include a name, address and phone number so that we may reply. I will channel your questions to the appropriate committee member. We also plan to have a "Runners Question Box" on hand at the club races. This will provide you with another opportunity to reach us with your concerns.

—Pat O'Brien

-----  
Date:  
Question/Comment:

Name:  
Address:  
Phone #:

Mail to: Pat O'Brien  
807 Chestnut Tree Drive  
Annapolis, MD 21401

# questionnaire

8 for the metric marathon  
1 for the 20K Cold Turkey  
2 for the 15K Anniversary Run

## ANNAPOLIS STRIDERS QUESTIONNAIRE RESULTS PROVE POSITIVE

by Bill Vogenitz

Twenty-six replies have been received in response to the Race Run Committee's questionnaire. The following are the results of the 26 replies:

1. What is your favorite race distance?
  - 16 for 6 miles/10K
  - 6 for 7 miles to 15K
  - 5 for 3 to 5 miles
  - 3 for 10 to 13.1 miles
  - 1 for 50 miles
2. What is your favorite race day and time of day?
  - 17 for Saturday morning
  - 15 for Sunday morning
3. Would you like our races to have more or fewer prizes and awards?
  - 9 for more prizes
  - 5 for fewer prizes
  - 5 for satisfactory as is
4. In what type of other events would you participate?
  - 13 for a tetrathon (4 events: 440—880—1-mile—2-miles)
  - 13 for 2-person/10-mile relay
  - 11 for a biathlon
  - 9 for fun runs
  - 7 for a triathlon
  - 4 for a 24-hour relay
5. Do the Annapolis Striders schedule enough running events?
  - 13 for satisfactory as is
  - 7 for schedule more events
  - 2 for schedule fewer events
6. Additional comments. Many excellent suggestions were received and are too numerous to list all of them. Here is a sample of the most suggested:
  - \* have more random prizes to give everyone a chance
  - \* change the metric marathon to a half-marathon (13.1 miles)
  - \* have more fun runs for kids and beginner runners
  - \* have more track races
  - \* pay teens to work club races
7. The following outstanding individuals have volunteered to be race directors:
  - Eddie Anderson, Pam Andersen, Don Goodwin, Ben Mathews, Delma Miller, Pat O'Brien, Doug Pond, Orv Pratt, Will Scott, Ken Thorn, Bill Vogenitz, Mike Whitworth, Louise Zeitlin, Mike van Beuren, and Don Waddington
8. The following are the number of race day volunteer workers for each race:
  - 4 for the 5K
  - 4 for the 10-Mile Cherry Pit
  - 3 for the 2-mile track race
  - 3 for the Father's Day 10K
  - 3 for the 1-mile track race
  - 4 for the 8K race
  - 3 for the 5-mile race

The Race Run Committee thanks everyone who filled out the questionnaire and returned it. The survey for this questionnaire runs thru January 1, 1985. Anyone who has not sent us their questionnaire is still encouraged to do so. We need your help, suggestions, and encouragement!

The most popular race distance is the 10K (6.2 miles). We would schedule more 10K races if we get more volunteers for race directors and race day workers. Since there is a split between Saturday and Sunday morning race day preferences, more races will be scheduled for Saturday when possible. Traffic congestion and safety concerns make Sunday mornings better for our longer road races.

While there is no clear indication of members wanting more or fewer prizes and awards at our races, many suggestions have been made to have more random prizes in order for all runners to have a chance to win a prize.

In response to the desire to have a tetrathon, a 2-person 10-mile relay, and a biathlon (run/bike), these events will be scheduled in 1985. There seems to be a desire to have fun runs for kids and beginner runners. Although traditionally no one shows up for Strider fun runs, a track fun run series will be scheduled for Spring and Summer, 1985. This fun run series will stress participation rather than competition. For the triathletes in our club, we need a race director and about 30 volunteer workers. We will try to get another group to sponsor a triathlon and provide the manpower to run it.

Most members feel we schedule enough events, and that our running schedule is supplemented by other races in the area. We will schedule more events when more people step forward to volunteer.

Our race directors and race workers form the foundation of our club. They deserve all of our thanks and praise. We still need race directors for the 8K cross-country race, the triathlon, and the track fun run series. We still need race day workers for the 5K, 10-mile, 10K, 8K, 5-mile, 20K, 15K, biathlon, triathlon, tetrathon, 2-person 10-mile relay, Valentine's Day relay, and the fun run track series. Please consider giving of your time and energy, if you haven't already done so, to help make your club successful. The race runs committee thanks you.

You may call me, Bill Vogenitz, at 974-1998 or send your questionnaires to me at:

1187 Highwiew Drive  
Annapolis, MD 21401





# MY FAVORITE RACE

## PETER'S PRINCIPLE FOILED

by Pat O'Brien

The day never really dawned; instead, thick, black, ominous clouds just slowly began to appear around dawn's hour. The unanswered question was—would it rain today as it had for the past several?

I suppose you're asking, why the big deal about rain—running a race in the rain can often have its advantages. From the vantage point of race director, however, rain is really the most dreaded curse! What follows is my tale of how the 8K became my favorite race.

I'm still not sure how I got the job of 8K Race Director. No doubt some powerfully friendly persuasion coincided with a rare weak moment and my fate was sealed. Wanting to make the best of what thus far seemed an unpleasant assignment, I dared to be different and decided to make this a cross country race.

Bill Law first laid out a potential course with me, and the problems seemed minimal; a couple of monitors here, a few lime markers there...nothing I couldn't manage with ease. After this rough draft of the course was formulated, Don Kennedy and I went out to run it, testing the route for all those parameters so important to racers; good footing, minimal turns, and straight-a-ways with passing lanes. We decided that the deficiencies in some areas were more than compensated by such factors as the cool shaded woods, scenic panorama of open fields,.....

I should have known there might be a problem with a couple of the turns when I had to ask Bill Miller to measure the course twice because I had forgotten which way the course turned the second time around the soccer field.

Two weeks before race day it seemed as if everything was going according to plan. The awards were purchased, permission to use the track obtained, some volunteer help solicited, and an OK to borrow 30 traffic cones was given. As a special feature, Ben Moore had agreed to present an informal discussion clinic on marathoning after the race. Scanning the checklist of anticipated needs, I smiled with satisfaction as its size dwindled.

A week before race day Don Kennedy, Bob Walters, Zachary and I spent a very pleasant afternoon bushwacking the wooded section. We decided the blow-downs might make dangerous hurdles so they too were cleared. Poison ivy was clipped back, low branches were lopped off, and notes were made where course markers were needed.

By Saturday, the day before race day, I really had my act together. Don and I had completed the last details on the "woods work," including putting down dozens of lime arrows. Bob had marked the 30 spots in the fields where the traffic cones would be placed at dawn on race day. Winnie Hittle was elbow deep in Zucchini bread batter insuring that we'd have post-race refreshemnts. I had double-checked

with AACC security about unlocking the track gates at 5:00 A.M. Other than a mildly anxious feeling in regard to the weather, things were running smoothly. I fell asleep with ease that night.

Sweet slumber was suddenly interrupted by a loud crack of thunder. Sheets of rain were driving against the windows. As a flash of lightening illuminated the bedroom I could see that it was 1:00 A.M. Alas, my hopes for a sunny race day were dashed and now the grim reality of completing those 100 last minute details in the rain made me feel almost nauseous.

When the alarm went off at 4:00 A.M. the rain had ceased, but I knew that all of those lime arrows in the woods would be washed away. So much for all of my foresight and advance planning, nature was surely having the last laugh when it came to calling the shots for the 8K.

As I was liming arrows by "headlight," a college security officer stopped to inquire about my activities. After a brief sharing of sweet nothings I side-stepped this issue and reminded him about unlocking the track gate. It was then that he dropped the bomb...he couldn't find the key. Swallowing the lump which began rising in my throat I heard myself moan that he had to do something about getting a key. Sensing my desperation, he managed a weak smile as he drove off in search of the missing key.

While I continued liming arrows, Bob and Don were busy marking the woods and fields. Meanwhile, the clouds continued to roll in—thick and oppressive. The humidity was so high that the lime was lumpy!

Bert Rice arrived early and proved to be a life saver. I had completely forgotten about manning the registration table and he very ably took control of the situation. It's amazing how quickly people respond to a female nearing hysterics. As I watched the numbers of racers swell, so too did that lump in my throat. Eying the locked gate, and noting the hour, I struggled to keep a positive frame of mind.

Bill Miller, Earl Scott, Bill Vogenitz and Evan Thomas were given their assignments and took off for their respective stations. Still no key! Suddenly I was faced with a deluge of problems; no key meant re-routing the course; it was starting to rain and the clock and chronomex couldn't get wet; there were more participants than awards (one to each finisher had been promised).....

(continued on next page)



# SEX ON THE RUN

Just as the first tears surfaced, the tide suddenly turned when Eric Peltosalo and Earl Scott mixed brains and brawn and simply removed the gate blocking the track. Now the runners could disperse and their numbers didn't seem so overwhelming. A piece of plastic was found to cover the finish line equipment and even though it continued to rain, at least we were spared lightning and thunder.

With Don Anderson and Betty Impellizzeri manning the finish line, we sent the runners off with a not-to-well orchestrated performance of the verbal command, bull horn and clock. The rain stopped shortly after the start, but the high humidity made the morning less than ideal for racing.

In spite of the conditions the runners put forth 100%. In fact, some gave more than that—and ran a section of the course once more than required. Hindsight has provided a solution to that bottleneck which occurred at Earl's checkpoint; next year we'll construct an overpass to alleviate the congestion. Earl, as well as the runners, deserve some credit for making the best of a real rough spot in the course.

As the last runners were directed to the finish by Mike Impellizzeri, the mood of the crowd seemed easy and satisfied. Running hard had produced its mellowing effects, and for this I was grateful! It was so rewarding to watch people enjoy the company and conversation of one another. Even though I hadn't run the race, I too, could feel my spirits lighten.

After the awards and refreshments the opportunity to mix with the runners provided some truly wonderful moments—everyone was so generous with their positive strokes. You'd have to experience it to really appreciate how great it feels to have so many pats on the back.

As the last of the equipment was being packed away, and plans were evolving for a post race powwow at McDonalds, I found myself smiling at the thought of this being my favorite race.

## PITFALLS OF A JOGGING COUPLE

Most people who have a dog name them "Rover" or "Fido." I call mine "Sex." My dog and I are inseparable. He would follow me anywhere. He would even accompany me on my long distance runs every evening. My dog was my joy, my constant companion, and a loyal friend.

But, Sex has also been very embarrassing to me. Like the time I went to City Hall to renew his dog license. I told the clerk that I would like to have a license for Sex. He said, "I'd like to have one too!" Then I said, "But this is a dog." He said he didn't care what she looked like. So I said, "You don't understand. I've had Sex since I was nine years old." The clerk said I must have been quite a kid.

When I got married and went on my honeymoon, I took the dog with us. I told the motel clerk that I wanted a room for my wife and me and a special room for Sex. The clerk replied, "Every room in the place was for sex." I said, "You don't understand. Sex keeps me awake at night." The motel clerk said, "Me too."

One day I entered Sex in a dog contest. But before the competition began, the dog ran away. Another contestant asked me why I was just standing there looking around. I explained that I had planned to have Sex in the contest. He looked at me and said that I should have sold my own tickets. "But, you don't understand," I said, "I had hoped to have Sex on national T.V." He called me a show-off.

Alas, when my wife and I separated, we went to court to fight for custody of the dog. I said, "Your Honor, I had Sex before I was married. The judge said, "Me too." Then I told him that after I was married, Sex left me. Again the judge replied, "Me too."

Last night, on our evening jog together, Sex ran off again. I spent hours looking all around town for him. A police officer came over to me and asked, "What are you doing in this alley at four o'clock in the morning?" I said, "I'm looking for Sex."

My case comes up Friday.



### ORDER FORM FOR T-SHIRTS

S	M	L	XL	ONE
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	STYLE
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$6.00 each

Add \$1.00 for mailing

### ORDER FORM FOR TANK-TOPS

S	M	L	XL	ONE
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	STYLE
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$8.50 each

Add \$1.00 for mailing

### ORDER FORM FOR BUMPER STICKERS

USA ♥ OUR RUNNERS  
Annapolis Striders 268-1165

\$2.00 each

Add 50¢ for mailing

NAME \_\_\_\_\_

PHONE \_\_\_\_\_

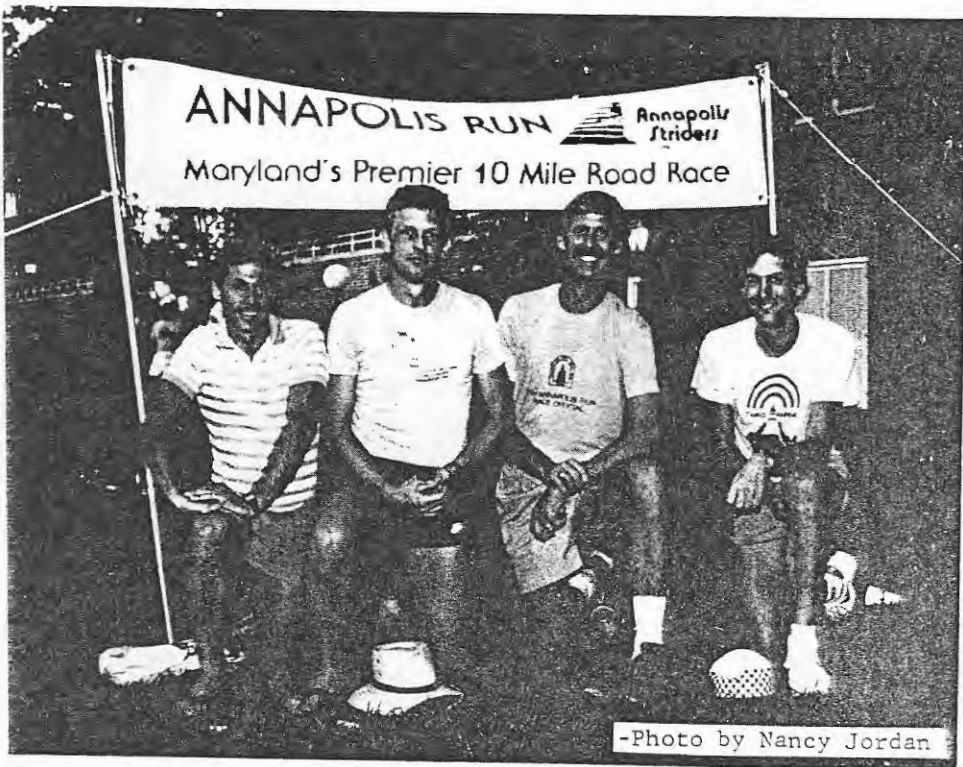
ADDRESS \_\_\_\_\_

AMOUNT ENCLOSED \_\_\_\_\_

ZIP \_\_\_\_\_

# 9TH ANNAPOLIS RUN

## *Memories*

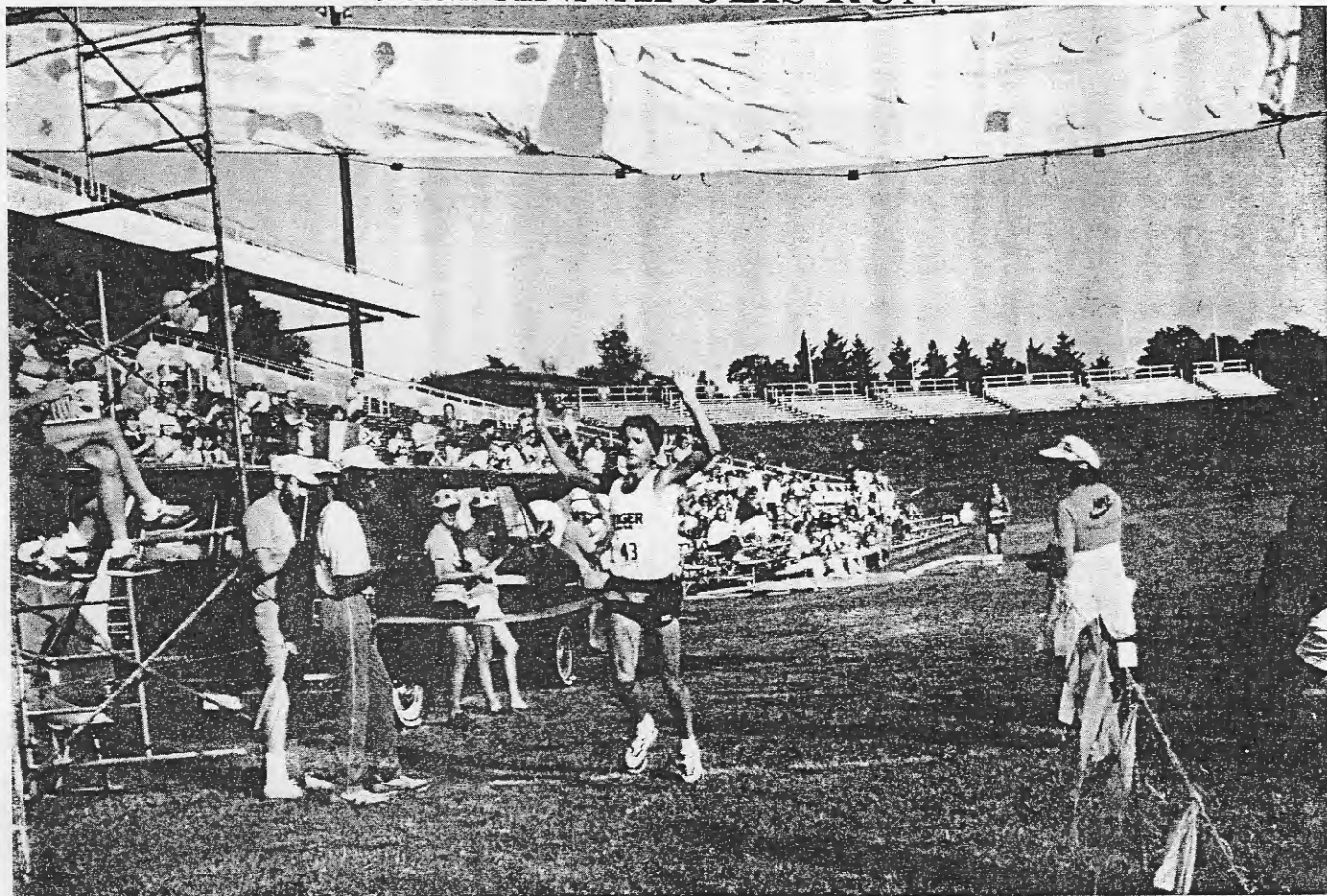


Former Annapolis 10-Mile Run directors Randy Fox, Walt Eilers, and John Gudas pose happily with 9th Run director Mike van Beuren.



Middle-of-the-packers race down historic Main Street. They were among some 2000 competing or "just finishing."

# 9TH ANNAPOLIS RUN



-Photo by Nancy Jordan

Matt Wilson breaks the ribbon to win the 9th Annapolis 10-Mile Run in 49:34. John Eberle crossed the line four seconds later.

## DIVISION WINNERS

MEN	
<u>13 and under</u>	
Jeff Campbell	58:02
<u>14-49</u>	
Scott Baker	58:23
Lindsay Duvall	1:02:02
Scott McAusland	1:02:39
<u>40-49</u>	
Ed Krandot	55:18
John Loughran	55:34
Dick Hipp	56:47
<u>50-59</u>	
Norman Green	54:15
Ray Harrison	58:19
Milt Taylor	1:03:51
<u>60-69</u>	
Oscar Fox	1:07:48
Fletcher Hanks	1:08:14
Joe Holland	1:09:48
<u>70 and over</u>	
Ed Benham	1:15:26
Bill Roberts	1:37:36
Mack Schwab	2:16:38

WOMEN	
<u>13 and under</u>	
Jennifer Kirby	1:26:46
<u>14-19</u>	
Maureen McGowan	1:06:35
Mary Gavigan	1:06:54
Robin Quinlan	1:13:19
<u>40-49</u>	
Ann Diaz	1:08:06
Vivi Provine	1:11:28
Janice Stoodley	1:12:28
<u>50-59</u>	
Fran Adams	1:17:27
Martha Kinsinger	1:23:26
Dorothy Bright	1:29:45
<u>60 and over</u>	
Becky Yencharis	1:32:30

## TOP 25, MEN

1. Matt Wilson	49:30
2. John Eberle	49:34
3. Frank Sharkey	50:02
4. Willy McCool	50:32
5. Tim Gavin	50:38
6. Jim O'Keefe	50:54
7. Jeff Peterson	51:01
8. Stan Fletcher	51:19
9. Paul Mallott	51:43
10. Jack Coffey	52:16
11. David Harrison	52:17
12. James Clelland	52:33
13. Don Uphouse	52:37
14. Tim Tays	52:42
15. Dave Menosky	52:48
16. Lucious Anderson	52:53
17. Charles Cvrk	53:08
18. Dan Rincon	53:21
19. Jim Dare	53:44
20. Robert Rodriguez	54:02
21. Norman Green, Jr.	54:15
22. Robert Oberti	54:17
23. Mark Hribar	54:19
24. Mark Reisinger	54:21
25. Layne Party	54:35

## TOP TEN, WOMEN

1. Patty McGovern	58:11
2. Sue Crowe	58:16
3. Pamela Briscoe	1:00:46
4. Karin Wagner	1:01:39
5. Coleen Troy	1:02:30
6. Patricia Milleson	1:02:03
7. Susan Duquette	1:03:11
8. Barbara Frech	1:03:21
9. Catherine Pugh	1:04:23
10. Cheryl O'Keefe	1:04:28

# 9TH ANNAPOLIS RUN worker's run

August 25, 1984

Place	Name	Time
1.	Nut Hall	56:27
2.	Jim Black	59:20
3.	Mark Yerkes	1:02:19
4.	Ron Schumann	1:03:59
5.	Tom Komarek	1:04:09
6.	Sandy Quillen	1:04:31
7.	Joe Deak	1:04:48
8.	Doug Pond	1:05:47
9.	Aubrey (Al) Posey	1:05:54
10.	Loyd Abbot	1:06:17
11.	Sean Sweeney	1:07:44
12.	Krista Pierpont	1:07:54
13.	Joe Duffy	1:08:21
14.	Bob Walters	1:08:21
15.	Bert L. Rice	1:08:49
16.	Bill Miller	1:09:59
17.	Tom Reilly	1:11:11
18.	Steve Rogers	1:11:31
19.	Will Scott	1:12:24
20.	Jeff Gowen	1:12:24
21.	Deirdre Wagner	1:14:23
22.	Ben Moore	1:14:29
23.	Richard Hillman	1:14:49
24.	Dick Manasseri	1:15:34
25.	John De Greck	1:15:41
26.	Bill Benner	1:18:08
27.	Ron Jarashow	1:18:27
28.	Bill Law	1:18:27
29.	Ned Brooks	1:19:21
30.	Steve Steele	1:19:39
31.	John Littlehales	1:19:43
32.	Linda Rogers	1:20:45
33.	Al Stallings	1:20:51
34.	Dale Vogel	1:21:15
35.	Mike Impellizzeri	1:22:16
36.	Evan Thomas	1:22:31
37.	Michael Pardo	1:22:37
38.	Steven A. Davis	1:22:44
39.	Cathy Quigley	1:23:04
40.	Betsy James	1:24:53
41.	Arnie Henderson	1:24:53
42.	Barbara Riddle	1:25:30
43.	Ding Brannan	1:27:00
44.	Richard Whit	1:28:20
45.	Norman O'Brien	1:28:54
46.	Lee Pillsbury	1:28:55
47.	Betty Impellizzeri	1:29:51
48.	Bill Vogenitz	1:29:54
49.	Carol D. Huddy	1:29:59
50.	Pat Hoffman	1:30:20
51.	Don Goodwin	1:30:35
52.	Laura Norton	1:31:07
53.	Lee J. Patrick	1:31:08
54.	Joy Donlin	1:31:54
55.	Tom Donlin	1:31:55
56.	D. Littlehales	1:32:09
57.	Delma Miller	1:32:19
58.	Betty Moore	1:32:20
59.	Cindy Steele	1:32:22
60.	Louise Zeitlin	1:32:41
61.	Abe Pollack	1:33:33
62.	Jan Berg	1:35:26
63.	Mark Mallach	1:43:15
64.	Lisa Hillman	1:43:58
65.	Helene Betnun	1:49:49

## AGE GROUP AWARDS

### WOMEN

Age Group	Name	Time
17 and under	Krista Pierpont	1:07:54
18-29	Dierdre Wagner	1:14:23
30-39	Linda Rogers	1:20:45
	Cathy Quigley	1:23:04
40-49	Betsy James	1:24:53
	Barbara Riddle	1:25:30
50 and over	Betty Moore	1:32:20

### MEN

Age Group	Name	Time
17 and under	Michael Pardo	1:22:37
18-29	Nut Hall	56:27
	Mark Yerkes	1:02:19
30-39	Ron Schumann	1:03:59
	Sandy Quillen	1:04:31
40-49	Jim Black	59:20
	Tom Komarek	1:04:09
50-60	Ben Moore	1:14:29
	Bill Benner	1:18:08
60 and over	Abe Pollack	1:33:33

USNA Season Ticket Winner  
Bill Vogenitz

## NINTH ANNAPOLIS RUN TRIVIA

—Race workers set a new record getting the Lite Beer by Miller can up. It was inflated and anchored at the gate of the stadium at exactly seven minutes after six A.M. The 35-foot tall can was provided by Steve Andrews from Chesapeake Bay Distributors.

—A 13-year old boy beat all the women. His name, Jeff Campbell from Randallstown.

—Norman Green, 52, from Wayne, Pennsylvania, placed 22nd overall.

—People loved the post-race breakfast.

—There were 1,947 official finishers out of 2,799 entrants.

## TRUXTUN PARK SUMMER SERIES

Congratulations to the following who completed six out of the ten weekly fun runs:

Evan Thomas	Joy Donlin
Lee Patrick	Patrick Donlin
Patricia Lilek	Ray Chapman
John Logis	Susan Bonner
Louise Zeitlin	Mike Long
David Zeitlin	Dennis Williams
Mike Chamberlain	Shannon Donnelly
Drew Jackson	Steve Kearns
Pam Jackson	Karen Clark
Bill Harney	Eric Peltosalo
Deb Harney	Robert Pastrana



# TRUXTUN PARK SUMMER SERIES

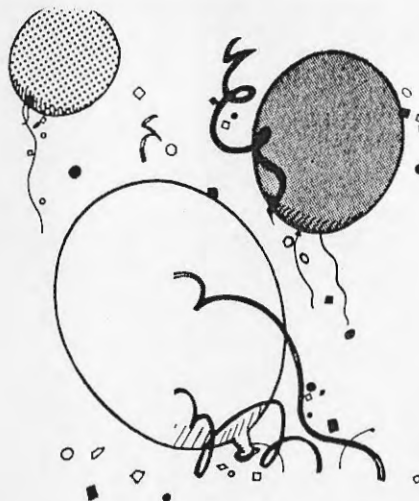


-Photo by Demetrios Fotos  
Fun is reflected in the faces of this group of participants of the 1984 Truxtun Park Fun Run Series. Those who completed six out of ten weekly runs were awarded with fun umbrellas. The series were sponsored by Bud Light and Katcef Bros. Distributors, the City of Annapolis Department of Recreation and Parks, and the Annapolis Striders. (See names listed on page 11.)




# WOMEN'S DISTANCE FESTIVAL

July 21, 1984



## SUCCESS CAPS WOMEN'S DISTANCE FESTIVALS

by Pam Andersen

In spite of pouring rain 77 runners finished the 1984 Annapolis Striders Women's Distance Festival. The race was held entirely within the Eastport Peninsula this year because of conflicts with Olympic Soccer at the Naval Academy.

Good news came from the International Olympic Committee shortly after the Festivals were held on July 21. In the 1988 Olympic games there will be a 10K race event for women. Now all that is left is to get a 5K race and women will have the same racing opportunities as men in the Olympics.

Place	Name	Age	Time
1	Jennifer Amyx	14	19:34.36
2	Pat O'Brien	36	20:00.69
3	Kathleen Gebauer	35	20:47.66
4	Cynthia Fox	23	21:00.97
5	Krista Pierpont	16	21:04.58
6	Sara Hamalainen	20	21:13.23
7	Barbara Martin	39	21:22.09
8	Jeanne Grillo	23	21:26.55
9	Deborah Nielson	25	21:37.25
10	Lynne Heygster	29	21:40.70
11	Martha Selonick	33	22:03.22
12	Nancy Schiavetta	22	22:05.56
13	Allyson McCormick	25	22:07.77
14	Monica Grillo	20	23:11.58
15	Sharon McLaughlin	24	23:19.67
16	Lynne Weise	24	23:25.37
17	Kim Adams	20	23:25.79
18	Regina Rochez	34	23:40.99
19	Kathleen Whalen	16	23:54.53
20	Pam Haley	34	23:59.09
21	Louise Zeitlin	39	24:03.28
22	Kathy Munger	38	24:17.39
23	Mary Watras	17	24:21.70
24	Rae Jean Goodman	36	24:31.81
25	Martha Kinsinger	50	24:34.10
26	Carole Simpson	25	24:44.85
27	Cynthia DeLo Santos	21	24:50.81
28	Cathy Quigley	32	24:55.47
29	Susan Kirk	21	25:04.34
30	Laura Fratino	19	25:04.65
31	Kelly Keating	17	25:28.81
32	Yvonne Aasen	52	25:31.94
33	Susan Vaughn	35	25:43.82
34	Robin Shay	29	25:44.72
35	Anne Chamberlain	40	25:47.91
36	Mary Lou Hawkins	42	25:59.87
37	Missy Vinzant	24	26:15.41
38	Jan Berge	32	26:22.46
39	Darlene Walters	31	26:40.41
40	Claudia Parsons	28	26:43.76

41	Judi Greenblatt	33	26:45.30
42	Katherine Whitesel	15	27:01.82
43	Carol Huddy	46	27:10.23
44	Margaret Johnston	33	27:17.99
45	Leona Collyer	25	27:42.84
46	Lisa Lowe	26	27:44.04
47	Marian Johnson	47	27:50.76
48	Puddie Littlehales	48	27:56.54
49	Janie Stanek	37	28:01.16
50	Denise Nash	19	28:06.11
51	Virginia Whalen	42	28:23.81
52	Marie Dulaney	45	28:32.24
53	Anne-Marie Dammeyer	30	28:34.34
54	Linda Linthicum	39	28:38.00
55	Linda Simpson	42	28:43.39
56	Molly Broderson	32	28:46.00
57	Louise Healey	36	28:52.96
58	Cathy Orlick	37	28:53.93
59	Mary Ellen Lyst	34	28:54.87
60	Anne Monney	46	28:57.48
61	Nikki Snyder	26	29:04.47
62	Betty Morganstern	32	29:11.00
63	Diane Dodson	43	29:17.29
64	Mary Ellen Bell	42	29:23.58
65	Pat Walker	45	29:33.26
66	Sally A. Deren	31	29:55.43
67	Linda Jones	30	30:05.77
68	Karen Agnor	38	30:18.49
69	Kathy Kaplan	39	30:33.15
70	Sheila Phillips	36	31:53.80
71	Rebbie Siehl	41	32:10.18
72	Diane Harpold	20	32:45.75
73	Maria Piccolo	24	33:07.01
74	Patricia Bembe	30	33:22.78
75	Brenda Smith	31	33:31.79
76	Patricia Parks	30	33:38.91
77	Leslie Stack	26	

### SPONSORS AND CONTRIBUTED ITEMS

Annapolis Sailing School - Course I on Sailing  
 Nick's Bakery - Dozen Doughnuts  
 Carroll's Creek Cafe - Brunch for Two  
 The Chart House - Brunch for Two  
 Converse Shoes - 300 Race Numbers  
 Athlete's Foot at Mall - Start & Finish Banners  
 Two Pair Shoes  
 Dock'N Shop - Sold 4 Bottles Wine at Cost  
 East Bread Port Store - Picnic for Two  
 The Emporium - \$15 Gift Certificate  
 First Mate Ltd. - Mug  
 Marmaduke's Pub - Dinner for Two  
 Maximes - Pedicure  
 Peas Porridge Pot - Entres for Two  
 The Plant Peoples Store - Jade Plant  
 Running Times - 8 Month Subscription  
 Safeway - \$10 for Fruit  
 Kitchin Drugs - Box of Russell Stover Chocolates

Overall		19 & Under	
1st	Jennifer Amyx	1st	Krista Pierpont
2nd	Pat O'Brien	2nd	Kathleen Whalen
20 to 29		30 to 39	
1st	Cynthia Fox	1st	Barbara Martin
2nd	Sari Hamalainen	2nd	Martha Selonick
40 to 49		50 & Over	
1st	Anne Chamberlain	1st	Martha Kinsinger
2nd	Mary Lou Hawkins	2nd	Yvonne Aasen
Mother/Daughter			
1st	Kathleen & Virginia Whalen		
2nd	Carole & Linda Simpson		

# TWO-PERSON TEN-MILE RELAY

Broadneck High School

July 22, 1984



## MEN'S TEAM

### SUB-MASTERS (30-39)

1. Ed Webb, 37            5:11   4:54   4:56   5:09   5:14  
 Jim Dare, 38            5:12   5:01   4:51   4:58   4:49

2. Don Kennedy, 36       5:48   5:32   5:58   6:04   6:07  
 Will Scott, 34           6:16   6:02   6:12   6:15   6:10

### MASTERS (40+)

1. Bob Phillips, 48       5:45   5:47   5:58   6:00   6:04  
 Richie Weiss, 42        6:08   5:39   6:27   5:38   5:38

## WOMEN'S TEAM

1. Caren Peterson        7:38   8:34   8:36   8:54   8:45  
 Jennifer Peterson      7:19   7:19   7:27   7:44   7:24

2. Janet Stankewitz      7:36   7:59   8:22   8:38   8:04  
 Nancy Spear            7:38   7:48   8:04   8:17   8:38

3. Mary Carroll          7:19   7:43   7:58   8:58   7:26  
 Lisa Weaver            8:14   9:01   9:03   10:15   10:17

## COED TEAM

1. Krista Pierpont, 16    5:52   5:51   5:57   6:32   6:32  
 Scott Baker, 16        5:23   5:18   5:48   5:17   5:21

2. Doug Pond, 45         5:44   5:59   5:53   5:44   6:14  
 Pat O'Brien, 36        5:47   5:46   6:11   6:17   5:55

3. Rae Jean Goodman, 36 6:46   7:15   7:49   8:02   7:51  
 Eric Friedland, 41      6:28   5:59   5:57   6:33   6:16

4. Dale Vogel, 58         6:33   6:37   6:29   6:32   6:42  
 Louise Zeitlin, 39      7:02   6:56   7:19   8:00   7:38

### TOTAL

58:07

68:25

57:58

79:31

88:48

86:05

57:53

59:38

68:48

69:46

5. Mary Lou Hawkins, 42 7:03 7:23 7:42 7:54 7:25  
 John Logis, 45           6:48 7:01 6:42 6:51 6:55

71:36

6. Bill Lau, 56            6:31 6:34 6:42 6:31 7:09  
 Betty Impellizzeri, 48 7:00 7:03 7:03 8:23 7:32

71:38

7. Bonnie Duckett, 28    6:23 7:35 7:52 7:52 7:39  
 Allen Stallings, 49     6:43 6:44 6:47 7:24 7:08

72:07

8. Claudia Parsons, 28    7:28 7:22 7:43 8:24 7:46  
 Steve McClure, 42      6:43 6:37 8:47 6:31 6:48

72:18

9. Matt Gebauer, 14       7:14 7:59 DROP PED OUT  
 Kathy Gebauer, 35      6:18 6:18            6:25 6:26 \*

\* JOINED ANOTHER TEAM

## OPEN TEAM

1. Matt Mace, 23           5:24 5:18 5:02 5:12 5:14  
 Mike Van Beuren, 31    5:02 4:53 5:01 5:02 5:07

51:09

2. Jeff Long, 18           5:25 5:06 5:12 5:05 5:09  
 Charlton Archard, 17    5:03 5:14 5:18 5:12 5:14

52:18

3. Eric Richardson, 17    5:26 5:07 5:11 5:08 5:13  
 Tim Thurtle, 17         5:02 5:14 5:18 5:16 5:23

52:18

4. Ed Pupura, 31           5:44 5:44 5:35 5:53 5:47  
 Joe Esterline, 17       5:15 5:28 5:49 5:34 5:25

56:14

5. Thomas Bradford, 41    5:47 5:58 6:08 6:14 6:12  
 Chuck Gentry, 35       5:43 5:47 5:51 5:51 5:45

59:16

6. Even Thomas, 43        6:38 6:19 7:08 7:23 7:26  
 David Handel, 16        6:03 5:48 5:46 5:44 5:31

63:38

7. Andrew Thomas, 14     7:38 6:38 7:07 7:03 7:06  
 James Troy, 14          5:21 7:04 7:19 7:56 8:48

68:49

8. Gary Spears, 38         7:28 7:22 8:27 9:42 9:48  
 Fred Little, 18          5:52 6:28 6:09 7:01 6:48

75:48

9. Dave Gebauer, 37       7:09 7:38 7:37 DROP PED OUT \*  
 Pete Gebauer, 41        6:19 6:03 6:44 6:35 6:18

JOINED ANOTHER TEAM



# 8K RACE

CROSS COUNTRY

August 12, 1984



	NAME	AGE	TIME		NAME	AGE	TIME
1	Millie McCoel	22	26:38	55	Dale Vogel	34	48:08
2	K.D. Hibbelink	20	26:53	56	Ron Jarashou	34	48:28
3	James Foley	20	27:13	57	Mark Ramsey	26	48:34
4	Antonio Jordan	19	27:46	58	David Mandel	16	48:48
5	Nut Hall	26	28:01	59	Richard White	45	48:47
6	Gary Miller	16	29:00	60	Delma Miller	41	48:48
7	Bill Conroy	41	29:28	61	Jonas Legua	36	41:02
8	Scott Baker	16	29:25	62	Kathy Munger	38	41:11
9	Jim Kisenwether	26	29:52	63	Cliff Stisher	34	41:16
10	Leu Chesla	39	30:00	64	Neil Donnelly	48	42:03
11	Eric Lind	10	30:19	65	Allen Mycherley	42	42:06
12	Jeff Long	10	30:48	66	Laura Fratino	19	42:15
13	Chuck Brady	10	30:59	67	Esther Weisman	53	42:57
14	Tony Carvalho	15	31:05	68	Joy Donlin	34	43:03
15	Eddie Anderson	21	31:10	69	Martha Kinsinger	58	43:09
16	Eric Peltosalo	21	31:29	70	Tia Blewett	30	43:09
17	Mark Yerkes	29	31:41	71	Guy Ricco	63	43:14
18	Eric Richardsaon	17	32:12	72	Andrew Thomas	14	43:34
19	Rick Smith	33	32:25	73	Nancy Novak	29	43:34
20	Mile Chamberlain	48	32:35	74	Joe Ryan	59	43:47
21	Bill Ammon	38	32:49	75	Yvonne Assen	52	44:10
22	Joe Cloraty	41	32:57	76	Stephen Davis	25	44:25
23	Dick Manasseri	48	33:05	77	Mike Smith	34	44:32
24	Winnie Hittle	31	33:21	78	Rae J. Goodman	36	44:56
25	Bob Phillips	48	33:24	79	Lee Ausbury	37	45:31
26	Liz Kisenwether	29	33:38	80	Ding Brannan	58	45:31
27	Bill Mandell	41	33:42	81	Anne Marie Straub	15	45:34
28	Steve Dilling	41	33:49	82	Lee Meadows	55	45:56
29	Julie Caprio	23	34:17	83	Nancy Spear	27	46:03
30	Thomas McKee	56	34:40	84	Lee Patrick	41	46:21
31	John Quala	37	34:48	85	Rob Smith	35	46:47
32	Jay Ellis	23	35:05	86	Laura Horton	34	46:51
33	Eric Fredland	41	35:12	87	Puddie Littlehales	48	47:01
34	Bert Rice	47	35:21	88	Lisa Love	26	47:10
35	Krista Pierpont	16	35:06	89	Jay Alders	59	47:10
36	Mill Scott	34	35:27	90	Garry Spears	29	47:30
37	Jim Fratino	51	35:36	91	John Kurpjuweit	39	47:44
38	Bob Malpin	41	35:37	92	Rosemary McDonald	38	48:36
39	Paul Weisman	22	35:51	93	Carol Hubbu	46	48:42
40	Steve Rogers	38	36:58	94	Victoria Capewell	30	48:45
41	Joe Halsmith	54	37:09	95	Marie Hresko	49	48:50
42	Warren Cooper	31	37:15	96	Margaret Johnson	33	49:03
43	Bob Tresscott	35	37:20	97	John Straub	11	49:12
44	John Logie	45	37:34	98	Diana Mason	33	49:12
45	Dick Hillman	41	37:39	99	Janet Stanicevicz	34	49:50
46	Susan Bonner	38	37:41	100	Neal Kinsiner	49	49:51
47	Gif Munger	40	37:47	101	Susan Giraldi	34	51:00
48	Ben Moore	59	38:11	102	Frank Goetschius	42	51:56
49	Woody Linton	43	38:12	103	Karen Muench	17	55:02
50	Jan stark	34	38:25	104	Tyler Shores	41	56:27
51	John Littlehales	49	39:16	105	Rebbie Moon	41	56:33
52	Bill Trepp	34	39:39	106	Robin Rogers	29	58:23
53	Eric Haars	62	39:43	107	John Wall	78	67:50
54	Mike Blackstone	36	39:45				

# SEVERNA PARK 5 MILE RUN

September 9, 1984

Name	Age	Time
1. Nut Hall	26	27:23
2. Bill Conroy	41	27:48
3. Lou Chesla	37	28:18
4. Mark Yerkes	29	28:35
5. Jim Kiserwether	26	28:40
6. Terry Eplee	30	28:41
7. Joe Smaldone	38	29:50
8. Mike Chamberlain	40	29:56
9. Bill Ammon	38	30:01
10. Larry Hackley	32	30:08
11. Rick Smith	33	30:10
12. Doug Pond	45	30:18
13. Steve Dilling	41	30:19
14. Joe Deak	37	30:37
15. Bob Phillips	48	30:40
16. Don Kennedy	36	30:42
17. Winnie Hittle	31	30:45
18. David Wandel	16	30:52
19. Pat O'Brien*	36	30:54
20. Joe Clorety	41	31:40
21. Liz Kisenwether*	28	32:11
22. Will Scott	34	32:53
23. Bert Rice	47	33:13
24. Norman Altman	37	33:20
25. Joe Walsmith	54	33:21
26. Earle Myers	35	33:24
27. Jim Fratino	51	33:33
28. Steve Rogers	30	33:40
29. Eric Fredland	41	34:02
30. Henry Whitesel	44	35:17
31. Milt Sniegowski	37	35:23
32. Ron Bowman	34	35:24
33. Jim Storey	43	35:26
34. Stefan Kesseler	26	35:35
35. Howard Beard	37	35:41
36. Dick Manasseri	40	35:48
37. W. Trepp	34	35:55
38. John Logis	46	35:59
39. Michael Smith	34	36:02
40. Linda Rogers*	34	36:32
41. Eric R. Haars	62	36:43
42. Dale Vogel	54	37:00
43. Evan Thomas	43	37:03
44. Mike Blackstone	36	37:15
45. Alan Wolf	42	37:19
46. Delma Miller*	42	37:22
47. J.P. Littlehales	49	37:26
48. Andrew Thomas	14	37:26
49. Michael Wiley	37	37:40
50. Allen Stallings	50	37:49

51. Gale Cromwell*	30	37:49
52. Betty Impellizzeri*	40	38:27
53. Jonas Legum	36	38:30
54. Alan Wycherley	42	38:32
55. Louise Zeitlin*	39	38:37
56. Tim Blewett	38	38:44
57. Neil Donnelly	40	38:54
58. Guy Riccio	63	39:03
59. Jim Haas	41	39:13
60. Martha Kinsinger*	50	39:27
61. Rae Jean Goodman*	36	39:32
62. Clair Morris	48	39:34
63. Anne Chamberlain*	39	40:38
64. Nancy Novak*	29	40:45
65. Joy Donlin	34	41:13
66. Seuk Rosenberg	14	42:14
67. M. Rosenberg	40	42:25
68. Judi Greenblatt*	33	42:37
69. Puddie Littlehales	48	44:11
70. Neal Kinsinger	50	44:13
71. Bonnie Denner*	43	48:37
72. John Straub	11	49:51
73. Ed Wimbush	46	56:08
74. John Wall	71	1:06:12

## WORKER'S RUN

Bill Wandel	31:56
Nancy Spear	40:54
Bill Vogenitz	41:01

## MEN

19 and under			
1. David Wandel	16	30:52	
2. Andrew Thomas	14	37:26	
3. Seth Rosenburg	14	42:14	

20-29			
1. Nut Hall	26	27:23	
2. Mark Yerkes	29	28:35	
3. Jim Kiserwether	26	28:40	

30-39			
1. Lou Chesla	37	28:18	
2. Terry Eplee	30	28:41	
3. Joe Smaldone	38	29:50	

40-49			
1. Bill Conroy	41	27:48	
2. Mike Chamberlain	40	29:56	
3. Doug Pond	45	30:18	

50 and over			
1. Joe Walsmith	54	33:21	
2. Jim Fratino	51	33:33	
3. Eric Haars	62	36:43	

## WOMEN

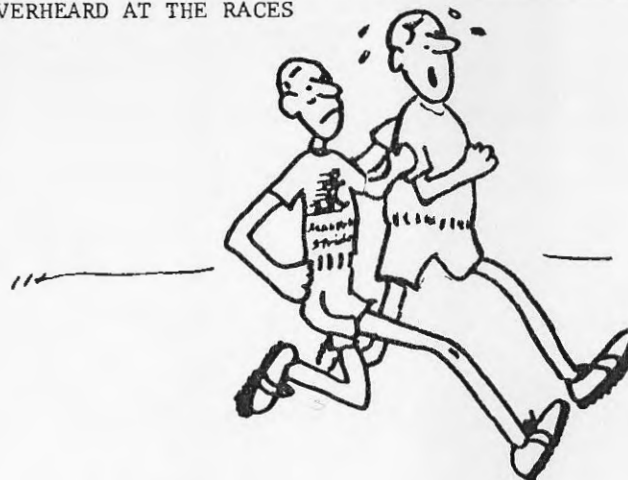
20-29			
1. Liz Kisenwether	28	32:11	
2. Nancy Novak	29	40:45	

30-39			
1. Pat O'Brien	36	30:54	
2. Linda Rogers	34	36:32	
3. Gale Cromwell	30	37:49	

40-49			
1. Delma Miller	42	37:22	
2. Betty Impellizzeri	40	38:27	
3. Bonnie Denner	43	48:37	

50 and over			
1. Martha Kinsinger	50	39:27	

## OVERHEARD AT THE RACES



"I've been carbohydrate loading for two months for this race. Where is it?"

# CLUB CHAMPIONSHIP SERIES

MEN 18 AND UNDER																	
	5K	10M	2M	10K	1M	5K	5M	TOTAL									
Andrew Thomas	1	35	1	4	2	4	1	48	Steve Klakring	11	7	35	35	35	35	35	192
Brian Kelley	2	35	35	35	35	35	35	212	Mark Van Beuren	2	35	35	1	35	35	35	178
John Straub	3	35	3	2	4	5	2	54	Don Anderson	1	35	1	2	35	35	35	144
David Zeitlin	4	35	35	35	5	35	35	194	Stan Fletcher	35	1	35	35	35	35	35	211
Billy White	35	35	35	1	35	35	35	211	Dick Shea	35	35	2	7	5	35	35	154
Joe Aben	35	35	35	35	1	35	35	211	Bob Leo	4	35	35	6	35	35	35	185
									Rick Smith	35	3	35	5	6	2	3	89
									Winnie Hittle	35	4	35	35	35	3	4	131
									Steve Rogers	35	35	5	35	35	8	35	188
									Ed Ruppura	6	35	35	35	35	35	35	216
MEN 19 AND UNDER																	
	5K	10M	2M	10K	1M	5K	5M	TOTAL									
Jeff Long	1	1	1	35	4	1	35	78	Ron Jarasnow	35	6	35	35	35	13	35	194
Charlton Archard	35	2	3	35	2	35	35	147	Tom Donlin	8	35	35	35	35	35	35	218
Branin Thorn	4	4	35	35	35	35	35	182	Bob Metz	18	35	35	35	35	35	35	228
Tony Carvalho	35	35	2	35	6	2	35	158	Warren Cooper	35	35	35	35	35	6	35	216
Matt Schoener	2	35	35	35	35	35	35	212	Bill Trepp	35	35	35	35	35	7	9	191
Brian Garner	35	3	35	35	35	35	35	213	Steve Rogers	35	35	35	35	35	5	7	187
Alan Johnson	2	35	35	35	35	35	35	213	Ron Jarasnow	35	35	35	35	35	8	35	218
Bart Williams	35	35	5	35	35	35	35	215	Terry Eplee	35	35	35	4	35	35	1	188
Joe Donnelly	35	35	7	35	35	35	35	217	Bob Walters	35	35	35	8	35	35	35	218
Louis Carvalho	35	35	35	1	35	35	35	211	Ronald Jones	35	35	35	11	35	35	35	221
Praned Reheja	35	35	35	2	35	35	35	212	Richard Nelson	35	35	35	12	35	35	35	222
Andre Sandison	35	35	35	3	35	35	35	213	Jeff Blair	35	35	35	13	35	35	35	223
David Mandell	35	35	35	35	8	3	1	153	Larry Hackley	35	35	35	35	35	35	2	212
Beth Rosenber	35	35	35	35	35	35	2	212	Ron Bowman	35	35	35	35	35	35	8	218
									MEN 35 - 39								
									5K	10M	2M	10K	1M	5K	5M	TOTAL	
MEN 20 - 29									Lou Chesla	2	1	1	35	1	1	1	42
	5K	10M	2M	10K	1M	5K	5M	TOTAL	Norm Alton	3	2	3	4	4	35	6	57
Nut Hall	1	1	1	35	1	1	1	41	Joe Deak	5	5	4	35	35	35	4	123
Jim Kisenwether	3	2	2	2	25	2	3	49	Mike Blackstone	12	10	7	35	10	5	9	88
Eddie Anderson	4	4	4	35	11	3	35	96	Jonas Legum	11	11	8	10	13	6	11	78
Stephen Davis	9	6	5	8	13	6	35	82	Gary McGuffin	1	3	35	35	35	35	35	179
Mark Yerkes	2	35	3	35	7	4	2	93	Dave Bartosevich	7	35	5	35	35	35	35	187
Stephen Porter	8	5	35	35	35	35	35	188	Howard Beard	9	35	6	35	9	35	8	137
Bob Biddle	2	35	35	35	35	35	35	212	Eric Fromm	18	8	35	5	35	35	35	163
Demetrios Fotos	35	3	35	3	8	35	35	154	Joe Swaldone	35	35	2	35	35	35	2	179
Dan Fratino	5	35	35	35	35	35	35	215	Richard Profoxich	35	4	35	35	35	35	35	214
Ted Shields	6	35	35	35	35	35	35	216	Richard Dugan	4	35	35	35	35	35	35	214
Ken Haas	35	7	35	35	35	35	35	217	Lou Kaluzienski	35	6	35	35	35	35	35	216
Marvin Terawaki	18	35	35	35	35	35	35	228	Ron Schumann	6	35	35	35	35	35	35	216
Ralph La Barge	11	35	35	35	35	35	35	221	William Trabue	35	7	35	35	35	35	35	217
Matthew Mace	35	35	35	1	5	35	35	181	Ken Upton	8	35	35	35	35	35	35	218
Mark Ramsey	35	35	35	6	35	5	35	186	Steve Van Rees	35	9	35	35	35	35	35	219
Dennis Gott	35	35	35	4	35	35	35	214	Ray Chapman	13	35	35	35	35	35	35	223
William Bracero	35	35	35	5	35	35	35	215	Bob Oberli	35	35	35	1	35	35	35	211
Charles Green	35	35	35	7	35	35	35	217	Tor Lohrheim	35	35	35	35	2	35	35	212
Jim Hind	35	35	35	9	35	35	35	219	Bill Ammon	35	35	35	35	35	2	3	188
Alan Peltman	35	35	35	10	35	35	35	228	Bob Trescott	35	35	35	35	35	4	35	214
Stefan Kessler	35	35	35	35	35	35	4	214	Tim Blewett	35	35	35	35	35	7	12	194
									Lee Pillsbury	25	35	35	35	35	8	35	218
									Rob Smith	35	35	35	35	35	9	35	219
MEN 30 - 34									5K	10M	2M	10K	1M	5K	5M	TOTAL	
Will Scott	5	5	3	9	7	4	8	38	Garry Spears	35	25	35	35	35	18	35	228
Eric Peltozalo	3	2	35	3	3	1	35	82	John Kurpjuweit	35	35	35	35	35	11	35	221
Earle Myers	7	35	4	18	8	35	6	185	Robert Muzzuco	35	35	35	2	35	35	35	212
Michael Smith	9	35	6	35	11	9	18	115	Don Kennedy	35	35	35	3	35	35	5	183
									Paul Herman	35	35	35	6	35	35	35	216

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Jeff Beatty	35	35	35	7	35	35	35	217
Robert Schaffer	35	35	35	8	35	35	35	218
Bill Veenitz	35	35	35	9	35	35	35	219
Bill White	35	35	35	11	35	35	35	221
Michael Wiley	35	35	35	35	35	35	10	228
Milt Sniegowski	35	35	35	35	35	35	7	217

**MEN 40 - 44**      5K   10M   2M   10K   1M   5K   5M   TOTAL

Bill Conway	1	1	1	1	1	1	1	7
Joe Claretz	2	2	3	25	3	3	5	53
Karl Scott	12	16	9	9	8	35	35	124
Jim Woodcock	35	3	2	3	2	35	35	114
Steve Dilling	3	4	35	35	35	6	4	122
Alan Mycherly	11	22	16	11	9	13	12	88
Mike Chamberlain	4	5	35	6	4	2	2	58
Even Thomas	14	21	11	35	18	35	18	136
Eric Fredland	8	35	3	35	35	7	6	129
Lee Patrick	17	19	13	14	11	14	35	128
Bob Halpin	6	9	35	35	35	8	35	163
Jim Storey	9	35	7	7	35	35	8	136
Henry Whitsel	35	18	8	35	35	35	7	165
Dick Hillman	35	12	6	35	35	9	35	167
Neil Donnelly	35	18	12	35	35	12	13	168
Don Potter	18	28	35	12	35	35	35	198
Doug Pond	35	35	4	3	6	35	3	121
Bruce Dalton	5	35	35	35	35	35	35	215
Charlie Weaver	19	23	35	35	35	35	35	217
Al Kubelius	35	6	35	35	35	35	35	216
Herb Alban	7	35	35	35	35	35	35	217
Joe Duffy	35	7	35	35	35	35	35	217
Daniel Arant	35	8	35	35	35	35	35	218
Robin Kelley	18	35	35	35	35	35	35	228
Gree Glynn	35	11	35	35	35	35	35	221
Bill Miller	35	13	35	35	35	35	35	223
Ken Lyons	13	35	35	35	35	35	35	223
George Mistien	15	35	35	35	35	35	35	225
Mike Long	35	14	35	35	7	35	35	196
Robert Kames	16	35	35	35	35	35	35	226
Bert Rohrbach	35	15	35	35	35	35	35	225
Barney Simpson	35	17	35	35	35	35	35	227
Bill Mandel	35	35	35	4	5	5	35	154
Richard Wein	35	35	35	5	35	35	35	215
John Sherwood	35	35	35	8	35	35	35	218
Tom Fry	35	35	35	11	35	35	35	221
Ron Wolfe	35	35	35	14	35	35	35	224
Pat Hoffman	35	35	35	16	35	35	35	226
Dick Manasseri	35	35	35	35	35	4	9	188
Gil Munger	35	35	35	35	35	18	35	228
Woody Linton	35	35	35	35	35	11	35	221
Alan Wolf	35	35	35	35	35	35	11	221
Jim Haas	35	35	35	35	35	35	14	224
M. Rosenberz	35	35	35	35	35	35	18	225

**MEN 45 - 49**      5K   10M   2M   10K   1M   5K   5M   TOTAL

John Logis	9	3	2	6	3	3	3	29
Allen Stallings	7	5	3	8	4	35	5	67

Arnie Henderson	3	1	35	4	35	35	35	148
Ken Thorn	5	2	35	7	35	35	35	154
Neal Kinsinger	18	35	4	35	35	5	7	131
John Butterfield	1	35	35	35	35	35	35	211
Bob Phillips	35	35	1	2	1	1	1	76
Bert Rice	2	35	35	35	2	2	2	113
Kirk Meir	35	4	35	35	35	35	35	214
Al Bressi	4	35	35	35	35	35	35	214
Joe Carrier	6	35	35	35	35	35	35	216
Mike McAusland	8	35	35	13	35	35	35	198
Ben Mathews	35	35	35	1	35	35	35	211
Donald Henderson	35	35	35	3	35	35	35	213
Emil Markulis	35	35	35	5	35	35	35	218
Joseph Harrington	35	35	35	18	35	35	35	228
John Littlehales	35	35	35	11	35	4	4	139
Larry Richman	35	35	35	12	35	35	35	222
Tyler Shores	35	35	35	35	35	6	35	216
Ed Wimbush	35	35	35	35	35	35	8	218
Clair Morris	35	35	35	35	35	35	6	216

**MEN 50 - 59**      5K   10M   2M   10K   1M   5K   5M   TOTAL

Hilton Taylor	1	1	1	1	1	35	35	75
Jim Fratino	3	2	3	2	35	1	2	48
Joe Ryan	8	4	7	9	6	5	35	74
John O'Hara	2	35	2	35	2	35	35	146
Ben Moore	35	3	4	3	3	3	35	86
Bill Lau	4	35	5	35	35	35	35	184
Dale Vogel	5	35	6	35	4	4	3	82
Doug Raper	6	6	35	35	35	35	35	187
Wheeler Stanfield	7	5	35	35	35	35	35	187
Lee Meadows	9	35	8	8	8	7	35	187
Jim Loftus	35	35	9	35	35	35	35	219
Buck Cadell	35	35	35	4	35	35	35	214
B. Burlison	35	35	35	5	35	35	35	215
Ding Brannan	35	35	35	6	35	6	35	187
Joe Walawith	35	35	35	35	35	2	1	178
Jay Alders	35	35	35	35	35	8	35	218
Don Waddington	35	35	35	35	7	35	35	217
Arnold Galliano	35	35	35	35	8	35	35	218

**MEN 60 AND OVER**      5K   10M   2M   10K   1M   5K   5M   TOTAL

Guy Ricco	3	2	1	2	2	2	2	14
John Cochran	1	1	35	35	35	35	35	177
John Wall	35	3	2	35	3	3	3	84
Eric Haars	2	35	35	1	1	1	1	76
Rod Beach	4	35	35	35	35	35	35	214

**WOMEN UNDER 20**      5K   10M   2M   10K   1M   5K   5M   TOTAL

Krista Pierpont	1	35	35	1	35	1	35	142
Lisa Fratino	2	35	35	35	35	2	35	179
Quadra Rohrbach	3	35	35	35	35	35	35	213
Anne Marie Straub	35	35	35	35	35	3	35	213

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WOMEN 20 - 29	5K	10M	2M	10K	1M	8K	5M	TOTAL
Liz Kisenwether	1	1	1	1	35	1	1	41
Dyan Beall	2	2	35	35	35	35	35	189
Carole Simpson	35	2	35	35	35	35	35	212
Melissa McHethy	3	35	35	35	35	35	35	213
Donna Hooten	4	35	35	35	35	35	35	214
Nancy Novak	35	4	35	3	35	35	2	149
Marian Turcotte	5	35	35	35	35	35	35	215
Susan Jones	6	35	35	35	35	35	35	216
Holly Sinclair	35	35	35	2	35	35	35	212
Sharon Fogle	35	35	35	4	35	35	35	214
Nancy Spear	35	35	35	35	1	3	35	179
Lisa Love	35	35	35	35	35	4	35	214
Robin Rogers	35	35	35	35	35	5	35	215

WOMEN 30 - 39	5K	10M	2M	10K	1M	8K	5M	TOTAL
Louise Zestlin	2	5	2	1	4	35	5	54
Anne Chamberlain	5	6	5	8	7	35	7	73
Joy Donlin	1	35	3	5	5	3	8	69
Betty Impellizzeri	35	4	1	6	2	35	4	87
Rae Jean Goodman	4	35	4	7	6	4	6	66
Ginger Aben	3	7	35	35	35	35	35	185
Joanne Radice	6	35	6	35	8	35	35	168
Pat O'Brien	35	1	35	35	1	35	1	142
Elaine Shereika	35	2	35	35	35	35	35	212
Linda Rogers	35	3	35	35	25	35	2	188
Cathie Hall	7	35	35	35	35	35	35	217
Patricia Benne	8	35	35	35	35	35	35	218
Jan Berge	35	8	35	35	35	35	35	218
Chris Metz	9	35	35	35	35	35	35	219
Susan Bonner	35	35	35	2	3	1	35	146
Judy Roberts	35	35	35	3	35	35	35	213
Jane White	35	35	35	9	35	35	35	219
Kathy Munger	35	35	35	35	35	2	35	212
Laura Norton	35	35	35	35	35	5	35	215
Victoria Capewell	35	35	35	35	35	6	35	216
Margaret Johnson	35	35	35	35	35	7	35	217
Gale Cromwell	35	35	35	35	35	35	3	213

WOMEN 40 - 49	5K	10M	2M	10K	1M	8K	5M	TOTAL
Delma Miller	35	1	1	2	1	1	1	42
Martha Kinsinger	2	35	2	1	2	2	3	47
Carol Muddy	3	3	35	35	35	4	35	158
Vicki Pierpont	1	35	35	35	35	35	35	211
Nancy Waddington	35	2	35	35	35	35	35	212
Bobbie Darwick	4	35	35	35	3	35	35	182
Puddin Littlehales	35	35	35	3	35	3	5	151
Rebbil Moon	35	35	35	35	35	5	35	215
Bonnie Denner	35	35	35	35	35	35	2	212

WOMEN 50 AND OVER	5K	10M	2M	10K	1M	8K	5M	TOTAL
Sue Greinke	2	1	2	35	35	35	35	145
Yvonne Aasen	3	3	3	2	2	1	35	49
San Chastain	1	35	1	1	1	35	35	189
Margaret Cochran	4	2	35	35	35	35	35	181
Shelia Walsmith	35	4	35	35	35	35	35	214
Betty Moore	35	35	4	35	3	35	35	182

## 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

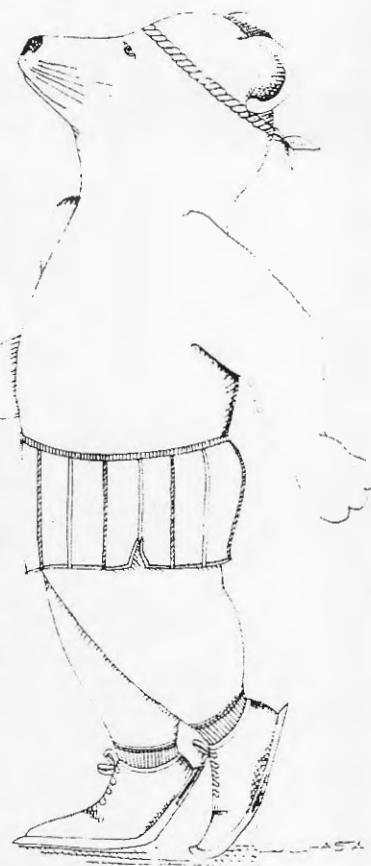
If you are interested in placing an ad, please call Yvonne Aasen at 647-0879. If you have an ad that is ready for press, mail to: Editor, P.O. Box 187, Annapolis, MD 21404.

INDEX OF ADVERTISERS

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# WHATS COMING UP

1984 ANNAPOLIS STRIDER EVENTS CALENDAR THRU DECEMBER

(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>Moore's Marines Marathon Training to Nov. 4</u>	Annapolis Mall Rt. 450 & Defense Hwy.	Ben Moore 268-3832
Every Sunday	7:30 A.M.	<u>Marathon Training Runs</u>	Navy/Marine Corps Stadium, Annapolis	Ben Moore 268-3832
2nd Monday of each month	7:30 P.M.	<u>Annapolis Striders Board Meeting</u>	Arundel Center Annapolis	Gerte Spadone 841-6894
October 14 Sunday	8:00 A.M.	<u>Metric Marathon 26.2K (16.2 miles)</u> <u>#8 Club Champ Series</u>	Southern High School Harwood, MD	Will Scott 267-8013
October 28 Sunday	9:00 A.M.	Key School 10K (6.2 miles)	Key School 534 Hillsmere Dr. Annapolis	Ann Beach 263-9231 day 269-0985 evening
November 4 Sunday	9:00 A.M.	9th Annual Marine Corps Marathon (26 miles, 385 yards)	Washington, D.C. SASE Marine Corps Marathon, P.O. Box 188, Quantico, VA 22134; or Athlete's Foot	Entry forms:
November 10 Saturday	9:00 A.M.	Turkey Trot 5-Mile Race 1-Mile Fun Run & 100-Yard Tot Trot	Downs Memorial Park Pasadena, MD	Tom Donlin 987-9600
Nov. 25 Sunday	10:00 A.M.	<u>Cold Turkey 20K (12.4 miles)</u> <u>#9 Club Champ Series</u>	South River High School Rt. 214, Edgewater, MD	Ken Thorn 263-9549
December 30 Sunday	11:00 AM	<u>Anniversary Run 15K (9.3 mi.)</u> <u>#10 and last Club Champ Series</u>	United States Naval Academy	Don Goodwin 301/268-8565

You don't have to be a Strider to run these races — all runners invited

The 1984 ANNAPOLIS STRIDER CLUB CHAMPIONSHIP SERIES includes 10 races. Anyone is welcome to run in these races, but to be scored in the series you must be a Strider. Your best six finishes count towards an age group award. Completion of five races makes you eligible for an award. For more information contact Bill Vogenitz 974-1998.

### CLUB CHAMPIONSHIP SERIES 1984 DATES

5K	March 3	✓
10 Mile	April 1	✓
2 Mile	April 14	✓
10K	June 17	✓
1 Mile	July 14	✓
8K	August 12	✓
5 Mile	September 2	✓
26.2K	October 14	
20K	November 25	
15K	December 30	

### RUNNERS NEED ID'S ON TRAIL

JOGGER'S PRECAUTION. Too many joggers go running without any identification, warns the American Running and Fitness Association. There's always the chance a jogger may be hit by a car, suffer a heart attack or in some other way be rendered unconscious. Many sports and running shops sell identification tags to be worn on the neck or wrist.

