

# STREAK

VOLUME VII

NUMBER 5

OCTOBER 1985



## ANNAPOLIS STRIDERS

ANNAPOLIS STRIDERS, INC.

P.O. Box 187

Annapolis, Maryland 21404



# STREAK

# ANNAPOLIS STRIDERS

volume VII number 5

october 1985

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		Home	Work
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Editor	Yvonne Aasen	647-0879
Layouts & Graphics		
Assistant Editor	Lee Turowski	757-4793

*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*

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## TABLE OF CONTENTS



OCTOBER

Pond's Reflections  
 Board Minutes  
 Editor's Remarks  
 Dear Striders  
 Welcome New Members  
 People in the News  
 Bulletin Board  
 Advertising

Training Tips I  
 Training Tips II  
 My Favorite Race  
 Running Healthy  
 Diet Workshop  
 Race Results  
 Club Champ Series  
 What's Coming Up  
 Race Entry Forms



NOVEMBER



### SURVIVAL OF THE FITTEST

I survived my second 24-Hour Relay. Between noon on Saturday, August 3 and noon Sunday, August 4, I ran 21 miles. That's about one mile every 65 minutes. The Striders team—made up of 10 members—ran a total of 217 miles. This year the weather was nice, I even used a blanket at night to keep warm. The hardest part of this race occurs between about midnight and sunup when your muscles start to tighten up and the lack of sleep catches up with you.

Pat O'Brien was the individual winner in the women's division. She averaged 6:09 per mile. Jeff Long also had a team in the relay. His team was third overall and one member, Jack Peach, was the men's overall winner. He averaged 4:57 per mile. Another Strider on Jeff's team, Nut Hall, was 14th overall. He averaged 5:22 per mile. Milt Taylor was the 50 and over winner with an average time of 6:21.

In 1983 I ran this relay race and the Striders had two teams. Ann O'Brien ran that year and she ran one of the most courageous races I have ever seen. She struggled through many miles with a badly hurt leg. If one person drops out

the other nine have to run further—there are no substitutes. Ann would not drop out. This year the 1st Annual Ann O'Brien Award for Courage goes to Betty Impellizzeri. Betty ran half of her 22 miles with a pulled groin muscle. Although she was in great pain she wouldn't quit.

A special thanks to Bill Miller for loaning, and setting up the tarpaulin which shielded us from the sun and protected us from the dew.

I also want to thank David Newman, and Leo Paszkiewicz for writing and letting me know that they have not been receiving the RRCA publication, Footnotes.

Again this year Mike van Beuren did a great job on the Annapolis 10-Miler. I have heard many compliments about the race and the nice shirt that was given to all finishers. Along with Mike, Gert Spadone deserves a great deal of thanks from all Annapolis Striders for a job well done.

Another Strider, Delma Miller, recently did a great job on the Severna Park 5-Miler held on September 8. I especially liked having prizes for all the various age groups in the Championship Series. For me that means 45-49 instead of 40-49. Delma was ably assisted by Louise Zeitlin.

There have been about 50 runners on Saturday morning at the Annapolis Mall to run with Ben Moore and most are in training for the Marine Corps Marathon. I have found it much more enjoyable running long distances (15-20 miles) with a group. When I first started 6 years ago I ran alone on the weekends and the runs were never much fun. The camaraderie at McDonalds after the race is especially nice.

Our next event is the Metric Marathon (16.2 miles) on October 13. This is a good tuneup for the Marine Corps Marathon.

Doug Pond,  
President



## BOARD MINUTES

### CHRONOMIX RENTAL RATES SET

August 19, 1985, Meeting

\* The Board reiterated its policy for renting the clock and chronomix. Charitable organizations may rent both pieces of equipment for one-half price (\$75) if they ask in writing at least 30 days in advance. Otherwise the rent is \$150 for both pieces or \$100 for a single piece. A trained Strider member must always accompany the equipment and operate it.

Pre-printed race entry forms may be included in the Streak for \$50 per issue.

\* The Cold Turkey 20K will be held on Nov. 24. Winnie Hittle was named director and Ken Thorn will assist him (Ken has been director in the past but did not have that day free this year). The November 24 date was set so it would not

(continued on next page)



conflict with the Maryland Marathon to be held on December 1. The Striders have again committed to help with the Marathon... this year. Anyone who can help with either race please call the Hotline.

\* Evan Thomas, property chairman, announced the purchase of six new stop watches and three voice activated walkie-talkies for the Club. Also received were 2 Jones course measuring devices which enable a bicyclist to accurately measure course distances.

\* The Board sent a letter to the State Highway Administration asking them to provide further safety measures for runners on Route 450.

## MONIES SLATED FOR BAY RESTORATION

September 9, 1985

\* Mike van Beuren announced that the 1985 Governor's Bay Bridge Run raised \$4,935.06 to help restore the Chesapeake Bay. In addition, the Striders received \$1000 for their part in directing and putting on the race.

\* The profit from the Ninth Annapolis Ten was turned over to the Striders treasury. Part is earmarked for restoring the Truxtun Park trails.

\* The plans for directing the Daffodil Day 10K are progressing. The date is yet to be announced—perhaps sometime in March. The race will start and finish at the City Dock. A budget and proposal will be submitted to the Welsh Society soon.

\* Pat O'Brien announced that she has received some positive responses to the Club's request for more safety measures on Route 450.

## DEAR STRIDERS

July 29, 1985

Dear Striders,

Thank you for the cute little doll. I really like her and I've named her Cindy. Have a nice summer.

From,  
Desir'ee Ficker  
Potomac, MD

(Thanks from her mother, too—she was so surprised and pleased! Anette Ficker)



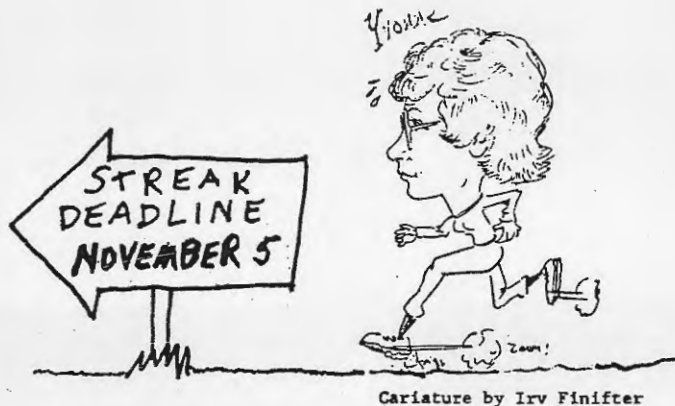
Editor's note: Desir'ee had gone home before the awards ceremony at the Women's Distance Festival so the race director mailed her Youngest Runner Award (Age 8).

## EDITORS REMARKS

THANKS: Thanks to these helpful people for getting the August Streak out: Emily Morse, Bob Hunton, Nancy Bryde, Curtis Aasen, Marvin Aasen, Will Aasen, and Bill Law. Thanks for all the contributions for this issue including Barbara Kerr's cartoons and Nancy Bryde's proofreading.

DEADLINE: The deadline for the December Streak is November 5.

-Yvonne Aasen



## DEAR STRIDERS

AN OPEN LETTER TO KATCEF BROS. :

Mr. James Katcef  
Annapolis, MD

August 16, 1985

Dear Jim,

On behalf of the more than 120 runners who took part in the TRUXTUN FUN RUN SERIES, I'd like to thank you for the support you and BUD LIGHT gave us this year. The prizes you provided for each of the 10 weekly meets were very popular and the watches wildly popular! Many thanks to Mike Busch too for his work.

As run director it was very rewarding for me to work with these people. There was a wide cross-section of athletes out there. I tried to get more children involved this year by sending out a circular to the schools and the young members of the Annapolis Striders. The list of runners I'm mailing to you with this letter shows that we did get a larger youth representation than at a regular Strider event.

You may have heard that the Striders are donating substantial funds to the Park for restoration of the trails. These funds are coming from the proceeds of the 9th and 10th Annapolis Runs. Over the past years the erosion has become quite severe throughout Truxtun. The run series can only help make people aware of the need to manage this park resource.

Truxtun Park Series runners have come to identify Katcef Brothers Distributing Co. as their benefactor. Again thank you and if I can be of assistance in some other way, please call on me.

Sincerely,

*Mike*

Michael van Beuren

# DEAR STRIDERS

City of



Annapolis

September 13, 1985

The Annapolis Striders  
Annapolis, Maryland 21401



WELCOME TO THOSE WHO HAVE  
RECENTLY JOINED THE STRIDERS

Dear Editor,

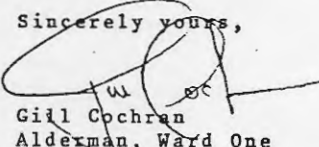
For three days, runners were banned from the Naval Academy until nine o'clock in the morning. Through the good offices of Mayor Hillman, we were able to intercede with Captain Straight and Admiral Larson to allow runners to enter into that wonderful facility between the hours of sunrise and sunset. Captain Straight told me that as far as he was concerned six o'clock in the morning was sunrise which certainly will be helpful for my running group.

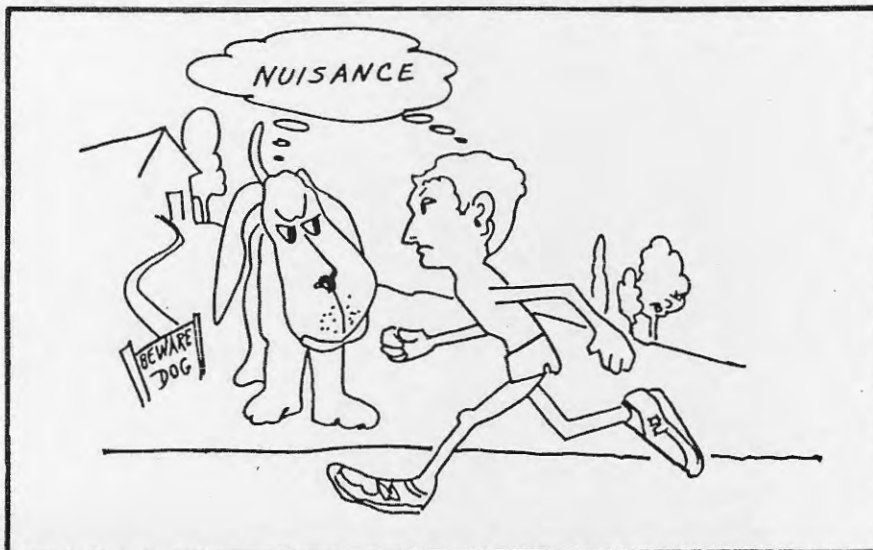
I would suggest all of us that run in the Naval Academy to write a letter of appreciation to Superintendent Charles R. Larson. I know that the Navy got a couple of hate letters when they banned us for those three days. The fact that they let us in is clearly a privilege that we should not take lightly. It is after all their grounds and they do indeed have a security problem. We are their visitors and we should be appreciative. And I think the best way to show that appreciation is to write a thank you note to the Admiral whose address it listed below.

Superintendent Charles R. Larson  
United States Naval Academy  
Annapolis, Maryland 21402

Please take the time to send a letter to the Admiral so we can continue running in perhaps one of the finest places in the world to run here in Annapolis.

Sincerely yours,

  
Gill Cochran  
Alderman, Ward One



- |                    |                   |
|--------------------|-------------------|
| Margie Jordan      | Annapolis         |
| David Payne        | Severna Park      |
| Lori Frank         | Annapolis         |
| James Gilbane      | Annapolis         |
| Robert Mitchell    | Annapolis         |
| Christina Coughlin | Arnold            |
| David Zeitlin      | Annapolis         |
| Michele Holman     | Edgewater         |
| Robert Moore       | Annapolis         |
| Don Boyd           | Annapolis         |
| Mary Kelly         | Ft. Meade         |
| Walter J. Bryde    | Severna Park      |
| Nancy Bryde        | Severna Park      |
| Beth Bryde         | Severna Park      |
| Walter C. Bryde    | Severna Park      |
| Gayle Flynn        | Severna Park      |
| Charles Burton     | Bowie             |
| Robin Borden       | Annapolis         |
| Clarence Blackwell | Annapolis         |
| Anne Blackwell     | Annapolis         |
| Clifford Blackwell | Annapolis         |
| Marion Blackwell   | Annapolis         |
| John Davis         | Annapolis         |
| Linda Rawson       | Arnold            |
| Alice Sullivan     | Crofton           |
| Trudy Linenberger  | Arnold            |
| Philip Kieffer     | Annapolis         |
| Charles Hudicek    | Crofton           |
| Mary Ellen Lyst    | Annapolis         |
| Ronald Lyst        | Annapolis         |
| Rene Lyst          | Annapolis         |
| Roxanne Lyst       | Annapolis         |
| Anna Marie Lyst    | Annapolis         |
| John Carroll       | Annapolis         |
| Suzanne Dalton     | Edgewater         |
| Sharon Ault        | Annapolis         |
| Ace Sarich         | Annapolis         |
| Paul Natishaw      | Annapolis         |
| Eleanor Elster     | Arnold            |
| Harry Barnabae     | Pasadena          |
| Harry A. Barnabae  | Pasadena          |
| Allyson McCormick  | Annapolis         |
| Mindy Boynton      | Annapolis         |
| Barbara Goldberg   | Severna Park      |
| Marilyn Harmon     | Shady Side        |
| Christopher Wilmot | Annapolis         |
| Paul Cleaver       | College Park      |
| Edward Dwyer       | Upper Marlboro    |
| Jean Dwyer         | Upper Marlboro    |
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| Barbara Formoso    | Alexandria, VA    |
| Emilia Formoso     | Alexandria, VA    |
| Anna Formoso       | Alexandria, VA    |
| Robert Inglis, Jr. | Mechanicsburg, PA |
| Keith Maynard      | Annapolis         |
| Susan Cobun        | Severna Park      |
| Wally Bloss        | Annapolis         |
| Pamela Oertly      | Lanham            |
| Michael Rogers     | Crofton           |
| John Pilcicki      | Arnold            |

PEOPLE  
IN  
THE NEWS



ANNAPOLIS STRIDER HONORED IN HALL OF FAME

Our inspiring Senior Strider John Wall, 72, has been elected to the University of San Francisco Hall of Fame. He will be inducted on November 1. His name will be engraved on a bronze plaque joining other notables such as Pete Roselle, commissioner of the National Football League; Casey Jones, Boston Celtics star; Gino Marchetti, Baltimore great; and Ole Matson, 1948 Olympic Team Gold Medalist. John will receive a medal and plaque to commemorate the occasion.

In 1935 John Wall ran for the San Francisco Olympic Club. His distance medley relay team broke the world's record at the West Coast Relays in Fresno, California. The first man, Les Wisler, ran the quarter-mile. Fred Walts carried the baton for the one-half mile. John's leg was the three-quarters mile which he covered in 3 minutes, 2 seconds. The wrap-up one-mile man was Norman Bright, who though now totally blind is still running to this day.

John earned his bachelor's and master's degrees from the University of Oklahoma in 1944 and 1946 respectively. He had a colorful career teaching school in Hershey, PA, and Roanoke, VA; he worked briefly for the Veteran's Administration at Fort Howard, and was a School Administrator for the Baltimore City Schools until his retirement. (Somewhere in that span he served a hitch in the Navy.)

All that time John ran either competitively or for fitness and pleasure until his heart attack, when he came back as a race walker.

"The Striders have been very good to me," John said, "they've given me some wonderful prizes and some wonderful memories. I appreciate them."

We, in turn, appreciate everything John Wall has done for us. "Congratulations John! You deserve the honor."

—Yvonne Aasen

BULLETIN BOARD



CAN DIET HELP ME RUN?

Talk with the experts and discover the ingredients essential to your improved athletic endurance. See DIET STRATEGY flyer on page 10 in this issue for details.

—Pat O'Brien 757-0462

PATS ON THE BACK FOR RACE DIRECTORS

The recent races put on by fellow Striders have been "class acts" offering participants a unique blend of competition and camaraderie. The race directors put in lots of miles behind the scenes and their efforts deserve a big thank you from all of us. "Thanks a mile."

BUSINESS OPPORTUNITY

The Striders are looking for an insurance company to write an insurance policy for the Chronomix and Clock. Anyone in this business who can help please call Property Chairman Evan Thomas (760-9188).

COURSE OFFERED ON COURSE MEASUREMENT  
Learn how to plan and measure an accurate race course according to TAC guidelines. Don Waddington, the "guru" of course layout will conduct this "hands on" program for interested members.

When: Sunday, September 29, 1985, 10:30 A.M.  
Where: Navy/Marine Corps Stadium Parking Lot  
Contact: Don Waddington for details and pre-registration (956-2061).

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

Best Impressions  
Eric Peltosalo, Attorney at Law  
Race Pace  
The Athlete's Foot



# TRAINING TIPS

## DOES THE SHOE FIT THE RIGHT FOOT?

by Lyle T. Modlin, D.P.M.

October is here again, marking the annual introduction of new running shoes. This is the time of year when most runners run up to the store to pick up the most current running magazine for the annual shoe survey—only to get confused. This is because it is now common knowledge that a well made running shoe is one of the most important factors for treating and preventing running injuries. The problem lies in which shoe is best suited for a particular foot type or running style.

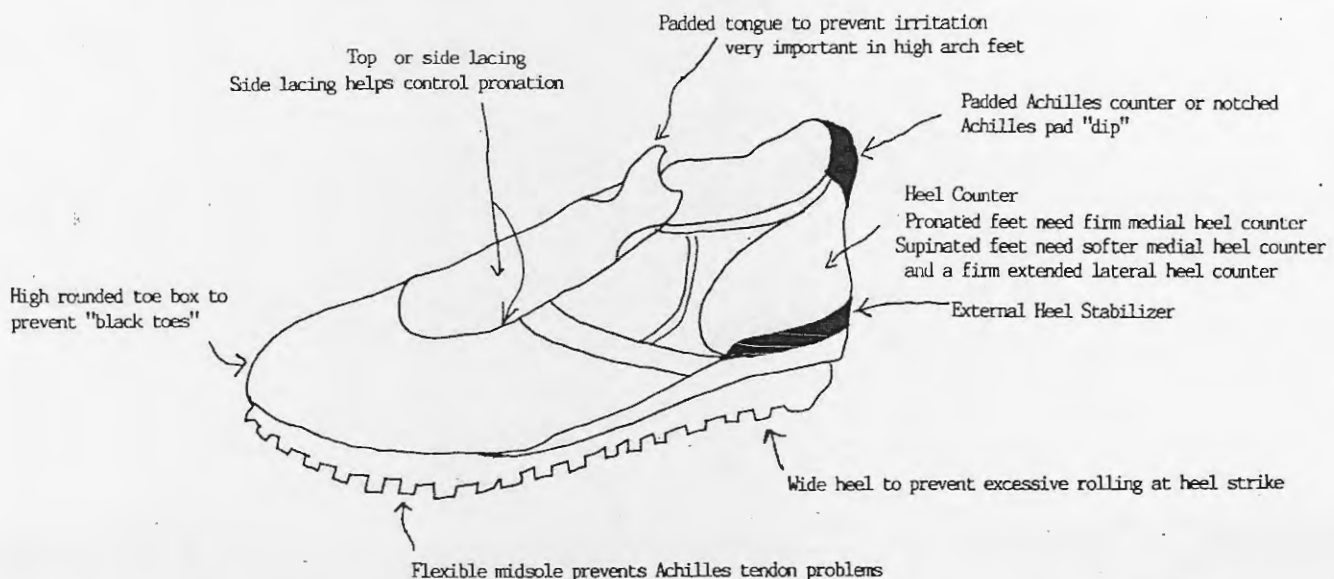
Running causes tremendous forces to be transmitted within the foot and leg. It is a function of the shoe to reduce and control excessive torques and pressure exerted on the foot and leg. There are two basic foot types, pronators and supinators. A pronator is generally a foot with a low arch and is somewhat fat with weight bearing. The inside of the foot rolls in excessively and the end of the foot moves up and out. Pronated feet tend to absorb shock fairly well yet they cause excessive torque related problems on the foot and lower extremity. A foot type such as this is unstable and causes the heel counter of the shoe to become tilted inward and causes excessive wear on the inside sole of the forefoot area and on the outside sole of the heel.

A supinated foot has an extremely high arch which may decrease slightly with weightbearing or may stay the same. With weightbearing the heel angles inward slightly and the forefoot usually points inward slightly or straight ahead. A supinated foot is a horrible shock absorber since the forefoot is unable to move up and out adequately. The sole of the shoe is often worn on the outside of both the heel and the foot area. This type of foot often has a short (tight) heel cord (achilles tendon) which becomes symptomatic after excessive mileage. It should be noted that 20% of all runners are supinators.

When picking your shoes, select a shoe according to your biomechanical idiosyncrasis (pronator, supinator, toe runner, heel runner, limb length discrepancies), not according to the running magazine shoe ratings. First determine whether you are a pronator or a supinator, then determine the degree of pronation or supination (severe versus mild). Pronated feet need control and stabilization and stabilization within the shoe versus supinators which need plenty of shock absorbing capacity within the shoe. Shock absorption can be seen in the type and amount of material used in the midsole and heel areas of the shoe. The shoe actually gives a numerical rating as to shock absorption capacity. Supinators should be careful of the hard, rigid heel counters which they don't need and external heel stabilizers since they can cause injuries in high and arch feet. Supinators should also make sure that the sole is very flexible so as to decrease stress on the heel cord when running hills or uneven surfaces. Pronators on the other hand require control and stabilization of the rearfoot. This can be found in shoes that have plastic external heel stabilizers, extended medial heel counters, firmer midsoles and heel counters. Shock absorption is still important but not to the same degree as in supinated feet. Pronation is best controlled by straight last shoes.

Another important area that hasn't been mentioned is tight heel cords (tendo-achilles). This is commonly seen in women who primarily wear high heels, but it is also very common in high arch (supinated) feet. It may occur on both legs or maybe unilateral (affecting only one side). If you have a problem such as this you may need a running shoe with a higher heel than normal. Look at this years shoe survey and determine which shoe has the highest heel elevation. A shoe with a higher heel and one with a padded notched collar around the achilles tendon will do wonders. If one leg is shorter than the other, place a heel lift into the shoe. A good rule of thumb is if the limb length discrepancy is one-fourth inch, then start with one-eighth inch Neoprene and gradually increase to normal, if tolerated well.

(continued on next page)



I hope this helps you select a shoe that is right for you and alleviates a lot of headaches. Remember, different companies use different lasts (foot shapes) to construct their shoes. Therefore if the end of the foot toes inward excessively look for a curved last shoe versus a straight last shoe. Sometimes the shoe is unable to alleviate excessive stress and shock and an orthotic becomes necessary. This fortunately occurs very infrequently and the shoe often suffices with minor changes.

## NORMAL FEET, TOO, REQUIRE CARE

Editor's note: Lyle added a postscript for those who have "normal" feet:

Be careful not to purchase any shoe designed for a supinator. If you err it would be better in the direction of a pronator's shoe.

For normal feet its important to get a shoe with some rearfoot stability—a rigid heel counter will suffice. You do not need a shoe with an external heel stabilizer (extra plastic band around the heel counter). All feet pronate to some degree, it is only the symptomatic feet that pronate excessively who need a shoe especially designed for a pronator. As a bonus, a shoe for a normal foot with a simple rigid heel counter will be less expensive.

To conclude here are 3 additional points:

1. The width of the shoe is very important. The side of the foot should not overlap the sole. If it does, pick a shoe brand that offers a variety of widths.
2. The end of the longest toe should be about a thumb's width from the end of the shoe.
3. Buy your shoes at the end of the day. Feet swell, especially if you've been walking all day.

# TRAINING TIPS

by Pat O'Brien

## RUNNING WITH STYLE

Running style is often an individual's trademark. Think how many times you've identified a distant runner by recognizing his or her style. The most important consideration is not how you look when you run, but rather that what you are doing feels comfortable. Though there is great merit in doing what comes "naturally," there are a few elements basic to good running form which are important to consider.

There are two important ways in which you can benefit by perfecting your form. First, good form will increase the efficiency of your efforts enabling you to run farther faster with less energy expenditure. Second, the likelihood of injury is decreased as good form synchronizes the mechanics of the motion of running.

Using Figure 1 as a guide to the text, let's examine five basic ingredients of running form.

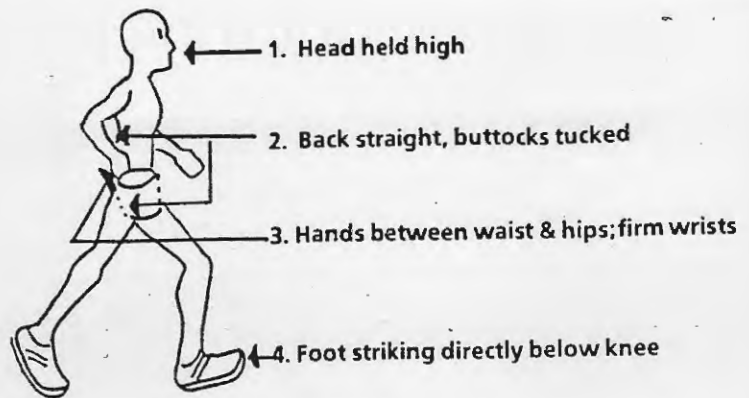


Figure 1

1. Head and Shoulders. Run with your head held high. Look ahead, look around and enjoy the visual aesthetics of the sport. Staring down at the pavement or meditating on one's feet will not only deprive you of drinking in the surrounding beauty but will prevent you from also seeing oncoming cars, trucks and cyclists. Relax the muscles of your forehead, cheeks, neck and shoulders—even shrug or droop those shoulders a little

2. Back and Hips. Straighten your back and remain upright such that your back is perpendicular to the road. Proper position of the pelvis (hips) will aid in maintaining an erect posture. To do this, imagine your hips are a bucket of liquid that you don't want to spill as you run. In order to do this you need to tuck your buttocks under so that the front of the pelvis is tilted slightly upward as you run (see sketches). The abdominal muscles are also used in maintaining this good posture, so keep doing those sit-ups and leg raises. Ideally, your ear, shoulder and hip should all be points along a line perpendicular to the road.

3. Arms and Hands. The key to correct position here is "hang loose," but not floppy. Let your arms swing in rhythm with your legs and flex your elbows a little enabling a low arm carriage. Usually, this means that your hands swing somewhere between waist and hip level. Relax the fingers, loosen the fists, and keep wrists firm but not tight. Arms should swing nearly parallel with your feet in a pendular type motion. Though your arms may swing slightly toward the center of your body avoid letting your hands do this. To illustrate the reason, practice an arm swing where the hands come across the center of the torso; now observe, what's happening to your shoulders? Simply stated, this side to side movement of the arms and shoulders represents loss of forward momentum; hence, you're not getting the most mileage from the energy you're expending.

4. Legs and Feet. Your leading foot should strike after it has reached the farthest point of advance and has started to swing back. The foot should strike the ground, heel first, directly under the knee. Remember to keep your knees slightly bent at all times and make sure your steps don't cross in front of each other, but rather move forward in a straight line. The

(continued on next page)



length of a stride will vary with the individual and the pace he is running. Probably the best advice is to follow the above suggestions and beyond that, don't think too much about it.

5. You and Your Genes. The truth of the matter is you probably don't have much control over your running style. Like it or not, genetic determinants influence how we look, running or otherwise. That's why styles of running become known as an individual's trademark. You can, however, modify that style a bit by adapting to it the elements of good form we've just discussed. Beyond that, run comfortably and do what comes naturally for your style!

note: Just as a running style is the trademark of an individual, so too does form change with the pace of the run. The guidelines given in this article are applicable in "easy run" situations of 7-10 minutes per mile pace.

## MY FAVORITE RACE

### CONFESSIONS OF A MARRIED RUNNER

by John O'Hara

At dawn today, I reluctantly terminated an affair which I had been having for nearly 20 years.

The affair started quite innocently in the early 1960s when I was out on an early morning run. Since Bowie was a new development which had been carved out of farmland, there were plenty of new roads and paths to explore.

As the sun was breaking the horizon one morning, I casually turned onto a country road approximately two miles from my home and was immediately seduced by her beauty. My seductress was a slim, curvacious two-and-one-half mile stretch of virgin beauty. She had soft, narrow sandy shoulders that carressed my every footstrike with gently forgiving delicacy.

She was flanked on both sides with woods and meadows that dressed in alluring colors during each season of the year. At dawn and dusk, as the sun played on her foliage, she would become especially alluring and provocative. Her air was pure and perfumed by the flowers and blossoms which she produced in abundance. At one point a lake graced and amplified her matchless beauty.

During the early years of our acquaintance I visited my country beauty on hundreds of occasions and always found her waiting and eager to please. Oh! Sometimes during inclement weather, especially during the winter months, she could get a bit coquettish and I had to tread with caution.

I realized, however, that these were just fleeting short periods and they simply added to her allure. Our intimate moments would frequently be temporarily disrupted by the appearance of rabbits, ducks, doves, pheasant and even an occasional deer, but these simply seemed to enhance our relationship.

After about five years of uninterrupted intimacy, our idyll began to feel external pressures. Initially an ice skating rink was built on the lake, and on my runs automobiles and people started punctuating our serenity. Then big city contractors started wooing my country beauty and she succumbed to their promises of bright lights and new experiences. In so doing, she has paid a terrible price. She has not aged gracefully.

Her once elegant slim body has ballooned from a very narrow one lane to four lanes and many of her alluring curves have disappeared. Her once soft shoulders have now become hard unrelenting grey ribbons of concrete which jolt instead of cushioning my footstrikes.

Her sweetly perfumed air which used to craze my senses has now turned to the pungent odor of exhaust fumes from automobiles. Her once incomparable foliage has been changed to the dull hues of man made colors on the hundreds of sub-division homes which have been recently constructed. The wild animals which used to scurry shyly about are gone and have been replaced by yapping ill-trained dogs which hound my every run. Beer bottles and fast food containers have taken the place of the daffodils and daisies which used to grace my beauty.

Early this morning I made another visit to my road. Since today was a holiday, there was no traffic and the lake area was almost completely deserted. I paused momentarily by the lake and as I watched the rising sun play on the early morning mist swirling over the water, my thoughts traveled back to what used to be and momentarily the intimacy returned.

As I turned away from the lake, however, and faced the world of reality, I realized that the affair had ended.

Editor's note: This article was first published in the Bowie Blade in 1982.



# RUNNING HEALTHY

## A NEW LOOK AT CARBOHYDRATE LOADING

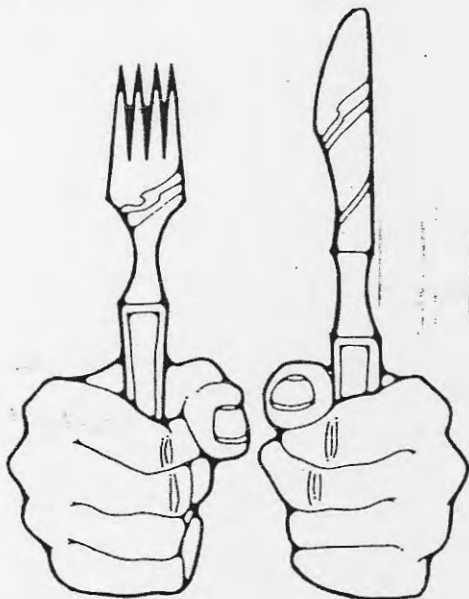
by Colleen Pierre, R.D.

Current research into carbohydrate loading methods brings good news. The super compensation technique as developed in 1967 by Per Olaf Astrand is now being modified by exercise physiologists such as Costil and Fink of Ball State University and Londeree of the University of Missouri. Studies show that it is really not necessary to follow the high protein, high fat portion of the diet in order to achieve successful loading.

The system now being recommended for the week prior to the marathon is:

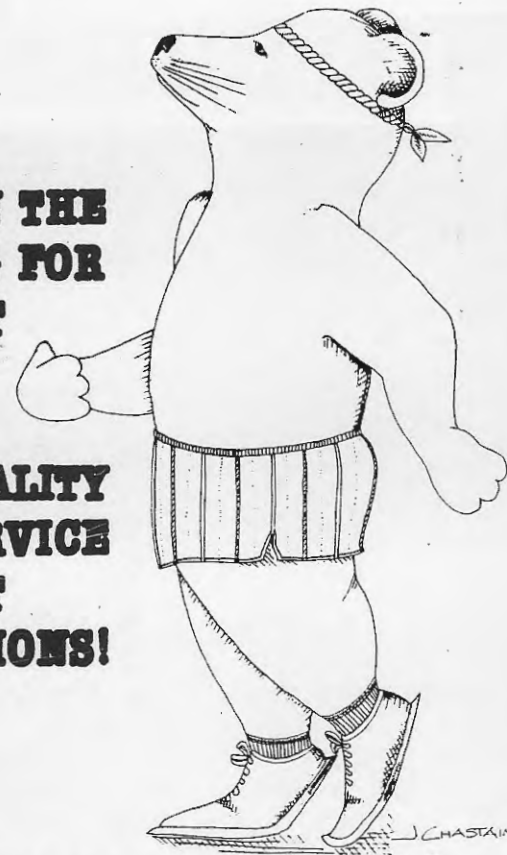
- 1) For the first three days, exercise to the point of exhaustion in order to deplete glycogen stores. Consume a mixed diet based on the four food groups, holding carbohydrates to about 50% of the diet.
- 2) For the remaining days of the week, switch to a high carbohydrate diet (75-90%) and reduce training drastically to spare glycogen stores. This process will localize glycogen stores in the exercising muscles by 2 or 3 times normal amounts.

Men will need to average about 2500 to 3000 calories during the first three days. The diet should consist of about 20% protein, 30% fat, and 50% carbohydrate. Practically speaking, this would be: three 8 oz. servings of skim milk or other lowfat dairy products such as yogurt, cheese, or cottage cheese; 9 ounces of low fat, high protein foods such as meat, fish, poultry, beans, cheese, tofu, eggs (limit to 3 or 4 per week) and peanut butter (this is a high fat, high calorie item); four or five large servings of fruit or juice; 3 cups of cooked vegetables (or 6 cups raw); the equivalent of 15 servings from the "Bread" group below (e.g. 2 cups spaghetti = 4 servings of "Bread"); and a modest amount of high Fat items such as mayonnaise, cooking oil.



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The comparable diet for women would be 2 servings of milk; 6 oz. high protein food; 3 servings of fruit; 1½ cups cooked vegetables (or 3 cups raw); about 10 "Breads;" and modest amounts of fat.

During the final three days, as your exercise decreases, your calorie requirement will also decrease, but the percentage of carbohydrate should increase. In order to accomplish this, hold the fruits, vegetables, and breads at the same level; decrease your milk by one serving; decrease the high protein foods and make all selections from plant proteins such as kidney beans, garbanzos, peas and rice combinations, tofu, etc. (see recipe below), and decrease fats.

Here's a high carbohydrate, low fat moderate protein recipe you might like to try:

### HERBED RICE AND BEANS

Combine and cook until all water is absorbed:

- 1 cup Brown Rice
- 2 cups water
- 1/2 tsp. Thyme
- 1/2 tsp. Marjoram
- 1 Tbsp. dehydrated onion

Add and heat through:

- 2 cups cooked beans such as soy beans, kidney beans, garbanzos, etc. Season to taste with your favorite barbeque sauce.

CARBOHYDRATE

LOADING

# DIET STRATEGY FOR ENDURANCE ATHLETES



\*\*\*\*\*

A "GOOD NUTRITION" WORKSHOP FOR MAXIMUM PERFORMANCE IN MARATHONS, TRIATHLONS, AND OTHER ENDURANCE EVENTS.



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DEVELOP YOUR OWN "PERSONAL BEST" DIET

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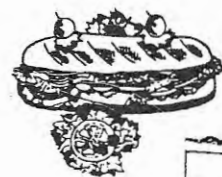
**PRESENTED BY:** Gale Belliveau, Ph.D. and Colleen Pierre, R.D.

**DATE:** Sunday, October 20, 1985

**PLACE:** Arundel Center Room 117 Annapolis, MD.

**TIME:** 1-3 PM

**REGISTER NOW BY CONTACTING:** Pat O'Brien 757-0462





# 10TH ANNAPOLIS RUN

August 25, 1985

\*\*\*\*\*  
 \* TAC Certified 1985 \*  
 \* 1924 finishers \*  
 \* temp: 70's, high humidity \*  
 \*\*\*\*\*



## MEN'S RESULTS

Winner	Age	Time
Paul Malott	27	50:59
<u>Open</u>		
Jim Hage	27	51:52
Bruce Coldsmith	28	51:55
Michael Sheely	25	52:21
Harry Goodman	31	52:52
Jack Coffey	31	53:11
Henry Phelan	28	53:19
Michael Monaghan	27	53:20
David Harrison	34	53:56
Scott Eden	32	54:11
<u>13 and under</u>		
John Lewis	11	1:17:33
<u>14-19</u>		
John Schwartz	17	1:01:49
Robbie Siebenhaar	16	1:02:06
James Gearing	17	1:02:51
<u>40-44</u>		
William Conroy	42	58:29
Lou David	43	58:33
3rd undertimed		
<u>45-49</u>		
Richard Jamborsky	49	57:44
John Elliott	46	59:05
Charles Ross	47	59:08
<u>50-59</u>		
William Hoss	50	59:21
Ray Harrison	51	1:01:20
Steve Rosasco	51	1:05:32
<u>60-69</u>		
Dixon Hemphill	60	1:09:20
Oscar Fox	63	1:13:20
Bill Osburn	61	1:13:33
<u>70 and over</u>		
John Newdorp	75	1:48:02

## WOMEN'S RESULTS

Winner	Age	Time
Karen Wagner	22	58:10
<u>Open</u>		
Susan Duquette	31	1:01:45
Pamela Briscoe	30	1:02:03
Barbara Frech	31	1:03:18
Mary Pitchford	27	1:03:18
Patricia Milleson	26	1:04:13
Debbie Forrester	28	1:04:24
Patricia O'Brien	37	1:04:26
Rose Malloy	37	1:05:12
Amy O'Leary	29	1:05:26
<u>13 and under</u>		
Kimberly Henderson	12	1:26:04
<u>14-19</u>		
Drista Pierpont	17	1:07:14
Pamela Garrettson	19	1:11:00
Denise Knickman	17	1:12:29
<u>40-49</u>		
Dolly Broyles	41	1:09:47
Vickie Pierpont	42	1:11:49
Vivi Provine	41	1:12:34
<u>50-59</u>		
Martha Kinsinger	51	1:22:29
Joanne Shecter	50	1:30:51
Marjorie Lane	52	1:31:30
<u>60 and over</u>		
Dorothy Bright	60	1:31:13
Becky Yencharis	64	1:36:18



-photo by World of Color

Karin Wagner, 22, from Arbutus, Maryland, won first place in a blistering 58:10.

# 10TH ANNAPOLIS RUN

## worker's run

August 24, 1985

PLACE	NAME	AGE	TIME
1.	Mike van Beuren	33	55:53
2.	Mark Yerkes	30	59:33
3.	Robert "Nut" Hall	27	61:11
4.	Robert Walters	37	65:28
5.	Douglas Pond	46	65:32
6.	Jeff Long	19	65:32
7.	Bruce Truog	36	67:47
8.	Aubrey "Al" Posey, Jr.	43	68:15
9.	Al Kubeluis	43	68:29
10.	Bert Rice	48	69:09
11.	Joe Duffy	43	71:05
12.	Rodger Carter	40	71:18
13.	Ronald Jarashow	35	71:43
14.	Cindi Fox (F)	24	71:48
15.	Timothy Blewett	39	72:09
16.	Terrance Clark	38	72:20
17.	Deborah Dudas (F)	27	72:39
18.	Richard Hillman	42	73:42
19.	Robert Moore	44	74:19
20.	John DeGreck	40	74:25
21.	Arnold Henderson	49	75:00
22.	Evan Thomas	44	75:12
23.	Kenneth Lyons	45	75:26
24.	Joseph Walsmith	55	75:30
25.	John Gudas	38	78:19
26.	Linda Rogers (F)	34	79:05
27.	Ben Moore	60	80:13
28.	Jim Howe	52	82:33
29.	Steven Van Rees	39	82:40
30.	William Law	57	83:35
31.	Pete Williams	43	83:47
32.	Thomas Donlin	35	84:09
33.	Ruthie Bernstein (F)	30	85:00
34.	Abe Pollack	65	85:02
35.	Cathy Quigley (F)	33	87:02
36.	Joy Donlin (F)	35	87:43
37.	Patrick Hoffman	42	90:30
38.	Guy Riccio	64	91:01
39.	Paul Natishan	32	91:33
40.	Lee Patrick	42	92:20
41.	Betty Moore	56	95:01
42.	Anne Chamberlain (F)	41	95:01
43.	Delma Miller (F)	42	95:01
44.	Ginny Ritter (F)	23	103:15
45.	Patricia Bembe (F)	31	103:48
46.	Lelia Brobst (F)	35	103:48

# 10TH ANNAPOLIS RUN TRIVIA

Almost hailed as a bandit, local Strider Scott Eden finished in tenth place. Car trouble delayed him from picking up his number and he just barely made it to the starting line—well warmed up from sprinting.

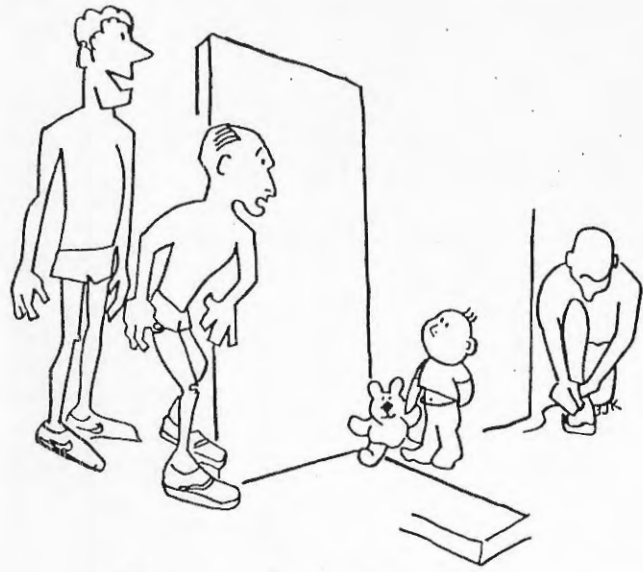
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"Can your Daddy come out and play?"

# 24 HOUR RELAY

Ft. George G. Meade, MD

August 3-4, 1985



THE ANNAPOLIS STRIDER'S TEAM: Left to right: Bill Ammon, Tim Blewett, Tom Delaney, Betty Impellizzeri, Mike Impellizzeri, Delma Miller, Pat O'Brien, Doug Pond, Bill Wandel, and Tom Komarek (in circle). This was the "before" picture. There was no "after" photo.

## AVERAGE TIMES FOR THE NOSWOT TEAM

Nut Hall *	5:22
Anthony Lee	5:41
Brian Palmer *	5:30
Jack Peach	4:57
Chuck Brady	5:20
Rob Hovermale	5:27
Matt Gorham	6:00
George Reasan	5:19
Jeff Long *	5:34
Eddie Anderson *	5:54

The NOSWOTS were a young, fast and furious team from Towson State. (NOSWOT is Towson spelled backward.) With several of our Striders on (★) their team they placed third out of 28 teams and one of their members, Jack Peach, had the fastest mile average for the entire event. The NOSWOTS were organized by Jeff Long who is a Strider and a member of the Towson State Track Team.

## AVERAGE TIMES FOR THE STRIDER TEAM

Bill Ammon	5:38
Tim Blewett	6:32
Tom Delaney	5:44
Betty Impellizzeri	8:26
Mike Impellizzeri	7:13
Tom Komarek	5:58
Delma Miller	7:45
Pat O'Brien	6:09
Doug Pond	6:07
Bill Wandell	6:28

## TWO-PERSON TEN-MILE RELAY

### FOURTEEN TEAMS ROUGH IT

by Bill Vogenitz



Broadneck High School

July 27, 1985

On a chilly, rainy morning twenty-eight runners braved the elements to run the Two-Person Ten-Mile Relay. Each team partner ran alternate miles.

I want to especially thank my race workers, without whose help this race wouldn't have been possible: Joe Walsmith, Ron Bowman, Mike Long, John Wall, and Judy Vogenitz.

Following are the race results:

<u>Overall Winners:</u>	48:55	Mike van Beuren + Scott Eden
<u>Coed Winners:</u>	58:48	Krista Pierpont + Sean Cavnar
<u>Masters Winners:</u>	66:24	Bill Wandell + Ray Randall

1.	48:55	Mike van Beuren + Scott Eden
2.	50:47	Andy Carr + Riyad Karmy-Jones
3.	53:28	Nut Hall + Chuck Brady
4.	57:48	Paul King + Ben Gonzalez
5.	58:48	Krista Pierpont (F) + Sean Cavnar
6.	59:13	Suzanne Dalton (F) + Nick Lakis
7.	61:13	Gale Cromwell (F) + Joe Smaldone
8.	62:20	Will Scott + Tim Blewett
9.	66:24	Bill Wandell + Ray Randall
10.	67:47	Jan Stein (F) + Mike Ballas
11.	73:03	Charlotte Caruso (F) + Larry Hackley
12.	73:19	Rae Jean Goodman (F) + Clair Morris
13.	73:31	Bill Bodziak + Billy Bodziak
14.	74:33	Brian McHugh + Don Jeffrey



# SEVERNA PARK 5 MILE RUN



September 8, 1985

PLACE	NAME	AGE	TIME
1.	Bill McCormack	25	26:01
2.	Mark Rosasco	26	26:52
3.	Nut Hall	27	27:12
4.	Mike van Beuren	33	27:27
5.	Andrew Shaw	19	27:47
6.	Jim Robinson	27	28:20
7.	Eric Peltasalo	35	28:32
8.	Tony Carvalho	16	29:02
9.	Mark Yerkes	30	29:15
10.	Bill Rosser	36	29:23
11.	Jim Kisenwether	28	29:28
12.	Greg Hill	19	29:48
13.	Eddie Anderson	22	29:59
14.	Joe Dobrosielsky	36	30:10
15.	Terry Eplee	31	30:13
16.	Steve Dilling	42	30:51
17.	Lee Aulisio	38	31:01
18.	Mike Harb	17	31:11
19.	Ron Collyer	27	31:11
20.	Thomas Mark	43	31:14
21.	Winnie Hittle	32	31:18
22.	Gayle Flynn	36	31:19
23.	Robert Shepherd	20	31:21
24.	Joe Parvis	15	31:32
25.	Doug Pond	46	31:35
26.	Pat O'Brien (F)	37	31:43
27.	Bill Wandell	42	32:17
28.	Ted Kennedy	24	32:18
29.	Don Kennedy	38	32:23
30.	Dave Ansel	28	32:31
31.	Tom Prendki	29	32:33
32.	Milton Taylor	52	32:40
33.	Henry Whitesel	45	32:56
34.	Howard Beard	39	33:06
35.	Eric Fredland	42	33:06
36.	Lloyd Abbot	43	33:11
37.	Bob Phillips	49	33:19
38.	Jeff Harvey	44	33:27
39.	Rick Smith	34	33:44
40.	Ron Jarashow	35	33:47
41.	Bert Rice	48	33:57
42.	John Guala	38	34:13
43.	Greg Holochwost	43	34:18
44.	Carl Johnson	16	34:23
45.	Will Scott	35	34:25
46.	Julia Caprio (F)	24	34:54
47.	Ron Bowman	35	43:57
48.	Dick Shea	34	35:07
49.	Joe Walsmith	55	35:16
50.	Debbie Dudas (F)	27	35:18
51.	Paul Herman	40	35:58
52.	Evan Thomas	44	36:05
53.	Kim McCormack (F)	24	36:07
54.	Carole Simpson (F)	26	36:10
55.	Joe Aben	12	36:30
56.	Bill Trepp	35	36:43
57.	Jim Storey	44	36:45
58.	Eleanor Elster (F)	34	36:46
59.	William B. Derr	46	36:53
60.	Tom Donlin	34	37:21
61.	Gale Cromwell (F)	31	37:25
62.	Mary Ann Zuclama (F)	38	37:28
63.	Ben Moore	60	37:36
64.	Eric Haars	63	38:14
65.	Susanne Lynn Bernier-Robinson (F)	24	38:30
66.	Howard Berry	43	38:39
67.	Kenneth deGraffenreid	41	38:45
68.	David Williams	42	38:50
69.	Mary Lou Hawkins (F)	44	38:53
70.	Ed Polk	34	38:55
71.	James McCutchan	41	39:27
72.	Anne Chamberlain (F)	41	39:31
73.	Don Perkins	54	39:40
74.	John P. McKone	22	39:47
75.	Kathy Finkelstein (F)	36	39:56
76.	John Kurpjuweit	40	40:06
77.	Earl Scott	45	40:17
78.	Richard Lantry	46	40:20
79.	Charles Burton	41	40:22
80.	Edwin Green, Sr.	38	40:30
81.	Sharon Loving (F)	38	40:38
82.	Jim Fratino	52	40:52
83.	Shaun Black	11	40:55
84.	Clyde Richard	44	40:56
85.	Molly Broderson (F)	33	41:03
86.	Roger Stoy	39	41:05
87.	Clair Morris	39	41:13
88.	Joy Donlin (F)	35	41:18
89.	Henry Garufi	40	41:21
90.	Barbara Watkins (F)	43	41:22
91.	Deborah Ahalt (F)	38	41:27
92.	Martha Kinsinger (F)	51	41:27
93.	Rae Jean Goodman (F)	37	41:29
94.	Dale Vogel	55	41:40
95.	Steve Steele	38	41:40
96.	Alan Wycherly	43	42:02
97.	Barbara Kerr (F)	48	42:08
98.	Jonas Legum	37	42:18
99.	Nancy Novak (F)	31	42:28
100.	Guy Riccio	64	43:05
101.	Frank Goetschius	43	43:20
102.	Paul Natishan	32	43:45
103.	P.T. Dougher (F)	33	44:06
104.	Sharon Hammond (F)	38	44:36
105.	Sharon Watts (F)	34	45:14
106.	Neal Kinsinger	51	45:16
107.	Leona Collyer (F)	26	45:31
108.	Frank Staples	23	45:35
109.	Yvonne Aasen (F)	54	45:48
110.	Ellen Sheriff (F)	28	46:12
111.	Nancy Berlett (F)	53	46:27
112.	Darlene Walters (F)	32	46:47
113.	Ron Thompson	38	46:51
114.	Sharon Ault (F)	34	47:15
115.	Trudy Linenberger (F)	38	47:23
116.	David Davis	39	48:48
117.	Susan Pingleton (F)	32	48:56
118.	Charlotte Caruso (F)	37	49:18
119.	Sally Entsminger (F)	39	49:38
120.	Ben Davis	10	50:58
121.	Tom Ervin	35	52:51
122.	Heather Berlett (F)	31	54:21
123.	Julie Bowen (F)	19	55:55
124.	Richard Daiger	45	56:23
125.	Linda Rawson (F)	34	1:01:13
126.	John Wall*	72	1:10:01

\*Racewalker

## DIVISION WINNERS

Overall Male		Overall Female	
Bill McCormack	26:01	Pat O'Brien	31:43
Men under 20		Women under 20	
1. Andrew Shaw	27:47	1. Julie Bowen	55:55
2. Tony Carvalho	29:02		
Men 20-29		Women 20-29	
1. Mark Rosasco	26:52	1. Julie Caprio	34:54
2. Nut Hall	27:12	2. Debbie Dudas	35:18
Men 30-34		Women 30-39	
1. Mike van Beuren	27:27	1. Eleanor Elster	36:46
2. Mark Yerkes	29:15	2. Gale Cromwell	37:25
Men 35-39		Women 40-49	
1. Eric Peltasalo	28:32	1. Mary Lou Hawkins	38:53
2. Bill Rosser	29:23	2. Anne Chamberlain	39:31
Men 40-44		Women 50-59	
1. Steve Dilling	30:15	1. Martha Kinsinger	41:27
2. Thomas Mark	31:14	2. Yvonne Aasen	45:48
Men 45-49			
1. Doug Pond	31:35		
2. Henry Whitesel	32:56		
Men 50-59			
1. Milton Taylor	32:40		
2. Joe Walsmith	35:16		
Men 60 and over			
1. Ben Moore	37:36		
2. Eric Haars	38:14		



THE SEVERNA OCTOBER 1985

# TRUXTUN PARK SUMMER SERIES

1985

## ANOTHER SUMMER OF TRUXTUN COMES TO AN END

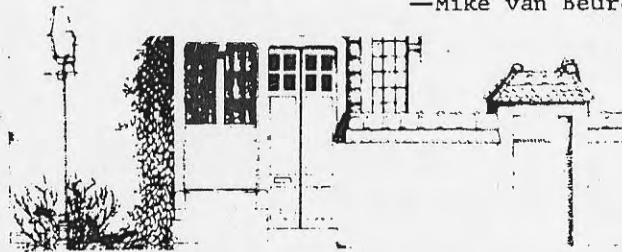
Scores of runners of all ages came out to take advantage of the rugged, shaded trails to do a little training and to eat a lot of watermelon.

Many thanks to Katcef Bros. Distributing Company for all the prizes and to Annapolis Parks and Recreation for being co-host.

Volunteers Louise and David Zeitlin, Earl Scott, and Maria Coughlin helped guide the runners and keep the charts.

Hope to see more of you out there in '86!

—Mike van Beuren



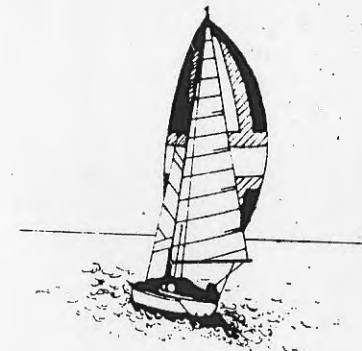
(BEST refers to best recorded time turned in over the 10-week series. Times under 22 minutes are for the 1.5 mile course; over 22 minutes for the 4-mile course.)

Name	Age	Best
Kathleen Chamberlain	8	
Ann Chamberlain	41	
Earl Scott	45	
Mary Lou Hawkins	44	
Kathy Finklestein	36	
Karen Clark	11	12:32
Chad Klakring	5	16:41
Michael Donlin	5	19:47
Danny Falk	6	
Michael Darchangelo	6	
Starla Green	6	12:40
Josh Falk	7	13:18
Andrew Lyons	8	11:22
Patrick Donlin	8	11:46
Brian Klakring	8	13:24
David Stokes	8	14:32
Roxanne Lyst	9	
Gabe Rosenshine	9	12:56
Tavio Darchangelo	10	
Shannon Donnelly	10	12:11
Eric Chapman	10	12:13
Joanne Patrick	10	13:49
Susan Keter	11	

David Zeitlin	11	9:57
David Impellizzeri	11	9:57
Frank Jones	11	11:24
Justin Bastian	11	12:23
Mister Green	11	14:03
Pam Fordham	11	32:06
Joe Aben	12	8:45
Kileen Baker	12	32:30
Bess Whitsel	13	
Chris Chapman	13	
Tommy Sames	13	
Robert Brown	13	9:03
Bob Fordham	13	32:45
Scott Chappell	13	33:17
Bobby Allen	14	
Rene' Lyst	14	
Jason Impellizzeri	14	9:34
Joe Donnelly	14	13:34
Chris Owens	15	
Kevin Baker	15	28:53
Andrew Thomas	15	33:27
Vinil Patel	15	34:44
Joey McCracken	16	
Pat Dannmeyer	16	
Kevin Bowen	17	
Chuck Brady	18	25:00
Charlton Archard	18	28:55
Jeff Long	19	22:49
Paula Glass	21	
Patty Rzepkowski	21	
Eddie Anderson	22	26:42
Brian Palmer	23	23:37
Ginger Schnabel	23	33:22
Lori Frank	25	
Bob Woodley	25	26:59
Clay Stevens	25	28:59
Jeff Davis	26	
Joann Lindblade	26	
Lee Collyer	26	37:28
Bob Mitchell	27	
Ron Collyer	27	26:59
Diane Elliott	28	
Tom Prendki	28	26:10
Steve Forgione	28	31:27
Vivian Smith	28	41:38
Demetri Fotos	29	26:36
Scott Burns	29	30:25
Mark Yerkes	30	24:51
Marie Petrillo	30	35:13
Bill Harney	31	
Charley Peltosalo	31	
Gale Cromwell	31	
Stan Fletcher	31	22:35
Pam Jackson	31	33:43
Tim Elliott	31	37:10
Carolyn Klakring	32	
Mike van Beuren	32	23:17
Steve Klakring	32	32:10
Joy Donlin	34	

Sharon Watts	34	
Gale Edelstein	34	32:43
Tom Donlin	34	33:59
Rigina Rochez	35	
Joann Lyons	35	
Eric Pelotsalo	35	24:46
Robert Pastrana	35	29:49
Will Myers	35	33:19
Roy Edelstein	35	38:03
Mandy Falk	35	40:00
Patricia Lilek	36	
Susan Bonner	36	31:04
Lydia Darchangelo	37	
Don Kennedy	37	27:28
Pat O'Brien	37	29:44
Norm Alton	38	
Ed Green	38	31:31
Ron Lyst	38	31:49
Drew Jackson	38	34:32
Ray Chapman	38	35:19
Mal Fordham	39	
Bob Bridges	39	35:00
Tom Sandusk	40	
Louise Zeitlin	40	37:05
Betty Impellizzeri	40	37:20
Pat Patrick	41	
Mike Chamberlain	41	28:31
Neil Donnelly	41	36:25
Sherry Murray	42	
Lee Patrick	42	36:08
Evan Thomas	43	30:32
Don Goodwin	43	38:30
Dennis Williams	44	
Diana Dodson	44	
Brent Johnson	44	27:20
Henry Whitesel	45	29:40
Mike Long	45	31:28
Nancy Waddington	47	37:32
Don Waddington	53	31:15
Joel Holman	54	41:49

\*\*\*\*\*  
 \* CORRECTION: (lest you float away) \*  
 \* 100 ml. is less than 1/2 cup, not \*  
 \* 1 quart—this is the amount instruct- \*  
 \* ed to drink for every mile to prevent \*  
 \* dehydration. \*  
 \*\*\*\*\*



# DOG DAYS OF SUMMER

## CROSS-COUNTRY RUN

### 8K (4.97m.)

August 11, 1985

PLACE	NAME	AGE	TIME
1.	Chris Little	24	25:38
2.	Matt Tobin	25	25:50
3.	Mike van Beuren	32	26:13
4.	Brian Palmer	23	26:27
5.	Mike Cobb	25	26:44
6.	Mark Rossasco	26	26:53
7.	Jeff Holyfield	21	27:00
8.	Steve Hazzard	15	27:21
9.	Jim Carbary	34	27:35
10.	Nut Hall	27	27:37
11.	Matthew Mace	25	27:39
12.	Ed Filcheck	15	27:52
13.	Bill Conroy	42	28:00
14.	Eric Peltosalo	35	28:05
15.	Jeff Long	19	28:27
16.	R.W. Biddle	25	28:47
17.	Tony Summerlin	31	29:09
18.	Mark Haser	21	29:19
19.	Bill Rosser	35	29:27
20.	Bill Filcheck	41	29:30
21.	Tony Carvalho	16	29:31
22.	Eddie Anderson	22	29:39
23.	Mark Yerkes	30	30:00
24.	Charlton Archard	18	30:10
25.	Ray Harrison	50	30:30
26.	John Major	36	30:48
27.	Stephen Dilling	42	31:14
28.	Bill Turrentine	36	31:21
29.	Bing Topper	38	31:25
30.	Joe Clorety	42	31:27
31.	Chuck Hazzard	45	31:40
32.	Unknown		31:52
33.	Lloyd Abbott	43	32:04
34.	Ted Haynie	36	32:05
35.	George Miller	34	32:07
36.	Pat O'Brien (F)	37	32:07
37.	Jerry Haley	37	32:13
38.	Gayle Flynn	36	32:16
39.	Kerry Felsted (F)	22	32:18
40.	Milton Taylor	52	32:43
41.	Stephen Seuberth	34	32:44
42.	Tim Kvech	18	32:53
43.	John Fredland	42	33:08
44.	Bert L. Rice	48	33:10
45.	Bill Wandel	42	33:19
46.	David Rydzewski	27	33:24
47.	Jack Davis	24	33:34
48.	Mike Chamberlain	41	33:36
49.	Margaret Sherrod (F)	30	33:37
50.	Michael F. Posinski	38	33:49
51.	Howard Beard	38	33:55
52.	David Bartosevich	38	34:04
53.	Joe Duffy	43	34:20
54.	Jim Fratino	52	34:24
55.	David Turner	24	34:26
56.	Terry Clark	38	34:38
57.	Joe Biggerman	28	34:39
58.	Ron Jarashow	35	34:42
59.	Donald J. Thomas	26	34:44
60.	Jeff Kellam	15	34:45
61.	Krista Pierpont (F)	17	34:46
62.	Ron Bowman	35	35:05
63.	Leon C. Johnson	55	35:09
64.	Will Scott	35	35:18
65.	Susan Bonner (F)	36	35:21
66.	Arnie Henderson	49	35:35
67.	Paul Herman	40	35:41
68.	Rick Smith	34	35:47
69.	Michael Laurencell	26	35:48
70.	Michael Sims	34	35:48
71.	Joe Walsmith	55	35:57
72.	Steve Bowman	26	36:22
73.	Marshall Eidenberg	17	36:31
74.	William Bare	27	36:31
75.	Paul Weisman	23	36:51
76.	Laurie Martin (F)	15	36:52
77.	Bo Lapetina	51	36:55
78.	William Daywalt, Jr.	29	37:11
79.	Carol McDonald (F)	24	37:14
80.	Ed Polk	34	37:18
81.	Unknown		37:21
82.	Eleanor Elster (F)	34	37:24
83.	Brent Johnson	44	37:29
84.	Jeff Beatty	38	37:34
85.	Unknown		37:38
86.	David Zeitlin	11	37:38
87.	John Strumsky	45	37:43
88.	Mike McAusland	50	37:56
89.	Tom Tiler	28	37:57
90.	Warren Cooper	32	38:01
91.	Eric Haars	63	38:17
92.	Carole Simpson (F)	26	38:17
93.	Brian Haley	11	38:17
94.	Ben Moore	60	38:18
95.	Regina Lapetina (F)	52	38:36
96.	Paul Katalinich	30	38:44
97.	Bill Law	57	38:46
98.	Jim Storey	44	38:51
99.	Pam Haley (F)	35	38:52
100.	R. Simpson	44	38:58
101.	Lowell Sherrod	30	39:07
102.	Scott Latchaw	37	39:13
103.	Laura Fratino (F)	20	39:19
104.	Jack Bradley	42	39:22
105.	LuAnne Turrentine (F)	35	39:36
106.	Thomas McKee	57	39:44
107.	Larry Smart	33	39:45
108.	Randy B. DeVrienot	36	39:48
109.	Doug Saunders	33	39:53
110.	Leo Paskiewicz	39	39:59
111.	Billy Bodziak	14	40:02
112.	Joy Donlin (F)	35	40:08
113.	Mary Lou Hawkins (F)	43	40:14
114.	Martha Kinsinger (F)	51	40:18
115.	Kathy Finkelstein (F)	36	40:32
116.	Kevin Ely	30	40:36
117.	Colleen Ely (F)	28	40:36
118.	Anne Chamberlain (F)	41	40:41
119.	Tom Donlin	34	40:59
120.	Maureen Lamb (F)	24	41:02
121.	Sue Briers (F)	29	41:10
122.	Esther Weisman (F)	54	41:13
123.	John Kurpjuweit	40	41:15
124.	Jan Robosson (F)	37	41:32
125.	Merrilyne Hendrickson (F)	38	41:59
126.	Unknown		42:01
127.	Brent Kvech	10	42:10
128.	Barbara Kerr (F)	48	42:17
129.	Alan Wycherly	43	42:22
130.	Michelle Kvech (F)	14	42:30
131.	Walter Tuffy	33	42:32
132.	Jonas Legum	37	42:35
133.	Chris Smith	31	42:41
134.	Molly Broderson (F)	33	42:43
135.	R. Lantry	45	42:43
136.	Janet Lantry (F)	14	42:44
137.	Joe Ryan	60	42:51
138.	Nancy Novak (F)	30	42:59
139.	Sheila Light (F)	38	43:02
140.	Jason Clendaniel	9	43:03
141.	Marianne Hughes (F)	23	43:08
142.	William Lane	31	43:24
143.	Bill Bodziak	39	43:29
144.	Ginny Leonard (F)	39	43:34
145.	Yvonne Aasen (F)	53	43:47
146.	Unknown		43:58
147.	Nancy Waddington (F)	46	44:13
148.	Frank Goetschius	43	44:19
149.	Jim Handley	40	44:32
150.	Unknown		44:59
151.	Rick Barnes	34	45:18
152.	Sharon Hammond (F)	38	45:36
153.	Linda Berchielli (F)	36	45:44
154.	Susan Snyder (F)	37	45:44
155.	Neal Kinsinger	50	46:07
156.	Kevin Jones	17	46:48
157.	Richard C. Jones, Jr.	44	46:52
158.	Arleen Kvech (F)	42	46:55
159.	Don Goodwin	43	47:25
160.	Jeffrey Herman	9	49:45
161.	John Straub	12	49:46
162.	William McGranahan	51	49:58
163.	Carol D. Huddy (F)	47	49:58
164.	Charlotte Caruso (F)	37	50:21
165.	Joe O'Boyle	42	50:23
166.	Trudy Linenberger (F)	38	50:36
167.	Sharon Ault (F)	34	50:42
168.	Suzan Giraldi (F)	35	51:07
169.	Marie Hresko (F)	50	51:12
170.	Tom Ervin	35	52:46
171.	Louise Zeitlin (F)	40	52:56
172.	John Wall (Racewalker)	72	1:10:00

(continued on next page)



# Run After the Girls 5K

(MEN ONLY)

July 20, 1985

## DIVISION WINNERS

### Overall Male

Chris Little 25:38

### Men under 20

1. Steve Hazzard 27:21  
2. Ed Filcheck 27:51  
3. Jeff Long 28:26

### Men 20-29

1. Chris Little 25:38  
2. Matt Tobin 25:49  
3. Brian Palmer 26:26

### Men 30-39

1. Mike van Beuren 26:13  
2. Jim Carbarry 27:35  
3. Eric Peltosalo 28:04

### Men 40-49

1. Bill Conroy 28:00  
2. Bill Filcheck 29:30  
3. Stephen Dilling 31:13

### Men 50-59

1. Ray Harrison 30:29  
2. Milton Taylor 32:42  
3. Jim Fratino 34:23

### Men 60 and over

1. Eric Haars 38:16  
2. Ben Moore 38:17  
3. Joe Ryan 42:50

### Overall Woman

Pat O'Brien 32:07

### Women under 20

1. Krista Pierpont 34:45  
2. Laurie Martin 36:52  
3. Michelle Kvech 42:30

### Women 20-29

1. Kerry Felstur 32:17  
2. Carol McDonald 37:14  
3. Carole Simpson 38:17

### Women 30-39

1. Pat O'Brien 32:07  
2. Margaret Sherrod 33:36  
3. Susan Bonner 35:21

### Women 40-49

1. Mary Lou Hawkins 40:13  
2. Anne Chamberlain 40:40  
3. Barbara Kerr 42:17

### Women 50-59

1. Regina Lapetina 38:35  
2. Martha Kinsinger 40:17  
3. Esther Weisman 41:13

PLACE	NAME	AGE	TIME
1.	Kevin Sullivan	20	15:03
2.	Jeffrey Regelman	23	15:04
3.	Jeff Long	19	15:28
4.	David Felstul	22	15:33
5.	Mike van Beuren	32	15:39
6.	Brian Palmer	23	15:51
7.	Chris Little	24	15:55
8.	Mark Rosasco	26	16:20
9.	Eric Peltosalo	35	16:36
10.	Mark Haser	21	16:55
11.	Tony Carvalho	16	17:10
12.	Terry Eplee	31	17:19
13.	Chuck Brady	18	17:22
14.	Mike Niles	28	17:24
15.	David Payne	17	17:31
16.	John Major	36	17:35
17.	Nick Lakis	34	17:41
18.	Bill Turrentine	36	17:42
19.	Mike Vardac	22	17:48
20.	Quentin Maddox	16	17:56
21.	Robert Woodley	25	17:58
22.	Steve Hanson	34	18:00
23.	Brian Catterton	17	18:03
24.	William Murphy	18	18:03
25.	Donald Kennedy	38	18:06
26.	Louis Rochez	40	18:06
27.	John Martin	27	18:21
28.	Ronald Collyer	27	18:44
29.	Rex Carrs	32	18:49
30.	Paul Stumbo	32	19:02
31.	George Yannakakis	53	19:05
32.	Rick Smith	34	19:23
33.	Henry Whitesel	45	19:26
34.	Jack Davis	24	19:35
35.	Donald Helm	40	19:36
36.	Tim Blewett	39	19:43
37.	John Kough	20	19:50
38.	Mike Chamberlain	41	19:53
39.	Ronald Lyst	38	20:05
40.	John Jakubowski	23	20:06
41.	Mike Hoffman	29	20:08
42.	Stephen Tobin	31	20:10

43.	Will Scott	35	20:17
44.	William Malfara	33	20:21
45.	Tim O'Grady	28	20:21
46.	Todd Unger	17	20:40
47.	Robert Geddes	15	20:45
48.	Joe Walsmith	55	20:48
49.	Evan Thomas	44	20:51
50.	Craig Stein	24	21:05
51.	Don Wolfrey	37	21:06
52.	Michael Sims	34	21:13
53.	William Katcef	34	21:19
54.	Samuel Lewis	48	21:24
55.	Bill Trepp	35	21:33
56.	Robert Trescott	36	21:33
57.	Earl Scott	45	21:33
58.	Bill Contarino	27	21:41
59.	Michael Wiley	38	21:48
60.	Mark Meyerson	36	21:49
61.	Peter Ferrigno	26	22:00
62.	Jonas Legum	37	22:27
63.	Andrew Thomas	15	22:37
64.	Alan Wycherley	43	22:57
65.	Todd Rice	21	23:16
66.	Frank Cozine	35	23:19
67.	Raymond Yoh	35	23:23
68.	Lee Patrick	42	23:41
69.	Clair Morris	49	24:09
70.	Timothy Sanstrom	30	24:18
71.	Jim Garthune	44	24:26
72.	Mike Long	45	24:29
73.	Guy Riccio	64	24:32
74.	Bob Bryson	56	24:46
75.	Bruce Poppe	32	24:58
76.	Frank O'Brien	54	24:59
77.	Neal Kinsinger	50	25:07
78.	Joseph Bee	34	25:10
79.	Thomas Ervin	35	26:29
80.	Robert Davies	36	26:35

## DIVISION WINNERS

### Overall

Kevin Sullivan 15:03

### Men under 20

1. Jeff Long 15:28  
2. Tony Carvalho 17:10  
3. Chuck Brady 17:22

### Men 20-29

1. Kevin Sullivan 15:03  
2. Jeffrey Regelman 15:04  
3. David Felstul 15:33

### Men 30-39

1. Mike van Beuren 15:39  
2. Eric Peltosalo 16:36  
3. Terry Eplee 17:19

### Men 40-49

1. Louis Rochez 18:06  
2. Henry Whitesel 19:26  
3. Donald Helm 19:36

### Men 50-59

1. George Yannakakis 19:05  
2. Joe Walsmith 20:48  
3. Bob Bryson 24:46

### Men 60 and over

1. Guy Riccio 24:32



**RRCA**  
**WOMEN'S DISTANCE FESTIVAL**

July 20, 1985

A VERY SPECIAL THANKS TO OUR SPONSOR

ANNAPOLIS BANK AND TRUST

and to the following:

Anna Huso and The Sewing Closet  
 Best Impressions  
 Running Times  
 Moving Comfort

Name	Age	Time
1. Jeanie Libutti	35	17:33.26
2. Kris Kavetski	20	18:51.81
3. Kerry Felstul	22	18:54.86
4. Krista Pierpont	17	19:16.65
5. Ashley Riggs	17	19:16.90
6. Kathy Reynolds	28	19:21.30
7. Cindi Fox	24	19:43.38
8. Mary Cassidy	22	19:53.06
9. Trish Rowe	21	20:02.41
10. Deborah Nielsen	26	20:21.77
11. Desiree Ficker	8	20:28.11
12. Suzanne Dalton	24	20:42.76
13. Lisa Adelsberger	21	20:52.83
14. Susan Bonner	36	20:54.41
15. Mara Stumbo	23	21:03.37
16. Carole Simpson	25	21:12.51
17. Regina Rochez	35	21:12.85
18. Patricia Hoffman	17	21:24.97
19. Anna M. Moretti	23	21:27.82
20. Amy Katherine Godesky	17	22:06.32
21. Jennifer Fuller	22	22:08.66
22. Wendy Bernstein	30	22:24.94
23. Jan Robosson	37	22:25.38
24. Luanne Turrentine	35	22:26.63
25. Martha Kinsinger	51	22:42.60
26. Robin Borden	22	22:46.50
27. Sheila Light	38	22:59.16
28. Jeannette Chambers	50	23:02.90
29. Bev Hill	47	23:08.43
30. Lynne Davidson	32	23:11.10
31. Anne Chamberlain	41	23:11.90
32. Mary Lou Hawkin	43	23:12.94

33. Susan Briers	29	23:16.39
34. Marie Friedland	30	23:17.56
35. Laura Fratino	20	23:21.01
36. Patricia Rzepkowski	21	23:30.94
37. Barbara Kerr	48	23:31.50
38. Lisa Lowe	27	23:33.47
39. Nancy Spear	28	23:59.81
40. Karen Hosler	36	24:03.16
41. Cathy Quigley	33	24:06.18
42. Josie Ziomek	33	24:16.68
43. Patricia Kelly	37	24:21.16
44. Rae Jean Goodman	37	24:23.28
45. Anne Allsopp	41	24:28.30
46. Jan Bennett	32	24:29.49
47. Susan Neelan	23	24:30.25
48. Donna Van Horn	23	24:38.63
49. Betsy Abell	27	24:39.50
50. Priscilla Trescott	31	24:51.54
51. Rosalie H. Manley	32	24:53.24
52. Louise Healey	37	24:54.38
53. Lisa Weber	25	24:54.85
54. Diane Elliott	29	24:55.98
55. Elizabeth Holliday	34	25:11.24
56. Yvonne Aasen	53	25:15.57
57. Darlene Walters	32	25:23.97
58. Linda Berchielli	36	25:23.97
59. Anne Mooney	47	25:27.47
60. Anna Worsham	36	25:34.84
61. Leona Collyer	26	25:36.87
62. Gale Edelstein	34	25:36.87
63. Pat Major	33	25:37.18
64. Jenny Andrulowicz	14	25:40.38
65. Janet Lantry	13	25:49.34
66. Teresa Cooper	21	25:53.33
67. Jan Stein	42	25:54.29
68. Amy Pfirrmann	20	26:00.07
69. Janie Stanek	38	26:02.93
70. Eleanor Griffin	27	26:07.20
71. Trudy Linenberger	38	26:08.06
72. Karen Laino	36	26:12.76
73. Bobbie Rowles	36	26:14.36
74. Sharon Watts	34	26:17.93
75. Heidi Groner	20	26:29.25
76. Millicent Wetherhold	24	26:32.50
77. Christina Coughlin	15	26:34.49
78. Mary Ellen Lyst	35	26:35.05
79. Mary Romeo	26	26:42.44
80. Brenda Callahan	37	26:50.60
81. Ann Bosarge	29	27:05.60
82. Candace A. Jones	28	27:19.76
83. Susan Snyder	37	27:39.53
84. Betsy Fleming	35	27:39.53
85. Susan Hart	28	27:41.20
86. Wendy Vannest	29	27:53.49
87. Suggie Kenealy	31	28:01.33
88. Sharon Ault	34	28:01.33
89. Patty Bembe	31	28:04.51
90. Chris Hall	35	28:04.88
91. Suzan Giralddi	35	28:16.32
92. Mary Haskins	46	28:21.72
93. Janet Stankevicz	35	28:26.34
94. Charlotte Caruso	37	28:31.82

WINNERS

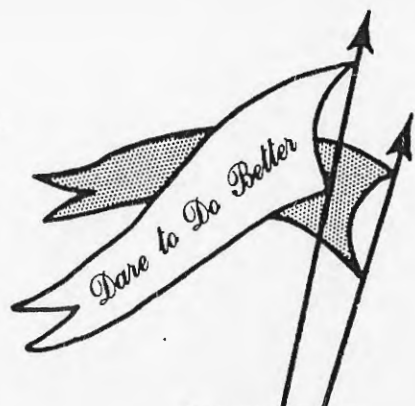
- 14 & Under  
 1. Krista Pierpont  
 2. Ashley Riggs

- 20 to 29  
 1. Kris Kavetski  
 2. Kerry Felstul

- 30 to 39  
 1. Jeanie Libutti  
 2. Susan Bonner

- 40 to 49  
 1. Bev Hill  
 2. Anne Chamberlain

- 50 to 59  
 1. Martha Kinsinger  
 2. Jeanette Chamber



Youngest Runner:  
 Desiree Ficker  
 Oldest Runner:  
 Yvonne Aasen



95. Karen Lee Flynn	28	28:33.57
96. Diane Dodson	44	28:38.68
97. Courtney Spikes	15	28:46.06
98. Sharon Haas	28	28:47.11
99. Lelia Brobst	34	28:52.58
100. Jeanne O'Leary	29	28:54.79
101. Susan Spaulding	32	29:06.60
102. Dana Stoneham	27	29:13.40
103. Kathy Koch	32	29:18.20
104. Mary Ann Reynolds	49	29:42.19
105. Ines Stubbs	30	29:45.47
106. Delmas Johnson	32	29:49.93
107. Debby Navarro	34	30:19.75
108. Judy Leichtman	38	30:30.85
109. Caroline Maifara	36	30:37.53
110. Heather C. Berlett	30	30:49.54
111. Judy Vogenitz	39	30:52.77
112. Ann Schindler	22	30:55.99
113. Jo Ann O'Leary	29	31:19.03
114. Caree Lawrence	20	31:19.03
115. Mollie Calvert	30	31:21.79
116. (?) Scholz (Bandit)	39	32:07.43
117. Myrna Spurrier	24	32:14.91
118. Gail Thompson	28	32:39.17
119. Kathleen J. Smith	42	33:58.52
120. Gale Rademacher	31	34:18.13
121. Paula Mitchell	41	34:19.46
122. Stephanie Papek	32	34:40.09
123. Kathy Thorp	26	34:40.32
124. Linda Rawson	34	34:41.10
125. Ilse Lantry	48	35:05.35
126. Pamela Oretly	23	35:52.42
127. Bobbie Darwick	50	37:01.22
128. Jean Wright	49	37:01.38
129. Sue Katcef	30	38:38.18
130. Gale McIntosh	34	40:37.35
131. Sandra McLeod	44	40:40.16



# 1985 CLUB CHAMPIONSHIP SERIES

Young Men 13 and under		10m	2m	10k	1m	8k	Total
Jeffrey	Herman	35	1	1	2	2	41
John	Straub	35	2	2	35	3	77
Joe	Aben	35	35	35	1	35	141
David	Zeitlin	35	35	35	35	1	141

Men 14-19		10m	2m	10k	1m	8k	Total
Jeff	Long	35	35	1	1	1	73
Louis	Carvalho	35	35	2	35	2	109
Robbie	Siebenhaar	1	35	35	35	35	141
Andrew	Thomas	35	35	35	2	35	142
Anthony	Dalton	35	35	3	35	35	143
Charlton	Archard	35	35	35	35	3	143

Men 20-29		10m	2m	10k	1m	8k	Total
Mark	Rosasaco	1	35	2	1	2	41
Nut	Hall	3	1	35	2	3	44
Eddie	Anderson	5	2	4	35	6	52
Matthew	Mace	35	35	1	3	4	78
Mark	Yerkes	4	35	3	35	7	84
Brian	Palmer	2	35	35	35	1	108
Robert	Biddle	35	35	5	35	5	115
Stephen	Davis	35	3	35	35	35	143
Mark	Ramsey	35	4	35	35	35	144
William	Contarino	35	35	35	4	35	144
John	Jolly	6	35	35	35	35	146
William	Daywalt Jr.	35	35	35	35	8	148

Men 30-34		10m	2m	10k	1m	8k	Total
Mike	van Beuren	4	1	2	1	1	9
Wilford	Scott	10	6	6	4	2	28
Thomas	Donlin	13	7	35	5	5	65
Joseph	Pesce	2	2	1	35	35	75
Don	Anderson	35	3	3	2	35	78
Terry	Eplee	5	4	4	35	35	83
Rick	Smith	9	5	35	35	3	87
Tom	Ervin	35	9	35	6	6	91
Nick	Lakis	8	35	35	3	35	116
Winnie	Hittle	7	35	5	35	35	117
Robert	Eden	1	35	35	35	35	141
Earl	Keicher	3	35	35	35	35	143
ED	Polk	35	35	35	35	4	144
William	Bester	6	35	35	35	35	146
William	Trepp	35	35	7	35	35	147
Gregory	Cislo	35	35	8	35	35	148
Michael	Smith	35	8	35	35	35	148
Oliver	Payne	11	35	35	35	35	151
Kenneth	Haas	12	35	35	35	35	152

Men 35-39		10m	2m	10k	1m	8k	Total
Paul	Herman	4	5	9	6	11	35
Ronald	Jarashow	9	8	11	7	9	44
William	Rosser III	5	35	3	4	2	49
Jeffrey	Beatty	13	10	13	12	12	60
Ronald	Bowman	8	6	6	35	10	65
Jonas	Legum	15	11	15	13	15	69
Timothy	Blewett	7	9	10	9	35	70
John	Kurpjuweit	16	12	14	14	14	70
Eric	Feltosalo	35	1	35	1	1	73
William	Turrentine	1	35	1	35	4	76
Bing	Topper	35	3	2	35	5	80
David	Bartosevich	3	35	8	35	7	88
J. Howard	Beard, III	35	7	35	8	6	91
Joseph	Smaldone	35	2	35	2	35	109
William	Ammon	35	35	4	3	35	112
Donald	Kennedy	35	4	35	5	35	114
John	Guala	2	35	7	35	35	114
Terry	Clark	35	35	35	10	8	123
John	Major	35	35	35	35	3	143
Robert	Walters	35	35	5	35	35	145
Courtney	Trabue	6	35	35	35	35	146
William	Rourke	10	35	35	35	35	150
Ron	Lyst	35	35	35	11	35	151
Thomas	Sullivan	11	35	35	35	35	151
Michael	Edwards	35	35	12	35	35	152
Thomas	Wheat	12	35	35	35	35	152
Leo	Paszkiwicz	35	35	35	35	13	153
Thomas	Williamsen	14	35	35	35	35	154
Bill	Bodziak	35	35	35	35	16	156
Lee	Pillsbury	17	35	35	35	35	157

Men 40-44		10m	2m	10k	1m	8k	Total
Stephen	Dilling	1	2	1	3	2	9
Bill	Wandel	3	5	3	4	5	20
J. Lloyd	Abbot	4	6	4	6	4	24
Joe	Clorety	2	4	35	2	3	46
Henry	Whitesel	8	10	7	7	35	67
Alan	Wycherley	18	13	17	11	11	70
William	Conroy	35	1	35	1	1	73
Evan	Thomas	10	12	8	8	35	73
Earl	Scott	14	14	14	8	35	85
Mike	Chamberlain	35	35	15	5	6	96
James	Storey	35	9	11	35	8	98
Michael	Long	12	35	16	10	35	108
Thomas	Mark	5	35	2	35	35	112
Lee	Patrick	17	15	35	12	35	114
James	Woodcock	6	3	35	35	35	114
John	Fredland	35	7	5	35	35	117
Jack	Bradley	35	35	12	35	10	127
Donald	Goodwin	35	35	18	35	13	136
Dick	Manasseri	35	35	6	35	35	146
James	Collins	7	35	35	35	35	147
Joe	Duffy	35	35	35	35	7	147
Richard	Dugan	35	8	35	35	35	148
Bruce	Dalton	35	35	9	35	35	149
Richard	Hillman	9	35	35	35	35	149
Robert	Simpson	35	35	35	35	9	149
Gregory	Glynn	35	35	10	35	35	150
Eldon	Hawley Jr.	11	35	35	35	35	151
Stephen	McLure	35	11	35	35	35	151
Frank	Goetschius	35	35	35	35	12	152
Michael	Impellizzeri	13	35	35	35	35	153
Martin	Paul	35	35	13	35	35	153
Alan	Wolf	15	35	35	35	35	155
David	Williams	16	35	35	35	35	156

Men 45-49		10m	2m	10k	1m	8k	Total
Douglas	Pond	2	2	1	1	35	41
Arnold	Henderson	35	3	3	5	2	48
Bert	Rice	1	35	35	3	1	75
Robert	Phillips	35	1	2	2	35	75
Michael	McAusland	6	35	4	35	3	83
Ken	Thorn	3	35	35	35	35	143
Joseph	Harrington	4	35	35	35	35	144
Ken	Lyons	35	35	35	4	35	144
Richard	Lantry	35	35	35	35	4	144
Richard	White	5	35	35	35	35	145
Clair	Morris	35	35	5	35	35	145
Donald	Rizzo	7	35	35	35	35	147

Men 50-59		10m	2m	10k	1m	8k	Total
Milton	Taylor	1	2	1	2	2	8
James	Fratino	2	1	35	1	3	42
Joseph	Ryan	4	4	35	3	8	54
William	Mc Granahan	35	35	8	4	10	92
Joseph	Walsmith	35	35	2	35	5	112
Charles	Cadell	3	35	5	35	35	113
Neal	Kissinger	35	35	7	35	9	121
Ray	Harrison	35	35	35	35	1	141
Harold	Michaels	35	35	3	35	35	143
Eugene	Humphrey	35	3	35	35	35	143
Donald	Waddington	35	35	4	35	35	144
Leon	Johnson	35	35	35	35	4	144
Allen	Stallings	35	35	6	35	35	146
Ben	Moore	35	35	35	35	6	146
Bill	Law	35	35	35	35	7	147

Men 60 and over		10m	2m	10k	1m	8k	Total
Guy	Riccio	1	1	2	2	35	41
John	Wall	2	2	4	3	35	46
Eric	Haars	35	35	1	1	1	73
Rodney	Beach	35	35	3	35	35	143

(continued on next page)

The 1985 Club Championship Series includes nine races (the 5K was dropped). Anyone is welcome to run in these races, but to be scored you must be a Strider. Your best five finishes count toward an age group award. Completion of four races makes you eligible for an award. Any questions—call Joe Clorety, 721-3362.



Championship Series 1985

Young Women 13 & under		10m	2m	10k	1m	8k	Total
Janet	Lantry	35	35	35	35	1	141
Women under 20		10m	2m	10k	1m	8k	Total
Laura	Fratino	35	35	1	35	2	108
Katherine	Whitesel	35	35	35	1	35	141
Krista	Pierpont	35	35	35	35	1	141
Women 20-29		10m	2m	10k	1m	8k	Total
Carole	Simpson	1	1	1	1	1	5
Claudia	McLure	35	2	35	35	35	142
Nancy	Spear	35	35	2	35	35	142
Sue	Briers	35	35	35	35	2	142
Women 30-39		10m	2m	10k	1m	8k	Total
Joy	Donlin	6	2	3	5	5	21
Molly	Broderson	4	3	2	6	9	24
Nancy	Novak	7	4	1	35	10	57
Patricia	O'Brien	1	35	35	1	1	73
Susan	Bonner	35	1	35	2	3	76
Margaret	Johnston	10	5	5	35	35	90
Rae Jean	Goodman	9	35	4	7	35	90
Charlotte	Caruso	35	35	8	8	14	100
Luanne	Turrentine	2	35	35	35	4	111
Gayle	Flynn	35	35	35	35	2	142
Regina	Rochez	35	35	35	3	35	143
Darlene	Dabbs	3	35	35	35	35	143
Gale	Cromwell	35	35	35	4	35	144
Cathy	Quigley	5	35	35	35	35	145
Gale	Edelstein	35	35	6	35	35	146
Kathy	Finkelstein	35	35	35	35	6	146
Patricia	Major	35	35	7	35	35	147
Jan	Robosson	35	35	35	35	7	147
Merrilyne	Hendrickson	35	35	35	35	8	148
Leslie	Mundie	8	35	35	35	35	148
Sheila	Light	35	35	35	35	11	151
Sharon	Hammond	35	35	35	35	12	152
Linda	Berchielli	35	35	35	35	13	153
Trudy	Linenberger	35	35	35	35	15	155
Sharon	Ault	35	35	35	35	16	156
Women 40-49		10m	2m	10k	1m	8k	Total
Anne	Chamberlain	4	1	2	2	2	11
Barbara	Kerr	3	2	4	3	3	15
Carol	Huddy	5	3	5	35	5	53
Louise	Zeitlin	35	35	1	4	6	81
Nancy	Waddington	6	35	3	35	4	83
Mary Lou	Hawkins	35	35	35	1	1	107
Betty	Impellizzeri	1	35	35	35	35	141
Delma	Miller	2	35	35	35	35	142
Women 50 and over		10m	2m	10k	1m	8k	Total
Martha	Kinsinger	1	35	1	1	1	39
Yvonne	Aasen	2	1	35	2	2	42

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CLUB CHAMPIONSHIP SERIES  
1985 DATES

- ~~5K~~ March 2 ✓
- 10 Mile March 31 ✓
- 2 Mile April 13 ✓
- 10K June 16 ✓

- 1 Mile July 13 ✓
- 8K August 11 ✓
- 5 Mile September 8 ✓
- 26.2K October 13
- 20K November 24
- 15K December 28

Striders bulletin board  
in back room.

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