

STREAK

VOLUME VIII

NUMBER V

OCTOBER 1986



ANNAPOLIS STRIDERS

ANNAPOLIS STRIDERS, INC.
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STREAK

ANNAPOLIS STRIDERS

volume VIII number 5

october 1986

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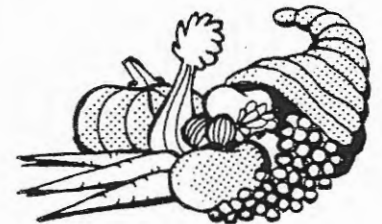
The purpose of this running club is to improve the physical fitness and mental well-being of its members through the promotion and encouragement of long distance running. —from Article II, By-Laws of the Annapolis Striders

The STREAK, published bi-monthly, is the official newsletter of the Annapolis Striders, PO Box 187, Annapolis, Maryland 21404. Letters to the editor, as well as other articles, are welcome. Permission is hereby granted to reprint any article appearing herein provided the source is acknowledged. Permission cannot be extended for material from a copyrighted source.



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OCTOBER

NOVEMBER



Delma Miller and Louise Zeitlin did another great job on the 5-Mile Run in Severna Park. Our new sponsor The Pennysaver helped make the race a big success. I found that my rotund Rehoboth belly (seven additional pounds in a two week vacation) was a definite liability. I was ten seconds a mile slower than last year.

I was very sorry to hear that one of our members, Fletcher Hanks, broke his hip in a bicycle accident. Fletcher is the director of the Oxford Triathlon, one of the biggest triathlons in the country.

I need to make my periodic appeal for volunteers. We need help from the vast numbers of Striders who have not been involved in helping this club. We need people who will be chairmen of committees and elected officers. If any of you are interested please contact me. A handful of people continue to perform the majority of the work of this club and when they burn out we are going to be in trouble.

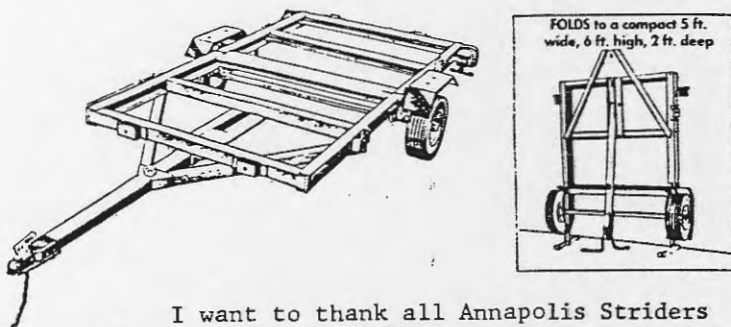
Congratulations to Mary Ann and Earl Keicher (our treasurer) on the birth of their third child, a boy.



Doug Pond, President

TRAILER EASES LOAD

We have a new trailer in which we can haul our race equipment. It is collapsible and can be stored in our shed. We also have sides for the trailer; thanks to Don Waddington who constructed them. Don has retired his van which he used for so many years to transport Strider equipment.



I want to thank all Annapolis Striders who helped on the Annapolis Ten-Miler. A special thanks to Mike van Beuren for another job well done. He tells me that our new software was successfully used in scoring the race. Also, a personal thank you to Dick Hillman for taking care of the Finish Line in my absence.

EDITORS REMARKS

EDITOR LOSES DEADLINE RACE

Time and space are growing short so this is going to be brief.

My thanks to all those who contributed to this issue. Also to Eleanor Elster for her help. She has officially joined the roster as assistant editor (see "Streak Staff" on page 1).

Bill Law's crew met at Gale Cromwell's home to label the August Streak and prepare it for mailing. Thanks to Gale; Dale and Carol Vogel, Ben and Betty Moore, Carol Huddy, Nancy and Don Waddington, Bill Vogenitz, and myself.

The deadline for the December issue of the Streak is November 4, with the exception of last minute material that comes in at the November board meeting.

—YVONNE AASEN



BULLETIN BOARD



THE LOST IS FOUND

EYEGASSES FOUND: at the Annapolis 10-Mile Run—one pair of ladies reading glasses in flowered PEARLE Vision Center holder. To claim them call Evan Thomas on 760-9188.



Hi. I'm Arthro. I like to hang around the joints. Read what happens to me on page 13.

GET YOUR ENTRY FORMS HERE

Entry blanks for the KEY SCHOOL 10K on October 26 available from Annapolis Banking & Trust Company branches, or the Athlete's Foot in the Annapolis Mall (in case you missed the entry form in the August Streak). Race day entries welcome.



ENTRY FORMS FOR ANNAPOLIS STRIDER EVENTS: mail a stamped self-addressed envelope to Annapolis Striders, P.O. Box 187, Annapolis, MD 21404. Many race entry forms available in the Athlete's Foot in Annapolis Mall.

TWO BAKERS DOZEN NEEDED

Anniversary cakes are needed as awards for the Anniversary Run to be held on Saturday, December 27, at 11 AM. You don't have to bake a cake, however, any baked goods from brownies to pies are welcome. Call Eleanor Elster 757-4506 or Brenda Norman 757-0926 to volunteer.

RACE WORKERS NEEDED FOR RUN

Eleanor and Brenda also need volunteer race workers for the Anniversary Run. Call them (above). A worker's run will be held to qualify for the Champ Series. Date and time to be announced.



THE MORE THE MERRIER:
Volunteer to work the Mile 13 water stop for the Maryland Marathon to be held December 7 in Baltimore. Call Gerte Spadone 841-6894.

SORRY ABOUT THAT:
The race results for the Worker's Run for the Annapolis 10-Mile Run were not available. Watch for them—hopefully in the December Streak.

Have you reached the point in your racing-training where a coach could help you attain your next goal or PR?
COACH
Ed Purpura—a highly successful coach of high school to National Class runners is now available to help runners of all abilities (beginners to potential national class) and experience, with their training needs.
Services available include writing weekly workouts, form analysis, strength training, realistic goal setting, peaking, workout analysis, shoe selection, etc.
If you're interested give me a call and let's talk.
Reasonable rates.
987-4157, after 8 PM

(continued on next page)

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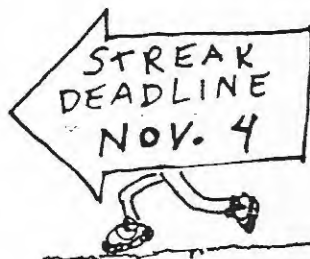
THE SHIRT OFF YOUR BACK

WANTED TO EXCHANGE: 1986 Annapolis 10-Mile Run shirt; need size small, I have a medium. —Ed Lutz, phone 266-7992.

RENDEZVOUS IN THE BIG APPLE

ATTENTION NYC MARATHON ENTRANTS, WORKERS & HANERS-ON: Annapolis Striders, etc., will gather for dinner on race eve, Saturday, November 2, 1986, at 6:00 PM at La Grand Ticino, 228 Thompson St [777-5922]. Thompson is what 5th Avenue would be called if it extended south of Washington Square. The restaurant (moderately priced Italian) is a block and a half below the Square. For further information and reservations (we had 13! in '84), please call Dick Hillman, 269-0253

YOUR EDITOR RACING THE STREAK DEADLINE



Caricature by Irv Finifter

~~corections~~ corrections

CORRECTION: We listed an incorrect date for the ANNAPOLIS PRIDE 10K in the August "Whats Coming Up" calendar of events. The correct date is November 8, 1986. The Streak regrets the error.



WELCOME TO THOSE WHO HAVE RECENTLY JOINED THE STRIDERS

| | |
|-----------------------|----------------|
| Elizabeth Mc Granahan | Severna Park |
| John Mc Granahan | " |
| Richard O'Day | Annapolis |
| Peter Herring | Upper Marlboro |
| Jamie Woods | Edgewater |
| Donald Zindorf | Annapolis |
| Rita Lord | Annapolis |
| David Lord | " |
| Keri Lord | " |
| James Black | Cheverly |
| Charles Bennett | Annapolis |
| Leslie Lombardo | Alexandria |
| Nicholas Brown | Perryville |
| Stephen Buchanan | Annapolis |
| Elizabeth Whitesel | Annapolis |
| Karl Schwabe | Arnold |
| Charlie Carpenter | Arnold |
| David Kessler | Ferndale |
| Gerard Buckley | Annapolis |
| Michael Whitson | Leonardtwn |
| Kathy Cunnane | Crofton |
| Allison Audilet | Annapolis |
| Gary Hall | Crownsville |
| Marc Rolfes | Annapolis |
| Chuck Gorua | Annapolis |
| Nancy Gorua | " |
| Chip Gorua | " |
| Katie Gorua | " |
| Phil Staller | Jessup |



ATTENTION RACE DIRECTORS

All Race Directors: please turn over your receipts to treasurer Earl Keicher within two weeks after your event. This will be very helpful for bookkeeping. —Joe Walsmith

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
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 Eric Peltosalo, Attorney at Law
 Paul F. Robinson, MsT
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MEMBER OF THE BAR SINCE 1974

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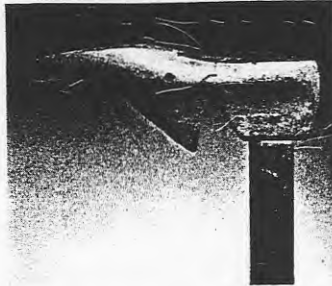
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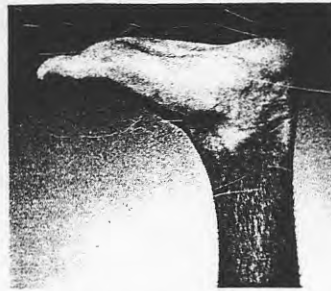


The Turntec Anatomical Design.

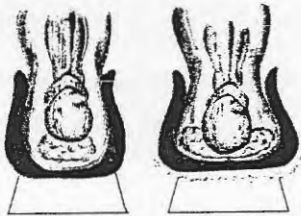
An ordinary form.



Turntec's form.



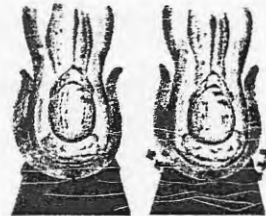
Ordinary Shoes.



Heel (calcaneus) under no pressure.

Heel bone under pressure.

My Turntec Design.



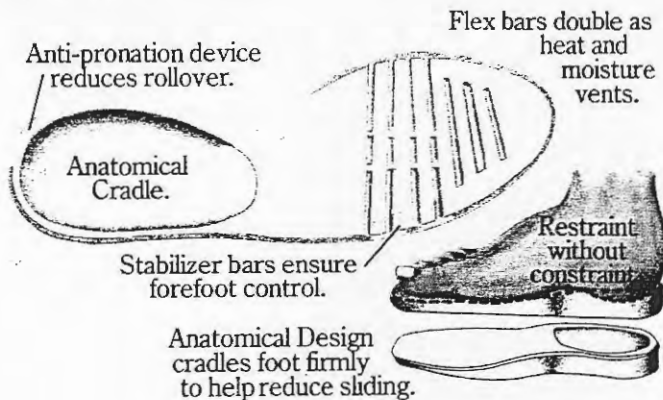
Heel bone under no pressure.

Heel bone under pressure.

Ordinary athletic shoes are built on a form, or last, that is not contoured to the bottom of your foot. But Turntec's new Anatomical Last is built on a form that duplicates the shape of your foot. So foot movement and friction are controlled like never before.

When you step down, Turntec's Anatomical Cradle holds your foot right where the shoe's cushioning and your own natural padding will absorb the most impact.

This Anatomical Design keeps your foot from moving around in the shoe. So foot shock is held to a minimum. Which translates to a lot more comfort for the rest of your body.



10% DISCOUNT TO ANNAPOLIS STRIDERS ON ALL RUNNING SHOES

STRIDERS BULLETIN BOARD IN BACK ROOM

THESE TURNTEC SHOES AVAILABLE AT



ANNAPOLIS MALL
224-3455
(near J.C. Penney)

Kids News

PARTICIPATION EARNS KUDOS

Congratulations to all those children who participated this summer in our races, fun runs, Truxtun Park Series (thanks Katcef Bros for the great prizes), Junior Medley (thanks Optimist Club), and the governor's Meet at Bowie High School.

Starla Green, Jason Clendaniel and Joe Aben all had strong performances on a hot, sultry day in Bowie at the Governor's Meet, competing with other top Maryland athletes. The competition was tough and all three earned congratulations on their showing.

—Gale Cromwell

RUNNING HEALTHY

EXERCISE MYTHS RUN RAMPANT

[The following are excerpts from an interview by Cindy Christian Rogers with James S. Skinner, PhD, entitled "Of Magic, Miracles, and Exercise Myths" published in the May, 1985, issue of The Physician and Sportsmedicine. Dr. Skinner is an exercise physiologist who is the Director of the Exercise and Sport Research Institute at Arizona State University in Tempe.]

Many (exercise myths) are benign in the sense that they stop people from exercising and thus from getting hurt. They hear a myth like "No pain, no gain," and they say, "OK, I won't even start." Of course, some people are going to take it seriously and deliberately work out until they hurt. Then "No pain, no gain" is completely wrong. Competitive athletes know that to get to a high level of performance they have to push harder. They accept the discomfort associated with getting the gold medal. (At) that level, the myth is not a myth. But for the average person, it is not only a myth, it is incorrect.

["Go for the burn."]

Pain is a warning that the body has been overstimulated. When you start getting that feeling, you should ease off. If you keep going until you get a burning sensation, you'll be more susceptible to injury and soreness. Pain isn't necessary to improve fitness. In fact, if you "go for the burn," you're just going to slow yourself down for a few days. The body has its own wisdom. If people would listen to their bodies, they probably would be better off.

["It doesn't matter what you do as long as you do it regularly."]
That's basically true as long as you do the activity at a sufficient intensity, duration and frequency. The body doesn't know whether you're jogging or cycling or swimming or rowing.

[(S)tart slowly but make a commitment to increasing your level of activity.]

... "Commit for three months." If you do, a couple of things will happen. You'll find that you can take three days a week to exercise. And you'll see some physical changes. Then you can decide whether an exercise program is worth it. At the end of three months you may say, "It's not for me." Well, it's not for everybody. But at least you'd be making an educated judgment.

[... diets and exercised devices?]

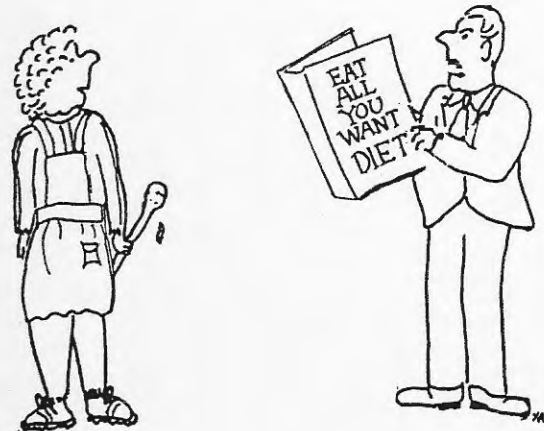
The only way people lose weight on those things is by losing money from their pocketbook. You have to remember that a pound of fat has 3,500 calories. If you ran 10 miles a day and didn't eat anything, you'd only lose 1 pound. So how can people think that sauna suits or vibrating machines help reduce fat? If it sounds too good to be true, it probably is.

[... spot-reducing?]

...(T)here's no such thing as spot-reducing. You're born with a profile, and you put on fat in certain places -- according to some individual pattern or your sex. We tend to think of fat as an inert blob of tissue, or that we carry the Thanksgiving turkey around for months afterward. But fat is a reservoir of potential energy.

Every 14 days all the fat in your cells has turned over. If you start turning over more by losing weight, your body loses fat proportionately all over. You may lose more in absolute terms in certain areas, but you don't selectively lose fat in those areas. . . . Bouncing on the floor or rolling over on your hips while you watch TV won't help. I don't know where people think the fat is going to go. If it isn't used, it stays where it is.

(continued on next page)



"I knew there'd be a catch to it...
You have to run 200 miles a day!"

[... exercise burns fat . . .]

Aerobic exercise is the only way to burn fat directly. Anaerobic exercise uses only carbohydrates, while aerobic exercise uses carbohydrates and fats. Endurance work releases fat from the fat cells so that after about 20 minutes of exercise, the body shifts from using mainly carbohydrates to using more fats. But you have to remember that when you eat, you replenish both carbohydrates and fats. As soon as there's an excess, you stockpile fat. If you eat after an activity that uses more fat than carbohydrates, you fill up your carbohydrate stores faster and the excess goes to fat anyway. So you haven't changed the body's overall energy balance. You lose weight when you burn up more calories than you take in, not because you burn fat when you exercise.

[... (Does) exercise ... increase ... appetite?]

Exercise increases appetite only if you are active. The scientific literature suggests that appetite follows activity level in men who eat more than 2,800 calories a day. So if you burn up 3,500 calories, you eat more than if you use 3,000. ... It turns out that if you exercise very hard before you eat, you will actually eat less because of an increase in body temperature and a change in hormone levels. ...

[... vitamins ...?]

It's never been shown that a vitamin surplus will improve performance. If you eat a reasonably balanced diet, the amount of vitamins you take in generally agrees with the total number of calories. A person who eats less than 2,000 calories a day may become vitamin deficient over a long period of time. But an active person will eat more than 2,000 calories a day.

[(Does)...exercise cure high cholesterol?]

I dislike the word "cure." Cholesterol is not a bacterial or viral disease. And one can do all the right things and still have high cholesterol, or all the wrong things and have low cholesterol. All you can say is that if you have 10,000 people all doing the right thing, then their cholesterol levels would be lower than 10,000 people doing the wrong thing. But on an individual basis, you never know.

... (The) consistent data show that active people have fewer diseases and that the diseases they have are less severe. That's why you live prudently -- watch your diet, weight, alcohol intake -- and hope you're one of the 10,000 who will be better off.

[... lifting weights increases bulk in women?]

Not to the same extent as it does in men. Women don't have the testosterone that allows a muscle to hypertrophy. When competition nears, most female bodybuilders do not increase their bulk as much as they decrease the amount of fat in their skin. They go on a strict diet and dehydrate so that the muscles can be seen better. Because it's primarily fast twitch fibers that hypertrophy, women who have more of those fibers may have more of an increase in bulk.

[Myth:] "A low resting heart rate means you're fit." It may mean you're taking a beta-blocker. It may mean you have the metabolism of a whale. Essentially it means that you're alive!

[... yoga, TM, (etc.) enhance fitness?]
Fitness means different things to different people. Some call it freedom from disease, some emphasize strength or flexibility or endurance. You're obviously going to get flexibility from yoga. And maybe from the standpoint of relaxation, you'll improve your health. If that's part of your definition, then yoga affects it.

If you're talking about aerobic fitness, the answer is no. Because you're decreasing your energy output, you may even put on more weight. Of course, many people interested in these activities look into becoming vegetarians, and they may lose weight because they're cutting down on calories.

[(Advice:)]

Find two or three activities that you know you'll do, and do them on a regular basis. But you have to pick something that's more than just going to the water fountain or playing bridge. And that's the key: Use it or lose it, but don't abuse it.

—contributed by Dick Hillman

RUNNING HEALTHY

EYES THAT PLAY VIDEO GAMES



Do you see spots before your eyes as you finish a race? But you don't feel faint or sick in any way? It could warrant a visit to an ophthalmologist. It could be a condition called Posterior Vitreous Detachment.

The dark spots of Posterior Vitreous Detachment—which more likely appear suddenly at times other than at the finish line—are often described as round dots, cobwebs, particles, pieces of hair, or flying insects. These "floaters" are often accompanied by flashing lights similar to streaks of lightning which can readily be noticed at night.

Any of these symptoms could be the precursor of a very serious condition called Detached Retina. A symptom of Detached Retina is a dark shadow or curtain in the peripheral vision. This can cause vision loss. Luckily Retinal Detachment is rare.

What causes Posterior Vitreous Detachment? An injury can cause it. Years of living (Striders don't "age") can cause it and gravity can aid its progress.

Can you continue running if you have symptoms such as floaters or lightening flashes? In most cases, yes. Posterior Vitreous Detachment is not in itself harmful to the eye and in most cases the symptoms usually disappear in several weeks. The important point is that symptoms should be checked by an ophthalmologist promptly as early diagnosis and treatment may prevent serious complications.

—Yvonne Aasen

MY FAVORITE RACE

DOWNHILLS CAN BE HARD TOO

by Bob Biddle

Trips to Europe may lead to strange behavior by Americans. Some run bulls at Pamplona. Others climb the Matterhorn. This past July, my wife Maureen and I found ourselves in a race up and down Skiddaw, a 910 meter peak in the English Lake District. The experienced English fell runners consider this course rather tame because of its relatively short length (only about 14 kilometers) and well worn path. Most fell races are at least as long as a marathon, and traverse either boulder strewn hillsides or cross heathland covered with menacingly large tussocks of grass. Needless to say, we were quite happy to have selected one of the wimpier courses for our debut.

The race began in Keswick, a substantial town at the north end of the Lake District. We were lucky to find the start, for like all English fell races, the Skiddaw Run received no publicity. The notable absence of a commercial sponsor may have had something to do with the press blackout. The race directors, amateurs to the core like the Cambridge dons in "Chariots of Fire," had no interest in encouraging mass participation in their event. The field numbered about 150, with only about 10 women, and was quite competitive.

Without any real intercollegiate athletics, all of an English athlete's energies are channelled into the various local and regional clubs, which compete in interclub fixtures (meets) like the Skiddaw run every weekend throughout the spring, summer, and fall. Striders familiar with the Howard County club championship held in Columbia every February can appreciate the intensity of interclub competition. Having accidentally encountered a college classmate of ours in Keswick shortly before the start of the race, Maureen and I formed two-thirds of a college alumni team.

The race course gained about 800 meters in 7 kilometers, 400 of which was gained in a 2 kilometer stretch in the middle of the climb. Like everyone around us, we walked the steep part. However, we did not adopt the local technique of leaning well into the hill and pressing down on the knees with the hands. Although I developed a severe case of cramps during the brief time I tried it, the hunched-back technique allegedly conserves energy while maintaining speed. Since few positions change during the steep uphills, the race came down to speed on the less steep uphills that could be run and on the downhills.

The course passed through barren moorland for much of its length, and visibility ranged from 5 to 50 feet in fog and drizzle. Navigation was particularly interesting because there were no trail markers, no signs, numerous side trails made by sheep and indistinguishable from the main track, and no race officials except at the start, summit turnaround, and finish (the race followed an out-and-back course). Following other runners was not particularly easy since we were allowed to pick our own route to and from the summit, and many runners went their own way regardless of ditches, rocks, and cliffs.



MANY RUNNERS WENT THEIR OWN WAY
REGARDLESS OF DITCHES, ROCKS AND
CLIFFS.

I was around fiftieth place at the summit turnaround, having benefitted from some hill training and interval work before our trip began a week earlier. However, nothing prepared me for the twenty or so people who bolted past me within a kilometer of leaving the summit. Apparently inured to rapid descents or oblivious of the risk to their ankles and knees, other competitors sprinted down even the steepest grade.

(continued on next page)

Deciding that high-speed downhill running was a skill of little utility in the USA (except perhaps in the Boston Marathon), I remained cautious and finished around the middle of the pack. Maureen finished several minutes later, surprisingly ebullient despite her long-standing aversion to hills. Our teammate ran well on the descent and caught me just before the finish. We spent the next several days rediscovering muscle soreness as we were barely able to walk the following morning.

I recommend these races to anyone who is traveling to England and is in fairly good condition. Those with bad knees or ankles, or afraid of being lost in the hills may want to pass up these events. English hill running is a different sport than road racing, the sole similarity being that each requires use of the legs. Approach fell racing as an educational and cultural experience, not the competitive peak of your season. It appears to take several races and specific training to learn how to run fast over broken terrain without getting hurt. Most of the runners on Skiddaw had years of experience training and racing in mountainous terrain.

Traditional British reserve is a bit less pronounced at fell races, so they are a good way to meet people. You can also escape the tourist pack as American visitors to England either don't run or don't learn about fell races. We learned about the Skiddaw Run two days before the race from a slide show about walking in the Lake District, although we later learned that a schedule of races is available from the Fell Running Association. By the way, you need not enter in advance, be a member of a team, or belong to a particular national athletic federation to participate in fell racing. Just show up, be prepared to muddle through, and be ready to celebrate at a local pub afterwards.

MY FAVORITE RACE

HASH HOUSE HARRIERS HOLD COLORFUL HISTORY

By Martin Cover

I'm attempting to organize a chapter of Hash House Harriers in the Annapolis area and I thought some Striders might find this form of running an interesting alternative to racing or daily training runs. Following is a description of the organization with my phone number listed at the conclusion.

HASH TRASH: Hash House Harriers were founded in 1938 at the Selangor Club in Kuala Lumpur, Malaysia. The original runs were a few laps of the horse track. The intention was to cure the previous night's hangover and make room for more beer. Eventually, the track was forsaken for weekly treks through local rubber plantations.

In 1941, runs were discontinued because of a disagreement with the Japanese. After Allied victory in the war fought to make the world safe for hashing, the tradition returned. H³ began to spread throughout the world until today there are over 500 chapters covering every continent except Antarctica. Included are such garden spots as Moscow, Beijing, and El Salvador. Its popularity is so great that Hong Kong and Singapore boast at least five chapters each, and the DC area has four (the waiting list for "the" DC Hash is about seven months). Chapters are traditionally all male, although there are also mixed groups and female only Hash House Harriettes. KL maintains the central register of hashdom and helps coordinate Interhash, a gathering of hashers from all over the world for three days of running and parties (IH '86 was just completed in Bangkok, IH '88 will be held in Bali!).

Hashing is NON-COMPETITIVE running. It combines elements of road running, cross country, steeple chase, and orienteering and is intended to be an interesting warm-up for the social event (ON ON) conducted afterwards. The run organizer, or Hare, lays a trail of four to five miles marked with flour, chalk, or shredded paper. The runners attempt to follow the trail, which is periodically broken by check points. This requires the pack to use teamwork to re-discover the trail and at the same time allows the slower runners to catch up. The run is punctuated by the cries of runners yelling ON ON (I'm on the trail); CHECKING (I'm at a check point searching for the trail); ARE YOU (Have you found the trail?); and LOOKING (I'm not at a check but I've lost the trail). Shouting is an important part of the run!

The ON ON (APRES) is the RAISON D'ETRE for the whole thing. The hare is vilified for an awful run, refreshments are consumed and songs sung (?) to honor guests or visitors. Beer and strong language are normally the rule. The ability to consume 12 ozs. of liquid quickly (DOWN DOWN) is a plus. Various traditions are introduced or invented.



The Crabtown H³ will run bi-weekly or thereabouts throughout the summer. Cost will be approximately \$3 per run. Volunteers to act as Hares for future runs are required. See the ON SEC.

JOINT MASTERS: John Berude/Dolph Diemont
ON SEC: Martin Cover 263-1535
HASH HORN: Bruce Morgan

Editor's note: This article was handed to me too late for our summer editions. Those interested please call Martin Cover 263-1535 for the fall schedule.

TRAINING TIPS

by Pat O'Brien

MARATHON MANIA STRIKES STRIDER'S RANKS

As nearly 100 Moore's Marines pound down the asphalt on 450 each Saturday, surely some must be thinking: "If I can just survive the rigors of training, running the marathon will be a 'piece of cake'". Perhaps "piece of cake" is an understatement of the effort required to complete the 26.2 mile distance, but most runners probably will agree that training for a marathon—usually a twelve-week program of varied but structured running—is tough on the body, mind and soul; even tougher than the race itself!

! THE KEY TO A SUCCESSFUL MARATHON !
! EFFORT IS SURVIVING THE TRAINING !
! PROGRAM. !



The key to running a successful marathon is to complete the required training with the body strong and injury-free, and the mind programmed with a PMA (positive mental attitude). If you are in the midst of preparing for a fall marathon, be it your first or last, read on. The strategies described below may enable you to devise a winning marathon training program.

If you are training for your first marathon, a realistic goal is to finish the race, hopefully feeling uplifted by the effort expended. In order to complete this distance, the runner needs muscular strength as well as cardiovascular endurance.

Endurance is gained as you expand your mileage base, predominantly by extending the length of that one long run each week. Ben Moore emphasizes that the long run is the most important factor in building the endurance required to complete the marathon. In his program, which is geared to the first timer, weekly long runs start at 8 miles and progress over the 12 week program to a distance of 20 miles. By the time race day arrives, Ben's group will have completed three 14, two 16, two 18, and one 20 mile runs. It is during these long runs that your heart, lungs and legs adapt to the exercise effort and become conditioned to performing for the time it takes to complete the marathon.

The pace of the long run, again for beginners, should be about the pace you wish to maintain during the marathon, or 15-20 secs/mile slower. Ben's first timers train and run on race day at a 9-9½ min/mile pace. Eventually, these novice marathoners will be logging in 45-55 miles/week as their long Saturday runs approach 20 miles.

The other essential component in a successful first marathon is strength—predominantly in the muscles used for running. Strength is gained by exercising the muscles; running, regardless of pace, will accomplish this. Because running on hills will build muscular strength faster and more efficiently than logging in the miles on easy terrain, a weekly "hill workout" is recommended. This would consist of a 6-8 mile run during which you accelerate on the hills. Fartlek work will vary with the route but try doing 8-10 hills (200-400 meters of acceleration). The pace will be faster than your marathon pace; run in the comfortably uncomfortable range.

Strengthening the muscles used in running offers some insurance against muscle breakdown during the race. It will also provide some protection from injury while you are in the midst of the training regimen.

Hill fartleks will also strengthen and improve upper body form. Anyone who has completed a marathon can attest to how important upper body strength is at the end of the race; the legs are fatigued as glycogen reserves are depleted, muscle cramps herald the build-up of lactic acid, and the mind is tuning in the wimp channel...when this begins to happen, you'll appreciate the fact that you can make those legs move if you can just keep pumping those arms!

As you juggle your workouts keep in mind that you will want to sandwich those long runs and hill workouts between easy days where you run for fun (there is such a thing, I'm told!).

For those who are not novices at marathoning, i.e. have completed at least two or three, you may find that now you are geared into a "time" goal. You are confident about your ability to finish, but want a little more out of the race so as to measure the progress you've made in the sport. If this is important to you then it will be necessary to develop a third component in your marathon program—the acquisition of some leg speed.

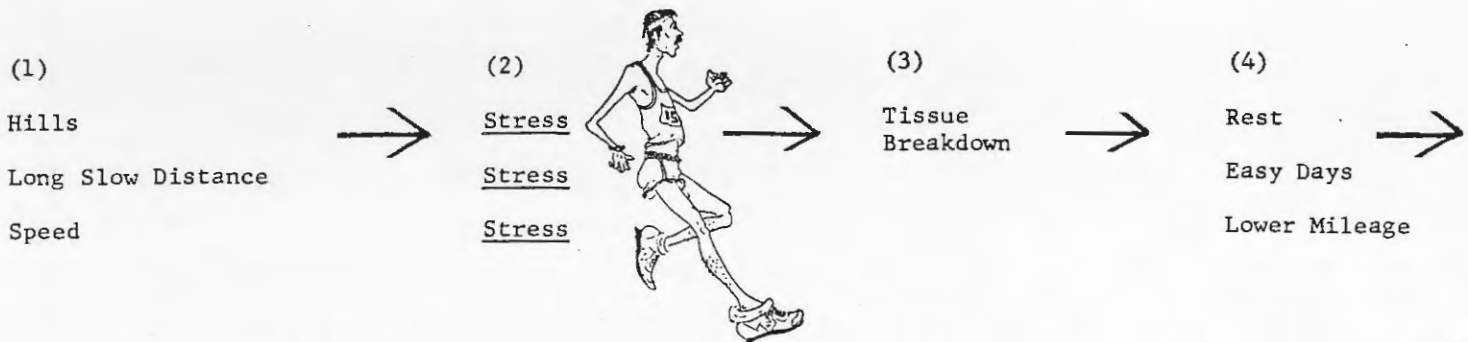
Strength and endurance can be obtained by the hill work and long runs, but you will now want to add a day of track work to your program during the final 6-8 weeks of training. The recommended distance for speed work for the marathon is the one mile interval or 880s at 3:40. The number of repeats should be few at first and then add additional repeats with each week.

For example, you may start with (2) one mile intervals and build up to 5-7 in the final weeks of your program. Accomplishing the speed work will help you become accustomed, both mentally and physically, to sustaining a race pace effort for 26 miles (it even hurts to imagine it!). If you are doing the weekly speed work, then you can relax the pace of your long run by about a min/mile slower than marathon pace.

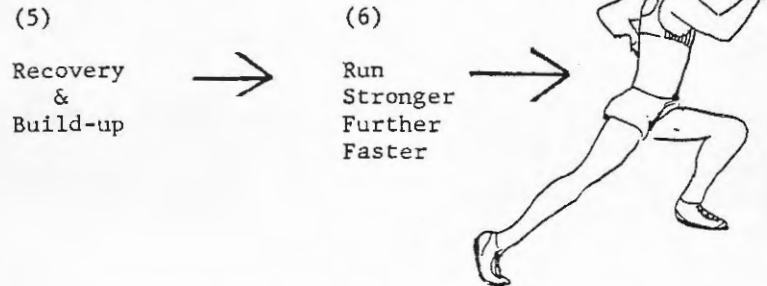
(continued on next page)

Regardless of which marathon program you follow, there is one key factor essential for surviving till race day—REST! The physiological changes which result in the build-up of strength, endurance and speed involve a complex series of events.

Regardless of how diligent you are in adhering to a marathon training program, the sad reality is—there are no guarantees. Running a successful marathon involves the magical interplay of a myriad of factors, over some of which the runner has little, if any, control. But you can stack the deck in your favor if you're adequately trained, sound of body and mentally hungry for the race.



The hard days stress your body causing tissue breakdown. The rest days provide the body with the extra energy needed for the repair of damaged muscle (and rejuvenation of withered spirits). This alternation of hard and easy days will enable the body to emerge from the recovery process stronger than it was before the stress was applied. This, believe it or not, is why we train! Note, however, that rest (in the form of easy days or even a day off) is as vital to the "training effect" as is the hard workout because without rest recovery cannot occur. Eventually, the accumulation of unrepaired damage to the muscle tissue surfaces in the form of an injury. There are a few simple guidelines, which if followed consistently, will provide protection from acquiring an over-use injury (see box). Remember...it takes wisdom and self-discipline to back off before you have to.



There are few joys in life that measure up to the exuberance of crossing a marathon finish line. Good luck, good running, see you at the finish!

COMMON SENSE STRATEGIES FOR INJURY PREVENTION

1. Alternate hard and easy workout days.
2. Take off a day, even two, if you notice:
 - tiredness, yet are unable to sleep well
 - loss of appetite
 - muscle soreness that lingers from day to day
3. Be flexible with your training schedule. Experiment with dropping your mileage on alternate weeks to give you the necessary mental and physical rest without losing conditioning.
4. Begin common sense treatment on injured areas as soon as they become a source of discomfort.
 - ice before and after workouts
 - stretch
 - massage
 - anti-inflammatory medication

TRAINING TIPS

ARTHROSCOPIC SURGERY ADVANCES

by Dr. Marshall K. Steele III

Is it a miracle?

Mary Lou Retton won a gold medal in gymnastics and Joan Benoit won a gold medal in the marathon. What do these two have in common besides a gold medal?

Both of them had knee surgery just prior to the Olympics.

During the past five years more and more athletes have returned to their sports shortly after knee surgery. In the past, this would have been considered impossible since recovery from this surgery often took several months if not more. One reason for the more rapid recoveries is arthroscopic surgery.

What is arthroscopic surgery? How does it differ from the old method of open knee surgery.

In open knee surgery, a fairly large incision is made into the joint so the surgeon may visualize the various structures. Removal or repair of these structures is then carried out.

In arthroscopic surgery, a very small fiberoptic tube, smaller in diameter than a pencil is placed into the knee joint. Outside the knee joint, a miniature television camera is attached to the end of this tube and the entire knee joint image can be projected onto a television screen.

When damaged tissue is found, the surgeon can then put a small instrument through an additional portal to remove the damaged tissue. Doing surgery in this way results in a much faster recovery, and no large scars on the knee.

Does that mean that everyone can be expected to return to athletics quickly after this surgery?

No. You must remember that Mary Lou Retton and Joan Benoit are two of the most highly conditioned athletes in the world. Recovery time from arthroscopic surgery is individual. One cannot compare their recovery following surgery with his own, anymore than they can compare his ability to do gymnastics or run a marathon with either of these two great athletes. But more important, the recovery depends on the type of problem in the joint, what needs to be done and the condition of the joint surfaces at the time of surgery.

Are there any other factors to a speedy recovery?

Yes. After successful arthroscopic surgery it is critical that a rehabilitation program be promptly continued. I emphasize the word "continued" because one should have been begun prior to surgery. The muscles in the leg that control the knee are very quick to shrink and become weak. If this condition is allowed the recovery process will be seriously impeded.

Are there conditions in the knee that cannot be repaired with the arthroscope?

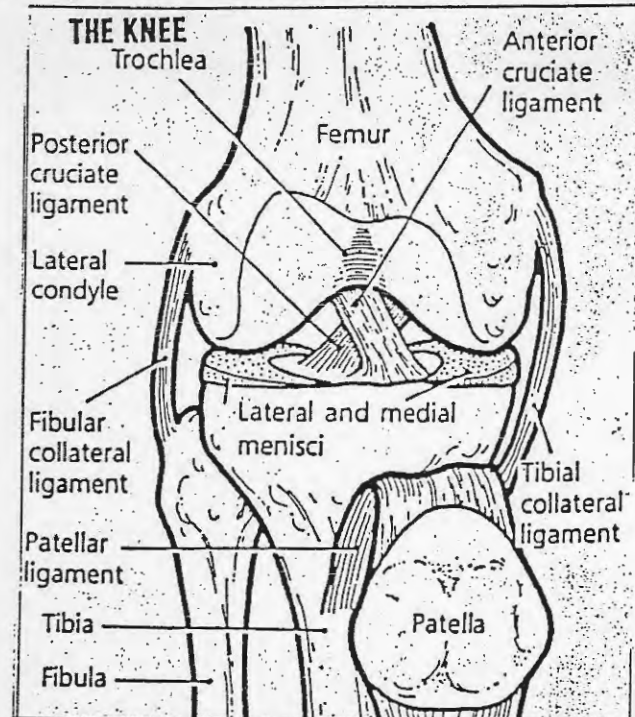
Yes. Generally speaking, ligament tears of the knee are not repaired with the arthroscope. However, some work is being done in this field.

Also severe arthritis of the knee is not helped much by the use of arthroscopic surgery.

What does that mean?

Here is a diagram of the inside of the knee joint. The darkened structures of the knee in this diagram represent what we call the menisci. This is commonly referred to as cartilages by most people. They are relatively bloodless structures but when torn usually do not heal. If they do not heal, they become loose within the joint and begin to irritate it. We then have what is commonly called the cartilage tear. The usual treatment would be removal of the "torn cartilage" and a quick recovery. However, if the damage is more severe, then the whitened area at the end of the bone, which is the joint surface, has been damaged. We then have what is known as "arthritis." This leads to a rough joint that will not function smoothly, causing friction and pain. Return to athletics after this injury is uncertain and definitely delayed.

Another condition which is frequently treated arthroscopically in the knee, is the removal of a "joint mouse." A loose body in the knee usually is a floating piece of bone or cartilage and catches within the joint, causing mechanical symptoms.



How would I know if I had a problem with my cartilage? My knee hurts sometimes. Should I have arthroscopic surgery?

Here are some of the symptoms associated with a torn meniscus or torn cartilage. The first symptom is pain which is usually localized either on the inner or outer aspect of your knee. The second is swelling within the knee. The third is a feeling as if the knee buckles or gives out. And finally, if you feel your knee locking up in bent knee positions, you may well have a torn cartilage. If you have any of these symptoms, you would probably do well to see your doctor. However, I must emphasize that there are other causes for these symptoms and it would not necessarily mean you need arthroscopic surgery.

RUNNING SHORTS

Can a torn cartilage be repaired?

Yes, If the cartilage is torn near its outer edge as seen on the diagram, it can be sutured together. However, this requires use of a cast or brace for at least six weeks. Obviously, a speedy return to sports in this situation is not possible.

Is arthroscopic surgery done in the hospital or can it be performed in the office?

It is routinely done in the hospital or a hospital-like setting. The majority of the time, if you are healthy the procedure can be carried out as an outpatient.

Is the knee the only joint that can be arthroscoped?

No. Any large joint can be arthroscoped—the shoulder, elbow, ankle, hip and even the wrist. However, these joints are arthroscoped much less frequently than that of the knee.

EDITOR'S NOTE: This concludes our Sports-medicine series.

Dr. Steele is an Annapolis orthopedic surgeon who is on the staff at Anne Arundel General Hospital. He is one of the founders of the Sports Medicine Center of Annapolis. An athlete himself, Marshall has long been interested in sports medicine and has treated many local athletes.

Steele was on the staff for the Olympic Games soccer competition in Annapolis in 1984.



"You should stay off that leg for a few days."

ACQUAINTED WITH LOSING

Most of us are more acquainted with losing than we are with winning. But today's race (I am telling myself) will be different. As far as I can determine, there's only John Wasson and myself in the over fifty bracket.

The start is good, the weather fine, and the first five-and-a-half miles are uneventful. "I'm going to win today," I tell myself with glee. "John is too far behind to catch me now."

But as we near the finish line I hear that familiar gate; "Ta-pocketa, ta'pocketa, ta'pocketa." And suddenly old Professor Wasson is up to me and shooting out front like a stomped on cotton tail. We cross the finish line, both moving in a sea of lactic acid. But once again I am the one acquainted with losing. Rats!

Here's a little piece, dealing with the same theme, that bends my mind in a nice way—and consoles me at least a little bit:

"No matter what happens to any of the other characters...Charlie Brown has to be the one who suffers, because he is a caricature of the average person. Most of us are much more acquainted with losing than we are with winning. Winning is great, but it isn't funny. While one person is a happy winner, there may be a hundred losers using funny stories to console themselves."

—Charles Schultz, Creator of "Peanuts"
PEANUTS JUBILEE

(Ballentine Books, 1976), p. 84

So enjoy your running. To participate is to win.

—Roger Prescott
Lake Agassiz Pacers, Fargo, ND

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SPECIAL FEATURE

11TH ANNAPOLIS RUN

The Annapolis Striders' 11th ANNUAL ANNAPOLIS RUN
MARYLAND'S PREMIER 10 MILE ROAD RACE

Annapolis, Maryland August 24, 1986 7:30 A.M. Weather: Sunny, 70 degrees

BENHAM REINS-IN ANNAPOLIS

With cool temperatures, the stage was set for another fast Annapolis Run. An early hurricane had coaxed the first cold front of the season to the shores of the Chesapeake Bay. But instead of a fast start, the lead pack acted like they had been put on ice and enjoyed the scenery while they cruised through the early miles in the still of the Colonial Annapolis Sunday morning.

On the way out of town, after crossing the Severn River, Bill McCormack began to put it together. The U.S. Naval Academy graduate and current assistant cross-country coach was running with Gerry Clapper and Jim Hage. His familiarity with the rolling hills seemed to have given him an edge as he started to build up a lead which was extended to a cushion of 34 seconds by the time he hit the finish. His 50:26 was well off Gary Siriano's course record of 48:42.

For the women, Patty McGovern made short work of this race with her clocking of 57:08. A little push from some competition could have brought her closer to Eleanor Simonsick's 56:12, the benchmark set in 1982.

A full field of 2500 entrants were signed up but race officials were unsure as to why only 1800 finished with such great conditions. The standout performance was clocked by a 79-year-old. Ed Benham, the retired jockey from Ocean City, was the class of the field with a pending national, single-age record of 1:16:50. Race director, Mike van Beuren, hopes that Benham will return in 1987 so that the Annapolis Run can have its first 80 year old champion.

The "heartbreak/skin of the teeth" story came in the men's masters: Bill Conroy had the "heartbreak" and Richard Stotlar benefited from his dental epidermis. As they approached the finish, Conroy remained unaware of Stotlar's presence ahead of him, right ahead of him! The Chronomix and video tape recorded and confirmed 58:26.31 to 58:26.85 for these two competitors. Asked about what steps could be taken to make master runners aware of their immediate competition, Conroy suggested that a large "M" be worn on the back of each master runner's jersey. After pausing for a moment, he further elaborated that all men over 40 should be required to wear one, himself excepted.



(continued on next page)

TAC CERTIFIED COURSE

| PLACE | FIRST_NAME | LAST_NAME | AG | CITY | ST | TIME | PACE |
|-------|------------|-----------|----|--------------|----|---------|------|
| 1 | BILL | MCCORMACK | 26 | ARNOLD | MD | 0:50:26 | 5:03 |
| 2 | GERRY | CLAPPER | 25 | COLUMBIA | MD | 0:51:00 | 5:06 |
| 3 | JIM | HAGE | 28 | LANHAM | MD | 0:51:38 | 5:10 |
| 4 | HARRY | GOODMAN | 32 | RANDALLSTOWN | MD | 0:51:56 | 5:12 |
| 5 | DAVID | WHITE | 24 | WASHINGTON | DC | 0:52:23 | 5:14 |
| 6 | JIM | OKEEFE | 26 | COLUMBIA | MD | 0:52:51 | 5:17 |
| 7 | RUSSELL | BLATT | 29 | GLASTONBURY | CT | 0:53:09 | 5:19 |
| 8 | STEVE | GIORGIS | 31 | FALLS CHURCH | VA | 0:53:28 | 5:21 |
| 9 | JEFFERY | LEARS | 36 | NEW FREEDOM | PA | 0:53:33 | 5:21 |
| 10 | ANTHONY | GRIER | 36 | BALTIMORE | MD | 0:53:46 | 5:23 |

TAC CERTIFIED COURSE

| PLACE | FIRST_NAME | LAST_NAME | AG | S CITY | ST | CHUTE3 | PACE |
|-------|------------|----------------|----|------------------|----|---------|------|
| 1 | PATTY | MCGOVERN | 25 | F WASHINGTON | DC | 0:57:08 | 5:43 |
| 2 | MARGE | ROSASCO | 38 | F FALLSTON | MD | 1:00:31 | 6:03 |
| 3 | DEBBIE | FORRESTER | 29 | F VA BCH | VA | 1:02:22 | 6:14 |
| 4 | PAMELA | BRISCOE | 31 | F CHEVY CHASE | MD | 1:02:59 | 6:18 |
| 5 | CATHY | VENTURA-MERKEL | 31 | F ARLINGTON | VA | 1:03:05 | 6:19 |
| 6 | KATHERINE | STILES | 29 | F BERRYVILLE | VA | 1:04:01 | 6:24 |
| 7 | PATTY | DEUSTER | 36 | F SILVER SPRING | MD | 1:04:08 | 6:25 |
| 8 | CHERYL | OKEEFE | 23 | F COLUMBIA | MD | 1:04:48 | 6:29 |
| 9 | SUSAN | BARBE | 24 | F WASHINGTON | DC | 1:04:51 | 6:29 |
| 10 | NANCY | TURNER | 26 | F VIRGINIA BEACH | VA | 1:04:53 | 6:29 |

MALE AGE-GROUP RESULTS

11th Annapolis Run, August 24, 1986

AGE GROUP: 13 and Under

| | | |
|---------------|-----------------|------------|
| 1 JOHN LEWIS | 12 FREDERICK | MD 1:16:27 |
| 2 MARK LESAGE | 11 PORT TOBACCO | MD 1:25:03 |
| 3 BEN DAVIS | 11 SEVERNA PARK | MD 1:36:46 |

Record: 58:02 Jeff Campbell 1984

AGE GROUP: 14 - 19

| | | |
|---------------|------------------|------------|
| 1 HUGH WOODEN | 15 SILVER SPRING | MD 0:59:23 |
| 2 REESE KIFLE | 18 ARNOLD | MD 1:01:10 |
| 3 TODD VANA | 19 ANNAPOLIS | MD 1:01:36 |

Record: 52:23 by Steven Levin in 1982

AGE GROUP: 40 - 44

| | | |
|-------------------|---------------|------------|
| 1 RICHARD STOTLAR | 44 SHREWSBURY | PA 0:58:26 |
| 2 BILL CONROY | 43 CROFTON | MD 0:58:26 |
| 3 HUBERT CHADWICK | 42 COLUMBIA | MD 0:58:48 |

Record: 53:59 by Mike Sabino in 1982

AGE GROUP: 45 - 49

| | | |
|-----------------------|---------------------|------------|
| 1 LAWRENCE I'ANSON JR | 49 CHEVY CHASE | MD 1:00:59 |
| 2 CHARLES DAVIES | 49 WASHINGTON GROVE | MD 1:01:31 |
| 3 JOHN ELLIOTT | 47 COLUMBIA | MD 1:01:40 |

Record: 54:15 Norman Green, Jr. in 1984

AGE GROUP: 50 - 59

| | | |
|---------------------|--------------|------------|
| 1 TURNER WILLIAMSON | 50 ARLINGTON | VA 0:59:26 |
| 2 WILLIAM HOSS | 51 RESTON | VA 0:59:44 |
| 3 ROBERT HAERTSCH | 51 CAMP HILL | PA 1:03:01 |

Record: 54:15 Norman Green, Jr. in 1984

AGE GROUP: 60 - 69

| | | |
|--------------------|--------------|------------|
| 1 HERBERT CHISHOLM | 60 | 1:06:11 |
| 2 RICHARD JOHNSON | 62 TEMPLE | PA 1:08:49 |
| 3 JOE HOLLAND | 64 BALTIMORE | MD 1:14:40 |

Record: 1:05:20 by Oscar Fox in 1982

AGE GROUP: 70 and over

| | | |
|-------------|---------------|------------|
| 1 ED BENHAM | 79 OCEAN CITY | MD 1:16:50 |
|-------------|---------------|------------|

Record: 1:11:35 by Ed Benham in 1983

FEMALE AGE-GROUP RESULTS

11th Annapolis Run August 24, 1986

AGE GROUP: 13 and under

| | | |
|----------------------|-----------|------------|
| 1 KIMBERLY HENDERSON | 13 VIENNA | VA 1:21:24 |
|----------------------|-----------|------------|

Record: 1:08:57 by Kristian Coleman in 1981

AGE GROUP: 14 - 19

| | | |
|-----------------|-------------|------------|
| 1 SUZANNE WENK | 19 COLUMBIA | MD 1:11:16 |
| 2 ROBIN QUINLAN | 16 BOWIE | MD 1:13:04 |
| 3 HOPE MOHLE | 19 CHESTER | MD 1:28:05 |

Record: 1:06:35 by Maureen McGowen in 1984

AGE GROUP: 40 - 49

| | | |
|-------------------|--------------|------------|
| 1 BECKY NOLAN | 40 ANNANDALE | VA 1:10:28 |
| 2 SHARON HAMILTON | 44 OLNEY | MD 1:11:42 |
| 3 VICKI PIERPONT | 43 ARNOLD | MD 1:11:52 |

Record: 1:08:06 by Ann Diaz in 1984

AGE GROUP: 50 - 59

| | | |
|--------------------|------------------|------------|
| 1 JEAN MALONE | 50 ELLICOTT CITY | MD 1:20:39 |
| 2 MARTHA KINSINGER | 52 GAMBRILLS | MD 1:21:22 |
| 3 REGINA LAFETINA | 53 BALTIMORE | MD 1:23:29 |

Record: 1:13:37 by Fran Adams 1983

AGE GROUP: 60 AND OVER

Record: 1:31:13 by Dorothy Bright in 1985

VOLUNTEER SUPPORT HIGHLIGHTS 11TH ANNAPOLIS RUN

Where were you on the weekend of August 23rd & 24th? I hope you had a chance to enjoy some of the events surrounding the Annapolis Run! We had another fine race thanks to the efforts of so many and the generosity of our sponsors. The results will soon be in the mail.

For me, it is difficult to keep an even perspective as to what the most exciting features of our annual 10 Mile run are. Is it the size or popularity of the race? The feeling of anticipation at the workers run and the runner's night on race-eve? How about the crush of runners surging away from the start or the looks of satisfaction as runners cross the finish line? It's a toss-up between these and many other things. As race director, I am most heartened by the people who are willing to work; many have for years! It is our returning volunteers who make the Annapolis Run better and better. There are individuals & families who have been working on the race for most of the past 11 years. These include Randy & Debby Fox, Gerte & Dan Spadone, Ron Jarashow, Dick & Lisa Hillman and Don & Nancy Waddington.

This year, it was great to be able to get together at our first worker's picnic at the Key School. Over one hundred attended and were able to savor something besides the preparation for a race which takes so long but only lasts two hours: the hot dogs and hamburgers were great! I hope we will do this again.

I have asked the Streak that a partial list of workers be published so that we can congratulate each other on a job well done. This list is incomplete in that it does not include the people from many other groups: Steve Andrews and his team from the Chesapeake Bay Distributing Company, Susan Berenson from First National Bank of Maryland, the South River High School Track Team, the US Naval Academy Women's and Men's Track Teams, the US Marine Corps Barracks in Annapolis, the Sports Medicine Center of Annapolis, the Arundel Radio Club, Dianna "De" McGurn and the YMCA, Jim Katcef and Recharge.

A very special thanks goes to Capt. J.O. Coppedge and Bill Dammeyer of The Naval Academy Athletic Association who continue to be so generous and understanding of our runners by permitting us to use the marvelous Navy - Marine Corps Memorial Stadium. We are equally indebted to the Annapolis, Anne Arundel, and Maryland State Police and the US Coast Guard for providing the best in security along the course, allowing so many to run their personal "bests". Among these, 79-year-old Ed Benham set another national, single-age record on our course.

Our major sponsors continue to be the lifeblood of the race: Lite Beer by Miller, First National Bank, and Nike. Their financial and material support have allowed us to provide the fine items of remembrance to each finisher for the last seven years.

- Mike van Beuren

(continued on next page)

ELEVENTH ANNAPOLIS RUN VOLUNTEER HALL OF FAME

Yvonne Aasen
 JERRY ABEN
 Jay Alders
 Eddie Anderson
 DAVID ARGENTIERI
 David Bartosevich
 JEAN BAWKER
 PAUL BAWKER
 Ann Beach
 Rodney Beach
 J. Howard Beard, III
 MARGARITE BEATTY
 Helaine Betnun
 Nate Betnun
 Fred Betz
 James Black
 Timothy Blewett
 Wally Bloss
 Susan Bonner
 Robin Borden
 Ronald Bowman
 THOMAS BRADFORD
 Thomas Bradford
 Cathy Bridges
 Robert Bridges
 Ned Brooks
 LISA BURDETTE
 William Buser
 ROB BUSHNELL
 RUTH BUSHNELL
 Charles Cadell
 JOE CARRIER
 Anne Chamberlain
 Mike Chamberlain
 Mark Chaput
 John Coder
 PAT CODER
 COLLEEN COEUR
 CAROLINE COFFAY
 CATHERINE COFFAY
 Thomas Condon
 William Conroy
 Cindi Contarino
 William Contarino
 Mary Coughlin
 Gale Cromwell
 CARLOTTA CROSBY
 Darlene Dabbs
 Joseph Deak, Jr.
 JOHN DEGRECK
 Kathleen Dittmar
 Dianne Dodson
 JOY DONLIN
 PATRICK DONLIN

Thomas Donlin
 Joe Duffy
 Paul Duffy
 MARGIT EILERS
 KIP ELDRIDGE
 Eleanor Elster
 Amanda Falk
 Robert Field, Jr.
 Gayle Flynn
 DEBBIE FOX
 RANDY FOX
 Cathy Frantom
 CYNTHIA GAINES
 Anne Gauzens
 Frank Goetschius
 Nancy Goetschius
 Rae Jean Goodman
 Donald Goodwin
 CHUCK GORUM
 NANCY GORUM
 Edwin Green Sr.
 Judith Greenblatt
 Susan Greinke
 Richard Gucker
 JIM HAAS
 James Hall
 Scott Hall
 Sharon Hammond
 Nancy Hans
 Deborah Harney
 LARRY HARRISON
 NORA HELFGIT
 Arnold Henderson
 Robert Higginbotham
 Heidi Hillman
 Lisa Hillman
 Richard Hillman
 Neal Hinkle
 Winterson Hittle
 Patrick Hoffman
 Elizabeth Holliday
 Michele Holman
 Lynn Hopkins
 Michael Impellizzeri
 ELIZABETH JAMES
 Ron Jarashow
 DICK JOINSTON
 CAROL ANN JONES
 Nancy Jordan & Crew
 Donald Kane
 BILL KASSAKATES
 Susan Katcef
 A. Earl Keicher
 Patricia Kelly
 Barbara Kerr

Kenneth Kiable
 Liz Kisenwether
 Steven Klakring
 Ralph Labarge
 William Law
 Jonas Legum
 LAURA LEHR
 Woodford Linton
 BETTY LLOYD
 John Lockwood
 LESLIE LOMBARDO
 Michael Long
 JANE LUNNEY
 Angie Lyden
 Tom Lyden
 Kenneth Lyons
 Therese Maccherone
 Thomas Mark
 ? MAUST
 Keith Maynard
 Robert Maynard
 Allyson McCormick
 Rick Meeks
 WILLIAM MENNE
 Harold Michaels
 AL MILLER
 Bill Miller
 Delma Miller
 Ben Moore
 Betty Moore
 CONNIE MORAN
 MORI MORIN
 Earle Myers
 DOUG NAUMAN
 Deborah Nielsen
 Brenda Norman
 Norm & Ann O'Brien
 Patricia O'Brien
 DICK O'DAY
 Vinil Patel
 IAN PATRICK
 LEE PATRICK
 MARK PATRICK
 STEPHEN PATRICK
 LORRAINE PEARSON
 PETER PIERPONT
 Peter Pierpont, Jr.
 MARY PITCHFORD
 ABE POLLACK
 Douglas Pond
 Nancy Prue
 KEN QUINN
 Guy Riccio
 JIM ROBOSSON
 ALIX RODDA

Linda Rogers
 Jim Sandison
 John Schaum
 TERRY SCHMIDT
 Carl Schneider
 Earl Scott
 Wilford Scott
 Kathleen Smith
 Vivian Smith
 Dan Spadone
 Gerte Spadone
 Marshall Steele III
 James Storey
 ANDY SWEENEY
 Sean Sweeney
 JOHN C TAYLOR
 MILTON TAYLOR
 JOAN THING
 Evan Thomas
 Bing Topper
 Huey Treadwell
 Priscilla Trescott
 Robert Trescott
 TARA TRIMRUD
 Patricia Trotto Sr.
 William Turrentine
 SARA VAN REES
 CAROL VOGEL
 SCOTT VOGEL
 William Vogenitz
 Donald Waddington
 Nancy Waddington
 John Wall
 JENNY WALSMITH
 Joseph Walsmith
 Shelia Walsmith
 Leon Walters
 Robert Walters
 GINA WATKINS
 SHARON WATTS
 Alice Weathersbee
 Ronald Weeks
 BRIAN WEINBERGER
 Henry Whitesel
 Mike Whitworth
 Dennis Williams
 PETE WILLIAMS
 TERRY WILLIAMS
 CURT WILSON
 Rick Woods
 JANE WORTHINGTON
 SUSAN WORTHINGTON
 Mark Yerkes
 David Zeitlin
 Louise Zeitlin

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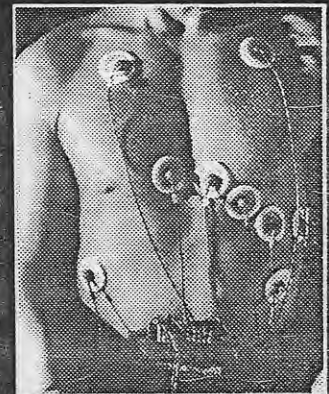
- Blood Chemistry Analysis including cholesterol, triglycerides and blood lipids
- 12 Lead Maximal Exercise Stress Test
 - VO2 Max Determination
 - % Body Fat
- Muscle Flexibility/Strength/Endurance
 - Coronary Risk Profile
- Blood Pressure Determination
- Nutrition and Stress Assessment

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Human Performance Lab



The Human Performance Lab is a division of
Union Memorial Sports Medicine Center
201 East University Parkway
Baltimore, Maryland 21218

TRUXTUN PARK SUMMER SERIES.

For all of those who were unable to participate this year: YOU REALLY MISSED A GREAT TIME! The ten Thursday evenings went by altogether too fast. Many people want to see this series continue throughout the year.

Special thanks go to Jim Katcef, Mike Busch, Earl Scott, Louise Zeitlin, Maria Coughlin, Gale Cromwell, Cathy Frantom, and the Long family for their special contributions in putting on this run series and, in the case of the Long's, provide a great crab feast.

This was the major Strider fun-run event of the year and no matter how fast or slow we ran, everybody had the best time. I hope the word will continue to spread about our 1 and 4 mile runs in the Park and that the number of sub-3-footers will increase in attendance as they did this year.

- Mike van Beuren
Series Director

JOE ABEN
ANGELA ALT
EDDIE ANDERSON
SHARON AULT
SCOTT BAKER
KEVIN BATEMAN

BILL HOFMAN
PAT HOFMAN
AMY HOWE
BETTY IMPELLIZZERI
PAM JACKSON
HARRY JACOBS

MICHELE MYERS
WILLIAM MYERS
WILL MYERS
BRENDA NORMAN
PAT O'BRIEN
JEFF OGLE
JENNIFER OGLE
PAT OGLE
MARK PATRICK
STEPHEN PATRICK
LEE PATRICK
ERIC PELTOSALO
MARK PHANEUF
TOM PRENDKI
ANNE PUGLISI
ED PURPURA
KEN QUINN
KIRK ROGERS
LINDA ROGERS
EARL SCOTT
ARLO SEARS
RICK SMITH
DAMIAN STOCKS
EVAN THOMAS
RICK TUCKER
JOE UNDERWOOD
MIKE VAN BEUREN
ZACHARY WALTERS
JANET WALTERS
SHARON WATTS
DAVID WEBSTER
KATE WHITESEL
HENRY WHITESEL
DENNIS WILLIAMS
DAVID ZEITLIN
LOUISE ZEITLIN
DON ZINDORF

PARTICIPANTS IN THE TRUXTUN PARK FUN RUN SERIES
JUNE THROUGH AUGUST 1986

SPONSORED BY ANNAPOLIS RECREATION AND PARKS AND KATCEF BROTHERS

DALE BATEMAN
JOHN BENNETT
WILL BONNER
SUSAN BONNER
DION BOYD
BOB BRIDGES
JERRY BUCKLEY
BUCK CADELL
MIKE CHAMBERLAIN
RAY CHAPMAN
ABIGAIL CLENDANIEL
JASON CLENDANIEL
JOE CLORETY
MARIA COUGHLIN
GALE CROMWELL
SANDY CROUSE
TOM CROUSE
ANNE MARIE DAMMEYER
CHUCK DAMMEYER

CHRIS DEERING
GAIL DONAHUE
MICHAEL DONLIN
PATRICK DONLIN
JOY DONLIN
TOM DONLIN
SHANNON DONNELLY
NEIL DONNELLY
DANNY FALK
JOSH FALK
MANDY FALK
LYMAN FERRELL
JODI GITTES
DON GOODWIN
BRANDON GREEN
STARLA GREEN
ED GREEN
LINDA HALL
NANCY HALL
JIM HALL
DEBORAH HARNEY
BILL HARNEY
DEBBIE HARRISON
MAUREEN HENNE
RICHARD HILLMAN
DOUG HOFMAN

NAKIA JOHNSON
FRANKIE JONES
JIM KATCEF
DON KENNEDY
ANDY KIRKPATRICK
CHAD KLAKRING
BRIAN KLAKRING
STEVE KLAKRING
ED KOEHLER
BILL LAW
DARCY LEAR
TRUDI LINENBERGER
JEFF LONG
MIKE LONG
DAVE LORD
RITA LORD
ANDREW LYONS
JOANN LYONS
RON LYST
THERESE MACCHERONE
ELIZABETH MAGIERA
KELDIE MAGIERA
TONY MASON
DELMA MILLER
BILL MILLER
BILL MURPHY

RACE RESULTS AND STANDINGS

DOG DAYS OF SUMMER

CROSS-COUNTRY RUN

8K (4.97m.)

August 10, 1986

DIVISION WINNERS



| PLACE | NAME | AGE | TIME |
|-------|------------------------|-----|-------|
| 1. | Brian Palmer | 24 | 27:07 |
| 2. | Earl Keicher | 33 | 27:21 |
| 3. | Matthew Mace | 26 | 27:42 |
| 4. | Bill Conroy | 43 | 28:14 |
| 5. | Bob Biddle | 26 | 28:35 |
| 6. | Clyde Villemez | 40 | 29:01 |
| 7. | Gale Flynn | 37 | 29:22 |
| 8. | Jim Hall | 40 | 29:45 |
| 9. | Mark Yerkes | 31 | 29:55 |
| 10. | Rick Woods | 31 | 30:10 |
| 11. | John Sanchez | 32 | 30:29 |
| 12. | Bill Turrentine | 37 | 30:37 |
| 13. | Greg Laird | 36 | 30:41 |
| 14. | Sandy Kish | 38 | 30:44 |
| 15. | Scott Lutrey | 32 | 30:50 |
| 16. | Ed Creighton | 28 | 31:32 |
| 17. | Pat O'Brien (F) | 38 | 31:37 |
| 18. | Don Kennedy | 39 | 31:44 |
| 19. | Howard Beard | 40 | 32:08 |
| 20. | Jerry Haley | 38 | 32:12 |
| 21. | Butch Bente | 32 | 32:20 |
| 22. | Allyson McCormick (F) | 27 | 32:31 |
| 23. | Dave Ansel | 29 | 32:54 |
| 24. | Jim Wass | 34 | 33:22 |
| 25. | Tom Lyden | 36 | 33:27 |
| 26. | John Davis | 25 | 33:58 |
| 27. | Ken Lyons | 46 | 34:08 |
| 28. | John Guala | 39 | 34:11 |
| 29. | William Middleton | 54 | 34:13 |
| 30. | Will Scott | 36 | 34:17 |
| 31. | Laurie Anderson (F) | 19 | 34:23 |
| 32. | Geoff Anderson | 17 | 34:29 |
| 33. | Scott Bittinger | 14 | 34:32 |
| 34. | Al Miller | 27 | 34:34 |
| 35. | Ed Greenstan | 23 | 34:49 |
| 36. | Jim Fratino | 53 | 35:09 |
| 37. | Anne Loftus (F) | 22 | 35:11 |
| 38. | Bob Trescott | 37 | 35:21 |
| 39. | Evan Thomas | 45 | 35:28 |
| 40. | Arnie Hernderson | 50 | 35:35 |
| 41. | Bob Duft | 38 | 35:36 |
| 42. | Rudy Seifert | 39 | 35:39 |
| 43. | Andy Kirkpatrick | 23 | 36:00 |
| 44. | Steve Johnson | 28 | 36:08 |
| 45. | Terry Clark | 39 | 36:14 |
| 46. | William Daywalt, Jr. | 30 | 36:15 |
| 47. | William Derr | 47 | 36:15 |
| 48. | Thomas Leo | 33 | 36:23 |
| 49. | Lynn Scopel (F) | 17 | 36:29 |
| 50. | Edwin Green | 39 | 36:48 |
| 51. | Joe Spurrier, Jr. | 33 | 36:52 |
| 52. | Susan Bonner (F) | 37 | 36:52 |
| 53. | Melissa Hallmark (F) | 18 | 37:34 |
| 54. | Mike McAusland | 51 | 37:42 |
| 55. | Eleanor Elster (F) | 35 | 37:48 |
| 56. | Warren Cooper | 33 | 38:01 |
| 57. | Kim Adams (F) | 22 | 38:08 |
| 58. | Brian Haley | 12 | 38:10 |
| 59. | Freeman Bagnall | 39 | 38:12 |
| 60. | Pam Haley (F) | 36 | 39:00 |
| 61. | R. A. Feldman | 27 | 39:01 |
| 62. | Will Myers | 37 | 39:10 |
| 63. | Jason Clendaniel | 10 | 39:27 |
| 64. | John Maguire | 44 | 39:30 |
| 65. | Earl Scott | 46 | 39:46 |
| 66. | Christina Coughlin (F) | 17 | 39:59 |
| 67. | Peter Sackrider | 29 | 40:02 |
| 68. | Laura Fratino (F) | 21 | 40:02 |
| 69. | Richard Lantry | 46 | 40:07 |
| 70. | Warren Whitlock | 32 | 40:13 |
| 71. | Brenda Norman (F) | 29 | 40:31 |
| 72. | Martha Kinsinger (F) | 52 | 40:44 |
| 73. | Angie Lyden (F) | 15 | 40:51 |
| 74. | Don Ewing | 38 | 40:58 |
| 75. | Gerald Richtner | 48 | 41:33 |
| 76. | Lillian Villemez (F) | 14 | 41:45 |
| 77. | Jonas Legum | 38 | 41:57 |
| 78. | Yvonne Aassen (F) | 54 | 42:02 |
| 79. | Susan Franklin (F) | 38 | 42:23 |
| 80. | Alan Wycherley | 44 | 42:23 |
| 81. | Tom Donlin | 36 | 42:27 |
| 82. | Charles Floyd | 33 | 42:37 |
| 83. | John Devaux | 39 | 42:40 |
| 84. | Ron Thompson | 39 | 42:53 |
| 85. | Charlie Carpenter | 30 | 43:19 |
| 86. | Sharon Hammond (F) | 39 | 43:34 |
| 87. | Bill Wogenitz | 38 | 43:47 |
| 88. | John Kurpjuweit | 41 | 43:55 |
| 89. | Carl Schwabe | 46 | 44:03 |
| 90. | Jan Robbison (F) | 36 | 44:08 |
| 91. | John Straub | 13 | 44:25 |
| 92. | Ann Wass (F) | 35 | 44:25 |
| 93. | Margaret Johnston (F) | 35 | 44:40 |
| 94. | Bill Burlison | 55 | 44:43 |
| 95. | Carolyn Mendez (F) | 26 | 45:16 |
| 96. | Terry Rodgers | 38 | 45:16 |
| 97. | Emily Morse (F) | 40 | 45:30 |
| 98. | Jennie Walton (F) | 15 | 45:33 |
| 99. | W. Walton | 46 | 45:34 |
| 100. | Jim Lweis | 46 | 45:35 |
| 101. | Carol Booty (F) | 36 | 46:18 |
| 102. | Sharon Watts (F) | 35 | 46:24 |
| 103. | Andrea Kay (F) | 16 | 46:47 |
| 104. | Nancy Prue | 31 | 46:55 |
| 105. | Neal Kinsinger | 51 | 46:56 |
| 106. | Mike Schlegel | 41 | 47:37 |
| 107. | Thomas Ervin | 36 | 48:04 |
| 108. | Nannette Spurrier (F) | 28 | 51:15 |
| 109. | Chalres Bennett | 46 | 51:25 |
| 110. | Linda Baylor (F) | 41 | 53:16 |
| 111. | Michael Baylor | 37 | 57:42 |
| 112. | R. C. Daiger | 46 | 58:41 |
| 113. | John Wall | 72 | 64:38 |

Overall Male
Brian Palmer 27:07

Men under 20
1. Geoff Anderson 34:29
2. Scott Bittinger 34:37
3. Brian Haley 38:10

Men 20 - 29
1. Brian Palmer 27:07
2. Matthew Mace 27:42
3. Bob Biddle 28:35

Men 30 - 39
1. Earl Keicher 27:21
2. Mark Yerkes 29:55
3. John Sanchez 30:29

Men 40 - 49
1. Bill Conroy 28:14
2. Clyde Villemez 29:01
3. James Hall 29:45

Men 50 - 59
1. William Middleton 34:13
2. Jim Fratino 35:09
3. Arnold Henderson 35:35

Men 60 - over
1. John Wall 64:38

Overall Woman
Pat O'Brien 31:37

Women under 20
1. Laurie Anderson 34:23
2. Lynn Scopel 36:29
3. Melissa Hallmark 37:34

Women 20 - 29
1. Allyson McCormick 32:31
2. Anne Loftus 35:11
3. Kim Adams 38:08

Women 30 - 39
1. Pat O'Brien 31:37
2. Susan Bonner 36:52
3. Eleanor Elster 37:48

Women 40 - 49
1. Emily Morse 45:30
2. Linda Baylor 53:16

Women 50 - 59
1. Martha Kinsinger 40:44
2. Yvonne Aassen 42:02

1986 CLUB CHAMPIONSHIP SERIES

SORRY: Due to lack of space we can only print the last two races available at press time, and the totals (low score wins). Any questions—call Joe Clorety 721-3362.

Young Women 13 & under

| | 1m | 8k | Total |
|--|----|----|-------|
|--|----|----|-------|

| | | | |
|--------------------|----|----|-----|
| Christina Coughlin | 35 | 1 | 108 |
| Janet Lantry | 35 | 35 | 143 |
| Katherine Whitesel | 35 | 35 | 145 |

Women under 20

| | 1m | 8k | Total |
|---------------------|----|----|-------|
| Allyson McCormick | 35 | 1 | 142 |
| Cindi Fox-Contarino | 35 | 35 | 143 |
| Nancy Hans | 1 | 35 | 144 |
| Suzanne Dalton | 35 | 35 | 145 |
| Laura Fratino | 35 | 2 | 177 |
| Jennifer Fuller | 35 | 35 | 177 |
| Cease Ferri | 35 | 35 | 177 |
| Maureen Lamb | 35 | 35 | 178 |

Women 20-29

| | 1m | 8k | Total |
|-------------------|----|----|-------|
| Nancy Frue | 7 | 9 | 40 |
| Eleanor Elster | 3 | 3 | 48 |
| Sharon Hammond | 6 | 4 | 84 |
| Rae Jean Goodman | 5 | 35 | 90 |
| Margaret Johnston | 35 | 7 | 99 |
| Patricia O'Brien | 35 | 1 | 108 |
| Susan Bonner | 1 | 2 | 114 |
| Gale Cromwell | 2 | 35 | 144 |
| Darlene Dabbs | 35 | 35 | 144 |
| Jan Robosson | 35 | 6 | 154 |
| Charlotte Caruso | 8 | 35 | 155 |
| Patricia Major | 4 | 35 | 179 |
| Regina Rochez | 35 | 35 | 180 |
| Chris Kamenoff | 35 | 35 | 180 |
| Jean Snyder | 35 | 35 | 181 |
| Barbara Goldberg | 35 | 35 | 181 |
| Kathy Finkelstein | 35 | 35 | 182 |
| Emily Morse | 35 | 8 | 183 |
| Kathy Munger | 35 | 35 | 185 |
| Mandy Falk | 35 | 35 | 186 |
| Sharon Ault | 35 | 35 | 188 |

Women 30-39

| | 1m | 8k | Total |
|------------------|----|----|-------|
| Anne Chamberlain | 1 | 35 | 74 |
| Barbara Watkins | 35 | 35 | 143 |
| Nancy Waddington | 35 | 35 | 144 |
| Carol Huddy | 35 | 35 | 146 |
| Mary Lou Hawkins | 35 | 35 | 177 |
| Jean Dwyer | 35 | 35 | 178 |
| Bonnie Denner | 35 | 35 | 179 |

Women 40-49

| | 1m | 8k | Total |
|------------------|----|----|-------|
| Martha Kinsinger | 35 | 1 | 40 |
| Yvonne Aasen | 35 | 2 | 45 |

Women 50 and over

| | 1m | 8k | Total |
|--|----|----|-------|
|--|----|----|-------|

Young Men 13 and under

| | 1m | 8k | Total |
|--|----|----|-------|
|--|----|----|-------|

| | | | |
|-------------|---|----|-----|
| John Straub | 2 | 1 | 41 |
| Joe Aven | 1 | 35 | 176 |

Men 14-19

| | 1m | 8k | Total |
|------------------|----|----|-------|
| Dan Sandison | 35 | 35 | 111 |
| Paul Duffy | 35 | 35 | 113 |
| Louis Carvalho | 35 | 35 | 142 |
| Steve Crawford | 35 | 35 | 177 |
| Charlton Archard | 35 | 35 | 179 |

Men 20-29

| | 1m | 8k | Total |
|---------------------|----|----|-------|
| Matthew Mace | 2 | 2 | 15 |
| Brian Palmer | 35 | 1 | 42 |
| William Daywalt Jr. | 35 | 6 | 102 |
| Kevin Sullivan | 1 | 35 | 108 |
| Robert Biddle | 35 | 3 | 146 |
| Nut Hall | 35 | 35 | 147 |
| Tom Frencki | 35 | 35 | 151 |
| Clay Stevens | 35 | 35 | 154 |
| Neal Wollé | 35 | 35 | 154 |
| William Contarino | 35 | 35 | 157 |
| John Davis | 35 | 4 | 158 |
| Eddie Anderson | 35 | 35 | 180 |
| Al Miller | 35 | 5 | 180 |
| Dan Fratino | 35 | 35 | 181 |
| Jim Kisenwether | 35 | 35 | 181 |
| Scott Hall | 35 | 35 | 182 |
| John Jolly | 35 | 35 | 186 |

Men 30-34

| | 1m | 8k | Total |
|---------------------|----|----|-------|
| Earl Kenner | 1 | 1 | 46 |
| Paul | 5 | 35 | 61 |
| Mark Jerkes | 3 | 2 | 78 |
| Mike van Beuren | 2 | 35 | 109 |
| Rick Woods | 35 | 3 | 115 |
| Bob Miller | 4 | 35 | 117 |
| Charles Floyd | 6 | 4 | 122 |
| Rick Smith | 35 | 35 | 147 |
| Bob Jones | 35 | 35 | 149 |
| Steve Klakring | 35 | 35 | 158 |
| Wally Bloss | 35 | 35 | 158 |
| Don Anderson | 35 | 35 | 176 |
| Oliver Payne | 35 | 35 | 178 |
| Terry Eplee | 35 | 35 | 179 |
| William Jacobs | 35 | 35 | 181 |
| Robert Higginbottom | 35 | 35 | 182 |
| Tom Kessner | 35 | 35 | 183 |
| Gerald Ferri | 35 | 35 | 185 |
| Mark Mallach | 35 | 35 | 186 |
| Bruce Sponsler | 35 | 35 | 187 |

Men 35-39

| | 1m | 8k | Total |
|--------------------|----|----|-------|
| Howard Beard, III | 2 | 5 | 23 |
| Donald Kennedy | 3 | 4 | 34 |
| Wilford Scott | 5 | 7 | 47 |
| Ronald Bowman | 1 | 35 | 63 |
| Jonas Legum | 6 | 12 | 67 |
| Eric Feitosalo | 35 | 35 | 74 |
| Jim Hall | 35 | 2 | 81 |
| Terry Clark | 35 | 9 | 112 |
| William Turrentine | 35 | 3 | 114 |
| Gayle Flynn | 35 | 1 | 114 |
| Thomas Ervin | 35 | 16 | 128 |
| John Gusti | 35 | 6 | 128 |
| William Rosser III | 4 | 35 | 146 |
| Ronald Jarashow | 35 | 35 | 156 |
| John Coder | 35 | 35 | 161 |
| Ray Chapman | 7 | 35 | 162 |
| Thomas Donlin | 35 | 13 | 164 |
| Bill Vogenitz | 35 | 15 | 169 |
| John Major | 35 | 35 | 177 |
| Robert Walters | 35 | 35 | 178 |
| Nick Lakis | 35 | 35 | 181 |
| Michael Edwards | 35 | 35 | 182 |
| Michael Mayer | 35 | 35 | 182 |
| Bob Trescott | 35 | 8 | 183 |
| Jonathon Asher | 35 | 35 | 184 |
| Edwin Green | 35 | 10 | 185 |
| William Rourke | 35 | 35 | 185 |
| Don Ewing | 35 | 11 | 186 |
| Barry Hammond | 35 | 35 | 188 |
| Joseph Trotto Sr. | 35 | 35 | 189 |
| Ron Thompson | 35 | 14 | 189 |

Men 40-44

| | 1m | 8k | Total |
|----------------------|----|----|-------|
| Evan Thomas | 5 | 2 | 29 |
| John Turpuweit | 7 | 4 | 55 |
| William Conroy | 1 | 1 | 74 |
| Alan Wycherley | 6 | 3 | 85 |
| Joe Duffy | 35 | 35 | 91 |
| Mike Schlegel | 8 | 5 | 112 |
| Mike Chamberlain | 3 | 35 | 113 |
| William Ammon | 35 | 35 | 113 |
| Joe Clorety | 2 | 35 | 144 |
| Marty Paul | 4 | 35 | 151 |
| Richard Hillman | 35 | 35 | 152 |
| Timothy Brewett | 35 | 35 | 155 |
| James McCutcheon | 35 | 35 | 158 |
| Lee Patrick | 35 | 35 | 161 |
| Howard Berry | 35 | 35 | 164 |
| Tom Burton | 35 | 35 | 166 |
| Joseph Smaldone | 35 | 35 | 176 |
| Tom Foley | 35 | 35 | 176 |
| John Fredland | 35 | 35 | 178 |
| Bill Wandel | 35 | 35 | 178 |
| Richard Dugan | 35 | 35 | 178 |
| Edward Dwyer | 35 | 35 | 179 |
| James Woodcock | 35 | 35 | 180 |
| Dennis Williams | 35 | 35 | 181 |
| Michael Impellizzeri | 35 | 35 | 183 |
| Dave Williams | 35 | 35 | 184 |
| Henry Garufi | 35 | 35 | 184 |
| Martin Rosenberg | 35 | 35 | 186 |
| Ray Randall | 35 | 35 | 187 |
| Pat Hoffman | 35 | 35 | 187 |
| Gif Munger | 35 | 35 | 188 |
| Mike Connaughton | 35 | 35 | 192 |
| Joe O'Leary | 35 | 35 | 193 |

(continued on page 23)

WOMEN'S DISTANCE FESTIVAL

**Saturday
July 19, 1986**



DIVISION WINNERS

| PLACE | NAME | AGE | TIME |
|-------|---------------------|-----|-------|
| 1. | Chris Skarvelis | 24 | 17:49 |
| 2. | Pat O'Brien | 38 | 18:12 |
| 3. | Cindy Fox-Contrario | 25 | 19:17 |
| 4. | Alison Hawlwy | 23 | 19:39 |
| 5. | Vicki Pierpont | 42 | 20:04 |
| 6. | Laurie Anderson | 19 | 20:18 |
| 7. | Josie Ballato | 27 | 20:23 |
| 8. | Susan Bonner | 37 | 21:40 |
| 9. | Anne Loftus | 22 | 21:49 |
| 10. | Darlene Dabbs | 32 | 22:02 |
| 11. | Melanie Perry | 24 | 22:07 |
| 12. | Judy Ferrier | 33 | 22:15 |
| 13. | Mary Bradtke | 26 | 22:16 |
| 14. | Brenda Norman | 28 | 22:17 |
| 15. | Janet McCann | 27 | 22:21 |
| 16. | Lillian Villemez | 14 | 22:25 |
| 17. | Pam Jackson | 32 | 22:28 |
| 18. | Christine Coughlin | 16 | 22:88 |
| 19. | Angie Lyden | 15 | 22:52 |
| 20. | Anna Worsham | 37 | 22:58 |
| 21. | Jennifer Fuller | 23 | 23:13 |
| 22. | Ann Whitcomb | 40 | 23:15 |
| 23. | Rubin Borden | 23 | 23:21 |
| 24. | Laura Fratino | 21 | 23:21 |
| 25. | Robin Shay | 31 | 23:24 |
| 26. | Diane Vermette | 35 | 23:26 |
| 27. | Karen _____ | 24 | 23:27 |
| 28. | Rae Jean Goodman | 38 | 23:29 |
| 29. | Anne Chamberlain | 42 | 23:40 |
| 30. | Pat Major | 34 | 23:42 |
| 31. | Sharon Hammond | 39 | 23:42 |
| 32. | Nancy Hans | 29 | 23:49 |
| 33. | Pam Fordham | 12 | 24:11 |
| 34. | Virginia Allison | 30 | 24:24 |
| 35. | Monica Bors | 24 | 24:32 |
| 36. | Sharon Kiel | 23 | 24:36 |
| 37. | Mary Jo O'Connell | 27 | 24:43 |
| 38. | Pamela Kreighton | 25 | 24:49 |
| 39. | P. Burrows | 30 | 24:52 |
| 40. | Leona Collyer | 27 | 25:03 |
| 41. | Mary Ellen Lyst | 36 | 25:11 |
| 42. | Carrie Musso | 27 | 25:16 |
| 43. | Suzanne Scott | 29 | 25:17 |
| 44. | Helen Wells | 30 | 25:23 |
| 45. | Gale Edelstein | 36 | 25:27 |
| 46. | Caroline Malfara | 37 | 25:40 |
| 47. | Susan Benac | 34 | 25:57 |
| 48. | Diane DePanfilis | 35 | 26:00 |
| 49. | Deborah Harney | 29 | 26:22 |
| 50. | Nancy Prue | 31 | 26:25 |
| 51. | Diane Elliott | 30 | 26:29 |
| 52. | Andrea Kay | 15 | 26:33 |
| 53. | Barbara Chauvey | 24 | 26:41 |
| 54. | Claudia Pearce | 34 | 26:58 |
| 55. | Linda Miller | 31 | 27:02 |
| 56. | Patti Perry | 28 | 27:10 |
| 57. | Deb Maynard | 13 | 27:29 |
| 58. | Denise Donovan | 26 | 27:33 |
| 59. | Lelia Brobst | 35 | 27:35 |
| 60. | Beverly Hemminger | 37 | 27:42 |
| 61. | P. Bembe | 32 | 27:55 |
| 62. | Laurie Raymond | 23 | 27:58 |
| 63. | Suzanne Beichard | 20 | 28:04 |
| 64. | Peggy Reichard | 42 | 28:16 |
| 65. | Anne Biglisi | 25 | 28:52 |
| 66. | Anne Marie Dammeyer | 32 | 28:57 |
| 67. | Diane Dodson | 45 | 28:58 |
| 68. | Kathleen Day | 38 | 29:01 |
| 69. | Debbie Pedersen | 33 | 29:16 |
| 70. | Rita Lord | 39 | 29:17 |
| 71. | Roxanne Lyst | 10 | 29:20 |
| 72. | Susan Kames | 40 | 29:30 |
| 73. | Tina Milenski | 17 | 29:34 |
| 74. | Judy Keenan | 50 | 29:56 |
| 75. | Mary Schmidt | 33 | 30:17 |
| 76. | Charlotte Caruso | 38 | 30:33 |
| 77. | Sarah Ceteras | 27 | 30:33 |
| 78. | Karen Day | 19 | 30:44 |
| 79. | Joannene Maynard | 40 | 30:53 |
| 80. | Helen Prewitt | 32 | 31:03 |
| 81. | Norma Nixon | 29 | 31:06 |
| 82. | Janet Wheeler | 41 | 31:06 |
| 83. | Melanie Ashmore | 31 | 31:12 |
| 84. | cheryl Phillips | 24 | 31:26 |
| 85. | Sharon Watts | 35 | 31:33 |
| 86. | Starla Green | 7 | 31:34 |
| 87. | Harriet Rubin | 29 | 31:49 |
| 88. | Linda Simpson | 44 | 32:08 |
| 89. | Pat Rowlett | 37 | 32:08 |
| 90. | Sue Katcef | 31 | 32:17 |
| 91. | Maria Coughlin | 34 | 32:30 |
| 92. | Betsy Crupper | 32 | 33:04 |
| 93. | Linda Rawson | 35 | 33:13 |
| 94. | Dorothy Kuhn | 34 | 33:14 |
| 95. | Kinda Suryell | 23 | 34:33 |
| 96. | Deborah Price | 35 | 34:40 |
| 97. | Cheryl List | 27 | 34:59 |
| 98. | Jodi Gittes | 33 | 36:14 |
| 99. | Sarah Bailey | 44 | 37:49 |
| 100. | Danya Wheeler | 16 | 39:50 |
| 101. | Nicole Hartley | 16 | 39:50 |
| 102. | Kristen Booty | 8 | 43:37 |
| 103. | Carol Booty | 37 | 43:38 |

Overall Winners

| | | |
|----|---------------------|-------|
| 1. | Chris Skarvelis | 17:49 |
| 2. | Pat O'Brien | 18:12 |
| 3. | Cindy Fox-Contrario | 19:17 |

19 and under

| | | |
|----|--------------------|-------|
| 1. | Laurie Anderson | 20:18 |
| 2. | Lillian Villemez | 22:25 |
| 3. | Christine Coughlin | 22:33 |

20 - 29

| | | |
|----|---------------------|-------|
| 1. | Chris Skarvelis | 17:49 |
| 2. | Cindy Fox-Contrario | 19:17 |
| 3. | Alison Hawlwy | 19:39 |

30 - 39

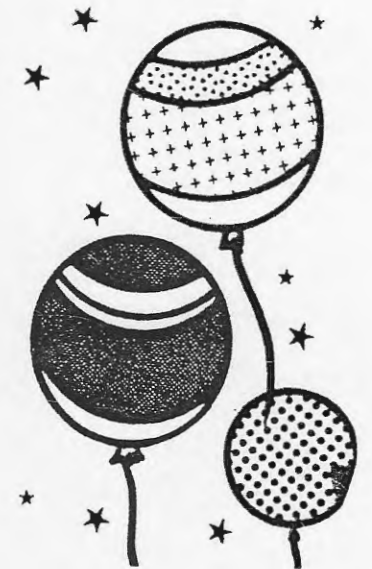
| | | |
|----|---------------|-------|
| 1. | Pat O'Brien | 18:12 |
| 2. | Susan Bonner | 21:40 |
| 3. | Darlene Dabbs | 22:02 |

40 - 49

| | | |
|----|------------------|-------|
| 1. | Vicki Pierpont | 20:04 |
| 2. | Ann Whitcomb | 23:15 |
| 3. | Anne Chamberlain | 23:40 |

50 - 59

| | | |
|----|-------------|-------|
| 1. | Judy Keenan | 29:56 |
|----|-------------|-------|



The Annapolis Striders

Run After the Women 5K

JULY 19, 1986

CLUB CHAMPIONSHIP SERIES
CONTINUED FROM PAGE 21



| PLACE | NAME | AGE | TIME |
|-------|-------------------|-----|-------|
| 1. | Earl Keicher | 32 | 16:28 |
| 2. | Joseph Parvis | 16 | 16:58 |
| 3. | Bill Conroy | 43 | 17:03 |
| 4. | Rick Valles | 23 | 17:11 |
| 5. | Larry Hackley | 33 | 17:13 |
| 6. | Mark Burrows | 28 | 17:19 |
| 7. | Simon Steer | 27 | 17:30 |
| 8. | James Hall | 40 | 17:31 |
| 9. | Scott Baker | 18 | 17:35 |
| 10. | bob Walters | 36 | 17:36 |
| 11. | John Major | 37 | 17:44 |
| 12. | John Sanchez | 32 | 17:44 |
| 13. | Steven Pixley | 33 | 17:48 |
| 14. | Dan Chodnicki | 25 | 17:57 |
| 15. | Clyde Villemez | 39 | 18:03 |
| 16. | Bill Turrentine | 37 | 18:06 |
| 17. | William Murray | 19 | 18:13 |
| 18. | Joe Clorety | 43 | 18:19 |
| 19. | Rick Smith | 35 | 18:28 |
| 20. | Ronald Collyer | 28 | 18:44 |
| 21. | Howard Beard | 40 | 18:48 |
| 22. | Mike Chamberlain | 42 | 19:02 |
| 23. | Jeff Harvey | 45 | 19:11 |
| 24. | William Jacobs | 33 | 19:17 |
| 25. | Donald Kennedy | 39 | 19:31 |
| 26. | Vinkman Unger | 16 | 19:33 |
| 27. | Edward Creighton | 28 | 19:40 |
| 28. | Butch Bente | 32 | 19:46 |
| 29. | Ted Gregory | 32 | 19:47 |
| 30. | Steven Fuller | 27 | 19:57 |
| 31. | Scott Clark | 18 | 19:58 |
| 32. | Don Hoffman | 19 | 19:58 |
| 33. | Geoffrey Anderson | 17 | 19:59 |
| 34. | James Schraf | 25 | 20:12 |
| 35. | Joe Walsmith | 56 | 20:13 |
| 36. | Arnold Henderson | 50 | 20:19 |
| 37. | Tom Lyden | 35 | 20:28 |
| 38. | Joe Esterling | 19 | 20:31 |
| 39. | Marty Paul | 44 | 20:32 |
| 40. | Bill Katcf | 35 | 20:54 |
| 41. | Edwin Green | 39 | 21:08 |
| 42. | Andy Morse | 29 | 21:11 |
| 43. | Scott Rossow | 30 | 21:17 |
| 44. | Chris Benson | 23 | 21:17 |
| 45. | Bill Contarino | 28 | 21:17 |
| 46. | Jim Fratino | 52 | 21:27 |
| 47. | Larry Rowlett | 32 | 21:27 |
| 48. | John Drum | 40 | 21:29 |
| 49. | Henry Jiles | 26 | 21:36 |
| 50. | Derek McGinty | 26 | 21:55 |
| 51. | Donald Thomas | 27 | 21:55 |
| 52. | Chuck Gorum | 32 | 22:06 |
| 53. | Russell Warfel | 33 | 22:10 |
| 54. | Jim Storey | 45 | 22:13 |

| | | | |
|-----|-------------------|----|-------|
| 55. | John Strumsky | 46 | 22:23 |
| 56. | Timothy Elliott | 32 | 22:35 |
| 57. | Steven Klakring | 34 | 22:50 |
| 58. | Gary Brobst | 37 | 22:55 |
| 59. | John Schaum | 36 | 23:04 |
| 60. | Don Zindorf | 41 | 23:18 |
| 61. | Edward Peloquin | 29 | 23:25 |
| 62. | Bob Schmidt | 36 | 23:59 |
| 63. | Alan Wycherley | 44 | 24:00 |
| 64. | Frank O'Brien | 55 | 24:03 |
| 65. | Casey Gittings | 38 | 24:13 |
| 66. | Robert Adams | 41 | 24:14 |
| 67. | Clair Morris | 50 | 24:15 |
| 68. | Guy Riccio | 65 | 24:15 |
| 69. | William Harney | 32 | 24:31 |
| 70. | Rixie Hardy | 48 | 25:00 |
| 71. | Kevin Murnane | 30 | 25:10 |
| 72. | Charles Ezigbo | 34 | 25:13 |
| 73. | Charlie Carpenter | 30 | 25:28 |
| 74. | Lowell Stureill | 29 | 25:30 |
| 75. | Karl Schnabe | 46 | 25:38 |
| 76. | Chris Hutchinson | 43 | 25:38 |
| 77. | Barry Johnson | 25 | 25:42 |
| 78. | David Diaz | 39 | 25:51 |
| 79. | Charlie Floyd | 33 | 25:54 |
| 80. | Bob Fordham | 14 | 26:53 |
| 81. | Timothy Sandstrom | 31 | 27:51 |
| 82. | Joe O'Maley | 51 | 27:55 |
| 83. | Charles Bennett | 46 | 29:01 |
| 84. | Richard Daiger | 46 | 30:49 |

DIVISION WINNERS

| | | |
|---------------------|--|-------|
| <u>1st Overall</u> | | |
| Earl Keicher | | 16:58 |
| <u>19 and under</u> | | |
| 1. Joseph Parvis | | 16:58 |
| 2. Scott Baker | | 17:35 |
| 3. William Murray | | 18:13 |
| <u>20 - 29</u> | | |
| 1. Rick Valles | | 17:11 |
| 2. Mark Burrows | | 17:19 |
| 3. Simon Steer | | 17:30 |
| <u>30 - 39</u> | | |
| 1. Larry Hackley | | 17:13 |
| 2. Bob Walters | | 17:36 |
| 3. John Major | | 17:44 |
| <u>40 - 49</u> | | |
| 1. Bill Conroy | | 17:03 |
| 2. James Hall | | 17:31 |
| 3. Joe Clorety | | 18:19 |
| <u>49 - 50</u> | | |
| 1. Joe Walsmith | | 20:13 |
| 2. Arnold Henderson | | 20:19 |
| 3. Jim Fratino | | 21:27 |
| <u>60 and over</u> | | |
| 1. Guy Riccio | | 27:15 |

| Men 45-49 | | 1m | 8k | Total |
|------------------|--|----|----|-------|
| Gerald Fichtner | | 5 | 6 | 35 |
| Douglas Pond | | 1 | 35 | 74 |
| Ken Lyons | | 2 | 1 | 76 |
| Arnold Henderson | | 3 | 2 | 81 |
| William Derr | | 4 | 3 | 88 |
| Richard Lantry | | 35 | 5 | 123 |
| Clair Morris | | 7 | 35 | 128 |
| Orv Pratt | | 35 | 35 | 145 |
| Robert Donald | | 35 | 35 | 146 |
| John Lockwood | | 6 | 35 | 148 |
| Earl Scott | | 35 | 4 | 149 |
| Ed Lutz | | 35 | 35 | 178 |
| Gregory Glynn | | 35 | 35 | 179 |
| Doug Burkhardt | | 35 | 35 | 179 |
| Michael Finn | | 35 | 35 | 180 |
| Michael Long | | 35 | 35 | 181 |
| Jim Lewis | | 35 | 7 | 182 |
| Jim Wick | | 35 | 35 | 185 |

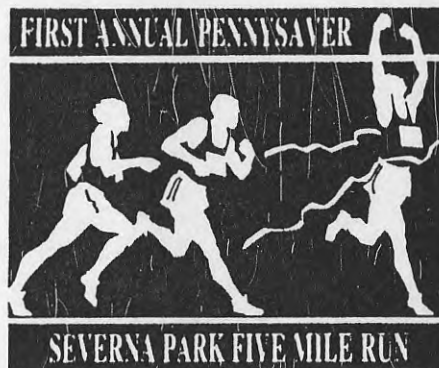
| Men 50-59 | | 1m | 8k | Total |
|-------------------|--|----|----|-------|
| Milton Taylor | | 1 | 35 | 74 |
| Michael McAusland | | 2 | 2 | 80 |
| James Fratingo | | 35 | 1 | 109 |
| Donald Waddington | | 35 | 35 | 112 |
| Gene Humphrey | | 35 | 35 | 120 |
| Neal Kissinger | | 35 | 3 | 120 |
| Bill Law | | 35 | 35 | 146 |
| John Brinton | | 35 | 35 | 153 |
| Eugene Karol | | 35 | 35 | 178 |
| Leon Johnson | | 35 | 35 | 179 |
| Dale Vogel | | 35 | 35 | 179 |

| Men 60 and over | | 1m | 8k | Total |
|-----------------|--|----|----|-------|
| John Wall | | 1 | 1 | 12 |
| Joseph Ryan | | 35 | 35 | 142 |
| Ben Moore | | 35 | 35 | 142 |
| Guy Riccio | | 35 | 35 | 177 |
| Rodney Beard | | 35 | 35 | 177 |

1. 5K March 1 ✓
2. 10-Mile April 6 ✓
3. 2-Mile April 26 ✓
4. 10K June 15 ✓
5. 1-Mile July 12 ✓
6. 8K August 10 ✓
7. 5-Mile September 7 ✓
8. 26.2K October 12
9. 20K November 30
10. 15K December 27

The 1st Annual Pennysaver Severna Park 5-Mile Run

Sept. 7, 1986



| Name | Age | Time |
|-----------------------------|-----|----------|
| 1. Brian Palmer | 24 | 26:01:05 |
| 2. Bob Cessar | 25 | 26:01:93 |
| 3. Mike van Beuren | 34 | 26:56 |
| 4. Matthew Mace | 26 | 27:34 |
| 5. Mark Yerkes | 31 | 27:45 |
| 6. Eric King | 17 | 27:50 |
| 7. Bobby Evans | 17 | 27:53 |
| 8. Eric Peltosalo | 36 | 28:08 |
| 9. Bill Conroy | 43 | 28:16 |
| 10. Tom Foley | 40 | 28:21 |
| 11. Earl Keicher | 33 | 28:26 |
| 12. Rick Wood | 32 | 28:34 |
| 13. Gayle Flynn | 37 | 28:35 |
| 14. John Holzinger | 30 | 28:56 |
| 15. Clyde Villemez | 40 | 29:02 |
| 16. Earl Beatty | 39 | 29:06 |
| 17. Tyronn Smith | 17 | 29:11 |
| 18. Bill Turrentine | 37 | 29:49 |
| 19. Eddie Anderson | 23 | 29:59 |
| 20. Robert Shepherd | 21 | 30:02 |
| 21. Ron Gollyer | 28 | 30:09 |
| 22. Mark Truver | 33 | 30:10 |
| 23. Don Kennedy | 39 | 30:14 |
| 24. Joe Dobrosielsky | 37 | 30:22 |
| 25. Pat O'Brien (F) | 38 | 30:32 |
| 26. Scott Lutrey | 33 | 30:37 |
| 27. Joe Clorety | 43 | 30:42 |
| 28. Scott Erdelatz | 21 | 30:49 |
| 29. John-Mac Wiemann | 21 | 30:50 |
| 30. Krmcico Sanches | 43 | 30:53 |
| 31. Howard Beard | 40 | 30:59 |
| 32. Amaders Sands | 47 | 31:07 |
| 33. Robert Miller | 31 | 31:12 |
| 34. Michael Arthur | 24 | 31:19 |
| 35. Bill McKeever | 42 | 31:50 |
| 36. Dan Sandison | 16 | 31:53 |
| 37. Julie Caprio (F) | 25 | 31:57 |
| 38. Robert Peay | 25 | 32:10 |
| 39. Thomas Mark | 44 | 32:13 |
| 40. Bill Rosser | 37 | 32:17 |
| 41. Doug Pond | 47 | 32:21 |
| 42. Eric Fredland | 43 | 32:22 |
| 43. Ron Bowman | 36 | 32:28 |
| 44. D.A. Bethel | 29 | 32:31 |
| 45. J. Woodcock | 43 | 32:35 |
| 46. Tom Lyden | 36 | 32:42 |
| 47. Cindi Fox-Contarino (F) | 25 | 32:50 |
| 48. John Davis | 25 | 32:55 |
| 49. Ken Lyons | 46 | 33:00 |
| 50. No card | | |

| | | |
|-------------------------------|----|-------|
| 51. Paul Cleaver | 31 | 33:15 |
| 52. Ted Haynie | 37 | 33:23 |
| 53. Marilyn Bevans (F) | 36 | 33:32 |
| 54. John Guala | 39 | 33:46 |
| 55. Ted Foley | 15 | 33:52 |
| 56. John Knepley | 40 | 33:52 |
| 57. Steve Colon | 28 | 33:53 |
| 58. Debbie Dudas (F) | 28 | 34:07 |
| 59. Ted Gregory | 32 | 34:17 |
| 60. Catherine A. Glose (F) | 26 | 34:26 |
| 61. John Stokes | 16 | 34:27 |
| 62. Eric Anderson | 16 | 34:28 |
| 63. Mike Neal | 17 | 34:33 |
| 64. Will Scott | 36 | 34:39 |
| 65. Arnie Henderson | 50 | 34:42 |
| 66. Bill Contarino | 28 | 35:00 |
| 67. Douglas Saunders | 34 | 35:02 |
| 68. Rob White | 32 | 35:02 |
| 69. William B. Derr | 47 | 35:03 |
| 70. Joe Hall | 46 | 35:16 |
| 71. Warren Cooper | 33 | 35:20 |
| 72. Karen Bryant (F) | 30 | 35:23 |
| 73. Jack Freimuth | 36 | 35:25 |
| 74. Brenda Norman (F) | 29 | 35:26 |
| 75. Wally Bloss | 33 | 35:30 |
| 76. James Blose | 32 | 35:34 |
| 77. Mike McAusland | 51 | 35:36 |
| 78. Marty Paul | 44 | 35:36 |
| 79. Darlene Morrow-Truver (F) | 30 | 35:37 |
| 80. Terrance Clark | 39 | 35:38 |
| 81. Dan Miller | 36 | 35:39 |
| 82. Bill Rourke | 38 | 35:40 |
| 83. Ben Moore | 61 | 35:44 |
| 84. E.M. Karol | 52 | 35:45 |
| 85. John Stromsky | 46 | 35:55 |
| 86. Eleanor Elster (F) | 35 | 35:56 |
| 87. Evan Thomas | 45 | 36:07 |
| 88. Susan Bonner (F) | 37 | 36:08 |
| 89. William Trepp | 36 | 36:09 |
| 90. Robert Donald | 47 | 36:16 |
| 91. Anne Loftus (F) | 22 | 36:27 |
| 92. Leon Johnson | 56 | 36:35 |
| 93. Jack Roberts | 41 | 36:39 |
| 94. Thomas Bradford | 43 | 36:55 |
| 95. Ralph Beachley | 40 | 36:59 |
| 96. Gerard Kiple | 47 | 37:11 |
| 97. Dale Vogel | 56 | 37:13 |
| 98. Ken Degraffenreid | 42 | 37:14 |
| 99. James McCutchan | 42 | 37:16 |

| | | |
|---------------------------|----|-------|
| 100. Donald Zindorf | 41 | 37:39 |
| 101. Daniel C. Hill | 22 | 37:40 |
| 102. John Schawm | 36 | 37:41 |
| 103. Charles Floyd | 33 | 38:01 |
| 104. Keith Clifford | 39 | 38:05 |
| 105. Earl Scott | 46 | 38:06 |
| 106. Geoffrey Calderone | 45 | 38:09 |
| 107. Rich Rohgle | 39 | 38:16 |
| 108. Jeff Maynard | 28 | 38:17 |
| 109. D. Perkins | 55 | 38:18 |
| 110. No card | | |
| 111. No card | | |
| 112. Robert Larson | 43 | 38:26 |
| 113. Marti Roberts (F) | 32 | 38:27 |
| 114. Martha Kinsinger (F) | 52 | 38:34 |
| 115. Robin Shay (F) | 31 | 38:35 |
| 116. Peter Herring | 32 | 38:38 |
| 117. G.E. Morris | 50 | 38:44 |
| 118. Virginia Allison (F) | 31 | 38:47 |
| 119. Joseph V. Treppe | 35 | 38:52 |
| 120. Jeff Zehe | 43 | 38:56 |
| 121. Steve Steele | 38 | 38:58 |
| 122. Roger Stoy | 40 | 39:00 |
| 123. Jennifer Fuller (F) | 24 | 39:00 |
| 124. Rae Jean Goodman (F) | 38 | 39:03 |
| 125. Gerald Fichtner | 48 | 39:04 |
| 126. William Myers | 37 | 39:05 |
| 127. Keven Ely | 31 | 39:07 |
| 128. Colleen Ely (F) | 29 | 39:09 |
| 129. Esther Weisman (F) | 54 | 39:22 |
| 130. Mike Magyar | 37 | 39:22 |
| 131. Alan Wycherley | 44 | 39:22 |
| 132. Thomas Taylor | 35 | 39:23 |
| 133. Leona C. Collyer (F) | 27 | 39:36 |
| 134. Greg Dayman | 32 | 39:40 |
| 135. Anne Chamberlain (F) | 42 | 39:40 |
| 136. Don Higdon | 44 | 39:41 |
| 137. Sharon Hammond (F) | 39 | 39:42 |
| 138. William Henry | 54 | 39:51 |
| 139. David Vetter | 41 | 39:52 |
| 140. B. Bowman | 40 | 39:52 |
| 141. Freeman Bagnall | 39 | 40:01 |
| 142. Jan Robosson (F) | 38 | 40:06 |
| 143. George Nislein | 46 | 40:06 |
| 144. Karl Schwabe | 46 | 40:08 |
| 145. Sue Briers (F) | 31 | 40:12 |
| 146. Yvonne Aasen (F) | 55 | 40:13 |
| 147. John Kurpjuwiet | 41 | 40:15 |
| 148. Jonas Legum | 38 | 40:19 |
| 149. Chuck O'Shea | 39 | 40:19 |
| 150. Nancy Hans (F) | 29 | 40:26 |
| 151. Laura Lehr (F) | 19 | 40:30 |



(continued on next page)

WORKER'S RUN

| | | | |
|------|-----------------------|----|-------------|
| 152. | Ron Thompson | 39 | 40:35 |
| 153. | Werner Whitlock | 32 | 40:50 |
| 154. | Sherrje Bowen (F) | 25 | 41:02 |
| 155. | A.B. Gruz, III | 28 | 41:05 |
| 156. | Kendra Hickman (F) | 15 | 41:10 |
| 157. | Angie Lyden (F) | 15 | 41:14 |
| 158. | Richard Hillman | 43 | 41:15 |
| 159. | Ruth Bushnell (F) | 31 | 41:15 |
| 160. | Jim Wick | 49 | 41:15 |
| 161. | Lynn Hopkins (F) | 32 | 41:25 |
| 162. | Dale Hamon | 35 | 41:25 |
| 163. | Mike Schlegel | 41 | 41:27 |
| 164. | Kevin Murnane | 30 | 41:52 |
| 165. | Frank Goetschick | 44 | 42:21 |
| 166. | Bob Neall | 38 | 42:24 |
| 167. | Bill Burlison | 55 | 42:31 |
| 168. | Betty Cole (F) | 13 | 42:55 |
| 169. | Enser Cole | 40 | 43:23 |
| 170. | Janie Stanek (F) | 39 | 43:39 |
| 171. | Neal Kinsinger | 52 | 43:41 |
| 172. | David Lord | 39 | 43:42 |
| 173. | Rita Lord (F) | 39 | 43:55 |
| 174. | Tom Ervin | 36 | 44:07 |
| 175. | Colleen Loftus (F) | 14 | 44:09 |
| 176. | Leonard Kuentz | 35 | 44:09 |
| 177. | Margaret Johnston (F) | 35 | 44:30 |
| 178. | Paul W. Slunt | 49 | 44:30 |
| 179. | Miles Anthony | 43 | 44:52 |
| 180. | John Straub | 13 | 45:16 |
| 181. | John Brinton | 60 | 45:19 |
| 182. | Rory Brett | 37 | 45:53 |
| 183. | Nancy Prue (F) | 32 | 47:02 |
| 184. | Beth Zehe (F) | 43 | 47:06 |
| 185. | Cindy Steele (F) | 38 | 47:07 |
| 186. | No card | | |
| 187. | Scott Bailey | 20 | 47:08 |
| 188. | Arleen Larson (F) | 21 | 47:14 |
| 189. | Sandy Foley (F) | 40 | 47:27 |
| 190. | No card | | |
| 191. | Dennis Sachs | 43 | 47:29 |
| 192. | Sheri Roe (F) | 39 | 49:04 |
| 193. | Judy Keenan (F) | 50 | 50:30 |
| 194. | Bandit | | |
| 195. | No card | | |
| 196. | David Kessler | 7 | 56:01 |
| 197. | Charlotte Caruso (F) | 38 | 57:23 |
| 198. | Richard Daiger | 46 | 57:40 |
| 199. | Harold Laque | 38 | 60:37 |
| 200. | Joey Laque | 7 | 60:38 |
| 201. | Jim Sandison | 48 | |
| 202. | John Wall | 73 | Race Walker |

| | | | |
|-----|--------------------|----|-------|
| 1. | Don Waddington | 54 | 32:54 |
| 2. | Jim Black | 49 | 32:55 |
| 3. | Bob Trescott | 37 | 34:54 |
| 4. | Gale Cromwell (F) | 32 | 37:00 |
| 5. | Bob Bridges | 41 | |
| 6. | Bill Law | 58 | |
| 7. | Linda Rogers (F) | 36 | 42:07 |
| 8. | Delma Miller (F) | 43 | 42:07 |
| 9. | Louise Zeitlin (F) | 41 | 45:19 |
| 10. | Pat Hoffman | 43 | 45:19 |

SPECIAL THANKS TO THE SPONSOR PENNYSAVER and to Gale Cromwell who led the runners on her bike. Also to Linda Rogers, Don Waddington, and Bill Law who not only helped, but loaned the use of their automobiles. Also special thanks to Jeff Harvey who braved the three-way traffic with his red flag to insure the safety of all runners as they crossed Benfield Road.

—Delma Miller
Race Director

DIVISION WINNERS

Overall Winners

1. Brian Palmer
2. Bob Cessar
3. Mike van Beuren

MEN

Under 20

1. Eric King
2. Bobby Evans

20-29

1. Bob Cessar
2. Matthew Mace

30-34

1. Mike van Beuren
2. Mark Yerkes

35-39

1. Eric Peltosalo
2. Gayle Flynn

40-44

1. Bill Conroy
2. Tom Foley

45-49

1. Amaders Sands
2. Doug Pond

50-59

1. Arnie Henderson
2. Mike McAusland

60 and over

1. Ben Moore
2. John Brinton



NOTE OF THANKS

THANKS TO ALL THE VOLUNTEERS of the First Annual Pennysaver Severna Park Five-Mile Run. They gave unselfishly of their time. They are:

Jim Black
Robin Borden
Bob Bridges
Cathy Bridges
Buck Cadell
Mike Chamberlain
Gale Cromwell
Margit Eilers
Cathy Frantum
Jeff Harvey
Pat Hoffman
Carol Jones
Bill Law
Betty Moore
Linda Rogers
Bob Trescott
Bill Vogenitz
Don Waddington
Nancy Waddington
John Wall
Sheila Walsmith
David Zeitlin
Louise Zeitlin

WOMEN

First Woman

1. Pat O'Brien

Under 20

1. Laura Lehr
2. Kendra Hickman

20-29

1. Julie Caprio
2. Cindi Fox-Contarino

30-39

1. Marilyn Bevans
2. Karen Bryant

40-49

1. Anne Chamberlain
2. Beth Zehe

50-59

1. Martha Kinsinger
2. Esther Wiseman

Tailender
Joey Laque, age 7



WHAT'S COMING UP

ANNAPOLIS STRIDER EVENTS CALENDAR FOR 1986



All Official Striders Events Are Underlined

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

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

| DATE | TIME | RACE - RUN - DISTANCE | LOCATION | RACE DIRECTOR | ASSISTANT DIRECTOR |
|--|-----------------|---|--|---|---------------------------|
| 2nd Monday of each month | 7:30 PM | <u>Annapolis Striders Board Meeting</u> | Arundel Center Annapolis, MD | Nancy Waddington 956-2061 | |
| Every Saturday until Marine Corps Marathon on November 2 | 7:00 AM | <u>Moore's Marines Marathon Training</u> | Annapolis Mall Equitable Bank | Ben Moore 268-3832 | |
| Every Sunday until Marine Corps Marathon on November 2 | 7:30 AM | <u>Moore's Marines Marathon Training</u> | Navy/Marine Corps Stadium, Annapolis, MD | Ben Moore 268-3832 | |
| October 12 Sunday | 8:00 AM | <u>Metric Marathon 26.2K (16.2 miles)</u> <u>#8 Club Championship Series</u> | Southern High School Harwood, MD | Will Scott 267-8013 | Earl Scott 269-5013 |
| October 24 Friday | 3:00 to 5:00 PM | A.A. County High School Cross Country Meet | Annapolis Senior High School, Annapolis, MD | | |
| October 26 Sunday | 9:00 AM | Key School 10K (6.2 miles) | Key School 534 Hillsmere Dr. Annapolis, MD | Ann Beach 263-9231 day 269-0985 evening | |
| October 31 Friday | 2:30 to 5:00 PM | Regional High School Cross Country Championship Meet | Anne Arundel Community College, Arnold, MD | | |
| November 2 Sunday | 9:00 AM | Marine Corps Marathon (26 miles, 385 yards) | Washington, D.C. | Ben Moore 268-3832 | |
| November 8 Saturday | 8:45 AM | Turkey Trot 5-Mile Race 1-Mile Fun Run & 100-Yard Tot Trot | Downs Memorial Park Pasadena, MD | Darlene Washington 987-9600 or 621-9552 | |
| November 8 Saturday | 9:00 AM | Annapolis Pride 10K & One-Mile Fun Run | Annapolis Senior High School, Annapolis, MD | Nut Hall 628-6483 | Joyce Smith 266-5240 |
| November 8 Saturday | 10:00 AM | Maryland State High School Cross Country Competition | Hereford High School Hereford, MD | | |
| November 30 Sunday | 10:00 AM | <u>Cold Turkey 20K (12.4 miles)</u> <u>#9 Club Championship Series</u> | South River High School Edgewater, MD | Pat Hoffman 268-6092 | Ken Thorn |
| December 7 Sunday | 10:30 AM (?) | Baltimore Marathon <u>Striders work mile 13 waterstop</u> | Baltimore, MD | Gerte Spadone 841-6894 | |
| December 27 Saturday | 11:00 AM | <u>Anniversary Run 15K</u> <u>#10 Club Championship Series</u> | U.S. Naval Academy Annapolis, MD | Eleanor Elster 757-4506 | Brenda Norman 757-0926 |



ANNAPOLIS STRIDERS

8TH ANNIVERSARY RUN
SATURDAY, DEC. 27, 1986, 11:00 A. M.

15K Leg of Club Championship Series
(All Runners Welcome)

ENTRY: Complete the form and mail with check by December 13th
Photocopies are acceptable. 300 entrant limit.

FEE: \$3.00 for Annapolis Striders
\$4.00 for non-members
\$5.00 after mail-in deadline

No confirmation
No refunds
No team divisions

AWARDS: Overall male and female
Top two each division

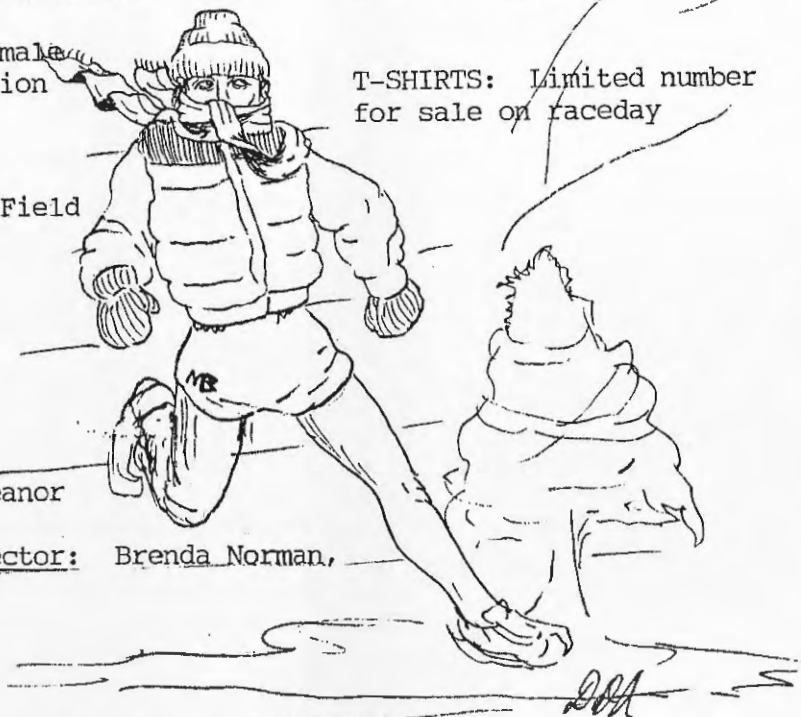
T-SHIRTS: Limited number
for sale on raceday

RACE MORNING: Registration opens
9:30 a. m., Halsey Field
House, U.S.N.A.

START: 11:00 a. m.

AWARDS: 12:30 p. m.

PHONE: Striders HOTLINE:
301-268-1165
Race Director: Eleanor
Elster, 757-4506
Assistant Race Director: Brenda Norman,
757-0926



RACE SANCTIONED BY THE ROAD RUNNER'S CLUB OF AMERICA

COURSE: 15K (9.3 miles). Start and finish adjacent to Field House. Course stays within the Academy, following the seawall. Both paved and grass running surfaces - roads and playing fields. Monitors at key inter-sections, all turns marked with lime. Splits at one and five miles. Water stops at 3.5 and 7 miles.

Checks payable to: ANNAPOLIS STRIDERS, INC.

Mail to: 15K c/o: P.O. Box 187 Annapolis, Maryland 21404

ARE YOU AN ANNAPOLIS STRIDER ?

AGE RACE DAY

SEX (M or F)

* PLEASE MAKE SURE ENTRY FORM IS COMPLETE *

Please print:

NAME

PHONE

STREET ADDRESS

CITY

STATE

ZIP

In consideration of this entry being accepted, I hereby waive any and all claims for myself, my heirs and assigns against all the hosts, sponsors or promoters for injury or illness which may result from my participation. I further state that I am physically fit and have sufficiently trained for this event.

Signature

DATE:

Parent's Signature (if entrant is under 18)