

HOWARD COUNTY
STRIDERS
NEWSLETTER

Vol. 6, No. 2

April 1986

**BRRC WINS CLUB CHALLENGE;
HCS FINISH SECOND**

TABLE OF CONTENTS

PRESIDENT'S LETTER.....	1
BRRC WINS CHALLENGE RACE.....	4
WOMEN'S NEWS.....	10
NEVER GIVE UP.....	11
STRIDER SHORTS.....	12

HOWARD COUNTY STRIDERS OFFICERS AND DIRECTORS

Miles Weigold, President
 Herby Greenberg, Vice President
 Dave Tripp, Treasurer
 Kay Allmon, Secretary
 Paul Sobus, Weekly Races
 Dick Woods, Youth
 Nancy Quick, Women

Tim Beaty, Nominations & Selections
 George Ware, Newsletter
 Lydia Ross, Membership
 Martin Goode, Racing Team
 Tom Webb, Special Races
 Jane Hall, At Large
 Al Yergey, At Large

HOWARD COUNTY STRIDERS NEWSLETTER STAFF

George Ware, editor-in-chief; associate editor, Jane Hall; contributing writers Mark Konodi, Nancy Quick, and Dave Tripp.

STATEMENT OF STRIDER PHILOSOPHY

The Howard County Striders, Inc. (HCS) is a non-profit organization dedicated to promoting running and educating people on the physical and mental health benefits of long distance running. Through its major focus on participation in a running program, the club supports a wide range of competitive, non-competitive, and educational events and seminars. The club is an accredited chapter of the Road Runners Club of America (RRCA). Membership in the HCS is open to the public, and automatically includes membership in the RRCA. Membership in the HCS also entitles individuals to reduced fees in all weekly programs and eligibility for a number of grants and programs. For further information on membership, contact Lydia Ross, 7941 Johnny Cake Road, Baltimore, Maryland 21207 (944-3562) or visit Feet First, the club's unofficial headquarters, in the Wilde Lake Village Green in Columbia. Feet First has membership forms as well as a selection of club T-shirts, tank tops, and patches, all on sale at cost.

**1986 CLUB DUES
 ARE DUE!!
 Please renew now.**

NEWSLETTER STAFF NEEDED

WE NEED WRITERS! WE NEED STORIES! Don't delay - act today and volunteer! Come forward with your ideas or proposed articles. We are interested in any Strider-related stories. Remember! This is YOUR newsletter. It reflects the collective interests of all Striders. Call the Strider hotline (964-1998) to forward your stories or mail them to George Ware, 4980 Morning Star Drive, Dayton, Maryland 21036. The deadline for the July newsletter is 20 June.

PRESIDENT'S LETTER

by Miles Weigold

We have a few things which I'd like to review with you, and I'll take them in whichever order they come to mind.

INSURANCE COVERAGE - As many of you know, we've had to go to some extremes at

PRESIDENT'S MEETING - After the Challenge Race, about 28 representatives from other RRCA clubs in the area met at my house. The meeting was chaired by John Sissala, RRCA State rep for MD/DC. We were joined by Henley Gible, RRCA VP-East, and Sharon Leigh, RRCA State rep-VA. The meeting was an excellent review of the status of the clubs from 1985, and a preview of activities planned for 1986. Topics of mutual interest were discussed including insurance, difficulty in obtaining permits for the use of West Potomac Park, and proposed legislation before the MD State legislature to allow runners to use MD State roads. A sub-set of the meeting testified the next week before the House Committee where the bill had been introduced. We're hopeful that it will be passed out of the House and moved to the Senate at least before the end of this session.

All in all, you should be proud of the club to which you belong. We are in good shape when compared to the rest of the clubs in attendance. We continue to get high praise for the Junior Strider program, as well as the number of weekly races we hold. I did reveal that we were in a tight financial situation due to low membership renewals, unanticipated high cost of the Metric, outstanding monies owed to the club, and RRCA membership for 1986. Since that time we are in a bit better shape, but the cash flow is still tight.

Time for a reminder. If you haven't yet sent in your membership for 1986, do so today. While you're at it, why not introduce a friend to the Striders? The return on the investment is excellent, and you're helping the club at the same time! Now the threat! This will be the last 1986 newsletter you will receive if dues aren't paid!

Tim Beaty is back from travels to Pakistan, and found precious few entries to the Championship Series in his mail box. Was this a bad idea? Didn't we do an adequate job in communication? What? If you're still interested, call Tim. The idea is sound, and provides recognition at the 1987 Annual Meeting to all participants, not just those who "take the honors." The Series provides the opportunity to earn points for finishing 1986 events at several distances; lowest total based on finishing position wins the series. Age group categories will be determined by the number of entries in each group.

CLYDE'S AMERICAN 10K - Tom Webb and his committee are well along with the planning of the 1986 race. With the sponsorship of John Mancuso, manager of Clyde's, Tom is promising the "best ever" Clyde's race.

This event is THE major annual fund raiser for the Striders. In order for the race to be a success, each of us HAS to make a contribution to it's success. If you plan to run, great! Just let us know by calling the recorder how you can help either before or after. Pre-race packet pick up; results compilation; number preparation; putting notices on mailboxes along the race course; handing out entries at other races to insure a full field; and many, many other tasks must be done and yet still allow you to run. Call today (964-1998) and leave your name and phone number, along with your job preference. Of course, we still need about 100 people to help on race day as traffic marshals; water stop helpers/captains; and finish line workers. Don't worry if you don't have any experience, we'll teach you all you need to know. Just volunteer TODAY to help at Clyde's. By the way, the next time you're in Clyde's, ask for John and make a point of saying hello. He needs to know how many Striders visit the restaurant, and that we appreciate his sponsorship of the event.

BCARD MEETINGS - Why not consider coming to a Board meeting? They're open to all members, and will give you an excellent idea of what "make the club tick." You, and any ideas, thoughts, suggestions are always welcome.

See you "on the bricks."

BRRC WINS CHALLENGE RACE

by Dave Tripp

The Baltimore Road Runners Club (BRRC) won the MD/DC RRCA Ten Mile Championship for the second straight year. Although the host club Striders had won five consecutive titles until last year, the BRRC made the race a top priority for its racing team, and it paid off. Striders team captain Martin Goode had assembled an excellent team: 11 of the top 50 runners, all under 60 minutes; 23 of the top 100 runners, all under 65 minutes; excellent performances from high school and college runners, Ken Fowler (9th overall in 55:20), Nate Higdon (24th overall in 56:54), and Rob Sherrock (57th overall in 60:55). In addition to virtually all of the Striders top runners who weren't injured or down with the flu, Captain Goode talked Don Uphouse into making the trip down from Lancaster, PA. Don was the second Strider, 14th overall in 54:34.

These excellent performances helped turn back the highly touted RASAC team, but weren't enough to stop the BRRC who not only had an excellent turnout from their racing team, but got great performances from unexpected places: Jeff Smith, without his hometown Queen City Striders Team participating, ran for BRRC and won the race in a fine time of 51:40; and Ben Hyser, 50, came down from Pennsylvania to run barechested in a time of 57:44, good enough for 30th place; in the process he beat the entire 40-49 age group. The BRRC's fifteenth runner was Larry Pickett in 44th place with a time of 59:39. Victoria Davern, 31, of the BRRC was the first female finisher in 68:46.

There were 294 finishers (one-third from BRRC), an excellent turnout for a cold morning following a significant snowstorm. As always the Striders received much praise from the other participating clubs for putting on such a high-quality event for a modest entry fee. Particular congratulations for the smooth running event go to: Tom Webb in his first event as Special Race Committee Chairman; Howard Zaner for the typical outstanding job with the volunteer traffic marshals; Jim Greenfield for getting up at 4:30 a.m. to plow all the "rough" spots on the course and then work the finish line; and to Linda Yergey for her standard, high-quality job with the water stop. Thanks as well go to all the volunteers who helped make this an excellent event.

The RRCA Clubs and their scores, followed by the individual times, places, ages, etc.:

Baltimore Road Runners Club (BRRC)	309
Howard County Striders (HCS)	501
Renaissance All Sports Athletic Club (RASAC)	842
Montgomery County Road Runners Club (MCRRC)	863
Frederick Steeplechasers (FS)	2005
Westminster Road Runners Club (WRRC)	2019
Annapolis Striders (AS)	2468
Prince Georges County Road Runners Club (PGRRC)	2471
DC Road Runners Club (DCRRC)	DISQ.
Unattached (UN)	NA

10 Mile Club Challenge, 23 February 1986

<u>PLACE</u>	<u>TIME</u>	<u>NAME</u>	<u>SEX</u>	<u>AGE</u>	<u>CLUB</u>
1	51:40	Jeff Smith	M	30	BRRC
2	52:11	Harry Goodman	M	32	BRRC
3	52:19	Gerry Clapper	M	24	RASAC
4	52:49	Michael Sheely	M	26	RASAC
5	53:10	Tim Gavin	M	29	MCRRC
6	53:22	Jeff Lears	M	35	BRRC
7	53:41	Joe Sullivan	M	30	DCRRC
8	53:46	Jeff Sanborn	M	32	BRRC
9	53:46	Ken Fowler	M	20	HCS
10	53:59	Adam Bean	M	26	PGRRC
11	54:10	Steve Daniels	M	27	DCRRC
12	54:26	Michael Monaghan	M	28	RASAC
13	54:26	Jim O'Keefe	M	26	RASAC
14	54:34	Don Uphouse	M	29	HCS
15	54:41	Ken Miller	M	32	BRRC
16	55:15	Chris Samley	M	23	MCRRC
17	55:20	Greg Gray	M	19	HCS
18	55:51	Martin Goode	M	23	HCS
19	55:52	Will Desmond	M	34	BRRC
20	55:56	Jonathan Howland	M	27	HCS
21	56:19	David Griffin	M	24	WRRC
22	56:35	Rusty Moore	M	30	MCRRC
23	56:42	Jeff Bickert	M	25	BRRC
24	56:54	Nate Higdon	M	19	HCS
25	56:58	Bret Enders	M	28	BRRC
26	57:00	John McAuliffe	M	27	BRRC
27	57:15	David DeAnna	M	22	BRRC
28	57:29	David Keating	M	26	RASAC
29	57:39	Jeff Hinte	M	30	RASAC
30	57:44	Ben Hyser	M	50	BRRC
31	57:53	Bruce Walls	M	39	RASAC
32	57:56	John Blendell	M	33	MCRRC
33	58:07	Jim Carbary	M	34	HCS
34	58:21	John Roemern	M	26	BRRC
35	58:31	Nut Hall	M	28	BRRC
36	58:44	Allen Naylor	M	30	DCRRC
37	58:52	Bob Burns	M	33	HCS
38	58:59	David Lowe	M	38	WRRC
39	59:12	Jim Bradac	M	33	BRRC
40	59:15	Brian Dixon	M	15	FS
41	59:17	Richard Lottero	M	41	RASAC
42	59:25	Piriya Pinit	M	40	HCS
43	59:28	Jim Porterfield	M	38	MCRRC
44	59:39	Larry Pickett	M	24	BRRC
45	59:41	Jeff Regelman	M	23	HCS
46	59:46	Ed Geisendaffer	M	45	BRRC
47	59:47	Don Forgione	M	34	BRRC
48	59:55	Phil Riehl	M	30	HCS
49	60:09	Don Miller	M	30	BRRC
50	60:23	David Chalmers	M	33	BRRC
51	60:28	Hubert Chadwick	M	42	HCS

52	60:34	William Selby	M	28	MCRRC
53	60:41	David Starnes	M	40	RASAC
54	60:43	Bill Toth	M	28	MCRRC
55	60:44	David Johnson	M	42	MCRRC
56	60:48	Lonnie Richmond	M	37	BRRC
57	60:55	Rob Sherrock	M	17	HCS
58	60:57	Tim Briscoe	M	33	FS
59	61:07	M. Yerkes	M	30	AS
60	61:11	Jerry Warfield	M	42	HCS
61	61:19	Dennis Griffin	M	30	WRRC
62	61:38	Mike Silverman	M	29	BRRC
63	61:39	Rob Klein	M	36	HCS
64	61:45	Ralph Olinger	M	36	HCS
65	61:55	Ben Mathews	M	48	HCS
66	61:59	Ronnie Wong	M	39	BRRC
67	62:04	Ed Ernst	M	27	BRRC
68	62:07	Frank Fish	M	32	WRRC
69	62:12	Peter E. Landren	M	29	BRRC
70	62:13	Daniel Patton	M	37	HCS
71	62:21	Jim Godville	M	35	HCS
72	62:23	Tim McDermott	M	40	BRRC
73	62:25	Brendan Lewis	M	27	FS
74	62:29	John Kuehls	M	26	HCS
75	62:34	J. Tobin	M	40	BRRC
76	62:39	John Zeigler	M	39	WRRC
77	62:39	Donnie Whitehead	M	32	BRRC
78	62:44	Robby Bauer	M	38	MCRRC
79	62:47	Tom Green	M	35	HCS
80	62:59	Lyman Jordan	M	38	MCRRC
81	63:16	Howard Dreizan	M	31	BRRC
82	63:22	Tom Carty	M	30	BRRC
83	63:34	Kerry Baruth	M	38	HCS
84	63:36	Eddie Anderson	M	22	AS
85	63:37	Terry McCracken	M	28	BRRC
86	63:38	Larry Cox	M	39	MCRRC
87	63:42	Tim O'Keefe	M	32	FS
88	63:53	Frank Lanzi	M	28	BRRC
89	63:56	Stephen Bueker	M	37	BRRC
90	64:05	John Slocum	M	34	WRRC
91	64:10	Ed Zimmerman	M	30	FS
92	64:19	Bailey St. Clair	M	47	BRRC
93	64:21	Rick Vullo	M	41	RASAC
94	64:23	Ron Griswold	M	38	DCRRC
95	64:26	Ken Kerrigan	M	28	MCRRC
96	64:28	Howard Conklin	M	37	RASAC
97	64:47	Duane Schestag	M	29	HCS
98	64:59	Joe Tiso	M	36	FS
99	65:00	Joe Clorey	M	43	AS
100	65:07	Ron Walters	M	35	MCRRC
101	65:10	Gordon Noel	M	44	MCRRC
102	65:30	Mike Heiberger	M	36	RASAC
103	65:34	Richard Weiss	M	44	MCRRC
104	65:36	Richard Rosen	M	36	HCS
105	65:39	J. S. Nightingale	M	32	MCRRC
106	65:40	Gary A. Gray	M	37	BRRC
107	65:44	Brian Fender	M	18	RASAC

108	65:46	Tim Holden	M	27	BRRC
109	65:48	James O'Brian	M	19	HCS
110	65:52	Allan Field	M	38	BRRC
111	65:54	Larry Housman	M	33	BRRC
112	65:55	George Adams	M	43	RASAC
113	66:09	Art Webster	M	41	WRRC
114	66:20	John Watts	M	29	BRRC
115	66:27	James Cody	M	31	HCS
116	66:29	Bill Wandel	M	42	AS
117	66:30	John Shields	M	15	FS
118	66:32	Peter Manak	M	31	MCRRC
119	66:36	Ken Groves	M	31	MCRRC
120	66:36	Bob Ray	M	48	BRRC
121	66:40	Bob Spellman	M	37	BRRC
122	66:42	Lee Aulisio	M	39	PGRRC
123	66:45	Eric Smith	M	16	BRRC
124	66:46	Tim Garrity	M	30	HCS
125	66:50	Bill Rosser	M	36	AS
126	66:52	Doug Pond	M	46	AS
127	67:04	Andy Grill	M	34	BRRC
128	67:06	Jim Harrison	M	41	BRRC
129	67:08	Jack Shelton	M	35	BRRC
130	67:11	Elvid Levri	M	52	MCRRC
131	67:15	Ray Hartenstein	M	52	PGRRC
132	67:19	Ken Ashburn	M	40	BRRC
133	67:21	Jim Sharp	M	43	DCRRC
134	67:29	John Munns	M	38	MCRRC
135	67:30	Ray Freeny	M	41	PGRRC
136	67:31	Wayne Burgemeister	M	55	BRRC
137	67:38	Al Yergey	M	44	HCS
138	67:40	Byron Stay	M	38	FS
139	67:42	Mark Ciamarra	M	25	MCRRC
140	67:47	Doug Chandler	M	32	WRRC
141	67:49	John Hill	M	17	HCS
142	67:50	Steve Barry	M	17	FS
143	67:54	B. Grabus	M	42	BRRC
144	67:55	John Koerner	M	45	HCS
145	67:57	Al Yesilonis	M	42	BRRC
146	67:58	G. Yannakakis	M	54	BRRC
147	68:00	Warren Pitts	M	47	BRRC
148	68:08	M. Sandlin	M	53	MCRRC
149	68:09	E. H. Trottier	M	42	HCS
150	68:15	Mark Konodi	M	29	HCS
151	68:14	Mac Schaeffer	M	38	WRRC
152	68:20	Mark Arnold	M	33	WRRC
153	68:37	Larry Tabachnick	M	39	PGRRC
154	68:46	Victoria Davern	F	31	BRRC
155	69:02	Ed Sharp	M	46	DCRRC
156	69:05	M. Porter-Borden	M	46	FS
157	69:08	David Herlocker	M	45	WRRC
158	69:08	Clint Roby	M	30	BRRC
159	69:09	Brad Roberts	M	34	RASAC
160	69:13	Rick Koller	M	31	BRRC
161	69:22	Bill Diegel	M	43	BRRC
162	69:24	B. Gemmill	M	34	RASAC
163	69:26	Gary Moeller	M	43	FS

164	69:33	Rose Malloy	F	37	BRRC
165	69:38	Jack Brennan	M	34	FG
166	69:46	Jim Mortenson	M	46	BRRC
167	69:56	Rick Malley	M	25	RASAC
168	69:56	B. Butrymowicz	M	15	MCRRC
169	69:58	Peter Monahan	M	51	MCRRC
170	70:08	Geoff Baker	M	27	PGRRC
171	70:09	Douglas Franz	M	33	BRRC
172	70:35	Charlie Zeiler	M	35	BRRC
173	70:39	Jim Walsh	M	29	PGRRC
174	70:40	Fred Wolf	M	43	BRRC
175	70:43	Kelly Carberry	M	29	BRRC
176	70:46	Ron Bowles	M	40	PGRRC
177	70:47	A. J. Smith	M	46	MCRRC
178	70:57	Ellen Howland	F	25	HCS
179	71:04	Robert Moden	M	36	DCRRC
180	71:11	Michael Posinski	M	39	BRRC
181	71:12	Tim Bradin	M	31	BRRC
182	71:20	Armand Harris	M	43	HCS
183	71:27	J. A. Carr	M	22	MCRRC
184	71:27	Phil Nissen	M	41	BRRC
185	71:30	Sean Sweeney	M	50	AS
186	71:42	Fred Norton	M	49	MCRRC
187	71:44	Bill Osburn	M	62	MCRRC
188	71:49	P. Wakelyn	M	45	MCRRC
189	71:54	Linda Brennan	F	30	MCRRC
190	72:06	Herb Alban	M	43	BRRC
191	72:12	David Kennedy	M	29	DCRRC
192	72:15	Joe Duffy	M	44	AS
193	72:19	Tom Bradford	M	42	BRRC
194	72:21	Tom Jennings	M	50	BRRC
195	72:26	George Delgado	M	38	HCS
196	72:26	John Schnackenberg	M	47	HCS
197	72:28	Walt Washburn	M	63	DCRRC
198	72:40	Steve Takahashi	M	48	UN
199	72:47	Monte Dzurenko	M	24	MCRRC
200	72:51	Kathy Creedon	F	25	MCRRC
201	72:53	Ted Bresee	M	32	MCRRC
202	72:57	Scott Davidson	M	51	HCS
203	72:58	Thomas Mark	M	44	AS
204	72:59	Andrejs Lubkans	M	40	MCRRC
205	73:12	Larry Gang	M	32	BRRC
206	73:13	Mark Terry	M	33	BRRC
207	73:15	George Ware	M	36	HCS
208	73:18	Bill Waller	M	43	RASAC
209	73:29	Amanda Macintosh	F	17	BRRC
210	73:34	Emory Carrigan	M	35	BRRC
211	73:36	Tom Jones	M	39	MCRRC
212	73:44	Ron Bowman	M	36	AS
213	73:49	Carole Rivera	F	31	MCRRC
214	73:56	John Sissala	M	44	MCRRC
215	74:09	Steve Miller	M	38	UN
216	74:25	Arnie Henderson	M	49	AS
217	74:30	Perry Weedon	M	44	MCRRC
218	74:55	Tim Blewett	M	40	AS
219	75:04	Jim Bibb	M	38	HCS

220	75:08	Michael Shaw	M	36	FS
221	75:15	Bob Landis	M	44	MORRC
222	75:17	Bill Spencer	M	39	HCS
223	75:19	Lenore Gelb	F	36	MORRC
224	75:26	John Dale	M	25	MORRC
225	75:28	Ken Brake	M	51	HCS
226	75:29	Sandra Barnes	F	30	UN
227	75:44	Gene Lehr	M	47	PORRC
228	75:59	Dale Jordan	M	33	BORRC
229	76:05	Phillip Holmes	M	38	BORRC
230	76:06	Dick Smith	M	43	BORRC
231	76:08	Bruce Marshall	M	42	HCS
232	76:12	Bill McKeever	M	41	UN
233	76:18	Barry Glover	M	39	RASAC
234	76:44	Margaret Noel	F	43	MORRC
235	76:48	Richard Houck	M	27	BORRC
236	76:57	Joe Bronder	M	52	HCS
237	77:03	Evan Thomas	M	44	AS
238	77:08	Kyo Kim	M	43	HCS
239	77:13	George Shepard	M	38	BORRC
240	77:18	Ron Jarashow	M	37	AS
241	77:51	Bob Miller	M	44	WORRC
242	77:59	Herbert Greenberg	M	36	HCS
243	78:24	Mark Maww	M	24	WORRC
244	78:26	Phil Guyer	M	34	PORRC
245	78:27	John Drum	M	40	BORRC
246	79:04	James Chen	M	33	PORRC
247	79:05	John Lind	M	46	HCS
248	79:06	John Seyffert	M	45	BORRC
249	79:23	Earl Sharp	M	44	BORRC
250	79:37	C. Wright	M	48	BORRC
251	79:48	Tom Plummer	M	42	PORRC
252	80:06	Joe Cristaldi	M	35	HCS
253	80:06	Kay Weeks	F	47	HCS
254	80:09	Tim Beaty	M	43	HCS
255	80:16	Paul Goldenberg	M	34	HCS
256	80:21	Christine Carrigan	F	35	BORRC
257	80:27	Roger Peet	M	52	DCORRC
258	80:39	Jim Smith	M	41	MORRC
259	80:45	B. Lapetina	M	52	BORRC
260	80:49	Regina Lapetina	F	52	BORRC
261	80:53	Bill Porton	M	43	MORRC
262	81:10	Laura Smith	F	27	HCS
263	82:25	Debbie Ashburn	F	35	BORRC
264	82:28	Scott Ramsey	M	46	HCS
265	82:29	Colleen Coyle	F	23	UN
266	82:30	Oliver Perin	M	46	BORRC
267	82:33	Jim Bell	M	43	BORRC
268	82:40	Carol Shaw	F	36	FS
269	83:03	Helen Byers	F	47	HCS
270	83:06	Bill Burke	M	39	UN
271	83:15	Jean Chalk	M	52	HCS
272	83:21	John Polton	M	16	MORRC
273	83:33	Sharon Leigh	F	41	PORRC
274	85:28	Frederick Cotten	M	50	MORRC
275	85:46	Angie Lyden	F	15	UN
276	85:46	Tom Lyden	M	36	UN

277	85:53	Nancy Quick	F	33	HCS
278	86:31	Jean Norton	F	40	BRRC
279	86:32	Will Scott	M	35	AS
280	86:47	Jim Booth	M	35	WRRC
281	86:49	Lydia Ross	F	37	HCS
282	87:29	Ernie Silversmith	M	55	BRRC
283	88:53	George Nislein	M	45	BRRC
284	89:11	Rose Lechner	F	45	FS
285	90:05	Hugh Macintosh	M	46	BRRC
286	93:00	T. J. Nelson	M	26	HCS
287	93:02	Danny Nislein	M	20	BRRC
288	94:57	Debra Case	F	34	BRRC
289	95:46	Bob Dean	M	60	BRRC
290	95:46	Joe O'Boyle	M	43	AS
291	97:00	Herb Spicer	M	57	MCRRC
292	99:49	John Muller	M	57	WRRC
293	99:49	Harvey Muller	M	35	WRRC
294	105:20	Lillian Wolf	F	52	MCRRC

WOMEN'S NEWS

by Nancy Quick

Running Bank

Very often a woman who enjoys running would run more regularly if she had a partner. The dangers of running in the dark prevent many from undertaking a morning or evening run when they would like to. Also, it's sometimes pleasant just to have a little friendly company. If this situation applies to you, and you cannot find a running partner, a solution is now at hand.

The Newsletter will contain a "personal" listing of those interested in finding a running partner. Simply send in your name and other pertinent information * (see example) and, hopefully, your problem will be solved.

* Example

<u>Name</u>	<u>Telephone</u>	<u>Neighborhood</u>	<u>Total Miles Per Week</u>	<u>Frequency & Time</u>	<u>Pace</u>
Jane Doe	730-1111	Phelp's Luck	20	4 Days a week 6:30 a.m.	8-1/2 minute miles

Send all info to:
George Ware
4980 Morning Star Drive
Dayton, Maryland 21036

Upcoming Women's Events

If you missed the March Fashion Show and Fun Run, plan to attend the next function for women. Details forthcoming via Feet First, the "Columbia Flier", and this newsletter.

Don't miss:

July 4, 1986

Liberty Bell 8K for Women
Westminster, Maryland

July 19, 1986

Women's Distance Festival
Columbia, Maryland
Support the 5K distance for
Women in the Olympics by
running 3.1 miles at midnight

Sept ?, 1986

Moving Comfort 10K
Washington, D.C.

Women's Racing Teams

Anyone interested in competing on a Strider's racing team this year may do so. In the past, Dot Sleight and Gloria Webster have done an excellent job organizing teams for several women's races. This year, Linda Levy has generously agreed to handle this responsibility. Races that have a team category will be publicized as they come up.

Ideas or suggestions for the Women's Committee are always welcome. Pass any thoughts along to me at 997-0805.

NEVER GIVE UP *by Mark Konodi*

Being a diehard track and field fanatic, I try to attend one national championship caliber meet a year. In 1984 I attended all eight days of the Olympic Trials in the L.A. Coliseum. Of all the performances, the one I will always remember is the decathlon.

The decathlon consists of ten events contested over two full days. Over fifty athletes were competing in L.A. for a slot on the Olympic team and also competing against the scoring tables. After the first day, veteran Fred Dixon was in the lead with John Crist and Rob Muzzio well positioned for the remaining berths on the team. In eighth place was Orville Peterson of Baptist Campbell College in North Carolina.

During the first event of the second day, the 110 meter (m) hurdles, Peterson severely strained the anterior thigh muscles of his left leg. He kept his injury from the trainers for fear that he would be forced to withdraw from the competition. By the time of the final decathlon event, the 1500 m run, Peterson had dropped to 14th place.

The decathlon 1500 m was the last event scheduled for the Coliseum that day. By the time it began it was after 9 pm and only 300 hardcore fans remained. The theme music from "Chariots of Fire" was played over the loudspeaker system. Peterson ran in the last heat with the leaders following nine events. As he took to the track he noticeably limped. His left thigh was heavily bandaged.

From the start of the race it was apparent that Peterson was seriously hurt. As the pack of runners came by the finish line after 300 m, Peterson was 50 m off the pace. Each lap saw him get further and further behind. Peterson was still in the back straight when the next-to-last runner finished.

The remaining decathletes and 300 spectators rose and cheered Peterson as he entered the far turn. The eerie glow of the stadium lights in the humid evening air and the blaring music created a mystic effect. As Peterson entered the home straight, stadium announcer Frank Zarnowski, an authority on the decathlon, read an "ancient Greek" saying over the loudspeaker:

Never ask for victory, ask only for courage.
For if you endure the struggle, you bring
honor to yourself; but most important, you
bring honor to us all.

The stadium turned deathly quiet and there were few clear eyes as Orville Peterson plodded across the finish line in 9:44.80. He scored zero points and dropped to 32nd place in the final standings. But Orville Peterson finished.

If you have competed in or watched enough road races, you are undoubtedly aware of the drop-out phenomenon. The elite superstars go out at suicidal paces only to drop out short of the finish. The phenomenon now extends to smaller races. The most common excuses of the drop-outs are cramps or muscle soreness. Hell, it is going to hurt a bit when you push yourself to the limit.

I have competed over distances from 50 yards to 50 miles and a maximum effort over any distances hurts; there is always a point where you feel like quitting. This is more acute in distance running because you have more time to think about your misery. Whenever I see a Geoff Smith drop out of a marathon, I think of Orville Peterson. Whenever I feel like quitting during a race, I think of Orville Peterson. Whenever personal problems overwhelm me and I question my will to go on, I think of Orville Peterson.

I am not advocating running while hurt. In training as in life, you commit yourself to a goal, a dream. I am advocating fulfilling your goals. I feel it is more important to complete what you have started as best you can. Don't worry about the results of the competition, give a true, honest effort.

Never ask for victory, ask only for courage.
Never give up.

Postscript

The next day a reporter for the L.A. Times questioned Zarnowski about the origin of the "ancient Greek" saying. Zarnowski attributed the quote to a Bud Greenspan documentary on the Olympics. The reporter sought out Greenspan in Hollywood and asked him for the original source of the saying. Greenspan indicated that he made it up. Only in Hollywood.

STRIDER SHORTS

by George Ware

Several Striders competed in the Greenbelt 20 Miler on 28 December 1985. Ben Mathews was 4th in 2:08:19, Dave Tripp was eighth in 2:18:09, Jim Greenfield was 14th in 2:27:30, Mark Konodi was 15th in 2:27:42, and Linda Buttner was 37th in 2:57:51. In the 10 Mile race at Greenbelt Joe Wasserman was 45th in 75:36.

Three Striders finished in the top twenty at the 25th Annual Washington's Birthday Marathon at the Beltsville Agricultural Research Center on 16 February 1986. Karen Scott was the fifth female finisher in 3:32:58 and Linda Buttner was the 10th female finisher in 3:48:17. Linda, how many marathons have you done? Ben Mathews was the 14th male finisher in 2:52:59.

Steve Ruckert won the 2 March 1986 DCRRRC Bonsai Biathlon. Steve finished the race in the winning time of 1:10:36. The run/bike course was conducted

entirely inside the grounds of the National Arboretum. Steve also won the 16 March Leprechaun Biathlon held at the Goddard NASA Space Center in Greenbelt. His winning time was 1:25:29. Marsha Hartz won the 2 March 1986 Bethesda Chase 20K racewalk.

This year the Striders again made a strong showing at the DCRRRC Half-Marathon held at Sandy Springs, Maryland on 16 March. Jonathan Howland finished third in 1:17:34 and Jim Carbary finished fifth in 1:20:36. Mark Konodi, Ben Mathews, and Tom Green also competed. On 24 March, Jim Carbary finished seventh overall in the time of 35:13 at the MCRRC's Piece of Cake 10K in Gaithersburg.

Coach Martin Goode, after finishing seventh overall at the Frostbite 15K in 52:39 and turning in a stellar time of 55:51 at the Challenge Race, escorted Kelly Curran, a Howard High School junior, to a 4:48 finish at the Virginia Beach Shamrock Marathon. Kelly was the second youngest female finisher.

Frostbite 5K and 15K Highlights

There were 459 finishers in the 5K race and 380 finishers in the 15K race at the eighth Annual Frostbite held on 5 January 1986 in Westminster, Maryland. The Striders had several top ten finishers in both races. Ken Fowler was fourth overall in the 5K in 15:53. In the 15K, Martin Goode was seventh overall in 52:39, Jonathan Howland was eighth in 53:07, and David Stein was ninth in 53:36. Strider finishers are noted below:

5K Race

<u>Place</u>	<u>Name</u>	<u>Time</u>	<u>Place</u>	<u>Name</u>	<u>Time</u>
4	Ken Fowler	15:50	207	Jean Chalk	24:35
12	Steve Ruckert	16:25	214	Michelle Kvech	24:43
14	Gregory Gray	16:47	219	Helen Beyers	24:51
19	Rob Sherrock	17:25	231	Ken Augustin	25:03
30	John Slocum	18:25	234	Karen Kane	25:07
39	Scott Lutrey	18:52	247	James Martin	25:22
81	Timothy Garrity	20:46	254	Nadia Wasserman	25:28
82	Don Augustin	20:51	256	Judith Stiff	25:29
85	Suzanne Wenk	20:54	287	Robert Brown	26:28
107	Todd Kane	21:50	299	Ariene Kvech	26:50
109	Jason Tripp	21:54	333	Susan Stiff	27:55
110	E. H. Trottier	21:56	345	Glenn Trimmer	28:24
113	John Lind	21:59	385	Judith Tripp	29:52
139	Becky Allmon	22:47	392	Cheryl Meisinger	29:58
171	Joshua Tripp	23:41	406	Martha Trimmer	30:33
183	Ellen Elwell	24:00	437	Marsha Hartz	33:46
184	Drew Mayworth	24:01	452	Barbara Swartz	38:07

Strider 5K Age Group Highlights

<u>Age Group-Men</u>	<u>Place</u>	<u>Name</u>	<u>Time</u>
16-19	4	Rob Sherrock	17:25
35-39	1	Steve Ruckert	16:25
45-49	5	John Lind	21:59
50-59	5	Jean Chalk	24:35

Strider 5K Age Group Highlights Cont'd

<u>Age Group-Women</u>	<u>Place</u>	<u>Name</u>	<u>Time</u>
0-15	4	Becky Allmon	22:47
16-19	2	Suzzane Wenk	20:55
16-19	3	Julie Levri	22:51
16-19	5	Margaret Levri	25:40
20-29	5	Ellen Elwell	24:01
35-39	5	Karen Kane	25:08
40-44	3	Arleen Kvech	26:51
40-44	4	Suzanne Sedge	28:49
45-49	2	Helen Beyers	24:52
50-59	3	Martha Trimmer	30:33

15K Race

<u>Place</u>	<u>Name</u>	<u>Time</u>	<u>Place</u>	<u>Name</u>	<u>Time</u>
7	Martin Goode	52:39	85	Tom Webb	62:57
8	Jonathan Howland	53:07	91	Clarence Wingate	63:38
9	David Stein	53:36	97	Dick Weber	64:17
21	Jeff Springer	55:31	108	Bert Moore	65:07
27	Jerry Andrews	56:27	110	George Allmon	65:14
33	Piriya Pinit	57:30	152	Robert Vigorito	67:43
37	Jim Carbary	58:06	154	Michael McGuire	67:55
40	Ben Mathews	58:20	163	Armand Harris, Jr.	68:40
42	Philip Riehl	58:29	181	Jim Bibb	69:34
47	Hubert Chadwick	58:53	190	Ken Brake	70:06
49	John Kuehls	58:58	217	Ed Humphries	72:33
52	David Tripp	59:22	223	David Heizer	72:44
58	Jim Greenfield	60:21	246	Skip Wenk	74:59
66	Robert McCubbin	61:04	254	Paul Goldenberg	75:42
68	James Godville	61:17	274	Scott Ramsey	77:56
73	Ralph Olinger	61:55	281	Mac Ramsey	78:28
			327	Liz Humphries	82:57

Strider 15K Age Group Highlights

<u>Age Group-Men</u>	<u>Place</u>	<u>Name</u>	<u>Time</u>
30-34	5	Jerry Andrews	56:28
40-44	4	Piriya Pinit	57:31
45-49	2	Ben Mathews	58:21
50-59	3	Clarence Wingate	63:38
50-59	4	Bert Moore	65:07

Free Stress Test

Sally Awalt McCoy, a graduate student in exercise physiology at the University of Maryland, College Park, Md, is seeking volunteer subjects for participation in her thesis research. The research involves the effects of external added loads to the hands and feet on a group of long distance runners. The subjects will engage in a complete stress test which will measure oxygen uptake, blood pressure, heart rate, and perceived exertion. The testing will occur at the University of Maryland Exercise Science Lab.

She is asking for volunteers from the Howard County Striders to participate in this study and receive free stress testing.

Interested Striders should contact her as noted below.

Sally Awalt McCoy
3355-C N. Chatham Road
Ellicott City, Md 21043
(301) 461-6176



OF COLUMBIA

AMERICAN 10 KILO RACE

Sunday, May 4, 1986, at 8:30 a.m.

Place:
Downtown Columbia (near Clyde's)
across from Columbia Mall.

Entry Fee:
\$10.00—non-refundable

Field Limit:
2,000 entrants or April 26th, whichever
comes first.

Entry Deadline:
Entries must be received at Feet First
by 8:00 p.m., Saturday, April 26th. **Absolutely no entries will be accepted after this date.** There will be no-race day registration.

Registration:
Send entry form below and a self addressed stamped business size (#10) envelope and a check for \$10.00 payable to Clyde, Inc.
Mail to:

**Clyde's American 10
c/o Feet First
Wilde Lake Village Green
Columbia, MD 21044**

A confirmation and course map will be mailed out. Registration can be done in person up to April 26th at Feet First (M-F 10-9, Sat. 10-8).

Race Information:
Feet First (301) 992-5800
Howard County Striders Hotline
(301) 964-9298

Packet Pick-Up:
At Feet First, Thursday-Saturday, May 1-3, or on race day at start/finish area no later than 8:15 a.m. **A Clydes American 10 sports bag to all entrants on race day.**

Awards:
A trip for two to a Caribbean island, 4 days/3 nights. Nikon camera, 10-speed bike, 4-piece set of luggage. One selected by three top male finishers, and top female finisher. Prizes to top 10 male finishers, first three in each male category, first 3 female finishers, and first three in each female category. Only one individual prize per winner. **A Clydes American 10 sports bag to all entrants.**

Male	Female
19 & under	19 & under
20-29	20-29
30-34	30-39
35-39	40-49
40-44	50+
45-49	
50-59	
60+	

Awards Ceremony:
To be held at 10:00 a.m. at the Lake Front Gazebo.

Results:
Will be mailed to all runners.

Refreshments:
To be provided for runners and guests by Clyde's.

Previous Male Winners:	Previous Female Winners:
1979 Tim Gavin 31:07	1979 Marge Rosasco 36:35
1980 Terry Baker 31:14	1980 Kathy Heckman 39:50
1981 William Albers 31:29	1981 Marge Rosasco 39:46
1982 Matt Wilson 30:05	1982 Debbie Pavik 36:15
1983 Tom Kalley 30:12	1983 Kathy Heckman 37:19
1984 John Doub 29:46*	1984 Marge Rosasco 36:01
1985 Kevin McGarry 29:55	1985 Patty McGovern 34:55*

*Course record

Clyde's American 10 K

Official Use Only

Please Print:

Name _____

Address _____

City _____ State _____ Zip _____

Sex _____ Age _____ Best 10 K Time _____ Phone _____
(on race day)

In signing this entry, I hereby release Clyde, Inc., Clyde's of Columbia, the City of Columbia and the Howard County Striders from any claims or responsibility for any injuries suffered by me in this event.

Signature _____
Runner's signature (If under 18, Parent or guardian must sign)

Entry will not be valid unless all information herewith is filled out and signed.

The Howard County Striders is a recreational road-running club dedicated to promoting distance running as a participant sport in Howard County, Maryland. The club is a fully accredited chapter of the Road Runners Club of American (RRCA). Strider members become RRCA members and receive RRCA publications.

If you are interested in becoming a member of the Howard County Striders, fill out the attached application and mail to the address listed below.

Club dues cover a calendar year (1 January to 31 December) and are prorated as follows: 1st quarter (Jan-Mar) 100%, 2nd quarter (Apr-Jun) 75%, 3rd quarter (Jly-Sep) 50%, and 4th quarter (Oct-Dec) 25%. Make all checks payable to: HOWARD COUNTY STRIDERS and mail to:

HOWARD COUNTY STRIDERS
% LYDIA ROSS
7941 JOHNNY CAKE ROAD
BALTIMORE, MARYLAND 21207

There are variety of club products (shirts, hats, etc.) at FEET FIRST in Wilde Lake Village Green which members may purchase at cost.

HOWARD COUNTY STRIDERS

NAME LAST: _____ FIRST: _____ INITIAL: _____

SEX MALE: FEMALE: AGE: _____ BIRTHDATE: M ___ D ___ Y ___

I'd like to work on the following committee(s) as a volunteer.

P Weekly Race: Special Race: Publicity:
L News Letter: Membership: Clinics/Training:

E Type of Membership: Family: Individual: Full Time Student:

S DUES.....\$10.....\$ 6.....\$ 4

E Is this a Renewal? Yes No

IF FAMILY, INCLUDE FIRST NAMES:

		INITIAL:	AGE:	Birthday		
P	_____	_____	_____	M	D	Y
R	_____	_____	_____	M	D	Y
I	_____	_____	_____	M	D	Y
N	_____	_____	_____	M	D	Y
T	_____	_____	_____	M	D	Y

ADDRESS: Street: _____ (include Apt. #)

City: _____

State: _____ Zip: _____

PHONE: Home: ()- - - - - Work: ()- - - - -