# FOOTPRINTS

NEWSLETTER OF THE HOWARD COUNTY STRIDERS
VOLUME 21, NUMBER 1— SPRING 2001

## STRIDERS CRUSHED!

### MONTGOMERY COUNTY AVENGES 2000 DEFEAT

The Howard County Striders had not lost the 10-Mile Challenge race, an official Road Runner Club of America championship, in five years, but they knew they were in trouble when eight of their top runners didn't show up on Sunday, February 25, for the 2001 edition of the race. The Montgomery County Road Runners, who lost last year's Challenge by only a few points, took full advantage of the situation and "brought the farm," overwhelming not only the defending champions but the four other clubs who posted combined racing teams. "This year we put the Challenge on our racing schedule, not our training schedule," said Montgomery team coordinator Bill Riggs. Montgomery County dominated both the men's and the women's teams, and easily won the overall team championship. Buoyed by a strong showing on the women's team, the Howard Countians did manage to pull out the second place overall.

"We laid an egg," Strider *Phil Lang* said ruefully after the race. Rob Magin led the Montgomerians 55:15, as they placed four runners in the top 10 to Howard County's three. Master runner *Dave Berardi* (age 40) and Oakland Mills High School runner *Izudin "Izzie" Mehmedovic* (age 16) paced the Howard Countians with times under 58 minutes. Dave had done a hard track workout the day before the race and "really didn't plan to run

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## CONTRASTING CLUBS

*First-place woman Patty Fulton (left) and team coordinator Bill Riggs (right) flank Montgomery County President Janet Newburgh, who holds the second-ugliest trophy in the world. (photo by Jim Carbary)*

*Vicki and Phil Lang and Izzie Mehmedovic, all of whom scored for the losing Howard County Striders, grimly await the team scores. (photo by Jim Carbary)*

Challenge 10 Miler, from p. 1

faster than 65 [minutes]," while the 10 miler was Mehmedovic's first race of that distance.

Calling the hilly 10 mile course "the toughest race I've ever run," Montgomery County's Patty Fulton won the women's race in 1:03:51. Howard County's first women, *Vicki Lang*, finished the race over a minute faster than last year but claimed only fifth place among the women in 1:06:32.

If they needed anything, the Striders needed young legs, and *Anthony Fleg* (22) and *Mike Brosenne* (23) provided some of the youngest for Howard County. The two liked the feeling of camaraderie on the team and plan to do some recruiting for 2002. "Wait till next year," Mr. Fleg commented.

On a day when heroes were hard to find, other Howard County stalwarts included *Paul* and *Pat Keating*, who are expecting their first child in July; *Craig Chasse*, who came all the way from northern Virginia to support his home-town club with a 58:29 (third Strider!); and even the legendary *Martin Goode*, roused to action by a call from his old friend *Phil Lang*. "We needed 15 or 20 guys who run like *Jim Carbary* and I *used* to run," Martin groused after the debacle.

There were some bright spots. A number of Howard Countians succeeded in setting personal records in spite of the hilly course. Nutritionally-leveraged *Lisa Coleman* thought she might have set a personal record (1:08:26) as the third Striderwoman; *Dorothy Beckett* definitely did set a personal record (1:11:39) and beat her personal rival Robin Goodwin as well, while marathoner *Bill Arbelaez* cracked 70 minutes with a personal best of 1:09:29. *Len Guralnick* also set a personal record (1:13:12), but he's only run two 10 milers. *Jim Moreland*, who ran for Montgomery County last year, converted to the Striders and contributed a scoring time of 1:04:25. "Every team I run for loses," he remarked.

The race served as a Maryland State Championship team event for the Road Runner's Club of America. RRCA President Freddi Carlip and Eastern Representative Jim Adams were on hand to hand out the team awards. The men's, women's, and combined teams won polished pewter plates,

*Dave Berardi valiantly took out all but two Montgomerians, but it wasn't enough. Not nearly enough. (photo by Denise Hyde)*

and for its overall championship the Montgomery County Road Runners also received the traveling trophy, "the second ugliest trophy in the world," and will return it next year to the new champions. The first place runner, Craig Morrell, who ran unattached, also won a pewter plate, as did Ms. Fulton for winning the women's race. All runners received complimentary runner's gloves as well as bagels, fruit, and water refreshments after the "no-frills" race. A total of 305 runners finished the race, and six teams fielded full racing teams consisting of the top 12 men and three women.

*Ken Dent* debuted as director of the race, which takes place every February at Howard Community College. The College generously allowed runners to use its gymnasium as a staging area before the race and for the awards ceremony after the race, and all runners could also use the locker rooms. Howard County police provided traffic control throughout the 10-mile course, which runs mostly through the several hills of Clary's Forest. Dozens of Howard County Striders marshaled the course early on Sunday morning, providing water and directions to the runners.

The weather was nearly perfect for running, with cool overcast conditions persisting for much of the race. Morning rains held off until most of the runners had returned to the shelter of the gymnasium, but many runners (and most of the poor course volunteers!) got caught in the drizzle. "People who ran fast and got in before the rain started [after 9 am] didn't have nearly as much fun!" quipped race announcer *Miles Wiegold*.

## RRCA 10-MILE CHALLENGE

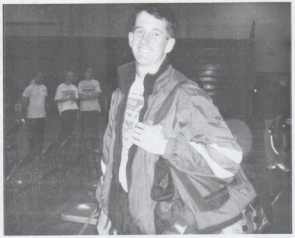
25 February 2001
Howard Community College, Columbia, MD

TOP 10 MEN

| | |
|---|---|
| 1. Craig Morrell (unattached) | 53:57 |
| 2. Rob Magin (MCRRC) | 55:15 |
| 3. Dan Courtney (unattached) | 55:45 |
| 4. Mark Hoon (MCRRC) | 57:06 |
| 5. Ted Poulos (DCRRC) | 57:17 |
| 6. Dave Berardi (HCS) | 57:26 |
| 7. Izudin Mehmedovic (HCS) | 57:41 |
| 8. Tim Englehardt (DCRRC) | 57:52 |
| 9. Victor Thillet (AS) | 58:09 |
| 10. Geoff Craig (DCRRC) | 58:10 |

TOP 10 WOMEN

| | |
|---|---|
| 1. Patty Fulton (MCRRC) | 1:03:51 |
| 2. Desiree Ficker (MCRRC) | 1:05:24 |
| 3. Janel Kiley (DCRRC) | 1:05:57 |
| 4. Dorothy Windsand-Duasman (FS) | 1:06:14 |
| 5. Vicki Lang (HCS) | 1:06:32 |
| 6. Vanessa Cox (HCS) | 1:07:18 |
| 7. Elizabeth Feldman (MCRRC) | 1:08:24 |
| 8. Lisa Coleman (HCS) | 1:08:26 |
| 9. Erin O'Niell (DCRRC) | 1:08:37 |
| 10. Susan Rizzieri (DCRRC) | 1:08:48 |



*Craig Chasse, who now lives in northern Virginia, remembered his roots in Howard County and came back to run for his old club. In fact, he returns every year to run the Challenge 10 Miler. This year, Craig's time of 58:29 greatly helped the Striders, but it wasn't enough. Not nearly enough. (photo by Jim Carbary)*

MEN'S TEAM RESULTS
(top 12 men)— low score wins)

| | |
|---|---|
| 1. Montgomery County Road Runners (MCRRC) | 165 |
| 2. Baltimore Road Runners Club (BRRC) | 353 |
| 3. Howard County Striders (HCS) | 455 |
| 4. District of Columbia Road Runners Club (DCRRC) | 473 |
| 5. Frederick Steeplechasers (FS) | 1338 |
| 6. Renaissance All-Sports Athletic Club (RASAC) | 1656 |

WOMEN'S TEAM RESULTS
(top 3 women)

| | |
|---|---|
| 1. Montgomery County Road Runners | 10 |
| 2. Howard County Striders | 19 |
| 3. District of Columbia Road Runners | 22 |
| 4. Westminster Road Runners Club (WRRC) | 61 |
| 5. Baltimore Road Runners Club | 64 |
| 6. Frederick Steeplechasers | 81 |
| 7. Renaissance All-Sports Athletic Club | 104 |
| 8. Prince George's County Running Club (PGCRC) | 160 |

OVERALL TEAM RESULTS
(top 12 men, top 3 women)

| | |
|---|---|
| 1. Montgomery County Road Runners | 502 |
| 2. Howard County Striders | 817 |
| 3. District of Columbia Road Runners | 961 |
| 4. Baltimore Road Runners | 1001 |
| 5. Frederic Steeplechasers | 2276 |
| 6. Renaissance All-Sports Athletic Club | 2775 |

*The aged Jim Carbary ran his fastest 10 Miler in three years, but it wasn't enough. Not nearly enough. (photo by Denise Hyde)*

*At least Dorothy Beckett (left) and Lisa Coleman could smile— they set personal 10-mile records. (photo by Jim Carbary)*

*Miles Weigold (left), Ray Lake and Dickie George (right) look on as Jim Discuillo keys up the distressing results. (photo by Jim Carbary)*

STRIDERS AT THE 10-MILE CHALLENGE

| | |
|---|---|
| 6. Dave Berardi | 57:26 |
| 7. Izudin Mehmedovic | 57:41 |
| Craig Chasse | 58:29 |
| Anthony Fleg | 59:28 |
| Trey Cassidy | 1:03:26 |
| Mick Slonaker | 1:03:49 |
| James Moreland | 1:04:25 |
| Paul Keating | 1:04:47 |
| Dan Laukzemis | 1:04:54 |
| Phil Lang | 1:05:52 |
| Gerardo Magat | 1:06:04 |
| Daniel Jonas | 1:06:16 |
| Vicki Lang | 1:06:32 |
| Troy Conran | 1:06:35 |
| Michael Brosenne | 1:06:52 |
| Jim Carbary | 1:06:57 |
| Jeff Rabin | 1:07:04 |
| Mok Choe | 1:07:05 |
| Piriya Pinit | 1:07:15 |
| Vanessa Cox | 1:07:18 |
| Jason Tripp | 1:07:38 |
| Lisa Coleman | (PR?) 1:08:26 |
| Bobby Gessler | 1:08:28 |
| Stephen Olenick | 1:08:57 |
| John Jagela | 1:09:05 |
| Bill Arbelaez | (PR) 1:09:29 |
| Julie Deutschmann | 1:09:46 |
| Gordon Rusinko | 1:10:00 |
| Richard Bernstein | 1:11:02 |
| Robyn Humphrey | 1:11:10 |
| Steve Bourg | 1:11:24 |
| Dorothy Beckett | (PR) 1:11:39 |
| David Blodgett | 1:11:43 |
| Brian Kass | 1:11:47 |
| Art Morey | 1:12:20 |
| George Olean | 1:12:37 |
| Martin Goode | 1:12:57 |
| Jose Costa | 1:13:01 |
| Leonard Guralnick | (PR) 1:13:12 |
| Lisa Fichman | 1:13:18 |
| Bruce Erhart | 1:13:37 |
| Ed Silverman | 1:13:57 |
| Geoffrey Baker | 1:14:23 |
| Valerie Guilfoil | 1:14:42 |
| Daniel Hanson | 1:15:33 |
| Tom Finucane | 1:16:23 |
| Jim Grover | 1:16:26 |
| Bill Elzinga | 1:18:41 |
| Patricia Keating | 1:19:49 |
| Henry Byron | 1:19:54 |
| Janeth Williams | 1:20:43 |
| Bruce Worley | 1:21:12 |
| Richard Tabler | 1:21:59 |
| Robin McKenzie | 1:22:22 |
| Steve Zelenak | 1:23:08 |
| Brad Speierman | 1:25:08 |
| Karl Kraus | 1:25:57 |
| Al Greuter | 1:28:00 |
| Steven Anderson | 1:28:57 |
| Patricia Brooks | 1:29:04 |
| Nadia Wasserman | 1:30:03 |
| Pat Huffman | 1:32:47 |
| John Worley | 1:34:32 |
| Ellahe Amini | 1:37:41 |

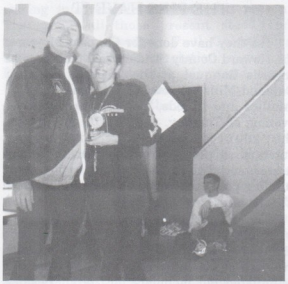
## RESOLUTION 2001

Although a number of very fast runners showed up for the Howard County Striders Annual Resolution 8k Run on New Years' Day, their speed counted for naught because the person finishing closest to 11 am won the race. The 96 entrants in the event, which began and ended at Jeffers Hill Neighborhood Center, started any time they wished but ran without the aid of timing devices. No fewer than 64 runners came within a minute of finishing at the appointed hour, but the most precise runner was *Denise Hyde*, who finished the 8 km (5 mile) course only 1.53 seconds after 11 am. "I owe my success to luck and shin-splints," she commented. On account of her shin-splints, Ms. Hyde actually stopped at the turn-around point and stretch. For her accuracy, she received a handsome brass clock.

The non-race was directed by *Al Greuter* and *Dave Tripp*. For extra credit, Mr. Tripp devised a pop quiz featuring questions about topics as diverse as the Supreme Court, Harry Potter, and the 2000 summer Olympics. *Nancy Burns*, a former school teacher, won a 2001 Almanac for scoring 72 points out of 100 on the quiz. *Jim Carbary*, who scored 71.5 points, demanded a recount and was awarded a 1999 Almanac.

Everyone gathered at the Jeffers Hill Neighborhood Center after the non-race to consume orange juice, soft drinks, and 12 boxes of Krispy Kreme baked goods.

*A full 21 seconds late, Jason Tripp, Vicki Lang, and Len Guralnick enter the finish chute of the Resolution 8k. (photo by Phil Lang)*



*Resolution winner Denise Hyde, clock in hand, poses with Al Greuter. (photo by Rachel Carbary)*

## TOP 21 FINISHERS
### RESOLUTION PREDICTION 8KM
Jeffers Hill Neighborhood Center
1 January 2001

| | |
|---|---|
| Eric Williamson | 10:59:44 |
| Dick Dopp | 10:59:45 |
| Mary Beth Soverns | 10:59:45 |
| Janet Spedden | 10:59:46 |
| Pat Brooks | 10:59:47 |
| Steve Webber | 10:59:48:03 |
| Micheal Styczynski | 10:59:49:04 |
| Jeff Bosch | 10:59:51:00 |
| Bill Brandenstein | 10:59:52:29 |
| Mary Lang | 10:59:53:19 |
| **Denise Hyde** | **11:00:01:53** |
| Katie Sloan | 11:00:01:98 |
| Arthur Tiller | 1:00:04:55 |
| Steve Henning | 11:00:07:39 |
| Rusty Toler | 11:00:09:84 |
| Dwight Johnson | 11:00:12:66 |
| Ray Frankewich | 11:00:17 |
| Vince La Monte | 11:00:19 |
| Jason Tripp | 11:00:21 |
| Vicki Lang | 11:00:21 |
| Leonard Guralnik | 11:00:22 |

## AT THE ANNUAL BANQUET

### THE PIES HAVE IT

As they have done for the past 21 years, the Howard County Striders held their annual Awards Banquet at the Meeting Place in Oakland Mills. A total of 102 runners, with families and friends, gathered there on the evening of Tuesday, January 16, to approve the 2001 Board of Directors, honor outstanding peers, give donations to worthy causes, socialize in full clothing rather than running gear, and consume large amounts of (for the most part) healthy food.

The Banquet commenced around 6:30 pm, when the faithful began arriving with food. Membership chairman *Jason Tripp* greeted everyone at the entry to the meeting room and re-enlisted old members for 2001. Besides Jason, outgoing board member *Denise Hyde* sold new Strider-logo t-shirts for the cut rate of $6.00 apiece. For the next half hour, the runners mingled among themselves, discussing upcoming races, exchanging training tips, lamenting injuries past and present. To promote socialization, the Striders provided a keg of beer and wine as well as the usual soft beverages. Members deposited a large variety of dishes on a central row of serving tables: salads first followed by main dishes, and concluding with desserts at the far end. Around 7:00 pm, the runners formed two lines, one on either side of the food tables, and commenced a feeding frenzy that lasted for nearly an hour. The fare included the usual assortment of salads, pastas, pizzas, chicken, and brownies. Of particular note were the several pie dishes: chicken pot pie, Mexican pot pie with beans and jalapenos, and American apple pie. Many returned for seconds and even thirds, and the children decimated the brownies.

Shortly before 8 pm, Nominations and Selections Chairman *Tim Beaty* began the formal proceedings by introducing distinguished guests *Freddi Carlip*, President of the Road Runners Club of America, Susan DePietro of the SSTAR Foundation, and *Don Heinicke*, a founding father of the Howard County Striders. In addition, Tim announced the birthday of *Nancy Burns*, outgoing Secretary. While *Ralph Massalla* lit multiple candles on a cake at her table, the assembly sang "Happy Birthday."

*Junior Runner of the year Carl Haymon and Sherry Beaty move along the serving. (photo by Jim Carbary)*

*Yinka Morakinyo and Rachel Carbary have one last look at the desserts before devouring them. (photo by Jim Carbary)*

Mr. Beaty then reviewed the members of the 2000 Board of Directors and the proposed slate for the Strider Board of Directors for 2001. As their names were called, the board members stood up for recognition and occasional applause. A change of power occurred peacefully. President *Dickie George* stepped down to become Immediate Past President, Vice President *Mick Slonaker* assumed the top position, and weekly race director *Al Greuter* became the new Vice President. *Tom Lewis* assumed the position for Nominations and Selections, *Leonard Guralnick* became the new Weekly Series Director, and *Brad Speierman* entered as the point of contact for the Junior Striders. *Carla Styczynski* replaced *Nancy Burns* as Secretary, and Carla nominated *Diane Brant* for Women's Committee Chairman to replace the

*A founding father of the Howard County Striders, Don Heinicke (right) talks with Miles Weigold about old times. (photo by Jim Carbary)*

*RRCA President Freddi Carlip posed with former Strider President Dickie George. Several times. (photo by Jim Carbary)*

outgoing *Kelly Barton*. The floor also nominated *Mikki Nard*, *Carrie Perfetto*, and *Phil Lang* as new At Large members of the Board of Directors, who replaced *Chris Sproule* and *Denise Hyde*. Retaining there Board positions were *Gerry Clapper* (Treasurer), *Jason Tripp* (Membership), *Jim Carbary* (Newsletter), *Paul Goldenberg* (Special Races), and *Ray Lake* (Imperial Webmaster). The proposed slate was adopted without dissent by a voice vote of the congregation.

Before turning the meeting over to Dickie George, Tim thanked the Striders for their donations of used shoes, which would go to the Franciscan Center in Baltimore. Meeting attendees had brought a mass of over 100 pairs of old shoes to donate to the needy.

President Dick George then went to the podium and received the microphone. "It's been 4 years, 364 days," he began. He said he had enjoyed his five one-year terms, although he and Phil Lang, another past member of the Board, always seemed to be getting into trouble for not good reason. Thereupon, all those present stood and applauded Mr. George. Paul Goldenberg interrupted to read a resolution, signed by Elizabeth Bobo from the Maryland State House of Delegates, commemorating Dick's years of service to the Howard County Striders.

After suffering these acknowledgments, Dick commenced his last official acts as president, namely, the disbursal of the Annual Donations and the presentation of the Annual Awards. He began by thanking *Bob Vigorito* for his donation to the Striders on behalf of the Columbia Triathlon, a multi-sport event which Strider volunteers heartily support every Spring. Dick next acknowledged the support of the Howard County Police. "We couldn't do much of anything without the police," he admitted, presenting a plaque to a County Police Officer, who attended the meeting on behalf of the local police department. The Striders made donations to the cross country program of the Howard Community College and SSTAR Center for Sexual Trauma and Abuse, the latter being a beneficiary of the Women's Distance Festival. The final donations went to the Road Runners Club of America, parent organization of the Howard County Striders, and the RRCA Roads Scholar Program to develop post-collegiate running. RRCA President Freddi Carlip accepted the donations from Dickie and congratulated him and the new Board of Directors.

After the donations, Mr. George inducted three new members into the Strider Hall of Fame. The first inducted was *Don Heinicke*, one of the original members of the Striders who founded the club in 1976. Mr. Heinicke was an Olympic marathoner on the 1940 team (which did not compete because of World War II). He also finished second to the legendary John Kelly at the Boston Marathon. At the age of 88, Don still works out for over an hour a day at the YMCA. *Arleen Dinneen* was the second to enter the Hall of Fame. She was specifically cited for organizing the Centennial Fun Runs, now in their 21st year, as well as the Penguin Pace 5k. Arleen's Fun Runs introduced many Striders, young and old, to running and continue to serve as an

*New Hall of Famer Arleen Dinneen with Dick George. (photo by Jim Carbary)*

*New Hall of Famer Judy Tripp, also with Dick George. (photo by Jim Carbary)*

important venue for the running community in Howard County. Arleen thanked the Striders graciously, noting "the Striders gave me more than I gave them." The third and final inductee was not exactly a founding father of the Howard County Striders, but she was certainly present at the birth of the club— Judy Tripp. As the wife of founding father Dave, Judy has remained active in local running for 25 years, raised two boy runners, and is the grandmother of two (soon-to-be-running) girls! All the new Hall of Famers received handsome wooden plaques and standing ovations from the multitude.

President George then presented special Race Director Chairs to those Striders who had directed major races at least three consecutive years: *Barbara Calvert* for the Duckworth Relays 5k, *Brad Speierman* for the Metric Marathon and 5k, and *Kelly Barton* for the Women's Distance Festival 5k. Of the three, only Kelly was present to accept her chair. "We don't realize how much a job it is [to direct a race]" Mr. George commented as the members again warmly applauded.

Finally, Dick launched into the presentation of the Annual Running Awards. Each award winner received a shining pewter plate engraved with his or her particular merit. The following Striders were cited.

VOLUNTEERS OF THE YEAR
Jim Discuillo

The Striders have come to rely heavily on Jim for race registration and results. He wrote his own software (copyrighted and all rights reserved), and designed and implemented the entire, sophisticated system we use for race results. While you runners and having a fine time at the post-race celebration, he (and his helpers) are tabulating the results and figuring out who won what in time enough so you never go home without knowing the winners. His timely reporting has earned accolades from newsletter editor Jim Carbary and Maryland Grand Prix director James Moreland. We couldn't do it without you, Jim!
Dianne Brand

She worked with Kelly Barton on the Females In Training program and helped work at numerous Strider races. Diane often lent support even when wasn't scheduled, sometimes showing up at Weekly Series to help.

NEW RUNNERS OF THE YEAR
Pat Huffman

She became a regular at the weekly races, the Bagel Runs (at least when the weather was warm), and also participated in a number of Strider events. In the latter half of the year, she started her racing career in 5 km events: the Run for Recovery 5k (25:22), the Strider Women's Distance Festival 5k on July 8 (24:00), then Baltimore's WDF on July 30 (25:29), and then the River Run 5k on August 8 (25:02). In August, she "graduated" to the big time at the Annapolis 10 Miler (1:31:03), and in October Pat did her first marathon at Marine Corps (4:46:13). She capped her season in November with a cross country race— the Run Through the Grapevine 8k (48:25).

Carrie Perfetto

Carrie started running this year, beginning with a 28:56 at the challenging Penguin Pace. She then hooked up with a group of Howard County Striders and started training regularly. She became active in the Strider women's program and ran the Women's Distance Festival 5k in a personal record 25:03. She and her daughter Kim finished fifth among the teams in that race. Not stopping at short distances like 5k, Carrie went on to run the Annapolis 10 Miler (1:36:12), where she shopped three times to assist runners in distress. Finally, she completed a tour-de-force by running her first 26.2 miler at Marine Corps in 4:50:31. Carrie finished the year by doing the Run Through the Grapevine and the Metric Marathon.

MOST IMPROVED RUNNERS OF THE YEAR

Steve Alpern

This man has entered the fifth decade of his life. Remarkably, he set personal records at just about every distance he raced last year. At 5 km, Steve started the year in February at the Penguin Pace 5k with a 22:40, progressed to 21:02 at O'Doul's 5k on March 19 (3rd in his age group), then turned a 20:55 at the Run For Recovery 5k on June 25 (2nd in his age group), and topped even that with a 20:44 at the Meadefest 5k on July 4. At the 10 mile range, he ran the Challenge Race in 1:18:41, and then ran Cherry Blossom at a personal record 1:13:42 in early April. He set a personal record of 6:03 at the Meet of Miles in July. He set a personal record for the Metric Marathon (26.2 km) this November with a 2:06:34. For good measure, Steve also ran 45:29 at Clyde's 10k in April, a 2:41 at the National Capital 20 Miler in September, and a 40:12 on the treacherous hills of the Grapevine 8k in November.

Julie Deutschmann

Last year Julie became the first and only Howard County Strider to set three personal records at the marathon distance in one year. She started on February 19 with a 3:25 at the Myrtle Beach Marathon (2nd among 35-39 women), then ran a PR 3:20:24 at the Twin Cities Marathon in Minneapolis on October 8, and improbably set a *third* marathon PR of 3:16:47 at the North Central Trails Marathon on November 25, where she was also the third woman overall. Most of us can't even run three marathons in one year! She also excelled at shorter distances, running a 1:10:20 at the Challenge 10 Miler in February and a personal record 1:09:08 at the Cherry Blossom 10 Miler in April. In March, she placed second among all women at the Duckworth Relays 5k (19:59) and then was sixth overall on July 8 at the Women's Distance Festival 5k with a 19:49 personal best. She also placed second in her age group at the Grapevine 8k (38:22).

Tom Lewis

Tom gravitated to the longer races during 2000. Like Julie, he started at the Mytle Beach Marathon, where he ran a 3:53. On the brutally hot day of May 7, he survived the Pittsburgh Marathon in 4:36. He saved his best marathon for last, running the Twin Cities Marathon in a personal record 3:33:28. Some of his shorter races included the B & A Half Marathon (1:44) in March, the Chestertown Tea Party 10 Miler (1:16:19) in May, and the Annapolis 10 Miler (1:16:57) in August. He also did the Strider races Run for Recovery 5k (22:20) and Run Through the Grapevine 8k (38:23). And he was pretty much raced-out by December!

JUNIOR RUNNERS OF THE YEAR

Carldrickiss "Carl" Haymon

He ran for Phil Lang at Oakland Mills, and his coach may have had something to do with his running the 10 Mile Challenge in February, where — as a Junior — he contributed a 1:01:34 and helped save the Striders from Montgomery County. He made his mark in the fall cross country season, finishing 8th in Class 1A at the Maryland State Championships at Hereford. There, he completed that notoriously hilly 5 km in 17:42. Carl finished 43rd at the Foot Locker Regional Cross Country Championships in New York (November 25) in 17:53. He also won the Class 1A/2A regional championship in the indoor 3200m and is reckoned to be the one to watch in the indoor distance races this winter. Finally, the Columbia Flier named him to the Boys All-County Second Team in Cross Country.

Meghan Bolton

This runner graduated from the Howard County Junior Striders and became a standout runner at Atholton High School. She enjoyed considerable success during this fall's cross country season. Her accomplishments include an 8th place finish at the Howard County Invitational Meet (21:49 for km), second place overall at the Atholton Cross Country Tri-Meet (21:12), and 10th place overall at the Howard County Championships (21:33). She also competed in the Twilight River Run 5k, finished second among the 15-19 women in 21:25. She's only a freshman (?), and we expect to see her in future events.

GRANDMASTER RUNNERS OF THE YEAR

Mick Slonaker

Old? Who's old that set a personal record of 2:49:00 in the marathon and 35:35 for a certified 10 km race? That's just what this 51-year-old did in 2000. Mick seemed to have avoided Strider races, but otherwise terrorized the local racing circuit. He placed first among the 50-54 men at the Union Memorial 5k on May 28 with a 17:30, first in the same age group at the prestigious Rockville Rotary 8k on July 15 in 29:40, and first age-grouper again at the Georgetown 10k on October 1 in 36:16. He slipped to second in his age group at the Army 10 Miler on October 15, where he legged a 59:46. On November 12, he contributed a 36:49 to the Strider coed racing team that won first place in its division.

Pam West

Pam had an up and down year, but she had more ups than downs as far as running was concerned. When she raced, she usually won something among the 50+ women. For example, her 23:54 placed her first in that age group at the Run For Recovery 5k on June 25. She repeated the age-group performance with a 22:46 at the Women's Distance Festival 5k in July. She also ran the Annapolis 10 Miler on a hot day in late August in 1:27:10.

MASTER RUNNERS OF THE YEAR

Tony Basile

This is the second year in a row we give the Master Runner of the Year award to Tony, and he doesn't even live here anymore! He's that good. He did not run the Challenge Race, although he did serve as a course marshall for that race. He began his racing year on January 29 with a 4:42 and a fifth place finish in the Master's Mile at the Adidas Invitational in DC. With a 56:29 (4th master), he paced the Strider masters to their first team victory at the Cherry Blossom 10 Miler. At the end of April, Tony ran a 33:26 at the Sallie Mae 10k. In August, he returned to run the Annapolis 10 Miler, where he finished fourth overall in 55:37 and easily won the master's championship. Look for his name in racing reports from the south.

Dorothy Beckett

She was not a masters runner, she was a runner period. Dorothy was just getting warmed up when she finished second among all women at the Penguin Pace 5k in February (22:13). She won the Down's Syndrome 5k at BWI in September with a 22:03, but topped that by winning the Metric 5k in November in 20:55 (more like it, she said). She also ran the Boston Marathon, but we won't comment on that because it was just a fun run for her. She saved her best marathon performance for the fall. In November, she ran a 3:21:12 personal record (2nd, 40-44W) at the North Central Trails Marathon — over one hour faster than her time a Boston!

*Runner of the Year Vicki Lang with her husband Phil, Coach of the Year, and their two daughters, Britney (left) and Tiffany. (photo by Jim Carbary)*

RUNNERS OF THE YEAR

Mike "Sty" Styczynski

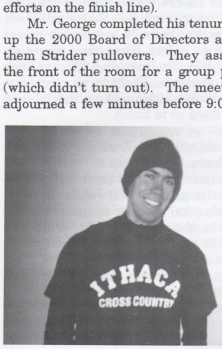
As far as we know, Mike began the racing year with a 16:36 at the Penguin Pace 5k, where he was second overall. Shadowing Faisal Hasan at the 10 Mile Challenge, he set a personal record of 55:46 in the race (11th overall) and helped the Strider cause immensely. On March 19, he placed ninth overall at O'Doul's 5k (15:30, 1st, 15-19 M). He finished three seconds behind Dave Berardi at Clyde's 10k (32:37) and then beat the legendary Mark Gilmore at the Run for Recovery 5k in June (15:30, third overall). He won the River Run 5k in 15:58, was second at the Meet of Miles (4:44), and lead a Strider team to glory at the Rockville Rotary 8k with a 25:45 (good enough for an age asterisk). During his senior year (last Spring) at River Hill, he placed third in the State Indoor Class 3A 1600 m (4:35) and won the Indoor Class 3A 3200 m (9:54). In outdoor track, Mike won the Maryland Class 3A Regional 1600m (9:41) and anchored River Hill's 3200 m relay (8:10 combined). Mike is also the first Strider to win Junior Runner of the Year (1999) and go on to win the Runner of the Year award.

Vicki Lang

Long a fixture on Strider women's team, Vicki enjoyed a marvelous year in 2000. She started by finished third among all women at the 10 Mile Challenge (1:07:22) and helped the Striderwomen seal an impressive team victory, and followed that with a sensational 1:04:27 in April at the Cherry Blossom 10 Miler (26th woman in a world class field). With a 39:54, she finished second to only the legendary Bea Marie Altieri at Clyde's 10k. In June, Vicki won the women's race at the Oriole's Advocate Home Run 5k in 18:43. In July, she placed second overall at the Women's Distance Festival 5k in an incredible 18:22. She ran 30:56 at the Pikesville 8k on 21 May (second woman), and reprised that with a 31:00 on our "Beltway Bandits" team at the Rockville Rotary 8k (3rd team). She placed third among the women at the Run Through the Grapevine 8k (35:04). On November 12, she led the female part of the Strider coed racing team at the NASDAQ Veteran's Day 10k with a sensational 37:42 (4th woman). And she also coaches young runners at Oakland Mills High School, which won yet another Class 1A Cross County Championship last fall. Go Scorps!

After the runners-of-the-year presentations, Dickie gave special thanks to various Striders for meritorious service during 2000 and rewarded each with a handsome Howard County Strider pullover with zipper: *Jim DiScuillo* (already a volunteer of the year for computer registration and results), *Dave* and *Judy Tripp* (both Hall-of-Famers cited for assistance at high school meets), Terry Oxford (a special volunteer at all the high school competitions but "too healthy to be a runner"), Dianne Brandt (a volunteer of the year noted for being "around so much"), *Jeannette Lampron* (for essential help at high school meets), *Barbara Calvert* and *Brad Speierman* (not only for being race directors, but for special volunteer work), *Arleen Dinneen* (for directing the Penguin Pace and the summer Fun Runs), *Rick Hatfield* (a past Board member for his efforts working on special races), and *Bob Burns* (for his outstanding efforts on the finish line).

Mr. George completed his tenure by calling up the 2000 Board of Directors and issuing them Strider pullovers. They assembled at the front of the room for a group photograph (which didn't turn out). The meeting finally adjourned a few minutes before 9:00 pm.




*Runner-of-the-year Mike Styczynski couldn't be at the banquet because he was away at Ithaca College, but he posed for this photo at the Resolution Run. (photo by Jim Carbary)*

# REPORT ON THE PRESIDENT'S MEETING

## AFTER THE CHALLENGE RACE

Mick Slonaker, MR

*[Immediately after the 10-Mile Challenge, he Howard County Striders hosted a meeting of the Presidents of the local RRCA clubs (e.g., Baltimore, Montgomery County, DC, etc.). The meeting took place in a small room at Howard Community College. Our new president not only attended the meeting, but also brought a huge 12-foot sub sandwich for refreshments! Then he filed the following report. – the editor]*

1) Dave Cooley gave a nice presentation about the Baltimore Marathon. Hard copy apps and the web page should both be out by March 15th. At this time he doesn't know the address but you can access it through his web site (on our home page). The city is co-sponsor of the event which is why the entire course in the city. The course goes past the Mayor's house - it just worked out that way. Dave picked the relay (there is a 4 person relay) points based on safety. The course starts on Pratt St by PSI Stadium and finishes just outside the stadium. There is no easy way into the stadium which is where the Ravens would have liked us to finish.

2) Runner address data base— Phil Quinn (new MD State Rep) wants to revive this. Every club provides its membership database as well as from races to John Sissala (sissala@erols.com) for him to update. Each club markets the data base at $0.06 per address to the various races we manage. Or we can use for our own races too. The proceeds are then divided back to the clubs with the largest percentage to the club that sold the data base. Phil and Evan Thomas will check the paperwork for the exact percentage distribution. The club that marketed the data base gets the large chunk plus a smaller percentage of the amount that goes to all the clubs. This has been lucrative for clubs in the past. It is only to be used for running related purposes - races, running stores, etc. We can discuss at the board meeting. If we are interested in doing this, then we need to contact John Sissala as to format. There was also discussion about a two digit code to indicate when the name was entered to the data base (if possible) because names over 2 years old will be deleted to keep the data base current. Phil would like interested clubs to have submitted their data bases by April 1st (no joke) if possible or at least contact Phil or John.

3) Gran Prix Series— there were great expectations for the MD Gran Prix series a few years ago but only 17 people qualified for it in 2000. There were two primary suggestions for 2002— limit the number of races to 5 and offer money to series winners. Phil set November 1st as the deadline for clubs to submit a request to host a Gran Prix event. He suggested including the club's best race and the one with the most organization. In previous years, it was thought that races participating in the series would see increased participation. It hasn't happened. So, Phil implied that he wants races that are already successful to participate in the series.

4) WDF— I must confess that I am not as conversant on the issues raised on this topic as I should be. Forgive me if my notes seem cryptic. The MD WDF has its own series to include women to participate in as many events as possible. Winners must participate in a certain number of races in the series. They receive clothing and a dinner at a regional restaurant. In 2000, there were 50 women who met the criteria. There was a great deal of discussion on how to fund it. It ranged from donations by the clubs that host a WDF to a certain dollar amount per runner from each participating WDF race. At this point I spoke up because we have 500 runners in our race. I didn't see a reason why we should be providing 75% of the budget because our race is successful. I suggested two things— determine which clubs have the most participants among the 50 women who "won" as a possible way to determine financial support and for Phil to lay out the options in an email for future discussion. One other suggestion was that since the state rep receives a percentage of the data base sales perhaps the state rep could fund part of the expenses. At this point in the meeting, I reminded the Presidents that I only brought food for lunch and not dinner.

HOWARD COUNTY STRIDERS
2001 BOARD OF DIRECTORS

| | |
|---|---|
| Mick Slonaker, *President* | 997-3993 |
| Al Greuter, *Vice President* | 992-5744 |
| Carla Styczynski, *Secretary* | 531-9089 |
| Gerry Clapper, *Treasurer** | 301-776-3153 |
| Jason Tripp, *Membership* | 884-5804 |
| Jim Carbary, *Newsletter* | 997-5946 |
| Paul Goldenberg, *Special Races* | 730-3566 |
| Ray Lake, *Webmaster* | 750-7103 |
| Leonard Guralnick, *Weekly Races* | 997-7544 |
| Diane Brandt, *Women's Committee* | 997-5622 |
| Tom Lewis, *Nominations & Selections* | 992-3820 |
| Dick George, *Immediate Past President* | 964-3657 |
| Brad Speierman, *At Large* | 730-7243 |
| Mikki Nard, *At Large* | 992-7596 |
| Carrie Perfetto, *At Large* | 381-9455 |
| Phil Lang, *At Large* | 964-8258 |

(area codes are 410 unless noted otherwise)

5) RUN License plate - Despite the fanfare I heard about MCRRC's dissatisfaction about how Jim handled this process, there was not much discussion on this topic. The procedure is complicated and Phil will work with DMV to streamline the process. He will also provide the clubs with information to include in newsletters publicizing this program.

6) The RRCA booth at Cherry Bloosom expo - The MD state rep has "traditionally" manned the RRCA booth at the CB expo. Phil has a prior commitment and won't be in town that weekend (he didn't know he would become state rep when plans were made) and needs volunteers. If a board member or an interested club member would like to man the booth in hour or two increments, let me know and I'll pass the name and time to Phil. It's a good time to bring HCS information (membership app, race apps, etc) to the booth.

7) Larry Noel Award— Bob Platt (DCRRC) plans to approach the RRCA to create a national race directors award to recognize Larry Noel who was big in MD running circles. He would like to create an endowment to fund the administration of the award. To that purpose, he would like the MD clubs to make a donation and he will PERSONALLY match the award. He hopes the clubs "break him". He will also be seeking support from clubs across the nation. Most felt they wanted to see more substance before supporting a concept. The RASAC Prez suggested we create our own MD Race Director award. No further discussion on this issue.

*Kids like this (the Oakland Mills Cross Country Team) depend in large part upon the volunteer efforts of people like us— the Howard County Striders— to help put on their high school events. Be sure to help out whenever you can. Contact Mick Slonaker or Dick George (see list at left).*

8) Comparative negligence vs. contributory negligence legislation: Big legal discussion. This started when the Westminster runner (forget his name but he's been around for years) was hit while running in the shoulder of the road while wearing reflective gear by a driver who fell asleep at the wheel and crossed several lanes of traffic. The jury ruled that although the runners were in the shoulder with reflective gear running against traffic they contributed to the accident, hence no award. One runner was killed and the other has major medical bills. Maryland is one of four states that has contributory negligence legislation. Under comparative negligence, the jury the degree of fault and awards accordingly. It was left that the national office will look into what support the running community will give to the passing of the comparative negligence legislation bill.

There you have it!

## ROAD WARRIORS OF THE SNOW

The Road Warriors had only a few races to choose from this winter, and they made the most of the situation while the rest of us took it easy and waited for Springtime...

"And don't forget about the Jungle Bell 8k at Marley Station on December 3 (2000)," writes *Denise Hyde*. "I ran 41:48 and *Gerry* [*Clapper*] ran 27:23 (2nd overall)." Gerry beat the legendary Ted Poulos, another of the race's 223 finishers.

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*Ronnie Wong* placed 10th overall and won the 50-54 men's age group with a time of 30:41 at the Celtic Solstice Five Miler on December 17 in Baltimore. *Ron LeClair* (47:05) also finished.

~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~

WALT DISNEY WORLD MARATHON
7 January — Walt Disney World, FL

| | |
|---|---|
| Debbie Chaney (14th, 35-39W) | 3:31:15 |
| Patti Harden | 3:53:49 |
| Michael Orlando | 3:54:54 |
| Robyn Humphrey | 4:05:16 |
| Tony Warner | 4:10:04 |
| Michele Noel | 4:21:26 |
| Mindy Markovitch | 4:56:12 |

Near-freezing temperatures at the start of this Mickey Mouse race helped the above Howard Countians become acclimatized to Florida. Strider Hall of Famer *Bea Marie Altieri* ran the accompanying half marathon in 1:19:37 (1st, 30-34W).

~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~

*Troy Conran* placed 6th overall at the Last Plain to Boston Marathon on 14 January with a time of 3:07:54. The Washington, D.C., race drew only 86 contestants, but some came from as far away as Maine, Arizona, and California.

SUPERBOWL 5k
28 January — Dundalk, MD

| | |
|---|---|
| Ronnie Wong (1st, 50-54M) | 19:54 |
| Clint Henderson (3rd, 40-44M) | 20:48 |
| Mike Baziz (2nd, 60-64M) | 23:15 |
| Wayne McCaughey | 26:14 |

Remember Super Sunday, when the Ravens won the world championship? Who can forget it? Well 333 runners pre-celebrated on the morning of the Big Game in this race.

~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~

MYRTLE BEACH MARATHON
17 February — Myrtle Beach, SC

| | |
|---|---|
| Julie Deutschmann | (PR) 3:15:55 |
| Akintunde Morakinyo | (PR) 3:16:19 |
| Russell Allwein | (PR) 4:14:11 |
| Jeannette Lampron | 6:57:05 |

Most of the Howard County Strider who ran this race set personal records, including last year's most-improved woman runner, *Julie Deutschmann*, and *Russ Allwein* didn't destroy himself setting his PR.

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WASHINGTON'S BIRTHDAY MARATHON
18 February — Greenbelt, MD

| | |
|---|---|
| Ronnie Wong (4th, 50-54M) | 3:31:51 |
| Nelson Stritehoff | 3:43:10 |
| Geoff Baker | 3:46:09 |

The ultramarathoners ran this marathon as a tune-up for more serious races later this year. The marathon also featured a relay race, but no Striders competed in it.

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On February 17, Howard County's *Chris Chattin* ventured all the way to Alexandria, VA, to run the Washington's Birthday 10k (not to be confused with the Washington's Birthday Marathon), and he placed second overall in 32:57. The field totaled 606.

Other Howard County Striders who ran marathons this winter were *Barbara Walters* and *Stuart Siegler*. Barbara ran the Mardi Gras Marathon in New Orleans on February 4. She set a personal record of 3:51:04, an official chip time. "As I didn't finish MCM," she noted, "this was nice redemption!" Stuart just returned to the Howard County area from Montgomery, AL. He completed the Motorola Marathon in Austin, TX, on Sunday, February 25. He finished in 4:26. "This was my first marathon," he said, "A life-long goal." He hopes to run Marine Corps this year.

Ultramarathoner *Nelson Stritehoff* prepared for this upcoming season by running back to back marathons. He did the Washington's Birthday Marathon (3:43) on 18 February (see above), and then ran the Last Train to Boston Marathon (3:31) on next weekend. Whew.

**ATTENTION POTENTIAL MARINE CORPS MARATHONERS**

- Register online starting at 12 noon EST on April 10 (5000 applications accepted).
- Register online starting at 8 pm EST on April 18 (5000 more applications accepted).
- Submit entry form by mail or online between April 19 and May 1 for a lottery.

For more information:

www.marinemarathon.com

1-800-RUN-USMC

Marine Corps Marathon
P.O. Box 188
Quantico, VA 22134

10 REASONS WHY

# *YOU*

SHOULD RENEW

# *YOUR*

MEMBERSHIP

10. Quarterly newsletter
9. Opportunity to represent Howard County Strider in races
8. Clyde's, Metric Marathon, Run Through the Grapevine, Twilight River Run
7. Women's Distance Festival and Females in Training
6. Meet of Miles, Two Person Relay, All Fruit Relay
5. Discounts on running shoes at Feet First
4. Bagel Run every Saturday morning at Wilde Lake Village Center
3. Junior Striders Program
2. Weekly Race Series

And the #1 reason you should renew your membership now is...

**Membership in the Number 1 club in the U.S.A.**

*To avoid the catastrophe of not being a member of the Howard County Striders, check the mailing label on the last page of this newsletter. If it says "2000" rather than "2001", then fill out the membership form on page 18 and send it in immediately – this is the last reminder you'll get!*

## PENGUINS GALORE! OH MY!!

Two Virginians vied for the title of fastest fowl at the fifth annual Penguin Pace 5k on February 4. Ted Poulos of McLean, VA, who ran 100 races in 2000, outlasted Tim Renkiewicz of Burke, VA, who had ran a high school indoor meet the Saturday before the race. "I had a great first half," Ted remarked about the first downhill mile in the race. He pulled away from the lead pack at the bottom of the first big hill, and Renkiewicz, who can run a flat mile in under 5 minutes, did his best to hold the pace. But the master of 100 races took a substantial lead returning back up the same long hill and went on to win in 17:13— a time about 30 seconds slower than usual. The first Strider to finish was *Mike Brosenne*, who finished third overall in 18 minutes flat.

The women's race featured the 1998 winner Connie Buckwalter of Lancaster, PA, and Rockville's Marjan Huizing, who won the race in 2000. Ms. Buckwalter took off from the start and never let up, beating Huizing by the substantial margin of 17 seconds. "I didn't know the competition," confessed the winner, who ran the 3.1 miles with a heart rate monitor so she could maintain her level of effort. "My heart rate went up slightly on the hill," she said.

Fresh from the Walt Disney Marathon, *Robyn Humphrey* was the first Striderwoman to finish. She came in fourth among all women in 20:22 and claimed second in her age group. "Yeah, I've got to start doing those bagel runs again," she lamented.

The Penguin Pace began and ended at the Florence Bain Senior Center in Columbia, MD, winding down and then back up the steep hills of the Longfellow community next door. The event takes its name and inspiration from John Bingham's "Penguin Chronicles," a regular feature in *Runners' World* magazine. Penguin affectionados have made the race their own, and penguins reportedly came from as far away as Vermont, Connecticut, and California to run the race this year. (Bingham himself was not available— he was in Antarctica chasing *real* Penguins!) Among Penguin célebrés at the race were John and Cathy Renkiewicz, parents of the young man who finished second.

*Ed Silverman and his son Ryan are smiling because they have finally gotten up that last long hill. (photo by Jim Carbary)*

The field included one Vivian Bailey, born in February 1918, who celebrated her 83rd birthday at the Penguin Pace. Wearing race number 83, she received a special recognition award, and afterwards at the awards ceremony participants sang "Happy Birthday" to her. Ms. Bailey works out weekly at the senior center. Although intending to do the Penguin Pace next year, she commented "I don't think I'll become a runner."

With the assistance of the Howard County Striders, *Arleen Dinneen* directed the race, which entered its fifth year. The Howard County Police provided traffic control. Howard County Executive Jim Robey was on hand to start the race at 8 am. The Howard County Office of Aging provided organization and numerous volunteers. *Dave Tripp* captained the finish line crew, and *Jim Discuillo* had all the results ready before *Jim Carbary* had gotten through the brunch line twice.

Nearly 300 registered for the race and 267 finished. Participants received a special Penguin Pace long-sleeved t-shirt, specially designed by artist Dan Herrick, and age-group winners received Penguin Pace knit caps. Participants and volunteers gathered in the Senior Center after the race for a lavish catered brunch by the Elkridge Furnace Inn ("since 1744"). The Banjo Buddies provided live entertainment while everyone chowed down on literal cornucopias of fresh fruit, vegetables, muffins and croissants, and assorted Dairy Maid juices.

PENGUIN PACE 5k
Columbia, MD — 4 February 2001

Overall Male
1. Ted Poulos (McLean, VA) 17:13

Overall Female
1. Connie Buckwalter (Lancaster,PA) 18:59

14 and Under Male
1. David Ragowski (Columbia, MD) 18:33
2. Jack Garratt (Ellicott City, MD) 24:03

14 and Under Female
1. Jessica Hilbert (Woodbine, MD) 28:40
2. Ann Hilbert (Woodboine, MD) 28:43

15-19 Male
1. Tim Renkiewicz (Burke, VA) 17:23
2. Warren Kus (Bel Air, MD) 18:19

15-19 Female
1. Bridget Grabish (Baltimore, MD) 22:07
2. Amy Miedlar (Baltimore, MD) 26:56

20-29 Male
1. Michael Brosenne (Owings Mills, MD) 18:00
2. Jeff Olenick (Columbia, MD) 18:11

20-29 Female
1. Sascha Scott (Washington, DC) 19:27
2. Kyle Kennedy (Baltimore, MD) 21:16

30-39 Male
1. Marc Buckwalter (Lancaster, PA) 18:06
2. Jay Sweet (Laurel, MD) 18:31

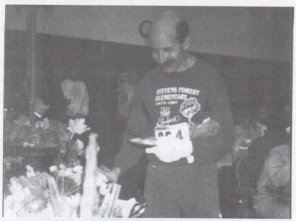
30-39 Female
1. Marjan Huizing (Rockville, MD) 19:16
2. Robyn Humphrey (Ellicott City,MD) 20:22

40-49 Male
1. Dan Laukzemis (Columbia, MD) 18:53
2. Bobby Gessler (Ellicott City, MD) 19:12

40-49 Female
1. Robin Goodwin (Timonium, MD) 21:19
2. Dorothy Beckett (Columbia, MD) 21:21

50-59 Male
1. Ronnie Wong (Catonsville, MD) 19:47
2. Leonard Guralnick (Columbia,MD) 21:29

*The flock of Penguins start their 3.1-mile trek. Some of them did know about the hills. (photo by Lissa George)*



*Bill Arbaelez chows down at the fabulous brunch after the race. (photo Jim Carbary).*

50-59 Female
1. Jane Godfrey (Takoma Park, MD) 22:53
2. Patricia Brooks (Ellicott City, MD) 25:07

60-99 Male
1. William Brandenstein (Ellicott City, MD) 23:41
2. Chet Coates (Silver Spring, MD) 24:05

60-99 Female
1. Tami Graf (Lusby, MD) 28:02
2. Mary Brandenstein (Ellicott City, MD) 38:25

*Wearing her heavy arctic mittens, Arlene Gamble leads a pack of penguins up that long, last hill. (photo by Jim Carbary)*

*Shelly Kvech, daughter of race-director Arleen Dinneen, and her husband Danny Ives, built this special Penguin Pace mural, complete with head cut-outs. (photo by Lissa George).*

STRIDERS AT PENGUIN PACE 5k
4 February 2001

| | |
|---|---|
| 3. Mike Brosenne (1st, 20-29M) | 18:00 |
| 7. Jay Sweet (2nd, 30-39M) | 18:31 |
| 8. David Rogawski (1st, 1-14M) | 18:33 |
| Dan Laukzemis (1st, 40-49M) | 18:53 |
| Bobby Gessler (2nd, 40-49M) | 19:12 |
| Jim Carbary | 19:36 |
| Akintunde Morakinyo | 19:53 |
| Bill Arbelaez | 20:03 |
| Robyn Humphrey (2nd, 30-39W) | 20:22 |
| Dorothy Beckett (2nd, 40-49W) | 21:21 |
| Adam Becker | 21:28 |
| Leonard Huralnick (2nd, 50-59M) | 21:29 |
| Charles Raper | 22:04 |
| Ray Lake | 22:45 |
| Bruce Worley | 22:50 |
| Becky Sokol | 22:51 |
| Bill Brandenstein (1st, 60-69M) | 23:41 |
| Mary Vitullo | 23:45 |
| Allan Field | 23:59 |
| Dale Warfel | 24:12 |
| Frank Grahn | 24:32 |
| Robert Knaus | 24:40 |
| Patricia Brooks (2nd, 50-59W) | 25:07 |
| Arlene Gamble | 25:13 |
| Ed Silverman | 25:30 |
| Ryan Silverman | 25:31 |
| Stephen J. Lee | 25:34 |
| Charlie Brown | 26:14 |
| Julie Trapp | 26:15 |
| John Worley | 26:22 |
| Douglas Rahikka | 26:37 |
| Tom Purcell | 26:49 |
| Flint Firestone | 26:53 |
| Joe Burkert | 27:19 |
| Michele Noel | 27:57 |
| Mikie Nard | 28:12 |
| Linda Field | 29:03 |
| Mark Worley | 29:32 |
| Jacqueline Rupp | 29:41 |
| Sue Watson | 30:14 |
| Dianne Kvech | 30:27 |
| Erin Phelps | 30:29 |
| Holly Ochall | 30:50 |
| Jo Hornburg | 31:08 |
| Rob Ochall | 31:39 |
| Doug Hargett | 32:28 |
| Paulette Chellis | 32:48 |
| Ellen Brown | 33:02 |
| Shelly Kvech | 34:02 |
| Viviene Bowman | 34:22 |
| Mary Dalnekoff | 34:25 |
| Mary Helen Sprecher | 34:28 |
| Terri Silverman | 35:36 |
| Alyssa Jacobson | 38:10 |
| Paula-Jean Abresch | 38:31 |
| Patricia McFadden | 40:58 |
| Anne Brooker-Grogan | 41:18 |
| Rose Bellows | 46:35 |

## SPECIAL ANNOUNCEMENTS

**UNION MEMORIAL SPORTS MEDICINE CLINIC** — Drs. Senatore and Hinton will discuss running injuries and disorders on March 31 beginning at 9 am (right after your Saturday morning bagel run) at Slayton House. No charge, and Union Memorial will provide refreshments. For more information, contact *Mick Slonaker* at 410-997-3993 or McSlon@aol.com.

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**JUNIOR STRIDER SPRING TRACK AND FIELD** (mostly track) — Youth runners ages 6-14 will learn the elements of track and field from knowledgeable adult coaches who are also experienced runners. Distances from 100m to 3200m as well as high jump, shot put, long jump. Sessions on Tuesdays and Thursdays at Oakland Mills High School Track, 5:30 pm to 6:30 pm, in preparation for weekend meets with other youth runners from the local area. For information, contact Junior Strider Coordinator *Jim Carbary* at 443-778-8805 or james.carbary@jhuapl.edu. Registration forms on **page 21** or at Feet First or at the Weekly Races.

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**FAMILY ENTRY FOR DAMIEN'S RUN FOR RECOVERY** — To encourage families to participate in this 5k event, race director Ralph Massalla is making the following offer: all immediate members of a family can enter for only $25, receiving all post-race amenities and two (2) t-shirts. See entry form on **pages 25-26**.

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INFORMATION ON THESE PROGRAMS IS ALSO AVAILABLE AT THE STRIDER WEBSITE:
**www.striders.net**

OR CALL THE HOTLINE:
**410-964-1998**

## ANNOUNCING THE 2001 FEMALES IN TRAINING (F.I.T.)

Once again committed Strider volunteers are gearing up for Females In Training 2001. The 10 week program encourages fitness and the development of running skills through group workouts in a supportive and fun environment. It prepares many of its participants for their first race, the Midnight Women's Distance Festival to be held this year on July 6, 2001. Last year, half of the approximately ninety women had previously participated in F.I.T. and were returning in 2000 with much enthusiasm. We expect the numbers to be high again this year, if the interest generated by an article in the Columbia Flier, written by Strider *Carol Gralia*, is any indication. The article in the (*Columbia Flier, No. 29*, week of July 6, 2000) generated more response than any other article Carol has written, and HCS continues to receive requests for information as a result of it long after the article appeared. Many women report F.I.T. is the first successful athletic endeavor they have ever had. The program continues to be supported by both experienced and new Strider women working as a team to produce a fun and safe program. The program's success has at its core experienced Strider volunteers who share their skills and experience, as well as new Striders who bring fresh ideas. Once again a varied program is planned, with workouts for beginning runners, intermediate runners, and walkers on both the track and the road. This years program is expected to start on April 26 at 6:30 pm, with the Columbia location to be announced. Watch the HCS website and the *Columbia Flier* for an update.

For further information on F.I.T., contact *Diane Brandt*, Women's Committee, at 410-997-5622 or dkbrandt@compuserve.com.
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## HELP WANTED

**ARE YOU ON THE LIST?** — We think the Howard County Striders is a great running club, and we need your help to keep it great. Any level of volunteer participation would be appreciated, and volunteers are needed in many areas — at finish lines, marshaling or directing races, helping at water stops, writing for the newsletter and publicity, packet pick-ups, race registrations, mailings, bagel runs, Junior Striders, High School meets, Females in Training, etc. Take your pick. No experience necessary— we will train you. It's a great way to meet new friends and help the running community— your community. If you're able to help even once in a while for only a little while, we want you. To get your name on the volunteer list, contact *Mick Slonaker*, 410-997-3993 or email him at McSlon@aol.com.

**WEEKLY RACES** — The weekly races, the longest-running all-season sporting event in Maryland, needs course marshals for each week, and we would like to have bikers to lead and follow runners. To help out, contact *Len Guralnick*, 410-997-7544 or email him at lguralnick@erols.com.

**MEMBERSHIP**— Are you sure you renewed? If your' not, check year number on the mailing label of this newsletter. If it says "2000" instead of "2001," then fill out the membership form on **page 18** and send it in! For membership information, contact *Jason Tripp*, 410-884-5804 or email him at jason@pathwayinteractive.com.

## F.I.T. VOLUNTEERS NEEDED!

Be a part of this unique group! Share your expertise and your love of running with others! Use your skills, or build new ones! This is one of the most rewarding experiences you will have as a volunteer. Help change a life and have some fun at the same time! The level of commitment is flexible, and there are many ways to contribute. Contact *Diane Brandt* at dkbrandt@compuserve.com, 410-997-5622.

*Jim Carbary and Sue Watson (smiling) helping out at a weekly race in January. Be sure to volunteer for at least one race a year!*

## *DUCKWORTH 1-MILE RUN—ATTENTION KIDS!!*

- *The school with the most participants will receive the* ***Awesome Duckworth Banner*** *to be hung in the school for one year and will also receive* ***$200*** *for physical education equipment. Sign up as many of your school-mates as you can!*
- *The first 200 registrants will receive a commemorative* ***Duckworth t-shirt.***
- ***Ribbons*** *to first, second, third place finishers in each grade division*
- ***Sweatshirts*** *to each grade division winner.*

***Saturday, March 24, Glenelg H. S. — Check at Feet First for Entry***

# HOWARD COUNTY JUNIOR STRIDERS APPLICATION
## ~ 2001 Spring Track Season ~

Last Name _____

Street Address _____

City _____ Zip _____

Family Home Phone (_____)_____

Mother's Name _____ Mothers Work # (_____)_____

Father's Name _____ Father's Work # (_____)_____

email _____

| Child's Name | Sex | Birthday | Fee |
|---|---|---|---|
| 1. _____ | _____ | _____ | $35.00 |
| 2. _____ | _____ | _____ | $30.00 |
| 3. _____ | _____ | _____ | $25.00 |
| 4. _____ | _____ | _____ | $20.00 |

Waiver/Release I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official or coach relative to my ability to safely complete the run. I assume all risks associated with running in track and field meets, including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and surface conditions, all such risks being known and appreciated by me. Having read this waiver and knowing the facts in consideration of your accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the Howard County Junior Striders, Howard County Striders, Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of the negligence or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, or any other record of this season for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in races or at practices and I will abide by this guideline.

Signature of Parent/Guardian _____

Date _____

For more information, contact Jim Carbary (443-778-8805, `james.carbary@jhuapl.edu`). Mail application to HCJS c/o Jim Carbary, 8433 Each Leaf Court, Columbia, MD 21045. Make checks out to Howard County Junior Striders.

# SPRING SCHEDULE

Four days late, the Striders celebrate the vernal equinox on March 24 at the **Duckworth Relays 5k**, which really does have a PR course if you're interested. Duckworth also features special fun runs for kids, who can earn a banner for their school if enough of them turn out. On April 22, plan on either running or volunteering for the **Clyde's 10k,** which is the Strider's premiere running event and the best post-race brunch this side of the Pecos. Clyde's will have a NEW course, rumored to be safer and less confusing. On May 20, support your friends in the tri-sport community by volunteering for the **Columbia Triathlon**, one of top 10 tri's in the nation. On Memorial Day (may 28), Spring running reaches a crescendo at the popular **All-Fruit Relay**. Start forming teams (or join one at the race) for this 4 x 2 mi relay, and bring a fruit too! Finally, say goodbye to Spring and hello to Summer at Damien's **Run for Recovery 5k** (also 2 mile walk). The race featured live entertainment and lots of good refreshments.

*Len Guralnick* (410-997-7544) spearheads the resurgent **Weekly Series**, which begins on April Fool's Day and continues every Sunday afternoon throughout the Spring. The weekly races feature special events such as the Junior Strider benefit (April 1), the Strider Scholarship benefit (May 6), and the Mothers' Day Extravaganza (May 13) where all moms will receive a special (secret) gift.

At the end of Spring, *Arleen Dinneen* (410-465-7735) begins the 23rd season of **Summer Fun Runs**, 1-milers that take place at her house every Tuesday. These fun events are meant for the whole family and serve as a healthy introduction to aerobic fitness. She will have special events throughout the Summer to keep kids interested.

The Striders also present **Females in Training** for women runners and **Junior Striders Track and Field** for youth runners. See page 9 for information on these programs.

| | |
|---|---|
| 3/24<br>9 am | **Duckworth Relays 5k**<br>Glenelg High School |
| 4/1<br>2 pm | Spring Series #1 (2m, 5m)<br>Burleigh Manor Middle School<br>Junior Strider Benefit — entries $1 |
| 4/8<br>2 pm | Spring Series #2 (2m,10k,15k)<br>Longfellow Elementary School |
| 4/22<br>8 am | **Clyde's 10k**<br>Columbia TownCenter<br>Paul Goldenberg (410-730-3566) |
| 4/29<br>2 pm | Spring Series #3 (2m, 5m, 8m)<br>Swansfield Elementary School |
| 5/6<br>2 pm | Spring Series #4 (2m, 10k, 15k)<br>Jeffers Hill Neighborhood Center<br>Scholarship Benefit — entries $1 |
| 5/13<br>2 pm | Spring Series #5 (5k)<br>Atholton High School<br>Mother's Day — All moms get gifts! |
| 5/20<br>7 am | **Columbia Triathlon**<br>Centennial Lake Park<br>to help, call Paul Goldenberg (410-730-3566) |
| 5/29<br>9 am | **All Fruit Relay** — 4 x 2 mi<br>Oakland Mills Middle School<br>Jason Tripp (410-884-5804) |
| 6/3<br>2 pm | Spring Series #6 (5k)<br>Swansfield Elementary School |
| 6/10<br>2 pm | Spring Series #7 (2m, 10k, 15k)<br>Thunder Hill Elementary School |
| 6/12<br>7:30p | Summer Fun Runs Begin<br>10114 Colonial Drive<br>Arleen Dinneen (410-465-7735) |
| 6/13<br>7:00 p | Summer Series #1 (5k)<br>and Spring Awards<br>Burleigh Manor Middle School |
| 6/24<br>8:00a | **Damien's Run for Recovery 5k**<br>Columbia Gateway<br>Ralph Massalla (410-340-0400) |

## PRESIDENT'S LETTER

After 5 years as President, *Dickie George* has handed over the responsibility of leading the club to me. I would like to thank Dickie for his leadership and dedication to the club. Two other Striders have left the board after many years of service— *Miles Weigold* and *Tim Beaty*. The three of them have helped establish a successful and well-respected club in the community.

The new board is ready to build on this foundation, meeting challenges in the running community and giving you new opportunities. This is your club. We need to hear what you want from the club and what the board is doing right or can improve.

The board recently made some decisions that you need to know about:

— Open Board and General Membership meetings. Twice per year we will conduct Open Board meetings in which the membership is welcome to attend to hear about the issues, to share views, and to raise new issues. The meetings will be held at Slayton House in Wilde Lake Village Center at 7:30 pm on Monday May 7th and November 5th. Hope to see you there.

— Racing Team Support. The club will continue to send competitive teams to regional races having team competition. Three such events are the Cherry Blossom 10 Miler, Rockville Twilighter 8K, and the NASDAQ 10K. The Baltimore Marathon will also be offering a team competition. In addition to these teams, the board decided to support teams that members put together for such events. The Striders will pay the team entry fee, and the individuals will be required to pay the individual entry fee. for information, contact *Gerry Clapper* (gfclapp@connext.net) who coordinates most of our racing teams and is also the Treasurer. All team members must be HCS members.

— The Metric Marathon is moving to October 7th. The primary motive for the date change is to encourage runners to take advantage of this racing distance as preparation for many of the regional marathons in October and November (Baltimore, MCM, Marathon in the Parks, etc.). We need to publicize this race to make sure regional runners are aware that the Metric Marathon has a new date and the benefits to running this race. Spread the word.

— The board is considering starting a marathon training program in August to prepare members for the fall marathon season with a focus on using the Metric Marathon as a key race in the training program. This planning is in its infancy. Be on the look out for a flier announcing a planning meeting for probably sometime in June. If you are interested in participating, please contact me (mcslon@aol.com).

We will continue to do the successful things the club has always done. We will continue to put on high quality races such as Clyde's, WDF, Grapevine, and the Metric Marathon. By the time you receive this issue of *Footprints*, Clyde's 10K will be right around the corner. If you are not planning to run this race, please volunteer. We always need volunteers, race directors, and new ideas. We will also continue to support the high school running programs throughout the school year and to offer scholarships to qualified high school students.

I am writing this column a few days after the Maryland RRCA Club 10-Mile Challenge. Unfortunately, the Striders did not win the event. The women's team finished 2nd and the men 3rd while the club finished 2nd in the co-ed scoring. I'd like to thank all of the runners who came out to support the club in this unique challenge event. *Ken Dent* did a great job organizing the event by recruiting key volunteers and in turn getting volunteers to help out. Many of those volunteers got wet when it started raining after some of the runners were inside getting dry. Thanks to all who helped out.

In many past issues of *Footprints*, Dickie stressed the need for volunteers. That need will always be there for us. If you have not volunteered to help out at a race recently, come on out and renew acquaintances while helping the club. This is your club and your active participation will continue to make the club strong and successful.

I am looking forward to working with you.

*—Mick Slonaker*

# Howard County Striders

## Membership and Renewal Application

Please fully complete this section.

☐ New ☐ Renewal | ☐ Individual ($10) ☐ Family ($15) ☐ Student ($6) ☐ Permanent Individual Membership ($135) ☐ Permanent Family Membership ($235)

| FIRST NAME | MI | LAST NAME | GENDER ☐M ☐F | BIRTHDATE |
|---|---|---|---|---|
| | | | | |

ADDRESS *(Street, City, State, Zip)*

| HOME PHONE *(Area code + number)* | BUSINESS PHONE *(Area code + number)* | EMAIL |
|---|---|---|
| | | |

## Waiver - Please read and sign.

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete the run safely. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Howard County Striders Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver. I grant permission to all of the foregoing to use photographs, motion pictures, recordings, or any other records of these events for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the races and I will abide by this guideline.

SIGNATURE DATE

## Additional Family Members - All members must sign. If under 18, parent or guardian must sign.

| NAME | GENDER ☐M ☐F | BIRTHDATE | SIGNATURE | DATE |
|---|---|---|---|---|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |

Please make check payable to: Howard County Striders, Inc.
Howard County Striders, P.O. Box 563, Columbia, MD 21045

I would be interested in helping in the following areas:

- o Weekly Races
- o Special Races
- o Newsletter/publicity
- o Women's Committee
- o Annual Picnic/Banquet
- o Other _____

# Damien's Run For Recovery

## 5K Run

## 2M Walk & Talk

### Sunday June 24, 2001
### 8:00 a.m.

HOWARD COUNTY STRIDERS

**Time and Place:** 5K - 8:00 am. Two Mile Walk & Talk - 8:05am. 7142 Columbia Gateway Drive Columbia, MD.

**Directions:** Take I-95 to exit #41 to Route 175, go west towards Columbia. From 175 exit right onto Gateway Drive. Follow Gateway Drive approximately .5 mile to Columbia Gateway Drive. (This is your 3rd right.) Turn right onto Columbia Gateway Drive. Drive .4 mile. After you pass Thomas Edison Drive, make the next left. Once you turn you will see Columbia National's building on your left. Park in the parking lot in front of the building.

**Course:** Start at the intersection of Columbia Gateway Drive and Thomas Edison Drive. 5K (3.1M) course proceed north on Columbia Gateway Drive, right onto Gateway Drive and loop around on the inside traffic lane onto Columbia Gateway Drive. Then turn left (heading west) onto Robert Fulton Drive, turn around point at marked cone. Then head back east on Robert Fulton and turn left onto Columbia Gateway Drive to Finish line at Columbia National. The 2 mile walk follows the same course and omits the Robert Fulton segment.

**Entry Fee:** $15 (non-refundable) by 6/18/2001, $17 at Packet Pickup and $20 on Race Day. Proceeds will be donated to organizations that support recovery such as Damien's Recovery Inc. and The Phoenix II High School. There will also be scholarships available to those pursuing a career in the health field. Apply at www.damien.tv

**Registration:** Mail Entry Form to Run For Recovery P.O. Box 281 Glenelg, Md. 21737. Make Check Payable to Damien's Recovery Inc.

**Packet Pick-up:** At Feet First, Friday 6/22 from10am-9pm and Saturday 6/23 from 10am-6pm. Race Day at Start/Finish area until 7:45am.

**Awards and Premiums:** Open (top three M/F - cash award). First Masters (M/F - cash award). Top three 10 yr age groups: 1-9, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. Custom designed t-shirts for all pre-registrants and as available on race day. Random prizes.

**Awards Ceremony and Celebration:** Immediately following the race join us for awards and refreshments.

**Results:** Will be posted on the Howard County Strider Home Page: www.striders.net or www.massella.com

**Race Information:** Howard County Striders Hot Line 410/964-1998 or 410/340-0400or 410-872-2424 or visit the HCS webpage. E-mail: getralph@aol.com and www.damien.tv webpage

**Donations:** Donations in addition to entry fee graciously accepted.

**Calendar:** Calendar depicting race day activities will be available end of October.

FEET FIRST · RE/MAX COLUMBIA · COLUMBIA NATIONAL Incorporated · AQUAFINA · WEBB/MASON · 98 ROCK Baltimore · active.com · CHILD'S GARDEN LEARNING CENTER, INC

**Damien's 5K Run & 2M Walk - Print all information. Use removable label if provided.**

| First Name | Last Name | Event ☐ 5k Run ☐ 2M Walk | Official Use Only |
|---|---|---|---|
| Street Address | City | State / Zip | Phone |

| Birthday month day year | Age Race Day | Gender M ☐ F ☐ | Shirt Size M ☐ L ☐ XL ☐ | Howard County Strider Y ☐ N ☐ | E-Mail | Best 5k Time |
|---|---|---|---|---|---|---|

☐ Calendar (Send Additional $10) ☐ I Cannot Attend Please Send T-Shirt (Enclosed Is $15 For T-Shirt)

**Waiver - Please read and sign. If under 18, parent or guardian must sign.**

I know that running a road race is a potentially hazardous activity and I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete the run safely. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Howard County Striders Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use photographs, motion pictures, recordings, or any other records of these events for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline.

SIGNATURE: Date:

**Please make check payable to: Damien's Recovery Inc. No cash by mail.**
**Send check with entry form to Damien's Run for Recovery P.O. Box 281 Glenelg, Md. 21737.**

# DAMIEN'S RUN FOR RECOVERY

# SPECIAL FAMILY ENTRY

FAMILY NAME_____

**FAMILY SPECIAL $25.00**

In an effort to encourage families to participate in this important event we are offering this limited time and number special. Family registration (immediate family only) includes entry for all family members and two (2) T-shirts only $25.00 **MUST REGISTER BY 6/20/2001**

Second Shirt Size for Family Registration Only

M L XL

| | Name | Age Race Day | Sex | Event 5K 2M Walk And Talk |
|---|---|---|---|---|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |

# 23rd Annual Clyde's of Columbia American 10K

HOWARD COUNTY STRIDERS

RRCA ROAD RUNNERS CLUB OF AMERICA

**Sunday, April 22, 2001**
**8:00 a.m.**

## A Great Race, Good Times, & Clyde's Famous Post-Race Brunch

**Clyde's of Columbia and the Howard County Striders once again team up to bring you one of the area's best races and celebrations with food, refreshments, and fun at the Lakefront in Columbia, Maryland.**

**Time and Place:** 8:00 a.m. Columbia Town Center (near Clyde's and across from the Mall), Columbia, MD. USATF MD 93004JS.

**Entry Fee:** $15 (non-refundable) by April 17, 2001, $20 during Packet Pick-up, & $25 on Race Day.

**Registration:** Mail entry form and fee (payable to Clyde's, Inc.) to Clyde's American 10K, c/o Feet First, Wilde Lake Village Green, Columbia, MD 21044.

**OnLine Registration:** On-Line entry available at active.com.

**Entry Deadline:** Early registration strongly encouraged. Entries accepted at Feet First through Saturday, April 21. Race Day registration will be at the Start/Finish area. T-shirt availability and size not guaranteed for race day pick-up. T-shirts will not be mailed.

**Injury Prevention Clinic:** Join Union Memorial's Dr. John Senatore at Columbia's Slayton House on Saturday, March 31 (9:00 am - 11:00 am) for a free injury prevention seminar.

**Fun Run:** Free one mile fun run at 8:05 (no pre-registration) sponsored by Feet First.

**Packet Pick-up:** At Feet First, Wednesday through Friday, April 18-20 from 10:00 a.m. to 9:00 p.m. and Saturday, April 21 from 10:00 a.m. to 6:00 p.m. At Start/Finish area until 7:45 a.m. Special discounts at Clyde's, Tomato Palace, and Feet First April 18-21.

**Awards and Premiums:** Open (top three male/female). First Masters (male/female). Age groups (top three male/female) in the following categories: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & over. Custom designed, premium T-shirts while supplies last along with random prizes.

**Awards Ceremony and Celebration:** Immediately following the race, join us at the Lakefront for the awards ceremony, food, refreshments, and festivities.

**Race Information and Results:** Feet First (410) 992-5800 or Howard County Striders Hotline (410) 964-1998. Race Results will be mailed to all race finishers. Results will also be posted on the Howard County Strider Home Page: http://www.striders.net

FEET FIRST

active.com

The Tomato Palace

Race Results by RaceTrak Software, Columbia, MD (410) 730-0047

### Clyde's American 10K Entry Form - Clearly print all information. Use removable label if provided.

| FIRST NAME | | LAST NAME | | | OFFICIAL USE ONLY |
|---|---|---|---|---|---|
| STREET ADDRESS | | CITY | STATE | ZIP | PHONE |
| BIRTHDATE (month day year) | AGE RACE DAY | GENDER ☐ M ☐ F | SHIRT SIZE ☐ M ☐ L ☐ XL | HOWARD CO. STRIDER ☐ Y ☐ N | E-MAIL |

### Waiver - Please read and sign. If under 18, parent or guardian must sign.

I know that running a road race is a potentially hazardous activity and I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete the run safely. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting of my entry, I, for myself and anyone entitled to act on my behalf, waive and release Clyde's, Inc., the Howard County Striders Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use photographs, motion pictures, recordings, or any other records of these events for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline.

SIGNATURE _____ DATE _____

**Please make check ($15 by 4/17/2001, $20 during Packet Pick-up, & $25 Race Day) payable to: Clyde's, Inc. No cash by mail.**
**Send with form to Clyde's American 10K, c/o Feet First, Wilde Lake Village Green, Columbia, MD 21044**

Don't Forget the Special Events this Spring:

Duckworth Relays 5k & Fun Run — Glenelg High School
9:00 am, Saturday, March 24

Clyde's 10k — Columbia TownCenter
8:00 am, Sunday, April 22

Columbia Triathlon — Centennial Lake Park
7:00 am, Sunday, May 20

All Fruit Relay — Oakland Mills Middle School
9:00 am, Monday, May 28

Damien's Run for Recovery 5k — Columbia Gateway
8:00 am, Sunday, June 24

Note: if you see an "00" on your mailing label instead of an "01" — it's time to renew your membership!

---

***Return Address:***
**Howard County Striders**
**P. O. Box 563**
**Columbia, MD 21045**

**Non-Profit Organization**
**U.S. Postage**
**P A I D**
**Columbia, MD 21045**
**Permit No. 129**

Jim Carbary 2001
11668 Dark Fire Way
Columbia, MD 21044-4344