FOOTPRINTS

NEWSLETTER OF THE HOWARD COUNTY STRIDERS
VOLUME 24, No. 4—WINTER 2004-2005

METRIC MADNESS STRIKES COLUMBIA!

TRIPP, ALTIERI WIN EASILY

Patty Keating would have won the women's Metric Marathon (26.2 km or 16.3 mi) except that the legendary *Bea Marie Altieri* returned unexpectedly from Florida and crushed the women's field. "It was a lot of fun!" enthused Bea Marie, who was *the* fastest Howard County woman when she lived in Columbia several years ago. Visiting her friend *Vicki Lang*, Ms. Altieri popped up from Clermont, FL, and signed up after discovering the Metric was on the weekend of her stay. In the race, Bea Marie exhibited the same racing strategy she always had: seize the early lead and extend it.

In fact, Altieri finished fourth overall (1:43:43), only a few minutes behind the men's winner. Keating never stood a chance and didn't even see the leader after the start. "She could have run the [accompanying] 5k and still had enough time to beat me in the Metric, a defeated Pat Keating said. Keating and Altieri were the only women in the field to break 2 hours for the 16.3 mile race.

The men's competition was closer, but winner *Jason Tripp* really had no problems with the men's field. Jason surged to an early lead and expected other runners would match his pace, but "nobody wanted to come along." So he ran the entire race in the company of lead biker *Bill Brandenstein*. By the half-way point, Tripp had gotten so far ahead of the runners immediately behind him that, having no one to follow, they missed a turn and briefly went off course. Although he wasn't looking behind, Jason didn't really feel comfortable until the last six miles when he was on "home turf" and knew he could hold off

With only 0.75 miles to go in the 2004 Metric Marathon, Jason Tropp was in complete control. (photo by Judith Weber)

any challenger. But he didn't have to. His winning time of 1:39:16 represented a Metric personal record. "I thought I had to break 1:40 to make it legitimate," he commented.

Many runners used the Metric Marathon to prepare for real marathons later. *Greg Schuler* prepared for Marine Corps with a real desire, finishing seventh overall and winning the masters age category in 1:48:26. Bound for the New York City Marathon, *Keith Wunsch* attempted to run the Metric with a steady 8-minute-per-mile pace and "felt good

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(Metric Marathon— from p. 1)

the whole way." Jason Tripp intended to run the Baltimore Marathon. On the other hand, Ms. Keating had already qualified for the 2005 Boston Marathon by running the Air Force Marathon (Dayton, OH). "I was getting ready for the Metric," she joked.

Of special note among the performances of the day were those of the two youngest runners ever to complete the Metric Marathon. Thirteen-year-old Graham Bazell, a former Junior Strider champion, finished the grueling 16.3 miles in 2:01:46 and placed second in the men's 19-and-under group. He wasn't the youngest person in the race. That distinction belonged to his younger brother Jason, 12 (2:50:17). Both Jason and Graham practiced with the Bagel runners on Saturday mornings. (Interestingly, the oldest Metric Marathoner, Allan Oshry, 67, beat the youngest Metric Marathoner by nearly six minutes.)
as the finish moved from the old Rouse Company parking lot to the bike path near the People Fountain next to Clyde's. None of the old hills were omitted, although some of the old Metric hands believed they were getting steeper.

Those not quite up to running the full Metric competed in an accompanying 5k race. There, Junior Strider *Nicole Shouse* (age 13) gave veteran *Robyn Humphrey* (age 40) quite a scare, but the older runner squeezed out a win in 19:16 and preserved order and decorum in the running world. Nicole not only set a personal record in the 5k, but so did her mother *Karen* (21:28). In the men's 5k, *Jay Sweet* outlasted *Luis Diaz* to win the shorter race in 17:24.

Known for its hills as well as its peculiar distance, Metric Marathon course runs from the center of Columbia to Ellicott City and back on residential roads as well as bike-paths. The course changed slightly this year. The finish moved from the old Rouse Company parking lot to the bike path near the People Fountain next to Clyde's. None of the old hills were omitted, although some of the old Metric hands believed they were getting steeper.

Pat Brooks, Rich Fox, and Bill MacCormack with only 16 miles to go. (photo by Judith Weber)

Jane Teranto (3rd W) leads a bedraggled bunch of men through the early going in the Metric. (photo by Judith Weber)

Those not quite up to running the full Metric competed in an accompanying 5k race. There, Junior Strider *Nicole Shouse* (age 13) gave veteran *Robyn Humphrey* (age 40) quite a scare, but the older runner squeezed out a win in 19:16 and preserved order and decorum in the running world. Nicole not only set a personal record in the 5k, but so did her mother *Karen* (21:28). In the men's 5k, *Jay*

Sweet outlasted *Luis Diaz* to win the shorter race in 17:24.

A field of 308 runners completed the 16.3 Metric Marathon, while 130 completed the 5k. The excellent fall weather, sunny and cool, improved the sizes of the fields, and a number of participants registered on the morning of the race.

Overall and age group winners won walnut plaques and gift certificates from Feet First in Wilde Lake. All finishers received the well-known Metric Marathon running gloves, a bottle of water, and all the Gatorade and Ledo pizza they could consume.

"Yeah, but where were the cookies?" asked *Mike Baziz*, who had just completed his 20th Metric Marathon. "No bananas! No cookies! No soda! This isn't the 5k, after all." Actually, he missed the bananas. Finishers also enjoyed bottled water and bagels.

In its 28th year, the Metric Marathon is staged every fall by the Howard County Striders. *John* and *Ann Worley* directed the event. "I delegated everything and didn't have to do anything!" Mr. Worley said. John was assisted by volunteers from the Columbia Clippers swim team, the Boy Scouts of America, and students from various local High Schools. Howard County Police provided excellent traffic control at tricky corners along the tedious route, and many of the runners thanked the officers they ran past.

Jerry Warfield (1st, 60+M) was leading Patty Keating (2nd W) even before the first mile! (photo by Judith Weber)

Metric winner Bea Marie Altieri (left) and runner-up Pat Keating get ready for a celebratory dip in the People Fountain. (photo by Jim Carbary)

Master Bobby Gessler in action in the Metric 5k, where he finished third overall. (photo by Judith Weber)

Metric Marathon (26.2 km = 16.3 mi)

Columbia, MD — 3 October 2004

Overall Men
1. Jason Tripp (Columbia, MD) 1:39:16
2. Steve Hammill (Ellicott City, MD) 1:42:38
3. Zachary Huffman (Abingdon, MD) 1:43:38

Overall Women
1. Bea Marie Altieri (Clermont, FL) 1:43:43
2. Patricia Keating (Dayton, MD) 1:58:35
3. Jane Terranto (Columbia, MD) 2:04:42

19 & U Men
1. S. Patrick Rotolo (Columbia, MD) 1:59:21
2. Graham Bazell (Columbia, MD) 2:01:46
3. Bruce Worley (Columbia, MD) 2:29:43

19 & U Women
(none)

20-24 Men
1. Gregory Hogan (Columbia, MD) 1:58:28
2. Steve LaChance (Ellicott City, MD) 2:03:51
3. Jonathan Wachtel (Annapolis, MD) 2:07:16

20-24 Women
1. Hayley Davidow (Baltimore, MD) 2:44:24
2. Priya Gomer (Arlington, VA) 2:52:11
3. Tracey Brebner (Columbia, MD) 2:59:00

25-29 Men
1. Michael Dusenbery (Savage, MD) 1:52:39
2. Peter Laanisto (Elkridge, MD) 2:02:52
3. Jesse Dorman (Emmitsburg, MD) 2:02:55

25-29 Women
1. Marguerite Pittman (Columbia,MD) 2:28:22
2. Amanda Fleck (Ellicott City, MD) 2:29:28
3. Christine Anderson (Odenton, MD) 2:38:49

30-34 Men
1. Mark Linton (Washington, DC) 1:51:52
2. Jon Sanchez (Columbia, MD) 1:55:33
3. David Porton (Germantown, MD) 1:55:51

30-34 Women
1. Anne Gonnella (Ellicott City, MD) 2:07:16
2. Pamela Jock (Columbia, MD) 2:20:53
3. Cynthia Gregory (Germantown, MD) 2:20:54

35-39 Men
1. Tim Parker (Baltimore, MD) 1:44:48
2. Herbito Aviles (Riverdale, MD) 1:52:24
3. Andy Lewin (Sykesville, MD) 1:52:28

35-39 Women
1. Lenore Studt (Columbia, MD) 2:07:19
2. Becky Ramsing (Columbbia, MD) 2:08:19
3. Suzanne Ripley (Frederick, MD) 2:12:03

40-44 Men
1. Greg Schuler (Laurel, MD) 1:48:26
2. Scott Silliman (Olney, MD) 1:49:16
3. John Barker (Rockville, MD) 1:49:25

40-44 Women
1. Lisa Fichman (Columbia, MD) 2:05:43
2. Esther Schaftel (Baltimore, MD) 2:14:50
3. Mauria Ross (Ellicott City, MD) 2:15:24

45-49 Men
1. Dave Bollinger (Kensington, MD) 1:46:29
2. Norton Compton (Fairfax, VA) 1:49:18
3. Brian Carroll (Silver Spring, MD) 1:54:07

45-49 Women
1. Laura Roman (Baltimore, MD) 2:11:14
2. Joyce Mady (Ellicott City, MD) 2:13:29
3. Margaret Sherrod (Millersville,MD) 2:19:18

50-54 Men
1. Gary Grimsley (Springfield, VA) 1:52:13
2. Jeffrey Grier (Ellicott City, MD) 1:52:23
3. Dan Devlin (Silver Spring, MD) 1:56:19

50-54 Women
1. Linell Smith (Baltimore, MD) 2:07:29
2. Karen Marchant (Springfield, VA) 2:13:17
3. Lorraine Wajda (Columbia, MD) 2:29:52

55-59 Men
1. Greg Bean (Catonsville, MD) 2:05:21
2. Patrick Malloy (Ellicott City, MD) 2:05:30
3. Joe Tiso (Ijamsville, MD) 2:06:39

55-59 Women
1. Susan Gleazer (Columbia, MD) 2:27:43

60+ Men
1. Jerry Warfield (Columbia, MD) 1:56:06
2. Art Morey (Columbia, MD) 2:11:26
3. Stanton Neumann (Timonium, MD) 2:12:24

Columbia Metric 5k

Columbia, MD — 3 October 2004

Overall Men
1. Jay Sweet (Odenton, MD) 17:24

Overall Women
1. Robyn Humphrey (Ellicott City. MD) 19:16

9 & U Men
1. David Lazris (Ellicott City, MD) 24:53

9 & U Women
1. Alyssa Shouse (Hanover, MD) 23:57

10-19 Men
1. Michael Lazris (Ellicott City, MD) 21:24
2. Nate Pagrate (Ellicott City, MD) 23:09
3. Kyle Cobb (Woodbine, MD) 23:49

10-19 Women
1. Nicole Shouse (Hanover, MD) 19:22
2. Megan McQuillan (Severna Pk, MD) 21:11
3. Caitlin Fox (Columbia, MD) 21:54

20-29 Men
1. Luis Diaz (Jessup, MD) 17:33
2. Michael Brosenne (Sheperdstown,WV) 18:54
3. Albert Davison (Ellicott City, MD) 19:52

20-29 Women
1. Becky Sokol (Ellicott City, MD) 21:02
2. Lori Olivi (Perry Hall, MD) 21:34
3. Katie Wirth (Abingdon, MD) 23:14

30-39 Men
1. Alexander Gohin (Unknown, NA) 18:52
2. Paul Gripka (Laurel, MD) 19:43
3. Vincent Pugh (Columbia, MD) 20:43

30-39 Women
1. Karen Shouse (Hanover, MD) 21:28
2. Sue Ellen Morakinyo (Columbia,MD) 22:31
3. Kellie Jonhson (Columbia, MD) 24:53

40-49 Men
1. Bobby Gessler (Ellicott City, MD) 18:27
2. John Chall (Jessup, MD) 19:12
3. Brian Stricker (Woodstock, MD) 19:49

40-49 Women
1. Toni Bluher (Ellicott City, MD) 21:05
2. Barbara Walters (Columbia, MD) 23:44
3. Theresa Holford (Ellicott City, MD) 24:40

50-59 Men
1. Kenneth Fox (Columbia, MD) 20:31
2. Roger Calvert (Ellicott City, MD) 23:13
3. Frank Hammel (Sykesville, MD) 23:37

50-59 Women
1. Emma Davila (Olney, MD) 28:10
2. Beverly Byron (Columbia, MD) 35:27
3. Susan Kaplan (Baltimore, MD) 47:04

60+ Men
1. John Neal (Laurel, MD) 29:03
2. G. Marvin Bober (Baltimore, MD) 30:24
3. Syhamal Nandi (Ellicott City, MD) 32:02

60+ Women
1. Julie Trapp (Silver Spring, MD) 32:02
2. Myrna Malveaux (Ellicott City, MD) 41:21

Junior Strider Julie Gessler set a personal record in the Metric 5k. (photo by Judith Weber)

STRIDERS AT METRIC MARATHON

1. Jason Tripp	1:39:16
4. Bea Marie Altieri (1st W)	1:43:43
7. Greg Schuler (1st, 40-44M)	1:48:26
8. Scott Silliman (2nd, 40-44M)	1:49:16
Michael Dusenbery	1:52:39
Joseph Hanle	1:55:55
Jerry Warfield (1st, 60+ M)	1:56:06
Mark Romiti	1:56:09
Bill Arbelaez	1:56:52
Patricia Keating (2nd W)	1:58:35
David Karlheim	1:58:55
Richard Bernstein	2:01:03
Wade Gaasch	2:01:10
Steven Grufferman	2:01:38
Graham Bazell (2nd, 19 & UM)	2:01:46
Ed Silverman	2:01:48
Peter Laanisto	2:02:52
Marc Burger	2:03:55
Jim Carbary	2:04:25
Timothy May	2:04:31
Jane Teranto (3rd W)	2:04:42
Patrick Malloy	2:05:30
Lisa Fichman (1st, 40-44W)	2:05:43
Rick Mitchell	2:06:34
Len Guralnick	2:07:20
Becky Ramsing	2:08:19
Keith Wunsch	2:08:30
Geoff Marlatt	2:08:46
Jesse Leitner	2:09:04
Larry Aschliman	2:10:26
Art Morey (2nd, 60+ M)	2:11:26
Ron Weber	2:13:02
Warren Beers	2:13:21
Andrew Stanton	2:15:10
Stephen Alpern	2:19:29
Tom McCarthy	2:20:15
Ray Lake	2:20:46
Tom Brown	2:22:03
Jeffrey Cleveland	2:23:56
Laura Travisano	2:25:48
Steven Zelenak	2:26:11
Susan Gleazer	2:27:43
Ginger Rowley	2:28:47
Bruce Worley (3rd, 19 & U M)	2:29:43
Lorraine Wajda	2:29:52
Richard Yocum	2:30:24
Michael Koplow	2:30:32
Robert Vigorito	2:31:01
Mark Worley	2:34:12
Terry Griffith	2:34:55
Cheryl Ford	2:35:25
Wayne Bryden	2:37:02
Mike Baziz	2:37:08
Pat Brooks	2:37:39
Peter Suazo	2:38:38
Larry Roberts	2:40:29
Bill MacCormack	2:44:21
Janet Jones	2:56:23
Karl Kraus	2:57:03
Chrissy Murphy	3:03:50
John Collins	3:05:18
Thomas Murphy	3:09:54
Mary Jo Murphy	3:25:45

STRIDERS AT METRIC 5k

1. Jay Sweet	17:24
2. Luis Diaz	17:33
3. Bobby Gessler	18:27
5. Michael Brosenne	18:54
6. John Chall	19:12
7. Robyn Humphrey (1st W)	19:16
8. Nicole Shouse (2nd W)	(PR) 19:22
10. Brian Stricker	19:49
Wayne Martin	20:56
Karen Shouse (1st, 30-39W)	(PR) 21:28
Clint Henderson	21:32
William Vogel	21:47
Caitlin Fox (3rd, 10-19W)	21:54
Tiffany Lang	22:01
Sue Ellen Morakinyo (2nd, 30-39W)	22:31
Roger Calvert (2nd, 50-59M)	23:13
Mohan Ray	23:42
Barbar Walters (2nd, 40-49W)	23:44
Alyssa Shouse (1st, 9 & U W)	23:57
Julie Gessler	25:27
Maria Kuderna	26:07
Douglas Rahikka	26:14
Pamela Fox	27:37
Kathleen Divalentin	29:00
John Neal (1st, 60+ M)	29:03
Heidi Savin	30:12
Tamara Nestuk	30:27
Tiana Lynn Coll	31:11
Christina Caravoulias	31:38
Julie Trapp (1st, 60+ W)	32:02
Richard Mitchell	32:30
Nicole Leitner	33:06
Denise Lewis	33:21
Jennifer Alsheimer	33:23
Andrea Solan	33:48
Beverly Byron	35:27
Dee Allen	36:28
Melissa Tabor	38:28
Susan Kaplan	47:04

STRIDERS DO BALTIMORE

Mark Gilmore not only led a large contingent of Howard County Striders at the Baltimore Marathon, he was also the third Marylander to finish and, representing the Navy, the first finisher from the Armed Forces. Meanwhile, *Jason Tripp* ran with the top women marathoners; after he pulled away from them, he set a personal record. *Jerry Warfield* made a statement among the over-60 men with a 3:18, which won the age group and also beat the top finishers in the 55-59 AG, who were also Howard County Striders.

The marathon served as the prime event in the Baltimore Distance Festival, which also included a half marathon (2809 finished), a 5k (778 finished), and a marathon relay. Strider *Alvin Yew* anchored the winning Trep Runners team (2:34:41), but the all-Strider Maryland Track Club team (*Mike Dusenbery, Mehdi Addadi, Mike Brosenne, Luis Diaz*) wasn't that far behind (2:44:25). *Pat Wilkerson, Pat Keating, Julie Thienel,* and *Tacy Feliciano* teamed to win the women's marathon team competition (3:00:51). There were 66 men's teams and 58 women's teams.

Finally, *Miles Weigold* supervised over 30 Howard County Strider volunteers as the now-famous 10-mile water stop, universally acclaimed as the best one in the race. All 2189 who completed the full marathon ran past Mr. Weigold and his enthusiastic crew.

HOWARD COUNTY STRIDERS
AT BALTIMORE DISTANCE FESTIVAL
16 October 2004 — Baltimore, MD
(gun times)

MARATHON

Mark Gilmore (1st, 35-39M, 1st US Armed Forces)	2:38:34
Jason Grimm (2nd, 25-29M)	2:44:49
Jason Tripp (2nd, 30-34M)	(PR) 2:48:44
Dave Berardi (3rd, 40-44M)	2:59:56
George Orlean	3:09:17
Jerry Warfield (1st, 60-64M)	3:19:31
Piriya Pinit (1st, 55-59M)	3:22:59
Ronnie Wong (2nd, 55-59M)	3:24:02
Joe Hanle	3:26:48
Lisa Fichman (2nd, 40-44W)	3:29:18
Timothy May	3:34:45
Janelle McIntyre	3:43:24
Warren Beers	3:50:07
David Rapavi	3:51:22
Jesse Leitner	3:55:02
Jeffrey Cleveland	3:57:31
Joe Zwiller	4:02:41
Susan Riss	4:04:21
Sue Ellen Morakinyo	4:04:25
Abby Glassberg	4:15:34
Mitchell Krasnopoler	4:17:21
Rebecca DelBianco (3rd Terp)	4:28:10
Mark Worley	4:29:49
Bruce Worley	5:30:09
Melissa Simmens	4:32:18
Angie Holmes	4:32:21
Toyota Takiyama	4:45:17
Stephen McGovern	4:48:51
John Worley	4:53:43
Karl Kraus	5:00:53
Laurie Conley	5:05:13
Susan Montoya	5:11:54
Kenneth Blue	5:22:44
Glenn Bell	5:34:26
John Collins	5:38:37

HALF MARATHON

David Brightwell (2nd, MM)	1:22:35
Eric Bell (2nd, 16-19M)	1:26:25
Bob Burns (2nd, 50-54M)	1:29:12
Wade Gaasch	1:32:57
Robyn Humphrey (2nd, MW)	1:33:54
Steve Grufferman	1:36:32
Mark Burger	1:38:12
Keith Wunsch	1:38:58
Jane Taranto (3rd, 40-44W)	1:39:01
Patrick Malloy	1:39:55
Art Morey (1st, 65-69M)	1:45:04
Robert Garvey	1:48:18
Ray Lake	1:49:34
Tom McCarthy	1:50:03
Michael Koplow	1:55:00
Amelia Mullican	1:57:28
Jim Mahoney	2:04:16
Frederick Leffler	2:09:40

5k

Lee Wilk	19:49
Clint Henderson	20:47
Jason Downey	23:42
Jacqueline Rupp (1st, 55-59W)	26:59

JUNIOR STRIDERS

A total of 144 junior cross country runners competed in the Howard County Junior Striders Home Meet at Centennial High School on the soggy afternoon of October 24. The runners represented 10 junior cross country groups from Maryland and the District of Columbia. Competitors ranged in age from 3 1/2 to 14 years. The entire week before the meet had been rainy, and the afternoon of the meet saw drizzle and cloudy skies, and the competitors had to negotiate wet grass, slippery hills, and muddy surface. Not one runner complained about the weather or course conditions!

Howard County runners had competed at various junior meets throughout the fall, and several of them may have saved their best performances for the home meet. In particular, *Brittany Lang* (6 and U girls), *Marshall Demaree* (7-8 boys), and *Joey Esposito* (13-14 boys) each won their respective age-gender groups. The children ran distances ranging from 1 km to 4 km based on their ages. The top three in each age-gender group received rosette ribbons, while all others received commemorative ribbons and chocolate coins.

Jim Carbary organized and directed the meet, ably assisted by assistant Junior Strider coaches and parent volunteers. The Junior Striders wish to thank Centennial High School and the Howard County public schools for use of their fields.

Beginning on August 31 and ending on October 28, the Howard County Junior Striders practiced twice weekly at Centennial High School. Practices took place even during the hurricanes that swept through the area in September. (After all, this is cross country, not soccer.) The Juniors were supervised by head coach *Joe Esposito*, who was assisted by *Bill Arbelaez*, *Bobby Gessler*, *Tunde Morakinyo*, and *Paul Shouse*. Jim Carbary served as the Junior Strider coordinator.

The Juniors closed the fall season with an awards party at the Supreme Sports Club on November 7. They will begin Spring track and field in the early Spring.

Junior Striders Tuffany Lang (left) and Nicole Shouse were honored by the Mid-Maryland AAU as outstanding young runners. They received plaques at the Linganore Lightning Cross County Meet in October. (photo courtesy of Darcy Strouse)

A contingent of 34 Junior Striders also competed at the AAU Regional Championships at Kemptown Park, MD, on Sunday, November 14. They participated as six teams, which placed either first or second in the team competitions. *Britteny Rooks*, *Gloria Roberts*, and *Nicole Shouse* contributed to the team effort by winning their individual races. All 34 qualified for the AAU National Cross Country Championships on December 4 in Kingsport, TN.

After the National Meet in December, the Junior Striders will relax until the Spring Track and Field season begins in late March 2005. For information on the Junior Striders, check the Strider website (www.strider.net) or contact coordinator Jim Carbary (james.carbary@jhuapl.edu) — but not until February 2005. Late February 2005.

HOWARD COUNTY JUNIOR STRIDERS
AT HOME CROSS COUNTRY MEET
Centennial High School — October 24, 2004

1 km (6 and U) Girls	
1. Brittany Lang	4:40
2. Carly Miller	5:07
5. Megan Shouse	6:27
1 km (6 and U) Boys	
3. Jackson Wolter	6:45
2 km (7-8) Girls	
2. Sydney Biniak	9:28
7. Amanda Miller	10:29
8. Danielle Dolbow	12:11
2 km (7-8) Boys	
1. Marshall Demaree	9:10
4. Andrew Downey	9:39
5. David Fisher	10:01
8. Matthew Bernstein	10:58
10. Clark Demaree	13:07
3 km (9-10) Girls	
2. Tiffany Lang	13:22
8. Alyssa Shouse	15:15
9. Jessica Esposito	15:27
11. Caitlyn Downey	17:37
15. Hannah Antonelli	18:18
16. Becky Gessler	18:40
17. Amy Gessler	19:22
3 km (9-10) Boys	
4. Lee Carter	14:05
6. Eric D'Amico	14:45
7. Ethan Eckley	14:46
9. Drew Wolter	16:01
10. Timmy Fisher	16:07
14. Kevin Lucas	16:58
3 km (11-12) Girls	
6. Caitlin Fox	13:41
7. Anna Demaree	14:19
8. Amanda Hodgkinson	14:52
13. Cara Fisher	15:38
14. Julie Gessler	15:39
17. Chelsea Shouse	17:34
3 km (11-12) Boys	
7. Joshua Mills	12:37
9. Trenton Spurrier	12:47
11. Steven Eastman	13:02
13. Jeff Corrigan	13:20
15. Jacob Esposito	13:24
17. Mark Colabucci	13:41
19. Grant Demaree	14:20
23. Evan Eckley	14:57
24. Brennan Wolter	15:03
26. Brendan McMurtrey	15:29
29. Adam Maravi	15:47
4 km (13-14) Girls	
2. Nicole Shouse	16:08
10. Laura Shoemaker	22:39
11. Paige Eckley	22:42
4 km (13-14) Boys	
1. Joey Esposito	15:32
2. James Moore	16:00
7. Jake Williams	18:42
9. Brian Corrigan	18:56
12. Neil Hodgkinson	21:34

SCHOLAR ATHLETE AWARD APPLICATIONS ARE OPEN

The Howard County Striders' Annual Scholar-Athlete Award is open for applications for the 2005. The Award has been renamed the David Tripp Scholar-Athlete Award as a result of the Rouse Company's $20,000 gift when Dave retired. Up to **$3000** is potentially available to Howard County high school seniors who have excelled in academics as well as running-related athletics. Applications are available online at **www.striders.net**. Deadline for entry is **April 1, 2005**.

Note: Tax deductible contributions to the Fund's endowment are gratefully accepted. Please send them to Treasurer *Steve Zelenak*, 6247 Audubon Drive, Columbia, MD 21044. Steve can provide a receipt for tax purposes.

A GRAPE TIME HAD BY ALL

This year the Run Through the Grapevine mysteriously fell on Halloween, and the race featured not only the usual competition but also a competition for the best costume. The catch was that you had to run the entire 8 km (5 miles) cross country course in your costume. Costume runners who completed the insanely hilly, tortuous course at the Linganore Winery in Frederick County included the 101 Dalmations (only two showed up), Playboy bunnies, the cheerleader, the M&Ms, and the Grim Reaper himself, who also proved to be the fleetest of the costumes. The most original costume was judged to be the Windblown Man— apt for the breezy morning conditions. However, the Stepford Wives, apparently running with Stepford Husbands, won the overall costume contest, although they faced strong competition from Jungle Jim and Jane (2nd costume) as well as the Great Pumpkin (3rd).

In the real cross country race, Rick Roundtree took command of the field on the second downhill a half mile after the start and was never seriously threatened. A previous winner of the Grapevine race, Roundtree admitted he was moving pretty well and was in good shape. His only problem was the persistent breeze, which held him to a time of "only" 28:43— over 40 seconds ahead of second-place Larry O'Hara. Rick may have been taking it easy, too, because he even had time to notice unharvested grapes still on the vines. "I thought about eating them if I got low on blood sugar," he joked.

For Jill Krebs, the first place woman, the race was a college reunion. She and her friends from Western Maryland College (Westminster, MD) formed a team that swept the first four places of the women's race. "We had heard about the hills," Jill said, who had not encountered such steep, treacherous hills during her years as a collegiate runner. "They were ridiculous!" After the worst hill at 2 1/2 miles, Jill took the lead from her team-mate Amy Pyles and then cruised to the women's victory in 32:28.

Howard County Strider and Saturday morning bagel runner *Dan Laukzemis* won the 40-44 age group (33:56) but finished six seconds behind Dave Bollinger (1st, 45-49 M) in the overall masters competition. "I got beat by Darth Maul, too," said Laukzemis, who complained that Darth's cape would catch on the grapevines and cause them to snap back in his face.

After a long string of master's triumphs in previous races, *Robyn Humphrey* succumbed to Kelly Dworak of Carlisle, PA, for the women's master's competition. "I hope I run as hard at next week's road 10k as I did today in this cross country race," Robyn said.

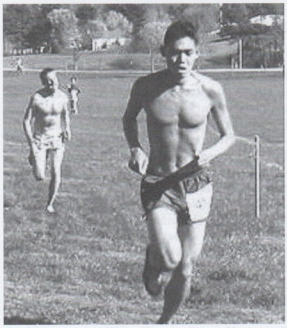
Like all good cross country races, the Run Through the Grapevine offered team competition, with the top four on six-person teams scoring. A thrilling competition developed between Howard County's "Coaches Still Doing It" and "Falls Road Running Men." Roundtree claimed the top spot on the latter, but Howard County's Jaron Hawkins and Dennis Mickey (a previous winner) teamed with Howard County Coaches *Phil Lang* and *Trey Cassidy* to cement the overall team victory for the 'Coaches by a margin of a mere three points.

The women from Western Maryland College, Team CMAC, clobbered the women's team competition. The "Old Dogs A" from Montgomery County bean the "Old Dogs B" in the men's masters teams, while "Sour Grapes" won its fourth consecutive women's masters team competition, largely because the Grapes were the only team in that age-gender group. ("Is there a fix?" some in the audience questioned.) The principle competition among teams appeared in the open coed division, which had no fewer than 12 teams. The Maryland Track Club Coed easily outlasted the second place "Track Junkies" to win the Open Coed division. Finally, "Aged to Perfection" pummeled "Stepford Wives" in the Masters Coed division, although the latter team had the satisfaction of winning the costume division.

A field of 432 completed the Run Through the Grapevine, which is held entirely within the confines of the Linganore Wineberry Winery in Mt. Airy, MD. All finishers received wine glasses, and age-group winners won gift certificates for wine. Wine tasting immediately followed the race, and runners selected their vintages during and after the awards ceremony.

Not only did Strider president Phil Lang organize the winning team at Run Through the Grapevine, he also beat his friend and training partner Trey Cassidy. (photo by Chris Selmer)

Coach Trey Cassidy proved the coaches could still do it. "That's the first and last time Phil Lang beats me," he said.



River Hill's Alvin Yew (2nd, 1-19 men) came to the race costumed as a Chinese coolie, an apparel he shed before he got down to the business of running. (photo by Chris Selmer)

Gerry Clapper and *Mark Gilmore* co-directed the race, which is in its 11th year. Gerry returned from his new home in Connecticut to put on the race, but he still managed to bake 29 loaves of his famous nut-bread for the post-race refreshments. In addition, Pat Wilkerson (1st, 45-49W) and Dorothy Beckett contributed ten loaves of additional bread. "I cleaned up the kitchen," Mr. Gilmore added parenthetically.

The race is staged by the Howard County Striders, who wish to thank Anthony Aellen for the generous use of his grapevines and surrounding fields. True to form, the race directors tweaked the course once again this year, making it even more difficult. This year, the really tough hill came near the 2 1/2 mile mark rather than early in the race. This adjustment was made to prevent runners from bunching up at the bottom of the slope. Apparently, the modification had the desired effect, although runners complained of being worn out by the hills before The Hill. "I don't know how they do it," said *Dickie George* of Aged to Perfection, "but they always seem to find another hill every year."

RUN THROUGH THE GRAPEVINE 8K

Linganore Wineberry Winery, Mt. Airy, MD — 31 October 2004

Overall Men
1. Rick Roundtree (Reston, VA) 28:43
2. Larry O'Hara (Frederick, MD) 29:27
3. Scott Sargrad (Adelphi, MD) 29:51
4. Mark Hoon (Kensington, MD) 29:59
5. Dan Lawson (Gaithersburg, MD) 30:14

Overall Women
1. Jill Krebs (New Windsor, MD) 32:28
2. Amy Pyles (Hummelstown, PA) 33:09
3. Diana Pool (Westminster, MD) 34:09
4. Sherry Stick (Sykesville, MD) 34:33
5. Jennfier Baclawski (Ijamsville, MD) 35:30

1-19 Men
1. Patrick Reeves (College Park, MD) 31:28
2. Alvin Yew (Clarksville, MD) 32:43
3. Rory Jenkins (Phoenix, MD) 33:31

1-19 Women
1. Lauren Swiston (Sykesville, MD) 40:05
2. Shannon Ready (Falls Church, VA) 43:27
3. Samantha Black (Sykesville, MD) 46:01

20-24 Men
1. Jaron Hawkins (Forstburg, MD) 30:32
2. Matt Glittermann (Ellicott City, MD) 31:03
3. Philip Rogers (Annapolis, MD) 33:40

20-24 Women
1. Emily Weinert (Seabrook, MD) 39:16
2. Katie Gott (Crofton, MD) 43:05
3. Cristin Romano (Rockville, MD) 45:38

25-29 Men
1. Ronald Polcawich (Rockville, MD) 31:43
2. Jason Grimm (Laurel, MD) 32:05
3. Luis Diaz (Jessup, MD) 32:49

25-29 Women
1. Becky Alvarez (Westminster, MD) 39:26
2. Takisha Williams (New Carrollton, MD) 40:24
3. Zemba Lindsay (Palmyra, PA) 41:38

30-34 Men
1. Craig Morrell (Baltimore, MD) 30:45
2. William Jordan (Washington, DC) 34:53
3. Paul Fleming (West Melbourne, FL) 37:09

30-34 Women
1. Norah MacPhee (Columbia, MD) 44:56
2. Corey Derrenbacher (Gaithersburg,MD) 46:12
3. Bridget Bentz (Washington, DC) 46:24

35-39 Men
1. Dennis Mickey (Ridgely, WV) 30:36
2. Mike Colaiacovo (Ellicott City, MD) 30:40
3. Rodney Timpson (Baltimore, MD) 30:59

35-39 Women
1. Helen Beven (Kensington, MD) 38:28
2. Lisa Hickman (Jefferson, MD) 45:29
3. Cindy Cohen (Washington, DC) 46:28

40-44 Men
1. Dan Laukzemis (Columbia, MD) 33:56
2. Paul Jacobson (Gaithersburg, MD) 34:20
3. John Horten (Gaithersburg, MD) 34:42

40-44 Women
1. Kelly Dworak (Carlisle, PA) 36:19
2. Robyn Humphrey (Ellicott City, MD) 38:46
3. Marian Zobler (Bethesda, MD) 44:03

45-49 Men
1. Dave Bollinger (Kensington, MD) 33:50
2. Peter Kirk (Rockville, MD) 34:43
3. John Chall (Jessup, MD) 35:24

45-49 Women
1. Pat Wilkerson (Columbia, MD) 38:49
2. Elizabeth Snyderwine (Potomac, MD)41:21
3. Beth McCann (Germantown, MD) 41:27

50-54 Men
1. David Webster (Stevensville, MD) 32:46
2. Norton Compton (Fairfax, VA) 34:06
3. Timothy Morgan (Damascus, MD) 35:27

50-54 Women
1. Jenny Rexrode (Fredericksburb, VA) 44:10
2. Marcia Gruenberger (Columbia, MD) 45:40
3. Pat Brooks (Ellicott City, MD) 48:29

55-59 Men
1. Ronnie Wong (Catonsville, MD) 37:12
2. Kenneth Fox (Columbia, MD) 40:49
3. Joe Tiso (Ijamsville, MD) 41:32

55-59 Women
1. Jane Godfrey (Takoma Park, MD) 46:32
2. Catherine Van Brocklin (Gaithersburg, MD) 49:08
3. Pamela West (Columbia, MD) 51:42

60-64 Men
1. Vern Robinson (Severn, MD) 42:12
2. Bob Imming (Monrovia, MD) 45:07
3. Kent Walker (Baltimore, MD) 45:47

60-64 Women
1. Judith Gilbert (Baltimore, MD) 50:40
2. Setsu Rosen (Washington, DC) 55:01

65-69 Men
1. Richard Williams (Alexandria, VA) 48:33

70+ Men
1. Bob Horst (Lancaster, PA) 58:25

The Grim Reaper might have run even faster if he hadn't had that confounded cape. The black color didn't help his thermal control, either. (photo by Chris Selmer)

TEAM RESULTS (Top 3 teams only)
(low score wins, top 4 score)

Men's Open Teams
1. Coaches Still Doing It 22 pts
(J. Hawkins, D. Mickey, P. Lang, T. Cassidy)
2. Falls Road Running Men 25
(R. Roundtree, C. Morrill, R. Timpson, R. Jenkins, C. Nowakowski)
3. Maryland Track Club Men 33
(M. Coaiacovo, M. Glitterman, J. Grimm, P. Spurrier)

Women's Open Teams
1. Team CMAC 10
(J. Krebs, A. Pyles, D. Pool, S. Stick, B. Alvarez)
2. Rock Creek Rockers 30
(J. Lange, J. Godfrey, A. Reforzo, J. Donovan, M. McLeod)
3. Monday Mommas 49
(P. Ovide, N. Weller, L. Farkouh, L. Blair)

Men's Masters Teams
1. MCRCC Old Dogs A 12
(M. Hoon, D. Lawson, P. Jacobson, P. Kirk)
2. MCRCC Old Dogs B 24
(D. Bollinger, J. Barker, T. Morgan, D. McDonald, M. Adams)

Women's Masters Teams
1. Sour Grapes 10
(D. Beckett, P. Brooks, A. Glassberg, P. West, D. Underwood-Hannagan, N. Wasserman)

Open Coed Teams
1. Maryland Track Club Coed 32
(L. Diaz, D. Laukzemis, B. Van Allen, M. Dusenbery, K. Gott)
2. Track Junkies 50
(G. Olean, R. Humphrey, P. Wilkerson, R. Bernstein)
3. Turnpikes 59
(S. Sargrad, D. Montgomery, G. Thomas, A. Pratt, E. George, D. Pratt)

Masters Coed Teams
1. Aged to Perfection 16
(B. Gessler, J. Carbary, L. George, D. George, N. Burns)
2. Stepford Wives 21
(A. Degen, M. Phillips, M. Cook, A. Romano)

STRIDERS AT GRAPEVINE 8K

31 October 2004

Phil Lang	31:35
Trey Cassidy	31:52
Jason Grimm (2nd, 25-29M)	32:05
Alvin Yew (2nd, 1-19M)	32:43
Luis Diaz (3rd, 25-29M)	32:49
Dan Laukzemis (1st, 40-44M)	33:56
Scott Silliman	34:45
George Olean	35:13
John Chall (3rd, 45-49M)	35:24
Bobby Gessler	35:31
Dave Blodgett	35:35
Michael Buckley	36:20
Graham Bazell	36:25
Ronnie Wong (1st, 55-59M)	37:12
Michael Brosenne	37:20
Michael Dusenbery	37:44
Jim Carbary	38:14
Robyn Humphrey (2nd, 40-44W)	38:46
Pat Wilkerson (1st, 45-49W)	38:49
Richard Bernstein	38:59
Brian Stricker	39:45
Bill Arbelaez	40:36
Alex Nibert, Jr.	40:45
Andrew Mullican	41:48
Steven Anderson	41:51
Dorothy Beckett	42:02
Katie Gott (2nd, 20-24W)	43:05
William Vogel	44:46
Norah MacPhee (1st, 30-34W)	44:56
Bob Hemler	45:04
Mahdu Sridharan	45:41
Jason Bazell	46:19
Vladi Basch	46:51
Pat Brooks (3rd, 50-54W)	48:29
Alan Borst	48:51
David Bazsll	49:32
Brian Frekot	50:03
Judith Gilbert (1st, 60-64W)	50:40
Abby Glassberg	51:29
Pamela West (3rd, 55-59W)	51:42
Martha Redmond	51:54
Denise Underwood-Hannagan	51:56
Veronica Galindo	52:00
Steven Harbin	52:14
Helenor Mesias	53:27
Lissa George	53:41
Dickie George	54:24
Carol Remy	54:40
Norma Sesto	56:19
Carla Styczynski	59:08
Nancy Burns	1:02:59
Nadia Wasserman	1:03:00
Tiana Coll	1:08:23
Michaleen Blue	1:10:27
Richard Mitchell	1:15:31

HOWARD COUNTY STRIDERS

Present

Annual Awards Banquet
Sunday, January 9, 2005
6:00-9:00 pm
The Other Barn
Oakland Mills Village Center

This is a pot-luck dinner. Bring a main dish to share for the number in your party plus dessert (Strider will provide drinks and munchies). Come mingle with your running friends! The Striders will also give out annual awards for best runners, best volunteers, etc., and conduct a brief business meeting during which will be elected the 2005 Board of Directors. You can also renew your membership at the meeting. Members of the *Junior Striders*, *Females in Training*, *Maryland Track Club*, and *The Next Step* encouraged to attend.

For more information
contact Tom Lewis at 410-992-3820,
or goamos@comcast.net.

TURKEYS SET NEW RECORD

For the first time in the history of the Thanksgiving Day Turkey Trot, the fee was raised. Runners responded by signing up in droves. In fact, so many registered for this wildly popular prediction 10k that an attendance record of 208 was set! "It goes against everything I learned in economics," said race director *Dave Tripp*. "Before we raised the fee, we barely had enough to pay for the donuts." The $5 entry fee (raised from $1) contributed to the Howard County Strider Scholarship Fund.

As is well known, Turkey Trot awards not the fastest but the most accurate runner, the object being to finish the appointed 10k as close to 11 am as possible— without using any timing devices. That didn't mean you couldn't run fast. Indeed, speed demons like *Phil Lang* and *Luis Diaz*, who was the last to start running, both ran under 40 minutes and came within a few seconds of the appointed hour. However, the most accurate run of the day came from *Allen Hannagan*, who finished only a half second after 11 am. "I got up real early this morning," Al confided about his strategy. (Peculiarly enough, his wife *Denise* also won the Turkey Trot several years ago.) For his accuracy, Mr. Hannagan earned the coveted Golden Turkey and a gift certificate from Feet First.

The 10k course began and ended at Jeffers Hill Neighborhood Center and basically rain from there up the bikepath to Howard High School and then came back. Early morning rains and an approaching cold front certainly did not deter people from coming out. One came all the way from Chicago, IL, while another came from Delray Beach, FL.

Statistically, 112 runners finished before 11 am and 86 finished after. The earliest finisher came in 26:20 seconds before the hour and the last runner came in 26:28 after the hour.

Under the direction of *Dave* and *Judi Tripp*, the Turkey Trot 10k Prediction Run has been held on Thanksgiving mornings ever since 1979.

TURKEY TROT PREDICTION 10K

Jeffers Hill Neighborhood Center
25 November 2004
(21 most accurate finishers)

Ian Anderson	10:59:32
Craig Lebro	10:59:32
Andrew Stanton	10:59:38
Jim Grover	10:59:40
Mike Zaron	10:59:42
Amanda Fleck	10:59:43
Lisa Benjamin	10:59:44
Luis Diaz	10:59:51
Janet Miller	10:59:51
Nichole Leitner	10:59:54
Allen Hannagan	**11:00:00**
Jeremiah Tseng	11:00:02
David Ragowski	11:00:03
Chris Appel	11:00:04
June Schneider	11:00:05
Phil Lang	11:00:05
Greg Schuler	11:00:06
John Thornton	11:00:09
David Engle	11:00:10
Challice Bonifant	11:00:11
Nelson Stritehoff	11:00:11

Janet Miller (L) and Luiz Diaz (R) were only 9 seconds from the magic hour of 11 am. (photo by Doug Hawkland)

THE ROAD WARRIORS OF AUTUMN

Autumn means "PRIME TIME" for the Road Warriors of Howard County. Not even four hurricanes could slow them down.

Some of the fast guys at Police Pace (left to right): Michael Dusenbery (11th overall), Mike Colaiacovo (1st), Luis Diaz (5th), and Jason Tripp (3rd). (photo courtesy of Mike Dusenbery)

STRIDERS AT POLICE PACE
Centennial Lake — September 19

3. Jason Tripp (1st, 30-39M)	17:04
5. Luis Diaz (2nd, 20-29M)	17:30
7. Steve Bettis (2nd, 30-39M)	17:35
Michael Dusenbery	18:08
Keith Hannan (1st, 40-49M)	18:46
Bobby Gessler (2nd, 40-49M)	18:53
John Chall	19:00
Greg Schuler	19:07
Joey Esposito (1st, 10-14M)	(PR) 19:18
Nicole Shouse (1st, 10-14W)	19:47
David Karlheim	19:48
Christopher Wunsch	20:13
Jerry Warfield (1st, 60+ M)	20:13
Ed Silverman	20:33
Keith Wunsch	20:59
Karen Shouse (2nd, 30-39W)	21:45
Patrick Malloy (2nd, 50-59M)	21:50
Christopher Karlheim	21:59
Eric Johnston	22:18
Caitlin Fox	23:08
Kerry Hannan	23:10
Ken Berman	23:13
Johnna Esposito	23:27
Eric Schuler	23:34
Roger Calvert	23:47
Mohan Ray	24:26
Alyssa Shouse (1st, 9 & U W)	24:35
Paul Shouse, Sr	24:36
Amelia Mullican	24:46
Cheryl Ford	26:16
Amanda Hodgkinson	26:37
Neil Hodgkinson	26:53
Jessica Wunsch	26:57
Jeanne Larrison	27:01
Douglas Rahikka	27:32
Andrew Downey	27:42
Jason Downey	27:42
David Fox	27:50
Julie Gessler	28:06
Jessica Esposito	28:19
Dorothy Braunsar	28:36
Colleen Reardon	31:20
Christina Caravoulias	31:28
Noella Bryden	31:44
Tiana Coll	32:31
Julie Trapp (2nd, 60+ W)	33:05
Caitlin Cleveland	36:11
Jeffrey Cleveland	36:11

The Police Pace 5k occurred the day after torrential rains of Hurricane Ivan poured down. However, the weather had recovered by race day and the runners enjoyed clear, cool weather perfect for personal records. *Joey Esposito* actually set a PR, too. There were special awards for first finisher police, firefighters (*Steven Bettis*), teachers, and the first male and female Howard County Striders (*Jason Tripp* and *Nicole Shouse*). The event drew a record field of 554, which is quite a lot of people to have running around Centennial Lake on a narrow bike path.

STRIDERS AT PHILADELPHIA HALF MAR.
Philadelphia, PA — September 19

Anthony Fleg	1:15:xx
Paul Keating	1:21:xx
Mick Slonaker (1st, 55-59M)	1:22:35
Tunde Morakinyo	1:23:55
Patricia Keating	1:31:xx
Jane Teranto	1:37:04
Sue Ellen Morakinyo	1:45:56

Mick Slonaker won another age group award at this classic half marathon.

STRIDERS AT NATIONAL CAPITAL 20M
Alexandria, VA — September 26

Tacy Feliciano (4th W)	2:27:37
Dave Karlheim	2:31:06
Joe Hanle	2:32:23
Janeth Scott	2:57:37
Susan Riss	3:04:13
Ed Silverman	2:38:41

580 finished this classic 20 Miler, which actually does not enter the national capital.

BACHMAN VALLEY HALF MARATHON
Westminster, MD — September 26

1. Mark Gilmore	1:15:37
5. Kent Werner	1:22:49
Troy Conran	1:33:33
Bill Arbelaez	1:34:41
Lisa Warren (1st, MW)	1:37:06
Tom Brown	1:52:18
Lauren Brown	2:04:57
Bill MacCormack	2:06:00

121 completed this race, which has become a local classic.

BWI AIRPORT 4 MILER
BWI Tarmac — September 26

3. Chris Chattin (1st, 40-49M)	21:35
4. Dave Berardi (2nd, 40-49M)	21:48
7. Mehdi Addadi (2nd, 20-29M)	23:01
10. Luis Diaz	23:17
Christopher Appel (1st, 16-19M)	23:22
Michael Dusenbery	23:28
Graham Bazell (3rd. 15&U M)	24:22
Joey Esposito	25:12
Nicole Shouse (1st, 15&U W)	26:48
Lawrence Appel	26:58
Jason Bazell	28:28
Karen Shouse (2nd, 30-39W)	28:25
Mohan Ray	31:30
Alyssa Shouse (3rd, 15&U W)	31:44
Paul Shouse, Sr	31:44
David Bazell	32:53
Kayla Bazell	33:58
Alicia Bazell	35:18

Bazell family vs Shouse family in this local classic. 286 finished.

STRIDERS AT TWIN CITIES MARATHON
Minneapolis, MN — October 3

Mick Slonaker (1st, 55-59M)	2:55:26
Tunde Marakinyo	(PR) 3:03:10
Julie Thienel	3:11:17
Steve Thienel	3:37:25
Tom Finucane	3:47:21
Robin McKenzie (4th, 50-54W)	3:58:02
Barbara Harrison	4:37:50

Grand master *Mick Slonaker* added another chapter to his legend with a whopping 2:55:25 at Twin Cities. 11,000 runners competed in this huge race.

STRIDERS AT TERRAPIN TROT 5K
College Park, MD — October 10

1. Alvin Yew	16:31
Julie Thienel (1st W)	19:09
Nathan Zahm	19:11
Byron Henry (3rd, 40-44M)	20:34
Jose Costa (3rd, 45-49M)	20:41
Connie Yew (3rd, 45-49W)	27:37

This race was not just for college students, and certainly not for turtles! River Hill's *Avlin Yew* won the whole enchilada, crushing a field of 337. *Julie Thienel* won the women's event not more than a week after she ran a 3:11 marathon (see above entry).

STRIDERS AT HARVEST HARRIER 5k
Rockburn Branch Park — October 23

3. Luis Diaz (1st, 20-29M)	18:47
7. Dan Laukzemis (1st, 40+ M)	20:06
8. John Chall (2nd, 40+ M)	20:21
Andrew Mullican	23:43
Abby Glassberg	39:32

This 5k cross country race was staged by Howard County Parks and Recreation Department at the Rockburn Branch Park in Elkridge. The challenging race drew 166 entrants.

STRIDERS AT ARMY 10 MILER
The Pentagon — October 24

Michael Dusenbury	(PR) 1:02:08
Tacy Feliciano	1:09:26
Christopher Wunsch	1:11:57
Keith Wunsch	1:12:21
Mock Choe	1:18:38
Tom McCarthy	1:37:11
Linda Kennedy	1:44:15

The Army 10-Miler, the largest 10 mile race in the United States, celebrated its 20th birthday this year. 13000 runners contended with damp, drizzly weather. One-time Strider Edmund Burke was the first local finisher in 50:35 (10th overall). Winner and Olympian Dan Browne set an event record of 47:29, but it was after all a flat course.

STRIDERS AT
MARINE CORPS MARATHON
Iwo Jima Memorial — October 31

Greg Schuler	3:15:09
Tacy Feliciano (5th, 35-39W)	3:24:20
Mok Choe	3:24:24
Wade Gaasch	3:25:48
Rick Mitchell	3:41:20
Mark Romiti	3:42:39
Patrick Malloy	3:57:15
Dean Siedlicki	4:09:18
Maureen Morabito	4:19:13
Mohan Ray	4:37:32
Jeffrey Cleveland	4:43:55
Michael Koplow	5:05:29
Wayne Bryden	5:18:02
Patricia Huffman	5:20:25
Anne Brooker-Grogan	6:33:38

A number of Striders ran this Marathon, which occurred on the same day as the Run Through the Grapevine 8k. *Tacy Feliciano* lead the Striderwomen (3:24:20) and earned fifth place in her age group, one of the few instances that a Howard County Strider has won anything in this event.

STRIDERS AT
NEW YORK CITY MARATHON
New York City — November 7

Ronnie Wong	3:35:36
Keith Wunsch	4:40:46
Tom McCarthy	4:59:17

36513 completed this immense marathon, which sampled all five boroughs of the Big Apple. *Ronnie Wong* continued his quest to run one marathon (or ultra-marathon) per week this autumn. If only *Keith Wunsch* had known about starting on the lower level of the bridge!

STRIDERS AT MARATHON IN THE PARKS
Rockville, MD — November 14

Ronnie Wong	3:38:10
Rebecca Ramsing	3:38:17
Ed Silverman	3:39:18
Richard Bernstein	3:43:16
Bill Arbelaez	3:44:02
Warren Beers	3:48:16
Dave Karlheim	3:58:46
Julie Baker (3rd, 50-54W)	4:00:57
Thomas Finucane	4:02:15
Robin McKenzie (2nd, 55-59W)	4:22:27
Jeffrey Cleveland	4:24:22
Karen Harvey	4:28:02

Staged by the Montgomery County Road Runners, this marathon took place on a very cold morning. How cold was it? According to some runners, it was so cold there was ice on the paths in Rock Creek Park and so slippery they had to slow down. Right after he finished the marathon, *Ronnie Wong* rushed back to Columbia to run the Strider 2-mile weekly race.

STRIDERS!
Is your name missing from these lists? Send race results (name, time, date, best time, etc.) to Jim Carbary, Stupendous Editor, at:

james.carbary@jhuapl.edu

for inclusion in the "Road Warriors" section

STRIDERS AT JFK 50 MILER
Boonsboro, MD — November 20

Matt Moore	8:42:26
Rick Mitchell	8:56:56
Judith Gilbert	10:55:41
Eric Katkow	11:05:42
Stephen McGovern	11:05:43
Melissa Simmens	11:17:54
Abby Glassberg	11:19:01
John Worley	12:29:53
John Wheatland	12:55:25
Mel Quecan	13:16:46
Tim Beaty	13:46:26

874 finished this classic ultramarathon, which started in Boonsboro, MD, and finished in Washington, DC. Some of field started in the darkness at 5 am, and some of them finished in the darkness of evening. *Tim Beaty* finished his 15th JFK 50-Miler and joined the 750-mile club. According to his running log, he also passed the 60,000 mile mark about 11 miles from the finish.

STRIDERS AT
OUTBACK STEAKHOUSE 8K
Hyattsville, MD — November 21

Mike Colaiacovo* (2nd, 35-39M)	26:33
Dave Berardi (1st, 40-44M)	27:11
Jason Grimm*	27:53
Luis Diaz	28:57
David Brightwell	29:17
Bob Burns (2nd, 50-54M)	30:44
Dan Laukzemis	30:52
Julie Thienel* (5th MW)	31:56
Marc Burger	34:39
Janeth Scott	36:05
Ginger Rowley	41:10

* Maryland Track Club Team (7th)

The Hyattsville Outback Steakhouse 8k boasted a competitive field with many mercenaries. Prizes included cash and dinner at Outback. The Maryland Track Club Team placed seventh out of 21 teams. 498 ran the race.

STRIDERS AT
PHILADELPHIA MARATHON
Philadelphia, PA — November 21

Wade Gaasch	3:12:52
Ronnie Wong	3:18:24
Joe Hanle	3:29:35
Sandy Salazar	4:29:57

The competition was tough in this marathon. *Wade Gaasch* ran an excellent 3:12:52 but placed only 21st among the 50-54 men.

STRIDERS AT NORTH CENTRAL
TRAIL MARATHON
Sparks, MD — November 27

Mok Choe (2nd 45-49M)	3:08:29
Ronnie Wong (1st 55-59M)	3:19:42
Pat Wilkerson (4thW, 1st 45-49W)	3:24:12
Dorothy Beckett (5thW, 2nd 45-49W)	3:24:36
Tacy Feliciano (1st 35-39W)	3:32:35
Len Guralnick	3:30:44
Steven Grufferman	3:31:35
Timothy May	3:46:20
Jesse Leitner	3:57:03

STRIDERS AT NORTH CENTRAL
TRAIL MARATHON RELAY

Men's Teams

3. Wolverines (Joe & Vince LaMonte)	2:59:22
5. HCS Male Masters (Richard Bernstein & Tunde Morakinyo)	3:08:27
14. High School Buds (Rick Thomas & Doug Hawkland)	3:38:15

Women's Teams

12. Fab 50's (Carla Styczynski & Mikie Nard)	4:39:48

They had a cool but sunny morning to run 12 miles up and then 12 miles back down the North Central Railroad grade, with additional mileage on roads to and from Sparks Elementary School. Howard Countians took away some of the top prizes, and weekly series director *Len Guralnick* simply ran out of his mind!

WINTER SCHEDULE

Start 2005 off right with a resolution—the **Resolution 8k Run**. Join *Dave* and *Judy Tripp* (judytripp@comcast.net) at Jeffers Hill Neighborhood Center on January 1 to continue the New Year's Day tradition that dates back to the beginning of the Striders. You don't even need to be fast to win this prediction run, just accurate.

The **Weekly Winter Series** begins a few days after the New Year, with races each Sunday afternoon at venues throughout Columbia— weather permitting. Contact *Len Guranlick* (410-997-7544, lguralnick@starpower.net) for information about these interesting and challenging competitions.

Striders will want to attend several other special events this winter. The **Annual Awards Banquet** on Sunday, January 9, features a sumptuous pot-luck dinner plus awards, elections of board members, and social opportunities. You can also renew your membership in person at the Annual Banquet. Call *Tom Lewis* (410-992-3820, goamos@ erols.com) for information about the banquet. Hosted by *Arleen Dinneen* (410-313-7213) and the Howard County Department on Aging, the **Penguin Pace 5k** on the last Sunday in January challenges you with a hilly course and then feeds you with a stupendous brunch. Finally, Howard County faces off against all the other running clubs at the **10 Mile Challenge** on February 20 at Howard Community College. Put on your racing shoes and support the team! *Rich Bernstein* (410-730-1669, richard.bernstein@jhuapl.edu) can fill you in on the details.

1/1 **Resolution Run 8k**
>930a Jeffers Hill Neighborhood Center
judytripp@comcast.net

1/9 Winter Series #1 (2m, 5m)
2p Burleigh Manor Middle School
Junior Strider benefit (entries $1)
Len Guralnick (410-997-7544)

1/9 **Annual Awards Banquet**
6p The Other Barn in Oakland Mills
Tom Lewis (410-992-3820)

1/16 Winter Series #2 (2m, 10k, 15k)
2p Longfellow Elementary School

1/23 Winter Series #3 (5k)
2p Atholton High School

1/30 **Penguin Pace 5k**
745a Florence Bain Senior Center
Arleen Dinneen (410-313-7213)

2/6 Winter Series #4 (2m, 10k, 15k)
2p Longfellow Elementary School

2/13 Winter Series #5 (5k)
2p Atholton High School
Scholarship benefit (entries $1)

2/20 **RRCA 10 Mile Challenge**
8a Howard Community College
Richard Bernstein (410-730-1668)

2/27 Winter Series #6 (2m, 5m)
2p Burleigh Manor Middle School

3/6 Winter Series #7 (5k)
2p Swansfield Elementary School

3/13 Outback 5k for YMCA
830a Outback Steakhouse Ellicott City
Troy Weaver (410-465-4334)

3/20 Winter Series #8 (2m, 10k, 15k)
2p Longfellow Elementary School

3/27 Elkhorn 2m and 10k
2p Lake Elkhorn

For information on these events, as well as race results and other running-related information, check the Strider web page:

www.striders.net

Penguin Pace 2005

WHEN: **Sunday, January 30, 2005 at 7:45 am NOTE: NEW TIME**

WHERE: **Florence Bain Senior Center, 5470 Ruth Keaton Way, Columbia, MD 21044**

FEE: **$22 through Friday, January 21, 2005; $28 after Friday, January 21, 2005**
No refunds and no confirmations
Proceeds provide quality programs for Howard County Seniors

REGISTRATION

$22 through Friday, January 21, 2005
$28 after Friday, January 21, 2005
Proceeds provide quality programs for Howard County Seniors and a portion of your entry fee may be tax deductible.
By Mail: Complete the entry form and send with your check (payable to *Florence Bain Senior Center Council*) to Penguin Pace 5K, Florence Bain Senior Center, 5470 Ruth Keaton Way, Columbia, MD 21044. Must be postmarked by January 21, 2005.
In Person: Walk-in registrations accepted at Feet First through January 29, 2005.
Online: Register online at www.Active.com through January 26, 2005.
REGISTER EARLY. THIS RACE FILLS QUICKLY!!!

RACE INFORMATION

Distance 5K (3.1 miles). Course: scenic course through Columbia neighborhoods with start and finish at Senior Center.
In the event of dangerous weather or road conditions, call Howard County Striders Hotline 410-964-1998.
Additional race information: Arleen Dinneen, Race Director, 410-313-7468.

PRIZES AND AWARDS

1st Male and Female. Awards will be given to the top two male and female finishers in the following age groups:
14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & over. No duplicate awards. Random prizes.

AMENITIES

Out famous Penguin Pace logo sweatshirt (*new this year*) and a sit down brunch catered by Elkridge Furnace Inn.

PACKET PICK-UP

You may pick up your packet at Feet First in Wilde Lake Village Center:
Friday, January 28, 2005, 4:00 PM - 8:00 PM
Saturday, January 29, 2005, 10:00 AM - 4:00 PM
Race day: Registration and packet pick-up begin at 6:30 AM at Florence Bain Senior Center. Shirts and brunch cannot be guaranteed on Race Day. ***Brunch is available for registered runners only.***

Penguin Pace 5K Entry Form
Limited to 350 runners — Entry fee $22 ($28 after January 21, 2005)

Official Use Only

Please print

Name _____ Date of Birth _____ Age on Race Day _____

Address _____ City _____ State _____ Zip _____ M/F _____

Phone-Evening _____ Day _____ Circle Shirt Size: X-Large Large Medium

Waiver & Release Form

The following must be read and signed by the runner (or parent or guardian if under 18 years of age)
I know that running in a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. While the Howard County Office on Aging does not take responsibility for assuring my health and safety, I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risk associated with running in this event, including, but not limited to falls, contact with other participants, the effects of weather, traffic, and conditions of the road and trail, all such risks being known and appreciate by me. Having read this waiver and knowing these facts, in consideration of your accepting my entry, I for myself /my child, hereby release and hold harmless on behalf of myself, my heirs, executors, administrators, and assigns, Howard County, Maryland, its officials, agents and employees as well as any sponsors or promoters from any liability or claim for damages of any kind arising out of my participation in the Penguin Pace 5K. I also consent to and permit emergency medical treatment in the event of injury or illness.

_____ _____
Signature Date

_____
Signature of Parent/Guardian, if under 18 years of age

Don't forget these Strider events this Winter:

Resolution Run 8k — New Year's Day 2005, after 9:30 am
Jeffers Hill Neighborhood Center

Annual Awards Banquet — Sunday, January 9, 6:00 pm
The Other Barn in Oakland Mills Village Center

Penguin Pace 5k — Sunday, January 30, 7:45 am
Florence Bain Senior Center

RRCA 10 Mile Challenge — Sunday, February 20, 8:00 am
Howard Community College

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

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