FOOTPRINTS

NEWSLETTER OF THE HOWARD COUNTY STRIDERS
VOLUME 19, NUMBER 3— AUTUMN 1999

PHISH STORY

The approximately 500 women who assembled at the Columbia Mall on Friday night, July 9, expected the St. Agnes Health Care Women's Distance Festival 5k would start on schedule at midnight, but the Phish concert across the street at the Merriwether Post Pavillion seriously disrupted the agenda. The race was supposed to take place entirely within the Mall's parking lot, but the lot was still jammed with Phishite vehicles long after the announced 11 pm conclusion of the performance. At midnight, the traffic had barely started to leave, and race officials had no choice but to delay the race. For over one hour, Howard County Police and Mall Security worked heroically to clear the parking lot, often against the wishes of the Phishes who wanted to camp out in the parking lot. At about 12:45 am, the women gathered at the starting line on the lot's perimeter loop near the new Lord and Taylor. There they waited for another half hour while police cleared Phish remnants from the northwest lot. The women raised a cheer at 1:10 am when *Miles Weigold* announced that police had finally cleared the course and would let the race proceed, and the race really did begin five minutes later.

"They were pretty mellow out there for the most part," one woman said of the few concerteers who remained in the lot during the race. The all-woman field made three loops around the Mall's perimeter, each time encountering, in addition to the Phishermen, friendly police and male Strider volunteers. A police cruiser and two Vespas from the Baltimore Bombers Scooter Club escorted the field every foot of the way. Most Phish offered encouraging words and some even water (see photo). "We didn't take any," said *Andrea Almand*. A few miscreants actually tried to run along with the women, and at least one attempted to skate-board with them! *Mikie Nard*, a Female-In-Training, reportedly chased him off the course.

Triathlete Amanda Gillam (#1896) took an early lead in the Women's Distance Festival and soon left behind local favorites Vicki Lang (#1799) and Michelle Smith (to her left). (photo by Jim Carbary)

However, the women kept their cool, if not always their speed, and at total of 416 runners finished the appointed 3.1 mile tour of the Mall parking lot without incident. "The volunteers were very assertive in protecting me from the mopeds," related *Shelly Kvech*, who enjoyed the party atmosphere of the event. Related *Judy Tripp*, "The worst part was the fumes from their 1960's vans."

(continued, top of p. 2)

(WDF, from p. 1)

In the actual race, national-class triathlete Amanda Gillam seized an early lead and then a commanding lead by the half-mile mark. She and the police car held a speed session that culminated in a time of 18:48. A graduate of the University of Tennessee, Gillam celebrated her 27th birthday with the victory and credited her younger cousin, Jackie Fowler (1st, 11-14 yrs), for encouraging her to run the race.

Well behind Gillam, Columbians *Michelle Smith* and *Vicki Lang* duelled each other through the first mile until Smith, who runs for James Madison University, pulled away from Lang. "The Phish people were cheering me on and they didn't bother me at all," beamed Michelle, whose second-place finish marked her best performance in a major race.

The Women's Distance Festival also featured competition between 38 mother-daughter teams. *Lissa George* and her daughter *Libby* won the team championship for the second year in a row. They credited their success to their training together and to a special ice-cream diet.

Barbara Gorman of St. Agnes Healthcare and Courtney Blair of the Sexual Trauma Treatment Advocacy and Recovery (STTAR) Center were on hand to help race director *Kelly Barton* distribute prizes and random awards after the race, which didn't end until after 2 am. In its second year as the principal sponsor of the race, St. Agnes made a donation to the STTAR fund on behalf of the Women's Distance Festival. Other sponsors included Moving Comfort and Runner's World, who sponsor the nationwide series of Women's Distance Festivals for the Road Runner's Club of America.

The overall race and age-group winners received long-sleeved polo shirts, heavy medallions, and gift certificates from Feet First of Wilde Lake. In spite of the hour, many women stuck around for random awards from Feet First, David's Natural Market, Great Clips for Hair and Elegant Touch Nail Salon, as well as post-race refreshments consisting of 30 dozen bagels from Einstein Bagels, four cases of bananas and two crates of grapes from Produce Galore, and two veggie platters from Bun Penny.

The 1999 race featured a remeasured 3.1-mile course around the Columbia Mall. The race consisted of 2 1/2 loops around the Mall, run mostly on the flat "perimeter loop." The race began on the 'loop next to the new Lord and Taylor, and finished between the parking decks and the Mall proper. As usual for July, the weather was warm and muggy, although a breeze did help to keep the heat from being excessive. A cool front didn't arrive for a few hours.

The WDF 5k is staged each year at the Columbia Mall by the Howard County Striders. Ms. Barton was assisted by *Brad Speierman* and *Miles Weigold* at the finish line, *Carla Styczynski* at packet pick-up, *Lisa Lowe* at race-night registration, *Judith Colón* as water and volunteer coordinator, *Mikie Nard* on refreshments, *Jim DiScuillo* on race results, and especially by *Mick Slonaker* and his all-male traffic control volunteers, drawn from the ranks of Stridermen.

The Striders owe special debts of gratitude to Columbia Mall management and security and especially the Howard County Police, who "bent over backwards" to make the race safe and clear up the concert traffic.

The scheduling conflict should certainly be the fault of the Meriweather Post Management, since the race has been scheduled for a year. The actual race was held without an incident. Despite the delay, many participants thanked the volunteers for their dedication and concern with having a safe race. Race director *Kelly Barton* thanks the participants and volunteers for their patience and understanding.

The Columbia Fliers, Libby and Lissa George, pose with race director Kelly Barton (left) and display their Mother-Daughter award (photo by Jim Carbary)

ST. AGNES HEALTH CARE WOMEN'S
DISTANCE FESTIVAL 5k
Columbia Mall — 10 July 1999, 1:15 am

TOP 5
1. Amanda Gillam (Baltimore, MD) 18:48
2. Michelle Smith (Columbia, MD) 19:13
3. Vicki Lang (Columbia, MD) 19:39
4. Beth McCann (Falls Church, VA) 20:25
5. Blair Heinke (Sykesville, MD) 20:26

1-10 YRS
1. Hope Ballard (Rockville, MD) 27:50
2. Kristy Black (Glenwood, MD) 30:35
3. Madelyn Finucane (Columbia, MD) 33:53

11-14 YRS
1. Jacqueline Fowler (Unknown, NA) 25:13
2. Erika Hogan (Glenwood, MD) 25:19
3. Lauren Finucane (Columbia, MD) 26:02

15-19 YRS
1. Carrie Selmer (Mt. Airy, MD) 20:56
2. Laura Brazil (White Marsh, MD) 21:43
3. Libby George (Columbia, MD) 22:08

20-24 YRS
1. Erin Shackelford (Herndon, VA) 21:41
2. Jen Tessier (New Market, MD) 22:03
3. Amanda Beckenstein (Phoenixville, PA) 23:43

25-29 YRS
1. Kristin Halizak-Eddy (Reston, VA) 20:28
2. Jessica Young (Germantown, MD) 22:48
3. Alison Shepard (Fairfax, VA) 23:05

30-34 YRS
1. Jan Burger (Columbia, MD) 21:52
2. Suzanne Edgar (Leonardtown, MD) 21:53
3. Linda Boring (Frederick, MD) 21:55

35-39 YRS
1. Lisa Coleman (Sykesville, MD) 21:20
2. Julie Deutschmann (Columbia, MD) 21:25
3. Christine Slavin-Chiorini (Silver Spring, MD) 22:09

40-44 YRS
1. Dorothy Beckett (Columbia, MD) 22:01
2. Valerie Guilfoil (Columbia, MD) 22:05
3. Marea Lewis (Baltimore, MD) 23:01

The women waited about 30 minutes— after they had assembled at the starting line. (photo by Jim Carbary)

45-49 YRS
1. Marilyn Bevans (Baltimore, MD) 23:12
2. Nancy Burns (Columbia, MD) 25:35
3. Robin McKenzie (Columbia, MD) 26:01

50-54 YRS
1. Muffet Chatterton (Crofton, MD) 24:42
2. Lissa George (Columbia, MD) 25:20
3. Karin Baker (Damascus, MD) 25:56

55-59 YRS
1. Julie Trapp (Silver Spring, MD) 26:06
2. Judith Brennan (Mt. Airy, MD) 27:27
3. Kathy Quidort (Sykesville, MD) 27:36

60-69 YRS
1. Joanne Mallet (Rockville, MD) 26:36
2. Susan Pillsbury (Catonsville, MD) 41:08
3. Alicia Walczak (Pittsburgh, PA) 46:45

70+ YRS
1. Monica Friedman (Silver Spring, MD) 35:41

TOP 5 MOTHER-DAUGHTER TEAMS
(low point total wins)
1. Columbia Flyers (Libby and Lissa George) 11 pts
2. Selmer Striders (Carrie and Kathleen Selmer) 14 pts
3. MacFinns (Robin McKenzie, Lauren and Madelyn Finucane) 21 pts
4. Archcat (Keesha Archard and Nan Archard-Catizone) 27 pts
5. The Capers (Maggie and Anne Barker) 28 pts

STRIDERS AT 1999 ST. AGNES WOMEN'S DISTANCE FESTIVAL 5k

2.	Michelle Smith	19:13
3.	Vicki Lang	19:39
7.	Carrie Selmer	20:56
8.	Lisa Coleman	21:20
9.	Julie Deutschmann	21:25
	Laura Brazil	21:43
	Dorothy Beckett	22:01
	Valerie Guilfoil	22:05
	Libby George	22:08
	Wnedy Colby	22:21
	Marea Lewis	23:01
	Ashley Etue	23:02
	Andrea DiStefano	23:21
	Marguerite Rupsis	24:10
	Heather Jefferson	24:14
	Yun Xiong	24:20
	Lori Gerus	24:30
	Erika Hogan	25:19
	Lissa George	25:20
	Janeth Williams	25:21
	Nancy Burns	25:35
	Leslee Feldstein	25:39
	Robin McKenzie	26:01
	Lauren Finucane	26:02
	Kathleen Selmer	26:03
	Debbie Grover	26:25
	Linda Ausfresser	26:32
	Christina Bravo	26:32
	Andrea Almand	26:34
	Karen Henry	26:43
	Carol Doermann	26:46
	Julie Grufferman	26:55
	Beth Repetti	26:58
	Sue Ellen Morakinyo	26:59
	Kirsten Hogan	27:02
	Cathy Zmijewski	27:20
	Nicole Piccirillo	27:23
	Michael Ann Nard	28:01
	Judy DeLibera	28:02
	Clair Wise	28:15
	Lisa McIntire	28:22
	Anne Shellswick	28:30
	Gine Harkins	28:33
	Ann Galvin	28:49
	Mary Carter	28:49
	Susan Dixon	29:00
	Carla Styczynski	(PR) 29:12
	Caskie Lewis-Clapper	29:27
	Christina Muth	29:30
	Ann Guralnick	31:35
	Towanda Williams	31:51
	Ellen Brown	32:21
	Anne Yenchko	32:27
	Linda Gibbons	32:42
	Tracie Horch	32:51

Julie Deutschmann with her loot: a random award, fruit, racing literature, and the second place award in the 35-39 age group. (photo by Jim Carbary)

	Marilyn McKinnon	33:00
	Rose Fleg	33:09
	Patricia McFadden	33:38
	Ashley Conran	33:41
	Lorraine Wajda	33:52
	Madelyn Finucane	33:53
	Charlene Daniel-Greene	33:55
	Janice McKinnon	33:57
	Janet Miller	34:15
	Terri Silverman	35:02
	Dawn Ebeling	35:16
	Kathleen Lefkowitz	35:19
	Carol Gralia	35:20
	Sara Brown	36:07
	Ceecee Paizs	36:11
	Alexandra Conran	36:24
	Christine Gorschboth	37:06
	Barbara Calvert	37:17
	Judith Tripp	37:42
	Joyce Danzig	38:30
	Tracy Jensen	38:43
	Rachael Shuler	38:49
	Denise Boersma	39:05
	Valerie Posey-Long	39:11
	Bobbie Bloch	39:55
	Meredith Baker	40:05
	Julie Baker	40:06
	Patricia Cohen	40:23
	Margy Klein	41:44
	Mary Gorschboth	41:46
	Stephanie Haaser	43:15
	Mary Haaser	43:31
	Anne Brooker-Grogan	45:08
	Dianne Kvech	52:48
	Michelle Kvech	52:50

THE GRADUATES

For women of the Striders' Females In Training (FIT) program, the Women's Distance Festival served as the culminating event of a season-long training effort. All FIT women who attended at least four of the FIT training sessions graduated at the WDF. They sported orange singlets at the race.

The evening before the race, FIT had a "graduation" ceremony in which the women celebrated with fruit cookies and lemonade. In addtion to their running singlet, the graduates received a duffel bag. About 50 women altogether comprized the the class of 1999. *Karen Jackson* came to all 10 FIT sessions, even the one in the rain. For her special effort, she got some flowers, a running log, and a women's running book.

Strider Women's Committee Chair *Kelly Barton* organized the Females In Training, and she greatly appreciated the assistance of co-directors *Diane Brandt* and *Denise Hyde* and coaches *Nancy Burns, Barbara Calvert, Kathleen Lefkowitz,* and *Sue Watson.*

The FIT women gathered for this group photo at their graduation on the Thursday before the Women's Distance Festival. (photo by Geoff Baker)

FOR THE RESULTS OF ALL STRIDER EVENTS, CHECK OUT THE WEBSITE:

www.striders.net

1999 GRADUATES FEMALES IN TRAINING

(list courtesy of Diane Brandt)

Alexander, Patrecia
Annett, Beth
Baker, Julie
Baker, Meredith
Benavidez, Imelda
Bennett, Cheryl
Bowen, Marianne
Broden, Kimberly
Brooker-Grogan, Anne
Brown, Ellen
Carter, Mary
Cohen, Patricia
Conran, Alexandra
Conran, Ashley
Daniel-Green, Charlene
DeLibera, Judy
Ebeling, Dawn
Finkel, Sally
Frisch, Linda
Galvin, Ann
Gibbons, Linda
Glaser, Bonnie
Gorschboth, Christine
Gorschboth, Mary
Graney, Gale
Guralnick, Ann
Hickok, C. Helen
Hodges, Victoria
Horch, Tracy
Hornburg, Jo
Jackson, Karen
Kavey, Alicia
Klein, Margy
Lefkowitz, Kathleen
McFadden, Patricia
Moy, Rita
Nard, Mikie
Piccirillo, Nicole
Posey Long, Valerie
Reid, Patricia
Repetti, Beth
Rice, Rebecca
Rupp, Jacqueline
Shaffer, Kathy
Shellswick, Anne
Shuler, Rachael
Springuel, Christina
Styczynski, Carla
Uribe, Molly
Vitullo, Mary
Williams, Janeth
Wise, Clair
Zmijewski, Cathy

THE RACE FOR THE CAUSE

Ralph and *Gina Massella* lost their son, Damien, to a drug overdose last year, and resolved to make parents more aware of the dangers of substance abuse and how they could prevent similar tragedies from occurring in their families. Being a runner, Ralph collaborated with the Howard County Striders to stage the Damien Massella Memorial Run for Recovery 5k on Sunday, June 27, specifically to raise awareness about the dangers of substance abuse and to educate parents about how to avoid the tragedy he had suffered. In addition to the 5k, the event also included a 2-mile "Walk and Talk" where adults and kids could discuss problems they might be having.

The race drew a field of some of the fastest runners in the region. *Gerry Clapper*, *Chris Chattin*, *Dave Berardi*, and Neville Anderson waged a spirited battle through nearly the whole 3.1 miles, with each of them taking a turn as the leader of the pack. By three miles, the race had come down to a sprint between Clapper and Chattin, which the former won by a heartbeat in 15:32. "The finish was predictable," admitted Mr. Chattin after the finish.

Robyn Humphrey swept the women's field in 19:27, beating second place *Kelly Barton* by about 30 seconds. Both women admitted to performances affected by the heat and humidity of the morning. "Yeah, I love these hot runs," Robyn commented. "I just live for them!"

By only 10 seconds, Baltimore's Peter Kirk outlasted *Jim Clelland* for the master's championship with a time of 16:20, which is about 20 seconds slower than he usually runs a 5k. "It wasn't a bad course for Columbia," Mr. Kirk said, referring to the hills of other Howard County courses. Strider *Janet Jones*, who has become a force in her age group, claimed first among the women masters in 20:49, which in addition was good for fourth place overal among the women.

The top three runners in each gender group received cash awards as well as race plaques. Age group winners took home plaques. All participants received a t-shirt, Harvest Bar, and a pack of microwave popcorn. However, everyone indicated they really came out for the cause that Ralph Massella wanted to publicize. Race proceeds went to the Howard County Health Department Addiction Program and the Anasazi Fundation for recovering addicts, and all race packets included literature on detecting and overcoming drug-related difficulties. Among the suggested strategies was simply sharing the popcorn with a teenager during a talk.

The race and walk took place around the loop at the Columbia Gateway business complex. Although the course was not hilly compared to other Howard County courses, the heat, humidity and lack of shade made for slower-than-usual times. Water coordinator *Brad Speierman* reported heavy business at the 1.5-mile water stop. Only the start and finish of the race were shaded. A total of 235 runners participated in the 5k and 31 participated in the walk-and-talk.

Race organizer Massella put forth a tremendous effort for the event. The post-race celebration featured a live band, lavish refreshments with watermelon and bananas, Jerry's pizza and subs, power-cola with ginseng, and announcements by Rock 98's Mark Ondayko (of "Kirk, Mark, and Lopez" fame), who handed out random awards and race awards. Mark also started the race. "I'm seldom around so many healthy people," he commented several times. A camerman from WBAL Channel 11 was on hand to video tape the event, and Mr. Massella had appeared on local TV and radio to publicize the race. He also had the Gateway course certified (#MD99005JS), making it the *only* certified 5k in Howard County, MD.

The Recovery 5k depended on a number of key Strider volunteers including *Tim Beaty* and *Paul Goldenberg* (traffic), *Miles Weigold* and *Dave Tripp* (finish line), and *Jim DiScuillo* and *Nancy Burns* (results). After the race, Ralph gave out special awards to *Ray Lake* (special race advisor) and *Judith Colón* (volunteer coodinator and registration).

GET THE LATEST STRIDER INFO
ON THE HOTLINE — 410-964-1998

DAMIEN F. MASSELLA RUN FOR RECOVERY 5k

Columbia Gateway – 27 June 1999

Overall Male

1. Gerry Clapper (Columbia)	15:32
2. Chris Chattin (Columbia)	15:32
3. Dave Berardi (Baltimore)	15:42

Overall Female

1. Robyn Humphrey (Ellicott City)	19:27
2. Kelly Barton (Baltimore)	19:59
3. Susan Ludwick (Libertytown)	20:39

Masters Male

1. Peter Kirk (Rockville)	16:21

Masters Female

1. Janet Jones (Clarksville)	20:49

AGE GROUP WINNERS

1-9 Male

1. Chase Gilbreath (Fort Meade)	32:41
2. Brennan Jones (Clarksville)	38:34
3. James Altvater (Odenton)	38:56

1-9 Female

1. Meredith Baker (Columbia)	38:45

10-19 Male

1. Mike Styczynski (Clarksville)	16:15
2. Ryan Strohl (Laurel)	17:33
3. Steven Miller (Baltimore)	18:49

10-19 Female

1. Erica Morgan (Mt. Airy)	25:19
2. Martha Hilton (Parkton)	28:34
3. Katie Dempsey (Rockville)	29:14

20-29 Male

1. Steve Bettis (Silver Spring)	17:31
2. Jorge Dimmer (Fort Meade)	17:53
3. Chris Hyland (Columbia)	17:59

20-29 Female

1. Yvonne Brach (Sykesville)	22:04
2. Sarah Hilton (Parkton)	23:45
3. Bridget Hannon (Columbia)	25:24

30-39 Male

1. Neville Anderson (Baltimore)	16:05
2. Paul Keating (Clarksville)	17:05
3. Michael Siferd (Ellicott City)	18:29

30-39 Female

1. Wendy Colby (Ellicott City)	22:14
2. Yun Xiong (Ellicott City)	23:13
3. Linda Wolter (Columbia)	24:42

40-49 Male

1. Jim Clelland (Catonsville)	16:32
2. Mick Slonaker (Columbia)	17:54
3. Bob Burns (Columbia)	18:24

40-49 Female

1. Valerie Guilfoil (Columbia)	21:47
2. Dorothy Beckett (Columbia)	21:54
3. Robin Goodwin (Timonium)	22:00

50-59 Male

1. Steven Schaeffer (Mt. Airy)	21:22
2. Tim McDermott (Baltimore)	22:28
3. Kevin McMahon (Columbia)	24:37

50-59 Female

1. Patricia Payne (Baltimore)	30:23
2. Ellen Brown (Columbia)	31:54
3. Anne Yenchko (Columbia)	34:01

60-69 Female

1. Rosemarie Sword (Clarksville)	36:07

60-69 Male

1. Jim Turner (Olney)	26:54
2. Edwin Wintermute (Arnold)	30:47

70-99 Male

1. Albert Boone (Baltimore)	30:06

Runners near the 2 mile mark on the Gateway loop. (photo by Rick Hatfield)

STRIDERS AT RECOVERY RUN 5k

1. Gerry Clapper	15:32.1
2. Chris Chattin	15:32.6
3. Dave Berardi	15:42
5. Mike Styczynski	16:15
7. Jim Clelland	16:32
8. Paul Keating	17:05
10. Ryan Strohl	17:33
Mick Slonaker	17:54
Chris Hyland	17:59
Bob Burns	18:24
Dan Laukzemis	18:47
Robyn Humphrey	19:27
Dave Karlheim	19:31
Steve Moe	19:41
Brian Higgins	19:54
Geoff MacDonald	19:56
Kelly Barton	19:59
Jason Tripp	20:22
David Rogawski	20:26
Jim Carbary	20:30
Ray Lake	20:36
Bill Arbelaez	20:42
Janet Jones	20:49
Valerie Guilfoil	21:47
Dorothy Beckett	21:54
Steve Feldstein	21:59
Chris Selmer	21:59
Yvonne Brach	22:04
Steve Vaughn	22:35
Aaron Gehlken	22:39
Clint Henderson	22:49
Frank Grahn	23:03
Yun Xiong	23:13
Linda Wohler	24:42
Flint Firestone	25:15
Leslee Feldstein	25:25
Rob Feldstein	25:30
Patricia Brooks	25:32
Bruce Worley	25:43
Michael Ann Nard	26:42
Cathy Zmijewski	26:45
Beth Repetti	27:15
Ron Stiff	27:46
Halsey Royden	28:30
Rosemary Lather	28:42
Tom Ratican	29:30
Albert Boone	30:06
Dorothy Braunsar	30:25
Vicky Hodges	30:46
Carla Styczynski	30:47
Ellen Brown	31:54
Barbara McGeachen	31:57
Nancy Stefan	32:32
Tom Brown	32:53
Anne Brooker-Grogan	33:23
Anne Yenchko	34:01
Roger Jones	39:00
Margy Klein	40:23

Already sweating heavily at 8 am, runners begin their loop around Columbia Gateway at the start of the Run for Recovery 5k. (photo by Rick Hatfield)

Ray Lake (dark glasses at center) admitted that the heat caused him to run about a minute slower than usual. Nevertheless, as special race consultant, he received a plaque larger than those of the winners! (photo by Rick Hatfield)

Assisted by the band leader, Recovery Run race director Ralph Massala (right) and Mark the DJ (center), distribute race awards. (photo by Jim Carbary)

ROAD WARRIORS OF THE SUMMER

ARBUTUS 10k

Arbutus, MD ~ 3 July 1999

1. Chris Chattin	33:23.97
2. Dave Berardi	33:23.98
3. Jeff Olenick (1st, 20-29M)	34:33
Bea Marie Altieri (1st W)	39:10
Bob Burns (3rd, 40-49M)	39:22
Bobby Gessler	40:18
Alex Kocay (1st, 1-19M)	40:37
Ken Plantz	42:58
Jim Carbary	43:06
Martin Goode	43:41
Angelika Kirkland	45:59
Jill Fritsch	49:19
Mike Upton	52:10
Eric Kocay	54:09
Phil Heiliger	54:26
Bert Moore (1st, 60+M)	55:03
Dick Woods	1:00:43
John Wheatland	1:04:35
Art Boone	1:07:28

For 18 years, the Arbutus 10k has served as an annual rite for Howard County runners, who have always supported this local event held in conjunction with the Arbutus Fourth of July fesitivities. Striders also once again dominated the top competition and won most of the cash prizes. As always, the July weather was brutally hot and humid and the course very hilly. Arbutus residents abetted the runners with lawn sprinklers. Arbutus is the home town of *Bea Marie Altieri*, who easily won the women's race but felt the heat from certain mastermen. "It's a good race any time you beat *Bob Burns*," she said.

MEADFEST 5k

Ft. Meade, MD ~ 3 July 1999

Bill Arbelaez	19:31
Johnna Esposito	21:10
Fred Ryals	21:33
Judith Colön (2nd, 30-39 W)	22:19
Stephen Alpern (3rd, 50-59M)	22:26
Flint Firestone	(PR) 23:54
Don Van Ostrand	24:03
Pete Greussing	27:59

Race director Bill Ryals remeasured last year's Meadefest 5k and guaranteed the 3.1 mile distance this year. Judy Colön set a personal record and finished fourth overall among women. Flint Firestone's PR, however, wasn't quite enough to win an award in his age group (but he's getting closer!).

ORIOLE ADVOCATE 5k

Camden Yards ~ 11 July 1999

1. Mike Styczynski	(PR-WOW!) 15:46
Phil Lang	17:39
Mike Fleg (1st, 1-15M)	18:01
Alex Kocay	19:10
Jim Grover	20:28
Eric Kocay	22:57
Steve Fleg	25:18
Cathy Zmijewski	27:01
Rose Fleg	30:57

A cool front had just arrived in Charm City and *Mike S.* took advantage of it, as well as a fast course. Looking for the tunnel onto the field, he even went off course by 100 yards and still managed to set a personal record— his first time under 16 minutes. "Running through the tunnel onto the outfield of Camden Yards was the coolest thing I have ever done in a race," he enthused. Mike won tickets to an Orioles game as well as a trophy. Courtesy of Outback Steakhouse, the OA 5k provided take-away dinners from to all 793 finishers. (Young Styczynski also won the Hadassah Run for Reaearch 5k on 8 August; his time was 16:31.)

ROTARY TWILIGHT 8k

Rockville, MD ~ 17 July 1999

9. Mark Gilmore[1]	25:36
11. Chris Chattin[1] (2nd, 35-39M)	25:39*
Faisal Hasan[2]	26:59
Paul Keating[1]	28:32
Bea Marie Altieri[2] (10th W)	29:45
Mick Slonaker[1] (2nd, 45-49M)	29:50
David Brightwell[1]	30:16
Patricia Keating[2]	31:40
Vicki Lang[1]	32:13
Robyn Humphrey[1]	32:43
Ray Lake[2]	35:14

Jim Corbo	35:36
Judith Gilbert (1st, 55-59W)	39:25*
Denise Hyde	40:46
Steve Alpern	41:14
Arleen Dinneen	51:44
Valerie Guilfoil	55:51

1 — HCS Big Dogs (3rd, Co-ed Open)
2 — Windmill Kickers (5th, Co-ed Open)
* — USTAF significant for age group

The Twilighter 8k is traditionally run on the hottest Saturday night of the year, and the 1999 version didn't fault the reputation. Rockville residents provided water sprays along the course, runners gulped water at all the water stops, and a fire truck dosed the finishers. After the run, the Montgomery County Road Runners held a huge block party with lavish refreshments and a live band. The Striders fielded parts of two co-ed racing teams that placed third and fifth. Although they didn't win, the HCS Big Dogs *did* beat the MCRRC Big Dogs. Weather conditions prompted *Denise Hyde* to suggest another team name: Hot Dogs. *Chris Chattin* and *Judith Gilbert* ran fast enough to achieve USTAF age-group asterisks.

PENNANT CHASE 5k

Baltimore, MD ~ 21 August 1999

2.	Mark Gilmore	15:09
9.	Joe Drissel	16:16
	Martin Goode	19:29
	Art Morey (1st, 60+ M)	20:48
	Al Greuter	22:17
	Bruce Worley (PR)	22:43
	Lee McDuff	23:30
	David McDuff	23:30
	John Worley	24:12
	Cathy Zmijewski	25:54
	Robert Pohl	26:22
	Gloria Morey (35d, 50-59W)	29:32
	Jack Edwards	30:16

With the Orioles 20 games out, there wasn't much of a chase, but *Mark Gilmore* did finish four seconds behind Doug Mock.

Rachel Hawes (12), Johnna Esposito (11), Kearny Raver (12), and Mallory Heinke (12) comprised the Howard County Jr. Striders Midget Girls 4x800m relay, which placed 4th at the AAU Junior Olympics on August 6th. The relayers had time of 10:46. Rachel also placed first in the 3000m and the 1500m. Phil and Brian Selmer ran the Young Men's division of the steeplechase. (photo by Leisha Esposito).

SPECIAL NOTICE CONCERNING SPECIAL RECOGNITIONS

The editor and his staff of trained chipmunks appologize for missing key performances in last season's issue of Footprints. We try to find as many Striders in as many races as possible, plucking names and times from sources such as the *Washington Running Report*, *Runners Gazette*, *Race Packet*, the Bagel Bin, phone calls, e-mails and voice-mails, websites, second-hand heresay, Tarot, and Ouigee. If you ran an important race and think we should mention it in the Road Warriors section, please DO contact the newsletter:

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REPORTS FROM ATLANTA
THE PEACHTREE 10k

Denise Hyde—

Some people might wonder why anyone would go all the way to Atlanta for a 10k race. Well, 55,000 participants can't be wrong. With that many runners, the Peachtree 10k is the largest 10k in the world! The race closes out in mid-March within days of the applications being published in the local paper. The Atlanta Track Club does a great job managing the whole thing. Runners are grouped into 9 time groups behind the elites. The different groups start in "waves" at different times [just like a triathlon— Ed.]. While runners wait in their "pens" for their waves to start, they listen to music and have lots of friendly people to talk to.

I [Denise] was in the Time Group 1A this year and got to start at the same time as all the "fast" people did. I was in Time Group 4 last year, and I actually had more fun back there.

The Peachtree 10k is point-to-point, and runners take the subway back to the starting line. The race course is hilly and tough, and the summer weather is usally tougher. There is lots of crowd support. I suspect most of those people hanging out at the bars had been there since the night before. As runners neared the finish line, the crowd chanted "t-shirt! t-shirt! t-shirt!" At that moment, you forgot all about the hundred or so t-shirts you already have and realize you *must* have the Peachtree 10k t-shirt. Entrants vote on the design of the t-shirt from among five choices, and I'm pleased that my choice won!

Mick and I discouvered the lengendary Kenyan Lazarus Nyakeraka staying on our hotel floor. My encounter with him was funny. I found out that I had no pins for my race number. I heard some voices in the hall, opened the door, and there he was. I said, "Hey, you're Lazarus Nyakeraka — do you have any pins?" (Mr. Nyakeraka went on to finish fifth overall in the race.)

The race is always held on the Fourth of July, and I had waited for years for it to fall on a weekend so I could run it without taking too much time off from work. This was my second Peachtree and certainly won't be my last!

Mick Slonaker

Sunday, July 4, was the culmination of many months of planning. Denise and I flew down on the Saturday before the race and took in the runners' expo shortly after arriving. There were some good buys on shorts and singlets, and our purchases, I'm sure, helped out the local economy.

Based on my qualifying times, I was given a seeded number— 206. At the expo, I met some other seeded runners and they told me we would have all of Peachtree Stree on which to warm up. Race morning was not and humid, and I didn't need a lot of time to warm up. There were already many people lining the steet at 7 am when I went out. One marshal wouldn't let me warm up on the street, but I weaved and bobbed through a crowd and found a marshall who said go ahead and warm up! Great! I was warming up with the Kenyans and other elites like Chris Fox. Indeed, I started within arm's length of the elites.

In the heat and humidity, I decided to go out "relaxed." Since everyone was seed, I didn't have to fight my way through the crowd at the start. The first mile was a little uphill. There were significant hills at miles four and five, and I was pooped by the time the fifth mile rolled by. The final mile was no picnic, either. I think about five runners passed me.

My results were icing on the cake. I was 195th overall (out of 50,000 or so!), and 9th in my 45-49 age group. I would certainly do this race again, although I think I'd spend more time training on the old Bagel course to get ready.

The city of Atlanta really supoorts this race. Huge crowds line the entire course. There are bands and music blaring. Water stops and water sprays along the route help keep participants from overheating. Like the Bloomsday 12 I ran in the Spring, Peachtree does not reveal its t-shirt until it's given out on race-day, and both the Bloomsday and Peachtree t-shirts are highly coveted. After the race, you see those shirts on everyone walking on the streets, in restaurants, at hotels. It's too bad this area doesn't have such a grand event on the race calendar.

So, what happened at Arbutus?

TWILIGHT RIVER RUN TURNS 10

Too many youngsters," *Jim Clelland* said laconically at the River Run 5k. Jim used to direct the race and has even won it occasionally in the past decade. This year he won the master's race, beating '98 master-of-the-year *George Altieri* and finishing third overall in 16:22. Ahead of Jim and George, however, were the youngsters *Jon Shushinsky* and Mark Tompkins. Those two young runners took the lead on the out-and-back course and left the elders behind. Shuskinshy hung on until the turnaround, at which point Tompkins "opened it up" and went on to win with a time of 15:42.

Naoko Ishibe surprised local favorite *Bea Marie Altieri* in the women's race, and she made winning look easy. A Washington, DC, runner with many credits down south, Ishibi had assumed a commanding lead by the turnaround and cruised to victory in 17:04. Altieri finished second about half a minute behind.

Jim Clelland's wife, *Nelda*, won the women's masters competition (21:00), the first time a man-and-wife combination to have done so.

The 10th Annual Twilight River Run 5k took place at the Avalon area of Patapsco State Park on the warm, dry evening of Friday, August 6. This year, the traffic jams on the interstate did not materialize, the participants arrived early, and the race started pretty much on time at 7 pm. The race benefits the Maryland Special Olympics, and a dozen or so Special Olympians had a 100-yard dash just before the main 5k event.

Patricia and *Paul Keating* directed the race, which has become an official Howard County Strider event and is part of the club's Grand Prix series. However, the Keatings enjoyed widespread support, with help from the Baltimore Road Runners, the Annapolis Striders, and Boy Scout Troop #874 from Ellicott City. Howard Countian *Al Greuter* provided his voice for distributing the awards after the race.

A field of 275 runners participated in the race, and about half seem to have registered on the afternoon of the race. Male and female winners received gift certificates from Feet

A field of nearly 300 takes off at the beginning of the 10th annual Twilight River Run 5k. (photo by Gerry Clapper)

A couple youngsters may have beaten Jim Clelland, but he finished third overall in a not-to-shabby 16:22 (photo by Gerry Clapper)

Bea Marie Altieri (left) and co-race-director Paul Keating finished in a dead heat. (photo by Gerry Clapper)

TWILIGHT RIVER RUN 5k

Patapso State Park ~ Avalon Pavillion
August 6, 1999

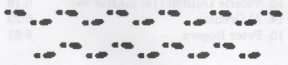
TOP 10 MEN

1. Mark Tompkins	15:21
2. Jon Shuskinsky	16:00
3. Jim Clelland (1st master)	16:22
4. Michael Prada	16:33
5. Jennis Barton	16:38
6. George Altieri (2nd master)	16:40
7. Jonathan Conklin	17:09
8. Kevin Bettis	17:10
9. Patrick Klein	17:12
10. Stuart Pineo	17:27

TOP 10 WOMEN

1. Naoko Ishibe	17:04
2. Bea Marie Altieri	17:38
3. Jennifer Olson	19:35
4. Kelly Zilles	20:15
5. Nanda Sushika	20:34
6. Christine Kelly	20:48
7. Christina Currence	20:56
8. Nelda Clelland (1st master)	21:00
9. Dorothy Beckett	21:49
10. Valerie Guilfoil (2nd master)	22:09

First of Wilde Lake, and age-group winners received medals. All participants got a t-shirt and a free Power Bar. Post-race ceremonies took place underneath the Avalon picnic pavillion, where refreshments included watermelon, bananas, cookies, and cola. The race enjoyed the sponsorship of Feet First, Power Bar, Polar Water, and the Hess Running Center.



STRIDERS AT TWILIGHT RIVER RUN

2. Jon Shuskinsky		16:00
3. Jim Clelland		16:22
6. George Altieri		16:40
10. Stuart Pineo		17:27
Bea Marie Altieri		17:38
Paul Keating		17:38
Greg Zmijewski		17:40
Michael Fleg		17:50
Bill Peeling		17:53
Dan Laukzemis		18:22
Ken Plantz		19:36
Bill Arbelaez		20:10
Vince LaMonte		20:42
Nelda Clelland		21:00
Brad Speierman	(PR by 1 second)	21:10
Jim Grover		21:17
Steve Zelenak		21:53
Valerie Guilfoil		22:09
Clint Henderson		22:36
Al Greuter		22:45
Mary Vitullo		22:50
Meghan Bolton		22:54
Steve Alpern		23:00
John Tipton		23:57
Stan Rappaport		24:01
Phil Heiliger		24:13
Barbara Walters		24:19
Bruce Worley		24:21
Charles Brown		24:28
Jefanna Tipton		24:31
John Worley		24:56
Janeth Williams		25:14
Jim Carbary		25:41
Wayne McCaughey		25:58
Ralph Massala		26:00
Pat Brooks		26:24
Debbie Grover		26:27
Cathy Zmijewski		26:47
Clair Wise		27:05
Robert Johnson		27:14
Barry Lloyd		27:48
Peter Greussing		28:29
Mark Worley		29:16
Barbara McGeachen		30:35
Ann Worley		30:41
Ellen Brown		30:50
Michael Pohl		31:24
Robert Pohl		31:24
Meghan Massella		31:40
Patty McFadden		31:58
Rose Fleg		32:22

THE SUMMER OF '99

This Summer may have been very hot and very dry, but the Striders nevertheless conducted their usual Summer runs and the weather hardly mattered. Arleen Dineen's Fun Runs took place every Tuesday night through August 10, and Al Greuter's Weekly Series occurred every Wednesday evening through September. Hot, humid weather forced cancellation of only a few runs! Both sets of races accommodated both family fun-runners as well as speed merchants. We mention here only two of the highlights of these Summer races. The full results of all the Summer Series can be found at the Strider webside (`www.striders.net`), and the results from Arleen's Fun Runs appeared in the *Columbia Flier*.

The Summer Series' Meet of the Miles has traditionally punctuated Strider Summer Series since the beginning of the Club in the mid-1970's. This year's edition took place at the fine new track at River Hill High School. Peculiarly, the four 1-mile heats occurred on one of the few stormy nights of the season, and two of the heats actually took place during a mild drizzle. To squeeze an English mile of 1720 yards from the metric track of 400 meters, competitors had to run an extra 9 yards beyond four laps.

No personal records were reported. The four heats were arranged by age and speed, with an "elite mile" featuring the fastest runners. In the elite mile, Mark Jones of the Annapolis Striders had the fastest time (4:35) of the Meet. Also running with the elites, Howard County's *Patty Keating* had the fastest time among the women (5:44). *Jim Clelland*, also running with the fast guys, posted the fastest time for the master men (4:41), and Val Guilfoil topped the master women (6:18). The winners took home ribbons based on time (not finishing position).

The 1-Mile Centennial Fun Runs entered their 21st year under the direction of Arleen Dineen. Often, the popular runs drew upwards of 100 participants. The Tuesday-night runs featured different themes such as visits from the Howard County Police and Fire

MEET OF THE MILES
River Hill High School Track
28 July 1999

14-U MILE

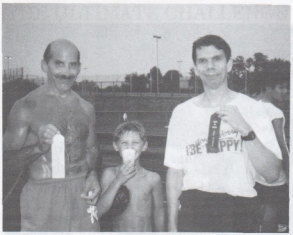
1. David Ragawski	6:02
2. Hamp Fields	6:30
3. Dean Hart	6:32
4. Graham Bazell	6:39
5. Alexander Rogers	6:55
6. Adam Lowe	7:05
7. Michael Fields	7:19
8. Chris Arbalaez	7:59
9. Jason Bazell	8:21
10. Jacob Esposito	8:29
11. Philip Rogers	12:46

ELITE MILE

1. Mark Jones	4:35
2. Jon Sushinsky	4:39
3. Jon Goldsmith	4:40
4. Steve Chu	4:41
5. Jim Clelland (1st master M)	4:41
6. Trey Cassidy	4:44
7. Ted Poulos	4:47
8. Paul Keating	4:56
9. Stuart Pineo	5:00
10. Sean Wright	5:01
11. Chris Hyland	5:03
12. Jason Eichmiller	5:04
13. Aaron Blum	5:28
14. Pat Keating (1st woman)	5:44

UNDER-6:30 HEAT

1. Ray Ramey	5:38
2. Byron Henry	5:42
3. Bill Arbalaez	5:44
4. Piriya Pinit	5:46
5. Carl Zimmerman	5:51
6. Colin Shores	5:53
7. Jim Carbary	5:57
8. Greg Koffel	6:05
9. Mike Tolkach	6:08
10. Dan Loeb	6:10
11. Steve Zalenak	6:13
12. Chris Flagg	6:14
13. Valerie Guilfoil (1st master W)	6:18
14. Al Greuter	6:22
15. Peter Rogers	6:51



Bill Arbalaez (left) and Ray Ramey display the ribbons they won in their 1-mile heat at River Hill Track. (photo by Jim Carbary)

Janet Jones and Bill Arbalaez discuss matters on hot-dog feast night at the Summer Fun Runs. (photo by Jim Carbary)

(Meet of Miles Results, Continued)

OVER-6:30 HEAT

1. Steve Alpern	6:34
2. David Rocketts	6:45
3. Bruce Shaffer	7:03
4. Janet Williams	7:14
5. Charlie Brown	7:25
6. Peter Gruessing	7:33
7. David Buzell	7:49
8. Mary Rine	8:10
9. Sue Watson	8:12
10. Ellen Brown	9:02

Departments, a Wings-and-Things visit from the Maryland Department of Natural Resources, and all-you-can-eat hot-dogs. The Fun Run season concluded on August 10 with the Partner's Relay that paired boy-girl teams. 48 such teams signed up. To no one's great surprise, the team of *Faisal Hasan* and *Michelle Smith* had the best team time (10:22); Faisal and Michelle had been terrorizing the one-mile fun runs all Summer, and Mr. Hasan won every fun run he entered. After the relay, all participants chowed down on Domino's pizzas (no more than one slice per person!)

PARTNER'S RELAY (1+1 MILE)

Centennial Neighborhood ~ 10 August 1999

TOP 20 BOY-GIRL TEAMS

1. Faisal Hasan & Michelle Smith	10:22
(1st 21-40 combined years)	
2. Joe LaMonte & Stephanie Larkin	12:10
3. Karen Carpenter & Matt Augustin	12:18
4. Lindsay & Bob Burns	13:03
5. Brian Fleming & Erin Morrow	13:06
6. Johnna & Joey Esposito	13:21
(1st, 20-and-under combined years)	
7. Carla & Mike Styczynski	13:22
(1st, 61-80 combined years)	
8. Amelia Walczak & Andrew Mullican	13:27
9. Tunde & Sue Ellen Morakinyo	13:70
10. Gina Gouker & Nathan Zahm	13:51
11. Judy Colon & Al Greuter	13:54
(1st, 81-100 combined years)	
12. Pat Meyer & Steve Miler	14:29
13. Dan Ives & Shelly Kvech	14:44
14. Amy & Justin Serota	14:54
15. Dana & Alan Miller	14:55
16. Joshua & Julie Deutschmann	15:13
17. Cliff & Kerri Kraisser	15:33
18. Brian & Kerry Hamill	no time
19. Roger & Barbara Calvert	16:09
20. Caitlin Fox and Bill Dye	16:15

FUN RUN RUNNER

MiShell Kvech

With shoes on their feet and two quarters in their pocket,
Many come with big plans to run like a rocket.
With a smile and a shrug, she gives up to the hour,
Watching her driveway turn into a chalk-colored flower.
With the "ready, set, go" of the bodies in motion,
Her mind is already winning the race of commotion.
"Chute's up, water's out, and the money is in,"
Just a few of the thoughts causing a din.
Oh, but before the runners take their first step,
There are the signs, the cups, and numbers to prep!
Not to mention that bright orange turn-around cone,
Who knows where we'd turn if left on our own?
Up the street, 'round the corner, down hill, and up again-
Our race, as well as hers, seems to go on and not end.
Random prizes are many, and announcements are few.
Is there anything around here that she does not do?
After all the runners' times are properly recorded,
There's the finishing numbers that need to be sorted.
She sees the first attempts at writing their name
From the learning and growing "5 and unders" who came.
She knows each of you, by name, time, and face.
She welcomes the families who come to her race.
As she hands him a medal and her a trophy,
She never once asks herself, "Now what about me?"
She tries to promote education and fun
With all the special guests she schedules to come.
Great Dane Rescue, report cards, and a cancer fundraiser,
Not even a rock band in her front lawn can phase her!
After all of this, you'd think she'd eventually tire,
But the article isn't written for the Times and the Flyer!

Young fun runners show off their friend Mr. Turtle, who watched but did not run the Fun Run. (photo by Jim Carbary)

There's no possible way I could mention it all,
As you know, each of us has our own running "wall".
For most it's at twenty, but no, not her!
She's done twenty-one and still causing a stir!
As she finally sits and breathes out a good sigh,
The answer is always stronger than the question of why.
So when you come with your shoes and your quarters next summer,
Know there'll be no way to beat the number one fun run runner!

[Editor's note: *Shelly Kvech* is the daughter of *Arlene Dinneen*, director of the Summer Fun Runs. Ms. Kvech has been a Strider since birth and could often be seen helping Mom at the Fun Runs each Tuesday night.]

For the latest information on Strider events, you can phone the hotline:

410-964-1998

THE ULTIMATE CHALLENGE
JUNE 26, 1999
Mel Quecan

The Western States 100-Mile Endurance Run is the oldest 100 miler in the United States. It was started 26 years ago when Gordy Ainsleigh's horse came up lame for the Tevis Cup 100 mile Endurance Ride. Since he had done quite a bit of running while training his horse, it was suggested that he run the race without his mount. Gordy took up the challenge and finished the 100 miles in 23:42 and, with that, the Western States 100-Mile Endurance Run has its beginnings. The race now has twice as many applicants as it has slots for runners and a lottery system has been employed in order to enter the race. If you apply two years in a row and do not get selected in the lottery, you automatically get selected when entering on your third straight try, providing you meet the qualifying standards. Needless to say, it is a very popular race and the history of the sport dictates that you do the race at least once in your lifetime.

The race starts at 5:00AM, beneath the Olympic rings at the base of Squaw Valley, CA, ski area. The first 4.7 miles are up a road to the top of Emigrant Pass at 8750 feet. I felt fine while making this climb and was talking and enjoying myself. The reward for reaching the top is a breathtaking view of Lake Tahoe, plus a gorgeous panorama of the mountain ridges yet to come, 96 more miles to go. As we ran from Duncan Canyon to Robinson Flat there were a few stream crossings through which I waded rather than even looking for a dry crossing. Water in one of the stream crossings came above my knees. I was actually refreshed momentarily by the cold water.

Leaving Robinson Flat the trail started downhill towards Deep Canyon, this section of the course is known as "the canyons." The snow stopped and the heat rose as high as 110F. I grabbed some fruits and filled my bottles in the aid station and headed down the road. I tried to run everything that was downhill and power walk every thing else. Devil's Thumb and Michigan Bluff were my favorites; I was passing runners with increasing regularity.

I changed my shoes and put on a dry shirt in Forest Hill (62 miles), I grabbed my Princeton flash light and as I entered the California Street trail loop, I began to jog to the next major check point, Rucky Chucky, where the trail crosses the American River, I was able to get on a boat that was ready to leave and I didn't have to wait. On the other side I grabbed my drop bag, changed shoes for the last time and walked up the hill to Green Gate, I was moving quite well.

It was on the next stage of the race, Auburn Lake Trails (86 miles) that I was so tired and sleepy that I grabbed a cup of black coffee, filled my water bottles and I headed to the last couple of steep climbs of the race Pointed Rocks and Robie Point.

And before I knew it, I was entering the streets of Auburn and driving for the finish, cheered on by my wife Christina. Coming into Placer High School track was an unbelievable feeling; I can't describe it. My feelings were certainly of joy – joy that I had finished one of the most famous and toughest 100 miles. The Western States Endurance Run. I crossed the Finish Line in 29:26:10 and then gave a blood sample. I received a Medal and a Belt Buckle for finishing the race under the thirty-hour limit.

My emotional investment in The Western States Run was commensurate with the time and effort devoted to the training and the enjoyment of finishing. This is the Boston Marathon of 100-Milers. It was a fun, incredible race in beautiful country.

"We're all insane, you know." The 100-Mile run through the Sierra Nevada foothills offers constant challenges. T he description of the race reads "The Western States Endurance Run climbs a total of 18,000 vertical feet and descends another 23,000 from start to finish. Much of the footing is poor, and temperature can range from below freezing to well over 100 degrees. Rattlesnakes, bears and cougars inhabit the territory through which the trail passes, and all three species have surprised runners and spectators on Race Day. Strict attention should be paid to where you place your hands and feet, especially at night!"

POST-RACE EMERGENCY! The results of the blood test CPK, SGOT, BUN and CREATININE were elevated. The most sensitive indicator, CPK, was 81,620 IU/L. (normal is under 170 IU/L.) Dr. Bob Lind, WS Physician said, "This is a Rhabdomyolysis, partial plugging of the kidneys with backup of waste..." Because of this I was hospitalized for 24 hours. Afterwards I had a normal recovery.

A HOT DAY IN ANNAPOLIS

The cool front arrived a day too late to help the runners in the Annapolis 10 Mile Run on Sunday, August 29. Consequently, the participants sweltered through another merciless Summer morning on the streets and lanes of the Maryland state capital. Only two out of 54 Striders broke 60 minutes in the race. (In fact, only 17 runners out of 3381 broke the hour barrier.) Young *Jon Suskinsky* placed fifth overall in 57:55, while *Tony Basile* ran the slowest 10 mile race in his life but won the master's championship in 58:45, reprising his performance of the previous year. With a 1:06:53, *Patty Keating* thrived and placed fifth among all women. *Mick Slonaker* celebrated his entry into over-50 age group with a 1:02:24 and took fifth. "I was looking forward to the A10 until I woke up... in the morning," said Mr. Slonaker. "It was 71° and 90% humidity."

Yes, it was a hot morning, but Annapolis residents supported the race with their lawn hoses in spite of the state-wide water ban. Many runners "made a bee-line" for the sprinklers, which have always been a staple of Annapolis 10 Miler. The race continues to be popular and closed out well before the early August deadline. The field consisted of 2159 men and 1222 women.

STRIDERS AT ANNAPOLIS 10 MILER

Sunday, August 29, 1999 ~
Navy Stadium, Annapolis

7. Jon Sushinsky	57:55
Tony Basile (1st, 40-44M)	58:45
Paul Keating (6th, 35-39M)	1:00:12
Jim Kelley	1:02:15
Mick Slonaker (2nd, 50-54M)	1:02:24
Patricia Keating (5th W)	1:06:53
Ray Frankewich	1:07:28
Troy Conran	1:07:58
John Jagela	1:08:00
Martin Goode	1:09:13
Dave Karlheim	1:09:43
Jason Tripp	1:11:34
Geoff Baker	1:11:36
Ken Plantz	1:11:53
Steve Lindeman	1:12:23

Bill Arbelaez	1:15:39
Julie Deutschmann	1:15:46
Ed Silvertman	1:16:08
Ron Weber	1:16:40
Judith Scott	1:16:46
Dorothy Beckett	1:16:48
Piriya Pinit	1:17:42
Akinto Marakinyo	1:18:38
Julie Baker	1:19:33
Kevin McCarthy	1:21:28
Judith Gilbert (2nd, 55-59W)	1:22:16
Jeffrey Cleveland	1:23:19
Steve Alpern	1:23:28
Andrea Distefano	1:24:36
Glen Lyle	1:26:28
Abby Glassberg	1:27:03
Suzanne Moore	1:29:07
Mickey Miller	1:29:25
Richard Fox	1:29:46
Pam west	1:31:04
Al Greuter	1:31:09
Phil Heiliger	1:31:10
Rick Spedden	1:31:13
Heather Jefferson	1:31:21
William Vogel	1:32:03
Bill MacCormack	1:32:49
Tom Lewis	1:33:22
Sue Morakinyo	1:34:07
Ralph Massella	1:34:28
Steven Haaser	1:35:23
Rick Hatfield	1:35:29
Linda Ausfresser	1:36:09
Richard Harmer	1:37:10
Peter Shehan	1:37:11
Melanie Sloan	1:37:30
Lisa Lowe	1:38:03
Greg Anderson	1:39:11
Katie McElroy	1:46:58

FALL MARATHON GUIDE

The Marine Corps Marathon closed out a some time ago. Are you going to waste all that long-distance work you did over the Summer? If you haven't decided to skip that 26.2 miler this fall (and many of us have), then you may need to decide on an alternate marathon. After all, Marine Corps may be a fine run, but it's not the only fish in the bowl. To help you select a good one, the *Footprints* chipmunk brigade has searched the running media for some marathons you might want to check out.

DUKE CITY MARATHON
Albuquerque, NM ~ September 26

The course is not pretty, but the first half is downhill and the second half is on the flats along the Rio Grande River. You lose maybe 1000 feet of altitude in 13.2 miles. You also may get lost near the zoo. Ibrahim Hueissen won the inaugural Duke City Marathon in 1984 and went on to win the New York City Marathon in later years. 505-880-1414 or www.dukecitymarathon.com.

ATHENS MARATHON
Athens, Greece ~ October 17

Run over much of the course that Phidippides ran over in 480 BC, from the beaches at Marathon to the Acropolis in Athens. The race is hilly and hot, and the air is likely to be polluted in Athens, where everybody smokes. But you will be reliving the same history that you slept through in 6th grade! If you do this one, please contact the newsletter editor and give a report.
303-755-2888 or www.athensmarathon.com.

HUMBOLDT REDWOODS MARATHON
Arcata, CA ~ October 17

Humboldt Redwoods State Park is situated about 200 miles north of San Francisco (and Arcata is is even further north). Going through the groves of mighty trees, the Redwoods Marathon may be the prettiest of all marathons. The majesty of the scenery might just be enough to make you forget the agony of the distance. At any rate, you won't want to run this race too fast!
707-443-1220 or www.northcoast.com/~hrm

USMC MARATHON
Arlington, VA ~ October 24

The field is closed, but you can go down and watch or run a few miles with your buddy who was sharp enough to get an entry. Beware! Many of the DC and Northern VA roads will be closed for the race. If you go, be sure to take some pictures for the newsletter.
800-786-8762.

LA SALLE BANKS CHICAGO MARATHON
Chicago, IL ~ October 24

This may be your only alternative to Marine Corps if you want to run on October 24. The course is flat and resembles USMC in that respect, but Chicago can be windy and the October weather unpredictable. There has been a lot of Internet chatter about this race, and the promoters seem to want to pump up the field. But if you really need to set a PR and can't get into Marine Corps, you might want to try Chicago. The Striders sent a team to Chicago last year and won the coed division.
888-243-3344 or www.chicagomarathon.com

NEW YORK CITY MARATHON
New York City ~ November 7

Some people actually like to run though the scummy street of the Big Apple. Just be sure you keep moving and stay in a pack. The race starts by going over the Verranzano Narrows Bridge, the longest span in the Western Hemisphere. The course is basically flat, and the field is over 20,000. 212-423-2249.

LAST CHANCE FIRST CHANCE
MILLENIUM RACES (26.2m, 13.1m, 5k)
Daytona Beach, FL ~ December 31

We don't know anything about this race, but it may be your only chance to run a "millenium marathon." All of Florida is flat, and Daytona Beath is good, hard-packed sand if you have to run there. (Hint: *do not* run on the sand in bare feet.) 407-248-1507.

FALL SCHEDULE

You have just survived the second-hottest Summer in local history. Celebrate the cooler temperature of Autumn with the Striders at their weekly and special races. Weekly series coordinator *Al Greuter* (410-992-5744) has crafted your Sunday runs with distances of 2 miles, 5 km, 10 km, or 15 km. He promises cooler weather.

The Striders will feature their traditional Autumn races, beginning with the **Columbus Chase 10k** on the Sunday, October 10. Again directed by *Troy Conran*, the 'Chase will benefit *Steve Musselman*'s cross-country team at the Community College. On Halloween morning, *Gerry Clapper* directs the **Run Through the Grapevine 8k** on the delightful cross-country course through the Linganore Winery. Start forming teams now! Bring a lunch and sample the Linganore wines after the run. The **Metric Marathon (26.2 km) and 5k** on November 14 concludes the traditional Fall races. Race director *Brad Speierman* has ordered pleasant autumn weather as well as 50 Ledo pizzas for the post-race party. All three races count in the Strider Grand Prix Series.

In addition, the Howard County Striders will hold Thanksgiving Day and New Years' Day **Prediction Runs**. You don't have to be fast, just accurate, to win the coveted Golden Turkey. *Dave* and *Judy Tripp* will have special puzzles for the more cereberal runners to solve while they run. If society as we know it continues after $00^{h}00^{m}00^{s}$ January 1, you can enter the last year of the millenium at the Prediction 10k on New Year's Day.

For current information on the Strider races, call the hotline at 410-964-1998 or check the Strider website at `www.striders.net`.

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9/12 2 p — HCS Fall Series #1 (5k only)
Summer Series Awards
Burleigh Manor Middle School

9/19 8 a — Police Pace 5k & 1 Mile Fun Run
Centennial Lake Park (410-801-6060)

9/19 2 p — HCS Fall Series #2 (2m, 10k, 15k)
Jeffers Hill Neighborhood Center

9/26 8 a — BWI Airport 5k (& 3k Walk)
BWI Northrop-Grumman Building (410-933-RUNN)

6/26 2 p — HCS Fall Series #3 (2m, 10k, 15k)
Thunder Hill Elementary School

10/3 2 p — HSC Fall Series #4 (2m, 10k, 15k)
Longfellow Elementary School

10/10 8 a — **Columbus Chase 10k**
Howard Community College
Troy Conran (410-875-0050)

10/17 2 p — HCS Fall Series #5 (2m, 5m)
Swansfield Elementary School

10/24 8 a — USMC Marathon (entries closed)
Iwo Jima Memorial, Arlington, VA

10/31 10 a — **Run Through the Grapevine 8k**
Linganore Winecellars, Mt. Airy, MD
Gerry Clapper (301-776-3153)

11/7 2 p — HCS Fall Series #6 (5k only)
Atholton High School

11/14 8 a — **Metric Marathon & Columbia 5k**
Columbia Town Center
Brad Speierman (410-730-7243)

11/21 2 p — HCS Fall Series #7 (2m, 10k)
Thunder Hill Elementary School

11/25 9:30a — **Turkey Trot Prediction 10k**
Jeffers Hill Neighborhood Center
Dave Tripp (410-730-4499)

12/5 2 p — HCS Fall Series #8 (2m, 10k, 15k
Longfellow Elementary School

12/12 2 p — HCS Fall Series #9 (2m, 10k)
Jeffers Hill Neighborhood Center

12/19 2 p — HCS Fall Series #10 (5k only)
Burleigh Manor Middle School

1/1 <10 a — **Resolution Run 10k**
Jeffers Hill Neighborhood Center
Dave Tripp (410-730-4499)
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PRESIDENT'S LETTER

We all endured a hot, dry summer here in Howard County, and no one can blame you if you didn't set that personal record. In spite of the weather, the Striders conducted a full slate of Summer Series runs and Fun Runs, conducted one major race, the Women's Distance Festival 5k (July 9), and assisted at two other major races: the Damien Massella Run for Recovery (June 27) and the Twilight River Run 5k (August 6).

The Striders faced one of their most difficult race management predicaments at this year's Women's Distance Festival 5k. The traffic situation caused a race delay of over an hour while Officer A. J. Bella de Luna and his police traffic crew tried desperately to clear the Mall Parking lot. I personally rode with him in the police cruiser that led the women over t he course when the race finally did start sometime after 1:15 am, and I can attest to the professionalism he and his officers demonstrated in dealing with a difficult situation that might have become dangerous. Race director *Kelly Barton* and her band of volunteers, both men and women, also stayed at their posts and held the whole enterprise together, eventually seeing it to a successful conclusion. It must have been a pain for the runners, too, and we thank them for putting up with the delay. We all went home tired that night, but everything turned out well.

Every year the Striders assist putting on special races to benefit special causes. This year the Striders can point with prode to their involvement in the Damien Massella Run for Recovery 5k in June. The event raised $14000 for the Howard County Addiction Center and the Anasazi Foundation in Mesa, Arizona. As a result of the race, *Ralph* and *Gina Massella* have started Damien's Recovery, Inc, a non-profit organization that will continue to raise awareness of drug-related problems and offer assistance to teens and families working for recovery.

On a different theme, we're gearing up for the high school fall cross country season. This is a great opportunity for parents to learn about race management and at the same time participate in the lives of American Youth (P.L.A.Y.). To help us help out these young athletes, contact *Dave Tripp* (410-730-4499) or me (410-964-3657). These cross country events occur in the late afternoons from September through November (but not always on the weekends!), and we can always use your help. No experience is necessary; we will train you on the spot!

Finally, please come out and support the Columbus Chase this year. We urge you to volunteer or participate to support the Howard Community College running program, which the race will benefit this year.

— See you on the roads

Dickie George

HOWARD COUNTY STRIDERS
1999 BOARD OF DIRECTORS

Dick George, *President*	964-3657
Mick Slonaker, *Vice President*	997-3993
Nancy Burns, *Secretary*	992-9765
Gerry Clapper, *Treasurer**	301-776-3153
Jason Tripp, *Membership*	884-5804
Jim Carbary, *Newsletter*	964-8375
Al Greuter, *Weekly Races*	992-5744
Kelly Barton, *Women's Committee*	366-1996
Paul Goldenberg, *Special Races*	730-3566
Jessica Esposito, *Jr. Striders*	796-8527
Tim Beaty, *Nominations & Selections*	301-596-6453
Ray Lake, *Webmaster*	750-7103
Susan Hubbard, *At Large*	992-7017
Chris Sproule, *At Large*	301-490-1230
Miles Weigold, *At Large*	730-1849

(area codes are 410 unless noted otherwise)

Help support our kids by volunteering for the fall cross country season!!!

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	BIRTHDATE	SIGNATURE	DATE
	☐ M ☐ F			
	☐ M ☐ F			
	☐ M ☐ F			
	☐ M ☐ F			
	☐ M ☐ F			

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 _____

Join us for the

1999 CROSS COUNTRY SEASON

Howard County Junior Striders A youth running club affiliated with the *Howard County Striders*

The Junior Striders are a track and field team in the Spring, and a cross country team in the fall. During cross country season we train young athletes ages 6 to 14 for both recreational and competitive running, with an emphasis on safety and fun! We welcome both young runners who just want to work out with others their own age as well as those who want to compete in cross country meets, which range from the local level to national competitions in the AAU and USATF organizations.

PRACTICES: There are two practice sites and four practice days that teammates can participate in any combination of days and sites they choose. We recommend at least two practices a week.

Tues and Thurs, 6 to 7 pm - **Glenelg HS** - **Mike Selmer (head coach for the team), 301-829-1681 First practice Tuesday, September 7**
Mon and Wed, 6 to 7 pm - **Oakland Mills HS** - **J. Jones, B. Arbalaez, J. Esposito First practice Wednesday, September 8**

The first day at each practice site will have an 'information session' for parents which will include meet and practice schedules. Getting to practice at least once a week is the best way to keep informed on what's going on, but being on the team email list is HIGHLY RECOMMENDED.

COMPETITION: The distances for competition in meets are in the following 2 year age groups:
ages 6 and under - 1 kilometer ages 7 and 8 - 2 kilometers ages 9 and 10, - 3 kilometers (1.86 miles)
ages 11 and 12 - 3 kilometers ages 13 and 14 - 4 kilometers
Meets are typically held on Sunday afternoons. A $3 to $5 entry fee is charged at each meet. Runners will compete in the age group based on how old they will be on December 31st, 1999. There are at least 7 'in season' meets before states and other post-season qualifiers begin.

REGISTRATION: Registration fees for the season are $35 for the first family runner and decrease $5 for each additional family runner. Uniforms are recommended for those who wish to compete at a cost of $24, and can be used every year. In order to have all the necessary uniforms in time for the first meet, please mail this registration form as soon as possible; uniforms will be reserved in the order in which the applications are received.

Questions?? Contact team coordinator Leisha Esposito at 410-796-8527, email java@smart.net
Copies of this application form can be found under 'HCS JR. Program' at www.striders.net

mail registration forms and make checks to: Howard County Junior Striders, c/o Leisha Esposito, 6912 Magnolia Ave., Elkridge, MD 21075
A copy of your child's birth certificate should be provided the first week of practice if it is not already on file with the team - thanks.

✂ ----------

Howard County Junior Striders Cross Country Team
(up to 4 runners from one family can use one registration form)

Runner #1 Last Name_____First Name _____DOBirth_____$35____
Runner #2 Last Name_____First Name_____DOBirth_____$30____
Runner #3 Last Name_____First Name_____DOBirth_____$25____
Runner #4 Last Name_____First Name_____DOBirth_____$20____

Address_____City_____Zip_____
Mother's Name_____Father's Name_____
home phone _____-_____-_____email address_____
both sites are open to all teammates, but please choose one primary site location: Glenelg HS___Oakland Mills HS___

Uniforms are in adult sizes, but run small, $24 each, circle gender and size:
runner #1 male female small medium large extra-large
runner#2 male female small medium large extra large
runner #3 male female small medium large extra large
runner #4 male female small medium large extra large

Total cost of uniforms and registrations:
$_____

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 relative to my ability to safely complete the run. I assume all risks associated with running in cross country meets, including, but not limited to falls, contact with other participants, the effects of the weather, including heat and/or humidity, traffic and the conditions of the road, 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, waiver and releases 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 photographs, motion pictures, or any other record of this season for any legitimate purpose. I understand that bicycles, skateboards, baby loggers, roller skates or blades, animals, and radio headsets are not allowed in races and I will abide by this guideline.

XX Signature of Parent/Guardian_____Date_____

18th Annual
Columbus Chase 10K

Sunday, October 10, 1999 - 8:00 a.m. - Columbia, Maryland

Race Details

Time and Place: Sunday October 10, 8:00 a.m. Howard Community College, Physical Education Building Parking Lot, Columbia, MD.

Distance: 10K (6.2 miles).

Entry Fee: $15 (non-refundable) prior to Packet Pick-up. $17 during Packet Pick-up and $20 on Race Day. Benefits the HCC Track Program.

Course: Figure 8 course on rolling roads throughout Columbia.

Directions: Take Rt. 29 to Broken Land Parkway. Go west on Broken Land. Turn left at light at Hickory Ridge Road. Continue approximately 1 mile to HCC. Park in the Hickory Ridge Building lot or Phys Ed Center lot.

Registration

Registration: Mail entry form and fee (payable to Howard County Striders), c/o Feet First, Wilde Lake Village Green, Columbia, MD 21044.

Entry Deadline: Early registration is encouraged. Race day registration will be at the race Start/Finish area starting at 6:45 am. T-shirt sizes not guaranteed for race day pick-up.

Packet Pick-up

Packet Pick-up: At Feet First, Saturday October 9 from 10:00 to 6:00 p.m. Race day registration at Start/Finish area from 6:45 am to 7:45 am.

Awards, Results, Etc.

Amenties: Showers available. Plenty of free parking near start/finish area. Custom designed, premium quality T-shirts. Random prizes. Figure Eight course is great for spectators!

Awards and Premiums: Top five overall finishers and top three in the following age groups: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, and 65 & over.

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

Results: Race Results will be mailed to all race finishers. Results will also be posted on the Howard County Strider Home Page: www.striders.net

Race Information: Feet First (410) 992-5800 or Howard County Striders Hotline (410) 964-1998 or Race Director (410) 875-0050.

HOWARD COUNTY STRIDERS

FEET FIRST

Columbus Chase Entry Form - Please print and complete all information.

FIRST NAME	LAST NAME		FOR OFFICIAL USE ONLY	
STREET	CITY		STATE	ZIP CODE
DAY PHONE	AGE RACE DAY	BIRTHDATE *(mdy)*	SHIRT SIZE ☐ M ☐ L ☐ XL	HOWARD CO. STRIDER ☐ Y ☐ N	EMAIL

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 wea ther, 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 accepng 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 representative 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 pu rpose. 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: Howard County Striders. No cash by mail.
Send with form to Howard County Striders, c/o Feet First, Wilde Lake Village Green, Columbia, MD 21044

Run Through The GRAPEVINE

6th Annual 8k Cross Country Run

Please Print All Information Clearly

Official Use Only

Name _____ Age ____ Birth Date _____ Gender: M F

Street _____ City _____ State ____ Zip _____

Phone Number _____ Shirt Size: M L XL check if applies: ☐ Howard County Strider

Fill in only if a member of a team: Team Name _____, Team Captain _____

I know that running a cross country 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 safely complete the run. I assume all risks associated with running in this event including, but not limited to : falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the trails, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Howard County Striders, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event of 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 event 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 _____
(Parent's Signature if under 18 years old)

✂ - - -

Team Declaration Sheet

TEAM CATEGORY: (check one)

__ Open Male __ Open Coed __ Open Female __ Family

__ Masters Male __ Masters Coed __ Masters Female

TEAM NAME: ____

TEAM CAPTAIN: (Need not be team member, just a point of contact)

Name ________________________ Phone ( ) ____________

Address ____

TEAM MEMBERS: (at least 4 and maximum of 6) (print names as they appear on individual entry)

NAME	AGE
1.	
2.	
3.	
4.	
5.	
6.	

✂ -

Team Information

Run Through The GRAPEVINE

TEAM REGISTRATION: Team Declaration Sheet must be received by 4:30 PM October 30th, 1999. Please drop off at or mail to Feet First, Wilde Lake Village Green, Columbia, MD 21044. Individuals on a team must still enter as an individual with their entry fee (please submit with Team Declaration Sheet, if possible). Substitutions to an already entered team can be made up until 9:30 PM Oct. 30th, 1999. If you need to make substitutions (or have other questions) please call Gerry Clapper at (301) 776-3153. Changes to teams will **not** be allowed on race day, so don't hesitate to call if you need to make a change!

TEAM AWARDS: Awards will be given to teams in each category as follows: 1 award if 1 or 2 teams finish, 2 awards if 3 or 4 teams finish, and 3 awards if 5 or more teams finish.

TEAM CATEGORIES: OPEN (Male, Female, Coed), MASTERS (Male, Female, Coed), and FAMILY categories. NOTE: Coed teams must have at least one person of each sex count in the scoring. A FAMILY consists of any relative (blood, step, half, ...).

FEET FIRST · The CIDER MILL · HOWARD COUNTY STRIDERS · BROOKS.

Apple Ford

23rd Annual Columbia Metric Marathon & 5K

HOWARD COUNTY STRIDERS

HAMMER ENDURANCE FUEL

Feet First Sports Columbia, Maryland

Sunday, November 14, 1999

8:15 a.m.

Maryland RRCA Championship Series Final Event

Time and Place: 8:15 a.m. Little Patuxent Parkway between the Columbia Mall & Columbia's lakefront area, Columbia, MD.

Entry Fees: Metric Marathon: $16 (non-refundable) through November 11. ($14 for active Howard County Striders), $18 at Packet Pickup on November 12 and 13, $20 on Race Day.
5K: $12 (non-refundable) through November 11, ($10 for active Howard County Striders), $12 at Packet Pickup on November 12 and 13, $15 on Race Day. Custom designed, premium quality T-shirts **(not guaranteed on race day)**

Registration: Mail entry form and check (payable to the Howard County Striders) to Metric Marathon, c/o Brad Speierman, 10182 Cape Ann Dr., Columbia, MD 21046

Packet Pick-up: At Feet First, Friday and Saturday, November 12-13 from 5:00 p.m. to 8:30 p.m. (Friday) and 10:00 a.m. to 5:30 p.m. (Saturday). Or at Start/Finish area until 8:00 a.m.

Marathon Awards: Cash prizes to top four open finishers (M/F): $200, $100, $50, & $25. Five year age groups. Awards will not be mailed. Unclaimed awards will be available at Feet First for pick-up.
5K Awards: First overall and ten year age groups. Awards will not be mailed. Unclaimed awards will be available at Feet First for pick-up.

Awards Ceremony and Celebration: Immediately following the races, join us for the awards ceremony, food, and refreshments.

Results: Race Results will be posted immediately after the race and at Feet First. Results will also be available on the Howard County Strider Home Page: http://www.striders.net

Race Information: Feet First (410) 992-5800. Howard County Striders Hotline (410) 964-1998. RD - Brad Speierman (410)730-7243

On Course: Five water stops and a Hammer Gel energy gel stop at 8.5 miles, so start training now with one of the great Hammer Gel fuel flavors available from www.hammernutrition.com!

RUNNER'S WORLD

Ledo Pizza

BAGEL BIN

PEPSI

asics

RRCA

FuelBelt www.fuelbelt.com

Metric Marathon & 5K Entry Form - Please print and complete all information.

FIRST NAME	MI	LAST NAME	EVENT ☐ M.5K ☐ 5K	OFFICIAL USE ONLY
STREET ADDRESS		CITY	STATE	ZIP
AGE (RACE DAY)	BIRTHDATE (mo/dy)	GENDER ☐ M ☐ F	SHIRT SIZE ☐ M ☐ L ☐ XL	HOWARD CO. STRIDER ☐ Y ☐ N	HOME PHONE	WORK PHONE
E-MAIL ADDRESS		MD RRCA CLUB (circle one) AS BRCC BASAC MCRRC HS PGRC WRRC QCS DCRR Other:		

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 that 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 condition of the road and traffic on the course, all of which I fully understand and appreciate. Having read this waiver and knowing these facts and in consideration of your accepting of my entry, 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 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 animals of any description are not allowed on the race route and will not be in the participation.

SIGNATURE DATE

Don't Forget the Special Events this Fall:

Columbus Chase 10k —Howard Community College
8:00 am, Sunday October 10, 1999

Run Through the Grapevine 8k — Linganore Winecellars
10:00 am, Sunday October 31, 1999

Metric Marathon and 5k — Columbia TownCenter
8:00 am, Sunday November 14, 1999

Turkey Trot Prediction 8k — Jeffers Hill Neighborhood Center
9:30 am, Thursday November 25, 1999

Millenium Prediction 10k — Jeffers Hill Neighborhood Center
9:30 am, Saturday **January 1, 2000 (ieeeee!)**

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

The Carbary Family 1999
11668 Dark Fire Way
Columbia, MD 21044-4344