HOWARD COUNTY STRIDERS NEWSLETTER

Vol. 3 No. 3 September 1983

Three HCS relay teams compete in the annual 24 Hour Relay.

Howard County Striders Officers and Directors

David Tripp, President
Miles Weigold,
Vice President/Special Races
Warren Ohlrich, Treasurer
Judith Tripp, Secretary
Jerry Frankenfield/Weekly Races
Bob Harroun/Youth
Gayle Baruth/Women
Arleen Kvech/Nominations
& Selections

Martin Goode/Newsletter
Bob Carels/Membership
Don Uphouse/Racing Team
Tim Beaty/At Large
Roy Sedge/At Large
Al Yergey/At Large
Bruce Reid/At Large

Howard County Striders Newsletter Staff

Martin Goode, Chairman; Suzy Wenk; Jerry Frankenfield; Miles Weigold; Judith Tripp; David Tripp; Marsha Hartz; Gayle Baruth; Don Uphouse; Bob Harroun; Bruce Reid; Helen Beyers.

Statement of Strider Philosophy

The Howard County Striders, Inc. (HCS) is a non-profit organization dedicated to promoting and educating people on the physical and mental health benefits of long distance running. Through its major focus on participation in a running program, the club supports a wide range of competitive, non-competitive and educational events and seminars. The club is an accredited chapter of the Road Runners Club of America (RRCA). Membership in the HCS is open to the public, and automatically includes membership in the RRCA. Membership in the HCS also entitles individuals to reduced fees in all weekly race programs, and eligibility for a number of grants and programs. For further information on membership, contact Bob Carels, 9338 Farewell Road, Columbia, MD 21045 (730-0291), or visit Feet First, the club's unofficial headquarters, in the Wilde Lake Village Green in Columbia. Feet First has membership forms as well as a selection of club T-shirts, tank tops and patches, all on sale at cost.

• Any interested writers or photographers among the Striders are urged to contact Bruce Reid or Martin Goode. If you have any interesting shorts or tales of running, contact them for possible contributions to a future newsletter.

• The Junior Striders have begun their spring track season. They have already participated in several meets and are off to a good start under new 21 year old coach, Joe Herget.

President's Column

by Dave Tripp

HELP. Your club needs some assistance from you. Too few people are trying to do too many things. If a lot of you don't volunteer to take on some responsibilities, the club is going to lose some of its best workers and/or some programs or events will have to be scaled back or abandoned.

We need people with administrative and organizational skills to work on both the weekly race series committee and on the special race committee. We need people with secretarial, medical, and computer skills. We need photographers, writers and bookkeepers. We need a librarian/records keeper and someone with a ten speed bicycle who'd like to learn how to measure courses accurately. We need people who can add and subtract, drive a car or use a telephone. Basically we're talking about behind the scenes, unrecognized tasks that are essential. Virtually all of them can be done at times other than when there are races. You can participate as a runner *and* as a helper.

If you don't volunteer, don't complain when things are different or are cut back! If you can help, call Arleen Kvech (465-7735) or Dave Tripp (730-4499).

. . . . . .

Another subject altogether. For several years I have been the RRCA state representative for the Maryland/District of Columbia road runner's clubs. One of the major things I've tried to work on is an annual fixtures list of those major races put on by each RRCA Chapter. The object was to try to avoid situations of clubs putting on major events the same day. That objective has been destroyed this summer by the Baltimore Road Runners Club. First of all, they acquiesed in the scheduling of the Maryland Marathon on the date set aside for the Metric Marathon. Now they have moved the Subway Race from the date they wanted in late October to the same day as our own Columbus Chase.

I've expressed my anger to the BRRC officers, and I've resigned as RRCA state rep. The point I would like to make to Howard County Striders is that you are of course free to run or help out in any race that you wish; however, it'll be a long time before you see me or anyone in my family participate in a BRRC race, including the Zoo Zoom which we have already unfortunately entered. It may be childish, even useless, but I personally feel the need to protest their arrogance and disdain!

The Pikes Peak Marathon — There's Only One Hill

by Kert Walker

At 14,110 feet, the hill *is* the Pikes Peak Marathon. This race, billed with only slight exaggeration as "America's Ultimate Challenge," is more than a marathon. It's a grueling, 28-mile test of physical endurance and mental strength.

Starting at 6300' on the main street of Manitou Springs, Colorado, the course snakes fourteen miles up the narrow (1½ - 3') gravel-surfaced Barr Trail. Hairpin switchbacks, most 180 degrees, comprise the first five and the last three miles of the trail, which is run both up and down by participants. These switchbacks, the steepness of the trail, and the extreme altitude through which the race is run are tremendous obstacles for the sea-level runner, no matter how disciplined his training has been.

The experience of Columbia's Kent Walker, a veteran of the JFK 50-miler and a sub-three-hour marathoner, is a case in point. On Sunday, August 21, Walker was among 875 starters in the 28th running of "The Peak." Always in training, putting in 60+ miles per week of distance, intervals and hill work in addition to twice-weekly, hour-long sessions on the Universal, this runner was in shape. In late June he had upped his distance to 80 miles a week and added regular trail runs on Sugar Loaf Mountain. He had even spent the week prior to the race at altitudes of over 6000 feet.

For the first ten miles of the race, this rigorous training paid off. Then, the altitude, the switchbacks, and the steepness of the trail began to take their toll. And there was no way he could have prepared for them without training at similar altitudes on similar courses.

Altitude sickness — reduced peripheral vision, loss of stability, nausea — stayed with Walker from just above the tree line (12,000') to the summit and back down to the tree line. Hairpin switchbacks stressed the left knee, causing increasingly painful inflammation. The final miles of the ascent were so steep that Walker found himself leaning against the side of the mountain as he "shuffled and staggered" to the top. He had made it through the first fourteen miles of the race in three hours, 27 minutes.

After a brief respite at the summit — three minutes to sit down, change shoes, and stand back up — Walker started his descent.

The knee injury, fear of sprains (he had badly sprained an ankle just eight weeks prior to the race) and the switchbacks kept him at a slow pace. Seldom passed in normal marathons, the runner was more than frustrated as over 90 people moved ahead of him on the downhill.

When he reached the finish, he had been on the course just under six hours. In one way, this was a disappointing time: he had hoped for a 5-hour finish. But in many

(Continued from Page 4)

other ways, the race proved very satisfying.

There had been the challenge of a radically different environment, an opportunity to test himself against new obstacles. That same environment was a delight to the senses — clear, clean air, scents of pine and spruce, stunning vistas of mountain, forest, and valley. The enormity of the shared goal brought a great sense of camaraderie among participants. During the race and throughout the post-race agonies and festivities, runners were friendly and encouraging.

And the event was not without its humor and inspiration. At a pre-race seminar, the list of typical Peak injuries was so long as to evoke laughter. Race veterans — a surprisingly large number of people subject themselves to this experience every year — were entertainingly candid: "Every time I finish, I swear to my wife I'll never run again." "My husband thinks I'm crazy, and he's right."

A 45-year-old woman who had run the ascent-only race on Saturday "for a warm-up" finished Sunday's round-trip smiling and strong. The sixth female finisher smashed her age-group record by fifty minutes. A man of 72 crossed the line with Rock-esque vigor.

In the race, there's only one hill, but there are lots of winners.

FEET FIRST RUNNING

Shoe Sale!

10% Off

For the Month of OCTOBER

Members Must Show Valid 1983 Striders Membership.

Calling All Women

Women runners come meet other women who share your interest in running. This will be a good opportunity to arrange for a partner for that long run or just get encouragement for going that extra mile.

There will be a few speakers, among them Carol Tamini, our stretching expert and a fifteen year yoga instructor.

Mark October 25, 7:00 to 9:30 on your calendar and come join us at the Wilde Lake Interfaith Center (Room 10 & 11) for an evening of fun. Bring your girlfriends!

For more information, call Gayle Baruth, 730-4794 or Meg Friedman, 992-5800.

STRIDER SHORTS

• Months ago, Colleen Flyr completed the London Marathon. She wouldn't quote her time.

• Junior Strider Eric Hassinger completed an amazing track season for his team. Eric was undefeated through the season, the State, the AAU, and TAC chamionships. Eric topped off his season by winning the East Coast Invitational 1,500 meters for his age group. Good job, Eric!

• We have inadvertantly miscredited a first marathon a couple of times. To set the record straight *Richard Brockway* ran a 3:17 in the D.C. Marathon.

• *Jim and Sue Chatham* were travelling in the southwestern U.S. when they spotted a slight, baseball capped runner who looked familiar. Sure enough it was *Jim Carbary,* who the Chathams report is doing fine. They didn't get too much information from the notoriously close-mouthed Carbary, but then, as you might expect, he never stopped his run, and they had to converse with him while driving at his running speed. Jim Carbary's address is 3100 Jane Place NE, Albuquerque, NM 87111.

• *Helen Beyers* was visiting family in the mid-west and dropped in on *Jackie,* Phil and Katie *Stevens.* Helen reports everyone is fine, Jackie has a teaching job and they miss Columbia! The Stevens' address is 5555 Elderberry Road; Nobelsville, IN 46060.

• *Penny Low,* who is also *Judy Tripp's* sister, lives in Riverside, CN, and is a devoted long distance runner (as a master, Penny turned in 3:47 in her first attempt at the distance in the New York Marathon a couple of years ago). Anyway Penny frequently runs with her neighbor, Jim Fixx. One morning Penny's German shepard, Gretel, tried to take a piece out of one of Jim's famous legs (his are featured on the covers of his two books, the first of which is one of the largest selling hardcover books *ever* published). Gretel wasn't successful, but if she had been . . . We can see the trivia quiz question now "Whose dog destroyed the most pictured legs in the world?" It would be right up there with who threw the pitch that became Roger Maris' record breaking 61st home run?*

• *Kathy Heckman* has returned from Richmond where her husband, Jim, is completing his schooling. Kathy is back working at *Feet First.* Although she's been injured recently, she hopes to get back in shape in time for the Marine Corps Marathon on November 6, and then a trip to Olympia, Washington for the 1984 Olympic Marathon Trials.

* Tracy Stallard of the Boston Red Sox naturally.

Book Review

by Judith Tripp

Flanagan's Run **by Tom McNab**

For those of you still recovering from the 24-Hour Relay or overwhelmed by training for the New York or Marine Corps Marathon, we offer the ultimate race — Trans-America.

Flanagan's Run is a wonderful story. Set in Depression America, it tells of super promoter C.C. Flanagan and his latest scheme — to have a foot race from Los Angeles to New York for prize money totalling $360,000. The runners come from all over the world — men and women, lords and paupers, Olympians and steelworkers — 2,000 of them, to attempt the impossible. They have as many motives for being there as there are runners, but mostly they run for the money.

The plan is to run about 50 miles a day for almost three months with occasional rest days, passing through specific cities which have joined in the promotion. The winner would be the one who covered the 3,000 miles in the lowest aggregate time.

Although the book is a bit hard to get into as the characters and scope of the run are introduced, it soon picks up to a gripping pitch. There are staggering numbers of early dropouts, logistical problems of every kind, and some confusion in getting the race underway, both in the story and in its telling.

Soon, however, the runners develop distinct personalities and running styles, the terrain and the events are very real, and the reader becomes totally caught up in the superhuman challenge. I even found myself wanting to check the progress in the paper each morning!

The ending is a good one, and the book an enjoyable escape from the sensible weekly races and Columbus Chase.

Note: There are several copies of *Flanagan's Run* at the Howard County Library; it is also available in paperback.

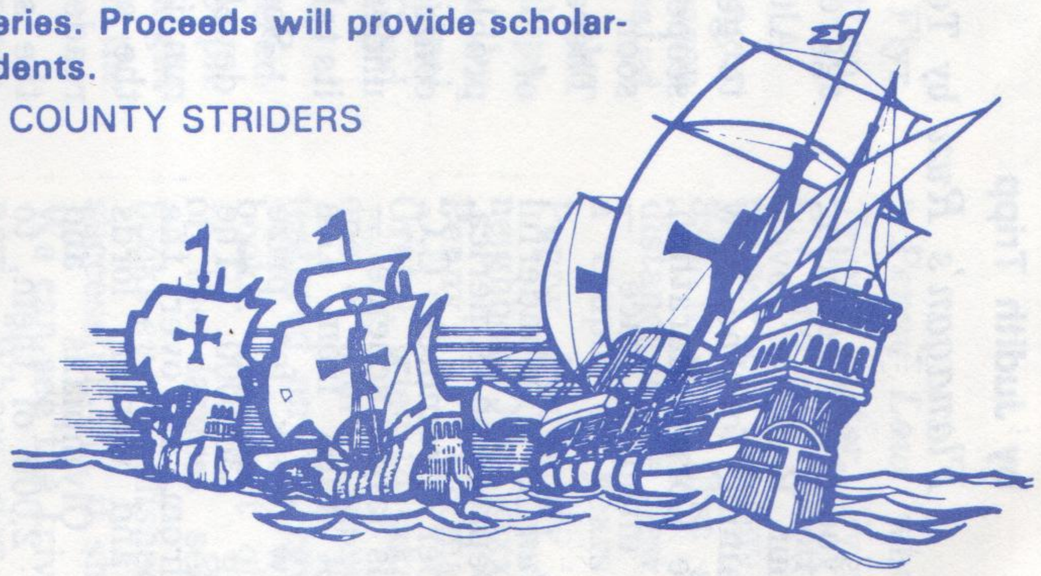
HOWARD COMMUNITY COLLEGE EDUCATIONAL FOUNDATION, INC.
and the COLUMBIA MEDICAL PLAN
announce the second annual

COLUMBIA'S COLUMBUS CHASE

A ten kilometer footrace in honor of the discovery of the "New World" to benefit those who search for new discoveries. Proceeds will provide scholarships for Howard Community College students.

ORGANIZED BY HOWARD COUNTY STRIDERS

COLUMBIA MEDICAL PLAN



DATE: Sunday, October 9, 1983

TIME: 9:30 a.m. promptly

DISTANCE: 10 kilometers (6.21 miles)

COURSE: Start/finish at HCC Physical Education Center. Paved roads, accurately measured and marked, relatively flat.

PLACE: Howard Community College
Little Patuxent Parkway
and Harpers Farm Road
Columbia, Maryland

FACILITIES AND ARRANGEMENTS: Parking, aid stations, post race refreshments, locker and shower facilities (supply your own lock and towel)

ENTRY FEE: $7.00 (non-refundable)

DEADLINE: First 1,500 entries received or Saturday October 1, 1983.
Absolutely no entries accepted after Saturday, October 1, 1983.

REGISTRATION: Send form below with a business-size #10 stamped, self-addressed envelope and check for $7.00 payable to Howard County Striders. Mail to Columbus Chase, Feet First, Wilde Lake Village Center, Columbia, MD 21044. Confirmation will be mailed if entry received in sufficient time. **There will be no race day registration.**

PICK UP: Race number and shirt may be picked up October 6 or 7 (10 a.m. to 9 p.m.) or October 8 (10 a.m. to 8 p.m.) at Feet First. Come early for best shirt sizes. Limited pick-up time on race morning at Howard Community College.

RACE INFORMATION: Feet First (301) 992-5800

AWARDS: Twelve-speed bike, personal computer, color tv, microwave oven. One selected by the three top male finishers, and top female finisher. Random awards made during the ceremony.

- Runners' watches
- Safety-vests
- Back-packs and other merchandise will also be awarded
- Long-sleeve tee-shirts to all entrants
- Christopher Columbus trophy to first male
- Queen Isabella trophy to first female

AWARD CATEGORIES: MALE Top ten open; first three in age groups (10 and under; 11-14; 15-19; 20-29; 30-34; 35-39; 40-49; 50-59; 60 and up). FEMALE Top five open; first three in age groups (10 and under; 11-19; 20-29; 30-39; 40-49; 50 and up).

REFRESHMENTS: To be provided for runners and guests.

1982 WINNERS: John Doub (30:28), Marge Rosasco (35:07)

COLUMBIA BUSINESS EXCHANGE, INC.

Allegheny Pepsi Cola Company

PRINCETON SPORTS

Bendix Field Engineering Corporation

ROAD RUNNERS CLUB R·R·C·A of AMERICA

ENTRY FORM

OFFICIAL USE ONLY

"COLUMBIA'S COLUMBUS CHASE"

Please Print:

NAME _____ MALE _____ FEMALE _____

STREET ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE NUMBER _____ AGE (as of 10/9/83) _____ BEST IN LAST YEAR 10K TIME _____

WAIVER

On condition of this entry being accepted, I hereby waive and release any and all claims for damage I have, or might have, against the sponsors and/or officials of Columbia's Columbus Chase to be held October 9, 1983, for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for this event.

SIGNATURE _____ DATE _____
(Parent or Guardian if under 18)

THE REAR VIEW

by Marsha Hartz

As most of you know, I named this column the "Rear View" because when I am running, that's where I spend most of my time. Well, now that I am racewalking, I'm lucky to keep up enough to even get a glimpse! You may have noticed a few of us racewalking with the Striders since June. There is a small group, mostly women, becoming more interested in racewalking in Columbia. I had been sidelined for the past year with recurring stress fractures and found that racewalking would allow my injury to heal and yet keep me in reasonable condition. I'm now back to running several times a week with no injuries, but I find I enjoy the racewalking so much, I'm going to stick with it awhile.

Racwalking is by no means a new sport — it has been in the Olympics since 1908. However, the field is wide open, especially for women. There are a couple of rules in racewalking — you must have a foot on the ground at all times and each knee must momentarily lock on each step. I find it is less demanding than running on the cardio-vascular system and bones, but more demanding on my muscles and concentration. There aren't many books in the library on racewalking, but from what I can gather, a very good time would be an 8 minute mile and the slowest times is about a 15 minute mile. I'm working on an 11 minute mile now.

There are races almost every weekend in the Washington/Virginia area, sponsored by the Potomac Valley Seniors. They vary in distance this Summer and Fall from 5K to 50K and everything in between. There are two marathons that I know of open to race-walking — New York and D.C. The Potomac Valley Seniors hold racewalk clinics every Wednesday evening at the mall across from the "castle" Smithsonian building at 6:30 p.m. There may be another local clinic at the dock at Lake Elkhorn yet this Summer — watch the Flier for details.

The best part of racewalking for me has been the wonderful support and encouragement from you Striders. Especially when competing with another team at the 24 hour relay, I was very proud to be a Howard County Strider.

Howard County Striders Race Results — Pr's

Martin Goode	Nike Leukemia 5 Miler Constellation	26:57
Karen Kane	Lilac 10K Rochester N.Y.	32:55
Todd Kane	Lilac 10K Rochester N.Y.	42:24
Joe Wagner	Constellation 10K	37.45
Meg Friedman	Maine Coast Marathon	4:03:21
	Meet of Miles	6:59
Rich Ahearn	Maine Coast Marathon	3:10:58
John Koerner	Champlain Valley Marathon	3:07:34

Boston Qualifier (Masters)

MARATHON TRAINING
(or long runs with other runners)

Starting Saturday morning September 17, a group of individuals are planning to gather in the parking lot behind *Feet First* in Wilde Lake Village Center to go on "long" runs together. If enough people show up, the plan is to run several groups at different paces around the 7+ mile loop of the old Columbia Birthday course — primarily pathways and beautiful scenery. The groups will start around 7:00 a.m., and there will be water, etc. available at the end of the loop. Those who wish can then run a second or third loop at the same, or a different pace. The course will be measured and marked. Anyone interested can just show up on Saturday morning. Call Warren at Feet First, 992-5800, if you have any questions.

Women's Distance Festival

Last July, the Striders sponsored the 4th annual Women's Distance Festival at the Columbia Mall.

Karen Scott won the 3.1 mile race in 19 minutes, Sue Dockstader finished second in 19:46, just seven seconds ahead of Colleen Jones.

This race focused attention on the need to add more women's distance races to the Olympics. In 1984, there will be a women's marathon, but women are limited to a 1,500 meters or less otherwise.

Running outfits, clothing, and other random awards were given at the end of the race.

Women's Distance Festival

Top 20 Finishers

1. Karen Scott 19:00
2. Sue Dockstader 19:46
3. Colleen Jones 19:53
4. Mary Ann Makar 19:54
5. Deborah Walburn 20:36
6. Vivi Provine 20:38
7. Aimee Vanisko 20:41
8. Linda Buttner 20:48
9. Meredith Wagner 21:11
10. Carrie Scherer 21:11
11. Becky Allmon 21:17
12. Shavaun Kay Tidwell 21:21
13. Dot Sleight 21:23
14. Kathy Jimenez 21:28
15. Ingrid Deklau 21:31
16. Gayle Baruth 21:34
17. Barbara Lorenz 21:43
18. Marie Lucas 21:45
19. Robyn Doster 21:52
20. Suzy Wenk 21:55

Age Group Winners

Open

1. Karen Scott 19:00
2. Sue Dockstader 19:46

19 and under

1. Aimee Vanisko 20:41
2. Carrie Scherer 21:11

20 - 29

1. Colleen Jones 19:53
2. Mary Ann Makar 19:54

30 - 34

1. Deborah Walburn 20:36
2. Marie Lucas 21:45

35 - 39

1. Vivi Provine 20:38
2. Linda Buttner 20:48

40 - 49

1. Dot Sleight 21:23
2. Barbara Lorenz 21:43

50 and up

1. Martha Trimmer 28:39
2. Patsy Davis 30:01

More Stretching — The Hamstring Muscles

by Carole Tamini

The definition of "hamstring" is to cripple or disable. If you have ever injured a part of your hamstring muscle complex which is located along the back side of your thigh, you know you have done just that to yourself.

These important muscles, along with the gluteus maximus (buttocks), provide over half the power needed to generate strong foreward leg thrust while running. Let's take a closer look at their construction and care.

The hamstring muscles originate in the lower end of the pelvis at the "sitting bones". From here they cross the hip joints, span the back of the thighs, and insert into the knees. Because of all these attachments, they are constructed mainly of tendon-like fibers which resist stretching. But stretch them you must because tight hamstrings cause constriction and possible injury in three places — lower back, hips, and knees.

Here are three hamstring stretches to incorporate into your stretching program. Remember the cardinal rules of stretching — be consistent, hold the stretch 20 to 30 seconds without bouncing, and increase the strength of the stretch as you get looser.

1. Begin by bending left leg at the knee, foot flat on the floor. Bend right leg in to chest, grasp it with both hands, extend it toward the ceiling. Hold 20 - 30 seconds. Repeat several times on each side.

2. Lying on your back, both legs flat, bend one leg over chest and wrap a neck tie around the ball of that foot. Grasp tie with both hands and straighten leg extending heel toward ceiling. Hold 20 - 30 seconds, lifting heel higher each time. Repeat each side.

3. Stand tall, feet parallel and under hips. Stretch arms over toward floor. Lift kneecaps. Hold 20 - 30 seconds. Repeat several times, moving head and torso closer to floor each time as hamstrings loosen. Do this before and after each run. You'll see immediate results in increased fluidity in your stride.

Work + Rest + Stretching = Successful Running

Note: The author gratefully acknowledges help she received in preparing this article from Jean Couch's book RUNNER'S WORLD YOGA BOOK.

There will be stretching class for athletes every Saturday, from 11 - 12 p.m. conducted by Carole Tamini beginning September 17. Call 995-0572 for further information.

Howard County Striders Race Schedule
September - December 1983

Date	Time	Place	Distances (s)
9/18	2:00 p.m.	THES*	2M; 10K; 10M
9/25	2:00 p.m.	HOPE*	2M; 10K; 15K
10/2	2:00 p.m.	LONG *	2M; 10K; 10M
10/9	9:30 a.m.	HCC*	10K
10/16	2:00 p.m.	THES*	2M; 10K; 10M
10/23	2:00 p.m.	HOPE*	2M; 10K; 15K
10/30	2:00 p.m.	LONG*	2M; 10K; 10M
11/6	9:00 a.m.	DC	26.2M
11/13	2:00 p.m.	THES*	2M; 10K; 10M
11/20	2:00 p.m.	HOPE*	2M; 10K; 15K
11/24	a.m.	JHNC	10K
12/4	2:00 p.m.	LONG*	2M; 10K; 10M
12/11	9:00 a.m.	CD*	26.2K
12/18	2:00 p.m.	PLES	2.5M
1/1	11:00 a.m.	JHNC	10K

Key: JHNC – Jeffers Hill Neighborhood Center; THES – Thunder Hill Elementary School; PLES – Phelps Luck Elementary School; CD – Columbia Downtown; HCC – Howard Community College; LONG – Longfellow Elementary School; DC – District of Columbia; HOPE – Hopewell Pool.

Notes: * Point Standings Races

• We love hearing about long streaks, although those that are continuing are more pleasant than *Mychael Willon's* consecutive days of running which was past four years when it was ended by injury recently. Good luck, Mychael, hope you get a longer streak this time.

• One other note on Striders now living in other parts of the country: *John Slocum* has been transferred again, from Philadelphia to Nashville. John's new address is 2999 Smith Springs Road; Apt. C 43, Nashville, TN 37217.

There are several young Striders who will be beginning college this fall —

Paul Jedrzejewski	George Washington University
Kenny Fowler	Villanova
Carrie Scherer	Virginia Tech
Sean Flyr	Wisconsin
Mike Hossom	St. Mary's
Julie Josephson	Howard Community
Rod Young	Purdue