FOOTPRINTS

NEWSLETTER OF THE HOWARD COUNTY STRIDERS
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THE TALE OF TWO RACES

ALTIERI WINS BOTH

This year the Columbus Chase consisted of two races in one: the usual 10k race and the new PowerBar Relay. According to *Runners' World*, the Columbus Chase PowerBar Relay 10k was the first of its kind ever run. The relay featured teams of two runners each running a different 5k leg of the normal Columbus Chase 10k course. However, this relay differed from others because the initial runner could, if he or she chose, complete the 10k and score not only in the 5kx5k relay but also in the 10k.

Bea Marie Altieri took full advantage of this arrangement; she won the women's 10k and, with her husband, *George PowerBar*, also won the championship in the coed-team division. In spite of several young teams from Howard Community College that set out to sweep the team competition, Bea Marie and George clobbered all the relay teams with a combined time of 34:36. The perennial winner of many Howard County races, Bea Marie ran the first 5k leg in about 18 minutes, handed off the PowerBar baton to George, and continued running the 10k, which she easily won in 36:42. Meanwhile, George flew through his 5k leg, which included the big hill in the race, in a little over 16 minutes. "He went by so fast that I could feel the wind," remarked one top 10k runner whom George passed. The collegiates Ben Rohde and Paul Bourg (both 19) finished 30 seconds (continued next page)

DOUBLE METRICS

MARATHON & 5 km

Steve Kartalia had never run Columbia's Metric Marathon (26.2 km) before, but 4-time winner *Dave Berardi* provided him and the rest of the race's lead pack with a complete commentary on the course— at least for the first eight miles. Until that point, those in the lead pack ran so close together that they actually clipped heels a few times and drew accidental spit from each other. "Dave gave me quite a bath once," remarked Mr. Kartalia, who, around eight miles, asserted himself and pulled away from the pack. He actually planned to run faster in the second half of the race, which he knew (thanks to Berardi) had fewer hills. Running alone for the latter part of the race, he won the 16.4-mile Metric Marathon in 1:28:57. Second place Mike Harrison tried to stay with Kartalia for a short distance after the 8-mile surge but couldn't, while Berardi faded to third place. "I think Dave wore himself out by being the tour guide," Mr. Kartalia commented, adding that the hilly race "was just as difficult as everyone said."

The women's race developed similarly to the men's race. Although she usually blasts into the lead at the beginning of races, local favorite *Bea Marie Altieri* let Denise Knickman take the early lead and actually assumed sixth or seventh among the women in the early going. "I knew I had 16 miles to go," Bea Marie explained about the strategy. (Continued on page 8).

(Chase Tales— continued)
behind as the second overall relay team—and neither ran the whole 10k.

The men's 10k competition provided the closest and most exciting competition. The lead runners flashed through the first mile in under five minutes and then formed a pack of four that included Ken Fowler and Craig Woshner, who had finished 1-2 in last year's Chase, local-favorite *Gerry Clapper*, and Olympic-hopeful Matt Holthaus. Around four miles, the group dropped Woshner, a 2:16 marathoner, and swept up the long, infamous hill between miles four and five. "We hammered the hill," remarked Mr. Fowler, who emerged in the lead with Matt Holthaus at the top of the hill. The two turned the corner onto Cedar Lane and ran the final three-quarter mile "as fast as we could." Holthaus really turned on the gas on the flats and proved the faster of the pair, winning in 30:53, while Mr. Fowler almost succumbed to a late rally by Clapper. "The more kids he has," Ken said about Gerry, father of two sons, "the faster he seems to get."

The fast finish and an overall time of 31:10 must have been very satisying for Mr. Clapper, who has sat out several racing seasons with an injury. He recently started racing again with top-ten finishes at the Dundalk 6k and the (?).

Jim Clelland and *Paul Keating* were the only other two Striders to finish among the top 10 runners in the 10k. Jim easily won his age group (35-39) in 33:29, seemingly not aware that he will turn 40 in a couple years. On the other hand, Paul had a rough time breaking into the top ten even with a time of 34:49. At the end of the race, he found himself engaged in a mad dash to the finish with three others including Strider *Stuart Pineo*. Any one of them might have finished 10th, but Paul apparently had the longer reach and beat the others by one or two seconds. Paul seconded Jim in the 35-39 year men's group.

Pat Keating, Paul's wife, finished third among all women but she was just trying to break 38 minutes. Ms. Keating ran the first mile in 5:50, which she thought was too fast, and "then I faded." Pat ran much of the race in the company of *Deborah Barnett*, who mercilessly pushed the pace. "She could have

A tight lead pack passed the 5k point in about 15 minutes. Gerry Clapper appears on the far right in the picture. (photo by Fiona Tobler)

crushed me at the end if she had wanted," Pat commented, "but she didn't." The two finished within 11 seconds of each other.

"I didn't think she faded much," replied Ms. Barnett, who placed fourth among the women, just behind Pat, and easily won her age group. Deborah had additional praise for "a kind clock" that granted her a time of 38:59.

For *Scott* and *Linda Votey*, who recently moved from Howard County to Northern Virginia, running the Columbus Chase meant they had to get up before 6:00 am to be on time for the 8:00 am start. Linda herself placed first among the 45-49 women but thought her time of 45:37 less than sensational. "When Scott married me, he said he'd make me faster," she lamented. "But I've gotten slower." Linda did, at least, outrace her friend and one-time training partner *Marie Manning*, who beat Linda to the 5k point but succumbed to her at the top of the hill.

Barbara Sullivan had "just changed" into a master, entering the over-40 category within a few days of the Chase. She had actually been looking forward to entering the new decade so she could win more. "I've trained all my life to be a master," she confided. The race marked her first competition in that august age group, and she simply overwhelmed the other masterwomen. In fact, as the sixth woman overall (40:27), Ms. Sullivan also overwhelmed most of the others in her entire gender group. The second place

Triumphant again, Bea Marie Fritsch added another notch on her racing shoes. (photo by Fiona Tobler).

masterwoman, *Joy Glass* (who is no slouch), finished nearly two minutes behind Barbara. "It's only been a week since I turned 40 — and I plan to get faster!" Barbara said.

For the aging speedsters *Bob Burns* and *Mick Slonaker*, the race represented a challenge to break the 36 minute barrier or fail in the attempt. To this end, they fought a great battle against each other. Mick had the best of the race until near the 5k mark, where *Ken Plantz*, on the sidelines, told him Bob was hot on his heels. "Bob knew I'd go out too fast and that he'd catch me," remarked Mick, who went through the first mile in 5:18. And sure enough, the sagacious Mr. Burns caught Mick just after the half-way point and thrashed him. Although both ran very hard and won age group awards among the mastermen, neither succeeded in fulfilling their dream. Bob came the closest with a 36:13, while Mick checked in 14 seconds later. "It was all for naught," lamented Mr. Burns wistfully. "Kinda like the Orioles." (The first master, Baltimore's Bill Moore, did break 36 minutes with a time of 35:20.)

Competition is really fierce in the super-masters age groups. *Piriya Pinit*, who finished second in the 50-54 group in 37:15, seemed more excited about beating 58-year-old John Elliot. A long-time member of the masters racing team, Piriya didn't pass Mr. Elliot until near the end of the race. "I almost didn't beat him," confessed Piriya. Unfortunately, Piriya did not beat Charlie Koester, who is the same age a Piriya yet finished about a minute ahead of him. Both Koestler and Elliot won running awards at the Maryland Senior Olympics held the week before the Chase, so Piriya was in good company.

Although his name does not often appear among the top finishers, *John Neal* always comes out for the Strider races. In fact, he has run in all 15 of the Columbus Chases. "I wouldn't miss one of these," he commented, adding that he runs "just for the health of it." Mr. Neal, a grand-master runner, completed the familiar 10k circuit in 53:40. "My goal is to stay under 55 minutes for the rest of my life." *Dick Woods*, another long-time Strider, has also completed every Chase ever held.

Taking advantage of the excellent weather, a number of Striders set personal records in the Chase and Relay. *Dave Castro* (36:45) and *Steve Bourg* (39:05) reported establishing new personal standards at the 10k distance. In addition to the weather, Dave may have benefited from using his new Nike Air Skylon T/C's, which he had never

TOP TEN 10k MALE RUNNERS

1. Matt Holthaus	30:53
2. Ken Fowler	31:02
3. Gerry Clapper	31:10
4. Craig Woshner	31:28
5. Rob Defillippis	31:59
6. Bryce Lindamood	32:12
7. Kevin Sommer	33:04
8. Jim Clelland	33:29
9. Paul Walters	34:01
10. Paul Keating	34:49

TOP TEN 10k FEMALE RUNNERS

1. Bea Marie Altieri	36:42
2. Denise Knickman	37:19
3. Patricia Keating	38:48
4. Deborah Barnett	38:59
5. Kelly Barton	40:03
6. Barbara Sullivan (1st master)	40:27
7. Gloria Ackerman	40:36
8. Janelle McIntyre	41:00
9. Julie Boughn	41:27
10. Joy Glass (2nd master)	42:14

Relayers handing off to one another at the 5k mark. Not one relayer dropped the PowerBar baton. (photo by Fiona Tobler)

worn before in a 10k. The Mother-Daughter relay team of *Nancy* and *Marisa Burns* also set 5k personal bests. Marisa's sister, *Lindsay* ran on a relay team with her father Bob, and she may not have set a PR, but, thanks to dad's first 5k, she actually held the lead in the relay race until the bottom of the hill until the Altieri juggernaut overwhelmed her.

The PowerBar Relay offered many runners a completely new perspective on racing, and 62 two-person teams competed. In addition to coed and college divisions, the teams included gender groups of junior (combined age under 35 years), open (35-79 years), master (80-99 years) and veteran (100 and up years). Many women and some men relayers quickly pointed out to reporters that the *combined* ages of the team members determined their age group, so that a younger woman could run with an older man (or vice-versa) but still compete in an elder age group. Thus, for example, 47-year-old Mick Slonaker teamed with GeriAnn Bell in the master's age group (80-99 years), while 43-year-old Bob Burns teamed with his 11-year-old daughter *Lindsay* in the Open division (35-79).

Some of the runners themselves may have experienced some confusion during the race. *Phil Lang* accepted the baton from his wife *Vicki* believing that, to win their coed age group, he had to beat GeriAnn, who had gotten a jump on the Lang's thanks to an outstanding first 5k by her relay partner, Mick Slonaker. So Phil ran his 5k leg in overdrive and just did manage to nip GeriAnn at the finish. "I was in pain," Phil said of his gallant dash. Unfortunately, because of Mr. Slonaker's advanced age, he and GeriAnn were in the master's group (80-99 years) and actually won that division. Phil and Vicki, however, raced in the open coed division (35-79 years). Phil and Vicki would have had to beat George and Bea Marie Altieri, an unlikely prospect, to win that age group. Instead, the Lang's placed second in the open coed group.

The use of real PowerBars as the batons injected considerable humor into the 5k x 5k relay. For example, Oakland Mills' cross-country coach *Steve Carnahan* ran the 10k and handed off to his wife Cheryl for the last leg of the relay. When he came to the exchange area, he had the PowerBar clenched in his teeth for her to take. When *Ken Plantz*, who was relaying with his wife Dorothy, brought his PowerBar baton home after packet pick-up, his son Mathew ate it. When Ken told George Altieri and asked for a replacement, George wryly told Ken that he'd have a hard time carrying Mathew around the course! Some runners may even

TOP 10 RELAY TEAMS

1. Bea Marie Altieri* & George Altieri (1st coed team) 34:36
2. Ben Rohde & Paul Bourg (1st HCC student team) 35:07
3. Mike Brosenne & Marc Baron (2nd HCC student team) 35:19
4. Vicki Lang & Phil Lang (2nd coed team) 37:19
5. Mick Slonaker* & GeriAnn Bell (1st coed master team) 37:31
6. Keith Jackson & Charlie Simms (3rd HCC student team) 37:58
7. Nathan Gilmore & Robert Ward (1st male junior team) 37:59
8. Kelly Barton* & Shawn Downing (3rd coed team) 38:27
9. Frank Willis* & James Stine (1st male master team) 40:14
10. Al Hannagan & Denise Underwood-Hannagan (4th coed team) 40:47

* Also ran 10k

know funnier stories about carrying PowerBar batons.

Courtesy of George Altieri, local PowerBar representative, PowerBar furnished award packages of its products as well as t-shirts for the relay team winners and t-shirts for all participants in the race. "By all accounts, the relay was a big hit," said race director Rusty Toler. In addition to 438 runners in the usual 10k, 97 other runners competed in the relay race.

Rusty Toler directed this year's Columbus Chase, and, together with George Altieri, must be credited for the innovative relay concept. "The relay was a big hit," Rusty said after the race, "but I can't take credit for the weather." Rusty enlisted support from the usual suspects: *Tim Beaty* on traffic and traffic cones, *Paul Goldenberg* at the finish line, *Steve Henning* on packet pick-up, and *Dave Campbell* handling the water stops. Mr. Toler also acknowledges the 62 Strider volunteers who helped throughout all aspects of the race.

In addition to the new relay, the 1996 Columbus Chase featured new computerized results by *Jim DiScuillo*, who has developed special "race management" software for race scoring. His new program, RaceBase, got its initial test at the Police 5k on September 8 at Centennial Park. However, the Columbus Chase, with a larger field and a relay, offered a much greater challenge for the software. The software worked successfully. However, Jim confided after the race that doing the results "puts me through more pain than I'd ever suffer in a race." Mr. DiScuillo's software printed out special certificates for the award winners.

After the race, runners gathered in the gymnasium of the Howard Community College. Post-race refreshments included pasta salad from Piccolo's, fruit salad from TGI Friday's, fresh water from Polar Water, as well as fruits and orange juice. Children enjoyed Hoppy the Clown and face-painting.

The Columbus Chase welcomed the major sponsorship of Ferris-Baker-Watts and support from *Roger Calvert*, who was not able to run the race. The CSX Corporation also made a corporate donation to the Howard County Educational Foudnation, thanks to Strider *Steve Thienel*, who also was not able to run the race.

STRIDERWOMEN AT THE CHASE

21. Bea Marie Altieri	(1st woman) 36:42
37. Patricia Keating	(3rd woman) 38:54
39. Deborah Barnett	(1st, 35-39) 38:59
51. Kelly Barton	(1st, 30-34) 40:03
53. Barbara Sullivan	(1st, 40-44) 40:27
62. Janelle McIntyre	(2nd, 30-34) 41:00
72. Julie Boughn	41:27
82. Joy Glass	(2nd, 40-44) 42:14
83. Norah Storey	(1st, 20-24) 42:20
141. Kathleen Selmer	45:32
149. Linda Votey	(1st, 45-49) 45:56
152. Marie Manning	46:00
155. Char Sobwick	46:05
175. Julie Baker	47:18
180. Patricia Brooks	(2nd, 45-49) 47:23
203. Leslee Feldstein	48:19
248. Jackie Painter	50:37
264. Nancy Burns	(PR) 51:32
268. Lissa George	51:39
271. Judith Gilbert	(1st, 50-54, PR) 51:49
274. Joyce Ditomasso	(2nd, 50-54) 51:56
297. Karen Cheek	53:31
311. Marisa Burns	(PR) 54:25
340. Gail Bailey	56:02
346. Roxanne Potosky	56:14
348. Karen Ohlrich	56:28
367. Diane Seibert	57:26
370. Caskie Lewis-Clapper	57:29
411. Dorothy Braunsar	1:02:54
416. Nancy Stefan	1:04:00

Newsletter editor Jim Carbary hobbles across the finish line. Although he won nothing, he did have one of his fastest 10k's in recent memory. (photo by Fiona Tobler)

STRIDERMEN AT THE CHASE 10K

3. Gerry Clapper		31:10
8. Jim Clelland	(1st, 35-39)	33:29
10. Paul Keating	(2nd, 35-39)	34:49
12. Stuart Pineo		34:51
15. Keith McIntyre		35:44
16. David Brightwell	(2nd, 30-34)	36:11
17. Bob Burns	(2nd, 40-44)	36:13
19. Mick Slonaker	(1st, 45-49)	36:27
22. Dave Castro	(PR)	36:45
23. Eric Larsen	(1st, 20-24)	36:50
25. Piriya Pinit	(2nd, 50-54)	37:15
35. Brad Burns		38:48
36. Peter Peterman		38:53
40. Steve Bourg	(PR)	39:05
42. Joe LaMonte		39:09
43. Michael Selmer		39:11
44. Bryan Drake		39:12
48. Ed May		39:29
49. Jim Carbary		39:40
57. Rick Rosen		40:36
60. Scott Votey		40:46
61. Vince LaMonte		40:54
65. Richard Bernstein		41:10
71. Scott Allender		41:24
75. Adam Sachs		42:05
78. Bill Elzinga	(2nd, 55-59)	42:11
79. Peter Wittenberg		42:12
80. Steve Henning		42:13
85. Steve Petro		42:23
93. Garland Davis		42:43
94. Steve Feldstein		42:50
102. Ray Lake		43:13
119. Bill Jenkins		44:20
126. James Guarneri		44:51
133. Seth Cohen		45:08
144. John Mortell		45:35
148. William Vogel		45:53
154. James Smith		46:03
155. Char Sobwick		46:05
156. Bruce Whewell		46:06
159. Jerry Casper		46:19
186. Ed Reynolds		47:44
189. Curtis Dalton		47:46
194. David Downey		47:56
195. Joseph Koletar, Jr.		47:57
211. Dick George		48:35
222. Thomas Dymond		48:52
229. Douglas Rahikka		49:25
235. Robert Carpenter, Jr.		49:46
242. Wayne McCaughey		50:10
246. Tom Brown		50:24
249. Andy Parsley		50:47
259. Scott Soffen		51:18
260. Lance Kerr		51:22
269. Stephen Lee		51:42
270. Frank Grahn		51:42
279. Scott Ryan		52:07
282. Bert Moore		52:10
284. Mike Blumenfeld		52:12
288. Joseph Sokol		52:37
289. Francis Buckley		52:42
292. David Wunsch		53:05
299. William Radford		53:37
301. John Neal		53:40
318. Eric Heinz		54:54
329. Harold Cooper		55:28
335. Dick Woods		55:52
338. Michael Barr		55:59
357. Gordon James		57:00
368. John Seibert		57:27
373. John Collins		58:06
427. Stephen Carnahan		1:06:16
441. Mickey Cohen		1:17:27

STRIDER TEAMS IN THE RELAY

(Striders in **bold**; * indicates ran 10k also)

Bea Marie* & **George Altieri** (1st 36-79 coed team)	34:36
Mike Brosenne & **Marc Baron** (2nd HCC student team)	35:19
Vicki & **Phil Lang** (2nd, 36-79 coed team)	37:19
Mick Slonaker* & **GeriAnn Bell** (1st, 80-99 coed team)	37:31
Kelly Barton* & Shawn Downing (3rd 36-79 coed team)	38:27
Denise & **Al Hannagan**	40:27
Michael & **Anthony Fleg** (2nd Junior team)	40:57
Bob* & **Lindsay Burns**	42:50
Jill Fritsch & Michael Kraus	44:32
Norah Storey* & **Sara Hannah** (2nd, 36-79 women's team)	45:11
Ed Reynolds* & Kate Flaherty	47:23
Michael Wall & **Brian Pugh** (2nd, 36-79 men's team)	49:00
Christine & **Jamie Hilliard** (3rd, 36-79 women's team)	50:30
Judith & **Ron Stiff** (1st, over-100 coed)	51:42
Ken & **Dorothy Plantz**	55:16
Richard Aberbach & **Valerie Guilfoil**	57:02
David* & Mary **Carter**	57:19
Barbara Walters & Laura Randazzo	58:06
Stephen & **Susan Shainline**	58:55
Stephen* & **Cheryl Carnahan**	1:05:08

THE MARINE REPORT

Of all the Striders who ran the Marine Corps Marathon, *Dave Karlheim* probably had the most enjoyable time. He set a personal record of 3:08, which was about 28 minutes faster than he had ever run a 26.2 miler in his life. And he admitted to hurting a little in the last two miles! Dave indicated he just wanted to qualify for Boston (he did) so he could run the fabled race in next spring. After that, he doesn't see any more marathons in the future. "After Boston," he says, "I'm not running any more marathons. Ever." Mr. Karlheim's marathon PR came after personal bests this year at every major distance from 5k to the half marathon.

Strider *Deborah Barnett* led the Strider women with a 3:06, which placed her 19th overall among all women in the race. "All that training with Mick [Slonaker] and Kelly [Barton] really helped me." Deborah had the distinction of being the first woman from Maryland to finish.

Janelle McIntyre and *Joya Fritsch* ran their first 26.2 milers at Marine Corps this year. Janelle apparently enjoyed the marathon experience because she ran the Metric Marathon a few weeks later.

On the opposite end of the spectrum, *Tim Beaty* would just as soon forget this year's Marine Corps. He reported a time of "don't ask." At 54 years and a twice-over grandfather, Tim isn't quite certain why he runs these marathons any more. "They're sure hell on my knees."

The U. S. Marines held the 21st edition of the People's Marathon on the warm morning of Sunday, October 27. In fact, the warm weather caused the runners to drink more than the Marines anticipated they would, which resulted in a severe shortage of cups. Those at the back of the pack experienced the shortage most acutely. The Marines attempted to remedy the situation by recycling the cups. The lack of cups didn't bother Mr. Beaty, an experienced ultra-marathoner, for he was packing his trusty belt-bottle, which he used to carry water.

STRIDERS AT MARINE CORPS
27 October 1996

Stuart Pineo	2:55
Ken MacCormack	(?) 3:00
Deborah Barnett	(PR) 3:06
Jim Bailey	(PR) 3:07
Dave Karlheim	(PR) 3:08
Ken Dent	3:16
Jeanine Best	3:22
Steve Henning	3:27
Joya Fritsch	(1st marathon) 3:40
Tom Green	3:42
Mark Konodi	3:43
Janelle McIntyre	(1st marathon) 3:45
Steve Thienel	3:59
Rusty Toler	4:01
Ed Trottier	4:01
Clint Henderson	4:05
Tim Beaty	4:58
Tom Brown	no time
Rick Katkow	no time
Bill MacCormack	no time
Ed May	no time

OTHER STRIDERS AT OTHER MARATHONS

On Sunday, November 3, Howard Countian *Steve Grufferman* ran the New York City Marathon in 3:37, which was a personal record.

On Sunday, November 24, *Bea Marie Altieri* won the Philadelphia Marathon outright in a time of 2:50 (a personal record). She and her husband George decided to run the race as preparation for the Walt Disney Marathon in January. George started too fast and wound up dropping out around 18 miles. However, Bea Marie "felt pretty good" and kept on running. She passed *Bob Burns* (2:58) around 18 miles, where "man, she really flew past me."

Chris Chattin almost duplicated Bea Marie's feat at Philadelphia. He finished second overall in 2:22— the second-fastest marathon ever run by a Strider (Chris has also run the fastest marathon by a Strider).

The Philadelphia race had a field of 2300.

(Metrics, from p. 1)
Then, in the midst of the infamous hills at five miles, Bea Marie overhauled Denise and didn't relinquish the lead. She went on to win handily in 1:42:36.

But the race wasn't over for Ms. Knickman. Former Howard County Strider of the Year Dolly Ginter, home for a brief while, tracked her for most of the race and slowly gained ground on her. The pair emerged from the Columbia bike paths at 14 miles with Dolly right on her competitor's heels. With only about a mile to go, Ginter threw in a surge that doomed her adversary. Best known for her triathletic accomplishments, Dolly noted that she had not run such a long distance in two years, the last time she did the Metric.

Those not feeling quite up to a 26.2 km Metric Marathon could run the Columbia 5 km race, which started at the same time and place. The shorter race actually had the tougher route, because near the two-mile mark a bulldozer blocked the bike path that the race followed. Needing to go around the obstacle, runners negotiated a steep grass slope made more treacherous by frost. No one actually fell down on the slope, although many reported they lost a serious amount of momentum.

After surmounting the grass slope, the runners could open up on the flats along Little Patuxent Parkway. There, *Gerry Clapper* edged ahead of the lead pack and outkicked second place *Doug Walter* to win the 5k in 15:21. "He told me before the race to follow him," Mr. Walter recalled.

Baltimore's Carole Rosasco readily subdued the women's 5k field in 19:52. Westminster's *Joy Glass*, who is also Howard County Strider, finished third among the 5k women and was the first Striderwoman across the line. Her 20:25 won the master-women category.

The morning of Sunday, November 17, dawned sunny and cold, and most runners wore tights, long sleeves, and a knit cap. The Metric Marathon course follows hilly side-roads from Columbia to Ellicott City, returning to Columbia along several miles of bike paths, and the cold temperatures caused ice and frost on the bike path bridges. Nobody reported being especially cold,

Hatless George Altieri comes down the last hill in the Metric Marathon to finish second among the 35-39 men. (photo by Jim Carbary)

however, because they were working so hard running up the hills. *Ken Dent* (2nd, 45-49 men) ran in a singlet and shorts and no hat. "I didn't get cold, but I wasn't sweating," he reported. Steve Smith (2nd, 30-34 men) admitted "I never did warm up."

Some runners had good runs at this year's Metric and some did not. *Ray Frankewich*, who has made a hobby of running metric marathons, placed himself among the latter. A few weeks earlier, Mr. Frankewich had completed the Annapolis Striders' Metric Marathon, an arguably more difficult race, in a faster time than his 1:49:58. "I had a lousy day," he said, "but I never voted for a Republican in my life."

Race director *Phil Lang* himself ran the Metric Marathon. Although he intended the race as a tune-up for the Rocket City Marathon (Huntsville, AL), Phil ran an outstanding 1:39:55 and took first place in his age group. "The race went real easy," he said of the run, which was only a few seconds slower than his personal record for 26.2 km. Phil graciously rescinded his award and gave it to the second place runner.

The race was the first Metric Marathon for *Nancy Burns* and *Christine Hilliard*. The Metric was by far the longest race Nancy had ever done, although she had run the course before as practice. "I'll probably be able to walk tomorrow," Ms. Burns said. For

A resolute, Advil-charged Rusty Toler chugs over the pedestrian overpass along the final few yards of the Metric Marathon (photo by Jim Carbary)

Britt McCormick (left) and Janelle McIntyre go neck and neck down the homestretch. Janelle had run the Marine Corps Marathon (her first) only a few weeks earlier. (photo by Jim Carbary)

Christine the Metric proved to be "a nice stroll for 16 miles." Neither woman said they had an inclination to run a 26.2 mile marathon.

The Metric's route has a reputation for being hilly and difficult. "The course is easy or hard depending on how much Advil you take before you run it," remarked *Rusty Toler*. Some runners remembered the days before the present course was instituted. *Allan Feilds*, who has run most of the Striders' Metric Marathons, recalled the 1978 race and even wore the 1978 Metric Marathon t-shirt proving he had run it. "It's an easier course these days," he lamented.

For *Britt McCormick*, the Metric Marathon was the longest race she ran this year. Using the Metric as training for the Walt Disney Marathon, she intended to run the race with her triathlete friend *Tony Warner*. Around 12 miles, she perceived age-group rival Joanna Zeigler up ahead and tried to catch her. With Mr. Warner's assistance, she closed the gap to 13 seconds between herself and her competitor. Ms. McCormick placed second among the 23-29 women with a time just four seconds over two hours.

Although not one Strider finished among the winners in the 40-44 age group, Howard Countians dominated the 45-49 men as *Mick Slonaker*, *Ken Dent*, and *Nelson Stritehoff* finished 1-2-3 in that category. The next age group, 50-54 men, proved exceptionally competitive as the top three runners all broke 1:50. Finishing second in that age group, Strider *Piriya Pinit* lost an intense battle (by only a few seconds) with Baltimore's Ronnie Wong, who had just celebrated his 50th birthday with a 2:56 at Marine Corps. "He's hungrier than me," offered Mr. Pinit, two years older than Ronnie. Running only his second Metric, *Bill Elzinga* finished second in the 55-59 men's group and was exceedingly pleased with the entire race. "Not only did I get a t-shirt," he said, "but I also got three pieces of pizza!" Finally, Striders *Sadj Bartolo* and *Nadia Wasserman* finished first and second among the 50-54 women (there were only three in the race). Nadia credited her performance to her recent discovery of PowerGel, the yogurt-like analog of PowerBar.

The Metric Marathon offered a total purse of $750.00. The overall man and woman winners of the Metric Marathon received $200.00 each. Age-group winners took home long-sleeve t-shirts and gift certificates from Feet First. All participants who registered early enough received t-shirts and a PowerBar and as much Lido's pizza as they could consume. Lido's of Columbia supplied the race with 15 large pizzas per hour "until Mr. Lang tells us to stop." Indeed, the PowerAde, Mountain Valley Water and Dole Bananas had all run out by the time the last Metric Marathoners crossed the finish line, but not the pizzas!

In the weeks just prior to the event, race director Phil Lang became concerned that lagging registrations would result in an

abysmally low turnout. Fearing the worst, he cut back on the number of t-shirts ordered. However, registration picked up dramatically in the final days before the race and the Metric, with 280 finishers, actually drew about 20 more runners than last year. The Columbia 5k had a field of 144— exactly the same number as the year before.

Mr. Lang benefited from a large contingent of volunteers and the Howard County Police, who regulated the major intersections along the whole 16.4 mile route of the Metric Marathon. All course marshals stayed at their posts throughout the long race— although the good weather may have helped attendance. Phil's helpers included *Nadia Wasserman* at packet pick-up, *Paul Goldenberg* on traffic control, *Dave Campbell* on water, *Dave Tripp* at the finish line, and *Tim Beaty* (assisted by Nelson Stritehoff) on traffic cones. Tim and Nelson were out at 4:45 am putting cones and mile-markers along the course.

While Phil was out rampaging through the Metric Marathon, his wife *Vicki* served as the director for the 5k race. She handed out the 5k awards and random prizes long before any of the Metric Marathoners finished.

Ten-year-old Shaun Anderson roars down the hill at the finish of the 5k, narrowly missing the photographer. (photo by Jim Carbary)

STRIDERS AT METRIC MARATHON

~ official times ~

3. Dave Berardi		1:33:19
7. George Altieri	(2nd M, 35-39)	1:36:41
10. Phil Lang	(1st M, 23-29)	1:39:55
16. Bea Marie Altieri	(1st W)	1:42:36
18. Mick Slonaker	(1st M, 45-49)	1:43:05
20. Robert Koyak	(3rd M, 35-39)	1:45:36
24. Dolly Ginter	(2nd W)	1:46:15
28. Kent Dent	(2nd M, 45-49)	1:47:22
30. Piriya Pinit	(2nd M, 50-54)	1:47:55
31. Paul Bourg	(1st M, 1-22)	1:48:09
35. Rick Kearney		1:49:44
36. Ray Frankewich		1:49:58
42. Jerry Warfield		1:51:09
43. Paul Keating		1:51:18
45. Patricia Keating	(4th W)	1:51:22
49. Nelson Stritehoff	(3rd M, 45-49)	1:52:18
51. Chuck Powers		1:52:47
61. Dave Karlheim		1:56:03
63. Vince LaMonte		1:56:49
68. Tony Warner		1:57:56
78. Britt McCormick	(2nd W, 23-39)	2:00:04
79. Janelle McIntyre		2:00:07
81. Bill Elzinga	(2nd M, 55-59)	2:00:14
84. Ed Silverman		2:01:29
88. Michael Hagan		2:02:09
99. Tom Brown		2:03:31
106. Eric Kocay		2:04:20
107. William Agee		2:04:21
110. Steve Bourg		2:05:13
111. Daniel O'Brien		2:05:32
116. Rusty Toler		2:06:34
119. Randy Snyder		2:06:56
120. Bill Jenkins		2:07:04
122. Bob Hecht		2:07:14
123. Patti Hecht		2:07:19
144. Kathleen Selmer		2:10:44
145. Deborah Chaney		2:10:49
155. Eric Williams		2:14:38
158. Clint Henderson		2:15:43
159. James Koo		2:16:14
160. Joe Amato		2:16:28
161. Andy Parsley		2:16:28
165. Stephen Thienel		2:16:54
166. Allan Field		2:16:54
167. Julie Boughn		2:17:14
168. Bruce Whewell		2:17:15
171. Rob Feldstein		2:17:18
172. Melquisedec Quecan		2:17:27
176. Tom Purcell		2:17:59
177. Duane St. Clair		2:18:16

184. George Ware 2:19:06
193. William Majewski 2:21:40
208. David Downey 2:24:43
209. Richard Hatfield 2:24:46
212. Stephen Lee 2:26:16
213. Robert Knaus 2:26:16
215. Robert Bartolo 2:26:47
216. Sadj Bartolo (1st W, 50-54) 2:26:50
218. Simon Dukstansky 2:27:00
219. Richard Bernstein 2:27:05
223. Nadia Wasserman (2nd W, 50-54) 2:29:50
228. Nancy Burns (1st Metric) 2:30:43
229. Donald Gentile 2:30:45
230. William MacCormack 2:30:47
233. Chuck Daniels 2:31:52
234. Jack Drake 2:32:05
235. Andrea Almand 2:32:10
245. Debbie Kocay 2:37:29
252. Debbie Glover 2:40:46
258. Christine Hilliard 2:44:26
264. Linda Ditter 2:52:00
265. John Collins 2:52:55

Lindsay Burns sedately ran the 5k while her mother did the Metric. (photo by Jim Carbary)

STRIDERS AT COLUMBIA 5k

1. Gerry Clapper 15:21
2. Douglas Walter (1st M, 20-29) 15:24
5. Stuart Pineo (2nd M, 30-39) 16:50
7. David Brightwell (3rd M, 30-39) 16:59
9. Chris Selmer (1st M, 15-19) 17:24
10. Rob Dyer 17:27
11. Michael Brosenne (2nd M, 15-19) 17:34
12. Zach Heidepriem 17:41
13. Dennis Coates 17:47
15. Joe LaMonte 18:08
17. Michael Selmer (3rd M, 40-49) 18:26
20. Jim Carbary 18:53
21. Brian Selmer 18:59
25. Geoffret Glaeser 19:19
26. Blain Wrench 19:32
27. Bill Arbelaez 19:44
30. Nathan Greenblatt (PR) 20:06
34. Joy Glass (1st W, 40-49) 20:25
36. Alex Bailey (1st M, 1-14) 20:41
37. Norah Storey (1st W, 20-29) 20:44
38. Sarah Ordaz 20:49
40. Jill Fritsch (1st W, 30-39) 20:57
45. John Kuehls 21:30
46. Jim Grover 21:39
47. Michael Craig 21:44
49. Armand Harris 21:50
51. Marie Manning (2nd W, 40-49) 21:54
55. Robert Rahikka 22:34
56. Shaun Anderson 22:35
58. Mark Hollingsworth 23:03
59. Carrie Selmer (2nd W, 1-14) 23:11
66. Barbara Walters 23:43
67. Douglas Rahikka 23:44
77. Flint Firestone 24:48
80. Judith Gilbert (1st W, 50-99) 25:02
83. Lindsay Burns 25:21
86. David Wunsch 25:36
92. Marisa Burns 25:57
93. Erin Brooks 26:27
96. Karen Ohlrich 27:02
97. Tina Munday 27:06
100. Jim Chopack 27:22
103. Lloyd Knowles 27:32
109. Debra Iwanczuk 28:34
110. Jack Edwards 28:36
122. Megan Marland 30:30
124. Dorothy Braunsar 31:17
127. Sally Kemble 31:25
128. Nancy Stefan 31:45
129. Mario Iwanczuk 31:45
130. Caroline Lott 32:07
133. Terri Silverman 32:51
134. Mike Blumenfeld 33:16
140. Barbara Sullivan* 35:38

* started 15 minutes late!!!

THE GRAPEVINE EXPRESS

A cold, breezy morning greeted a record field of 247 runners in the third annual Run Through the Grapevine Cross Country 8k at the Linganore Winecellars. Most of them ran in tights for the first time this season. But after the first half mile, they were working so hard climbing the hills or stumbling in the fields they sweated mightly and scarcely noticed the chill.

Race director *Gerry Clapper* would have won his own race had he chosen to officially participate. So well-staffed was the event that Mr. Clapper felt he could actually run the whole 8k course, which he did faster than all the entrants. He lead the others in a merry chase, just showing them how to do cross country. Dennis Mickey won the Gerry-chase in just under 29 minutes and officially earned the Grapevine Championship for the second year in a row.

Mr. Clapper's non-victory seemed all the more incredible considering he had to arrive at the winery at 7:00 am, finish spray-painting the course, and help set up and direct his various helpers. The night before, he had stayed up late at a formal affair that required his wearing a tuxedo. The race must have seemed a relief!

Aside from Mr. Clapper, *Jeff Regelman* was the first Howard Countian to finish the race. Jeff finished fourth overall and completed the grueling course in an amazing 29:55, which was "better than I expected." Like most of the competitors, Mr. Regelman admitted to losing his footing a few times, although he never actually fell down.

Maureen Hall won the women's race in 34:39. She bolted away at the start and, well ahead of the other women, cruised along without much trouble until about four miles. Then a female deer suddenly darted across her path. "It was only a few feet from me," she said, "and really shocked me." Maureen recovered her composure, however, and went on to win going away. "I was pretty vertical the whole time," she said of her performance. She and her husband, the legendary Nut Hall, recently moved from Baltimore to Western Maryland and drove two hours to get to the race.

The cross-country race began in a field below the farm buildings and went uphill from there. (photo by Ken Fowler)

A cross country race *has* to have teams, and no fewer than 15 teams officially entered the Grapevine 8k. The principle team competitions included the Frostburg Junior Varsity cross country team, many of the Frostburg Alumni, with Dennis Mickey and his brother Donnie, and a Montgomery County team, which sported sppeedster Steve Smith. Placing five of its members in the top 10, the Alumni had the better of the team races and Montgomery County once again fell to its doom. "I think your club made a mistake in the scoring," Mr. Smith said. He was under the impression that only the MCRRC had entered a team in the men's open category.

Among the top Strider finishers were *Tom Bowmaster* and *Trey Cassidy*, both of whom finished close to 30 minutes. The two were with the leaders at the mile mark. By the second mile, going downhill, Mr. Clapper put on a move, and they got left behind. A long-time Strider and confidant of Gerry Clapper, Mr. Bowmaster came all the way from his home in New Jersey to run the Grapevine 8k. Trey just ran the race for his team ("Smashing Bagels"). A cross-country coach himself, Mr. Cassidy put most of his energy into the WISC (Washington Independent Schools Cross-Country) meet the day before.

The tortuous 8k course consisted of various loops around the Linganore Winery and featured gravel roads, broken fields of grass, mud and roots and leaves, and several very steep hills. Most participants considered the race a severe challenge, although *Paul Keating*, a former cross

The middle of the pack enjoys a flat part of the course before plunging into the hinterland. (photo by Ken Fowler)

country runner, would have preferred snow, rain, or sleet for a complete cross-country experience. "I wish the race were longer, so I wouldn't have to run so fast," commented *Nelson Stritehoff*, an ultra-runner. Strider President Dick George ran the race for the third year in a row and swears it gets longer every time. For *Nadia Wasserman*, simply finishing the run without falling down represented a major accomplishment. "Last year I fell down twice," she confessed. Nadia also managed the race-day entries. A deluge of last-minute registrants greatly frustrated her, nearly causing her to miss the start of the race. In fact, she was still pinning her number on when the start whistle sounded.

Gerry Clapper, one of the premiere runners of Maryland, originated the Run Through the Grapevine 8k at the Linganore Winery and has directed the race for the past three years. The race has grown from a few dozen runners in its inaugural year to nearly 250 this year. This year, all finishers received wine glasses, and award winners received bottles of Linganore vintage, complete with special race labels. After the race, the winery opened its doors to post-race wine-tasting, and more than a few runners actually purchased some wine. Post-race refreshments included a number of loaves of Gerry's famous banana bread, which, according to his wife Caskie, he had been baking for a month prior to the race.

Of final note, Gerry's father and mother, Charles and Leona, journeyed all the way from their home in Maine to run the race.

RUN THROUGH THE GRAPEVINE 8k

3 November 1996 ~ Linganore Winery

1.	Dennis Mickey	29:04
2.	Ian Frink	29:34
3.	Daniel Quinn	29:45
4.	Jeff Regelman	(1st, 30-34 M) 29:54
5.	Trey Cassidy	(1st, 25-29 M) 30:05
6.	Donald Mickey	(2nd, 25-29 M) 30:10
7.	Tom Bowmaster	(1st, 35-39 M) 30:15
8.	Brian Saulsbury	(1st, 1-19 M) 30:20
9.	John Scott	(2nd, 30-34 M) 30:22
10.	Tim Silva	(3rd, 30-34 M) 30:29
11.	Steve Smith	(4th, 30-34 M) 30:48
12.	Steve Manning	(2nd, 35-39 M) 30:54
13.	Phil Lang	31:06
14.	Dennis Albright	(3rd, 35-39 M) 31:25
15.	David Brightwell	31:49
16.	Matt Augustin	(2nd, 1-19 M) 31:52
17.	Tim Stahler	(1st, 20-24 M) 31:59
18.	Mark Adams	(3rd, 35-39 M) 32:01
19.	David O'Connell	32:03
20.	Keith McIntyre	32:09
21.	Lou Kennedy	32:16
22.	John Ejnik	32:23
23.	Curtis Bailey	32:27
24.	Ian Torrence	(2nd, 20-24 M) 32:38
25.	Sean Rayford	32:44
26.	Paul Keating	32:48
27.	David Porton	32:50
28.	Gerard Hogan	32:52
29.	Bob Burns	(1st, 40-44 M) 33:05
30.	Kirk Nelson	33:15
31.	Scott Duckworth	33:21
32.	Jeff Smith	(2nd, 40-44 M) 33:29
33.	Wade Boudreau	33:38
34.	Joe LaMonte	33:42
35.	Jimmy McDonald	33:46
36.	Mick Slonaker	(1st, 45-49M) 33:49
37.	Zach Heidepriem	33:54
38.	Gary Anderson	33:58
39.	Ed Wilson	34:01
40.	Dennis Coates	34:06
41.	John Black	34:08
42.	Rick Russell	34:14
43.	Shawn Downing	34:37
44.	Maureen Hall	(1st W) 34:39
45.	Jim Kassebaum	34:41
46.	Robert Buerger	34:42
47.	Don Vetal	34:44
48.	John Stepek	34:47
49.	Denise Knickman	(2nd W) 35:09
50.	Megan Holden	(3rd W) 35:15
51.	Jim Carbary	(2nd, 45-59 M) 35:24
52.	Derek Wireman	35:28
53.	Brian Russo	35:35
54.	Greg Hildstrom	35:41

55. Kurt Martin 35:50
56. Charles Gardetto 35:54
57. Art Rivers 35:55
58. Chris Cole 35:56
59. Curtis Rogers 35:59
60. Mike Capraro 36:03
61. Pete Peterman 36:14
62. Joe Ratermann 36:26
63. Jason Hill 36:32
64. Tom Luby (3rd, 45-49 M) 36:35
65. Jim DiSciullo (3rd, 40-44 M) 36:38
66. Nelson Stritehoff 36:40
67. Robert Howard 36:54
68. Bill Osburn 37:07
69. Tim Dowse 37:19
70. Scott Votey 37:34
71. Chris Laitala 37:36
72. Steve Bourg 37:40
73. David Geiger 37:47
74. Patricia Keating (1st, 35-39 W) 37:48
75. Roger Calvert 37:49
76. Barbara Sullivan (1st, 40-44 W) 37:51
77. Don Daut 37:58
78. Nathan Greenblatt 38:02
79. Daniel Packer 38:10
80. Janelle McIntyre (1st, 30-34 W) 38:12
81. Michael Nogan 38:20
82. Kelly Barton (2nd, 30-34 W) 38:30
83. Doug Harmer 38:34
84. Bruce Randle 38:37
85. Tim Rowe 38:53
86. Seth Gottesman 39:05
87. Patrick Smeller 39:19
88. Vince LaMonte (1st, 50-54 M) 39:21
89. Daniel Pick 39:26
90. Stephen Decubellis 39:28
91. Gerry Donohue 39:29
92. Fred Shuman 39:32
93. Mike Blumenfeld 39:45
94. Jennifer Wright (3rd, 30-34 W) 39:54
95. Chris Womack 39:55
96. GeriAnn Bell (4th, 30-34 W) 40:04
97. Vicki Lang (1st, 25-29 W) 40:20
98. Hannah Christopher 40:33
99. Jay Messenger 40:36
100. Patrick Jeger 40:43
101. Dwight Johnson (2nd, 50-54 M) 40:51
102. Sandy Ford (2nd, 35-39 W) 40:54
103. Sanford Cohen 40:58
104. Dean Bryant 41:01
105. Bob Neurath 41:07
106. Jan Tripp (2nd, 40-44 W) 41:11
107. Gregg Emery 41:16
108. James Gebbie 41:18
109. Stacy Mallare (1st, 1-19 W) 41:21
110. Martiun Albornoz 41:22
111. Jennifer Matthews 41:28
112. Joy Glass 41:40
113. Steve Thienel 41:40
114. Rusty Toler 41:41
115. Shannon Johnson 41:41
116. Mark Woodard 41:42
117. Greg Marchetti 41:45
118. Larry Moore 41:47
119. Ed Trottier 41:47
120. Julie Deutschmann 41:49
121. Glenn Swartz 41:50
122. Edward Pinney 41:53
123. Erin Adams (1st, 20-24 W) 42:14
124. Joseph Filteau 42:18
125. Ellen Tennent (2nd, 25-29 W) 42:27
126. Greg Bane 42:28
127. Dick George 42:29
128. Linda Votey (1st, 45-49 W) 42:32
129. Christine Jenkins 42:36
130. Jeffrey Godwin 42:38
131. Mark Terpening 42:39
132. Michael Milano 42:39
133. Betty Stephenson 42:43
134. Marc Burger 42:52
135. Doug Weeks 42:54
136. Patrick Sullivan 43:13
137. Douglass Mann 43:15
138. April Ray 43:19
139. Marie Manning 43:21
140. Matt Fates 43:28
141. Matt Holmwood 43:29
142. Cheryl Brady 43:33
143. Byron Godwin 43:40
144. Marc Campagna 43:49
145. Sue Neurath 43:55
146. Kathy Luby (2nd, 45-49 W) 44:02
147. Jodi LaVardera 44:10
148. Michelle Blount 44:16
149. Anne Watson 44:20
150. Morgan Dailey 44:24
151. Pat Brooks 44:29
152. Christine Bawroski 44:31
153. Pam West 44:42
154. John Mortell 44:45
155. Isabel Bigelow 44:50
156. Thomas Dymond 44:54
157. Carolyn Case 45:03
158. Mike Schmidt 45:04
159. Denise Hise 45:06
160. Bill Osburn (1st, 65-99 M) 45:08
161. Arlo Yake 45:10
162. Nick Bergeris 45:19
163. Della McIntyre 45:35
164. James Ford 45:44
165. Janice Ward 45:45
166. Patrick Ryan 45:45
167. Jeff Seabolt 46:03
168. Lee Webber 46:10
169. Judith Gilbert (1st, 50-54 W) 46:15
170. Gordon Long 46:15

171. John Boyce		46:17
172. Lisa Hickman		46:21
173. Laurel Ford		46:32
174. Vince Campagna	(1st, 55-59 M)	46:38
175. Alan Borst		46:47
176. Warren Cooper		46:53
177. Kate Salazar		46:56
178. Rick Fox		47:11
179. Chuck Daniels	(2nd, 55-59 M)	47:19
180. Vladi Basch		47:21
181. Andrea Almand		47:25
182. Catherine Bailey		47:27
183. Wayne Holland		47:27
184. Lissa George		47:34
185. Diana Hirshfeld		47:38
186. Robert Detrow		47:38
187. Michelle Piccirelli		47:47
188. Barbara Strittmatter		48:06
189. Debby Lazas		48:22
190. David Campbell		48:32
191. Nancy Burns		48:44
192. Susan Engelhardt		48:50
193. Bill MacCormack		49:08
194. Bob Snyderman		49:31
195. John Haley		49:32
196. Rick Harmer		50:12
197. Randy Owens		50:22
198. Diann Duino		50:28
199. Derick Brinkerhoff		50:56
200. Joseph Wooden		50:58
201. Donald Gamiles		51:20
202. Annice Bergeris		51:36
203. Jennifer Coston		51:47
204. Michael Chambers		51:49
205. Pilar Tijerina		51:56
206. Eric Heinz		52:10
207. Nadia Wasserman	(2nd, 50-54 W)	52:14
208. Karen Ohlrich		52:18
209. Frank Berry		52:20
210. Lynn Christensen		52:23
211. Miles Weigold		52:56
212. Stephen Hall		53:04
213. Kari Ebeling		53:29
214. Susan Cole		53:36
215. Freya Klantschitsch		53:40
216. Jay Twilley		53:40
217. Caskie Lewis-Clapper		54:32
218. Linda Ellison-Hoffman		54:52
219. James Elliott		54:52
220. Bob Lapato		55:08
221. Mary Shiel		55:23
222. Debbie Hershberger		55:28
223. Barbara Calvert		55:31
224. Joe Wasserman		55:33
225. Don Mears		55:33
226. Tyler Cymet		56:00
227. Karen Harvey		56:16
228. Krystin Medicus	(2nd, 1-19 W)	56:20
229. Patricia Bokee		56:22
230. Thomas Medicus		56:22
231. Hadar Silverman		56:29
232. Bob Sheck		57:58
233. Eric Mandell		58:43
234. Linda Wallace		1:00:19
235. Suzi Kline		1:00:33
236. Drew Wright		1:00:33
237. Nancy Maldonado		1:01:25
238. Nancy Glass		1:02:07
239. Lisa Wood		1:02:07
240. Jane Schmidt		1:03:50
241. Charles Clapper	(2nd, 65-99 M)	1:04:51
242. Ralph Lambert		1:04:59
243. Cynthia Krus		1:05:59
244. George Corey		1:06:00
245. Leona Clapper	(1st, 65-99 W)	1:06:40
246. Sarah Cravens		1:12:46
247. Jennifer Ransaw		1:12:46

Montgomery County's Steve Smith leads Strider Phil Lang (right front) in a dash down hill. (photo by Ken Fowler)

Pat Brooks (left) and Barbara Calvert bought a few liters of Linganore vintage after the race. (photo by Jim Carbary)

GRAPEVINE TEAM RESULTS

Open Male
1. Frostburg State Alums 16 pts
(D. Mickey, I. Frink, D. Mickey, D. Albright, S. Duckworth, J. Smith)
2. Javelinas 29 pts
(T. Bowmaster, J. Scott, S. Manning, D. Brightwell, J. Wasserman)
3. MCRRC - Big Dogs 33 pts
(D. Quinn, S. Smith, M. Adams, D. O'Connell, J. Stepek, D. Geiger)
4. Grapes of Wrath 69 pts
(K. McIntyre, G. Anderson, J. Carbary, N. Stritehoff, P. Jeger)
5. BGE 88 pts
(E. Wilson, B. Russo, R. Howard, V. Basch)
6. Rocko & Heff 104 pts
(D. Pick, M. Blumenfeld,G. Bane, M. Holmwood, H. Silverman)

Open Female
1.Team Ripple 10 pts
(B. Sullivan, J. McIntrye, S. Ford, J. LaVerdera, C. Bailey, C. Lewis-Clapper)

Open Coed
1. Rosebuds 20 pts
(P. Keating, M. Slonaker, S. Downing, P. Keating, K. Barton, C. Womack)
2. Smashing Bagels 20 pts
(Trey Cassidy, Phil Lang, Jim DiScuillo, S. Votey, G. Bell, V. Lang)
3. Sun Microsystems 42 pts
(J. Messenger, J. Ward, P. Ryan)

Masters Female
1. Nadia's Tuesday Track Team 10 pts
(J. Glass, L. Votey, M. Manning, P. Brooks, P. West, N. Wasserman)

Masters Coed
1. The Fast, the Slow,& the Injured 20 pts
(B. Burns, R. Calvert, D. George, L. George, N. Burns. B. Calvert)
2. Coed Cuties 28 pts
(S. Thienel, R. Toler, C. Daniels, A. Almand, K. Ohlrich, M. Weigold)
3. BD3+1 31 pts
(D. Daut, B. Stephenson, Y. Arlo, S. Engelhardt)

Hashers
1. DC Hash House Hariettes & Harriers 6 pts
(D. Brinkerhoff, J. Coston, M. Chambers)

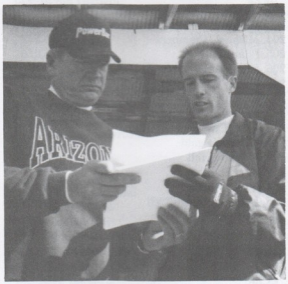
GERRY CLAPPER'S ASTOUNDING BANANA NUT-BREAD

Ingredients for one loaf:

— 2 1/2 cups flour
— 1 cup sugar
— 3 1/2 tsp baking powder
— 1/4 tsp nutmeg
— 1/4 tsp cinnamon
— 3 tblsp vegetable oil
— 3/4 cup milk
— 1 large egg
— 2-3 medium bananas

Mix dry ingredients together. Then mix egg with milk and oil. Stir all together, but mash bananas separately. Then add mashed bananas to mixture, stirring thoroughly. To top off, add your own twist: chocolate chips, blueberries, etc. If you add berries, reduce amount of milk so batter isn't too watery.

[This is the official bread of the Run Through the Grapevine 8k — ed.]



Race director Gerry Clapper (right) discusses recipes with master-chef Miles Weigold at the Grapevine 8k. (photo by Jim Carbary)

HOWARD COUNTY TEAMS SHINE AT STATE HIGH SCHOOL CHAMPIONSHIPS

by Dave Tripp

In the Fall of 1996 there were 152 public high schools in the state of Maryland, 10 of which were in Howard County. The high schools are separated into four classes (1A to 4A) based on size of student body, with separate competitions for girls and boys. As usual, student athletes and teams from Howard County did disproportionately well in statewide cross country competitions. Fifteen Howard County teams made it through regional competitions, and they were very successful in the state competitions on Saturday, November 7, at Hereford High School.

Wilde Lake High School executed a rare "double," winning both the 2A boys' and girls' competitions. There were 18 complete teams in the boys' 2A, and six were from Howard County— Wilde Lake, first; Atholton, third; Glenelg, eighth; Oakland Mills, tenth; Hammond, twelfth; and Hammond, fourteenth. Among 14 2A girls' teams, Wilde Lake was first; Glenelg, fourth; Oakland Mills, sixth, and Atholton, thirteenth. Striders *Steve Carnahan* and *Larry Roberts* coached Oakland Mills and Hammond, respectively.

In class 1A, River Hill boys' and girls' teams (in their first year of competition and with no seniors) each finished in third place. River Hill was coached by Strider *Earl Lauer*.

In class 3A, Centennial's boys were fourth, and the girls were eighth, followed by Mt. Hebron's girls in tenth.

Individually, a number of young Striders performed well. *Jeff Olenick* of Centennial won the 3A race in 16:52, just four seconds off the fastest time of the day. However, Olenick ran in the morning when the wind was much more of a factor. Olenick's teammate, Strider *Eric Myers* placed tenth out of 129 finishers in 17:48. Centennial's girls were led by Striders *Sarah Ordaz* (fourteenth in 21:29) and *Neha Amin* (twenty-ninth in 22:08).

In the 2A competition, Strider competitors included *Joe Lamonte* of Atholton, *Brian* and *Chris Selmer* of Glenelg and *Alex Bailey* of Oakland Mills. The 2A girls included *Libby George* and *Kelly Goodwin* of Wilde Lake, *Kristen Hogan* of Glenelg, *Lauren Drake* (twelfth place in 22:19) of Oakland Mills and *Wendy Sare* of Atholton.

In the 1A races, River Hill was well represented by former Junior Strider stars *Zach Heidepriem* (a sophomore who finished third in 17:38) and *Beth Santilli* (also third, in 21:05). *Kelli Bloch* of River Hill finished twelfth in 22:12.

All Striders should not only be proud of these performances, but also of the part played by the club. Many senior Striders put in significant amounts of time assisting these athletes, as the club was responsible for finish line operations and computerized results at the Howard County Striders Invitational, the Pallotti Invitational, the Mercy High School Meet, the independent schools championships at Glenelg Country School, the Howard County Championships, the 3A and 1A Regional Championships at Centennial High School and, finally, the Maryland State Championships.

Thanks to all those Striders who helped, but particularly *Miles Weigold*, *Pepe Sandoval*, *Jason* and *Judy Tripp*, *Dickie George*, *Bob Burns*, *Steve Musselman*, *Paul Goldenberg* and *Jim Greenfield*, all of whom worked three or more of these events. [Let's not forget *Dave Tripp*, who not only had a large part in the volunteer effort described here but who also wrote this article— ed.]

On Tuesday, November 7, the *Baltimore Sun* named the 1996 All-Howard County Cross Country Teams. Striders Jeff Olenick (Centennial) and Beth Santilli (River Hill) received Runner-of-the-Year accolades. Other Striders on the all-county boy's team were Zach Heidepriem, and Eric Myers. Striders on the all-county girls' team were Sarah Ordaz, Neha Amin and Kelli Block. In addition, Mr. Olenick and Ms. Santilli made the Sun's All-Metro cross-country team, which featured the best runners from Baltmore-area schools.

The Howard County Striders salute you!

THE GREAT TURKEY RUSH

A field of 146 runners turned out for the Annual Strider Turkey Trot Prediction 10k on Thanksgiving morning. As always, the object was to run the appointed course and cross the finish line as close to 11:00 am as possible— with no timing devices allowed. The 10k course followed the bike paths from Jeffers Hill Neighborhood Center up to Route 108 (near Howard High School) and back. Notably, 1995 Turkey Trot winner *Bob Burns* came nowhere near 11:00 am, although a host of others ran with him in hopes of capitalizing on his precision pacing. Most participants finished much too early. "We ran harder to keep from getting cold," explained one Turkey Trotter.

The most accurate finishers turned out to be *Wayne Conway* and *Janelle McIntyre*, each of whom finished within one second of 11:00 am. Although they didn't run with each other, they crossed the finish line at virtually the same instance. Neither winner offered a reason why they won, although Mr. Conway did indicate he started at 10:10, planning to run the 10k in 50:00, because he will turn 50 this Christmas Eve. "It's not like we train for this or anything," said one turkey. For their precision, both Wayne and Janelle earned coveted Brass Turkey Trophies.

Jim Carbary and *Steve Beyers* received special awards — a stuffed turkey doll and a chocolate turkey — for being the only runners in the field who ran the original Turkey Trot in 1979. *Dave*, *Judy* and *Jason Tripp*, who worked the race this year, also participated in the original Turkey Trot.

Laura Selby and Damien Cummins learned of the Turkey Trot from Howard Countian Reggie Hahne. To run the race, they started driving at 3:00 am from their home in Durham, NC. Not only was the race their first prediction run, it was also their first 10k.

The Turkey Trot has been staged every Thanksgiving since 1979 (see article on opposite page) by Dave and Judy Tripp, who were assisted by son Jason this year. This year for the first time, a computer handled the scoring of the race.

TOP TURKEY TROTTERS
Thanksgiving Day, 1996
Jeffers Hill Neighborhood Center
(overall winners in **bold**)

Jimmie Storey	10:59:42
Nettie Vasbinder	10:59:45
Norah Storey	10:59:45
Brian McGivern	10:59:45
Mike Brosenne	10:59:46
Seth Geoghegan	10:59:51
Mike Kreft	10:59:51
Brad Burns	10:59:52
David Lazas	10:59:54
Wayne Conway	**10:59:59**
Janelle McIntyre	**10:59:59**
Robert Ott	11:00:06
Britt McCormick	11:00:08
Ken McCormick	11:00:09
Linda Field	11:00:11
Aaron Greenfield	11:00:12
Debra Barnett	11:00:16
Ken Plantz	11:00:16
Blain Wrench	11:00:36
Rich Fox	11:00:48

Bob Burns, winner of the 1995 Turkey Trot, entered the finish chute just behind his wife, Nancy. (photo by Jim Carbary)

MOMENTS IN STRIDER HISTORY
fourth in a series of articles by Ken Plantz

'TWAS THE FIRST THANKSGIVING TURKEY TROT

It was Thanksgiving morning, 1979, at the Jeffer's Hill Neighborhood Center and something just wasn't right. First of all the clock was facing the wrong way and it had the time of day, not the race time! Runners were casually strolling to the start line with no ceremony at all, and just ... running! Knowing that they were not wearing watches still did not prevent the runners from periodically checking their naked wrist in hope that a split would magically appear. The first starters were from the Madachy family. Sisters Jenny and Laura started at 9:37 in order to finish with the others at 11:00.

While the runners were registering for the race you could hear the wheels grinding away in the heads as they carefully calculated splits and start times, all to end at 11:00. If that was not interesting enough the runners were also being weighed before they ran. Special t-shirts were awarded to Chuck Morgan for being the "largest turkey" and to 7-year old Jason Tripp for being the "smallest turkey".

One hundred thirty participants finished the race in 1979. The course covered the long bike path that winds its way behind Jeffer's Hill and up through Long Reach and by Jackson's Pond. Twenty eight runners finished before 11:00 and one hundred finished after 11:00. Johnny Smoker (great name for a runner) finished exactly at 11:00 to win for the men. Ten-year-old Laura Machady was only 5 seconds off to capture the women's prize. The most popular finishing time was 11:00:07 as eight people crossed the line in one second! The race was followed by what is now the traditional reward for all of Cider and Donuts. Martha Trimmer finished at "11" as her time was 11:11:11.

This story was based on an article published in the November 29, 1979 issue of the Columbia Flier.

AWARD WINNERS
1st ANNUAL TURKEY TROT

Over-40 Women	
1. Helen Byers	11:03:55
2. Martha Trimmer	11:11:11
Over-40 Men	
1. Arthur Wilde	11:00:10
2. Clarence Wingate	11:00:11
3. Norm Fairhurst	11:00:20
20-40 Women	
1. Arlene Kvech	11:00:11
2. Helen Kerschner	11:00:42
3. Margaret Wesley	11:00:48
20-40 Men	
1. Johnny Smoker	11:00:00
2. James Madachy	11:00:07
3. Paul Sobus	11:00:07
Under 20 Women	
1. Laura Madachy	11:00:05
2. Alyssa Terry	11:00:07
3. Jenny Madachy	11:00:07
4. Amy Rukamp	11:00:07
Under-20 Men	
1. Charles Kirk	11:00:03
2. Kevin Craven	11:00:07
3. Dan Sobus	11:00:07

Historian Ken Plantz and Debra Barnett, anxious to get back home in time for the football games, came within 16 seconds of winning this year's Golden Turkeys. (photo by Jim Carbary)

WINTER SCHEDULE

If you think last winter was fun, you'll certainly enjoy the upcoming winter of 1997. The computer models predict a mild winter again, so be forewarned! The warm waters continue off the coast of Chile — a sure sign of heavy snow along the East coast of North America. Also, multitudes of female Antarctic penguins have been sited with thick pads of fur on their feet, and we all know what *that* means!

If you have any resolutions for the new year, be sure to test them on January 1 at the traditional **Resolution Run 10k** at Jeffers Hill. The usual rules apply: start running the appointed course and, without the benefit of any timing devices, finish as close to 10 am as possible. Then you can home and watch Ohio State annihilate Arizona.

On Tuesday, January 14, the winter really begins, weather permitting, at the **Annual Awards Banquet**. This is a pot-luck feast — bring food for more than the number in your party. The Striders provide munchies, drinks, and awards. Children are allowed but they must be leashed. The newsletter editor determines the best food (in his opinion) and mentions it in *Footprints*.

The great competition of the winter occurs on the chilly morning of Sunday, February 23, when the Howard County Striders take on the rest of the running world at the **Annual 10-Mile Challenge Race**, which usually features a more competitive field than the much-lauded Annapolis 10-Miler. If you're fast, or even half-fast, join up with the team and help us win. We lost last year by only a few points and a few good runners could make the difference in '97.

1/1 **Resolution Run 10k**
<11a Jeffers Hill Neighborhood Center
Dave Tripp (730-4499)

1/12 HoCo Striders Winter Series #1
2pm Jeffers Hill Elementary School

1/14 **Annual Awards Banquet**
6pm The Meeting Place, Oakland Mills
Tim Beaty (301-596-6453)

1/19 HoCo Striders Winter Series #2
2pm Burleigh Manor Middle School

1/26 HoCo Striders Winter Series #3
2pm Longfellow Elementary School

2/2 HoCo Striders Winter Series #4
2pm Thunder Hill Elementary School
GroundHog Day Race

2/9 HoCo Striders Winter Series #5
2pm Longfellow Elementary School

2/17 HoCo Striders Winter Series #6
9am Thunder Hill Elementary School
President's Day Race

2/23 **Challenge 10 Miler**
8am Howard Community College
Nadia Wasserman (410-381-6385)

3/2 HoCo Striders Winter Series #7
2pm Swansfield Elementary School

3/9 HoCo Striders Winter Series #8
2pm Jeffers Hill Elementary School
(Scholarship Races)

3/16 HoCo Striders **Leprechaun Relay** &
2pm **Winter Series Awards**
Longfellow Elementary School

3/22 **Duckworth Relays 5k**
9am Glenelg High School

4/13 Nortel Cherry Blossom 10 Miler
8am West Potomac Park, DC
(301-340-6699)

4/20 **Clyde's 10k** (note the date !!!)
8am Columbia Town Center
Mick Slonaker (410-997-3993)

4/21 101st Boston Marathon
10am Hopkinton, MA

PRESIDENT'S LETTER

This year was my first year as president of the Howard County Striders. We certainly did a lot in 1996, and I thought I would review some of the most important things.

Two of our newest events have become immensely successful. *Arleen Kvech's* Penguin Pace 5k last January filled a seasonal race gap and benefitted the Florence Bain senior Center, while *Gerry Clapper's* Run Through the Grapevine 8k has become generally regarded our "most-fun" event of the year. And our old events — the Clyde's 10k, the Women's Distance Festival 5k, the Columbus Chase, and the Metric Marathon have continued to draw well and prosper under expert directorship. All of you who volunteer for these races should be congratulated.

The weekly series, for years a mainstay of our organization, has enjoyed renewed vigor this year under series director *Jim DiScuillo*. Jim re-instated the All-Fruit Relay Race and inaugurated new, fun events such as Five-Mile Partners Relay, the Track Carnival, the Glenelg Cross Country Race, and the Oella Gender Bender Challenge. Of course, Jim didn't do all this by himself. He had the help of many weekly-series runners themselves— your help is absolutely vital to the health of the series.

As they have in the past, Strider volunteers also played important roles in high school athletics. Howard County High Schools rely on our support for cross country and track and field. We furnish equipment, volunteers, and some race management. I especially want to thank *Dave Tripp* and *Miles Weigold* for their efforts in these endeavors. (See article on page 17 — ed.)

But the year hasn't been all roses for us. We did not hold the 24 Hour Relay and Ultramarathon for the first time in nearly 20 years, and we lost the 10-Mile Challenge Race in February.

Furthermore, key members of the Board of Directors will be leaving their positions next year. Those leaving include *Rick Rosen* (membership), *Al Hannagan* (secretary), *Barb Calvert* (Women's committee), *Jim DiScuillo* (weekly series), and *Phil Lang* (At Large). I want to thank these individuals for their long hours of service. At the same time, I urge others of you to step forward and help us fill the voids. No experience is necessary— all you really need is enthusiasm! We provide on-the-job training. (Also, refreshments are quite good at the monthly board meetings.) If you think you can help, give me a call at the phone number listed in the box above.

As always, we on the Board of Directors look forward to seeing you all at our club functions and hearing any suggestions you have. Don't forget the Annual Awards Banquet in January. This is your chance to meet other runners, vote for the 1997 Board of Directors, and renew your membership.

See you on the roads!

— Dickie

HOWARD COUNTY STRIDERS
1996 BOARD OF DIRECTORS

Dick George, *President*	964-3657
Rusty Toler, *Vice President*	461-6805
Al Hannagan, *Secretary*	461-0827
Heide Heidepriem, *Treasurer*	531-2792
Rick Rosen, *Membership*	381-3635
Jim Carbary, *Newsletter*	964-8375
Jim DiScuillo, *Weekly Races*	730-0047
Barbara Calvert, *Women's Committee*	461-2045
Paul Goldenberg, *Special Races*	730-3566
Christine Hilliard, *Junior Striders*	992-8940
Tim Beaty, *Nominations & Selections*	301-596-6453
Mick Slonaker, *Publicity*	997-3993
Phil Lang, *At Large*	964-8258
Rick Hatfield, *At Large*	740-0978
Miles Weigold, At Large	730-1849
Nadia Wasserman, *Immediate Past President*	381-6385

(Area codes are 410 unless otherwise noted)

DAZZLE DASH

The Third Annual Symphony of Lights Christmas Extravaganza commenced at 5:31 pm on the afternoon of Sunday, November 17, with the pulsating chant of a thousand voices: "Five! Four! Three! Two! One!" At that precise moment, Dazzle Dash director Debby Daskaloff threw the switch that illuminated thousands of colored lights and the massed crowd surged onto the 1.5-mile loop that snaked through Columbia's Symphony Woods. Participants could run or walk, completing either one or two loops, although the appointed 5k Dazzle Dash officially consisted of two loops around the Symphony of Lights circuit. Some actually did run the two loops, although many opted to walk just one loop, which was all they really needed to see the lights. Light displays included ginger-bread houses, polar bears, elves playing golf, reindeer jumping wholly over the roadway, toy soldiers firing cannon, Santa Claus and his reindeer, and several dinosaurs. Enthusiasts ranged in age from four-month-old babys to 80-year-old women, with parents carrying many of the babys the full 1.5 miles. Strider marshals lined the course at intervals of 50 yards, and light strings bounded the appointed route, so no one wandered off course into the brush. At two places on the course, genuine high-school cheerleaders stood by to urge on participants. At end of their travail, Dazzle Dashers stopped underneath three canopy tents to sample a wide variety of refreshments: fruits, cheese, bagels, bottled water, and so forth.

There were no prizes for the fastest finishers and absolutely no competitive prizes were awarded. However, the Dazzle Dash gave out a multitide of random awards for participants and volunteers. The event closed out at its limit of 1000 well before the deadline. All proceeds from the event benefit the Howard County General Hospital's Maternal-Child Health Services. Under the direction of *Dick George*, the Striders provided course marshalling and registration services for the event.

The Striders welcome the following new (and early renewal) members—

Don Berry	Dwight Johnston
Albert Boone	Blair Kennedy
Benjamin Burt	Brent Kennedy
Jennifer Burt	Robert Knaus
Paul Burt	Bonnie Lee Leigh
Sarah Burt	Caroline Lott
David Carter	Marie Manning
Mary Carter	Steve Manning
Ashleigh Carter	Don Marvel
Nick Carter	Rich Meckel
Bridget Curtin	Pete Morand
Timothy Curtin	Louis Nagel
Drew Dedrick	Ross Neumann
Maggie Dedrick	Charles Nobel
Dana Doseff	Eileen Nobel
Anna Dransfield	Kenneth Dettle
Lindsay Dransfield	Teresa Dettle
Margaret Dransfield	Amanda Paizs
Michael Dransfield	Ceecee Paizs
Lori Fritz	Pete Paizs
Donald Gamiles	Samanatha Paizs
Eileen Giovanazi	Robert Rahikka
Jenna Graham	John Regenfuss
Laura Graham	Lauren Reymann
Stephen Graham	David Shortle
Leonard Guralnick	Micheal Upton
Hugo Hill	Muriel Van Den Berg
Lucinda Hill	Joanna Whyte
Robert Hill	Blain Wrench
Patti Harden	Mary Wrench
Doug Harmer	Sandy Wrench
Richard Harmer	Tyler Wrench
Michael Henderson	Lisa Yungman

All these individuals are members for all of 1997 and as well as the rest of 1996.

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)*

Waiver - Please read and sign.

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

SIGNATURE DATE

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

NAME	GENDER ☐M ☐F	BIRTHDATE	SIGNATURE	DATE

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

I would be interested in helping in the following areas:

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

Don't Forget the Special Events this Winter:

Annual Awards Banquet — The Oakland Mills Meeting Place
6:30 pm, Tuesday, January 14, 1997
(names ending A-L bring main dish to feed twice the number in your party—
names ending M-Z bring salad or dessert to feed twice the number in your party.)

GroundHog Day Races — Thunder Hill Elementary School
2:00 pm, Sunday, February 2, 1997

Challenge 10 Miler — Howard Community College
8:00 am, Sunday, February 23, 1997

Leprechaun Relay — Longfellow Elementary School
2:00 pm, Sunday, March 16, 1997

Duckworth Relays 5k — Glenelg High School
9:00 am, Saturday, March 22, 1997

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

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JIM CARBARY
11668 DARK FIRE WAY
COLUMBIA , MD 21044