FOOTPRINTS

NEWSLETTER OF THE HOWARD COUNTY STRIDERS
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THE COLUMBUS CHASE & POWERBAR RELAY

Howard County's two fastest runners— *Mark Gilmore* and *Gerry Clapper*— faced off at the 1997 Columbus Chase 10k, and for at least the first two miles they raced each other to a standoff. They sped through the first mile in under five minutes and left the rest of the field behind. But by the 5k point, which both passed in under 15:30, Mr. Gilmore had gained a five second lead that he would not relinquish. Going up the final hill on Little Patuxent Parkway, Gerry "died hard" and fell even further off the pace, with the end result that Mark won the race in 31:08— over half a minute ahead.

Robyn Humphrey easily dispatched the women's 10k field. She seized an early and unrelenting lead and, perhaps with some encouragement from *Jason Tripp*, who ran most of the race on her shoulder, she went on to easily win in 38:37.

With Robyn out of reach, the battle for second took place between 17-year-old *Suzy McCulloch* and 34-year-old *GeriAnn Bell*, who ran neck and neck for most of the 10 km. (Chase coverage continued on p. 2)

Jason Tripp airs it out at the Run Through the Grapevine 8k. Story on page. 6. (photo by Joe Wasserman)

THE METRIC MARATHON & COLUMBIA 5k

If there wasn't any wind, it wouldn't be the Metric Marathon," commented *Rick Hatfield* after finishing the 1997 version of the race. True to form, the race featured the usual chilly breeze, which especially concerned the runners along the final two miles. Happily, however, recent heavy rains had passed and runners had to negotiate no more than wet leaves and a few frosty footbridges on their 16.4-mile jaunt from Columbia to Ellicott City and back.

The cash purse offered in the Metric drew some of the best runners in the local area. Steve Kartalia returned to defend the Metric title he won in 1996, and this year he faced Jim Hage, past winner of the Marine Corps Marathon, as well as the Striders' own *Dave Berardi*, four-time winner of the Metric Marathon. The women's side of the competition featured Stacey Nicholson, Denise Knickman, and local favorite *Bea Marie Altieri*.

In the men's race, Hage put up a valiant effort for about five miles, at which point Mr. Kartalia had warmed himself up. The two (continued, page 10)

(Chase— from page 1)

At the 5k mark, Mark Gilmore already had a lead of several seconds on second-place Gerry Clapper. (photo by Paul Keating)

Ms. McCulloch was slightly ahead for the first 5k, and then GeriAnn went ahead until five miles. The youth went ahead again on the long uphill, and then put away Ms. Bell at the top of the Little Patuxent hill. "Suzy was *definitely* ahead *on* the hill," GeriAnn emphasized. In only her second 10k race, Suzy finished second with a PR time of 39:22. GeriAnn pulled in third a few seconds later in 39:31, a time which was also a personal best.

Howard Countians swept the top places in the masters age groups from 40 to 54 years. Forty-year-old *Bobby Gessler*, who claims to run only 25 miles a week, won the overall men's master competition with a time of 36:56 by overcoming David Goucher by 20 seconds. Dr. Gessler's friend and colleague, 52-year-old *Dr. Piriya Pinit*, easily won his age group with a 37:39. Piriya indicates he runs only 35 miles a week. Finally, 46-year-old *Jim Carbary* won his age group in 38:54 on about 35-40 miles a week. "If I could only cut back about 10 miles a week," he said, "I could run as fast as Bobby."

Joy Glass, who holds dual membership with the Striders and the Westminster Road Runners, overwhelmed the women's masters in 42:13; her nearest age-group competitor finished over four minutes behind her. Jim Carbary's wife, *Judi*, won the 45-49 women's group with a 45:40, her fastest 10k (exclusive of triathlons) in several years, while Strider *Judy Gilbert*, who sometimes races twice in one weekend, captured first in the 50-54 women with 48:47.

TOP RUNNERS at COLUMBUS CHASE & POWERBAR RELAY

Howard Community College
~ October 12, 1997

TOP 3 MEN	
1. Mark Gilmore	31:08
2. Gerry Clapper	31:41
3. Scott Frampton	32:15
TOP 3 WOMEN	
1. Robyn Humphrey	38:37
2. Suzy McCulloch	39:22
3. GeriAnn Bell	39:31
TOP RELAY TEAMS (combined times)	
1. Michael Prada-Zach Heidepreim	34:43
2. Josh Reinke-Nicole Behrns	37:28
3. Mick Slonaker-GeriAnn Bell	38:23

The 16th Annual Columbus Chase took place on a fine autumn morning, with clear skies and race-time temperatures in the lower 50's. A number of runners took advantage of the excellent weather and ran personal bests. Among these, *Michael Upton* set a PR of 43:45, an improvement of three minutes from the time he ran at Clyde's 10k in April. The Chase marked the second 10k for Suzy McCulloch and her time also represented a personal best. *Nathan Greenblatt* not only scored the fastest PR of the day with a 38:19 but also beat his step-father Jim Carbary for the first time ever!

The Columbus Chase also featured the 2nd Annual PowerBar Relay, a unique 5k + 5k competition in which the initial runner can continue running and complete the 10k after handing off to the second runner. (A Power Bar served as the baton.) A total of 42 distinct teams in several age/sex categories participated in the relay, with many relayers also competing in the 10k.

The duo of Michael Prada and *Zachary Heidepreim*, both 16-year old speed demons, led all the relay teams with a combined time of 34:43 and easily won their Junior Male

Relay group (combined ages under 35 years). Not to be outdone by the youngsters, the Masters coed relay of *GeriAnn Bell* and *Mick Slonaker* (combined ages over 80 years) actually had the third best team time of 38:23. Slonaker's late surge on his anchor leg carried his team to a five second margin over the junior team of Jed Lurz and *Roger Barr*.

The combined Chase and Relay had a total of 404 finishers. Under the auspices of the Howard County Striders, the Howard Community College hosts the Chase and Relay each year in conjunction with the anniversary of the discovery of the New World. Troop Leader *Paul Goldenberg* directed this year's event, with volunteers not only from the Striders but from the local Boy Scouts (Troop 737, Clarksville) and from the high-schools Oakland Mills, Wilde Lake, River Hill, and Centennial.

In spite of parking-lot construction at the finish, the Chase and Relay followed the usual, certified course whose last mile went up the long hill on Little Patuxent Parkway and turned onto the flats on Cedar Lane. The course was coned off on the four-lane roads, and police patrolled the major intersections.

Sponsors included Ferris-Baker-Watts, Feet First of Wilde Lake, Power Bar, NewsChannel 2 (WMAR-TV), TGI-Fridays, Millstone Taverne, Polar Water. Overall winners and age group winners received gift certificates from Feet First, PowerBar sample-packs, and handsome certificates of merit.

After the race, runners gathered in the gymnasium of the Howard Community College for post-race refreshments and the awards ceremony. Refreshments included pasta and fruit salads, orange juice, and Polar water. If they chose, runners could also use the men's or women's locker rooms and shower at the gym. Finally, the post-race gathering also featured a character artist, who did considerable business among the younger group.

Training for Marine Corps, Oriole fan Phil Lang ran 17 miles the day before the Columbus Chase. He somehow managed to run a 37:44 and place second in his age group. (photo by Paul Keating)

Robyn Humphrey appears here at full throttle near the 5k point in the 10k. She had already won the race by this point. (photo by Paul Keating).

Michael Bronson, enjoying the fine autumn morning, broke 34 minutes and finished second in the 25-29 men's group. (photo by Paul Keating)

STRIDERS AT COLUMBUS CHASE 10k

October 12, 1997 ~ Howard Community Col.

1.	Mark Gilmore	31:08
2.	Gerry Clapper	31:41
5.	Jonathan Shushinsky	33:30
6.	Paul Bourg	33:42
7.	Jim Clelland	33:51
8.	Michael Bronson	33:59
11.	David Brightwell	35:23
12.	Rob Dyer	35:38
13.	Keith McIntyre	36:43
15.	Bobby Gessler (1st, 40-44M)	36:56
16.	Michael Brosenne (1st, HCC)	37:00
19.	Piriya Pinit (1st, 50-54M)	37:39
21.	Phil Lang (1st, 30-34M)	37:44
25.	Marc Baron (2nd, HCC)	38:18
26.	Nathan Greenblatt	(PR) 38:19
27.	Robert Richardson	38:21
28.	Jason Tripp	38:33
30.	Robyn Humphrey (1st W)	38:37
31.	Joshua Seidman	38:40
32.	Peter Peterman	38:45
33.	Jim Carbary (1st, 45-49M)	38:54
34.	Ken Plantz	38:55
37.	Suzy McCulloch (2nd W)	(PR) 39:26
39.	GeriAnn Bell (3rd W)	(PR) 39:31
40.	Tyler Wrench	39:32
46.	Steve Bourg	40:06
48.	Michael Berkman	40:12
50.	Blain Wrench	40:27
56.	Jose Costa	41:03
57.	Greg MacPhee	41:32
62.	Joy Glass (1st, 40-44W)	42:13
63.	Norah Storey	42:14
64.	Jeanine Best	42:32
65.	Bill Jenkins	42:33
67.	Adam Siedlecki	42:38
69.	Jim Greenfield	42:43
75.	Julie Boughn	43:15
79.	Steve Moe	43:26
80.	Richard Bernstein	43:29
83.	Michael Upton	(PR) 43:35
84.	Roger Calvert	43:36
86.	Brian Boats	43:39
87.	Stephen Bupp	43:47
90.	Steven Feldstein	44:05
93.	Gloria Shepherd	44:08
96.	Dwight Johnson	44:11
102.	Edward Reynolds	44:48
105.	Mark Hollingsworth	45:07
106.	Sarah Condon	45:23
107.	George Davis	45:28
109.	Judi Carbary (1st, 45-49W)	45:40
117.	Carrie Selmer	46:07
118.	Linda Votey (2nd, 45-49W)	46:09
119.	Leonard Guralnick	46:13
120.	Tom Purcell	46:15
127.	Bruce Whewell	46:44
132.	Clint Henderson	46:53
134.	Lisa Lowe	46:56
140.	Michael Kreft	47:12
142.	Bradly Irish	47:17
151.	David Bell	47:55
152.	Jeffrey Cleveland	47:58
155.	Frank Grahn	48:07
160.	Patricia Brooks	48:15
169.	Jon Jacobs	48:42
172.	Judith Gilbert (1st, 50-54W)	48:47
176.	Curtis Dalton	48:57
177.	Gary Miller	48:58
184.	Janelle McIntyre	49:10
190.	Jo Routson	49:29
193.	Lisa Board	49:34
195.	Alan Boxer	49:39
196.	William Radford	49:39
199.	Chuck Daniels	49:45
214.	Bill Spencer	50:20
222.	Patricia Soffen	50:39
226.	Chris McCloskey	51:00
227.	Joe McCloskey	51:01
233.	Donald Gentile	51:16
246.	Joyce Ditomasso	52:08
250.	David Carter	52:37
256.	Andrea Almand	53:00
259.	John Neal	53:15
264.	Eric Heinz	53:55
265.	Brad Liberman	54:00
267.	Douglas Evans	54:06
273.	Dick Woods	54:57
277.	Milo Pelton	55:15
283.	Peggy Evans	55:29
291.	Arleen Dineen	57:07
296.	Donna Scimonelli	57:48
297.	Bill Houchins	57:50
298.	John Seibert	57:58
299.	Diane Seibert	57:59
303.	Harold Cooper	58:10
314.	Rozanne Potosky	59:49
316.	Joya Fields	59:54
333.	Peggy Muth	1:01:58
344.	Dorothy Braunsar	1:03:17
350.	Caskie Lewis-Clapper	1:05:13
356.	Stephen Carnahan	1:07:38
357.	Jeannette Lampron	1:21:30

POWERBAR RELAYERS —ALL TEAMS REPORTED

(combined ages & combined times)

1. Michael Prada & Zach Heidepreim (1st, 35 & under M) 34:43
2. Josh Reinke & Nicole Behrns (1st, 35 & under coed) 37:28
3. Mick Slonaker & GeriAnn Bell (1st, 80-99 coed) 38:23
4. Jed Lurz & Roger Barr 38:28
5. Scott Douglass & Stacey Cramp 38:35
6. Jeremy Edge & Matt Skaggs 40:29
7. Jim Greenfield & Michele Kurtzman 41:23
8. Norah Storey & Eric Heden (1st, 36-79 coed) 41:37
9. Steve Hammel & Frank Hammel (1st, 36-79 M) 41:58
10. Linda Votey & Scott Votey 42:08
11. Malonnie Kinnison & Ray Plotecia 42:34
12. Michael Fleg & Jerome Fleg 42:51
13. Jeff Lee & Steven Loll 43:09
14. Kathleen Selmer & Mike Selmer 43:26
15. Jill Fritsch & Michael Kraus 44:15
16. Steven Feldstein & Leslee Feldstein 44:55
17. Barbara Walters & Eric Lancaster 44:58
18. Della McIntyre & Ron Shriver 45:34
19. Greg MacPhee & Andy Bulleri (HCC Faculty Relay) 47:19
20. Gregg Vogel & Daniel Donovan 47:41
21. Bill Kearney & Michael Kearney 48:04
22. Mitch Sherman & Ben Sherman 48:08
23. Ann Scanlon & John Jennings (1st, over 100 coed) 48:48
24. George Groves & Jeff Dashiell 49:03
25. Judith Stiff & Ron Stiff 50:10
26. Chuck Commer & Barbara Pfarg 50:25
27. Robert Burge & Chris Burge 50:27
28. Brendan Bassett & Xiomara Bassett 50:49
29. Gary Fennig & Michael Thomas (1st, 80-99 M) 51:27
30. Mike Maiocco & Lauren Maiocco 52:15
31. John Sloan & Katie Sloan 53:41
32. John Evans & Erin Watkins 54:33
33. Mike Henderson & Peter Manney 55:01
34. Kathy Quidort & Diane Young (1st, 80-99 W) 55:42
35. David Carter & Mary Carter 55:57
36. Eric Heinz & Lorren Heinz 56:39
37. Alan Seidman & Ron Jordan 59:02
38. Jim Sanders & Chuck Sanders 1:00:29
39. Ronald Neafie & Fides Abalos 1:00:30
40. Sharon Matula & Kelsie Filippelli (1st, 36-79 W) 1:01:13
41. Trina Goldsmith & Barbara Calvert 1:01:34
42. Sue Shainline & Steve Shainline 1:03:30
43. Cheryl Carnahan & Katelin Carnahan 1:07:38

STRIDER SPEAKER SERIES

Running in College— the True Story. How to balance a busy academic, social, and atheltic schedule in college. Speakers include real collegiate athletes. Jan. 7, 7:30 pm. Howard Community College.

Race Management. How do you coordinate a finish line (timing, bibs, results tabulation)? How do you put on a race? Do you just want to know how the time machines work? The real pros— *Jim DiScuillo, Mick Slonaker, Miles Weigold*— tell us how. Feb. 4, 7:30 pm. Slayton House at Wilde Lake Village Green.

The Ultra Experience. For many of us, the marathon is the ultra experience. For others, running and racing the ultras (distances over 26.2 miles) is both a pleasure and a true challenge. Strider ultra-veterans *Tom Green* and *Nelson Stritehoff* talk about how to prepare for the ultra and for trail running in general, and provide some tips on race stategy and logistics. Mar. 3, 7:00 pm. The Last Chance Saloon in Oakland Mills Village Center.

For more information on the speaker series, contact Mick Slonaker by phone at 410-997-3993 or by email at mickslon@aol.com.

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RAIN FADES AT LAST MINUTE TO SAVE GRAPEVINE 8k

"We few, we happy few..."
— *Henry V*

Things looked pretty grim 30 minutes before the start of the Third Annual Run Through the Grapevine 8k at Linganore Winery. A cold, wind-driven rain pelted dozens of runners huddled in the leaky outbuildings of the farm. Clad only in scanty running clothes, they vainly tried to stay warm by jumping up and down, jogging in place, or retreating into the porta-pots, the warmest shelters in the vicinity. The wind and the rain made conditions so severe that volunteers could barely set up the finish line, which was moved adjacent to the barn door so finishers could quickly exit the chute into a dry area.

In hopes that the weather would abate, race director *Gerry Clapper* actually delayed the start of the race ten minutes. The small field of fanatics struggled from the shelters to the starting line a few minutes after 10 am during a lull in the deluge. Without delay, *Miles Weigold* tinkled a cow bell that started the event. Then the rain miraculously ceased minutes after the race began! The sun even came out as the last runners finished around 11 am.

Once unleashed, *Mark Gilmore*, Gerry Clapper and Paul Hannsen formed an early lead pack that stayed together for four miles. Then, somewhere in the forest, Gilmore threw in a surge that the other two couldn't answer, and he went on to win in 28:14, nine seconds ahead of second-place Gerry Clapper, who had won his own race the year before.

Bea Marie Altieri outgunned all the other women in the race, including second place Denise Knickman, who didn't come within a minute of Altieri's blazing 33:39. "I'm happy because I beat Mark Gilmore," said Mrs. Altieri, who really didn't beat Mr. Gilmore but was merely trying to confuse the reporter.

As always, Mr. Clapper's cross country race featured team competitions, with the top four runners on each team scoring. *Phil Lang* organized one of the most bizarre teams ever fielded for the event. Lang's team consisted

The rain stopped just as the race started. Here, the 166 participants crowd the line at the moment the starting bell tinkles. (photo by Joe Wasserman).

exclusively of Cross-Country coaches from Howard County Schools. Although *Trey Cassidy* led the merry band of five in 30:13, Mr. Lang himself proved the wildest, most aggressive. "He ran like a maniac," said *Dave Brightwell*, one of his victims. Phil admitted to slipping once although he did not fall. "I got fast by training with my high school team," he said. Mr. Lang coaches runners at Oakland Mills High School. Unfortunately, "XC Coaches Can Get It Done" finished third out of the four teams in the Open Men's division.

The Howard County Striders Team steamrolled all the other teams by placing its top four members in the top six places. Organized by Mr. Clapper, the Strider team was to have battled the Montgomery County Road Runners, but the intended contest never materialized.

The rain had fallen steadily for the 24 hours previous to the race and made the course treacherously muddy in places. Inevitably, some runners tumbled on the slippery surfaces. They had the most difficulty on the severe hills, where they resorted to grabbing trees and bushes to keep from falling. "It was more of an adventure than a race," said *GeriAnn Bell* (1st, 30-34 women).

Bobby Gessler (2nd, 40-44 men) adopted the tactic of watching the runner in front to see how he handled the surfaces. "Going downhill, this guy fell in the mud and

Strider president Dick George nears the finish. "The course was in better shape than I was," he said. (photo by Jim Carbary)

completely rolled over," related Dr. Gessler. "Then he got up, ran 10 more feet, and fell down again." Perhaps profiting from these observations, Gessler did not fall once during the race.

However, nobody complained about the course and several of the faster runners came fully prepared for speed by wearing special footgear. *Norah Storey* wore her spikes and finished third among all women; her time of 37:21 was actually a minute faster than she ran in 1995 when she first did the Grapevine. *Piriya Pinit* borrowed his son's spikes and was the first man over 50 to finish.

Pat Brooks seemed to be the happiest runner in the race. With a 45:38, Mrs. Brooks won the 45-49 women's group and one of the large bottle so wine. "We get to drink more," she said. But she was proudest of receiving the number "1" bib, which she pronounced the highlight of her running career. She intends to have the bib framed and placed on exhibit.

The runners who finished the race numbered 166— about the same as the number of Texans who died at the Alamo. As many as 171 had pre-registered for the event, but the weather apparently discouraged many from appearing.

Race director Gerry Clapper ran in his own race, while *Chris Sproule* served as assistant race director. Before the race started, *Dave Tripp* and his crew established the finish line under "the most brutal weather conditions I've ever seen." (And Dave has been marshalling races for over 20 years.) Within the leaky barn, *Jim Discuillo* and *Nancy Burns* made gallantly processed the results, which they completed well before the wine tasting started. Unsung *Nadia Wasserman* handled the race registration and bemoaned having so many t-shirts left.

Age group winners each received a large bottle of wine, and all runners received a wine glass, a long-sleeve t-shirt, and a Power Bar. The wine bottles bore a special label with the Strider and Run Through the Grapevine logos.

Post-race refreshments included 17 loaves of Mr. Clapper's home-baked banana-nut bread as well as apple cider, bagels, and cookies. "He'd been baking for several weeks prior to the race," confided his wife, *Caskie*. Sponsors included Feet First of Wilde Lake, Brooks running shoes (worn by the #1 and #2 finishers), the Bagel Bin, Cider Mill Farm, Power Bar. After the race, Linganore Winecellars opened its doors for wine tasting.

The race took place entirely within the confines of Linganore Winery in Carroll County. The Aellen family operates the winery and, through their friend Gerry Clapper, graciously allows the Striders use of the grounds for the race each November.

Pat Brooks, running for Team Footloose, rumbles down the last hill. She was proudest of the number 1 on her bib. (photo by Jim Carbary)

RUN THROUGH THE GRAPEVINE 8k

Linganore Winery ~ November 2, 1997

TOP 3 MEN

1. Mark Gilmore	28:14
2. Gerry Clapper	28:23
3. Paul Hannsen	28:44

TOP 3 WOMEN

1. Bea Marie Altieri	33:49
2. Denise Knickman	34:54
3. Norah Storey	37:21

1-19 MEN

1. Anthony Fleg	31:46
2. Shawn Loper	32:12

1-19 WOMEN

1. Carrie Selmer	41:44
2. Susannah Mohan	1:03:33

20-24 MEN

1. Michael Bowman	31:00
2. Tom McManuels	35:07

20-24 WOMEN

— no entries —

25-29 MEN

1. Michael Bronson	29:15
2. Trey Cassidy	30:13

25-29 WOMEN

1. Susan Kim	48:13
2. Michelle Blount	48:31

30-34 MEN

1. Dennis Mickey	29:46
2. Phil Lang	30:59

30-34 WOMEN

1. GeriAnn Bell	39:06
2. Julie Deutschmann	40:33

35-39 MEN

1. Joe Abernathy	29:20
2. Anthony Basile	29:29

35-39 WOMEN

1. Melissa Starinsky	39:23
2. Sandra Luecke	40:05

40-44 MEN

1. David Webster	30:57
2. Bobby Gessler	33:48

Oakland Mills cross country coach Phil Lang takes out Dave Brightwell about a mile and a half into the race. (photo by Joe Wasserman).

40-44 WOMEN

1. Joy Glass	40:51
2. Dorothy Belkett	42:00

45-49 MEN

1. Don Forgione	34:07
2. Jim Carbary	34:55

45-49 MEN

1. Patricia Brooks	45:38
2. Sally James	46:03

50-54 MEN

1. Piriya Pinit	35:03
2. Vern Robinson	38:44

50-54 WOMEN

1. Judith Gilbert	47:14
2. Arleen Dineen	55:56

55-59 MEN

1. Charles Raper	38:28
2. Vince Campagna	48:48

THE STRIDER HOTLINE—

410-964-1998

YOUR SOURCE FOR CURRENT STRIDER INFORMATION.

ALL TEAMS AT RUN THROUGH THE GRAPEWINE 8k

(low score wins ~ top 4 score)

OPEN MEN

1. Frosburg Alumni (Dennis Mickey, Matt Adams, Donald Mickey, Michael Bowman, Shawn Loper 21 pts
2. Bog Dogs (Joe Abernathy, Daniel Quinn, Mark Adams, John Stepek) 25 pts
3. XC Coaches Can Get It Done (Trey Cassidy, Phil Lang, Terrence McMahon, Bob Yore, Greg MacPhee) 36 pts
4. The Running Raisins (David Singer, Andy Singer, Jon Parks, Patrick Ostronic) 66 pts

OPEN COED

1. Bagel Something (Rob Dyer, Mike Buckley, Bob Gessler, GeriAnn Bell, Sandra Luecke) 10 pts
2. The Plodders (Christopher Spiroff, Carl Wardell, Darren Turners, Brian Hillmar, Holly Yudisky) 39 pts
3. The Mamas and the Papas (Roger Calvert, Dick George, Lissa George, Barbara Calvert) 40 pts

MASTERS MALE

1. Queen City Striders Masters (David Webster, John Altobello, Dan Dawson, Jeff Smith) 12 pts
2. NSA Lunch Bunch (Stephen Leavitt, Vern Robinson, Dwight Johnson, Leonard Guralnick) 24 pts

MASTERS COED

1. Footloose (Don Forgione, Jeff Grier, Joy Glass, Barry Miller, Pat Brooks, Dave Glass) 11 pts
2. Master Vintage (Jeff Bosch, Sally James, Judith Gilbert, Sharon Heidel) 30 pts

FAMILY

1. Selmer Striders (Brian Selmer, Chris Selmer, Mike Selmer, Carrie Selmer, Kathleen Selmer) 10 pts

RUNNING CLUB

1. Howard County Striders (Mark Gilmore, Gerru Clapper, Michael Bronson, Anthony Basile, David Brightwell, Jason Tripp) 10 pts

MOST IMPROVED

The sophisticated software used by race-results chairman *Jim DiScuillo* allowed the prompt comparison of a runner's 1997 time with his 1996 time, provided he ran the race the previous year. Surprisingly, no fewer than 18 runners improved their Grapevine 8k times this year in spite of the treacherous conditions. These individuals and their time improvements appear below. The father and son combination of Rick and Doug Harmer led the group by bettering their '96 times by over five minutes each!

Rick Harmer	5:52
Doug Harmer	5:32
Nathan Greenblatt	4:22
John Stepek	2:05
Julie Deutschmann	1:16
GeriAnn Bell	0:58
Sandra Leucke	0:49
Joy Glass	0:49
William J. MacCormack	0:45
Michael Nogan	0:42
Denise Hise	0:41
Jim Carbary	0:29
Tim Silva	0:23
Dwight Johnson	0:21
Denise Knickman	0:15
Robert Buerger	0:08
Phil Lang	0:07
Bob Sheck	0:03

Although race-director Gerry Clapper finished second at his own Grapevine 8k race, he was not among those runners who improved their times from the previous year. (photo by Joe Wasserman)

(Metric & 5k— from p. 1)
ran together for another two miles and then Kartalia lowered the boom. "He just motored away," Mr. Hage later recalled with chagrin. By 12 miles, Kartalia has assumed a lead of over 200 yards and had put the race out of reach. He went on to win in 1:29:12, about 15 seconds slower than his 1996 time. The top Strider to finish was Mr. Berardi, who placed fourth overall in 1:33:09.

The women's competition happened this way. After a dozen miles, just before they entered the infamous bike-path section, Nicholson had gotten ahead of Altieri and well ahead of Knickman. Bea Marie couldn't hold the pace along the last four, wind-swept miles, and Nicholson went on to win the women's race in 1:43:19. "She was a human pace-clock," Bea Marie commented grimly about Nicholson's machine-like victory.

The master runners may have supplied the best performances of the day, however. The men's master's competition certainly provided the best flat-out race of the day as 46-year-old Robert Torchia outsprinted 51-year-old Reuben Beauchamp by one second to claim the title of faster master in 1:43:00. On the women's side, Susan Humphries (48) came within half a minute of Bernadette Flynn's (40) 1:59:27. Flynn and Humphries finished fourth and fifth among all women. Surprisingly, none of the top master performances belonged to Howard County Striders.

A number of old familiar names turned up at the Metric this year. Phil Nissen returned for at 26.2 km race after a three year absence, and he was amazed at how much civilization had gorwn up along the course. "It's not quite as bad as California yet," he mused. Lisa "New-Shoes" Lowe also completed the Metric, although not without incident. Nature compelled her to stop at the construction site near 10 miles, where she had to wait in line at the porta-pot. "I made up all the places I lost, too," she boasted. Finally, perpetual-Strider *Mark Konodi* returned from Washington State, where he is still unemployed, to run the Metric Marathon. Not running the hills of central Ellicott City, Mark was "disappointed the Metric has become a wimpy, girly race." (Mr. Konodi intended the Metric as a tune-up for the JFK 50-Miler the

Nearly 600 runners started off in Columbia Towncenter at the start of the Metric Marathon and 5k. (photo by Jim Carbary).

Mark Konodi, a permanent member of the Howard County Striders, lamented the loss of major hills on the Metric route. (photo by Jim Carbary)

Number 7 Bea Marie Altieri (2nd woman in the Metric Marathon) and race director Vicki Lang congratulate each other on a fine race. (photo by Jim Carbary)

week after. *Tom Green* and *Nelson Stritehoff* joined Mark in the latter trek. See Special Recognitions section) And for Montgomery County's Steve Smith (1:36:00, 2nd 30-34M), the Metric Marathon remains his favorite race— "it takes everything out of you without making you hit the wall."

Those runners not up to the full metric could enter the Columbia 5k, which started at the same time. *Gerry Clapper* dismantled the men's 5k field in 15:46, and Robyn Humphrey, winner of the Columbus Chase, did the same to the women's field in 18:34. Both winners assumed early leads and won going away, finishing over a minute ahead of their nearest rivals.

In spite of the cold and windy morning, nearly 600 runners turned out for the Metric Marathon and 5k, including a record-number of 197 in the 5k. Over 100 registered on race day, an unexpectedly high number. The large numbers exhausted the supply of 60 Ledo's pizzas (as well as the bananas) that awaited the finishers, and the last few marathoners actually didn't get any pizza. Participants also consumed hot chocolate, Bagel Bin bagels, and Pepsico soft drinks.

Metric runners also enjoyed an additional treat during the run. In the midst of the hill country at 8 1/2 miles, they could sample some Power Gel. Volunteers opened the packs for the runners, and all flavors were available. For some runners, the Power Gel table provided the penultimate thrill of the race.

For the fifth consecutive year, *Vicki* and *Phil Lang* directed the two races. They announced their retirement from the Metric directorship at the awards ceremony. "I'm going to *run* it next year," vowed Mr. Lang as he grabbed the last piece of pizza and bounded off for the Raven's game that afternoon.

The Howard County Striders have staged the Metric Marathon every year since 1976. The Metric originally celebrated the affinity between the old town of Ellicott City, MD, and the new town of Columbia, MD. Today, the race offers a sensible alternative to the marathon mania that often afflicts runners in the autumn. The 26.2 km (16.4-mile) route starts and ends at the center of Columbia, MD, and at one time went through the center of Ellicott City, MD.

Sponsors included Feet First of Wilde Lake, Apple Ford, Power Bar and Power Gel, Asics, Runners World, Asics, Produce Galore of Wilde Lake, the Pepsi Cola Corporation and Key Bank and Trust. Apple Ford provided a lead car for the Metric runners, while Power Bar gave each runner a free Power Bar as well as the Power Gel. The Metric awarded a total purse of $750.00 to the top four male and female runners, while age group winners took home gift certificates from Feet First and genuine Metric-Marathon sweatshirts. Each finisher also received genuine Metric Marathon gloves.

The Metric Marathon and 5k serve as the final race in the RRCA Maryland Gran Prix series in which area runners earn points throughout the year in team and individual age-group standings. The Striders' Club Challenge Race in February was the first race in the series.

TOP FINISHERS
1997 METRIC MARATHON

MEN	
1. Steve Kartalia	1:29:12
2. Jim Hage	1:30:42
3. Mark Jones	1:32:28
4. Dave Berardi	1:33:09
WOMEN	
1. Stacey Nicholson	1:43:19
2. Bea Marie Altieri	1:44:19
3. Denise Knickman	1:47:02
4. Bernadette Flynn	1:59:27
MASTER MEN	
1. Robert Torchia	1:43:00
2. Reuben Beuchamp	1:43:01
3. Robert Koyak	1:47:11
MASTER WOMEN	
1. Bernadette Flynn	1:59:27
2. Susan Humphries	1:59:54
3. Sharon Dolan	2:01:36

Up-to-date results from ALL Strider events can be found at the Strider web-site:

`http://www.onlinesol.com/online/striders`

TOP FINISHERS
METRIC MARATHON 5k

MEN	
1. Gerry Clapper	15:46
2. Stuart Pineo	16:51
3. Ted Poulos	17:26
WOMEN	
1. Robyn Humphrey	18:34
2. Norah Storey	19:52
3. Beth McCann	10:56
MASTER MEN	
1. Dennis Albright	18:10
2. Ray Ramey	18:47
MASTER WOMEN	
1. Gwen Torchia-Escale	20:40
2. Joy Glass	20:47

Not more than 50 yards into the race, Gerry Clapper had already assumed the lead position. (photo by Jim Carbary)

Pat Brooks and Nadia Wasserman giggled as they bopped through the finish chute after another happy conclusion to a Metric Marathon. (photo by Jim Carbary)

STRIDERS AT METRIC 5k
November 16, 1997

Gerry Clapper (1st M)	15:46
Stuart Pineo (2nd M; 1st, 30-39M)	16:51
Michael Brosenne (1st, 20-29M)	17:29
Jason Tripp (2nd, 20-29M)	17:36
Dave Castro (2nd, 30-39M)	17:47
Jason Eichmiller (1st, 10-19M)	18:00
Ray Ramey (2nd, 40-49M)	18:47
Yousaf Khwaja	18:49
Steve Hammel	19:07
Blain Wrench	19:33
Greg MacPhee (3rd, 20-29M)	19:48
Norah Storey (2nd W; 1st, 20-29W)	19:52
Steve Moe	20:23
Sarah Ordaz (1st, 10-19W)	20:23
Alex Bailey	20:43
Joy Glass (2nd, 40-49W)	20:47
Ray Lake	21:04
Roger Calvert	21:10
Carrie Selmer (2nd, 10-19W)	21:15
Jill Fritsch	21:37
Johnna Esposito (1st, 1-9W)	22:17
Meghan Bolton	22:32
Stacey Ausfresser	22:37
Frank Grahn	23:53
Barbara Walters	24:08
Rob Feldstein	24:17
Lindsay Burns	24:21
Judith Gilbert (2nd, 50-59W)	24:35
William Radford	24:35
Christina Rodgers	26:12
John Neal	26:42
Michael Henderson	26:55
Michelle Kvech	27:23
Eric Johnson	28:32
Jack Edwards	29:16
Liz Sammons	29:26
Jill Sammons	29:28
Kimberly Morrow	30:30
Mary Carter	30:34
Dorothy Braunsar	30:49
Emily Fleming	31:28
Polly Purcell	32:01
Lucinda Ware	32:05
Jeanette Lampron	40:07

STRIDERS AT METRIC MARATHON

November 16, 1997

Dave Berardi (4th M)	1:33:09
Chris Sinclair	1:43:25
Jim Kelley (2nd, 35-39M)	1:44:19
Bea Marie Altieri (2nd W)	1:44:26
Robert Koyak (1st, 40-44)	1:47:11
Chris Hyland (1st, 20-24M)	1:48:24
Steve Milton (3rd, 45-49M)	1:50:03
Ed Wilson (4th, 35-39M)	1:50:26
Ken Dent (3rd, 50-54M)	1:51:23
Peter Peterman (5th, 35-39M)	1:51:31
Marc Baron (2nd, 1-19M)	1:52:53
Nelson Stritehoff	1:53:25
Doug Harmer (3rd, 1-19M)	1:54:58
Robert Richardson	1:55:46
Tony Warner	1:57:45
Don Marvel	1:58:07
Ed May	1:58:27
Steve Bourg	2:01:53
Vincent LaMonte (4th, 50-54M)	2:02:08
Thomas Delany	2:03:33
Jim Grover	2:04:08
Chris Selmer	2:05:01
Ed Silverman	2:05:04
Tom Finucane	2:06:05
Bill Jenkins	2:06:28
Dwight Johnson	2:07:51
Tom Green	2:08:30
Bruce Whewell	2:09:22
Mark Konodi	2:09:43
Michael Kreft	2:09:49
Richard Bernstein	2:12:27
David Matthews	2:13:44
Sarah Condon (1st, 1-19W)	2:13:54
Kathleen Cook	2:14:35
Gloria Shepherd (2nd, 35-39W)	2:15:24
Clint Henderson	2:15:40
Robin McKenzie (3rd, 45-49W)	2:15:57
Randy Snyder	2:16:51
Lisa Lowe	2:17:51
Oliver Cassell	2:18:13
Michael Upton	2:18:40
Jim Muth	2:19:08
Eric Katkow	2:19:26
Amy Price	2:20:09
Larry Katkow	2:20:18
Cyndie Eberhardt	2:21:22
Jeffrey Cleveland	2:21:55
Christopher Szalkowski	2:22:21
Robert Vigorito	2:22:27
Rich Fox	2:23:41
Rick Hatfield	2:25:36
Tom Purcell	2:26:32
Steven Vaughn	2:26:52
Kathleen Selmer	2:26:53
Bill Spencer	2:28:14
Debbie Grover	2:29:51
George Ware	2:30:47
Bill MacCormack	2:31:19
Steven Haaser	2:31:20
David Carter	2:32:51
Glenn Scimonelli	2:34:15
Donald Gentile	2:35:01
Wayne McCaughet	2:36:30
Patricia Brooks	2:37:41
Nadia Wasserman	2:37:42
Abby Glassberg	2:44:55
Linda Ditter	2:45:00
Donald Gamiles	2:45:12
Andrea Almand	2:47:47
Susan Dixon	2:51:49
John Collins	2:55:44

Ed Wilson and Peter Peterman proudly display their official Metric Marathon sweatshirts, which they received as age group awards. (photo by Jim Carbary)

HELP WANTED!

The Striders have a great corps of volunteers who help out at many Strider events. More volunteers, however, are always needed. If you have run in a race in 1997 but have not volunteered to help out at a race, now is the time to call the Strider hotline (410-964-1998) to volunteer. The Striders need volunteers at all levels— packet pick-up, traffic or course marshals, water stops, race directors. Any help you can give will help us continue to put on high-quality running events.

SPECIAL RECOGNITIONS

Striders embraced the cool weather of the fall racing season and appeared at running functions throughout Maryland, Pennsylvania, Virginia, and even the District of Columbia. Some highlights of their adventures—

THE PHILADELPHIA STORY

In years past, the Howard County Striders have sent a number of runners and more than one racing team to the Philadelphia Distance Run, one of the flattest half marathons. The race attracts world class runners who have actually set world records on the course. This year, Striders *Dave Berardi* and *Paul Keating* teamed with Baltimore's Steve Kartalia on a men's open team. Kartalia led the group with an outstanding 1:05:55 (12th overall finisher), while Berardi and Keating contributed times of 1:10:44 and 1:15;27, respectively. Mr. Berardi found himself running much of the race in company of the eventual female winner, Coleen deRourk, and he could be seen in the ESPN race coverage. The team finished fourth in the open division.

Instead of driving the 90 miles to Philadelphia on race morning, *Nancy Burns. Pat Brooks, Lisa Lowe,* and *Nadia Wasserman* got a room in town the night before the race. They stayed at the Holiday Inn at the starting line and had none of the usual troubles with long porta-pot lines.

STRIDERS AT
PHILADELPIA DISTANCE RUN
Philadelphia, PA ~ September 26, 1997

Dave Berardi* (3rd, 35-39M)	1:10:44
Paul Keating*	1:15:27
Mick Slonaker (5th, 45-49M)	1:18:51
Kelly Barton	1:28:41
Rick Rosen	1:31:42
Art Morey	1:32:14
Angelika Kirkland	1:40:48
Lisa Lowe	1:43:48
Pat Brooks	1:48:48
Julie Baker	1:49:41
Nadia Wasserman	1:57:04
Nancy Burns	2:03:53

The 20th Philadelphia Distance Run took place on the humid and foggy morning of September 26, 1997. Unfortunately, the sun burned off the fog by the start of the race and many runners suffered accordingly. "There were PR's and PW's on the same day," said one entrant. [*Mick Slonaker* and Jim Adams contributed information for this story.]

THE CHICAGO STORY

For the Chicago Marathon on October 19, *Mick Slonaker* organized the "HCS Rosebuds"— one of the few marathon teams the Striders ever put together and the only *coed* marathon team. Scoring was based on how team members placed in their age/gender groups, and though the Rosebuds were not the fastest of the 55 teams, they were the best team on this graduated basis. Rosebuds won the open competition with a score of 3, while two teams tied for second with a score of 5. The winning effforts—

Chris Sinclair	2:49:58	64/1790 (30M)
Mick Slonaker	2:51:17	11/1176 (45M)
Kelly Barton	3:03:09	10/952 (30W)
Piriya Pinit	3:05:06	11/660 (50M)
Deborah Barnett	3:10:28	9/770 (35W)

Chris Sinclair broke the magic 2:50 mark by two seconds, while "some minor problems" caused Mr. Slonaker to come up a minute short. *Kelly Barton* was tripped and fell and also stopped to tie her shoelaces or she might have broken three hours. *Deborah Barnett* ran on an injured achilles tendon and turned in "the gutsiest performance of the day." *Piriya Pinit* increased his weekly training from 30 to 40 miles in preparing for this event and was 11th in his age group. [Also completing the Chicago marathon were Striders *Lisa Davis* (3:42:08), *Andrea Almand* (4:12:37), and *Chuck Daniels* (4:12:55).]

The Chicago Marathon featured a winning time of 2:07:10 from debut Marathoner Khalid Khannouchi and the fastest time ever run in the United States. Ninth place Jerry Lawson claimed the U. S. marathon record of 2:09:35. (Trivia question: who held the U. S. record before him and when did he set it?)

TRIATHLETES IN ACTION

The Striders also wish to acknowledge their championship triathletes. Competing in hot, windy conditions, *Barbara Sullivan* not only completed in the Hawaii Ironman Triathlon (October 18), but she also placed fifth among the 40-44 women, the highest any Strider has finished in an age group in that race. Barbara had the fastest swim split (1:01:31 for 2.4 miles) of any woman in her age group and the second fastest bike split (5:58:12 for 112 miles). She did not run the marathon quite as well— but still could have beaten the Vice President of the United States. Her overall time was 11:47:27. For her superb efforts, Ms. Sullivan also joined the IV club.

Competing on the U. S. Team in the 1997 World Triathlon Championship, *Judi Carbary* travelled all the way to Perth, Australia, which is about as far away from Columbia, MD, as it is possible to get and still remain on the planet. Judi finished the international distance race (1 km swim, 40 km bike, 10 km run) in 2:53, a minute faster than her time at the Columbia qualifier in August and placed 33rd among the world-best in her age group.

STRIDERS AT JFK 50 MILER

Tom Bowmaster, now living in New Jersey, headed a surprisingly large contingent of Striders at the 35th Annual JFK 50 Mile Ultramarathon on Saturday, November 22. Mr. Bowmaster, who served with distinction on past men's Racing Teams and actually attempted to organize a Strider Ultra-team for this race, completed the 50 miles between Boonsboro and Williamsport, MD, in 7:16:40, good for 22nd place in a field of over 700. Among the other Striders, *Tom Green* caught *Nelson Stritehoff* only a few miles from the end and the two finished 60th and 61st overall in an identical time of 8:08:39. *Steve Henning*, *Rusty Toler* and *Alan Fields* celebrated Mr. Field's 50th birthday by running their first ultra-marathons. "It really wasn't *that* hard," commented Mr. Toler. The Ultra-Striders:

Tom Bowmaster	(22nd overall) 7:16:40
Tom Green	8:08:39
Nelson Stritehoff	8:08:39
Steve Henning	(1st ultra) 9:28:54
Rusty Toler	(1st ultra) 9:43:40
Tom Brown	10:09:42
Allan Field	(1st ultra) 10:37:04
Mel Quecan	10:42:24
Brian Boats	11:06:55
Paul Goldenberg	12:47:56

ETCETERAS

On the same day as the Chicago Marathon, Strider *Peter Peterman* ran the Detroit Marathon in a time of 3:05. On Sunday, November 23, *Steve Milton* ran a 3:17 at the Philadelphia Marathon, while *Mark Gilmore* tore through the attendant 8k race in 23:54.

Three young Striders made the Baltimore Sun's All-County Cross Country Teams. For the second year in a row, *Zach Heidepreim* of River Hill merited a place on the boys' all-county team. Centennial's former volleyballer *Suzy McCulloch* earned runner-of-the-year on the girl's all-county team (see box below); Wilde Lake's former field hockey player *Michelle Smith* joined Suzy on the team. Suzy also won a place on the Sun's All Metro Girl's Cross Country Team.

SUZY M.

Suzy McCulloch has emerged as not only one of the brightest young runners in the Howard County Striders, but also as a Force. Running for Centennial High this fall, she won the Howard County championship and the regional championship, and finished second at the State championship in 19:38 (5k), only two seconds behind Randy Buzzell. In major races this year, Suzy placed first among the 15-19 women at Clyde's (40:40 and her first 10k), second overall at the Women's Distance Festival 5k (19:12), second among the 15-19 women at the Annapolis 10-Miler (1:07:00), and set a personal 10k record of 39:26 at the Columbus Chase (2nd woman overall).

Once a volleyball player for Centennial, Ms. McCulloch turned her attention to running this year. She finds running to be much more challenging than volleyball, both mentally and physically. "There's no team," she asserts. "You're responsible for yourself." She wants to run the Marine Corps Marathon and (triathletes beware!) eventually do the Columbia Triathlon. Someday, she even hopes to do the Ironman.

MORE SPECIAL RECOGNITIONS

The newsletter does not often have more than two pages of Special Recognitions per season, but Striders enjoyed an unusually competitive Fall in 1997 and their accomplishments must consume another page.

On September 27-28, *Piriya Pinit* competed in the Maryland Senior Olympics, which requires that participants be over 50 years old. Piriya took home a gold medal in the 5k footrace (17:49), a bronze in the 800 m (no time), a gold in the 10k (37:49), and a silver in the 1500 m (5:07). He ran the 10k and the 1500m in the same day! Mr. Pinit also placed fourth in the high jump.

Stuart Pineo certainly ranks high among Striders who have gone south for their racing thrills. On September 20, Stuart finished seventh overall (16:59) among 467 finishers at the Harden and Weaver 5k in Washington, DC. The next weekend, he came in fourth overall (16:20) out of 167 at the Annual DC Dash. Finally, on October 5, Mr. Pineo again placed fourth (16:24), this time at the 5k Race for Cooperative Development in Washington.

Two Howard County Striders won the Annual Downs Syndrome 5k at BWI Airport on September 28. Former Strider Runner-of-the-Year *Chris Chattin* won the men's competition in 15:26, while *GeriAnn Bell* won the women's race in 19:01.

On ther next weekend, the same Chris Chattin finished 10th out of 3109 at the highly-competitive and hilly Georgetown 10k (32:51). The Fall Issue of *Washington Running Report* displays fine color picture of Chris being narrowly beaten for ninth place.

On the same Sunday, *Bea Marie Altieri* finished third among all women at the PowerGel National Capital 20 Miler in Alexandria, VA, while *Deborah Barnett* was the tenth woman. Ms. Altieri won the same race in 1996. A large contingent of Howard Countians competed in the race. Don Van Ostrand submitted a full list of finishers, among which were the Striders:

Chris Sproule	2:11:44
Bea Marie Altieri (3rd W)	2:13:48
Tony Warner	2:27:07
Deborah Barnett (10th W)	2:27:10
Arthur McGreevy	2:32:12
Ed Silverman	2:33:04
Amy Price	2:57:50
Scott Preutt	3:03:00
Glenn Scimonelli	3:04:51
Rick Hatfield	3:06:17
Rob Feldstein	3:11:07
Don VanOstrand	3:15:54
Kay Sammons	3:16:09
Susan McGreevy	3:20:32
Jack Drake	3:20:36
Shelly Stein	3:22:04

The Strider obsession with long distance races continued at the Northern Central Trail Marathon in Sparks, MD, on November 30. At least a dozen club members ran this race:

Steve Milton	3:09:53
Jim Grover	3:21:11
Vince LaMonte	3:21:53
Leonard Guralnick	3:35:11
Roger Lark	3:39:38
Bill Jenkins	3:47:54
Julie Deutschmann	3:58:50
Pat Brooks (3rd, 45-49W)	4:04:18
Bill MacCormack	4:10:52
Nadia Wasserman (1st,50-54W)	4:16:11
Kay Sammons (2nd, 50-54W)	4:25:22
John Wheatland	4:50:40

Howard County runners flourished at several local Thanksgiving Day "Turkey Trot" races. *Bea Marie Altieri* won women's division of the RASAC 4 Mile Trot at White Marsh Mall (23:13), while husband *George* was sixth (21:24); *Dave Berardi* came in third overall (20:48) and took home pumpkin pie in the windy race. *Jeff Olenick* finished fourth overall in the YMCA Turkey Trot 5k in Towson (16:06), while *Piriya Pinit* took first among the 50-59 men (19:04). The Towson race featured a number of former Striders including Mike French (1st), Bobby Van Allen (2nd), Eric Meyers (7th) and Matt Augustin (15th).

RANKED STRIDERS

No fewer than 14 Howard County Striders earned recognition in rankings in the Fall issue of *Washington Running Report*. This Edition ranked area-runners on the basis of their performances in a number of races between late May and mid September. Among these qualifying events were the Strider races Women's Distance Festival 5k (July 11), Twilight River Run (August 1), and the Police Pace 5k (September 7). The following Striders made the list:

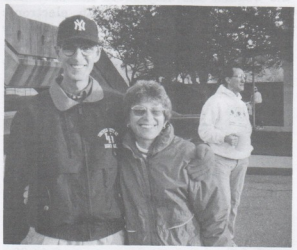
Mark Gilmore	2nd, Open Men
Ken Fowler	15th, Open Men
Bea Marie Altieri	4th, Open Women
Kelly Barton	28th, Open Women
Gerry Clapper	2nd, 35-39 Men
George Altieri	11th, 35-39 Men
Paul Keating	13th, 35-39 Men
Deborah Barnett	11th, 35-39 Women
Joy Glass	14th, 40-44 Women
Steve Ruckert	1st, 45-49 Men
Mick Slonaker	8th, 45-49 Men
Piriya Pinit	5th, 50-54 Men
Judith Gilbert	15th, 50-54 Women
Art Morey	14th, 55-59 Men

Sorry if we missed *your* record run, but the Chipmunk Corps didn't get any information on it. To prevent this tragedy from occuring again, leave word on the Strider hotline (**410-964-1998**) or contact Stupendous Editor *Jim Carbary* (phone **410-964-8375** before 9 pm or email **carbary@jhuapl.edu**). *Footprints* generally does not carry information on events prior to the last equinox or solstice.

WASSERMAN WINS COACH OF YEAR HONORS

Many of us do not realize that *Nadia Wasserman*, former President of the Howard County Striders, directs the track and cross country programs at High Point High School, a 4A school in Prince Georges County, MD. During the past five seasons at High Point, Nadia has rebuilt the High Point cross-country program from ashes and fashioned a championship team. And she started her program with only two or three runners! In the 4A regionals this year, Nadia's High Point girls scored a stunning upset of highly-regarded Eleanor Roosevelt High. For her efforts, Ms. Wasserman recently earned Cross Country Coach of the Year honors from the Prince Georges County *Journal*. She is not merely the girl's coach; she also is the head director for the indoor and outdoor running programs at High Point.

Nadia's contributions to the Striders are equally distinguished: in addition to serving as President, she has directed the Women's Distance Festival 5k, handles packet-pickup at nearly all the major Strider races, and even found time to win the 50-59 age group at the Northern Central Trail Marathon!



Coach of the Year Nadia Wasserman with NY Yankee fan Ken Dent at the Clyde's 10k this year. (photo by Jim Carbary)

RUNNIN' IN THE RAIN AT MARINE CORPS

With the blast of a cannon, the 22nd Marine Corps Marathon began on the cool and drizzly morning of Sunday, October 19. At first, the weather seemed ideal for long distance running, but the rain began at the moment the race started and things went downhill from there. Even the overall winners, Darrell General (2:18:20) and Donna Moore (2:53:42), complained that the cold rain had a chilling effect on their performances.

Jon Shushinsky led the Strider contingent in 2:49; he and *Chris Sproule*, who set a personal record of 2:56:16, were the only Striders under three hours. *Phil Lang* trained by running up and down the seats at Camden Yards carrying beer and was the third Strider to finish. *Tony Warner* tuned up for the marathon by completing the Ironman Canada two weeks before. *Jeanine Best*, the first Strider woman to complete Marine Corps, confirmed that she is indeed a better marathoner than 5k runner. So far, 58 Striders have been accounted for.

The marathon field closed at the limit of 18000 registrants, although more than a few did not show up on race morning because of the weather and only 13959 finished. The race used the ChampionChip electronic timers, which these pages have previously described (e.g., Annapolis 10 Miler, Fall 1997). Oprah Winfrey did not run the race this year, although Vice President Al Gore, a lesser celebrity, did. Prepping for the Campaign of 2000, he finished in 4:54:26.

[The following results were compiled and submitted by *Mick Slonaker* and *Ray Lake*.]

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STRIDERS AT MARINE CORPS XXII
October 26, 1997 ~ Washington, DC

Jon Shushinsky	2:47:26
Chris Sproule	(PR) 2:56:16
Phil Lang	3:04:38
Joshua Seidman	3:09:52
Ken Dent	3:14:07
Rick Mitchell	3:19:47
Jim Grover	3:20:06
Michael Berkman	3:20:29
Tony Warner	3:22:36
Chris Hendricks	3:25:38
Jeanine Best	3:31:25
Steve Milton	3:34:29
Steve Grufferman	3:35:31
Robin McKenzie	3:36:00
Vince LaMonte	3:36:41
Rovert Hall	3:37:47
Brenda Marshall	3:39:14
Julie Deutschmann	3:39:30
Ed Reynolds	3:39:30
Tom Finucane	3:41:53
Steve Bourg	3:42:16
Howard Sturman	3:42:30
Seyed Hosseini	3:42:43
Lisa Lowe	3:44:42
Rich Kolodrubetz	3:45:00
Bryan Drake	3:48:12
Amy Price (1st marathon)	3:53:46
Tom Lewis	3:55:12
Michael Upton (1st marathon)	3:55:57
Brian Beebe	3:56:02
Patti Harden (1st marathon)	3:57:07
Rick Hatfield	3:58:25
Mike Upton	4:01:00
Abby Glassberg	4:04:03
Rob Feldstein	4:04:41
Eric Katkow	4:04:44
Jim Maquire	4:06:51
Scott Preutt	4:08:16
Glenn Scimonelli	4:10:51
Edith Manney	4:15:44
Kevin McCarthy	4:17:38
Debbie Grover	4:18:02
Jack Drake	4:18:24
Brian Boats	4:19:38
Michael Craig	4:21:08
Richard Bernstein	4:22:23
Paul Goldenberg	4:23:04
Denise Hyde (1st marathon)	4:31:26
Tim Beaty	4:31:57
Susan McGreevy (1st marathon)	4:40:36
Shelly Stein (1st marathon)	4:40:36
Bob Pohl	4:51:01
David Wunsch	4:55:38
Eric Heinz	5:06:59
Kelly Drewery	5:06:59
Steve Anderson	5:12:25
Bernadette Sedita	5:55:08
Jeanette Lampron	6:21:01
~~~~~~

HOWARD'S HIGH SCHOOL HARRIERS HANDLE HEREFORD'S HILLS

by Dave Tripp, MR

Howard County's high schools continued to demonstrate quality and depth in this past fall's cross country season. The 10 high schools fielded 20 boys' and girls' teams, of which 16 qualified for the Maryland State Championships held on Saturday, November 8, at Hereford High School. Because of the wide variation of school enrollments, Howard County teams competed in three of the four classes. While none were winners, 12 county teams finished in the top five of their classes, with seconds going to Oakland Mills boys (1A), Atholton boys (2A), Mt. Hebron girls (2A) and Centennial girls (3A).

Continuing the trend, the county had no individual champions, but 25 runners who finished in the top 15 of their races. *Suzy McCullough* of Centennial (see box, p. 15) appeared to be on her way to victory in the 2A girls race when she was confused by a cone near the finish line. As she veered wide to her right, she was passed on her inside, losing by the narrowest of margins. Other strong individual performances included *Brian Selmer* (3rd— 1A), Beth Santilli (3rd— 1A), Nick Barresi (3rd— 2A), Mike Prada (4th— 2A), Kate Frande (3rd— 2A), Stacy Mallare (4th— 2A) and Ben Coffman (5th— 3A).

The county's strength can be at least partly attributed to the Striders. Many of the county's young runners have come up through the Junior Strider programs, and all have benefited from the Club's tremendous support for the high school programs.

This year, the Striders put on seven major races: Howard County Striders Invitational; Pallotti Invitational; Howard County Championships; Regional Qualifiers for Classes 1A, 2A and 3A; and the State Championship races. These races were, without exception, the most professionally done during the season, not only giving the athletes a sense that their efforts were important, but also providing the coaches time to coach rather than officiate.

A large number of Strider volunteers made important contributions to these races. In the spirit of end-of-season wrap-ups our all star selections are:

Cross Country Volunteers of the Year

Miles Weigold	Nancy Burns
Jason Tripp	Judy Tripp

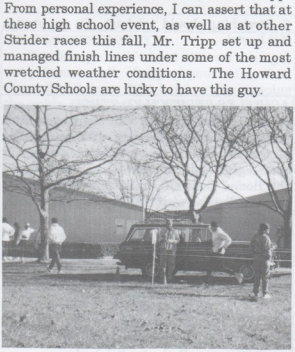
First Team Volunteers

Bob Burns	Terry Oxford
Paul Goldenberg	Bonnie Fersch
Jim Greenfield	Jeanette Lampron
Dickie George	Mick Slonaker
Steve Musselman	Ken Plantz

Second Team Volunteers

Lissa George	Cheryl Tropf
Dave Morrow	Chris Herdson
Al Yergey	John Herdson
Barbara Calvert	Michelle Kurtzman

Editor's note: Let's not forget everyone's favorite volunteer, *Dave Tripp*. From personal experience, I can assert that at these high school event, as well as at other Strider races this fall, Mr. Tripp set up and managed finish lines under some of the most wretched weather conditions. The Howard County Schools are lucky to have this guy.



For Dave Tripp, the Turkey Trot on Thanksgiving marked his fifth (sixth?) finish line in the month of November. (photo by Jim Carbary).

STRETCHING

Pat Keating, P.T.

I would like to recommend the following stretching exercises for all runners. I have given this program to *Kelly Barton's* Females in Training (FIT) group and to *Trey Cassidy's* high school running team.

First, here are some guidelines for stretching:

1. Always arm up before stretching. An easy 10 minute jog or walk is sufficient. Stretching works best on warm muscles.

2. Do not bounce! Each stretch should be performed in a slow and gentle manner.

3. Hold each position for 15-30 seconds.

4. Do not hold your breath while stretching. Keep breathing as normally as you can.

5. Relax while you stretch.

6. Stretching should not hurt. Do not stretch if it hurts!

ACHILLES STRETCH, GASTROC

Stand facing a wall with one foot in front of the other. Lean forward with your hands on the wall. Bend the front leg, leaving your rear leg straight and keeping both heels on the floor. Continue until you feel a gentle stretch. Repeat with the other leg.

ACHILLES STRETCH, SOLEUS

Stand facing a wall with one foot in front of the other. Lean forward with both hands on the wall. Bend both legs slightly, keeping both heels on the floor. Continue until you feel a gentle stretch. Repeat with the other leg.

PIRIFORMIS STRETCH

Lie flat on your back with both knees bent and feet on the floor. Cross right ankle onto left knee. Slowly bring right knee to your chest, feeling a stretch in the right hip. Repeat on opposite side.

IT BAND STRETCH

Stand with your left side about 3-4 feet from a wall. Place your left hand on the wall for support. Cross your left leg behind your right and place your left foot outside of your right foot. The IT band is stretched as your upper body bends away from the wall and your hip shifts towards the wall. Repeat with the right side.

PLANTAR FASCIA STRETCH

Place right foot 1-2 feet behind left foot. Kneel down, allow your right foot to come off the floor. Lean forward until stretch is felt. Repeat with left side.

HIP FLEXOR STRETCH

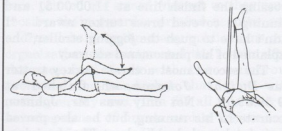
Lie on your back on the edge of a bed hugging both knees. Lower one leg out straight, allowing it to hang over the edge of the bed (keep hugging the opposite knee). After holding for 15-30 seconds, return to start position and repeat with other leg.

INNER THIGH / GROIN STRETCH

Sit on the floor with both legs bent in front of you. Place heels together and pull feet in towards your groin until a stretch is felt.

HAMSTRING STRETCH

Lie on your back. Keeping one leg straight, bend the other and grab the back of your thigh. Slowly straighten the leg to the point of tension and try to flatten out your foot so it is parallel to the ceiling while pulling your leg towards your head. Instead of holding the back of your leg, a towel can be looped over the sole of your foot and held at both ends while you gently straighten and pull leg towards your head. Once you feel a stretch, hold position for 15-30 seconds. Stretch other leg.



QUADRICEPS STRETCH

Position yourself about an arm's length away from a wall. Support yourself against the wall with your right hand, while grasping the ankle of the left leg with your left hand. Pull your thigh straight back; don't arch or twist your back. Stand straight and tall. When you feel the stretch in front of your thigh, hold position for 15-30 seconds. Then switch sides and stretch the other side. This stretch can also be performed lying on your side.

HANNAGAN WINS BRASS TURKEY

Over 120 runners participated in the Howard County Striders Annual Turkey Trot 10k prediction run on Thanksgiving morning. The participants started at any time and attempted, without the benefit of any timing devices, to finish the 6.2 miles as close to 11:00 am as possible. Winners were the most accurate runners, not necessarily the fastest.

Just behind his wife *Denise* and son *Cal* (in a jogging stroller), *Al Hannagan* came within a half second of the desired hour, crossing the finish line at 11:00:00.51 and winning a coveted brass turkey award. "I didn't have to push the jogging stroller," he explained of his phenomenal accuracy.

The second most accurate turkey trotter was *Dwight Johnson*, who finished at 10:59:59.18. Not only was Mr. Johnson accurate in his running, but he also proved the most knowledgable about Thanksgiving. He successfully answered five of seven questions posed to all participants by race director *Dave Tripp* concerning the history of the holiday. No one answered all seven questions correctly. (For example, "Who was the first to propose Thanksgiving as a national holiday?" Ans: George Washington.) Professor Johnson received a giant turkey doll for his Thanksgiving knowledge.

The 20 most accurate runners and their finish times are listed at right. The least accurate runner was *Gail Bailey*, who completed her 10k about 14 minutes before the hour and seemed anxious to get home to cook her turkey.

The 10k route began and ended at the Jeffers Hill Neighborhood Center in Columbia and followed mostly bike paths within the Long Reach area. The Striders have put on the race annually for the last 20 years, and *Dave* and *Judy Tripp* have directed the popular event. Because of the race's predictive nature, the brass turkeys were awarded without regard to sex or age. In addition, high-school standouts *Zach Heidepreim* and *Mike Zaron* received special solid chocolate turkeys. All participants under the age of 16 also got Tootsie-Pops.®

1997 TURKEY TROT MOST ACCURATE FINISHERS

Thanksgiving Day ~ Jeffers Hill Neighborhood Center

Jack Drake	10:59:48
Bob Burns	10:59:49
Zach Heidepriem	10:59:50
Bill MacCormack	10:59:51
Mike Zaron	10:59:54
Jerry Warfield	10:59:57
Sadj Bartolo	10:59:58
Karen Sutton	10:59:58
Thomas Sutton	10:59:58
Dwight Johnson	**10:59:59.18**
Al Hannagan	**11:00:00.51**
Dave Bell	11:00:03
Rick Rosen	11:00:04
Joe LaMonte	11:00:05
Mike Kreft	11:00:07
Mark Schemtz	11:00:09
Mariana Meyer	11:00:12
Steve Henning	11:00:14
Rusty Toler	11:00:18
Robert McDonough	11:00:23

Former Strider President Paul Goldenberg, finishing the Trot 3:07 past the hour, had just completed the JFK 50-Miler a week before. (photo by Jim Carbary)

Rusty Toler, who also completed the JFK 50-Miler, enters the Turkey Trot chute 18 seconds late. (photo by Jim Carbary)

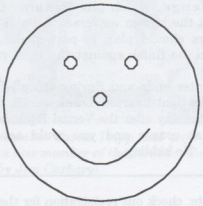
Tim George (#1158) ran the Turkey Trot with his older sister Libby, and both enjoyed the swell jelly doughnuts after the race. (photo by Jim Carabry)

Valerie Rogers just beat ultra-runner Tom Green into the TT finish chute. Unfortunately, neither came close to finishing at 11:00 am. (photo by Jim Carbary)

AN APOLOGY TO JIM DISCUILLO

When writing about the volunteers who helped out at the Women's Distance Festival this summer, I inadvertently left out *Jim DiScuillo*. Jim was a huge help to me, as he is to every race the Howard County Striders put on. He created the entry form, printed labels so the entry forms could be mailed, did the data entry for the runners who entered the race. generated bar code labels for the runners' bibs, printed alphabetized lists of preregistered runners for packet pick-up, did race night data entry, did the results of the race, printed the award winners so they could receive their awards, printed results and address labels for the many publications and organizations that requested the results after the race, and dealt with the numerous problems and headaches that come with putting on any race. Jim did all this with an amazing sense of humor and a tremendous amount of patience. He was so much help to me, I sincerely regret having left his mane and contributions out of the article about the race. Jim, I am truly sorry. You were great, and I couldn't have done it without you. Thank you so much for all your help.

—Your friend and cause of many of your headaches,
[signed]
Nancy Burns



WINTER SCHEDULE

The El Niño continues unabated in the South Pacific, and we have already felt the effects of its rage. According to the U. S. Department of Weather, the eastern seacoast should experience a higher than average chance of heavy snowfall this winter. Thus, we can expect mild temperatures and sunny skies in January and February.

Be sure to take advantage of the favorable running conditions this winter. Start the season off right with the **Resolution Run**, a prediction 10k at Jeffers Hill Neighborhood Center on New Years Day (no watches allowed!). The 1998 Winter Series begins the Sunday after that at 2 pm. This winter, *Zeke Wombat* will be your race director; please give him as much support as possible!

On Wednesday, January 14, bring a main dish and either a salad or a dessert to the **Annual Strider Meeting and Awards Extravaganza** at the Oakland Mills Meeting House. Meet new and old friends, renew your membership, hear the latest gossip, exchange recipes, and vote for the 1998 Strider Board of Directors.

By February 1, you'll be ready for the **Second Annual Penguin Pace 5k.** After zipping over the hilly course, race director *Arleen Dineen* invites all registrants to brunch with the seniors at the Florence Bain Senior Center. Live entertainment is expected.

The real challenge of the winter, however, comes on February 22 at the **RRCA 10-Mile Challenge**, which pits Howard County against the known universe. All able-bodied Striders should plan to participate in this fight to the finish against the local running powers.

Winter ends and Spring offically begins with the light-hearted **Duckworth Relays 5k** on the day after the Vernal Equinox. This is a flat course and you could set a PR. Really. No kidding.

Note: check out registration for the 102nd Boston Marathon (20 April 1998) at the website: `www.bostonmarathon.org`. The field will close on 1 March or until 15000 runners have registered.

Jan 1	**Resolution Run 10k**
<11a	Jeffers Hill Neighborhood Center
	Dave & Judy Tripp (410-730-4499)
Jan 4	Winter Series #1
2pm	Thunder Hill Elementary School
Jan 11	Winter Series #2
2pm	Longfellow Elementary School
Jan 14	**Annual Awards Dinner**
6pm	Oakland Mills Meeting House
	Phil or Vicki Lang (410-964-8258)
Jan 18	Winter Series #3
2pm	Jeffers Hill Neighborhood Center
Jan 25	Winter Series #4
2pm	Thunder Hill Elementary School
Feb 1	**Penguin Pace 5k**
8am	Florence Bain Senior Center
	Arleen Dineen (410-313-7468)
Feb 8	Winter Series #5
2pm	Longfellow Elementary School
Feb 15	Winter Series #6
2pm	Jeffers Hill Neighborhood Center
Feb 22	**RRCA 10 Mile Challenge**
8am	Howard Community College
	Paul Goldenberg (410-730-3566)
Mar 1	Winter Series #7
2pm	Thunder Hill Elementary School
Mar 8	Winter Series #8
2pm	Longfellow Elementary School
Mar 9	Winter Series #9
2pm	Jeffers Hill Neighborhood Center
Mar 21	**Duckworth Relays 5k**
9am	Glenelg High School
	Barbara Calvert (410-461-2045)
Apr 5	Cherry Blossom 10 Miler
8am	Northern Telecom
Apr 20	102nd Boston Marathon
10 am	Hopkinton, MA

PRESIDENT'S LETTER

We are considering hosting a memorial race for *Joe Sokol*, a fellow Strider who passed away at the Annapolis 10 Mile Run last August. His friend and our webmaster, *Ray Lake*, has offered to coordinate the race with the Columbia Medical Plan, for which Joe worked. The event is tentatvicly scheduled for the late summer or in the early September time-frame and will probably be a 5k race.

We Striders pride ourselves in having a membership that is, on a per capita basis, one of the largest in its local area. Nevertheless, the club has in the past seldom achieved a total membership of 1000 runners. *Jason Tripp*, membership chairperson, surprised the Board at its October meeting by announcing that membership had once again reached the thousand mark. *John Jacobs* put us over the top when we received his membership form on October 6, 1997.

Finally, I want to acknowledge the splendid efforts of a our volunteers during the especially-busy Fall season. In addition to the usual weekly races, Striders staged or helped to stage "a ton of races" including: the Howard County Strider Cross Country Invitational, the County Championships, the 1A, 2A, 3A Regional Championships, the 1A, 2A, 3A, 4A State Championships, the Palotti Invitational, the Maryland Private Schools Championship; the Columbus Chase and PowerBar Relay, the Run Through the Grapevine 8k, the Metric Marathon and 5k; the Jingle Bell Arthritis 5k, the Dazzle Dash, the Police Pace 5k, and a bunch of informal meets at middle and elementary schools. Many of these events did not occur on the weekends when free time is readily available, and many of the events did take place during cold and drizzly weather. In addition to the volunteers cited by *Dave Tripp* (p. 19), I want to thank *Christine Hilliard* and *Carol Gralia* for their support.

I can report that the Striders have bought a new pop-up tent shelter that should be just the thing for next year's weather!

& Happy New Year,
Dickie George

HOWARD COUNTY STRIDERS
1997 BOARD OF DIRECTORS

Dick George, *President*	964-3657
Mick Slonaker, *Vice President*	997-3993
Nancy Burns, *Secretary*	992-9765
Heide Heidepriem, *Treasurer*	531-2792
Jason Tripp, *Membership*	884-5804
Jim Carbary, *Newsletter*	964-8375
VACANT, *Weekly Races*	xxx-xxxx
Kelly Barton, *Women's Committee*	730-3375
Paul Goldenberg, *Special Races*	730-3566
Vicki Lang, *Junior Striders*	964-8256
Phil Lang, *Nominations & Selections*	964-8256
Christine Hilliard, *At Larges*	992-8940
Tim Beaty *At Large*	301-596-6453
Miles Weigold, *At Large*	730-1849
Rick Hatfield, *At Large*	740-0978
Nadia Wasserman, *Immediate Past President*	381-6385

(area codes are 410 unless noted otherwise)

Board member Jason Tripp and wife Denise present a new member of the Striders: Caroline. (photo by Jim Carbary).

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
NAME	GENDER ☐ M ☐ F	BIRTHDATE	SIGNATURE	DATE
NAME	GENDER ☐ M ☐ F	BIRTHDATE	SIGNATURE	DATE
NAME	GENDER ☐ M ☐ F	BIRTHDATE	SIGNATURE	DATE
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 _____

WHEN: Sunday, February 1, 1998
8:00 a.m.
WHERE: Florence Bain Senior Center
5470 Beaverkill Road
Columbia, MD 21044
FEE: $17.00 If Postmarked by
Friday, January 23, 1998
$25.00 after Jan.23, 1998
No Refunds and No Confirmation

The proceeds will provide quality programs for senior citizens in Howard County.

REGISTRATION & PACKET PICK-UP

Please register by mail by January 23, 1998. Print and complete the entire entry form and send with your check to:
Penguin Pace 5K
Florence Bain Senior Center
5470 Beaverkill Road
Columbia, MD 21044

Make checks payable to:
Florence Bain Senior Center Council

You may register in person or pick-up your packet at Feet First in the Wilde Lake Village Center.
Friday, January 30, 1998, 4:00-9:00 PM
Saturday, January 31, 1998, 10:00 AM-6:00 PM

Race Day: Registration and packet pick up begin at 6:45 a.m. at **Florence Bain Senior Center.** Pre-registration is preferred. T-shirts and breakfast cannot be guaranteed on Race Day.

Breakfast will be available for registered runners only.

RACE INFORMATION
Distance 5K (3.1 Miles)

Course: Scenic course through Columbia neighborhoods with the start and finish at the senior center.

Ample free parking.

In the event of dangerous weather or road conditions, call the Howard County Striders Hotline (410)964-1998.
Additional Race Information: Arleen Dinneen, Race Director, (410)313-7468

PRIZES AND AWARDS
1st Male & Female, 1st Male & Female Howard County Full-time Employee.

Awards will be given to the top two male and female finishers in the following age groups.

14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & over.

No duplicate awards.

Random prizes.

AMENITIES

Outstanding, custom designed, multi-colored, long-sleeve, mock turtle neck T-shirt.

Lavish Brunch catered by the Elkridge Furnace Inn.
Baskets of...
Assorted Fresh Baked Muffins, Nut Breads and Danish, accompanied by Fruited Butter
Mountains of...
Fresh Vegetables 'Crudite' accompanied by Chef's French Tapenade
Cascades of...
Fresh Domestic Fruits
Drinks Station..
Fresh Brewed Gourmet Coffee & DeCaf
English & Herbal Teas & Juices, Hot Chocolate

MUSICAL ENTERTAINMENT!

Penguin Pace 5K Entry Form

Official Use Only

Limited to 350 Runners
Entry Fee: $17.00 ($25 after January 23, 1998)

Name_____ Date of Birth_____
Age on Race Day_____

Address_____ M/F_____

City_____ State_____ Zip_____ Shirt Size: Medium_____
Large____ X-Large____

Phone: Home_____ Work_____ Full Time Howard County Employee Y___ N___

Waiver & Release Form

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

_____ _____
Signature (of parent/guardian if registrant is under 18) Date

Don't Forget the Special Events this Winter:

Resolution Run 10k — Jeffers Hill Neighborhood Cntr
<11:00 am, Thursday, January 1, 1998

Annual Meeting & Awards Banquet — Oakland Mills Meeting Center
6:00 pm, Tuesday, January 13, 1998

Penguin Pace 5k — Florence Bain Senior Center
8:00 am, Sunday, February 1, 1998

10 Mile Challenge Race — Howard Community College
8:00 am, Sunday, February 22, 1998

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

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

Jim Carbary 1997
11668 Dark Fire Way
Columbia, MD 21044-4344