

HOWARD COUNTY
STRIDERS
NEWSLETTER

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CLYDES 5TH ANNUAL



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

Statement of Strider Philosophy

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

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

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

President's Column

by Dave Tripp

It was my pleasure to serve as the Striders' delegate to the 25th Anniversary Road Runners Club of America Convention held May 13, and 14 in San Francisco. Friday the 13th was taken up by a series of workshops which were of uniformly high quality. First (at 8:30 a.m.) was a session on course measurement headed by Alan Steinfeld of NYRRC. Not only did he demystify much of the procedure, but he brought along the legendary Ted Corbitt who is the ultimate "judge" insofar as course measurement is concerned.

(A note: The Striders are looking for several individuals who would be interested in working on our courses and their certification - ten speed bicycle riders in particular are needed. Contact me if you are interested.)

The second workshop dealt with timing techniques and new technology. After the lunch break three papers were presented. Two were interesting to listen to: a "revolutionary shoe design" and the point participation system of Walt Stack's Dolphin South End Road Runners in San Francisco. The third paper was a fascinating study of a program in a California county where the RRCA Chapter and the Board of Education have developed a running program for the elementary schools. Following that was a session on developments in women's running, and finally, perhaps the best session - medical and legal aspects of putting on races.

On Saturday, the Annual Meeting was held, and while it lasted almost six hours, the newsworthy items included an increase in dues (to \$.65 per address) and presentation of a long-range plan for RRCA.

There were two races, a small 5K on Friday and Bay-to-Breakers (see story) on Sunday. There were many opportunities to exchange stories and ideas with the other delegates. It was valuable to me, and I hope will prove beneficial to the Striders.

I am convinced that we do as good, probably a better job of running races, encouraging participation, and generally promoting the benefits of running to our members as any club in the country.

Bay-to-Breakers

By Dave Tripp

Multiply Clydes' American 10K (1500 finishers) by 50, include Satyr Hill, put it in the heart of a major metropolitan area, invite every flake and crazy, and you have the Bay-to-Breakers Race. This year's 12 kilometer race was held on Sunday, May 15 at 8:00 a.m. with 56,000 paid registrants, and an estimated 20,000 to 45,000 bandits! Judy,

Joshua (7), Jason (10) and I were all official entrants -- Joshua's number 19,687 wrapped around both sides of his chest. It was a bright, sunny day with the temperature around 60°. Virtually everyone was in costume - we ran as the Howard County Striders racing team. At 7:30 a.m. the starting line area near
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Relay King Tunes Up

24 Hour Relay

By Tim Beaty

The Howard County Striders will participate in the DCRRC/Runner's World 24-Hour Relay for the SIXTH consecutive year on Saturday and Sunday, August 6 and 7, at Mullen Field, Fort Meade, Maryland.

In the last five years the Striders have fielded ten teams of ten members each, with 99 to 100 starters completing the entire 24 hours. Striders' team members

have come from occasional and 2-mile runners as well as from experienced marathoners. And, while the individual teams have sometimes been arranged to produce a "fast" team, the overall goal has consistently been one of "completing first, competing second."

The format of the event is simple: a team can have from two to ten members who run one mile each in relay fashion, handing a baton to the next team member at the completion of one mile, with the last team member handing-off to the first, over and over, from noon Saturday through noon on Sunday.

The Striders hope to field at least two teams of ten this year (we had three teams last year) and will require *at least* ten recorders for each team. Please consider participating this year. Talk to any of the many who have run or helped in the past, and join in the "world's greatest interval workout" for "24 hours of glorious running."

For further information call Tim Beaty (596-6453), Striders' overall relay coordinator.

At the same time, Saturday at noon, and on the same track, 100-mile race and race-walks will begin, followed at 6 p.m. on Saturday by 50-mile race and race-walks. These are just to assure that no one gets bored watching milers, and also so that everyone waiting for his or her mile run can see people who feel worse than they do. Tim Beaty will have entry forms for those interested in these distance events.

Meet The Brandensteins

By Martin Goode



Certain Striders' families can be indentifiable by special characteristics. When one sees the black and white van pulling into the parking lot for a Striders' race, everyone knows which family is present — the Brandensteins.

The Brandsteins are a four member family consisting of Cathy (12 years old), Marion (14 years old), Bill (44 years old) and Mary (considered a master).

For the family, the running bug first bit Cathy, well over four years ago. As Cathy began running for the Junior Striders, so did Marion. Bill and Mary began their running when they needed something to do while waiting for their daughters to finish practice.

As time grew on, Bill began to help train his girls. By running ahead of them, he could give them incentive to run harder.

Training for the Brandensteins takes place mostly on Howard High's track, where they are seen mostly during the evenings. A training schedule of some sort hangs in the kitchen, along with charts of

previous races and future plans. Although Bill elects to run slower for his family, he does choose three or four races in which he can run hard.

The way the Brandensteins see it, running is a supplementary element for their favorite hobby, hiking.

"We do a lot of back packing" comments Bill, "so we find that running helps when we hike mountains."

Last summer, the Brandensteins climbed a real beauty, Mount Washington.

The Brandensteins participate in a wide variety of activities. Bill is into sailing boats. Catherine is into everything from HCYP basketball, dancing, ballet, to playing instruments. Marion rides horses, but can also play musical instruments. Mom Brandenstein used to swim and be a teacher for the deaf, but now finds that she has all she can handle with driving her children around and doing the housework.

If you're wondering where the Brandenstein mobile home came into existence, here's the story.

Bill was involved in motorcycle racing years ago and needed a vehicle to transport his cycle. As the years rolled on, the Brandenstein family was forming, which slowly ceased his racing career. Bill has kept the van in running shape over the years by doing the mechanics on it himself.

Now and always when the black and white van turns the corner at the races, people will know the family riding in it.

Kelley Takes Clydes American 10K

This year's annual Clydes 10K race brought out a lot of participation from the Striders, whether they worked or ran the race.

The slightly humid weather, along with the hills, slowed winner Tom Kelley enough to miss the course record by seconds. Kelley sprinted away from John Doub and Jim Clelland.

The course still lent itself to fast times as twenty-three runners broke 34 minutes.

Among the contingent of Striders who ran well were Clelland (3rd place), Don Uphouse (18th), Rod Young (3rd in 14-19 age group),

Martin Goode (22nd overall and 2nd in 20-29 age group); Bob Burns (2nd in 30-34 age group); Matt Megary (2nd in the 13 and under age group); ten year old Brian James (4th in the 13 and under age group); Joe Thomas (1st in the 40-49 age group); and Clarence Wingate (3rd in the 50-59 age group).

The female Striders also did well, as Kathy Heckman won the race, and 12 year old Steffi Rausch finished fourth overall. The Brandenstein sisters placed 1st and 3rd in the 13 and under age group, and Suzy Wenk led Buffy Gavigan and Beth Yergey in the 14-19 age group.



Stretching + Rest + Work = Successful Running

By Carole V. Tamini

Think back over the past 12 months. Have you had a running related injury severe enough to cause you to stop or decrease your training? If you're like most runners, you would have to answer "yes" to that question.

Your running injury was probably caused by one of the following situations:

1. Trauma - you stepped into a pot hole and twisted your ankle. The cure is rest.

2. Structural imbalance - one leg is shorter than the other and you have pain when you run. The cure is orthotics.

3. Overuse - you increased your mileage or pace too quickly and developed tendonitis or shin spints or muscle strain. The cure - stretching.

Most running related injuries will fall into category three - overuse. They are the most common, and luckily, the most preventable injuries. So let's take a closer look at how overuse injuries develop and how a good stretching program can help you almost totally avoid them.

Your muscles become "overused" by running because running contracts and shortens them. As they continue to contract and shorten, they begin to lose their ability to pump out the metabolic wastes created by muscular contractions. The muscles do not recover from running. They become waste laden. You experience stiff, aching muscles. The "overuse

syndrome" sets in. When you reach this stage, you are a prime candidate for tendonitis, fasciitis, strain, or even stress fracture.

Is the situation hopeless? Not at all. The "overuse syndrome" can be completely reversed by just a few minutes a day of proper stretching. And here's why:

When you stretch properly, you are restoring to their normal length the muscles you shortened while running. Now they will regain their pumping ability and more adequately recover by removing the accumulation of waste products built up in them by running. The tight, stiff, "wooden" muscles you had give way to lengthened, softened, strong, normal muscles.

But you must stretch properly. Here are four guidelines to follow:

1. Hold each stretch 15 to 20 seconds rather than bouncing or repeating quickly.

2. Stretch for two to three minutes per mile of running - up to 10 miles or 20 to 30 minutes total.

3. Do half your stretching before you run and half after.

4. Follow a hard workout by soft, easy stretching and conversely, stretch firmly after an easy run.

Here are a set of three stretches to help make your legs, feet, and back feel normal again. If you are doing these stretches at home, use a kitchen countertop as an aide. Before a race, use the hood of your car.

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STRIDERS' SHORTS

- *Ken Brake, Wayne Ivester, and Linda Buttner* all "doubled", running both the Maryland Marathon (4/10) and the D.C Marathon (4/24). Ken ran 3:31 in *both!* Linda was in the top ten women finishers in *both!*
- Most people didn't even know *Steve Clark* was even thinking of running a marathon when he showed up at the starting line for Maryland. He turned in a fine 3:07 – not a bad *first effort!*
- It was far from his first marathon, but it was certainly his best in several years, as *Kent Walker* turned in a fine 2:59 in Maryland.
- The Striders were well represented at the Richmond Triathlon on April 30 – *Reg Hahne, Sam Levine* and *Bob Vigorito*. *Reg* finished in third place overall, and he and *Bob* returned to Columbia to run Clydes the very next day. *Sam* helped in the chutes at Clydes while savoring his effort which included a PR in the ten mile run – by 5 minutes, *after* the 20 mile bike ride!
- Speaking of triathalons, "*Animal Joe*" *Wagner* has been accepted for the Ironman Triathlon in Hawaii on October 22. The club is planning a fundraiser race to show our support for Joe. If you're interested in helping plan this event, call Dave Tripp, (730-4499).
- *Mark Hassinger* also completed his first marathon, D.C., in 3:17 – pretty good in the very rainy conditions. *Mark's* son *Eric*, 8 years old, will be running dad into the ground soon though. His 45:35 in warm humidity at Clydes was *fantastic!*
- *Joshua Tripp*, 7 years old, followed his "PR" effort at Clydes, 53:57, with a soccer game in the steamy conditions. He played the whole game at left outside halfback and scored the game's only goal. (Mom says he looked like a piece of overcooked spaghetti afterward).
- Recently, three Striders' members won Regional High School Championships. *Suzy Wenk* won the girls' Class B mile, while *Rod Young* won the men's mile and two-mile; and *Jennie Chapman* the girls' Class C two-mile.
- *Kathy Heckman* qualified for the Olympic Trails next year with her 20th place Boston finish this year.

Female Striders 3rd at Bonne Belle

By Mary Levine

Wind played a big factor at the Bonne Belle 10K run Sunday, May 8th. The course was an out and back around Hains Point. The wind, however, didn't stop 12 year old Ann Hoeffler from winning with a time of 37:04. In a field of three thousand women, the Striders' team was very well represented. Team members were Kathy Heckman, 37:33 and 4th overall, Karen Scott, 41:26; Suzy Wenk, 42:52; Vivi Provine, 43:37; and Jenny Chapman, 45:00. The team came in third out of forty-four teams.

There were many other Strider women there, most of them mothers who gave up their "breakfast in bed" to run! Such Dedication!

Women's Distance Festival

The Women's Distance Festival will be held on Friday, July 22 at midnight. The 5K race is run at The Mall as part of Women's Distance Day originally started to bring attention to the fact that women were not allowed to run distances greater than 1500 meters in the Olympics. Partly as a result of these races in the past three years, women will compete in the marathon in 1984.

Last year over 100 women participated in this event in Columbia; we expect twice that number this year.

There will be awards to the top finishers, age group awards and prize drawings. In addition to the race, there is a clinic planned. The speaker will be Steve Baitch, a physical therapist from Union Memorial Sports Medicine Center. His presentation will be at 10:00 p.m. at Feet First. Directly before the race the "Body in Motion", led by Susie Fuller, girls will get you going with stretching. There will be refreshments after the race. Plan on coming and having a good time.

For more information call Barb Dutterer, 997-4896 or Gayle Baruth, 730-4794.

1983 Howard County High School Outdoor Track Championships

By Suzy Wenk

Several Howard County Strider teens recently participated in the Howard County Outdoor Track Championships. Five Striders became county champions of the six running events. One of the Striders who did extremely well was Amy Rukamp. She surprised a strong field, becoming county champion in the 1600 meter run, with a time of 5:31.

Setting a meet record, Kenny Fowler also became a county champion in the 1600, using his awesome kick to beat Jeff Kostos in a time of 4:33.

Another county champion is Rod Young who set a meet record in the

3200 meter run with a 9:59 time.

Karen Scott won the girls' 3200 meter run with a 12:01. Jennie Chapman placed second with a 12:12. Holly Heller of Glenelg won the girls' 800 meter run in 5:32.

Other Strider performances included: Suzy Wenk, third in the 1600 run and sixth in the 3200 meter event; Beth Yergey, third in the 3200 meter run, while her brother Karl also finished third in the boys' 3200; Kyle, Thomas, recorded a fifth in 1600 meters, and Amy Rukamp placed fourth in the 800 meter run.

Stretching (Continued from page 7)

1. Stand an arm's length away from countertop or car. Bend your elbows and lean forward. Hold the stretch and keep your body straight from head to heels - which should remain on floor. Count to 10-repeat.

2. Stand an arm's length away from countertop or car. Contract your thigh muscles, keep your knees straight, bend at the hips - not the waist - and move buttocks away from hands. Chest is parallel to ground. Your body is forming a right angle. Count to 10, release and repeat.

3. Stand on left foot three feet away from countertop or car. Balance on your left foot and place the ball of the right foot on countertop or car. Bend right knee and lean forward. Keep buttocks contracted and down, left leg straight. Count 10. Reverse legs and repeat several times.

Begin your stretching program today and add a third item to your work plus rest training pattern:

Stretching + Work + Rest =
Successful Running

Bay-to-Breakers

(Continued from page 3)

the Embarcadero on the Bay side of downtown San Francisco was a mad house, like Times Square at midnight on New Year's Eve. A chain of arm-locked volunteers attempted to "protect" an area for 500 "seeded" runners.

There was a real race. Rod Dixon, Paul Cummings, and Craig Virgin jumped to an early lead and ran in a small pack for 2.2 miles to the foot of the Hayes Street Hill, actually a series of three hills, and a

vertical ascent of 250 feet in less than half a mile. Dixon put on a burst on the hill and stole the race, leading all the rest of the way for his second consecutive victory in this race. His time was 35:02, a course record, while Cummings ran 35:10 and Virgin 35:16. Laurie Binder from Oakland won her fourth Bay-to-Breakers in 41:24.

Back in the pack it was a picnic, not a race. We got through the first mile in 14:30 without being trampled. I thought the time was outrageous, but TV film later showed people still leaving the starting line 20 minutes into the race. After the hill things finally opened up a *little*, our first half split was 47 minutes (for 3.74 miles); the second half was 39 minutes or more than 2 minutes per mile faster. The second half of the race was through Golden Gate Park, with the finish at the Pacific Ocean

Beach. We finished somewhere around 30,000 to 35,000, and then had to stand in line for water, t-shirts, and refreshments. During the race we encountered roller skaters, nudes, jump ropers, jogging redwood trees, and centipedes. An official centipede must have at least thirteen members with feelers at the front and a stinger at the end. We saw dental students running as a toothbrush, a fully-equipped bar, the carrier Enterprise, a city bus, a green house, and 35 members of a Cal-Berkeley fraternity costumed as a 135-foot-long replica of the Golden Gate Bridge.

(Continued on next page)

Howard County Striders Race Schedule JUNE — SEPTEMBER 1983

DATE	TIME	PLACE	DISTANCES (S)	CONTACT
6/19/83	9:30 a.m.	CD	2M	Columbia Birthday Classic. Miles Weigold (730-1849)
6/22/83 *	7:00 p.m.	THES	2M; 6M	Phil Riehl (596-6578)
6/29/83 *	7:00 p.m.	JHNC	2M; 6M	Ron Stup (596-3543)
7/6/83 *	7:00 p.m.	OMMS	2M; 6M	Bill Elzinga (531-5335)
7/13/83 *	7:00 p.m.	THES	2M; 6M	Todd Kane (730-1558)
7/20/83 *	7:00 p.m.	JHNC	2M; 6M	Bill Klein (596-3171)
7/23/83	12:01 a.m.	CM	5K	Women's Distance Festival. Barb and Mo Dutterer (997-4896)
7/27/83 *	7:00 p.m.	OMMS	2M; 6M	Bill Brandenstein (799-5183)
8/3/83 *	7:00 p.m.	THES	2M; 6M	Mark Konodi (730-8436)
8/6-7/83	NOON	Ft. Meade	**	24 Hour Relay; 50 Miler; 100 Miler. Tim Beaty (596-6453)
8/10/83 *	7:00 p.m.	JHNC	2M; 6M	Al Yergey (730-5536)
8/17/83	6:30 p.m.	WLHS	1M	Meet of Miles. Age group one mile runs. Warren Ohlrich (992-5800)
8/24/83 *	7:00 p.m.	OMMS	2M; 6M	Bob Rabold (997-4676)
8/31/83	7:00 p.m.	PLNC	2.5 M	Race and Awards Party. Jerry Frankenfield (997-2381)
9/5/83	8:00 a.m.	BD	7 M	Brighton Dam Course Familiarization Run. Get ready for next week's Challenge Race. Dave Tripp (730-4499)
9/11/83	8:30 a.m.	BD	7 M; 2 M	Montgomery County Road Runners vs. Howard County Striders Challenge Race.

Key: JHNC - Jeffers Hill Neighborhood Center; THES - Thunder Hill Elementary School; PLES - Phelps Luck Elementary School; CD - Columbia Downtown; WLHS - Wilde Lake High School; OMMS - Oakland Mills Middle School; CM - Columbia Mall; BD - Brighton Dam.
* - Point Standings Races

(Bay-to-Breakers Continued)

If you're not capable of being seeded (sub 33 minute 10K), I wouldn't plan on trying to race this one, but if it's convenient it's an incredible experience, and it *is* fun.

1983 Boston Marathon Results

Paul Sobus	2:30:57
Dick Hipp	2:43:27
Kathy Heckman	2:49:08
Warren Ohlrich	2:49:08
Bob Burns	2:51:28
Dan Mitola	2:51:34
Phil Riehl	2:54:46
Dave Tripp	3:07:57
E. H. Trottier	3:09:22