

HOWARD COUNTY
STRIDERS
NEWSLETTER

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July 1985

KEVIN MCGARRY WINS CLYDE'S 10K; SPRING MARATHON RESULTS; AND
STEVE RUCKERT WINS COORS TRIATHLON

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Herby Greenberg, chairman; George Ware, editor-in-chief; Jerry Frankenfield and Jane Hall, associate editors; and contributing writers Dave Tripp, Al Yergey, Ben Mathews, Linda Buttner, Colleen Pierre, Mark Konodi, Linda Yergey, Tom Webb, and Miles Weigold.

STATEMENT OF STRIDER PHILOSOPHY

The Howard County Striders, Inc. (HCS) is a non-profit organization dedicated to promoting running 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 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.

NEWSLETTER STAFF NEEDED

WE NEED WRITERS! WE NEED STORIES! Don't delay - act today and volunteer! Come forward with your ideas or proposed articles. We are interested in any Strider-related stories. Remember! This is YOUR newsletter. It reflects the collective interests of all Striders.

PRESIDENT'S LETTER by Miles Meanderings

Spring is practically over, and the Summer of '85 is here! A lot of exciting races have taken place since the last newsletter, and I hope that you took advantage of several of them. Every one in which I participated was well done, and due to the length of time it takes me to complete most races, I have a lot of time to reflect on the organization of the events!

The Cherry Blossom 10 Miler, a world class event, the D.C. Marathon (see Linda's article), the Governor's Bay Bridge Run, of course Clyde's, the

Women-only Bonnie Belle, the Baltimore Road Runners Club (BRRC) Constellation, and even the Coor's Columbia Triathlon are all representative of the diversity and quality of the events we are fortunate to have in our own "back yards." If you haven't taken part in one or more of these events, plan to do so in 1986.

I'll be among the first to agree that we haven't done a very good job of reporting the results of Strider participation in these races. The only way that job gets done is for someone attending the event to take the time to gather results from all Strider participants, write a short article for this newsletter and for the Columbia Flyer, and make sure that the information is at the newspaper on time for printing. In order to simplify the procedure, and to also publish weekly race information in a timely and efficient manner, your Board of Directors voted to purchase a telephone recording/answering machine. With this machine in place, you will be able to call a yet-to-be-assigned number (I've tried to get STRIDER), and listen to a recording about upcoming events, as well as record a message such as race results. Our expectations are high, and we're counting on you to take advantage of the device. I'll let you know the phone number as soon as possible.

Watch your next issue of RRCA FOOTNOTES for an excellent article by Mary Brandenstein on the Howard County Junior Striders. Speaking of the RRCA, the annual convention was held in Atlanta on May 3, 4, and 5. Due to the conflict with Clyde's, the Striders were not personally represented at the meeting. We did, however, provide a proxy to Henley Gible, RRCA VP-EAST, to vote for the HCS. The major vote was to allow "hands-on" medical assistance to a runner to determine condition without jeopardizing the participant with disqualification. RRCA clubs voted overwhelmingly in favor of the change.

Henley, Gordon McKenzie, Alex Ratelle, "Jock" Semple, and Louis White were all inducted into the RRCA Hall of Fame at the convention. In addition, the BRRC was recognized for the outstanding club newsletter of 1984. Congratulations, Alan and staff! I've got the complete report of the Convention if anyone is interested in reading it. Just give me a call (730-1849).

All of you who decided to help at the Clyde's race are to be congratulated. Without question, this was the most successful Clyde's the club has organized, and each of you made it happen. Sure, there are always areas for improvement, and Al Yergey has already started 1986 preparations. In the meantime, many, many thanks to each of you who helped to make the event a success.

Preparations are also under way for the Columbus Chase, with SUPER jackets going to each of the competitors and volunteers. Call Linda Yergey now to let her know how you can help. If you plan to run, we can still use your help at registration, packet pick up (even on race day), post race activities such as results, and clean up. We always need people to take race entry blanks to events outside Howard County. If you're going to a race, stop by Feet First and get entries. The only way we can be sure to get them in the hands of potential participants in our events is to stand at the end of the chutes and put them in the hands of the runners as they exit. A great job for family members while they're waiting for you to finish. We have also had some success putting entry blanks on parked cars at races. You can help to ensure a full field at HCS events. We were about 150 short of our goal of 2000 at Clyde's, and that directly affects club proceeds. 150 unused shirts at \$4.00 is unacceptable.

I hope you took the opportunity to at least watch part of the Coor's Columbia Triathlon. The 10K run, 40K bike, and 1K swim event was even more exciting this year than last, with Steve Ruckert edging Reggie Hahne by only 1 minute 50 seconds. The event still requires much preparation/planning for only 127 participants. Not a good ratio, in my opinion.

I'm interested in any ideas you might have regarding weekly race courses. We need some "new turf," and I'm sure a lot of you have ideas. Let me know where they are. We need a storage facility for weekly race materials which would be centrally located, and accessible for the weekly race coordinators. Any ideas? While I'm asking, we could use a "Strider-mo-bile" pick-up truck or station wagon to transport all the "stuff." Surely someone has access to such a vehicle and would be willing to donate it. Who are you?

Hope to see you during the Summer at the Wednesday night races, the Women's Distance Festival, Annapolis 10 Miler, or just "on the bricks." In the meantime, have a great vacation season, and plan to write a newsletter article on your best training run of the Summer: where were you, what did you see, who was with you, etc., etc. Herby and I will award a small prize to the best article submitted for publication in the October newsletter.

BRING BACK THE TROPHY IN '86!

P.S. A June 30 financial statement will appear in the October Newsletter, along with questionnaire results.

STRIDER BULLETIN BOARD by Herbert Greenberg

I personally would like to thank everyone who either wrote an article or helped in the production of our first Newsletter. I have learned from our past and present presidents how important it is to have more people become involved with the affairs concerning our running club. Don't be bashful! Volunteer to help work our races or please send me an article for our Newsletter.

In the past, Dave Tripp or Warren Ohlrich would stand at the finish line at special events and write down fellow Striders' times. These gentlemen have given so much of their time that it is ridiculous to expect this to continue. Hopefully, the telephone answering device will solve some problems we have encountered in the past gathering race results.

Strider women wishing to compete in races as a team should contact Dot Sleight at 997-1552 or Gloria Webster at 992-4649. Dot and Gloria did an excellent job of putting together a winning team for the Bonnie Bell 10K in D.C. on May 12th. The Howard County Strider team of Joanne Matisz-Sutch (41:40), Ellen Howland (42:37), and Vivi Provine (43:40) placed third... Vivi Provine ran a 42:16 (PR) at the Constellation 10K race in Baltimore...The Centennial Fun Run began on June 11th and continues every Tuesday through August 20th. These one mile runs begin at 7:30 P.M. For information call Arleen Kvech at 465-7735...Martin Goode, coach of the Howard County Jr. Striders, finished in 4th place overall at the Pimlico Race Track 10K in a super time of 33:02. This was after a "Strider Best" performance of 53:04 on March 31 in the Cherry Blossom 10 Miler. He just gets better!

Wanted: Someone to take charge of the computerized system for entering runners' names (before the race) and finish places/times afterwards. Will be

paid 40¢/runner (includes materials). Must possess or have access to an IBM-PC or a compatible device. Call Al Yergey (730-5536), if interested.

HAVE A GREAT SUMMER!

STRIDERS RACE SERIES WINNERS by Herbert Greenberg

I) WINTER

A) Men - long race

- 1) Piria Pinit
- 2) Bob Muzzuco
- 3) Phil Riehl

B) Women - long race

- 1) Becky Allmon
- 2) Janet Coffey
- 3) Susan Willinski

C) Men - short race

- 1) John Kuehls
- 2) John Lind
- 3) David Reid

D) Women - short race

- 1) Judy Tripp
- 2) Carolyn Beaty
- 3) Barbara Swartz

II) SPRING

A) Men - long race

- 1) Seth Brown
- 2) Bill Elzinga
- 3) Armand Harris

B) Women - long race

- 1) Lydia Ross
- 2) Kay Allmon

C) Men - short race

- 1) Paul Woodford
- 2) Andy Rice
- 3) Hubert Chadwick

D) Women - short race

- 1) Carolyn Ulrich
- 2) Catherine Brandenstein

A PORTRAIT OF WARREN OHLRICH by Herbert Greenberg

.....First of a series of three articles dedicated to Warren Ohlrich, Dave Tripp, and Miles Weigold, three Striders whose contributions to our club are immeasurable.....

Warren Ohlrich's enthusiasm for life, the great outdoors, and running is contagious. He describes himself as "a person having endless energy." Born northwest of Chicago, Warren has always enjoyed physical activity and participation in sports. At an early age he worked on a farm and then performed construction work. He received a Master's Degree in Russian at the University of Wisconsin and then went on to work for the Department of Defense.

Warren moved to Columbia in 1966 as one of its original settlers, but didn't take up running seriously until 1977. He ran a bit in college, and then again after a 1971 skiing accident in Switzerland; however, he didn't enter his first race until the original three mile Columbia Birthday Race in 1977.

Warren's running literally took off as soon as he joined the HCS. He accumulated enough points to win the first Winter series he participated in, and then went on a string of outstanding marathon accomplishments. Warren obviously was meant to be a marathoner. His first, the Last Train to Boston, consisted of a four-loop course. Warren, accompanying another original Strider, Larry Roberts, planned on running two of those loops. He ended up running all four, finishing in 3:08, good enough for tenth place overall. Not bad for a first marathon! Next came the Marine Corps (2:56) and three days after his 40th birthday, February 18, 1979, Warren won the Master's Division of the Washington's Birthday Marathon in Greenbelt with a time of 2:47. Skylon, the marathon covering two countries and the site of the U.S. Olympic Trials, was next (2:43) followed by New York and five Bostons leading to a PR in Boston with an outstanding time of 2:35.

1979 was one of Warren's years. During a seven week period, he participated in the Metric Marathon, three full marathons, and the JFK-50 Miler. As an avid lover of nature's beauty, Warren not only enjoyed running on the Appalachian Trail - he finished the event in 6:53, good enough for eighth overall out of 435 participants.

Lately, Warren has backed off from marathon training and is concentrating on shorter races. His goals are to keep churning out PRs at all distances. Below is a list of some of his accomplishments:

<u>Event</u>	<u>Date</u>	<u>Distance</u>	<u>Time</u>	<u>Comments</u>
Meet of Miles	Aug 82	1 mile	4:51	
Wash. College 10K	Apr 84	10K	33:38	Won Race
George Wash. Parkway Classic	May 85	15K	51:59	1st in Age Group; 12th overall
Cherry Blossom	Apr 83	10 M	55:33	
Phila. Distance	Sept 84	1/2 Mara.	1:15:05	3rd Place, Master's Team
Boston Marathon	Apr 81	Mara.	2:35	Limped to starting line
JFK 50-Miler	Nov 79	50 miles	6:53	8th overall

Currently, Warren trains 50-70 miles a week, including one speed workout and the long challenging 16 mile Saturday morning Strider run. Warren puts in about 100 miles per week when training for marathons. His greatest distance week occurred last Spring when he ran along the Tow Path with fellow Striders Mark Konodi, Joe Wasserman, and Elvia Levri. He ran 200 miles. That's correct, two hundred miles. Wow!

Make no mistake, Warren is a highly competitive runner; but he also enjoys running with other people, socializing along the way, or coaching and pacing. He organized Kathy Hechman's training program which culminated in her spectacular Olympic Trial Marathon run of 2:46:17, good enough for 74th place out of our nation's 250 best women.

When Warren joined the Striders, the club grew extremely fast and with it, new leadership emerged. Dave Tripp was elected President and Warren became very active, especially in the area of Special Races. Warren, possessing great organizational skills, established the present committee structure of the HCS Board of Directors. He also was the club's Treasurer for many years.

In April of 1979 Warren purchased Feet First, our official Strider Headquarters. The Striders and Feet First have been a happy marriage throughout the years. The club has helped the store's business, and Feet First's contributions to the club are innumerable. The store houses our logo items, is the hub for special races, and has been the center for computer operations. Many of us have enjoyed the cheerful and professional atmosphere exemplified by its proprietors, Warren and Carol.

As many of us unfortunately know, this wonderful couple is planning to sell the store (hopefully to a local person interested in maintaining a relationship with the Striders) and move on to Aspen, Colorado. There Warren can ski in the Winter, run in the Summer, and enjoy all of the wonderful things Aspen has to offer. I know that I plan on visiting Warren and Carol, attending a concert, and going out for a long mountain run. Don't be surprised if we hear of other triumphs at Pike's Peak, Lake Tahoe, or the Western States 100. Good luck Warren and Carol. We will miss you.

STRIDERS SCORE WELL AT SANDY SPRING HALF-MARATHON by Mark Konodi

A large contingent of Howard County Striders traveled to Sandy Spring, Maryland for the DCRRC half-marathon held at Sherwood High School on 17 March 1985. The challenging out-and-back course contains a series of seemingly endless long, steep hills. The DCRRC have assigned this course a relative difficulty of IV; they give the north face of Everest a V. During this year's race, when runners finally did hit level terrain, they had to fight a stiff 15 mph headwind.

As is becoming common at DCRRC races, the Striders collected a fair share of honors. Strider Jon Howland won the race in 1:15:39 with Paul Sobus third in 1:17:25. The next Strider finisher was Mark Konodi, 1:22:42, in sixteenth. These three runners were the top scorers on the Striders' team which repeated this year as team champions. The Striders' team was tied with a team from the National Capital Track Club (Gnats) in cumulative points, but was awarded first place based on the lowest total time. Howland and Sobus finished first and second in the 20-29 year age group. Ben Mathews was second in the 40-49 year age group. El Levri and Clarence Wingate finished first and second, respectively, in the 50-59 year age group.

THE D.C. MARATHON by Linda Buttner

April 14th, 1985 and here I am downtown D.C., my fifth out of five D.C. Marathons. Lord, it's a nice A.M. Look at that, a wheelchair team. I better get out of the way, they're taking pictures. Those people really look good, psyched, you know?

(Stretch, twist, bend) Oh OW! This is not a good sign (stretch, stretch, twist, twist) man I feel about 37 (which I am!) OOPH! That's enough of that... now where is the starting line? All the way up there? "Hi Linda," hi yourself, let's see where do I stand.. right here looks good, dead center,

second row from the front. HA, HA, well why not..... Now there's the Mayor wishing us his best, and a couple of Striders and Ed Benham and Alan the racewalker too. My legs feel stiff and my heels are creaking. This might not be my day, what in the hell am I doing here?

No howitzer here like at the Marine Corps Marathon, but here we go (baby step, baby step.. half stride, half stride). Lord, my legs feel like lead. Oh well, relax, you like the course and it's going to be a gorgeous day...enjoy. (Puff, puff, stride, stride) m-m-m nice shorts.. I haven't seen a pair of Brooks Vantage for years, one of my favorite shoes actually. Oh, oh, too early for such a red face Mr. (stride, stride) here comes the first mile split-----oops, I didn't mean to do that...back off? Well, maybe just a little. Okay gang here we go.

The D.C. Marathon has always been a favorite of mine. It starts at the Mall and winds through the five districts, so you get to see just about everything Washington has to offer. Held in early April each year it always conflicts with the Boston Marathon so it never gets a world class group. Let me rephrase that.. no world class finishing time (so far), but always a world class group.

Are we at six miles already? Checking all systems... Heels? O.K. Legs? (clank, clank) keep those knees apart, too many bones lately I guess. Seventy mile weeks will do it to you. No chaffing, good. God, are you there? Yep! Coming up the hill to the cemetery, love it here, so peaceful and green and cool, if I could just sit here and relax just for a minute. No, no, no, Linda.... You know what? No one has passed me. M-M-M, I love the marathon, the potential for disaster is so great, and false security is the #1 downfall. (Big stride, big stride) down the hill. Hey, who's this...he's big for a runner, very tall, but lean, what's with the surge, I wonder. O.K., I'll hang with you for a while... hey don't drop off, hey I didn't mean anything.. "Yeah lady, yeah #706, you're #4" Who me??? Hot damn!

Georgetown now...checking the old image in the storefront windows, not bad. Ugh, I forgot this course does have the hills doesn't it (chug, chug). I do wish I could of found my watch this morning. I wonder what pace I'm on anyway, here comes a split...halfway...Say, what time??? Hey, what pace are we on here anyway guys?..REALLY?

(Swish, swish) quietly they came upon me like velvet in perfect synchronicity and they PASSED me. One man and one woman. (Deep sigh) down one place to #5. Well, what are you going to do kid..let me think..I feel O.K. I'll just keep doing my thing, I wish them well. Fifteen miles..."Hi" she says, then "good job" as she breezes by me....#6 (Very deep sigh). Boy, am I slowing down or what? Nah, hey, I'm doing very well actually. Where is Anacostia Park? Relax, you'll get to it soon enough.

What's this? A woman just up ahead ...walking...taking water...she looks alright, maybe a little tired. Passing her on the left, a heartfelt "hang in there," and I'm on my way to the twenty mile mark, the fifth woman.

So where is Anacostia, oh here it comes.. twenty mile split----- five minutes ahead of my wildest dreams, ten minutes better than my best twenty miles ever. A little voice from deep within.."BACK OFF OR YOUR GONNA DIE" (Well, maybe not so little). Scared? Very, it was coming too easy for me. I fought the urge to let up. Anacostia had claimed me twice before during the last four races here, and I tried but couldn't quite shake the memory of last

year's walk through the park with stomach cramps, watching the race slip away. I won't let up, I won't. Linda, old girl, it's today or never, you're this far ahead, you'll never know what you can do if you don't try. Chin up, use those arms, and keep your stride steady.... Coming out of the park now, and feeling very well indeed.

I really like this part of the marathon...over the tracks. This waterstop gets a 10 out of 10. Down through this little neighborhood with the capitol only twenty minutes ahead. The finish only twenty minutes ahead. "Yeah lady, it's good to see you. I'm getting tired of all these guys in shorts."

Clapping, is that clapping? Rows of people..on my way down the last quarter mile. Just hang onto it..relax..(puff, puff). Hey, who's moving the finish line back.

Then on the overhead microphone...."The number five woman is coming into the finish now..it's Linda Buttner from Laurel, Maryland." Just perfect. I LOVE THIS RACE!

Linda finished in 3:25:31 5th overall female finisher. She was the fourth female finisher at the 17 February 1985 Washington's Birthday Marathon.

THE BOSTON MARATHON, APRIL 15, 1985 by Ben Mathews

We should have known; income tax deadline and the Boston Marathon on the same day. It should have been a warning to the seven Striders who made the trip to compete in the Boston Marathon this year.

We arrived in Hopkinton on race day at about 9:45 a.m. The weather was so warm (70 degrees) that Warren Ohlrich suggested we go to the football field behind the school and "get some sun." We spread out our blankets and started searching our bags for some sun tan oil. Joe Wasserman offered Ben-Gay as a substitute. We all refused the offer and agreed that we would suffer the consequences of the inevitable sunburn. Dave Tripp was very observant during our "beach party," when he yelled, "Hey, fellas, look at the plane overhead advertising an after-the-marathon beer blast. Doesn't this remind you of Ocean City?"

At about 11:00 a.m., we all agreed that it was time to turn in our bags and begin the walk to the starting line. Tim Beaty was so warm at this point that he suggested we could RUN without shirts. Loyal Striders as we are, we all agreed that we had to show our colors during the race. So, we were all dressed in our finest running gear. The starting line was jammed as it always is on the narrow street in front of the local church. Many runners carried water from a friendly spectator. Tim Beaty wouldn't take any water from Dave Tripp's jug because the local Boy Scouts were giving out "free" water on a table near the starting line. Tim has been known to look for bargains. Ed Trottier was seen racing to check in his clothing at 11:35 a.m. He made the check-in, but had to run 1.5 miles to the trucks and back at a 6 minute pace. Ed believes in warming up for these events.

The cannon sounded and we were off at 12:00 sharp. I began to notice that many spectators were wearing either short sleeve shirts or no shirts at all. Summer had arrived in Boston in honor of the Boston Marathon. Thanks a lot. The first few miles of the race were pleasant WITH the usual jockeying for

position and the runners getting the "KINKS" out. Most of the contestants did not seem to be worried about the warm weather. They appeared to be running as swiftly as in previous years. I saw Warren Ohlrich pass me at about 3 miles and I passed Joe Wasserman at about 6 miles. The first water station at 4 miles was more of a mob scene than in past years. There appeared to be enough water and E.R.G. for all. I noticed, as we continued to run, that some runners were beginning to walk as early as the eight mile mark. I have never seen this before at the Boston Marathon. The day got hotter and the miles tougher as we progressed toward the Pru Center. Rich Ahearn caught me at about 11 miles and told me he was feeling terrible. We ran together until Wellsley. I think Rich pulled off and joined the coeds in the cheering section. I never saw him again.

The miles after 15 were a struggle all the way. Spectators provided hose showers, ice, orange peels, sponges, and lemons. Lemons? Of course, the cheering of the crowds helped just as much as the refreshments along the way. All of us made it through our journey in one piece. Dave Tripp had to be attended to by the medical team. Dave likes to be the center of attention. Warren swears he will not go back. Joe, Tim, Bob, and Rich are itching for next year. Me, I'll be back as long as they run this great event. It wasn't the best year for the Striders contingent, but, we gave it our best shot.

TO FINISH OR TO DROP OUT? THAT'S THE QUESTION by Dave Tripp

For sometime now I've been troubled by what I'll call the macho myth of finishing a race no matter what. I helped change our own club's philosophy regarding giving something to everyone who finishes a race as opposed to everyone who enters a race. Seeing people in obvious distress pushing for the finish line in order to get a T-shirt seemed slightly crazy to me, but I could understand it from the runner's view. I had trouble though in rationalizing how a club that purported to promote physical well-being as a goal could create such a dilemma for the runner who was in trouble. In the last few years virtually all races have opted to give out what I call favors (T-shirts, bags, whatever) prior to the race. Of course, it has helped that doing it this way is also simpler, more efficient, and makes economic sense. Still, it doesn't get to the root problem. Perhaps this illustration will help.

I qualified for this year's Boston Marathon with a PR time of 2:50:37 (I'm 43 years old) in my 15th marathon, and although I wasn't in top notch shape, I decided to enter. (I was born in Massachusetts, have family in the Boston area, have business in the Boston area, love the Red Sox, and had several good friends running as well.) After a pleasant weekend (even though our trip to Fenway Park was rewarded with a Red Sox loss in a 45 degree drizzle), I found myself in Hopkinton Monday morning. The weather seemed to be a little warmer and more humid than would have been perfect, but still not too terrible. We all drank plenty of water prior to the race, frequently making trips to the woods to "kill a bush." Still, the sun broke through, and after a couple of miles into the race, I was sweating heavily. It had turned into a marathoner's worst weather, hot and humid. I took one or two cups of water as I stopped at every water station, and had numerous conversations with other runners who agreed that it would be no day for PRs. Early on I decided I would be satisfied with breaking 3:10 and requalifying for next year.

At 20 miles in 2:22:00 (7:06 per mile), I needed only to average 7:44 per mile over the last 10K. It was not to be. At 22 miles I got an extremely severe hamstring cramp and I simply couldn't run. What to do? My wife and two sons

were waiting somewhere between miles 25 and 26. My baggage was at the finish line in the Prudential Center. My friends' hotel room (meeting place and showers) was near the finish line. I didn't know how to get to the finish line other than by following the course. And, finally, except for my hamstring, I felt okay. So, I decided to walk in. I finished at 3:46:58, averaging about 16:40 for the last 4.2 miles. For the last mile I felt nauseous, but I attributed that to numerous orange sections I consumed while walking along. Nonetheless, after I finished, I went to the aid station, which although chaotic and reminiscent of a scene from "Gone With The Wind," was very effectively dispensing assistance. After pulse rate, blood pressure, and temperatures (at both ends) were checked and dehydration clearly diagnosed, I was the very happy recipient of 1,000 cc. of intravenous solution.

I left the aid station embarrassed, but with great respect and admiration for the medical volunteers. In a news story in the Washington Post on Wednesday morning it was reported that 3,925 runners finished the marathon (5,800 were registered) and that over 2,000 were treated for heat problems at the finish line. Most of the news stories and all of the TV coverage seemed unaware of this.

In the days following the race any number of people, including many runners, asked me how I did. On hearing my reply they almost unanimously said, "Well, at least you finished." My response has been, "I'd have been better off if I hadn't."

We in the running community have allowed ourselves and the media to get carried away by all the mystique of endurance and courage and determination. The case of Gabriele Andersen in the women's marathon in the '84 LA Olympics is just another example. My own opinion, and I'm not a doctor, is that if that happened in a race where I had responsibility, I'd try to get her medical assistance immediately. The potential problems greatly outweigh the momentary glory. For Olympic or world class runners who have devoted their lives to the sport I suppose one makes allowances, but for 99.9% of runners, there's always another race. A person can be courageous without being stupid. Perhaps today it takes more courage to drop out and face the "Oh, you weren't able to finish" kind of statements. Furthermore, I think a lot of us should be encouraging people to stop if they're not feeling well, and to support their decision as the sensible thing to have done. If we believe that distance running is beneficial to one's health, we ought to act in a consistent manner.

HAMMOND VILLAGE FUN RUNS

Hammond Village 1 Mile "Fun Runs" begin on Thursday evenings at 7:30 from June 13 through August 22 (except July 4). Join your neighbors and friends in participating in these fun and fitness runs. Prior experience is not required, steady walking is acceptable, and others who are already fit may be "taking it to the max." The run will start and finish at Hammond Elementary and Middle School. Come prepared to run. Facilities other than parking will not be available. In case of inclement weather, the run will be cancelled. Residents and non-residents, male and female participants who run five of the ten runs are eligible to win awards for the "best time." Age groups are 5 and under; 6-7; 8-9; 10-11; 12-13; 14-15; 16-17; 18-19; 20-29; 30-39; 40-49; 50-59; and 60 and over. Your registration donation of 25¢ (resident) and 40¢ (non-resident) (maximum of \$1.00/family) supports awards for best times and refreshments after the last race on August 22. Volunteers to help with the runs are needed or if further information is desired please call Maggie Neal, 490-3510 or Sandy Thomas, 465-7735.

6255 Golden Hook
Columbia, Maryland 21044
April 22, 1985

Mr. Miles Weigold
6327 Golden Hook
Columbia, Maryland 21044

Dear Miles:

I wanted to take this opportunity to thank you and the members of the Howard County Striders for the expense money that was given to me for my trip to the 89th Boston Marathon. I only wish, as a representative of the Striders, that my performance was more creditable. Well, there's always next year (maybe).

The Howard County Striders are the folks that fueled my initial interest in the sport when I joined the club as a neophyte runner in 1977. People like Don Heinicke and Bob Brown encouraged me and the various activities like the weekly race series, special race events and the social contacts with other club members have been invaluable in the development of my running program. I hope to have running as a lifelong activity and the Striders have provided the impetus for that commitment.

I just wanted you and the other board members to be aware of the fruits of your labor. The time you generously volunteer provides a tremendous benefit to me and many others.

Thank you.

Thanks

Truly,

Bob Burns

Bob Burns

CLYDE'S AMERICAN 10K FROM THE RACE DIRECTOR'S VIEWPOINT
OR WHAT CAN GO WRONG WILL GO WRONG by Al Yergey

Clyde's is the first race for which I've ever been a director. In general, I think it came off pretty well, thanks to the fact that the Striders have a number of skilled, hard-working people who are willing to contribute their time to making such things happen. We had a total of about 90 volunteers participate in the production of this race. It's their efforts that resulted in Clyde's contribution of \$2750. to the treasury. When I agreed to take on this job, I knew that I had to depend on these people, and I felt that the race director's principal job was to organize the various tasks and assign the volunteers. I felt the best way to do this was to get good subcommittee chairmen to take on responsibility for separate tasks. That seems to work, and those people - Jerry Andrews, Ben Matthews, Laura Smith, Dave Tripp, Linda Yergey, Miles Weigold, and Howard Zaner - did a super job. Warren Ohlrich, besides handling the registration at Feet First, was a good teacher and walked me through much of the difficulties associated with organizing this race. NEVERTHELESS, you may not believe some of the things that went on before, during, and after the race.

What every race director needs to discover on the day before a race is that the place where he thought he could get water, because we've always gotten it there, had decided that we couldn't use their faucet. In desperation, I called Howard Community College who found a water tap on the gym that we could use. On race day we found that the extra 100 feet of hose, coupled with a low pressure situation, made it impossible to get water at the stop. The precious fluid had to be carried to the water stop from nearby houses by the garbage can full. Apparently there was enough to go around, and no water stop workers hurt their backs.

During the race itself we had a couple of near collisions between the wheel chair competitor and people who were pushing their children in baby carriages. The wheel chair was damaged and we were very fortunate that there were no more serious incidents at the finish line than the few tense moments that we had.

Probably the biggest revelation to me was the need for the large number of reincarnations of Attila the Hun that are required for a race to be successfully produced. Howard Zaner pointed out the need for such a presence at certain traffic intersections so the obstreperous drivers could be controlled, but it became apparent that Attila or Ghengis Khan were needed at the finish line too. Besides the normal confusion of a finish line, we needed strong people to support a few runners for a few seconds until they were able to walk again. Where the Hun was really needed, however, was to control that pestilential beast, the line/chute jumper. A surprising number of people want to improve their finish position by moving ahead of others in a chute, or by jumping into a totally different chute. Attila armed with a scimitar would handle these cheaters very nicely. There was one "competitor" who seemed prepared to rip the arms off of officials and people in the chute who tried to impede his improving his finish position in this manner. I'm consulting with some folks at Bethesda's NIH about making some improvements in cloning techniques, so that maybe we'll have sufficient people of the right type for the Columbus Chase.

A final disaster was averted by a person calling Feet First on Monday morning after the race saying that they had found some strange sheets of paper in the back of their Volvo station wagon that seemed to be related to the race in some manner. Were they! This kind soul had found the back-up timing sheets that are required for arranging the finish times/places in correct order. They had been put in the wrong Volvo, thinking it was the Weigold's, by accident on Sunday after the race. What a relief to get them back.

This was the first race in my term. I'm sure the next ones will be just as exciting, and I expect to report on them to you.

5 MAY 1985 CLYDE'S 10K AWARD WINNERS

PLACE	NAME	TIME	PLACE	NAME	TIME
<u>OPEN MALE</u>			<u>60 & OVER MALE</u>		
1	Kevin McGarry	29:55	1	William Foley	43:07
2	John Doub	30:03	2	Joe Holland	43:15
3	Matt Wilson	30:10	3	Bill Schaaf	51:16
4	Mike McMaster	30:34	<u>OPEN WOMEN</u>		
5	Tim Gavin	30:40	1	Patty McGovern	34:55
6	Henry Phelan	30:52	2	Marge Rosasco	36:10
7	Michael Monaghan	30:59	3	Stacey Nicholson	36:25
8	Sebastian Junger	31:05	4	Diane Miller	36:40
9	David Shafer	31:07	5	Karin Wagner	37:01
10	Jim Hage	31:09	6	Chari McLean	37:15
11	James Cooper	31:11	7	Coleen Troy	37:26
12	Jeff Lears	31:25	8	Vera Kennevan	38:03
13	Jim Clelland	31:30	9	Terri Gehrke	38:53
14	Patrick Key	31:33	10	Steffi Rausch	39:39
15	Harry Goodman	31:38	11	Margaret Horioka	39:46
<u>14 & UNDER MALE</u>			12	Carrie Scherer	40:24
1	Jeffrey Campbell	36:30	13	Patricia Bozman	40:43
2	Robert Jones	37:14	14	Linda Brennan	41:02
3	John Martin	38:15	15	Valerie Nye	41:50
<u>15 - 19 MALE</u>			<u>14 & UNDER FEMALE</u>		
1	John Scherer	32:05	1	Steffi Rausch	39:39
2	Paul Sturm	35:31	2	Jennifer Kuta	44:48
3	Jon Albee	36:38	3	Tina Jenkins	48:15
<u>20 - 29 MALE</u>			<u>15 - 19 FEMALE</u>		
1	Jeff Smith	32:26	1	Vera Kennevan	38:03
2	Scott Celley	32:31	2	Carrier Scherer	40:24
3	Martin Goode	32:48	3	Kim Brackeen	41:53
<u>30 - 34 MALE</u>			<u>20 - 29 FEMALE</u>		
1	Charles Cvrk	32:11	1	Chari McClean	37:15
2	Tony Grier	32:32	2	Coleen Troy	37:26
3	Ken Miller	33:20	3	Terri Gehrke	38:53

PLACE	NAME	TIME	PLACE	NAME	TIME
<u>35 - 39 MALE</u>			<u>30 - 39 FEMALE</u>		
1	Gordon Minty	32:18	1	Margaret Horioka	39:46
2	Bennett Beach	33:02	2	Patricia Bozman	40:43
3	Peter Nye	33:47	3	Valerie Nye	41:50
<u>40 - 44 MALE</u>			<u>40 - 49 FEMALE</u>		
1	Hubert Chadwick	35:54	1	Vivi Provine	43:14
2	Nick Delambo	36:34	2	Irene Smyth	45:01
3	Jerry Warfield	36:41	3	Deanna Nelson	45:06
<u>45 - 49 MALE</u>			<u>50 & OVER</u>		
1	Warren Ohlrich	34:49	1	Rachel Bourn	45:06
2	John Elliott	35:51	2	Joanne Mallet	45:50
3	Don McCandless	37:50	3	Martha Trimmer	62:57
<u>50 - 59 MALE</u>					
1	Clarence Wingate	38:26			
2	Thomas Momiyama	38:46			
3	Stephen Rosasco	39:09			

HECHT'S 10 MILER by Tom Webb

Nearly 1200 people finished the 2 June 1985 Hecht's 10 Miler in Rock Creek Park. This demanding but shaded course features a sizeable hill around mile eight, lasting over a half-mile. This year the Striders won the open team championship trophy, seizing the 9th, 10th, and 12th places.

Jon Howland finished 9th in 56:24, Jim Carbary 10th in 56:25, and Martin Goode was 12th in 56:54. These three Striders composed the open team. Howland and Carbary, recently returned from the Southwest to the HCS, didn't really know each other until after the race. Carbary didn't wear his HCS singlet, and battled Howland all the way for the last mile, thinking he was an opposing team member. They both passed several other runners and further boosted their standings. John Koerner, coming back from knee surgery in January 1985, ran a very respectable 68:08.

HECHT'S 10 MILER - STRIDER FINISHERS

Jon Howland	56:24	Martin Goode	56:54	Bob Burns	60:12
Jim Carbary	56:25	Paul Sobus, Jr.	59:30	John Koerner	68:08
				George Ware	69:49

COOR'S COLUMBIA TRIATHLON by George Ware

The second Coor's Columbia Triathlon, held on Sunday 2 June 1985, was won by Strider Steve Ruckert of Westminster in 1:59:48. There were 167 entrants, 140 starters, and 127 finishers in the event, consisting of a 10K run, 40K bike,

and 1K swim. Steve, a Gleneg teacher, edged fellow Strider and the 1984 race winner Reggie Hahne of Columbia who finished in 2:01:38. The youngest finisher was sixteen year old Strider Marion Brandenstein of Ellicott City in 86th place overall. The oldest finisher was seventy year old Don Heinicke of Ellicott City in 114th place. Strider Laura Smith of Columbia finished her first triathlon in 2:42:30. The first female finisher was twenty-six year old Jane Newell of Reston in fourteenth place overall. Strider Alyssa Terry of Columbia, twenty-one years old and last year's first female finisher, was the second woman finisher in 2:20:48 in 23rd place overall.

COOR'S COLUMBIA TRIATHLON - OFFICIAL STRIDER FINISHERS

<u>PLACE</u>	<u>NAME</u>	<u>AGE</u>	<u>TIME</u>
1	Steve Ruckert	35	1:59:48
2	Reginald Hahne	31	2:01:38
5	John Kuehls	25	2:09:17
16	Philip Riehl	29	2:17:26
23	Alyssa Terry	21	2:20:48
24	Jerry Andrews	30	2:21:14
28	Craig Peters	19	2:22:37
34	David Flynn	26	2:26:32
35	Ed Trottier	41	2:27:10
37	William Brandenstein	46	2:28:17
40	Mac Russell	34	2:29:27
45	Daniel Patton	36	2:31:41
50	Gayle Baruth	37	2:33:12
55	Joseph Cristaldi	35	2:36:43
74	Laura Smith	26	2:42:30
76	Bruce Marshall	42	2:42:33
79	David Morrows	38	2:43:37
86	Marion Brandenstein	16	2:48:10
87	Mark Murphy	29	2:48:16
90	Helen Beyers	46	2:50:26
93	Shelia Greenfield	41	2:52:20
96	James Cody	30	2:53:13
99	William Widhelm	49	2:53:59
105	Debra Ramsey	33	2:57:10
106	Frank Neubauer	42	2:57:38
111	Richard Dopp	43	3:05:03
113	Eric Katkow	41	3:05:59
117	Linda Berg	38	3:11:22
119	Norman Bickman	44	3:12:10
120	Alan Berg	39	3:14:53
124	Robert Minutoli	34	3:25:15

EMERGENCY MEDICAL CARE CLASSES FOR STRIDERS by Linda Yergey

"Runner 'Critical' After Heatstroke." This was the headline in the Washington Post describing the Bonnie Belle 10K one week after our Clyde's race. After the 80° weather for the Challenge Race in February, the HCS Board decided that as a club we must do more to be prepared for medical emergencies - especially hyperthermia and heart attacks.

Earl Lauer, Track and Cross Country coach at Atholton and Physical Readiness

Officer for the Maryland Army National Guard, was invited to a Board meeting to discuss a course he has organized for the coaches in Howard County to prevent and treat injuries. He has agreed to put together a variation of this course to fit the Striders' needs. The course will emphasize first aid measures for hyper and hypothermia, extremity injuries, and concussion. The course will include medical experts from Union Memorial Hospital's Sports Medicine Clinic and CPR certification taught by instructors from the Heart Association of Howard County. The course will be given on three week nights.

The goal of the HCS Board is to have 10% of the Strider members take such a course and become knowledgeable about first aid. Hopefully, every weekly race will have at least one member present at the race who has taken the course. In our major races, we will have medical watchers stationed at intervals. We will also work to improve communications at major races by asking amateur radio operators to help, as they did at the Coors Triathlon.

DIET STRATEGY by Colleen Pierre, R.D.

Nutrition information changes rapidly as new studies are completed and fresh facts become available. This article presents some key changes.

CARBOHYDRATE LOADING

By now, most runners and other endurance athletes are aware of the shift away from the depletion phase (high protein, high fat diet) of the carb-loading technique. It is recognized by many researchers that depletion activity (running), along with a normal balanced diet (about 50% carbohydrates), is enough to set the stage for adequate carbo-loading. A more recently raised question has to do with the type of dietary carbohydrates that produce the largest carbohydrate load during the second phase. Sportsmedicine Digest reports on a study that indicates that loading on day 4 (Wednesday before a Sunday marathon) is equal regardless of the carbohydrate source; that is, whether the carbs are from refined sources (cake, candy, pie, soft drinks, fruit juice, white bread, jams & jellies, etc.) or from complex sources (whole grain breads & cereals, whole fresh fruits, vegetables, dried beans, peas, and lentils). However, muscles seem to store more glycogen on days five, six, and seven when the carbohydrates come from complex sources.

The following menus feature complex carbohydrates.

BREAKFAST

Fruits such as apples, oranges, bananas, pears, etc, rather than juice.

Muffins

Whole grain cereal such as oatmeal, shredded wheat, farina, with skim milk.

Whole wheat or Seven Grain bread toasted, whole wheat bagels or English muffins, whole grain (e.g. Roman Meal) waffles, pancakes, or French Toast.

LUNCH OR DINNER

Banana slices & Oranges

Bran Muffins

Bread Pudding

Cole Slaw

Carrot-Pineapple Salad

Cornbread

Kidney Bean & Corn Chili

Lentil Soup

Macaroni & Cheese

Muffin with Apple Butter

Pea or Bean Soup

Pumpernickel Bread

Cream of Potato Soup
 Fresh Fruit
 Fresh Fruit & Cottage Cheese
 Frozen Vegetable Blend
 Green Pea
 Herbed Brown Rice & Beans
 Ice Milk

Rice Pudding with Raisins
 Seven Grain Bread
 Spaghetti with Tomato-Mushroom Sauce
 Tossed Salad/Low fat dressing
 Tossed Salad featuring Romaine, Spinach,
 or other dark greens
 Whole Wheat Garlic Rolls

CALCIUM SUPPLEMENTATION

Ongoing studies related to bone density indicate that the current recommendations for Calcium intake should be increased to 1200 mg per day for premenopausal women and 1400 mg per day in post menopausal women in order to prevent weak or brittle bones in older age or during times of intense physical activity which caused cessation of menstrual periods. Building bone density is a lifetime activity, and shouldn't be left for a later time. Most women will not consume enough dairy products to meet the new Calcium requirements, and will probably need to use a supplement. Real food is always the best source of any nutrient because food provides a wide variety of vitamins, minerals, and proteins at the same time. Therefore, it is probably a good idea to try to meet part of your Calcium needs by getting the equivalent of two glasses of milk each day (for example, one glass of milk has the same Calcium as one cup of yogurt, one ounce of cheese, 1 1/2 cups of cottage cheese) and supplementing the rest. Dr. Mona Shangold recommends any supplement made from Calcium Carbonate. Be aware, however, that Dolomite, bone meal, and supplements made from oyster shells have often been found to contain lead and other heavy metals. Ask your pharmacist for guidance if you feel unsure of your ability to understand the labels. New studies indicate that, for a number of reasons, these supplements are best utilized when taken at bedtime.

HG: Colleen Pierre is a Registered Dietitian currently employed by the Maryland Office on Aging as the Supervisor of Nutrition and Physical Fitness programs for Maryland senior citizens who participate in the Older Americans Act Programs.

Colleen has been a member of the Baltimore Road Runners Club since 1977, and has been active both as a volunteer and as a participant in many running events. She has completed four marathons, including a second place finish in the women's division of the Life and Health Marathon in 1978, and has finished five triathlons, including the Annapolis Triathlon (1 mile swim, 10 mile run, 25 mile bike) in which she was the first Master's Woman and the Roanoke Star City Triathlon (20 mile run, 2 mile swim, 50 mile bike), as the first Master's Woman.

Colleen has presented many Nutrition and Fitness workshops and has published her column "Diet Strategy" in the BRRRC newsletter since 1982. Colleen is wondering if we have any particular nutrition topics or questions to meet our club's needs or interests.

STRIDER SHORTS by George Ware

Warren Ohlrich continues his winning ways finishing 17th in 35:08 in the 16 February 1985 George Washington Birthday Classic in Alexandria; third in his

age group (45-49) at the 31 March 1985 Nike Cherry Blossom in 56:18; finishing 2nd in the Master's Group in the May 1985 Constellation 10K; and first in the 5 May 1985 Clyde's 10K 45-49 age group in 34:49. Carolyn Ulrich was the first woman finisher in the Christmas Caper 5K held on 15 December 1984 at Hains Point in a time of 20:09. Carolyn was the fifth female finisher at the Forest Village United Cerebral Palsy 10K held on 9 June 1985 at Forrestville. Her time was 44:33. Carolyn finished 4th (female) in 42:05 at the Suburban Hospital Classic 10K held on 23 June 1985. Steve Ruckert finished 19th at the 21 April 1985 Fritzbe's 10K in 33:28. Vivi Provine continues her master dominance. She was the first finishing female in the 40-49 age group in the 5 May 1985 Clyde's 10K in 43:14; third in her age group at the 12 May 1985 Bonnie Bell 10K in 43:40; winning her division at the 26 May 1985 Constellation 10K; and first in her age group at Fritzbe's 10K in 43:31. Julie McCallister finished her first 10K (and race) at the 5 May 1985 Clyde's 10K in 61:08. Bob Ross finished his first 15K ever in 81:44 at the Clemmons Crossing Elementary School course on 14 April 1985. Congratulations, Julie and Bob! Buffy Gavigan finished second (female) in 41:16 at the Suburban Hospital Classic 10K. The Fort Meade 24 Hour relay/50 Mile Run/100 Mile Run will be held 3-4 August 1985 at Mullins Field at Fort Meade, Maryland. Sponsored by the DCRRC, this event - termed a "Slumber Party without Fun" by past participant Laura Smith - has been marked by superior Strider performances. Last year the HCS had the first place women's team. Call Tim Beaty at 596-6453 for more details.

NIKE CHERRY BLOSSOM TEN MILER - STRIDER FINISHERS

PLACE	NAME	TIME	PLACE	NAME	TIME
A) MEN			B) WOMEN		
64	Martin Goode	53:04	58	Ellen Howland	68:06
85	Jeffrey Regelman	54:00	99	Linda Buttner	72:21
91	Jerry Andrews	54:13	227	Jean Malone	80:33
93	Paul Sobus, Jr.	54:14	497	Linda Berg	93:56
99	Jonathon Howland	54:57	563	Arleen Kvech	98:15
541	James Cody	64:23			

BOSTON MARATHON - OFFICIAL STRIDER FINISHERS *

PLACE	NAME	TIME	PLACE	NAME	TIME
687	Warren Ohlrich	2:55:46	1360	Ed Trottier	3:08:39
873	Ben Mathews	2:59:21	?	Dave Tripp	3:46:58

* At least eight Striders competed; only four finishing times are known. Other entrants were Tim Beaty, Rich Ahearn, Joe Wasserman, and Bob Burns.

D.C. MARATHON - OFFICIAL STRIDER FINISHERS

PLACE	NAME	TIME	PLACE	NAME	TIME
21 (Men)	Mark Konodi	2:50:10	5 (Women)	Linda Buttner	3:25:31

GOVERNOR'S BAY BRIDGE RUN

The Howard County Striders were well represented at the 1985 Governor's Bay Bridge Run held on 14 April 1985. Paul Sobus finished 8th overall in 33:53 and Becky Allmon won her age group (10-19) in 45:38.

GOVERNOR'S BAY BRIDGE 10K RUN - OFFICIAL STRIDER FINISHERS

PLACE	NAME	TIME	PLACE	NAME	TIME
<u>MEN</u>					
8	Paul Sobus, Jr	33:53	513	John Lind	44:11
27	John Slocum	36:00	613	John Sturm	45:16
52	Reginald Hahne	37:12	652	Frederic Tinetti	45:32
78	Robert Muzzuco	38:10	680	Skip Wenk	45:52
117	George Allmon	39:13	681	Joseph Bronder	45:53
167	Richard Weber	40:08	703	Robert Frate	46:19
175	John Robertson	40:16	841	Ed Humphries	47:12
207	Ken Moffett	40:47	1181	Mike Augustin	50:29
222	Todd Kane	41:03	1205	Steve Augustin	50:46
233	Stephen Pease	41:12	1209	Steve Dunning	50:50
287	Christopher Demmitt	41:54	1277	Ken Augustin	52:06
344	Thomas Frate	42:33	1435	Miles Weigold	54:36
356	David Campbell	42:40	1453	Thomas Battista	54:52
438	Don Augustin	43:27	1578	Alan Berg	57:24
509	David Lee	44:10	1755	Mack Schwab	1:28:10
<u>WOMEN</u>					
38	Becky Allmon	45:38	339	Arleen Kvech	57:39
43	Carol Galbraith	46:04	372	Katherine Allmon	58:58
126	Shelly Dunning	50:19	390	Linda Berg	59:31
338	Michelle Kvech	57:39			

BONNIE BELL 10K

Several Striders excelled at the 12 May 1985 Eighth Annual Bonnie Bell 10K. The Strider's team of Joanne Matisz-Sutch, Ellen Howland, and Vivi Provine placed third in the open team competition. Tina Jenkins placed third and Michelle Kvech was fifth in the 13-and-under age group. Suzy Wenk finished first in the 14-19 group. Vivi Provine was third in the 40-49 age group. The 84% humidity at the 8 a.m. starting time took its toll. Alfreda Gourdine, 31, of Silver Spring suffered heatstroke. It was her first 10K and she had been training mostly at night. The assistant cafeteria manager at Howard University Hospital spent the night at George Washington Hospital for observation. She had collapsed approximately 100 yards from the finish line and was taken in an ambulance, unconscious, to GW Hospital where she was listed in critical condition. She has since recovered and is doing fine.

BONNIE BELL 10K - OFFICIAL STRIDER FINISHERS

NAME	TIME	NAME	TIME
Joanne Matisz-Sutch	41:40	Nadia Wasseman	51:39
Suzy Wenk	42:26	Nancy Quick	52:00
Ellen Howland	42:37	Marion Brandenstein	53:08
Vivi Provine	43:40	Kay Allmon	56:05
Tina Jenkins	45:36	Arleen Kvech	57:17
Cathi Brandenstein	47:36	Carolyn Beaty	58:14
Laura Smith	47:53	Holly Trimmer	58:33
Michelle Kvech	50:00	Martha Trimmer	62:55
Liz Humphries	50:42	Heather Trimmer	71:40
Mary Brandenstein	51:03		

The Howard County Striders is a recreational road-running club dedicated to promoting distance running as a participant sport in Howard County, Maryland. The club is a fully accredited chapter of the Road Runners Club of America (RRCA). Strider members become RRCA members and receive RRCA publications.

If you are interested in becoming a member of the Howard County Striders, fill out the attached application and mail to the address listed below.

Club dues cover a calendar year (1 January to 31 December) and are prorated as follows: 1st quarter (Jan-Mar) 100%, 2nd quarter (Apr-Jun) 75%, 3rd quarter (Jly-Sep) 50%, and 4th quarter (Oct-Dec) 25%. Make all Checks payable to: HOWARD COUNTY STRIDERS and mail to:

HOWARD COUNTY STRIDERS
 % BOB CARELS
 9338 FAREWELL ROAD
 COLUMBIA, MD. 21045

There are variety of club products (shirts, hats, etc.) at FEET FIRST in Wilde Lake Village Green which members may purchase at cost.

NAME LAST: _____ FIRST: _____ INITIAL: _____
 SEX MALE: _____ FEMALE: _____ AGE: _____ BIRTHDATE: M _____ D _____ Y _____
 I'd like to work on the following committee(s) as a volunteer.
 P Weekly Race: _____ Special Race: _____ Publicity: _____
 L News Letter: _____ Membership: _____ Clinics/Training: _____
 E
 A Type of Membership: Family: _____ Individual: _____ Full Time Student: _____
 S DUES -----> \$10 \$6 \$4
 E Is this a Renewal? Yes _____ No _____
 IF FAMILY, INCLUDE FIRST NAMES: _____ Birthdate
 P _____ INITIAL: _____ AGE: _____ M _____ D _____ Y _____
 R _____ INITIAL: _____ AGE: _____ M _____ D _____ Y _____
 I _____ INITIAL: _____ AGE: _____ M _____ D _____ Y _____
 N _____ INITIAL: _____ AGE: _____ M _____ D _____ Y _____
 T _____ INITIAL: _____ AGE: _____ M _____ D _____ Y _____

Address: Street: _____ (include Apt. #)
 City: _____
 State: _____ ZIP: _____
 PHONE: HOME: _____ - _____ - _____ WORK: _____ - _____ - _____ EX _____

RRCA



**WOMEN'S
DISTANCE
FESTIVAL**

5K (3.1 miles)

Running Times
Running Times
Running Times



**MOVING
COMFORT** INC



BROOKS SHOE, INC. ROCKFORD, MI 49351

DATE: FRIDAY (SAT.) JULY 20, 1985
AT MIDNIGHT

AWARDS

WHERE: COLUMBIA MALL PARKING LOT

TOP 3 FINISHERS
TOP 2 IN EACH AGE GROUP

COURSE: WELL-LIT PERIMETER ROADS
OF COLUMBIA MALL

13 & UNDER

14 - 19

20 - 29

30 - 34

FEE: \$5.00, PAYABLE TO HOWARD CO.
STRIDERS

35 - 39

40 - 49

50 & UP

MOTHER & DAUGHTER

**T - SHIRTS TO ALL RUNNERS
MANY RANDOM PRIZES & REFRESHMENTS**

(WOMEN ONLY)

NAME: _____ **AGE:** _____ **PHONE:** _____

ADDRESS: _____
Street City State Zip

MOTHER & DAUGHTER TEAM _____ **T-SHIRT SIZE:** S _____ M _____ L _____

On condition of this entry being accepted, I hereby waive and release only and all rights and claims for damage I have against the sponsors/officials of the Women's Distance Festival 5K Race to be held on July 20, 1985 for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and sufficiently trained for this event.

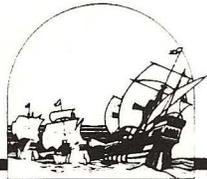
SIGNATURE: _____ **DATE** _____
(Parent/Guardian if under 18)



MAIL TO: NANCY QUICK (301) 997-0805
5143 ELIOT'S OAK ROAD
COLUMBIA, MARYLAND 21044

and the

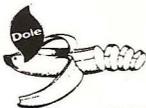
COLUMBIA MEDICAL PLAN
announce the Fourth Annual



COLUMBUS CHASE 10K

organized and conducted by the HOWARD COUNTY STRIDERS
*All donations are tax deductible and will further the work
of the HCC Educational Foundation.*

Join more than 1,000 professional and amateur runners celebrating Columbus Day with the popular Columbus Chase 10K! Enter early, compete for four grand prizes, major random awards and hundreds of additional prizes. Free refreshments include Subway Subs, Dragonade, Dole Bananas, Old Milwaukee Beer, cider and much more! In addition, entrants will receive a TYJAX® Columbus Chase jacket. Your registration donation supports scholarships, instructional development and facilities enhancement at Howard Community College.



DATE Sunday, October 13, 1985

TIME 9 a.m. Promptly

DISTANCE 10 kilometers (6.21 miles)

COURSE Start/finish at Howard Community College's Physical Education Center. Paved roads, accurately measured and marked, relatively flat. Certified course.

AWARDS Four grand prizes to first three top male and first top female finishers

- Compact Disc Player
- Video Cassette Recorder
- 12 Speed Bike
- 35 mm Camera

Hundreds of additional prizes and trophies

- Get-Away Weekend random award to be drawn during awards ceremony (must be present to win)
- Over 50 additional random awards
- Trophies in each category
- TYJAX® Commemorative Columbus Chase Jackets to first 1,000 entrants
- Christopher Columbus and Queen Isabella Trophies to first male and female finishers

CATEGORIES MALE: top 10 open, first 3 in age groups 14 and under; 15-19; 20-29; 30-34; 35-39; 40-49; 50-59; 60 and up. FEMALE: top 5 open, first 3 in age groups 14 and under; 15-19; 20-29; 30-34; 35-39; 40-49; 50 and up.

FACILITIES Parking, aid stations, locker and shower facilities (bring lock and towel)

REGISTRATION DONATION Only \$9 (non-refundable); \$10 after September 30. Field limited to first 1200 entries.

PICK UP your ultra light jacket made from Dupont's Tyvek—a 100% polyethylene material that is warm, weather resistant and easily washed; October 10, 11, 12 at Feet First (10 a.m.-8 p.m.) or race morning at HCC Physical Education Center 7-8:30 a.m. Numbers are non-transferrable.

PREVIOUS WINNERS

John Doub (30:28), Marge Rosasco (35:07) 1982
David McCormack (29:48), Cindy Dalrymple (36:07) 1983
Matt Wilson (29:32), Marge Rosasco (36:02) 1984

COLUMBUS CHASE 10K

REGISTRATION Make check payable to HCC Educational Foundation, Inc. Send stamped, self-addressed envelope and check to Columbus Chase, Feet First, Wilde Lake Village Center, Columbia, MD 21044. Confirmation by mail if entry received early enough.

OFFICIAL USE ONLY

NAME _____ PHONE _____
(please print)

ADDRESS _____ CITY _____ STATE _____ ZIP _____

MALE _____ FEMALE _____ AGE (as of 10/13/85) _____ BEST RECENT 10K TIME _____

PLACE OF EMPLOYMENT _____ MEMBER, HOWARD COUNTY STRIDERS: YES _____ NO _____

JACKET S _____ M _____ L _____ XL _____ WHEELCHAIR BOUND: YES _____ NO _____

ENCLOSED IS \$ _____ FOR _____ ADDITIONAL TYJAX® COLUMBUS CHASE JACKET(S) AT \$10 EACH. S _____ M _____ L _____ XL _____



On condition of this entry being accepted, I hereby waive and release any and all claims for damage I have or might have against the sponsors and/or officials of the Columbus Chase to be held 10/13/85 for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for this event.

SIGNATURE OF RUNNER _____ DATE _____

SIGNATURE OF PARENT/GUARDIAN IF UNDER 18 _____ DATE _____