

HOWARD COUNTY
STRIDERS
NEWSLETTER

Vol. 6, No. 1

January 1986

**JOSEPH KIPSANG WINS COLUMBUS CHASE 10K;
JOHN DOUB WINS AVANTI METRIC MARATHON;
10 MILE CHALLENGE IS FEBRUARY 23 -
BRING HOME THE CUP!**

TABLE OF CONTENTS

PRESIDENT'S LETTER.....	1
ON THE ANNUAL CLUB CHALLENGE.....	3
A PORTRAIT OF MILES WEIGOLD.....	4
INTIMATIONS OF MORTALITY.....	5
367 MILES TO GO.....	9
1986 CLUB CHAMPIONSHIP SERIES.....	9
OAKLAND MILLS WIN AGAIN.....	11
1985 JUNIOR STRIDERS CROSS COUNTRY.....	11
STRIDER RACE TEAMS.....	12
RUNNING IN DEEP WATER.....	12
A HUMAN PERFORMANCE LAB EXPERIENCE.....	12
WHAT'S YOUR CARBOHYDRATE IQ.....	15
STRIDER SHORTS.....	17
ROUTE 175 PATHWAY UNDERPASS UPDATE.....	21

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 Mary Brandenstein (acting)/Youth
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Tim Beaty/Nominations & Selections
 Herbert Greenberg/Newsletter
 Bob Carels/Membership
 Tom Webb/Racing Team
 Al Yergey/Special Races
 Bill Brandenstein/At Large
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Herby Greenberg, chairman; George Ware, editor-in-chief; and associate editor, Jane Hall. Contributing writers Susan Willinski, Larry Hughes, Mark Konodi, Herbert Greenberg, Tom Webb, Tim Beaty, Dick Woods, George Allmon, and Colleen Pierre.

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.

**1986 CLUB DUES
 ARE DUE!!
 Please renew now.**

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. Call the Strider hotline (964-1998) to volunteer or forward your stories.

PRESIDENT'S LETTER

by Miles Meanderings

Here we are at the end of another year. I hope that you achieved your objectives for 1985. If you exceeded them, or fell short by a substantial margin, maybe it's time for a revision.

As indicated in a separate December mailing, I hope you attended the annual meeting on January 21 at the Oakland Mills Meeting House. This was the one opportunity each year to elect the club officers who represent you on the Board for 1986. In addition, the buffet dinner was a feast not to be believed; those of you who attended the going-away fiesta for Warren and Carol knew what was in store.

1985 saw the Striders lose both the RRCA MD/DC 10 mile challenge race, and the Brighton Dam 7 mile race with the MCRRC. The next article in this newsletter is from the Baltimore Road Runners Club (BRRC) newsletter in which president Allan Field BEGS for participation from the 1800 membership of the Baltimore Club. Allan describes the strategy correctly. Depth of field is what wins this race. Please plan now to come out on February 23 to help bring the trophy back to the Striders where it belongs. The race is at 9AM, NOT 8AM as the Winter Series Race Schedule claims. As long as you are able to run 10 miles, regardless of the pace, your participation is needed to accomplish this goal. We'll talk more about the Brighton Dam race later in the year.

The telephone recorder (964-1998) is now beginning to get some use, but I'm frankly surprised at how little. The only way we're going to get race results or your recent race PRs for the Strider Shorts column here in the newsletter is for you to call and leave a taped message. Is this thing a good idea or not? What do you think?

Several people have indicated that they will not seek re-election to the Board for 1986. We all owe a depth of gratitude to them for the time and energy they expended on behalf of the club. The pay is lousy, but they "hung in there." Linda Yergey, Vice President - thanks for all your help - water, water stops, CPR class set-up, mailings, and the meetings you put on when I was traveling. Mary Brandenstein for all the help with the Junior Striders. The Juniors were well represented on the Board by Mary, who spoke from her personal involvement with all aspects of the program. Arlene Kvech, Women's committee - who somehow found time between study and "mothering" to co-ordinate fun-runs (I hope they don't stop) during the summer, help with the Women's Distance Festival (WDF), coordinate the MD marathon water stop, and 100 other "little things" she did/does that needed to be done. Bob Carels, Membership - and the entire membership committee since taking over from Bob Brown in 1981?! Thanks to all for your help and dedication to the Striders.

With those folks stepping down, we have several vacancies which need to be filled. If you are interested in serving on the Board, contact Tim Beaty or me to discuss the available jobs.

For a long time my philosophy concerning club "work" has been that we need to further spread the responsibilities to many more of you, the membership. With that done, each of us can do our small part which will result in an even stronger club with more activities and functions. We need NOW folks willing to do the following:

- Keep points for the weekly races (requires access to a PC)
- Special Race Committee
 - Major race directors (Challenge, Clyde's, etc.)
 - Registration/results crew
 - Advertising/entry form distribution
 - Awards design/procurement
 - Volunteer coordinator (PC access helps)

- Weekly race series coordinators
 - Weekly coordinators
 - Bring water to weekly races
 - Coordinate awards for each series
- Treasurer

As always, the number of jobs which need to be done far exceed the number of people who have indicated a willingness to help. Now you have been asked. Isn't it time you "gave something back"?

Funding remains a major concern. We lost ALOT of money on the Metric Marathon, and as a result the treasury is flat. Your membership ran out on 12/31/85, so please get your 1986 dues in promptly. Why not introduce a friend to the Striders at the same time?! Now that Karen and Jeff at Feet First have instituted a policy of 10% off on running shoes to Strider members, you can recover the annual dues with the \$\$ saved in purchasing just one pair of shoes. If you haven't been to Feet First lately, stop by, renew your membership, then buy your shoes, and say hello to Karen and Jeff. They are working hard to "cater" to the Striders, and I think we owe them our business in return.

I hope the Holidays were safe, fun, and relaxing. With the arrival of the Frostbite 5K & 15K comes the time for planning the upcoming year. Write down your goals and objectives for your running program this year. There's something about committing them to paper that "works" much better than just a passing thought. Whatever they may be, from a 2 miler to a marathon to the 24 hour relay (God forbid), make them realistic, then put a plan in place to achieve them. You'll be surprised how well it works.

As always, I welcome your thoughts, comments, and suggestions. Drop me a line, or leave a message on the recorder (964-1998). Best wishes for the best possible 1986 to all of you and your families. A mile a day is all it takes!

ON THE ANNUAL CLUB CHALLENGE

by Allan S. Field

The following article recently appeared in the BRRC newsletter....

On February 23, 1986, the Maryland/District of Columbia RRCA club challenge 10 mile race again will be held in Columbia at Howard Community College. Hosted by the Howard County Striders (HCS), this event has been won every year by the host club...except in 1985!!! That was the year BRRC wrested the traveling plaque away from the HCS in a close battle.

The 1986 race promises to be more competitive than ever. Howard County wants the plaque back bad. BRRC, of course, wants to retain the plaque so as to prove last year was no fluke. And Renaissance All Sports Athletic Club (RASAC), embarrassed last year by not fielding enough runners to compensate for their overwhelming talent, is a sure bet to return with a vengeance. So...it's anyone's race.

A review of the process is in order. Why did we win last year? Very simply because we had depth. Not only did we have enough speed to carry the day but, more importantly, we had enough runners to displace those on the other teams so that BRRC could win. Remember that the team with the fewest runners over 15 determines how many runners on each team will count in the scoring.

If Team A has 14 finishers, Team B has 18, and Team C has 100 finishers, then Team A will be disqualified (as happened to RASAC last year because they did not finish the minimum of 15), 18 will be how deep the scoring will go for each team (as determined by Team B), and Team C very probably will win the event due to the displacement factor of their depth. This is what happened last year and is why we won. Remember, the finishing place of the teams qualifying finishers are added up; the team with the lowest score wins.

So even if you run slow (in your opinion), we still need you out there. If last year's race had only gone 10 deep, RASAC would have blown us all away. However, even if they had had 15 finishers, we would have won. By the time their 14th (and final) finisher was in, we had pulled away already because we had so many finishers that displaced their 11th through 14th finishers. The plea thus goes out again...for BRRC, BE THERE!

**DON'T FORGET TEN MILE CHALLENGE
ON SUNDAY, 23 FEBRUARY AT 9AM, NOT 8AM;
BRING HOME THE CUP!!**

A PORTRAIT OF MILES WEIGOLD
by Herbert Greenberg

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

It was shortly after Miles and Pat moved to Columbia in July 1977 that Miles noticed a rather strange group of people running near his house in the Hawthorn section. Aroused by his own curiosity, he decided to investigate, and it wasn't long before Miles became a regular participant as a member of the Howard County Striders. Now in his second year of the presidency, Miles displays strong leadership qualities, endless patience, as well as a pleasant, extroverted personality. He is, at this moment, the driving force behind the Howard County Striders.

I had the pleasure of meeting Miles for the first time during the fall of 1982 at a packet pick-up at Feet First. At the time, Miles was in charge of the "special race" committee. I was struck by his bubbling personality and thought, as a newcomer, if this person is an example of the quality of people who work for the Striders, then I would want to be a part of that group also.

Miles and Pat were married in 1975 and their lovely son, Justin, was born one year later. Miles also has a sixteen year old son, Jeffery, from his previous marriage. Many Striders may know Jeffery, for he has participated in, and worked for, several Strider sponsored events. Although not a runner, Pat gets plenty of exercise by teaching several aerobic classes here in Columbia. During those infrequent periods of time when the Weigolds aren't working, attending cub scout meetings, school functions, Strider functions, or other social events, the family escapes to their own private retreat in Bethany Beach, a place where they have been vacationing for the past ten years. Miles has logged twenty years of service with IBM working in the sales and marketing departments. In 1981 he was appointed the senior program administrator for

IBM's Public Sector Industry Plans and Requirements. Miles enjoys his job; however, that's not so surprising. Miles is enthusiastic about everything that he sets out to accomplish.

As a runner, Miles prefers the company at the back of the pack. He ran cross country in junior high for one semester; but like most of us, had a long running void before joining the Striders. He reached the pinnacle of his running career thus far in the fall of 1979 when he blitzed the challenging Metric and Maryland marathon courses. His goal was to run a marathon in under four hours and on a cold, icy day, Miles turned in a personal best of 3:58:32. To commemorate this great event, Miles has a photo depicting this heroic effort hanging in his office at work. Often when the going gets tough at IBM, Miles will peer at that photo and remind himself that one can overcome any obstacle through persistence and hard work. To his credit, Miles has also run the 1980 Marine, 1980 Maryland, and 1982 Atlanta marathons.

From day one with the Striders, Miles opted to get involved with the organizational side of the club. During the 1978-79 season, Miles put on weekly races and since then has rarely missed board meetings. Here is a list of his responsibilities since 1979:

- 1979 - Weekly races
- 1980-81 - Special Race Chairman
- 1982-83 - Vice President
- 1984 - President

Miles enjoys organizing and putting on running events. As many of you may know, Miles was race director for Columbia's first triathlon held on June 10, 1984; an event which was extremely successful and laid the foundations for future triathlons in Columbia.

Miles will not be the president of the Striders forever, and as I was interviewing him, he seemed to get rather serious and philosophical. I quote - "As the running boom has stabilized, I would like to see the club stabilize by getting more people involved infrequently and commit a small amount of quality time to the club. Instead of having to depend upon the same group of hard-working people, we should be able to have a large pool of volunteers whose services we could rely on in helping our running club in any way they can. If everyone contributes one grain of sand, the hour glass will be filled."

NOTE: This interview concludes this three-part series dedicated to Warren Ohlrich, Dave Tripp, and Miles Weigold. Each in their own way have made monumental contributions to our club. It has been a joy to work with Miles and this year's Board of Directors.

INTIMATIONS OF MORTALITY

BY Mark Konodi

There was a time when meadow, grove, and stream,
The earth, and every common sight,
To me did seem
Appareled in celestial light,
The glory and the freshness of a dream.
It is not now as it hath been of yore -

Turn whereso'er I may,
by night or day,
The things which I have seen I now can see no more.
-William Wordsworth

DECEMBER 1, 1985

Nineteen eighty-five was going to be my year. A 7:38 at the JFK 50 miler in the fall of 1984 had built up my confidence. I had trained hard, but sensibly, in January and February. And I did have quite a spring: Washington's Birthday Marathon in 2:59, DC Marathon in 2:50, Bluefield, WV Marathon in 2:54; PRs at 10M, 20K, 1/2 Marathon. With youthful enthusiasm I planned my summer - trail running in New Hampshire; Grandfathers Mountain Marathon, Pike's Peak Marathon, and the Lake Tahoe 72 miler. I was at the top of my racing form. I had no physical complaints. I truly felt I was invincible.

The Beginning of the Fall

In June I decided to celebrate my birthday running trails in the Presidential Mountain Range of New Hampshire. I carefully planned a 19 mile run on the Appalachian Trail that included ascents of five mountains over 5500 feet, culminating in a scamper up Mount Washington (6288 feet). Throughout May I poured over topographic maps familiarizing myself with the trail and terrain. I carefully planned what clothing and safety gear to take in my fanny pack during the run. This was a planned hare-brained adventure.

When I reached the White Mountains on a Thursday it was rainy and cold with 60 mph winds on the summit of Mount Washington. I had planned to hike on Friday, but ended up sitting around the lodge at Pinkham Notch Camp hoping the weather would improve. On Saturday I waited for the posted weather report from the summit. At 7 am it was 40 degrees, raining, winds 43-61 mph, and wind chill 0 degrees. I was Mark Konodi, I was invincible. I hadn't driven fourteen hours to sit by a fireplace. Against better judgment, I got my fanny pack and left for the trail.

The trail, though rocky and slick, was not as bad as I had feared. The biggest problems were the rain swollen creeks. Some of the streams, though only mid-shin deep, were fast enough to knock you off balance. After 45 minutes into the run, I stumbled on loose rock. I didn't go down, but badly twisted my left ankle. I knew immediately that it was sprained, but it didn't hurt so I ran on. A half hour later, I stumbled on the ankle and reflexively caught myself with my right leg. I noticed a sharp pain in my right tibia at this point. Nothing was going to keep me from my goal, so I plodded on still moving well.

When I got above treeline (4000 feet) I was greeted by spraying rain and 50 mph winds. Six miles into the run I hit the summit of Mount Madison (5700 feet), the first of the peaks. I sat down, had some water, and verified my location with my map and compass. When I got up my ankle hurt, but my right leg felt like it had been hit by a sledge hammer. I was wet, cold, and sore. In an uncharacteristic burst of sanity I decided to turn back and head for camp. I was somewhat demoralized, but I accepted my decision by rationalizing to myself that I had at least made one summit.

Back at Pinkham Notch Camp I examined my wounds. Both the lateral and medial aspects of my ankle were swollen, a double sprain! But my right shin was what hurt the most. As I would find out later, I had a hairline fracture of the tibia at the insertion of the semitendinosus muscle below the knee. Apparently when I stumbled on my sprained ankle I elicited a crossed-extensor (righting) reflex to keep me from falling down. The powerful reflex contraction of my hamstrings (including the semitendinosus) cracked the bone.

At Rock Bottom

When I got back home I didn't run for two days until the swelling in my ankle went down. Then I started training for the Grandfathers Mountain Marathon to be held in late July. By mid-July I couldn't bear any weight on my right leg. The seriousness of my injury hit me. I couldn't walk let alone run. I went to the doctor and got an anti-inflammatant and pain-killer. After taking the medication there was no pain (surprised!) so I tried to run. It worked for a few days, but the pain soon became unbearable again.

I had to bag the Grandfathers Mountain Marathon. The twenty-four hour relay was approaching. I had run in the last five. My goal was to run in the relay in every year of the decade. I told myself that I could still do it this year if I rested up. I was still confident to the point of arrogance. I was committing a cardinal sin, I was deceiving others, but more importantly, I was fooling myself.

The pain never did subside. Every morning I got up at the usual time, put my running clothes on, and hit the road. I usually made it a few hundred yards before it hurt so much I had to limp home. I must have been a pathetic sight. I decided to bag the twenty-four hour relay. I would help Tom Green during his attempt of the 100 mile run at Ft. Meade. I started to get really depressed, but I still convinced myself that I could run Pike's Peak and Lake Tahoe at the end of August. In fact, I still had my airline and hotel reservations for the trip out west.

At the twenty-four hour relay I recorded lap times for Tom. I hurt so much that I couldn't even walk a lap with him. Sometime in the early morning the enormity of my folly finally hit me. I had been a fanatical runner for eight years, but I had never had a serious injury. Now I had blown my summer. I had often wondered how my running life would end. I thought this was it, the end, never able to run again. I was hit by a sickening wave of depression.

When I got back home after the relay I flopped onto my bed and cried. I cried and cried and cried. Then I asked myself, "Why are you crying?" I still had my health, intelligence, and good looks. I was crying because I had lost my goals. I couldn't run out West this year. I wouldn't be ready for the fall ultras and marathons. But I could dedicate myself to recuperation and preparation for 1986.

Climbing back to the Top

The next morning I got up early and put on my running clothes. The pain in my leg had been so great that I was walking with a bad limp. I decided that I would just walk. I would concentrate on regaining my walking mechanics. I also started to do more cycling and I began a running in deep water program. I was determined to maintain my aerobic condition. More importantly, I

stopped fooling myself. I accepted my injury. I decided not to run in August until I could walk without pain. I cancelled my trip reservations.

I had accepted my fate and taken positive action to regain my form, but I was still depressed. I had been the epitome of the lonely long distance runner. I trained alone and until recently raced alone. My social life was practically non-existent. All my free time was spent training. My own efforts to overcome my injury were not what pulled me through these rough times. It was the understanding and kindness of my fellow runners. I was surprised at the encouragement I got from my running friends. It came from all corners, even those acerbic and obnoxious runners I least expected it from. During the low points I often felt like I was a failure. The friendship shown me pulled me through, without it I don't know what would have happened to me. As Frank Capra said, "No man is a failure who has friends."

I spent the fall healing and slowly building my mileage back up. I accompanied Tom Green to several ultras, acting as physical and moral support. Rather than sit home and feel sorry for myself for not being able to race, I went out to help a friend. It was hard for me at these races. I saw runners finishing who I knew I could have beaten. I ran sections of the courses with Tom and marveled at the beauty of the trails. It gave more incentive to recover and run again.

I ran the Metric with my ex-boss Larry Pifer. I ran slowly, 1:56 (slow for me), but felt super. My stride was back. That was my first race and longest run in six months. I decided to run the Maryland Marathon.

Cresting Out

I completed the Maryland Marathon today. I ran with Larry Pifer and Larry Blosser for eighteen miles. Going up Saytr hill I felt great and took off. I never slowed down. I never looked back. I never would have thought that I would get choked up over a 3:11 marathon, but I cried in the finish area. It felt so good to be back.

More important to me, I had helped Larry Blosser to a PR and Larry Pifer to his second fastest marathon. We runners tend to get so involved in ourselves that we overlook friendships and the people around us. In our hubris we think we have no bounds. The lessons I have learned are of mortality and the redemption of the spirit through friendship. Baron de Coubertin was wrong, the important thing is neither the victory nor struggle, but the camaraderie. I will pay more attention to my friendships now. I can appreciate the words of Vince Lombardi:

Gentlemen, when the fur coats your wives are wearing are tattered and the rings you are wearing are tarnished, the things you will remember most in life are the people you have associated with.

Nineteen eighty-five was my year.

Epilogue

DECEMBER 2, 1985

I got up this morning, rolled out of bed, threw on my running clothes, and hit the road. Now, my quads and calves were sore. But it was a pleasant soreness, that post-race ache. I always hated the week after a hard race. Your legs feel like lead and you move like a cripple. But it felt great this morning. God, it felt great.

367 MILES TO GO

by Larry T. Hughes

The Midnight Sun Marathon started on a cloudy, cold, wet morning of June 21, 1985. Looking down the starting line of the racers, I counted seven that didn't duck-out of what appeared to be the roughest race of my life.

We were off at 9:30 am at paces varying from 4:10 to 5:01 a mile and 8:40 for the Electric Wheelchair Lady. This pace kept up for 4 miles with the lead changing and I was right there too. The lead time dropped to 5 minutes a mile when my heart fell into my hands. Believe me when I now say, MARYLAND is flat. There before me was hill after hill rising for 30 miles.

At the end of the first day trek, we had covered 38 miles. One racer quit and I suffered 2 broken hands. This occurred at the beginning of the first downhill. My racing wheelchair broke and head over heel I went which is kind of hard to do in a wheelchair but not in ALASKA. (I think I could have scored a 10 for the flip).

My hands were put in casts, where the first day after this event they were caught in the spokes of a borrowed Sports Chair. (Sports Chairs are heavier than Racing Chairs). I had the casts removed and I went into heavy taping.

I completed the Midnight Sun Marathon and received several nick names: the "BALTIMORE BUG" and the "KING of the DOWNHILL." The "BUG" was given because of my insect appearance with helmet and ski mask. The "KING", because I could beat anyone down hill.

My best three times over several distances were 2:15, 2:20, and 2:33 for the marathon distance of 26.2 miles; 41:32, 42, and 44:12 for 10 miles; and 30:15, 32:10 and 29:08 for the 10K distance. Maximum speed ranged between 37 to 44 miles per hour. I averaged 15.5 MPH and maximum hill climb speed was 13 MPH. I also had the longest trek of all the racers in one day of 64 Miles.

I finished fourth overall and second in my class. I have plans on returning in 1986 to win the first place trophy I should have gotten this year.

To all of you who pose this thought, "WAS IS WORTH IT?"; my answer to that is...Every moment I spent in hail storms, rain, cold, heat, and freezing rain...ABSOLUTELY.

I would like to thank the HOWARD COUNTY STRIDERS for their support.

Until the next race, "ON YOUR RIGHT."

1986 CLUB CHAMPIONSHIP SERIES

by Tim Beaty

The Board of Directors has approved the 1986 Howard County Striders Club Championship Series. This is the first Club Championship Series to be held by

the Striders and it will include running events held throughout the year.

The purpose of this Series is to encourage runners to consider and attempt a broader range of distances/events than many are participating in at this time. In addition, it is hoped that the proposed schedule will encourage club members who are not doing so to run on a year-round basis.

The Club Championship Series will consist of six running events of various distances and will be scored cross-country style. This means that in a given race, all participants in the Club Championship Series will be numbered, from one (regardless of their place relative to other finishers who are not in the Series), and that number will represent their score. Those runners not competing in that particular race, or those who did not complete the race, will receive a score equivalent to that of the last Club Championship Series participant, PLUS ONE. This constitutes a small penalty for not attempting a specific distance/event, but it should not discourage club members from joining in on Series activities. The runner's score for all six events will be totaled and the lowest score will win (races run prior to registering for the Series will not count, the new Club Championship Series participant receiving a score as if they had not run).

The chosen distances were selected from the entire range in which significant numbers of club members participate. The distances range from one mile to the marathon. When approved by the Board of Directors, there was considerable discussion about the proposed Series schedule because it included the Marine Corps Marathon (26.2 miles) for the longest event for men, and the Metric Marathon (16.3 miles) as the longest event for women. The views expressed ranged from, "Few women club members attempt the full marathon distance, the Metric should enable more of them to run in all six races," to, "Women will object if their longest event is shorter than the one for men." The final decision on this point will be up to the women who join the Club Championship Series.

The Series will begin on February 23 with the Maryland/DC 10-Mile Club Challenge Race and continue with an April 2 mile, a May/June 10K, a July 1 mile, a September trip to the Philadelphia Half-Marathon, and a November marathon (metric or full). It will be fun, and a high level of interest should be easy to maintain. Frequent reporting of standings, separate for men and women, is promised.

How do you participate? First, you must be a member of the Howard County Striders. Second, you must register for the Club Championship Series; either at the 1986 Howard County Striders Annual Meeting or by mail, to Timothy R. Beaty, 6084 Babylon Crest, Columbia, Maryland 21045. A charge of \$10.00 is payable when you register. Registrations will close one week after the Club Championship 2 mile race in April.

The \$10.00 fee covers the cost of a specially designed tee-shirt or jacket and a variety of awards to be given out at the 1987 Annual Meeting. (Awards will be determined separately for men and for women; other categories will be decided in late April after all registrations are in.) The \$10.00 fee does not cover any race entry fees; these are the responsibility of the participant.

Additional information can be obtained from Tim Beaty, 596-6453.

OAKLAND MILLS WINS AGAIN!!*by George Allmon*

Oakland Mills High School won the State Class B cross-country title for the 2nd year in a row. Competing against 29 schools throughout the state, the Scorpions won the crown by placing five runners in the top 33 of a field of 145 harriers. Guided by Steve Carnahan, The Evening Sun selection as the "All-Metro" coach for 1985, Oakland Mills hit the trail running at the beginning of the season by winning the Brooklyn Park Invitational. With 23 metro area schools represented, the Mill placed ahead of competition that included Loyola, Mt. St. Joseph, Bel Air, and Broadneck, as well as Atholton and Centennial from Howard County. On the way to the state championships, the Scorps were undefeated in all of their county meets, capping the season off by winning both the County and District championships.

Plagued with nagging injuries to several key runners throughout the season, this state title was the result of a real team effort. Coach Carnahan was blessed with a lot of depth as there were 38 boys and 14 girls participating in the Oakland Mills program this year. This depth was demonstrated by the JV romp at the county meet held at Mt. Hebron. Oakland Mills placed 5 JV runners in the top 6. On varsity, Jon Hill and Steve Lobbin received strong support throughout the season from Andrew Hossom, Patrick Hayden, and David Thomas. Their talents were supplemented by Craig Chasse, Mike Kunzer, and Bill Allmon.

Howard County continues to field an outstanding cross-country program. The over 180 county high school students who competed this year are winners, each and everyone. Congratulations are in order to all who participated.

JUNIOR STRIDERS CROSS COUNTRY 1985*by Dick Woods*

The Junior Striders climaxed a successful 1985 cross country season with their attendance at the AAU Junior Olympic National Championship in Ambler, PA. on December 6. The season began in the August heat as some 33 runners registered and attended the initial practices. It is a tribute to the dedication of the young runners and coach Martin Goode that the season ended with 26 active members. The Junior Strider Program is available to those runners who were interested in competition as well as to those who just enjoy running. The team competed in over a dozen meets and did extremely well in all age groups. Some of the Striders standouts were:

Sean Smith/John Robinson -	8 & under, boys division
Mary Katherine Marland - Undefeated	8 & under, girls division
Joshua Tripp/Matt Curtis - Olympic Medal Winners	9/10, boys division
Jennie Randall/Anne Shadrick	9/10, girls division
Scott Woods -	11/12, boys division
Brian Marland -	13/14, boys division

At the conclusion of the high school cross country session 14 high school runners ran with the team in the Junior Olympic qualifiers and national championships. Included in that group were Kim Many (Olympic Medal Winner), Tina Jenkins, Cathi Brandenstein, Dana Colligan, Shelly Kvech, Craig Chasse, John Boone, Pat Hayden, Alan Thompson, Ken Fitzgerald, John Brennan, Jeff Townsend, George Colligan, Mike Kunzer, and Mike Sutch.

The Junior Striders would like to thank the Senior Striders for their continued support. A meeting will be held on Wednesday January 22 at 7:15

p.m. at the Hawthorn Neighborhood Center to discuss the 1986 Junior Strider program. All interested parties are welcome. If you missed the 22 January meeting, just call Dick Woods at 964-9188 - it's never too late to sign up!

STRIDER RACE TEAMS

by Tom Webb

It should not be a surprise to any of you that we, the Striders, are a runner's club: of runners, by runners, and for runners. There are fast ones among us and slow; short and tall; designer dressed and gray sweat-suited. From our membership we sometimes field a team or two at meets or races, local or at a distance from Howard County. Any and all of us are welcome to put together a team and run as Howard County Striders. Young open teams of gazelles to spread our fame far and wide, or snow-capped veterans hoping to last the full distance, or mixed couples (some races are just so designed!) -- all you need to do is contact our Race Team Coordinator, Tom Webb, at 992-9842. He'll do his best to arrange the sponsorship, which is normally the race fees. If you're having difficulty coming up with another runner or two, Tom will try to put you in touch with who might fill your bill. The teams are for all of us, so don't hesitate to get your team signed up to run as Howard County Striders!

RUNNING IN DEEP WATER: IS IT FOR YOU?

by Susan Willinski

Howard County Strider Susan Willinski has been conducting an exercise program, Running in Deep Water, at the Swim Center and Howard Community College. This program is based on performing a running motion in deep water. The resistance of the water and fear of drowning lead to a vigorous workout, while buoyancy and lack of ground contact virtually eliminate joint trauma. Though the muscle and joint actions do not faithfully simulate running, the program can improve aerobic and anerobic fitness and flexibility.

Currently, a key concept in training is the use of distributed training modalities - cross-training. Running in deep water provides a potential form of cross-training with a decreased risk of musculo-skeletal damage. More importantly, the program can keep an injured runner active. Though not a replacement for running, this program can have psychological benefits for the rehabilitating athlete. There are many anecdotal accounts of top runners using this type of training as part of rehabilitation.

If you are interested in a different form of exercise for cross-training, are injured, or just want to have some fun, you might want to try Running in Deep Water. Susan Willinski is offering to teach the Striders at the Howard Community College pool. She would like to start a class in February with a limited enrollment. Those Striders so interested should contact Susan at 596-6188.

A HUMAN PERFORMANCE LAB EXPERIENCE

by Judson Lincoln

This fall I visited the Human Performance Lab at the Sports Medicine Center at Union Memorial Hospital in Baltimore. I had received some advertising literature through the mail from the Human Performance Lab. From this information I decided to make an appointment at the Lab. My interest was to see if the testing that they performed would provide me with any information

that would enable me to improve my running performance. During my visits there I thought that other runners might be interested in being tested at the Human Performance Lab. I decided to write this article for the Howard County Striders Newsletter to inform others of my experience and what the Lab offers, so that it might help others to decide if it might be worthwhile for them.

Once an appointment is made at the Human Performance Lab a questionnaire is sent to you to be filled out and brought in at the time of your appointment. This helps them to determine some of your coronary risk factors as related to family history, behavior type, diet, age, sex, and smoking history. The fitness test itself requires two days of one hour each to complete. The first day consist of blood analysis, measurement for percent of body fat, tests for muscular endurance, a test for muscular strength, a test for flexibility, and a measurement of resting blood pressure and pulse rate. The second day is an appointment made usually a week later which is a stress test on a treadmill.

The first day of testing requires a twelve hour fast before the testing is done. The measure of resting blood pressure gives them a comparative factor for the second day of testing. The measurement for strength is done by squeezing a measuring device with your hands, two separate squeezes with each hand. The muscular endurance tests consist of how many push-ups you can do in a minute and how many sit-ups you can do in a minute. Incidentally, during the time I was there Howard County Striders held the unofficial records for both the muscular endurance tests. The flexibility test requires what simulates touching the toes from a sitting position. The percentage of body fat is determined by measuring skin folds over various parts of the body including arm, back, chest, stomach, and leg.

The blood analysis is important in determining factors that can influence the development of heart and blood vessel disease. It is also helpful in determining how efficiently oxygen is being carried through your blood. The things measured in the blood analysis are cholesterol level, triglyceride level, low density lipoproteins, high density lipoproteins, cholesterol per high density lipoprotein level ratio, glucose level, uric acid level, percentage of red blood cells, hemoglobin level, blood oxygen transport capacity, iron level, and electrolytes level; which are the levels of sodium, potassium, and chlorine. A written analysis is sent to you after all the testing is done which explains very well what the measurements indicate, and what normal range levels are.

The stress test on the treadmill requires a two hour fast before testing. This test takes you to maximum physical exertion. It gives you a measure of your oxygen uptake (or VO_2 Max.), maximum heart rate, blood pressure level at the maximum level of exertion, your anaerobic threshold level heart rate, and a measure of the energy expended during the test. These measurements are important in determining the speed at which you should run your workouts in order to improve your aerobic conditioning and anaerobic conditioning most efficiently. The heart rate level at which you should run to improve aerobic conditioning is given in the written analysis, as well as the anaerobic threshold heart rate at which you should perform your fast work outs or speed work. Computerized graphs of your treadmill performance are included.

Before you begin to run on the treadmill you are fitted with twelve electrode leads placed at strategic spots across the front of your body; the wire leads fit into a "walkman" sized box which is strapped to your waist. One wire lead goes from the box to the testing equipment. Blood pressure testing equipment

is strapped to your arm so that your blood pressure can be monitored during testing. A head gear contraption is placed on your head primarily to hold an air hose and mouth piece through which you will breath in order to collect and measure the air breathed in and expelled. Finally, your nose is pinched off so that air cannot be breathed in or expelled from that point. Despite all this gear it is possible to run. The most uncomfortable aspect for me was that in swallowing my ears would get plugged up, and then by trying not to swallow my throat became more dry than I was accustomed to, even in racing.

The treadmill starts out at about three miles per hour and the speed is increased by about another mile per hour every couple of minutes to about nine miles per hour. Once you reach nine miles per hour the up hill grade is increased by two percent every couple of minutes. I reached my maximum just at the ten percent grade. I reached my anaerobic threshold at a little over eleven minutes and stayed on for a total of twenty minutes twenty seconds. At three and four miles per hour you are expected to walk fast, after that you can begin to run. It was more comfortable for me to run than walk. It is very important to keep pace with the machine. If you run faster than the machine one of your feet will strike the front barrier and cause you to lose balance, if you run too slow you risk falling off the back. The person doing the testing usually indicates to you if your falling back too far, although it is more difficult for him to determine if you are too far up.

My feelings are that you should prepare for the stress test as you would an important race. I believe this will provide you with the best performance on the test and also give a better indication of what your true maximum is. Also, the results would be better if you were at the peak of training rather than at some other stage of development. The test indicates your present potential not future potential. They can determine from the V02 Max. about how fast you should run a 10K race for instance, if you run to your present potential, environmental factors excluded.

Another service offered is an exercise prescription, which was not pushed on me but, something I asked for so as to get a better read on all they had to offer. The format of the exercise prescription is geared more for the person who is beginning an exercise program, than for a person who already has a well established one. The coordinator of the Human Performance Lab, David Petrie, who ran the test was very kind in attaching about thirty pages of "xeroxed" material from various books and articles on how to make use of the information I had received from the testing. Thus, I can develop my own running and exercise program. He also gave me the title of a book and it's author which I could purchase called Stretching by Bob Anderson, as my flexibility was very poor. Incidentally, that book was very insightful, and I am reworking my stretching routine.

I would evaluate the testing as very useful, and for \$125.00 very reasonable. Of course, the true usefulness for me will be, if I can use the information garnered to improve my running performance. The people at the Sports Medicine Center are very enthusiastic and helpful. David Petrie who placed 50th in the most recent "Iron man" Triathlon in Hawaii was a great cheerleader on all the test shouting out encouragement. He was also interested enough to discuss with me for more than an hour outside of the testing how to utilize the test results, as well as other theories and methods of improving my running performance. I would not encourage any well established runner on purchasing the exercise prescription, as Mr. Petrie seems willing enough to provide the source materials that will enable you to implement your own.

Another service provided at the Human Performance Lab is a high speed video analysis of your running gait. They prefer that you have a doctor's referral as I would guess from what they told me that video analysis of an asymptomatic individual would be a waste of time. I was suffering from a foot injury at the time and had a past history of injuries which have been most associated with over pronation. They agreed to film me and otherwise test and evaluate me. They took several measurements of various foot alignments and angles. They looked at the half-dozen shoes I had worn over the past year or two. They also filmed me in two of the shoes I had been running in. As a result they prescribed a soft pair of orthotics for me to wear once my injury has healed. They casted me there immediately, and I came back a week later to have them fitted. Hopefully, the orthotics will aid in preventing future injuries of the type I have had in the past.

The filming is done on a treadmill and only takes a minute or two. They tape little dots at specific spots on your shoe and lower leg to help them determine appropriate angles when reviewing the video. I was really amazed when watching the video to see how the soles of the shoe are smashed down on impact. They run the film at slow speed and stop it at various points, so that along with the close up picture you are able to see and observe much more than you would just watching someone run down the street. I was very impressed to see how they analyzed my condition, which was very perplexing at first, in that aside from overpronating I had a significant leg length discrepancy. Also, the one pair of shoes I was wearing, although an excellent shoe, was too rigid for me and probably a significant factor in my latest injury. One message here was to be sensitive to one's feet, especially when changing to a different pair of shoes. I was informed that many injuries occur with a change of shoes.

This article turned out to be more lengthy than I anticipated, but I hope it was informative enough for those that were able to read through it. I am aware that Tom Webb and Phil Rhiel also visited the Lab at about the same time as myself. So, for those of you who know those gentlemen, you may want to inquire about their experiences from them.

WHAT'S YOUR CARBOHYDRATE IQ?

by Colleen Pierre

Just about every runner knows that carbohydrate loading before a marathon improves endurance. And many are beginning to catch on to the idea that carbohydrate re-loading after daily workouts improves training. But runners sometimes mistake foods which are high in fat for foods which are high in carbohydrate. Do this often enough and you could undermine your training program despite apparent dietary discretion. Take the following quiz to see how much and where you can increase the carbohydrate and decrease the fat in your diet.

IN EACH SET OF THREE ITEMS BELOW, CHECK OFF THE HIGH CARBOHYDRATE ITEM:

- | | |
|--|---|
| 1. <input type="checkbox"/> Roasted Almonds | 2. <input type="checkbox"/> Ice Cream |
| <input type="checkbox"/> Chocolate Brownie | <input type="checkbox"/> Peanut Butter |
| <input type="checkbox"/> McDonald's Apple Pie | <input type="checkbox"/> Corn Chips |
| 3. <input type="checkbox"/> Cheese Cake/Graham Crust | 4. <input type="checkbox"/> McDonald's Hash Brown |
| <input type="checkbox"/> Twinkie | <input type="checkbox"/> Croissant |
| <input type="checkbox"/> Almond Joy Candy Bar | <input type="checkbox"/> Cashews |

5. Milk
 Chocolate Chip Cookies
 Sunflower Seeds

ANSWER SHEET

UNHAPPY SURPRISE: Every item listed in the Quiz provides less than half of its calories from carbohydrate. All are really high fat items, most providing 50% or more of their calories from fat in a variety of forms. The U.S. dietary goals recommend that Americans reduce their fat intake to 30% of total calories in order to help in the fight against cancer, heart disease, diabetes, and obesity. Use these items sparingly in your diet. Read labels to determine the percentage of calories from fat; check the nutritional labeling. Multiply:

PROTEIN (GRAMS)	X 4 = CALORIES FROM PROTEIN
CARBOHYDRATE (GRAMS)	X 4 = CALORIES FROM CARBOHYDRATE
FAT (GRAMS)	X 9 = CALORIES FROM FAT

LISTED BELOW ARE THE SOURCES OF CALORIES FOR THE FOODS IN THE QUIZ.

		PROTEIN	CARB	FAT
1.	A. Roasted Almonds	12%	12%	83%
	B. Chocolate Brownie	5%	42%	58%
	C. McDonald's Apple Pie	3%	47%	42%
2.	A. Ice Cream	5%	37%	61%
	B. Peanut Butter	17%	11%	78%
	C. Corn Chips	5%	38%	61%
3.	A. Cheesecake	5%	32%	63%
	B. Twinkie	6%	46%	49%
	C. Almond Joy	4%	49%	47%
4.	A. McDonald's Hash Brown	5%	45%	50%
	B. Croissant	8%	44%	48%
	C. Cashews	12%	21%	73%
5.	A. Milk	21%	30%	49%
	B. Chocolate Chip Cookies	5%	59%	40%
	C. Sunflower Seeds	17%	14%	76%

COMPARE THESE ITEMS WITH SOME TRUE HIGH CARBOHYDRATE FOODS:

Skim Milk	39%	55%	5%
Ice Milk	11%	63%	28%
Kidney Beans	25%	73%	4%
Brown Rice	8%	86%	6%
Whole Wheat Bread	17%	80%	12%
Pasta	14%	83%	4%
Pretzels	10%	78%	10%
Saltines	8%	56%	35%

To change your diet from high fat to high carbohydrate focus on fruits, vegetables, low fat dairy products, and whole grain breads and cereal products including whole wheat bread, rice, and pasta without excess additional fat.

STRIDER SHORTS

by George Ware

Tom Green finished seventh in the October 1985 Mountain Masochist 50 Miler in Lynchburg, Virginia, in 8:23:04. David Stein won the October Cathedral Classic 10K in 33:02. David went on to run a 2:41:36 at the New York Marathon, the 212th finisher overall. Speaking of the New York Marathon, Robert Klein ran a 2:59:25 and John Koerner ran a 3:24:02.

The Striders were well represented at the Marine Corps Marathon. Bob Burns ran a 2:46:16, Ben Mathews finished in 2:53:27, and Ed Trottier ran a 2:54:40. George Allmon ran his first marathon at the Marine Corps in 3:14, and Tony Mikulka ran his first one also in 3:44:10. Larry Blosser ran a 3:24:30 at the Tenth Annual Marine Corps Marathon.

Many Striders challenged Satyr Hill. Dick Hipp was the 50th finisher at the December Maryland Marathon, running a 2:53:24. Ben Mathews ran a 2:55:52, just weeks after his Marine Corps Marathon finish. Paul Sobus, Jr., ran a 2:57:05 while Ed Trottier ran a 3:03:56, just weeks after competing in the Marine Corps. Ed, how do you and Ben do it? Tom Carty ran a 3:07:05 and Jim Carbery finished in 3:08:27. Robert Klein ran a 3:11:37 after just finishing the New York Marathon in October. James Godville ran a 3:16:27 and James Bibb finished in 3:34:41.

Mark Cucuzzella, 19 years old, was the 11th finisher at the Baltimore Sun Tame 10K. Mark blazed to a 31:36, winning his age group, and continuing to make a name for himself. JoAnne Matisz-Sutch was the 30th female finisher and Karen Kane was the 103th female finisher. Julie McCallister ran a 28:33 at the London World Airlines Road Race 5K in October 1985. Anne Cristaldi ran her first 10K race at the Columbus Chase 10K, finishing in 55:05.

*Joseph Kipsang wins Columbus Chase 10K in 29:49;
Maria Pazarentos (35:30) First Woman Finisher*

Joseph Kipsang edged Frank Sharky (29:53) and Jeff Scuffins (30:03) to win the 13 October 1985 Columbus Chase 10K. Maria Pazarentos beat Karin Wagner (35:34) by 4 seconds to win the woman's division. These were 960 finishers. Age group results are as follows:

<u>Open Men</u>		<u>20-29 Women</u>	
1. Joseph Kipsang	29:49	1. Jeanne Grillo	41:02
2. Frank Sharky	29:53	2. Valerie Guilfoil	41:21
3. Jeff Scuffins	30:03	3. Linda Brennan	41:28
4. David McCormack	30:14		
5. Matt Wilson	30:53	<u>30-34 Men</u>	
6. Patrick Key	31:01	1. Harry Goodman	32:08
7. Michael Sheely	31:01	2. Steve Giorgis	32:15
8. David Shafer	31:03	3. Mike Van Beuren	32:47
9. James Dill	31:07		
10. Henry Phelan	31:11	<u>30-34 Women</u>	
		1. Joanne Matisz-Sutch	41:34
		2. Barbara Beckford	43:47
		3. Holly Shears	46:28
<u>Open Women</u>			
1. Maria Pazarentos	35:30		
2. Karin Wagner	35:34		
3. Buffy Gavigan	38:59		
4. Sue Powell	39:47		
5. Debbie Paladino	40:22		

Wheelchairs

1.	Kenneth Archer, 36	30:15
2.	Paul Erway, 27	42:54
3.	Tony Barker, 19	46:10
4.	Charla Ramsey, 17	46:23
5.	Sacajuwea Hunter, 15	46:29
6.	Bob Evans, 28	51:31
7.	Larry Hughes, 36	52:26
8.	Sara Barler, 17	58:04
9.	Danny Vaughn, 15	81:54

14 and under Boys

1.	Brad Bortz	38:19
2.	Douglas Sabel	38:54
3.	Robert Frate	39:12

14 and under Girls

1.	Cathi Brandenstien	44:37
2.	Tina Jenkins	46:19
3.	Heather Curran	51:52

15-19 Boys

1.	Reese Kiple	36:29
2.	Chris Many	36:43
3.	Craig Peters	37:35

15-19 Girls

1.	Karen Scott	41:53
2.	Kelley Curran	46:37
3.	Renee Rasera	48:27

20-29 Men

1.	James Hage	31:28
2.	Jim Clelland	32:36
3.	Bryan Palmer	32:42

35-39 Men

1.	Anthony Grier	32:40
2.	Ron Sayers	35:15
3.	Jim Palmeiri	36:59

35-39 Women

1.	Sharon Heidel	44:57
2.	Joyce DiTommaso	45:34
3.	Katine Shorb	46:44

40-49 Men

1.	Joe Thomas	34:47
2.	Pirya Pinit	36:01
3.	Jim Greenfield	36:40

40-49 Women

1.	Sharon Hamilton	43:29
2.	Muffet Chatterton	44:27
3.	Jeanne Burke	46:50

50-59 Men

1.	Stephen Rosasco	39:08
2.	George Yannakakis	40:07
3.	Keith Olson	41:05

50-59 Women

1.	Irma Alperin	43:44
2.	Esther Weisman	50:27
3.	Norma Anzio	57:46

60-and-over

1.	Bill Schaaf	49:36
2.	Jim Rowan	50:49
3.	Louis Chauvenet	52:03

*John Doub (1:25:06.7) wins Avanti Metric Marathon;
Karin Wagner (1:39:43.6) First Woman Finisher*

John Doub defeated Frank Sharkey (1:25:82.4) to win the 17 November 1985 Avanti Metric Marathon (16.3 miles). Doub set a course record in edging Sharkey, who finished second in the 13 October Chase 10K. Karin Wagner, who was the second female finisher at the Chase 10K, won the woman's division. The age group results are listed below.

TOP 20 WOMEN

1.	Karin Wagner	1:39:43
2.	Marianne Dickerson	1:41:41
3.	Mary Ellen Williams	1:44:28
4.	Cindy Dalrymple	1:52:04
5.	Sandy Ford	1:55:37
6.	Catherine Pugh	1:56:03
7.	Carolyn Ulrich	1:57:33
8.	Carole Rivera	2:01:34
9.	Muffet Chatterton	2:02:30
10.	Kathleen Creedon	2:03:22

30-34 MEN

1.	Jim Carbery	1:33:25.7
2.	David Asaki	1:38:31.7
3.	John Pozniak, Jr.	1:38:49.2

35-39 MEN

1.	Ronnie Wong	1:40:30.5
2.	David Lowe	1:41:22.2
3.	Kerry Baruth	1:42:44.0

TOP 20 WOMEN (Cont'd)

11.	Stephanie Hall	2:04:36
12.	Tammy Villano	2:07:16
13.	Annette Conlon	2:07:44
14.	Peggy Smith-Hite	2:08:03
15.	Linda Buttner	2:08:44
16.	Anna Berdahl	2:10:18
17.	Cheryl Collins	2:10:20
18.	Laura Smith	2:14:20
19.	Renee Jones	2:18:10
20.	Jean Malone	2:18:13

TOP 20 MEN

1.	John Doub	1:26:06
2.	Frank Sharkey	1:25:22
3.	Jeff Smith	1:26:41
4.	Jim O'Keefe	1:27:14
5.	Jim Hage	1:29:49
6.	George Kiem	1:31:52
7.	David Stein	1:32:22
8.	Jim Carbary	1:33:25
9.	Paul Sobus	1:34:05
10.	David Asaki	1:38:31
11.	John Pozniak, Jr.	1:38:49
12.	Dennis Griffin	1:39:10
13.	Dick Hipp	1:40:02
14.	Steve Smith	1:40:07
15.	Ronnie Wong	1:40:50
16.	Nathan Higdon	1:41:19
17.	David Lowe	1:41:29
18.	Jerry Warfield	1:41:29
19.	Thom Kuehls	1:42:31
20.	Kerry Baruth	1:42:44

19 and under MEN

1.	Steve Smith	1:40:07.5
2.	Nathan Higdon	1:41:19.5
3.	Mark Givano	1:44:56.7

20-29 MEN

1.	David Stein	1:32:22.2
2.	Paul Sobus	1:34:05.2
3.	Thom Kuehls	1:42:31.5

40-44 MEN

1.	George Kiem	1:31:52.9
2.	Jerry Warfield	1:40:02.0
3.	Hubert Chadwick	1:41:29.6

45-49 MEN

1.	Dick Hipp	1:40:02
2.	Robert Ratcliff	1:43:10
3.	John Elliott	1:43:14

50 and over MEN

1.	Keith Olsen	1:52:33
2.	Milton Taylor	2:03:03
3.	John Ryff	2:09:29

19 AND UNDER WOMEN

1.	Michelle Schmitt	2:47:20
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20-29 WOMEN

1.	Carolyn Ulrich	1:57:33
2.	Kathleen Creedon	2:03:22
3.	Stephanie Hall	2:04:35

30-39 WOMEN

1.	Catherine Pugh	1:56:02.2
2.	Carole Riveria	2:01:33.9
3.	Stephanie Hall	2:04:35

40 AND OVER WOMEN

1.	Muffet Chatterton	2:02:29
2.	Peggy Smith-Hite	2:08:03
3.	Anna Berdahl	2:10:18



**DON'T FORGET TEN MILE CHALLENGE
ON SUNDAY, 23 FEBRUARY AT 9AM, NOT 8AM;
BRING HOME THE CUP!!**

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 American (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
% LYDIA ROSS
7941 JOHNNY CAKE ROAD
BALTIMORE, MARYLAND 21207

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

HOWARD COUNTY STRIDERS

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 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:

	INITIAL:	AGE:	M	D	Y
P _____	_____	_____	___	___	___
R _____	_____	_____	___	___	___
I _____	_____	_____	___	___	___
N _____	_____	_____	___	___	___
T _____	_____	_____	___	___	___

ADDRESS: Street: _____ (include Apt. #)

City: _____

State: _____ Zip: _____

PHONE: Home: (____) - ____ - ____ Work: (____) - ____ - ____

Return Address:
Howard Country Striders
6327 Golden Hook
Columbia, Maryland 21044

Non-Profit Organization
U. S. Postage

P A I D

Columbia, MD 21045
Permit No. 129

