# HOWARD COUNTY STRIDERS NEWSLETTER

Vol. 6, No. 4 November 1986

## TOM GREEN WINS THE FIRST ROBIE TROPHY;
## STRIDERS DEFEAT MCRR 3947-3964, WIN CHALLENGE RACE;
## STRIDERS HAVE FIRST PLACE CO-ED TEAM AT 24 HOUR RELAY;
## JOSEPH KIPSANG WINS COLUMBUS CHASE 10K,
## GERRY CLAPPER SECOND;
## METRIC MARATHON IS 23 NOVEMBER

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## HOWARD COUNTY STRIDERS OFFICERS AND DIRECTORS

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## HOWARD COUNTY STRIDERS NEWSLETTER STAFF

George Ware, editor-in-chief; associate editor, Jane Hall; contributing writers Judy Tripp, Nancy Quick, 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 Lydia Ross, 7941 Johnny Cake Road, Baltimore, Maryland 21207 (944-3562) 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 STILL NEED WRITERS! WE STILL 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 Paul Goldenberg (703-3566) or the Strider hotline (964-1998) to forward your stories. The deadline for the next newsletter is 31 January 1987.

## PRESIDENT'S LETTER

*by Miles Weigold*

Welcome to Fall 1986! I think this is the finest time of the year for running, and hope you're enjoying it as much as I am. As many of you know, Justin, Pat, and I go to the ocean as often as possible; this past weekend was no exception. The salt spray whipping off the tops of the waves, coupled with crisp air and stiff breeze, hard packed sand on an empty beach, and the shrill

cry of the seagulls makes for a great run in my book!

## CHALLENGE RACE - BRIGHTON DAM

Thanks to all of you who came out to support the club by running the 1986 HCS/MCRRC Challenge Race at Brighton Dam. The course hasn't gotten any easier, but thank to the cooler temperatures, it was bearable this year. Once again, the number of runners participating paid off; without your participation, we would have had to leave the trophy in Montgomery County for another year.

Several people did question whether ALL of the runners from the team with the fewest number of participants should count. Maybe it would make more sense not to count the last 5 runners, thereby reducing the "pressure" on the last few finishers. If you have any thoughts on the subject, please let me know.

## CHALLENGE RACE - RRCA CLUB 10 MILER

The Fredrick Steeplechasers are truly long range planners! I've already had a call from them re: the 1987 RRCA Challenge Race held in Columbia. The '87 event will be held on Sunday, February 22 starting at 9:00 AM. We'll score as always according to cross country rules, but with minor changes. The team with the lowest number of MALE entries (minimum 15) will determine how many men count; the team with the lowest number of FEMALE entries (minimum 3) will determine how many women count. Winning team will be determined by adding together the finishing positions of all men and women who "count" with the lowest score winning!

Please put the event on your 1987 calendar as soon as you take off the cellophane! It appears that we'll need 2-3 additional scorekeepers, so if you're interested, give me a call. Lets get the trophy back from Baltimore, and complete the "sweep."

## 1987 RRCA CONVENTION

All of you should know by now (did you read the last FOOTNOTES?) that the Montgomery County Roadrunners will host the 1987 RRCA Convention in Rockville over the May 15-17, 1987 weekend. The "main event" of the convention will be the Fritzbie's 10K race, designated as the 1987 RRCA 10K championship race. First, each of you should plan to spend as much time at the convention as possible; it will be fun, rewarding, and educational. Second, I've offered the club's help to MCRRC for whatever they might want us to do (see the June President's letter). We've been officially asked to marshall the course for the 10K, and I hope we can count on your support to do the best possible job. You'll hear more later, but please mark that date also, and leave a message on the recorder (964-1998) pledging your help as a course marshall along with the other 35 - 40 Striders.

## 1985 COLUMBIA'S COLUMBUS CHASE

Tom Webb and his Special Race Committee deserve our thanks for a "job well done" with the '86 Chase. A new course, well laid out, marked, marshalled and

watered, returning male and female winners, and a good time had by all the participants made it a GREAT event. Sure we had a few problems such as no jackets available on race day, previous winners requesting expense money (we didn't pay it), and fewer than expected runners, but still a race well organized and conducted. Thanks on behalf of the Strider's membership, and all of the other participants, to the 1987 Special Race Committee. The totals aren't yet in, but I'm confident the Howard Community College Educational Foundation will benefit from the event.

## 1986 SOUTHERN POLICE INSTITUTE RUN 7/31/86

The Striders assisted the Howard County Police (an unusual turn of events) in the organization and execution of a 5K run at Centennial Park on July 31. The run was one of the extracurricular activities available to attendees from all over the US at the Southern Police Academy's Annual Meeting held here in Howard County. The race, which started at 7:30 AM!, attracted 31 participants, and was won by A.H. Hayman, MD State Police (23:32), with Howard Ferguson, HO CO Police second (23:56). Special thanks go to the following Striders who donated EARLY morning time on a weekday to insure the success of the event.

Wayne Ridgely - Striders/Police interface

| | |
|---|---|
| Arleen Kvech | Shelly Kvech |
| Marge and Mel Quick | George Lewis |
| Ellen Howland | Herby Greenberg |
| Gwen Peters | |

## 1987 ANNUAL MEETING SCHEDULED FOR JANUARY 13, 1987

Tim Beaty has scheduled the Meeting House in Oakland Mills for Tuesday, January 13 for the 1987 Annual Meeting. While marking calendars, please plan to attend this pot luck supper, followed by a review of 1986 highlights, special awards, and the election of officers for 1987. It's always a lot of fun, and everyone's invited to attend.

The Nominations and Selections Committee has put together a slate of candidates who have agreed to take on the responsibility of coordinating the various committees of the club. Consider serving on one or more of them. The time necessary will be minimal (though you can spend lots if you desire!) and the experience rewarding. Call me to explore the possibilities.

I've decided not to run as a member of the Strider's Board for 1987. Two years as Special Race Committee chairman, two year as VP, and two years as President have been enough contribution to the Striders in a direct fashion. I'll be in the wings and helping when possible, but the time is here to pass the gavel to the next President. I certainly haven't gotten any faster, though I had great hopes, and it will take about a year to get all the gear out of the basement and the garage!

The fall season offers superior weather for running. If you've trained for a long one this fall, or if you're just out a mile a day, good luck in the pursuit of your objectives, stay warm, and don't forget to have fun!

# CHALLENGE RACE TROPHY RETURNS TO HOWARD COUNTY

*by Miles Weigold*

Sunday, September 7, 1986 was the date for the 1986 Challenge Race between the Howard County Striders and the Montgomery County Road Runners. This annual event, covering seven hilly miles starting and finishing on Brighton Dam, is scored using cross country rules; the team with the lowest point total wins.

After losing for the first time to Mongomery County last year, the Striders carried the day, but by the slimmest of margins. The point totals were 3947 to 3964, with 62 runners from each club "counting."

The President of the Howard County Striders accepted the Challenge Race trophy from Bill Hall, President of Mongomery County, and stated, "I accept this trophy on behalf of all of the Striders who contributed to this win. This event is the epitome of the purpose of road running clubs; each member doing his or her best in contributing to a total team effort. We'll see you at the Dam in the Fall of 1987!"

Top male, female, and masters finishers are listed below.

| | OVERALL | | | POINT STANDINGS # OF FINISHERS | HCS | MCRR |
|---|---|---|---|---|---|---|
| 1. | TIM GAVIN | 37:13 | MCRRC | 5 | 20 | 42 |
| 2. | TOM BOWMASTER | 38:09 | HCS | 25 | 594 | 726 |
| 3. | JON HOWLAND | 38:47 | HCS | 50 | 2527 | 2618 |
| 4. | JIM CARBARY | 38:50 | HCS | 55 | 3055 | 3154 |
| 5. | GERRY CLAPPER | 39:19 | HCS | 62 | 3947 | 3964 |
| 6. | MARTIN GOODE | 39:19 | HCS | | | |
| 7. | JOE DALY | 39:55 | NO TEAM | | | |
| 8. | ADAM TRZECIAK | 39:59 | MCRRC | | | |
| 9. | DOM VIEIRA DA LUZ | 40:04 | MCRRC | | | |
| 10. | BILL LEE | 40:31 | MCRRC | | | |

| | WOMEN FINISHERS | | Place |
|---|---|---|---|
| 1. | LINDA BRENNAN | 48:33 | MCRRC (69) |
| 2. | KATHY CREEDON | 50:22 | MCRRC (76) |
| 3. | VIVI PROVINE | 51:12 | HCS (81) |
| 4. | JOANNE MATIZ-SUCH | 52:50 | HCS (87) |
| 5. | ELLEN HOWLAND | 52:55 | HCS (88) |
| 6. | JOANNE MALLET | 53:54 | MCRRC (92) |
| 7. | CHERYL COLLINS | 54:55 | MCRRC (97) |
| 8. | CAROLE RIVERA | 55:12 | MCRRC (99) |
| 9. | KATHY OPOLSKI | 55:36 | HCS |
| 10. | SUZANNE O'HARA | 56:36 | MCRRC |

| | MASTERS FINISHERS | | Place |
|---|---|---|---|
| 1. | HUBERT CHADWICK | 40:47 | HCS (14) |
| 2. | PIRIYA PINIT | 41:23 | HCS (17) |
| 3. | DAVE JOHNSON | 43:03 | MCRRC (25) |
| 4. | BERNIE GALLAGHER | 43:23 | MCRRC (26) |
| 5. | BEN MATHEWS | 43:45 | HCS (27) |

## THE ENDURANCE RUN SUPERMAN

*by Judy Tripp*

If Tom Green wrote an essay on "How I Spent My Summer Vacation," it would be a story of adventure and excitement, of long voyages and daring deeds, of loyal friends and impossible dreams. And it would be a true story of how this mild-mannered, 36-year-old house painter from Columbia, Maryland set off to conquer the world of the endurance run. In a brief three month span during the summer of 1986, Tom completed with distinction the four difficult and challenging 100-mile trail runs known as the Grand Slam of endurance runs. In doing so, he became the first and only one to do all four runs in a single season.

Tom Green doesn't really seem the type to achieve such athletic distinction; in fact he doesn't even seem to have the cockiness or ego to think of such a feat. Yet dream up the idea he did in 1985 after failing to complete the Old Dominion 100 Mile Run in Fort Royal, Virginia. Not only was he not discouraged about dropping out of the race, but he vowed to come back the following year to complete it before going on to finish the Western States Endurance Run in California, the Leadville Trail 100 Mile Run in Leadville, Colorado, and the Wasatch Front 100 Mile Run near Salt Lake City, Utah.

As with a number of off-beat and crazy ideas, the 100 mile endurance run originated on the west coast. The courses are so difficult, the trails and the altitude so challenging, that, with one exception, they often attract only about 50 to 100 participants who almost always suffer a 50% attrition rate. For an urban easterner to complete one is unusual; for a 5'11", 140-pound, eyeglass wearer who trains no more than 45 miles a week and at sea level to complete all four is, one would have thought, impossible.

Why? Why would anyone pay an entrance fee of $75 to $125 for the priviledge of enduring up to 24 hours or more of non-stop struggling over rocky trails and 10,000 foot mountain passes, through streams and around snakes, in the blinding sun and pitch darkness? For a belt buckle. Those crossing the finish line within a specific amount of time from 24 to 36 hours, depending on the run, receive a belt buckle. But why would anyone want four?

"It just seemed like something I'd like to try", explained Tom. "I'd only finished two of the five 100 milers I'd attempted 'til then - one trail run and one on the track. I don't know why I thought I could do all four, but I did." About four months after Tom had quietly set his goal, telling no one but his wife, Kay, the editor of Ultrarunning magazine announced the same goal in print. Intrigued by the virtually impossible task, the race director of the Wasatch Front offered a special award to anyone who could complete the Grand Slam of four distance runs in one year; as many as six runners then announced their intentions. "I kept my interest low key because I just didn't know if I could do it," explained Tom with his usual lack of bravado.

When it was all over Tom was willing to hazard a guess in this wonderfully understated way that his success came from a certain amount of mental discipline. He also seems to do well, he feels, at a "submaximal level for long periods of time" and was able to avoid physical breakdowns. ("I didn't even get blisters.") He is totally sincere when he says he would not have

succeeded without the help of family and friends who were his support, his crew, his pacers, and his fans. Kay, his wife of 11 years, was with him virtually every step of the way, and he acknowledges that her job as crew was often harder than his as runner. "She's the perfect support crew - she is always prepared and knows what I need more often than I know. And she doesn't ask me to drop out anymore," he adds with a twinkle, although that is an important part of keeping his mental attitude healthy.

Tom's 400-mile odyssey began on June 14th with the Old Dominion Run in Front Royal, Virginia. "It's probably the mildest course of the four," explains Tom. "There is no altitude factor, athough the heat and humidity get to some people." Here Tom placed 6th overall, out of 57 starters, in an impressive time of 21:03.28. Although he had planned to run conservatively, Tom admits to being a bit reckless racing downhill at the end in the darkness. When the dust settled after the run, four of the contenders aiming at the Grand Slam were still in the running.

There is a rule-of-thumb that says that a post-race recovery period should consist of one day for every mile run. Thus a three-month layoff from racing would be appropriate after a 100-miler. Ever-conservative Tom gave it 13 days.

Before dawn on June 28th 450 runners took off in the Western States Endurance Run from Squaw Valley to Auburn, California. This classic trail run is the biggest of them all and to Tom the most exciting. The long downhills and steep ups took their toll on 235 of the runners, however, including three of the four Old Dominion finishers shooting for the award. Tom earned his second belt buckly, placing 75th overall in 23:39.05. He stood alone in the competition.

With a six week break before the next 100 miler, Tom could take a break, right? Wrong. Afraid of "getting too flat" he tuned up with a 50 miler on the track at Fort Meade in the heat of early August.

Thus warmed up, it was off to the Leadville Trail in Leadville, Colorado, the highest city in the U.S. This run takes place at an altitude of 10,000 feet with two crossings of the feared Hope Pass. Problems plagued Tom from the start - actually from five days before the start when he and ex-Columbian -turned-ski-bum Warren Ohlrich jogged the Hope Pass to get a feel for it. They got excruciatingly sore quads as well. Perhaps it was an omen when the bus taking Tom to Leadville caught on fire. At any rate, early rain and hail caught Tom without a visor to protect his eyeglasses so the vision was poor. But it got poorer in the middle of the night when his flashlight batteries went out, forcing him to pick his way slowly along the trail by the light of a half moon. For the last eight miles, uphill but dry and light, Tom gave it everything he had. The finish line announcer described him as "burning up the asphalt coming in." But it wasn't enough to beat the 25-hour deadline for the top award. His time: 25:00.39. Those 39 seconds cost him a giant belt buckle but won him a smaller one for coming in under 30 hours. "The big one was really too gaudy," Tom consoled himself. His finish was an excellent 17th out of 96 starters and 44 finishes. Only 100 miles to go.

This time Tom and Kay spent his 13 day break relaxing in a friend's ski house - and doing major construction such as putting in ceilings. The runs were

becoming successively harder, not just because of accumulated fatigue, but because of the course and terrain. On September 6th, Tom and Kay's wedding anniversary, they arrived at the site of the Wasatch Front, near Salt Lake City. Tom was surprised to see the huge Robie Trophy already there, waiting to be awarded to the first person to complete all four endurance runs. He was even more surprised to see that his name was already engraved on it! "I was embarrassed, but I kind of enjoyed all the attention I got," he admitted.

The Wasatch Front turned out to be so difficult that it wasn't even comparable to the others. "It had all the worst of the other runs in one," explains Tom. It was not entirely a trail run; in fact much of it was orienteering and bushwacking with drastic elevation changes. "The first climb was 5,000 feet which you had to crawl up using your hands at times." Here the aid stations were fewer and farther apart so the runners had to carry packs. For Kay it was 10 hours of treacherous mountain driving and 16 hours of waiting for glimpses of Tom and chances to give him food, drink, and encouragement. The highlight for them both was running the last six miles together. It may not have been the most romantic way to spend an anniversary, but it said more about their relationship than would a candlelit dinner. Tom finished 8th out of 59; his time was 26:43.27. He won a belt buckle.

Tom and Kay are back in Columbia now with the Robie Trophy and four belt buckles. They saw a lot of the country, made many new friends, and were overwhelmed by the support of their old friends and fellow members of the Howard County Striders. Would he do it again? "Well, I'd like to do each run again - but probably not in the same year."

## WOMEN'S NEWS

*by Nancy Quick*

Women's Distance Festival

"In the Heat of the Night" might have been a more appropriate name for the 1986 Women's Distance Festival 5K. The July 19 midnight race at the Columbia Mall was the hottest one to date with temps and humidity in the 90's during that day and not much cooler at midnight. Despite the weather, some "hot" times were recorded when Cheryl O'Keefe placed first in 18:40, followed by Steffi Rausch in 19:02, and Sandy Ford in 19:54. Congratulations to all the 100+ women who crossed the finish line!

Runners didn't have to be super-fast though to win a prize, as many local merchants showed their support of women's running once again by donating substantial random awards. In point-of-fact, the evening's largest award, a Get-Away weekend donated by the Columbia Inn, was won by a very happy second-to-last place finisher! Refreshments donated by Owen Brown Liquors and Produce Galore were well-received by runners and volunteers alike. Many thanks to all those who stayed up until the wee hours to help at this race and special mention to those businesses who made donations: Adidas, Asics Tiger, Avanti's, the Bagel Shoppe, Baltimore Symphony, Bill Rogers, Inc., Columbia Inn, Feet First, Jogbra, La Prima Donna, Mason and Friends, Owen Brown Liquors, Patrick's, Princeton Sports, Produce Galore, Revelations, Rusty Scupper, and Toby's Dinner Theatre.

Next year will hopefully bring cooler weather and an even larger number of participants to help put a women's 5K on the map for the 1988 Olympics.

Women's Fun Run

Join others at the Hobbit's Glen Golf Club on November 15 for a 1-1/2 or 3 mi. run, jog, or walk followed by a breakfast of pancakes, juice, and coffee. Time: 8 AM. Cost: $4.00. Call 997-0805 by 11/12 to register.

Wine & Cheese

Stay tuned for a December seminar at Feet First. Topics covered include - "Beginning Running" and "Stretching." Wine and cheese will be served - details forthcoming. Watch your mail for the Winter Series Schedule and/or a separate notice.

OWEN BROWN LIQUORS
OWEN BROWN VILLAGE CENTER
COLUMBIA
Open 7 day a week 997-3855

Jerry Gilbert and Owen Brown Liquors have supported the Women's Distance Festival and the Metric Marathon. Let's support them and reap the benefit of a 10% discount as well.

## STRIDER SHORTS

*by George Ware*

Valerie Guilfoil was the third female finisher at the MCRR 8K Country Road Run in Olney on Sunday, 10 August. Valerie ran a 34:04. Ken McKeithan ran a 2:40:19 at the San Francisco Marathon. Ben Mathews and Vivi Provine teamed up to win the combined age group of over 90, male-female, at the September Footlocker Partner's 8K Race; Kay Weeks and her brother finished third. Joe Wasserman and Elvio Levri won third place in over 90 age group, male partners, while Jim and Cheryl O'Keefe finished third in the husband/wife team.

Gerry Clapper finished fourth at the Georgetown 10K on 19 October. Gerry ran a 30:33.

## WOMEN'S DISTANCE FESTIVAL 5K, 19 July 1986

(100 Finishers)

AGE GROUP WINNERS
OPEN

| | | |
|---|---|---|
| 1. | Cheryl O'Keefe | 18:40 |
| 2. | Steffi Rausch | 19:02 |

13-and-Under

| | | |
|---|---|---|
| 1. | Megan Ambrose | 24:54 |

(100 Finishers) CONT'D

14-19

| | | |
|---|---|---|
| 2. | Suzi Wenk | 20:06 |

20-29

| | | |
|---|---|---|
| 1. | Carolyn Ulrich | 20:09 |

30-34

| | | |
|---|---|---|
| 1. | Valorie Guilfoil | 20:10 |
| 2. | Nancy Quick | 24:12 |

40-49

| | | |
|---|---|---|
| 1. | Vivi Provine | 21:09 |
| 2. | Helen Beyers | 22:31 |

50-and-Over

| | | |
|---|---|---|
| 2. | Martha Trimmer | 28:21 |

Mother-Daughter Teams

| | | |
|---|---|---|
| 1. | Kim and Vivi Provine | 46:17 |

| | | | | | |
|---|---|---|---|---|---|
| 1. | Cheryl O"Keefe | 18:40 | 45. | Michelle Ann Schmitt | 26:49 |
| 2. | Steffi Rausch | 19:02 | 47. | Arleen Kvech | 26:58 |
| 5. | Suzanne Wenk | 20:06 | 49. | Beth Riordan | 27:16 |
| 6. | Carolyn Ulrich | 20:09 | 50. | Lois Bower | 27:17 |
| 7. | Valerie Guilfoil | 20:09 | 52. | Lisa Lowe | 27:22 |
| 9. | Vivi Provine | 21:08 | 54. | Sonyo Rauch | 27:32 |
| 12. | Kerry Ambrose | 22:18 | 58. | Jeaneen Jernigan | 27:48 |
| 15. | Helen Beyers | 22:31 | 60. | Kristin Lorsung | 27:55 |
| 17. | Judith Stiff | 23:02 | 62. | Heidi Cherry | 28:02 |
| 18. | Joyce Ditomasso | 23:10 | 63. | Suzanne Sedge | 28:05 |
| 19. | Denise Underwood | 23:11 | 64. | Joy McKennett | 28:05 |
| 21. | Marion Brandenstein | 23:31 | 66. | Martha Trimmer | 28:21 |
| 22. | Suzanne Hartley | 23:34 | 67. | Carol Beyers | 28:23 |
| 23. | Marni Peters | 23:58 | 69. | Joan Marie Benjamin | 28:31 |
| 27. | Cathi Brandenstein | 24:05 | 70. | Sheila Wenk | 28:38 |
| 29. | Nancy Quick | 24:12 | 71. | Carolyn Beaty | 29:14 |
| 30. | Nadia Wasserman | 24:20 | 72. | Joyce Hinkelman | 29:24 |
| 33. | Liz Humphries | 24:46 | 73. | Jane Walker | 29:27 |
| 34. | Janet Dahlseid | 24:51 | 75. | Judy Tripp | 29:56 |
| 35. | Monica Peters | 24:52 | 78. | Linda Ditter | 30:22 |
| 36. | Gwen Peters | 24:54 | 83. | Betty Bensel | 31:32 |
| 37. | Megan Ambrose | 24:54 | 84. | Meg Friedman | 31:32 |
| 39. | Kim Provine | 25:08 | 86. | Anna Fuchs | 32:39 |
| 40. | Catherine Thomas | 25:09 | 88. | Karen Friedman | 32:56 |
| 41. | Karen Kane | 26:08 | 91. | Lauren Dutterer | 34:29 |
| 42. | Lydia Ross | 26:15 | 92. | Barbara Dutterer | 34:30 |
| 43. | Margaret McCulla | 26:36 | 96. | Sherry Beaty | 37:49 |

## 24-HOUR RELAY, 2-3 AUGUST 1986

The Striders fielded the first place co-ed team at the sixteenth annual 24 Hour Relay at Fort Meade. The Striders placed twelfth overall out of nineteen finishing teams, covering over 208 miles in 24 hours. The Striders just missed eleventh place by 1000 yards while edging out the thirteen place team by just 250 yards. Twenty-seven teams started, but only 19 survived this lightning and thunderstorm 24-hour slumber party. Tim Beaty and Linda Buttner, perennial 24-hour Relay veterans, dropped out due to the weather. Team members and times are noted below:

| Name | Age | 24 Hour Average | Best Mile |
|---|---|---|---|
| Jim Carbary | (35) | 5:35:1 | 5:02 |
| Vince Battista | (21) | 5:45:8 | 5:22 |
| Mark Konodi | (30) | 6:21:2 | 6:03 |
| Bob Somers | (36) | 6:26:3 | 6:02 |
| Paul Goldenberg | (34) | 6:51:1 | 6:25 |
| Denise Underwood | (23) | 7:38:0 | 6:41 |
| Liz Humphries | (38) | 7:48:7 | 7:15 |
| Lydia Ross | (38) | 8:31:0 | 7:40 |
| Linda Buttner | (38) | DNF | 6:45 |
| Tim Beaty | (43) | DNF | 6:17 |

Several Striders competed for other teams. Hubert Chadwick, running with the MCRR Master Gators was first overall in the 40-49 age group, with an average time of 5:22:5 and a best mile of 5:09. John Hill, 18 years old, running with the Reston Runners team, was thirteenth overall in the open age group, averaging 5:12:7 over 24 hours with a best mile of 4:59. Martin Goode competed with the Mozart K5 team and averaged 5:33:2 over 24 hours with a best mile of 4:51. Kyle Thomas, 20, and Phil Lang, 20, competed with the Beta Lambda Tau B Team. Kyle averaged 5:23:1 with a best mile of 4:54; Phil averaged 5:21:1 with a best mile of 5:05.

Three other Striders opted for an ultra. Ben Mathews finished third in the 50 Mile Run. Ben ran a 6:57:38, finishing just 39 seconds behind second place Lyman Jordan of the MCRR. Robie Trophy winner Tom "Ultra-Man" Green finished fourth in the 50 Miler with a 7:25:48. 25 runners started the 50-Miler and 14 finished. Marsha Hartz was second overall in the 50 MIle Race Walk with a time of 12:22:17, just 8 minutes behind world class Alan Price who finished first with a time of 12:14:38, then continued on to win the 100 Mile race-walk in 23:47:25. Team standings for the 24 Hour Relay are listed below:

| Place | Teams | Miles | Yards |
|---|---|---|---|
| 1 | Montgomery County Road Runners (MCRR) "A" | 269 | 586 |
| 2 | Richmond Road Runners | 266 | 1550 |
| 3 | Reston Runners | 251 | 320 |
| 4 | Montgomery County Master Gators | 250 | 392 |
| 5 | MCRR Streakers | 249 | 1370 |
| 6 | G.I. Express | 237 | 537 |
| 7 | Mozart K5 | 229 | 1240 |
| 8 | Sallie Blue | 227 | 1654 |
| 9 | Prince George's Running Club #2 | 225 | 547 |
| 10 | Turkey Run Running Club | 224 | 1378 |

| | | | |
|---|---|---|---|
| 11 | Prince George's Running Club #1 | 208 | 1305 |
| 12 | Howard County Striders | 208 | 302 |
| 13 | The Old Days | 208 | 76 |
| 14 | Veda Plus | 206 | 890 |
| 15 | MCRR - PINK Panthers | 206 | 92 |
| 16 | Washington RunHers Unlimited | 201 | 725 |
| 17 | Fitness Fanatics | 190 | 885 |
| 18 | Fort Meade Dental Activity | 164 | 1320 |
| 19 | Beta Lambda Tau B | 148 | 01 |

The MCRR A Team set the tenth overall best mileage record. The best ever 24-Hour Relay Mileage Record was set in 1979 by the Alligator B Team with 285 miles, 1,094 yards.

## ANNAPOLIS TEN-MILER, 24 AUGUST 1986

*(1,410 male finishers; 390 female finishers)*

A) MEN

| | | | | | |
|---|---|---|---|---|---|
| 2 | Gerry Clapper | 51:00 | 374 | Bob Somers | 69:47 |
| 6 | Jim O'Keefe | 52:51 | 463 | Armand Harris | 71:56 |
| 15 | Ken Fowler | 54:51 | 510 | Paul Goldenberg | 73:07 |
| 16 | James Carbary | 55:19 | 559 | Todd Kane | 73:50 |
| 23 | Martin Goode | 56:18 | 599 | Joe Holland | 74:40 |
| 50 | Paul Sobus | 58:43 | 600 | Michael Sharp | 74:41 |
| 53 | Hubert Chadwick | 58:48 | 603 | William Spencer | 74:43 |
| 54 | Ken McKeithan | 58:49 | 630 | John McKim | 75:04 |
| 62 | Philip Riehl | 59:17 | 721 | Richard Smith | 76:33 |
| 109 | Vincent Battista | 61:35 | 730 | Joseph Bronder | 76:43 |
| 111 | Nathan Higdon | 61:38 | 805 | Skip Wenk | 77:55 |
| 126 | James Godville | 62:33 | 822 | E. Trottier | 78:17 |
| 187 | Ralph Olinger | 64:29 | 993 | Stephen Valenti | 82:02 |
| 236 | George Ware | 66:25 | 1062 | Dick Woods | 83:44 |
| 281 | Joe Wasserman | 67:30 | 1236 | Herbert Greenberg | 89:21 |
| 330 | Douglas Zaner | 68:51 | 1237 | Miles Weigold | 89:21 |
| 371 | Richard Weber | 69:45 | 1241 | Clarke Tankersley | 89:42 |
| | | | 1363 | Jean Chalk | 98:32 |

A) WOMEN

| | | | | | |
|---|---|---|---|---|---|
| 8 | Cheryl O'Keefe | 64:48 | 137 | Laura Smith | 82:34 |
| 27 | Suzanne Wenk | 71:16 | 181 | Nadia Wasserman | 85:21 |
| 51 | Vivi Provine | 75:00 | 245 | Denise Underwood | 89:43 |
| 109 | Kay Weeks | 80:24 | 255 | Karen Kane | 91:02 |
| 112 | Jean Malone | 80:39 | 341 | Janet Dahlseid | 98:33 |

C) AGE GROUP RESULTS

Men, 40-44
#3 Hubert Chadwick

Men, 60-69
#3 Joe Holland

Women, 14-19
#1 Suzanne Wenk

Women, 50-59
#1 Jean Malone

## HARVEST PROVIDENT EXPRESS 10K

*1 September 1986*

| Place | Name | | Time |
|---|---|---|---|
| 4 | Gerry Clapper | Not Available | (N/A) |
| 18 | Martin Goode | | N/A |
| N/A | Jim Carbary | | N/A |
| N/A | Nate Higdon | | N/A |

## PHILADELPHIA HALF-MARATHON, 14 SEPTEMBER 1986

A) MEN

| Name | Time | Name | Time |
|---|---|---|---|
| Jim O'Keefe | 66:00 | Al Yergey | 87:04 |
| Gerry Clapper | 66:30 | Tim Beaty | 87:21 |
| Tom Bowmaster | 71:27 | Tim Garrity | 88:04 |
| Jonathan Howland | 71:40 | Ed Trottier | 91:02 |
| Martin Goode | 74:40 | Herby Greenberg | 91:04 |
| Jim Carbary | 74:52 | Armand Harris | 92:02 |
| Paul Sobus, Jr | 75:15 | Paul Goldenberg | 97:04 |
| Hubert Chadwick | 76:08 | Richard Dopp | 1:43:25 |
| Piriya Pinit | 78:11 | Jean Chalk | 1:44:47 |
| Ben Mathews | 80:14 | | |

B) WOMEN

| Name | Time | Name | Time |
|---|---|---|---|
| Cheryl O'Keefe | Time not available | Laura Smith | 1:46:07 |
| Ellen Howland | Time not available | Nancy Quick | 1:48:07 |
| Kay Weeks | 1:41:45 | Helen Beyers | 1:52:00 |
| Denise Underwood | 1:45:55 | | |

## ZOO-ZOOM 5 MILER, 28 SEPTEMBER 1986

A) MEN

| Place | Name | Time |
|---|---|---|
| 11 | Martin Goode | 27:02 |
| 13 | Jim Carbary | 27:16 |

B) WOMEN

| Place | Name | Time |
|---|---|---|
| 12 (3rd in age group) | Joan Matisz-Sutch | 35:31 |
| N/A | Yvonne Schaberg | 49:47 |

Yvonne Schaberg ran her first race ever, finishing in 49:47. Congratulations Yvonne!

## SUN RUN 10K, 4 OCTOBER 1986

A) MEN

| Place | Name | Time |
|---|---|---|
| 3 | Martin Goode | 34:30 |
| N/A | Bill MacCormack | N/A |
| N/A | Jean Chalk | N/A |

B) WOMEN

| Place | Name | Time |
|---|---|---|
| First in 40-49 Age Group | Vivi Provine | N/A |
| First in 50 and over Age Group | Martha Trimmer | N/A |

## COLUMBUS CHASE 10K

*12 October 1986*

*(141 female finishers; 580 male finishers)*

A) WOMEN

141
721

| Place | Name | Time | Age |
|---|---|---|---|
| 4 | Valerie Guilfoil | 39:54 | 30 |
| 9 | Joanne Matisz-Sutch | 43:21 | 35 |
| 13 | Kimberly Many | 44:15 | 15 |
| 17 | Kerry Ambrose | 45:55 | 16 |
| 19 | Kay Weeks | 46:08 | 48 |
| 21 | Judith Stiff | 46:51 | 45 |
| 24 | Joyce Ditomasso | 47:10 | 40 |
| 25 | Jean Malone | 47:12 | 50 |
| 27 | Debra Ramsey | 48:01 | 35 |
| 34 | Nancy Quick | 48:21 | 33 |
| 37 | Lisa Lowe | 49:01 | 28 |
| 43 | Cathi Brandenstein | 49:26 | 15 |
| 49 | Abby Glassberg | 50:27 | 26 |
| 53 | Jillian Matey | 51:03 | 25 |
| 54 | Marion Brandenstein | 51:07 | 17 |
| 55 | Helen Beyers | 51:11 | 47 |
| 56 | Suzanne Hartley | 51:22 | 25 |
| 58 | Megan Ambrose | 51:24 | 12 |
| 64 | Arleen Kvech | 52:16 | 43 |
| 70 | Jeaneen Jernigan | 53:21 | 45 |
| 75 | Michelle Schmitt | 53:53 | 16 |
| 79 | Kimberly Swearer | 54:05 | 29 |
| 86 | Ann Sacks | 55:11 | 32 |
| 89 | Mary Jo Moody | 55:16 | 23 |
| 93 | Suzanne Sedge | 55:40 | 43 |
| 105 | Cheryl Meisinger | 57:30 | 29 |
| 120 | Martha Trimmer | 60:42 | 57 |
| 136 | Marsha Hartz | 66:20 | 47 |
| 138 | Regina Veatch | 70:59 | 36 |

# COLUMBUS CHASE 10K (CONT'D)

A) MEN

| Place | Name | Time | Age |
|---|---|---|---|
| 2 | Gerry Clapper | 29:50 | 25 |
| 10 | Jim O'Keefe | 31:20 | 26 |
| 13 | Tom Bowmaster | 32:24 | 27 |
| 18 | Don Uphouse | 33:38 | 29 |
| 21 | Jim Carbary | 34:07 | 35 |
| 22 | Nathan Higdon | 34:28 | 20 |
| 25 | Joe Thomas | 34:42 | 45 |
| 26 | Bob Burns | 34:53 | 33 |
| 27 | George Bregnan | 34:57 | 30 |
| 28 | Matt Megary | 35:02 | 16 |
| 31 | Paul Sobus, Jr. | 35:23 | 27 |
| 36 | Christopher Many | 36:19 | 17 |
| 38 | Jerry Andrews | 36:32 | 32 |
| 44 | Judson Lincoln | 36:53 | 35 |
| 49 | Eben Cobb | 37:30 | 31 |
| 50 | Jerry Warfield | 37:32 | 42 |
| 54 | Richard Rosen | 37:51 | 38 |
| 56 | John Koerner | 38:11 | 45 |
| 67 | Duane Schestag | 38:39 | 29 |
| 68 | Tom Green | 38:41 | 36 |
| 89 | Ed Trottier | 39:26 | 43 |
| 94 | Jim Greenfield | 39:33 | 43 |
| 95 | George Ware | 39:36 | 36 |
| 98 | Jim Muth | 39:46 | 39 |
| 109 | Bill Spencer | 40:27 | 39 |
| 115 | Bert Moore | 40:58 | 51 |
| 141 | Scott Woods | 42:04 | 12 |
| 163 | Bill Brandenstein | 42:52 | 47 |
| 174 | Ronald Stiff | 43:09 | 46 |
| 175 | Robert Muzzuco | 43:11 | 40 |
| 186 | Steve Coffey | 43:36 | 49 |
| 191 | Paul Goldenberg | 43:42 | 35 |
| 213 | Martin Shapiro | 44:37 | 49 |
| 226 | Bruce Marshall | 44:52 | 43 |
| 233 | Jean Chalk | 45:01 | 52 |
| 234 | Ray Plotecia | 45:01 | 40 |
| 236 | Richard Smith | 45:05 | 43 |
| 250 | Joe Holland | 45:35 | 64 |
| 254 | Bill MacCormack | 45:45 | 43 |
| 270 | David Kravitz | 46:14 | 30 |
| 274 | Francis Higgins | 46:16 | 30 |
| 291 | David Barrett | 46:51 | 43 |
| 302 | Charles Morgan | 47:07 | 37 |
| 317 | Joshua Tripp | 47:30 | 11 |
| 323 | Dick Woods | 47:39 | 40 |
| 326 | Mac Ramsey | 47:49 | 35 |
| 346 | Jerry Casper | 48:13 | 35 |
| 348 | James Ragus | 48:14 | 42 |

## COLUMBUS CHASE 10K (CONT'D)

A) MEN

| Place | Name | Time | Age |
|---|---|---|---|
| 349 | Joe Wagner | 48:15 | 39 |
| 351 | Michael Sacks | 48:16 | N/A |
| 356 | George Bassford | 48:23 | 44 |
| 372 | Hans Breville | 49:07 | 9 |
| 380 | Ken Firestone | 49:21 | 42 |
| 383 | Fred Bomse | 49:33 | 47 |
| 390 | John McDonough | 49:44 | 32 |
| 395 | Sam Kennett | 50:01 | 37 |
| 417 | Ron Berkowitz | 50:32 | 47 |
| 441 | William Wills, Jr. | 51:13 | 45 |
| 446 | Anthony Ambrose | 51:23 | 40 |
| 447 | John Neal, Jr. | 51:23 | 48 |
| 449 | Thomas Tremain | 51:27 | 51 |
| 455 | Michael Liberatore | 51:50 | 16 |
| 485 | Norman Bickman | 53:09 | 45 |
| 511 | Glenn Trimmer | 54:59 | 54 |
| 533 | John Laudadio | 56:36 | 44 |
| 558 | James Murphy | 60:15 | 45 |
| 560 | Robert Minutoli | 60:44 | 36 |
| 561 | Fred Glassberg | 60:45 | 52 |

C) AGE GROUP STRIDER WINNERS

14 and Under Boys
2. Joshua Tripp 47:30
3. Hans Breville 49:07

14 and Under Girls
2. Megan Ambrose 51:24

15-19 Men
1. Matt Megary 35:02
3. Chris Many 36:19

15-19 Women
1. Kim Many 44:15
2. Kerry Ambrose 45:55
3. Cathi Brandenstein 49:26

20-29 Men
3. Tom Bowmaster 32:24

20-29 Women
3. Karen Giddings 44:47

Wheelchair-Men
3. Larry Hughes 46:43

35-39 Men
1. Jim Carbary 34:07
2. John Slocum 36:47

35-39 Women
2. Joanne Matisz-Sutch 43:21
3. Arlene Gamble 44:12

40-49 Men
2. Joseph Thomas 34:42
3. Jerry Warfield 37:32

40-49 Women
2. Kay Weeks 46:08
3. Judith Stiff 46:51

50-59 Men
2. Bert Moore 40:58

## COLUMBUS CHASE 10K (CONT'D)

C) AGE GROUP WINNERS (CONT'D)

30-34 Women
2. Nancy Quick 48:21

50 and Over Women
1. Jean Malone 47:12

60 and Over
2. Joe Holland 45:35

### Free Stress Testing

Sally Awalt McCoy, a graduate student in exercise physiology at the University of Maryland, College Park, Md., is still seeking volunteer subjects for participation in her thesis research. The research involves the effects of external added loads to the hands and feet on a group of long distance runners. Males (under 34 years) are the preferred subjects. The subjects will engage in a complete stress test which will measure oxygen uptake, blood pressure, heart rate, and perceived exertion. The testing will occur at the University of Maryland Exercise Science Lab. She is asking for volunteers from the Howard County Striders to participate in this study and receive free stress testing.

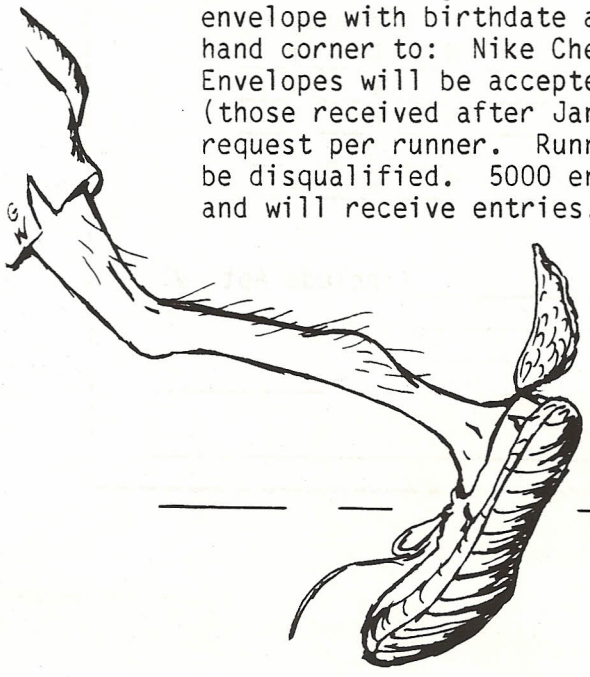
Interested Striders should contact her as noted below.

Sally Awalt McCoy
3355-C N. Chatham Road
Ellicott City, Md. 21043
(301) 461-6176

### How to Enter the 1987 Nike Cherry Blossom

The 1987 Nike Cherry Blossom 10 mile will be held on Sunday, April 5 in Washington, D.C. A lottery will be used to select entrants.

Runners desiring an entry blank should send a long, self-addressed stamped envelope with birthdate and social security number noted on the lower left hand corner to: Nike Cherry Blossom, P.O. Box 4594, Silver Spring, MD 20904. Envelopes will be accepted only between December 15, 1986 and January 15, 1987 (those received after January 15 will be automatically rejected). Only one request per runner. Runners submitting duplicate or multiple requests will be disqualified. 5000 envelopes (individuals) will be selected at random, and will receive entries.



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 application and mail it to the address listed below.

Club dues cover a calendar year (1 January to 31 December). 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.

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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
A Type of Membership: Family: /__/ Individual: /__/ Full Time Student: /__/
S DUES.....$15.....$10.....$ 6
E Is this a Renewal? Yes /__/ No /__/

IF FAMILY, INCLUDE FIRST NAMES: Birthday

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: (___)-_____-_____

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

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