

# HOWARD COUNTY **STRIDERS**

NEWSLETTER

Vol. 7 No. 2

July 1987

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Inside: Slides from  
**Clyde's!**

## **Howard County Striders Officers and Directors**

Phil Riehl, President	Dick Woods/Junior Striders
Bob Burns, Vice President	Miles Weigold/Membership
David Tripp, Treasurer	Jim Carberry/Racing Team
Kay Allmon, Secretary	Paul Goldenberg/Newsletter
Paul Sobus/Weekly Races	Jane Hall/At-Large (Bulk Mailing)
Tom Webb/Special Races	Denise Underwood/At-Large
Vacant/Nominations and Selections	Ralph Olinger/At-Large
	Nadia Wasserman/Women

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## **Howard County Striders Newsletter Staff**

Paul Goldenberg, Editor; Jim Carberry,; Ben Mathews; Phil Riehl; Dave Tripp; Bob Cessar; Sandra Lee Schmitt; Marsha Hartz

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### **Statement of Strider Philosophy**

The Howard County Striders, Inc. is a non-profit organization dedicated to promoting and educating people on the physical and mental health benefits of long distance running. Through its major focus on participation in a running program, the club supports a wide range of competitive, non-competitive and educational events and seminars. The club is an accredited chapter of the Road Runners Club of America (RRCA). Membership in the HCS is open to the public, and automatically includes membership in the RRCA. Membership in the HCS also entitles individuals to reduced fees in all weekly race programs, and eligibility for a number of grants and programs. For further information on membership, contact Miles Weigold, 6327 Golden Hook, Columbia, MD 21044 (964-1998); 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.

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Striders, let us know what you're up to! Help make your newsletter the best. We need writers, photographers, and your suggestions. If you would like to contribute or if you just want to let us know what you think of the newsletter, call Paul Goldenberg at 730-3566.

**The deadline for the next newsletter is September 1.**



# President's Column

by Phil Riehl

A short few paragraphs cannot begin to address all that has happened during the last few months. There is much to report both within the Striders and nationally within the RRCA.

## RRCA National Convention

Marty and I thank you for sending us to the national convention, May 14 through May 17.

The RRCA is setting up a national office in Washington, D.C. Henley Gibble, the RRCA President, asked all clubs to inform their members of the National Contributors Club which accepts donations for the explicit use of the RRCA in funding the new national office.

Gatorade and Quaker Oats have signed three year contracts with the RRCA to become national sponsors. Shortly, you should start seeing commercials advertising Gatorade as the "Thirst Quencher of the RRCA" and Quaker Oats using the RRCA logo in their campaigns.

Part of your membership dues go to the RRCA for costs associated with running a national organization. The current fee is \$.75 per year. There are two ways to raise revenue for the RRCA. First, they can raise our dues structure. Second is to increase membership in the RRCA by the local recruitment of members. We are doing our share with new members.

The National Convention for 1988 was awarded to the Indianapolis Studiers. It will be held the week of May 2, 1988.

## WOMENS RUNNING

Anyone who has been around the Striders over the past few years has heard of Nancy Quick. Nancy and her husband have moved to Pennsylvania. To Nancy we owe our sincerest gratitude for a job well done. She leaves behind a foundation of stability for womens running in Howard County. She will be hard to replace.

## STRIDERS RUN-IN/PICNIC

Details are being researched for a family style picnic at Centennial Park. If you have experience in co-ordinating this type of gathering we need your help.

## MONTGOMERY COUNTY CHALLENGE

Every year the Striders and the Montgomery County Road Runners toe the line at Brighton Dam for the renewal of the fastest club contest. Since the race is scored using the cross country format, all runners count. This is the first notice that the race will be held on September 13, 1987 starting at 8:15. Your participation is needed. Keep the trophy in HOWARD COUNTY.

## CLYDE'S

I want to thank John Mancuso of Clyde's for his continued support of the race. The partnership between Clyde's and the HCS is beneficial to both. His confidence in us allows the club to raise money, and put on a premier road race, similarly because of our confidence in him we are able to market Clyde's as the race not to miss. Who can beat take prizes and refreshments Clyde's provides after the race? We are looking forward to the tenth Clyde's next year.

*Continued on page 11*

## Women's News

by Nancy Quick

### *Bonne Bell*

Congratulations to all the women who competed in the Bonne Bell on May 10. The Striders sent three teams to Washington and, although the Montgomery County Roadrunners Club walked away with most of the prizes, the Striders made a great showing and ran well. Thanks to those who participated: Marion and Catherine Brandenstein, Becky Allmon, Shelly Kvech, Karla Filipczak, Carolyn Ulhrich, Valerie Guilfoil, Jackie Cummins, Lisa Lowe, Vivi Provine, Kay Weeks, Nadia Wasserman, and Helen Beyers.

### *Interval Training*

Are you interested in getting together once a week to run intervals? Do you want to meet at a track with other women and run at your own pace. Call Nadia Wasserman at 381-6385 for information.

### *Race Results*

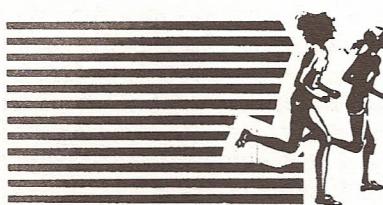
There have been several misunderstandings regarding the *FLIER'S* publication of racing times. Individuals responsible for reporting times to the paper have unintentionally omitted some great times and made mistakes. Please call race times into the Striders Hotline, 964-1998, if no one from the club asks your time upon completion of a race. This should prevent any future misunderstandings.

### *Fond Farewell*

Almost seven years ago (has it been that long?) I ran my first Strider's race with Jackie and Phil Stevens—former Striders, present day Indiana residents, and close friends. What struck me immediately that day was the warmth and comraderie of the club members. It was very evident, even to a back-of-the-packer like me, that the Howard County Striders was a uniquely supportive organization.

That first impression has only been reaffirmed throughout the years, which makes it even harder for me to say goodbye this month when my family moves to Allentown, Pennsylvania. I will certainly miss the many people I have gotten to know (what a mottley crew!)-for their friendliness, broad-mindedness, individuality, and seemingly unconditional acceptance of all those who run. What a great group!

Thanks—hopefully there's a running club where we will be living in Pennsylvania. But, I do not hold out much hope that it will match the Howard County Striders.



**Dateline:** Sunday, March 29, 1987, 9:00 a.m.  
**Event:** The Eleventh Running of The Lady Equitable  
**Weather:** Outstanding. Sunny. Warm.  
**Amazing Feat:** I Showed Up!

By Sandra Lee Schmitt

It's Winter Recess and I am discussing with myself (so who else cares enough to listen?) the feasibility of my becoming a runner and entering a race. The conversation over, I conclude that yes, I am going to join the likes of Mercury and, with winged feet, traverse a predetermined course—The Lady Equitable. After all, I am a member of the Howard County Striders and should therefore learn to put one foot in front of the other with a little more bounce.

One month goes by and I have yet to start a regimin which includes running, jogging or rapid leg movements of any kind. Excuses abound. It's too cold out. I might catch a cold which develops into pneumonia and results in my untimely death. There's too much ice and snow on the ground. I might slip and break a leg and, immobilized, starve to death. I can't run that track at the Athletic Club; it takes 400 laps (a low estimate) to complete one mile. By the time I reach 10K, I would be so dizzy and disoriented as to go completely insane. But as the fates would have it, I "discovered" the indoor track at Catonsville Community College (CCC). Three nights per week I go directly from work to classes at CCC. After securing a parking space (another story), I have 1½ hours left. Oh, whatever shall I do (no, yes, no, yes, no yes-yes), I must use this time well. I WILL LEARN TO RUN. If I am not mistaken, race preparation began February 10th with less than 48 days to race time.

The track is a tenth of a mile. A quick computation gave me the data I needed—I will have to make 62 circuits to equal a 10K distance. Good Grief, Charlie Brown! I decided to set some smaller goals to reach the ultimate goal: race completion. I have seven weeks.

*Week 1.* By the tenth lap on the first day, I am breathing hard. Solution: regulate breathing by inhaling deeply for four counts and exhaling completely for four counts in pace with my legs. Result: completed twenty laps (two miles).

*Week 2.* Stitch in side after two miles. Solution: elevate arms, massage area and check breathing. Result: pain subsides and complete three miles.

*Week 3.* Sore legs. Solution: more stretching and warm-up with gradual increase in speed. Result: less pain but still three mile completion.

*Week 4.* Where do these excuses come from? A voice says, "Your feet are hot. Stop running. Your legs ache. Stop running. You are tired. Stop running." I say, "No, *you* stop running. Stop running your mouth and let me reach my goal." Result: three miles and holding.

*Week 5.* The gym is closed—girls' basketball tournament. I should have known. This has gotten beyond my control.

*Week 6.* Ok, Ok, let's get on with it. Four miles tonight or bust! Solution: apply Sanyo radio (the itsy bitsy kind) to ear. Result: the distracting babble of Weazel on WHFS tricks my

*Continued on page 13*

## Excerpts from My London Marathon Journal

By Bob Cessar

### Friday, May 8

I went through the ritual of picking up my race packet at Exhibition Hall on the Southbank. Fortunately, I am seeded as an Amateur Athletus Association (AAA's) runner. To run the AAA's, you must have run a sub 2:40, be a member of a British club, and be a British citizen. I met the requirements for the first two, but lied about the third—who was going to know anyway?

Every major race has an exhibition tent and London was no exception, between the free clinics, sports gear advertisements and race promotions, a runner could spend all day (not to mention a lot of money). But, first things first, I got my number, then the coveted London marathon T-shirt. Unlike American races, Europe promoters do not offer T-shirts. Too bad for the Brits.

### Saturday, May 9

Returned to my running club in Hyde Park, the Serpentine Running Club, for our annual Breakfast Run. Last time I lived in London, I ran the Breakfast Run, but not the marathon. Plan to change that this year. Probably the best part of the run, aside from it being an easy two miles around the Serpentine, is seeing many old friends (and rivals) who also plan to race. The consensus of my friends was that I look very "fit."

After a long warmup and an easy run, we got down to the real task at hand: breakfast, the cakes and cookies rapidly disappeared as a horde of 200 hungry, carboloading runners

descended on the clubhouse. During breakfast, I met some Americans on tour to run the marathon. (Alas, I tried to stay away from the Yanks, but they figured out I was an American—probably my accent gave me away). They were a very tired lot, trying to see as much of London as possible while still trying to run the marathon. When will they learn that tourism and marathon running don't mix?

Conversation always centered on the race. The consensus among all (including the British press) was that Charlie Spedding and Ingrid Kristiansen had a lock on the race. Unfortunately, there were no good American runners in the race for me to support, so I'll go for Spedding.

### Sunday, May 10.

Race day on Black Health Common. As an AAA's runner, I am seeded 671 out of 22,000 plus with a 2:38:40 time—what a deep field! Probably the nicest feature of being a AAA's runner is the private warmup area, changing tent, Rent-a-loos (no standing in line), and a separate bus for your gear. After changing into my Serpentine vest, lacing up my Nike Axis, I head for the starting line.

The weather was cool, about 55, with some sun, good running weather. As I warm up, I recognize several of the favorites, like Charlie Spedding and Hugh Jones. As the clock moves closer to the 9:30 start, the runners are lined up and then the gun. I head out on the long 26.2 miles to Westminster Bridge and the finish line.

The first 3 miles are quite fast, around 5:20 pace. At 3.5 miles, the men's start merges with the women's. Ingrid already far ahead of me, but I see Prescilla Welch just ahead so I decided to stay with her for a while.

The next three miles go by quickly. At each water stop, you have your choice of a cardboard water container, or Isotar (British Gatorade). With the cardboard boxes, you can drink without spilling 3/4 of the water all over yourself. As the temperature rises, the extra water will help. At 6.5, we run by the Cutty Sark at Greenwich, I am amazed at how *thick the pack* still is.

At 10 miles we run through the London docks at Rutherford and the Surry Docks. My wife and two British friends yell encouragement. My Serpentine vest also brings cheers from people all along the course.

The next landmark is Tower Bridge across the Thames at 12 miles. I had run across the bridge during training runs, but not during a race. Maybe that is why I never noticed that the bridge had a major *incline*. Maybe I realized that I had just run a hill because the worst part of the course, the dreaded Isle of Dogs, is just around the corner.

The Isle of Dogs, at one time, was the center of the port of London and part of the infamous East End. After a period of decay, it has undergone a major renovation and now is becoming the in-place to live (like Georgetown or Bolton Hill). However, large parts of it are undeveloped, unshaded and downright boring. Problem is, the next five miles, 15-20, are over this route. Nothing to do but grin and bear it.

The next major landmark is also London's most famous, the Tower. For marathoners, it is also infamous for its 1/2 mile of 600 year old cobblestone (the "cobbles"). Luckily, the race organizers placed astroturf over the cobbles, but, at 22 miles, running on very uneven astroturf can do a number on your legs. They do it to mine, as I begin to hit the "wall."

The next mile is along the Victorian Embankment—there must be a

million spectators along that mile. I hear cheers for the Serpentine, which spur me on. At the end of that long mile, I go by the Nelson monument of Trafalgar Square and head into St. James Park toward Buckingham Palace. The crowds are very thick now, as my pace slows. The only saving thought on my mind is that I am near the finish.

Once past Buckingham Palace, less than a mile to go. Big Ben and the finish line looms in front of me. After passing the 26 mile mark, I know I am home free and begin to actually enjoy the race, albeit only for 365 yards. I cross the finish line feeling tired, but elated. I look at the clock, 2:38:15, my best time ever.

After the obligatory Mars<sub>TM</sub> bar (Mars sponsored the race), space blanket and water, I gather my gear and change. Soon, I see some familiar faces who survived the race. We are all too tired for any post race talk so we buy several ice cream cones, sit along the Thames, and watch people go by.

That night, after a shower, an Indian curry, and beer, we watch a video of the race. It was, at that point, that I knew I would be back again next year.

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## Strider Shorts

Some impressive Ultra marathon performances to report: Mark Konodi and Tom Green both successfully completed the Old Dominion 100. They were among the remarkable 51 finishers who completed the arduous 100 mile trail run in under 24 hours. Mark finished in 22:40 with blistered feet. Tom made it in just under the wire in a time of 23:51. Tom Green then flew west where he completed the Western States 100, finishing an hour ahead of Colorado-based Strider—Warren Ohlrich.



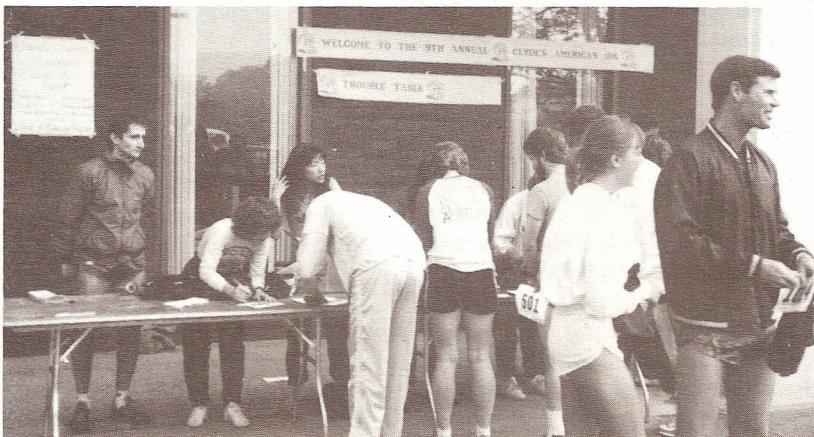
## To All The Clyde's Volunteers Thanks For A Great Race

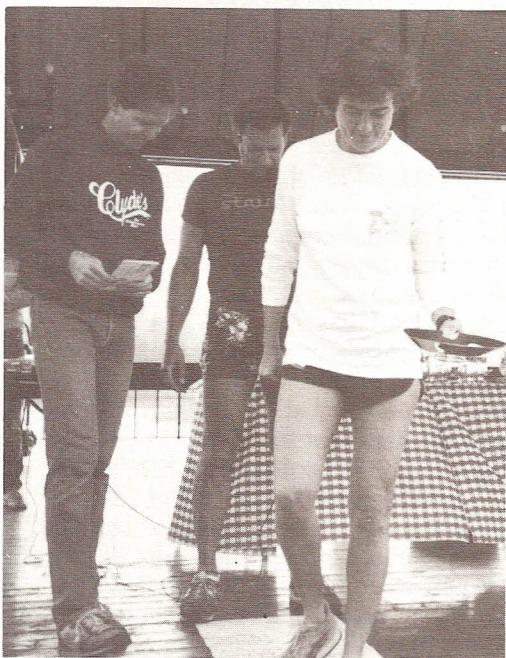
Judy Tripp  
Dave Tripp  
Denise Underwood  
Armand Harris  
Mel Quick  
Sandy Fitzgerald  
Jillian Konodi  
Mark Konodi  
Dick Fitzgerald  
George Turner  
Kay Allmon  
George Allmon  
Gloria Webster  
Mary Brandenstein  
Kay Green  
Bert Moore  
Tom Tremain  
Lisa Lowe  
Ken Brake  
Jim Carbary  
Ken Barnes  
Greg Oliver  
Kerry Ambrose  
Ellen Coffey  
Janice Rekus  
Amy Vergey  
Robert Patrick  
Kim Many  
Janet Coffey

Becky Allmon  
Marcy Leonard  
Bob Provine  
Joe Young  
Joe Wagner  
Carol Marty-Smith  
Linda Mathews  
Joni Mathews  
Ben Mathews  
Lisa Perry  
Barb Schwartz  
Bob Ross  
Marty Reid  
Duane Schestag  
Phil Riehl  
Jane Hall  
Linda Vergey  
Paul Sobus  
Jerry Andrews  
Bob Burns  
Hubert Chadwick  
Rick Rosen  
Linda Levy  
Karen Kane  
Todd Kane  
Nadia Wasserman  
Joe Wasserman  
Ralph Olinger  
Miles Weigold

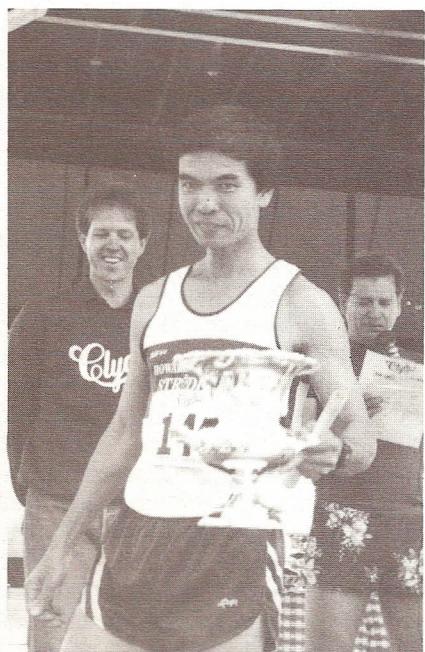
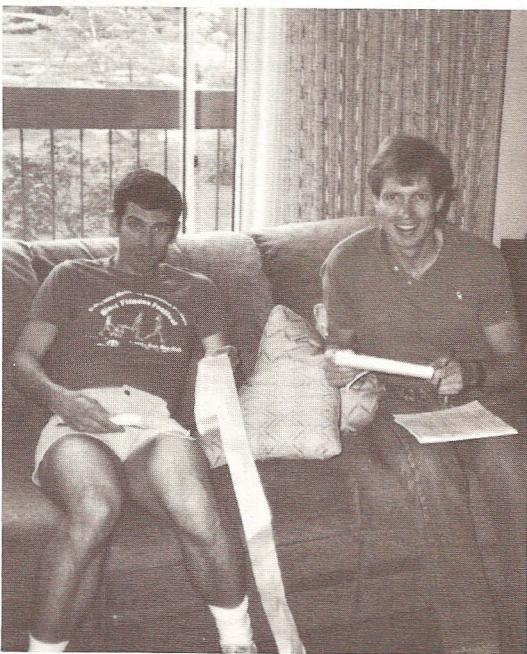
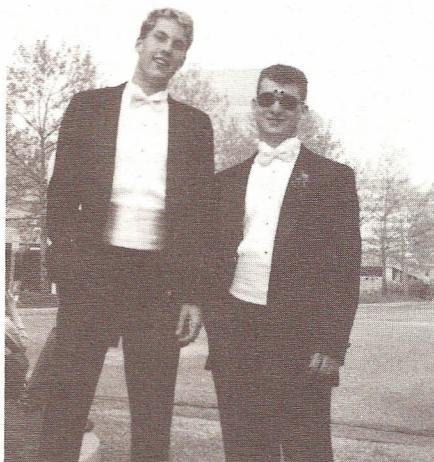
Tim Beaty  
Sherry Beaty  
Jon Howland  
Dorothy Lennig  
Jean Malone  
The Howard County Police  
The folks from Clyde's  
And all the others!

*maggie Neal  
Jerry Wilson*





Photos by Rick Rosen





## THE BAGEL SHOPPE IRREGULARS Baseball Caps for Aerobic Athletes

By Jim Carbary

During an athletic endeavor, I can be recognized by a baseball cap. I have worn a baseball cap to the summits of Grand Rapids, chasing down Indians in New Mexico, playing volleyball games, football games, even baseball games, and while running the infamous 24 hour relay. Nearly 30 years of extensive experience have made me an expert on baseball caps.

I first began wearing a baseball cap when I was 7 years old after I saw John Wayne in a baseball cap in the Sands of Iwo Jima. My early caps were those of the Chicago Cubs, a baseball team popularized by Ernie Banks in the 1960's. Ernie hit 501 home runs in his baseball cap. When I was a teenager, I wore a Highlands-Pleasantdale little league cap that said "HP" on it. The HP cap was constructed of good felt, and you can't buy a felt baseball cap anymore. By the time I arrived at the University of Illinois, I had taken to wearing a generic blue baseball cap. After I got out of graduate school and started making the Big Bucks, I bought a Texas Rangers baseball cap at the Penneys store at Security Square. People often asked me if I wore the Rangers cap because I was the world's shortest Texan. Actually, there is no truth in that; I bought the Rangers cap because Penneys only had Rangers caps in stock. After living in Columbia for a few years, I became aware of Earl Weaver's team and purchased a real baseball cap at a specialty shop in Berkeley, California. I have worn this cap ever since.

Baseball caps do not bring good luck or make you run faster, but they often prove to be servicable headgear. The wide brim shields the eyes from sunshine, rain, sleet, snow, hail, windblown dust, and automobile headlights. Unlike a headband, a cap absorbs sweat over the full skull-cap. (A felt cap is especially good for the absorption of sweat, but they don't make felt caps any more.) Furthermore, a cap keeps solar ultraviolet from scorching your pate and nose.

Unfortunately, good baseball caps are almost impossible to find today. J.C. Penney no longer carries them. Even sporting goods stores do not stock real baseball caps. Instead, one finds cheap things with plastic adjustment bands in back. Such abominations are meant for poultry farmers, golfers, and softball players who chug to first base and think it great exercise. The serious aerobic athlete should consider nothing but the finest baseball caps. Like Stetsons, real baseball caps come in sizes to fit the head snugly; they do not have those fits-all-sizes bands. The cap material consists of cotton or nylon cloth, with a cardboard liner in the bill. Real baseball caps do not have nylon mesh or open areas. Furthermore, the symbology on real baseball caps states affiliation with an actual baseball team and does not advertise Lite Beer, John Deere, or the Washington Redskins. Unlike these mass-produced imitations, real baseball caps are hand-made by retired umpires in Louisville, Kentucky, and always have the Official Baseball Cap tag inside. And to find a real baseball cap now requires an arduous search through tiny specialty shops often located in the Dark Reaches of the inner city.

Once purchased, the baseball cap should be worn every day during strenuous

exercise and never, ever washed. After an initial break-in period, the cap will conform to the owner's head much the same as a pair of blue jeans conforms to the lower body. Washing would clean the cap but would also deform the cardboard liner in the bill. Besides, the real aerobic athlete is not concerned with having a clean baseball cap. Indeed, the more thoroughly soiled a cap, the more glory it attests.

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Jim Carbary has been spotted (with baseball cap) running (quite irregularly) with the regular group leaving from behind Feet First every Saturday at 7 A.M.

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*Continued from page 3*

#### SPECIAL THANKS

Probably the most difficult job within the HCS is that of Special Race Director. The HCS sponsor four major races per year: the Challenge 10 Miler, Clydes, Columbus Chase and the Metric Marathon. Preparation for a race starts up to three months in advance. Coordinating the activities with the Police and the State Highway Administration can be difficult in itself. Add in the committee of 15 who are in charge of volunteers, traffic, finish line, results, emergencies, music and awards and you start to get the picture. Then orchestrate the race and the 200+ volunteers on race day. For the past two years one man has run the show. He's the guy who normally looks like he's run the race before it starts. His name is Tom Webb, and he has done one terrific job for us.

#### FRITZBES VOLUNTEERS

Just got a letter from the Race Director of Fritzbes 10K. To quote his letter "... the experience and knowledge of your club members was evident in the very professional way they carried out their tasks. I guess that's the way they normally perform for your major races." To those volunteers I say thank you as well. Your efforts make us all proud to represent the HCS.

#### STRIDER SHORTS

Tim Beatty recently passed some major mile posts in his running career. During one memorable Saturday morning run with the Bagel Shoppe Irregulars he passed the 25000 mile mark. This was duly noted at the three mile mark. (Does Ed Trotter's remeasuring of the 16 mile loop mean that the actual 25000 mile accomplishment occurred at some later date? The certification committee has been called to review the evidence and a final ruling is pending.) Some weeks later, Tim Celebrated his tenth anniversary as a runner. Requests that Tim submit his Casio watch for calibration with the NRC's atomic clock have gone unanswered. In celebration of his achievements, Tim ran the God's Country marathon from Galeton to Caudersport, PA. Tim describes the course as hilly and the weather as hot and humid with the temperature 75° at the finish. Tim finished 27th overall and 6th master in a time of 3:23. Tim reports that Elvio Levry also ran the race but Tim couldn't find him at the finish.

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If you are looking for a good 10K in September you might consider running the BWI-Westinghouse 10K on September 20 at 8:30. For more information on the race which benefits the National Downs Syndrome Congress call 765-5503. There will be a random drawing for a round trip for two to London. Along with the 10K there will be a 2 mile fun run.

## The Double Boston Marathon



This year, the official Boston Marathon was held on Monday, April 20, 1987, at 12 noon. Seven Howard County Striders qualified for the Marathon and made the trip to Boston: Joe Wasserman, Paul Sobus, Chris Brown, Bob Burns, George Bregman, Mark Konodi, and me. Most of us decided that we would not pay the exorbitant downtown Boston hotel prices and opted, instead, to stay in the suburbs.

I arrived at the hotel in Newton on Sunday morning and met up with Joe Wasserman, Bob Burns, and Mark Konodi. Our plan was to meet Chris Brown, George Bregman, and Paul Sobus at the Runner's Expo in Boston at 1:00 PM. We decided that it would be foolish to drive into Boston because of all the traffic in the city, therefore, we headed for the MTA (T) at Chestnut Hill Station. This was the beginning of our day before the Boston Marathon, or, the first leg of the Double Marathon.

We walked from our hotel to the 'T' which was a distance of about two miles. We rode the train into the city, standing of course, and walked the mile from the Copley Plaza station to the Runner's Expo at the Westin Hotel. Still fresh and raring to go, we headed for the Expo and the packet pick-up location. Most of wandered around the Expo and the hotel for about two hours—I figured we covered a good five miles. We were now at the eight mile mark, and all warmed up.

After the Expo, Joe Wasserman and Chris Brown suggested we visit Faneuil Hall (another Rouse project) and the Quincy Market Place. Since we were all anxious to visit this landmark, we set out to find it. Three miles later, we all stood at Red Auerbach's statue at Faneuil Hall. We weren't too tired, as we were only at the 11 mile mark. What's 11 miles to a marathoner?

We toured the Hall for about two hours, visiting Bill Rogers' store and other attractions. We were beginning to tire—after all, we had covered about 15 miles and still had another 11 plus to go. I suggested to Chris Brown that we retreat to his hotel and rest before the trek to the Pasta Feast at the Computer Museum. We ran to Chris' hotel and dropped in the lobby (the 16 mile mark). We were getting real tired.

After resting for about an hour, we began our walk to the Pasta Feast, which was being held near the site of the Boston Tea Party on the docks. Our 3-miles took us across cobblestones, railroad tracks and bridges. We then had to walk another 1/2 mile to get to the end of the Pasta line. After one hour and another half mile, we finally reached the 20 mile mark, low on glycogen reserves but high in spirits.

After restoring our glycogen reserves, we had to find the 'T' to take us back to our hotel in Newton.

Little did we know that the 'T' was about four miles from the Pasta Feast. (We were over 20 miles, and weren't about to quit.) We reached the station and rode the 'T' back to Chestnut Hill. We now had just a little over two miles to go. Finally, after covering the distance, we all staggered into the hotel, a little tired but proud of our accomplishment.

The next day, we all *ran* the Boston Marathon and completed the event. I'm sure that the seven Howard County Striders' Double Marathon set some kind of a record. We may try it again *next* year. Anyone who is interested in next year's event should contact one of the seven organizers of this year's event.

Ben Mathews  
Double Boston Marathoner

*Continued from page 5*

legs into running four miles.

*Week 7.* The race is on SUNDAY and you can only run FOUR MILES. Solution: all of the above plus devoted prayer to a well known supreme being. Result: I actually ran five—count them—five miles.

I am in a semi panic. What if I show up for the race and I can't finish? Humiliation. My friend Tom, the Boston Marathoner, gives me hope. He shares with me the "runner's formula"—if you run  $\frac{1}{3}$  the race distance per day, you should be able to finish the race. Of course, this formula is sweetened by the shear fear of the race and the excitement it brings to guarantee a positive result.

As race day dawns, I hastily shower, eat a small balanced breakfast and prepare my attire. My daughter Shelby, a fellow Strider and true athlete, lends me a pair of runner's tights and I add a distinctive "T" shirt with the slogan "Experiment with a Chemist" for ready identification when I succumb. (Yes, that's

my mother—the fallen chemist.)

We, Shelby and I, walk briskly down Pratt Street, planning our moves while pinning our numbers across the fronts of our bellies. The two minute warning sounds and I am still in line at the facility. With seconds to go, we push forward through the crowd of runners to a comfortable spot and the balloons are launched. The race has begun! We got separated in front of the tea and spice factory.

Well, I can't say that I set any records that day, as I was passed by seventy-five year young and physically handicapped ladies, but I accomplished what I set out to do: I completed the race and I set a P.R. (See, I've picked up some lingo.) of 60:08 for a 10K that I planned to finish in 90:00! The cheers are deafening.

Should the Newsletter accept advertisements? Let us know your opinions. Call Paul Goldenberg at 730-3566.

## RRCA Convention in Rockville

by Dave Tripp

Congratulations to our friends and neighbors of the Montgomery County Road Runners Club, who had the courage and resourcefulness to host the Road Runners Club of America's 30th Annual Convention. It was a tremendous undertaking for a relatively small club, but MCRRC did a terrific job. Since Judy, Jason, Joshua and I were unable to get to Rockville until Saturday at noon, May 16th, we missed several of the planned events including the formal business meeting. (Phil Riehl represented the Striders.) We did attend four workshops, the annual cocktail party and banquet, and Fritzbe's 10K, the RRCA National Championship 10K.

The workshops were interesting in that they highlighted the fact that most RRCA chapters have similar problems. Finding, recognizing and rewarding volunteers was the subject of one workshop, while a second focused on developing new leadership for a club. The third workshop that we attended centered on children's running and some of the programs that clubs are trying to develop. It was very clear to the four of us that our efforts through the Howard County Junior Striders put us light years ahead of everyone else in this area. Finally, we attended a fourth workshop on race safety and medical management—an area where I feel we are not up to standards and need to improve.

The early evening cocktail party included a fashion show with numerous stunning models, including our own Sandy Ford and John Kuehls. The banquet was fun, but not without its share of problems. The total order of chicken dinners versus vegetarian dinners got flipflopped so that a lot of unwanted manicotti was served to people expecting chicken. The after dinner speaker was John Parker, a very funny man who was part of the Gainesville, Florida, distance running community along with Marty Liquori, Frank Shorter, etc. He has written several books which sound like they would be enjoyable to read (*Once a Runner, Aerobic Chic and Other Delusions, Runners and Other Ghosts on the Trail* and *Elite Runner's Guide*). John's rambling talk was great, but the only problem was that he went on for 55 minutes. A lot of folks planning to run or work the next morning's race felt compelled to leave early.

Fritzbe's 10K had close to 4,000 entrants, making it the largest Maryland road race in several years. The MCRRC pulled it off nicely, with no small thanks to more than 20 Howard County Striders who volunteered and worked the race. Our own Gerry Clapper finished third overall behind Jim Hage and winner Keith Brantley, who had been given the RRCA award as road runner of the year at the previous evening's banquet. Clyde's winner Maria Pazarentos took first place for the women. Numerous Striders also ran the race, and as a little frosting on the Tripps' cake, 14 year old Jason turned in a time of 38:26, a PR by over three minutes.

All in all the Convention was fun as always, and a real triumph for MCRRC.

## RUNNING AND ACUPUNCTURE

Dear Fellow Runners,

I have written this letter to say hello to a lot of old friends and to tell you about my experience with acupuncture. I have been a Strider member for almost ten years, but it has been difficult to stay involved since moving to Silver Spring five years ago. Unfortunately I can not remember the last time I ran in a weekly series run. In fact my last few involvements with the club were Warren's going away party and running The Metric Marathon several years ago.

Between the fall of 1979 and spring of 1982 I ran six marathons. However from 1982 through 1986 I have not run any because of two problems: First as a CPA I run almost no mileage during tax season. Second and more significant, I have had a recurring problem with my right leg and have not been able to build up a significant base of mileage without breaking down.

In the summer of 1986 I began acupuncture treatment. My friend Carol Kari (a nurse at NIH) was enrolled in an extensive two and one half year program at The Traditional Acupuncture Institute in Columbia, MD. Part of the program involved treating patients under supervision. I volunteered as a patient for three reasons: I was curious about it, I wanted to help Carol, and to relieve my leg problems. I must admit in the beginning I was cynical but I tried to stay open minded.

I started treatment weekly. After about five weeks, I started going bi-weekly, then every third week and now I go about once a month. When I tell people about acupuncture, their most common question is does it hurt? The answer is not that simple. The needles used are very thin and short, so they are generally much less painful than a doctor's needle. Sometimes you hardly feel it; most of the time there is a bite. Overall I find a treatment very relaxing. Throughout the treatment I am lying on a very comfortable table and the needle part is a very small part of the overall treatment.

I have found the treatments to be very helpful in support of my running. Not only do I feel more confident, but definitely much more energetic. For the first time in five years I ran a marathon (Baton Rouge 1-3-87). Although it was one of my slower ones (3:48), for the shape I was in and my weight, it was great. Not only did I not walk at all, but I was able to maintain the pace I had planned.

I am convinced the acupuncture treatments had a lot to do with the result. Not so much the marathon itself, but the fact I did not break down during training. Unlike western medicine which primarily treats symptoms, acupuncture is meant more as a preventive and over all support system. I am convinced it works and will continue treatment. If you have any questions or want to say hello, my number is (301) 598-4132. For more detailed questions on acupuncture you can call Carol at (301) 656-0249.

I am determined to run in the summer and fall series several times this year and look forward to seeing you. Until then—happy running.

Norman Grabowsky

## The Rear View

by Marsha Hartz

Seems like I've been competing in so many "official" racewalks, I haven't even been at the "back of the pack" with the Striders lately. But when I *have* been there, I've been missing the rest of you rear-enders! Where have all you nine-ten (or so) minute milers been? Come on out—the Striders weekly runs aren't just for the elite—they're for *anybody* who wants to get out there and test themselves on an accurate, pre-measured course. I'm kind of used to a gap between me (as an eleven minute racewalker) and the slowest runners, but come on—this is getting ridiculous!

On another subject, I found a nearby place to get your favorite running (or walking) shoes resoled. You've probably seen the ads in your running magazine. I called and it turns out a local outlet is the King's Cobbler in King's Contrivance Village Center in Columbia off Route 32. For \$13.95, he will send your shoes out to be resoled. Mine were back in just a shade over two weeks, with a pair of new laces. I'm very happy with the job and that price saves us the postage and concern of mailing them out ourselves.

Y'all take care and I'll see you out there!

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### STRIDER SHORTS

The next issue will include nomination forms for "Strider of the Year" and other awards to be presented at the annual meeting. The Board of Directors would like your suggestions as to what the appropriate criteria for these awards should be. Call the Strider hotline at 964-1998 or Paul Goldenberg at 730-3566.

The club is looking for an equipment manager. Ideally this person would be well organized with some mechanical aptitude. Thanks to the generosity of Jim Greenfield, a large garage is no longer a requirement for this position. If you are interested in helping the club keep its equipment in tip top shape, leave a message on the Strider hot line at 964-1998.

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#### Return Address:

Howard County Striders  
9209 Creekbed Ct.  
Columbia, Md. 21045

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