

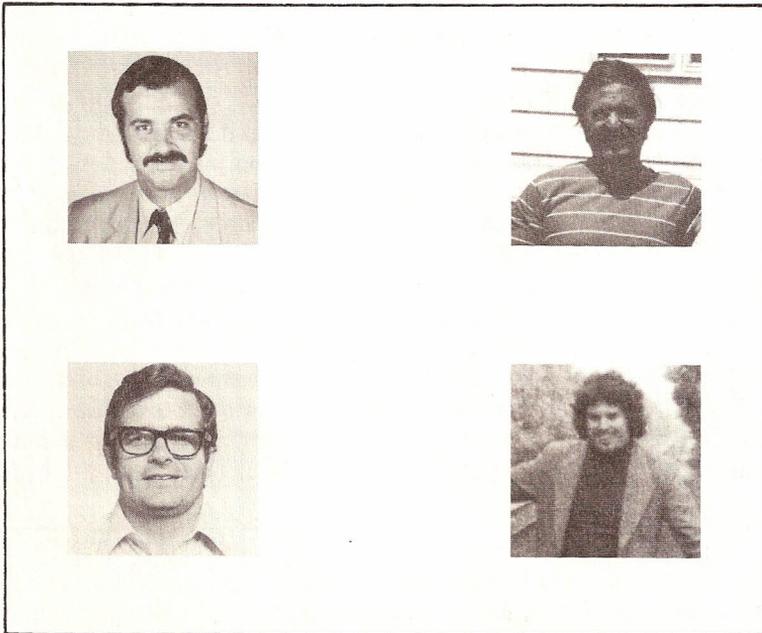
# HOWARD COUNTY **STRIDERS** NEWSLETTER

Vol. 7 No. 1

March 1987

## Can You Identify These Four Men?

by Laura Smith



No, they are not the starting four for Glen Burnie's All-Star Bowling league. Nor are they the founding fathers of "Lounge Lizards of America." These are pictures of four prominent Howard County Striders in their days prior to running. Guess who they are and turn to page 7 for the answers.

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## Howard County Striders Officers and Directors

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Phil Riehl, President	Dick Woods/Junior Striders
Bob Burns, Vice President	Miles Weigold/Membership
David Tripp, Treasurer	Jim Carbary/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
Tim Beaty/Nominations and Selections	Ralph Olinger/At-Large
	Nancy Quick/Women

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## Howard County Striders Newsletter Staff

Paul Goldenberg, Editor; Miles Weigold; Laura Smith; Ben Mathews; Robert Vigorito; Paget Donnelly; Tim Beaty; Phil Riehl; Dave Tripp.

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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 May 15.**

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# President's Column

by Phil Riehl

Yes! I'm excited about the direction we are headed as a running club. We leave behind the era of the "running boom". People are running now because it is a lifestyle rather than the "in" thing to do. We are all part of the renewed growth of running.

You can ask yourself now: what part of the growth do you want to play? Runner, timekeeper, equipment manager, traffic controller, or serve on the Board of Directors, all are equally important. The Howard County Striders are all of the above. Be a participant, be a member of the Howard County Striders and enjoy the quarterly newsletters, the weekly runs, the social contacts, or compete if you choose.

Why join? Everyone wants to be part of a winning tradition. We are complimented on the fine job all the Striders do in putting on major races and for our service to the community. We are well organized and offer more than just running to those who want to get involved. But if it's running you want we deliver. No one can top the racing team we fielded on Sunday, February 22nd. For the sixth time in eight years we won the Maryland State 10 Mile Team Championship.

We all have friends who live in Howard County and run at least occasionally. I'm convinced they would benefit from joining us. Is it the responsibility of each of us to promote the club by recruiting more members? You bet it is. We've got the spirit, the new ideas, and the people to make this club the best ever.

I'm feeling great about the Howard County Striders. I want all of you to feel it too. We're on the move.

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## STRIDER SHORTS

George Turner completed his first marathon in 4:16 at Marine Corps.



Just as we went to press, Piriya Pinit reported that he had finished in 2nd place, 40-49 age group, at the Myer's Pavillion 8K in a fast 28:33.

A number of Striders have qualified for the Boston Marathon. Among those who have qualified are: Bob Cesser, Paul Sobus, George Bregman, Ben Mathews, Mark Konodi, Joe Wasserman, and Chris Brown. This list is *not* complete. It would be more complete if you were more vocal about your accomplishments. Let's hear from you. When you get back from Boston, let us know how you did.

## Women's News

by Nancy Quick

Congratulations are in order for the following women:

Cheryl O'Keefe—1986 Female Runner of the Year  
 Kay Weeks—1st Place HCS Club Championship Series  
 Helen Beyers—1986 Most Improved Female Runner  
 Denise Underwood—1986 Female Volunteer of the Year

### \* Ladies Night at Feet First

Speaking at Feet First in December was podiatrist and runner Dr. Ayne Furman from Alexandria, Virginia. Her talk and question/answer period covered running injuries common to women. Dr. Furman's unique brand of humor, along with her medical expertise, made for an interesting evening of running conversation, wine and cheese. Feet First graciously donated a Bonne nylon running suit as a door prize and a good time was had by all.

### \* Fun Runs

The first 1987 Fun Run will be on Saturday, April 4, at the Hobbit's Glen Golf Course beginning at 8 A.M. You may choose to run, walk, or jog a 1½ mile loop either one, two, or three times (obviously, the longest run totals 4½ miles), and then stay for breakfast at Bogie's. Cost: up to you—order from the menu. No charge for the run! Call 997-0805 by April 2 to register.

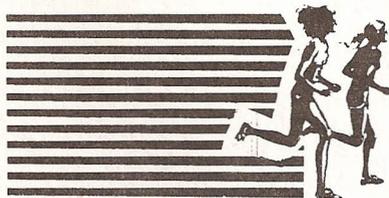
### \* Help Wanted

Anyone interested in serving on the committee for the 1987 Women's Distance Festival held in July, may call 997-0805 to volunteer. An organizational meeting will be held in the Spring.

### \* Up & Coming

- 3/29 9 A.M. Lady Equitable 10K. Registration closes on 3/20. Forms are at Feet First and at Equitable Trust branches.
- 4/4 8 A.M. Premier Fun Run and Breakfast for 1987. See above for details. Reservations required.
- 5/10 Bonne Bell 10K in Washington, D.C. Information and registration forms should be available soon. Anyone interested in participating on a team should please call 997-0805.

Any and all ideas for women runners are welcome! Should we: Lengthen the distance for Fun Runs? Shorten the distance? Organize interval workouts? Have more speakers, clinics, etc.? Please let your ideas be heard. Call me at 997-0805.



## 30th Annual RRCA Convention

by Miles K. Weigold

The 30th Annual RRCA convention is OUR opportunity to participate in all of the scheduled events since it will be held in Rockville and hosted by the Montgomery County Road Runners. You should make plans now to spend the May 14-17 weekend at the convention to be held at the Holiday Inn Crowne Plaza hotel. Scheduled events include the following:

- \* TGIF 5K—low key run on Friday PM
- \* Workshops and clinics—varied subjects from diet counseling to computer Usage by clubs
- \* Trade exposition—over 50 vendor booths featuring running products and services
- \* Saturday evening RRCA awards banquet dinner
- \* Fritzbe's 10K—should be over 3,000 runners this year!

This is a super opportunity to spend the weekend with runners from all over the US. Lydia Ross and I went to Portland, Maine last year, so I can tell you from personal experience that you must not miss this convention. We'll all receive specific information from MCRRC regarding registration within the next month or so.

The Striders, along with most of the other running clubs in the area, have offered our help to MCRRC for the convention. After a lot of discussion, we decided that the job of providing course marshals for the Sunday AM Fritzbe's race was the best use of our skills and talents. Denny Steinauer, Convention Director estimates that we'll need to provide about 50 volunteers, each to take a marshalling position on the course. Please give me a call (730-1849) or leave a message on the Hot Line (964-1998) if you will be able to join the others who have offered to help. Volunteers receive the following for their assistance:

- \* Volunteers 10K race over the same course
- \* 1987 Fritzbe's 10K t-shirt
- \* Free post race breakfast provided by Fritzbe's (made to order omelettes!)
- \* Free entry into the 1988 Fritzbe's 10K

Let's do our part to insure the success of the 1987 convention. Why not call me now to volunteer?

## When Running In Paris, Try The Left Bank!

by Miles K. Weigold

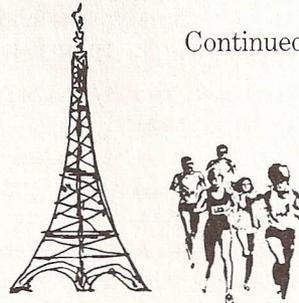
*For the last several years, I've asked readers of the Striders' newsletters to write an article regarding their favorite, and/or most unusual run. The response has been poor, at best. Last December I had the good fortune to visit Paris on business for five days, so I'm "practicing what I have preached", and submitting the following article.*

PARIS! What an exciting adventure! Since I'd never been to Europe before, the entire trip would provide new and different experiences. On the morning of the 2nd day there, I donned my red Hawaiian shorts over tights (the temperature was about 20), pulled on my Striders' tee over my Lifa, and headed out to "see the sights". The hotel where I stayed was across the street from the Louvre, so I headed there first. Traffic was heavy, even at 6:00 AM. All the headlights are yellow, not white as we use here. I don't think I saw a "big" car at all that first morning just tiny little cars darting in and out of traffic, paying little or no attention to traffic signs or lights. This is dangerous! Parking is no problem in Paris, one just pulls up on the sidewalk, locks up, and leaves! My pace was slow (it always is!), but I wanted to enjoy the sights along the way. The Louvre is *huge*, made up of five or six buildings covering about eight Washington sized city blocks. I covered most of the grounds, which were beautiful even in the cold weather. Later, I went inside to see the Mona Lisa and the Winged Victory statue.

From there I headed across the Seine to the Left Bank via the Pont Royale. The feeling of "old" pervades the entire area. Old buildings, some built before 1200, narrow streets filled with shops and crowds of people in increasing numbers. I passed a marketplace, which spilled off the sidewalks into the street. Small stands offering beautifully colored fruits and vegetables; fresh pasteries of all kinds, shapes and sizes; fresh fish on beds of ice; and poultry and meat, including a whole wild boar, chicken, pheasants, and rabbits. I stopped long enough to experiment with tangerine-like fruits called clementines, which are sweet, and contain no seeds. Delicious—and a welcome three minute rest!

As I headed West along the river, the newly opened (12/1/86) Musee D'Orsay came into view. This building once housed the train station in Paris, but has been converted to a beautiful art museum, now housing many of the paintings and sculptures which were formerly in the Louvre. Further along were many of the French government buildings, including the French Assembly building, the equivalent of the U.S. Capitol.

Continued on Pg. 13



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### Answers to "Can you Identify these 4 men?"

*"Imprisoned in every fat man  
a thin one is wildly signaling  
To be let out..."* CYRIL CONNOLLY

Photo #1: Dave Tripp, current Treasurer of the Howard County Striders (Past-President). In the days of this picture he was known as "Round Trip." Note the peace signs on his tie.

Photo #2 Ben Mathews, active Strider member and noted masters runner. It is clear that in those days Ben concentrated on cultivating strong wrist muscles. "No Pain, No Pain."

Photo #3: Jim Greenfield, long-time Strider member and distance runner. When Jim first described this picture he made it out to be sort of "A Study of Jowls." That it is! The picture also seems to embody the author's own personal blind-date experiences

Photo #4: Herby Greenberg, Past Vice President of the Striders and successful newcomer to the world of Ultra-Distance running. Herby offered four pictures to choose from that showed off his physique from various angles. I thought this one seemed to best represent Herby's free spirit, but he sure seemed to have trouble lifting that leg. . . .

Many Thanks to these guys for sharing their pictures with us. Seeing each of them now would certainly inspire one to comment, "YOU'VE COME A LONG WAY, BABY!" A testimonial to the benefits of running

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### And Just How Lean are You?

One of the universally acknowledged benefits of running is the contribution it makes to weight loss. As amply evidenced in the *before* pictures in this newsletter, running clearly is an effective way to burn calories. To find out whether you are burning fat or muscle, you might want to try the Body Composition Analysis offered at Howard County General Hospital. This test uses the electrical impedance method. Small electrodes are placed on your right foot and wrist.

A computer printout then gives you a detailed summary of your body composition. This program is an excellent way to monitor the effectiveness of a weight reduction program incorporating exercise. Most Striders will find this test reassuring. To find out more about the program call Ms. Marianne Crouse at 740-7600. The hospital is extending a 20% discount to the Striders. The initial test will cost \$12. Follow up tests will cost \$8.

## Striders Regain MD-DC RRCA Club Championship

In a strong performance, the Howard County Striders won the 1987 MD-DC Road Runners Club of America 10 Mile Championship Race on Sunday February 22, at Howard Community College. The Striders easily outdistanced the competition regaining the championship from the Baltimore Road Runners Club, which had won the title the past two years. At the request of the Howard County police, the race was run on a new course which avoided residential streets. Also new this year was the scoring format, which used the combined results of separate men's and women's races to determine the final outcome.

The individual winners were Jasen Emmens and Mary Alico. Both runners won easily. Emmens covered the course in a fine time of 51:02. In second place was Baltimore's veteran runner Harry Goodman in 52:45, just ahead of the Striders' Gerry Clapper in 52:47. Running unattached, Emmens is a former University of Oregon runner who has lived in Washington, D.C., since late August. He commented that the race was very well

run. His only suggestion for improvement was that the course description be less understated in the future. (Eugene, Oregon must be very flat!) Montgomery County's Alico, who has been running very well lately, finished in an excellent time of 57:24. The second woman to cross the line was Rose Malloy of the Annapolis Striders with a time of 62:55. The first woman Strider to finish was Sandy Ford in 66:58, good for sixth place in the women's race.

Notwithstanding the fine individual efforts of Emmens and Alico, the Challenge Race is primarily a team event, and the big story of the day was the fast and deep team fielded by the Striders. Racing Team captain Jim Carbary should be proud of the Strider team: all fifteen male scorers finished in under 59 minutes. A race which has traditionally had a fast field, this year's version was no exception as more than 20% of the men (67) finished in under one hour. Team standings, top finishers and complete Strider results are as follows:

### MD-DC CLUB CHALLENGE RACE

FEBRUARY 22, 1987

#### 10 MILES—COLUMBIA, MARYLAND

Place	Team	Men	Women	Total
1.	Howard County Striders	378	32	410
2.	Baltimore Road Runners Club	509	15	524
3.	Montgomery County Road Runners Club	547	18	565
4.	Frederick Steeplechasers	1442	61	1503
5.	RASAC*	1838	102	1940
6.	Annapolis Striders	2093	38	2131
7.	Prince Georges County Road Runners Club	2242	149	2391
	Westminster Road Runners	1599	DNQ	DNQ
	DC Road Runners Club	2581	DNQ	DNQ
	RunHers	DNQ	130	DNQ

\* Renaissance All Sports Athletic Club

### INDIVIDUAL AWARD WINNERS

#### Women

1.	Mary Alico	MCRRC	57:24
2.	Rose Malloy	AS	62:55
3.	Elaine Todaro	BRRC	64:57
4.	Pat O'Brien	AS	65:01
5.	Mary Pat Law	BRRC	66:11

#### Men

1.	Jasen Emmens	UN	51:02
2.	Harry Goodman	BRRC	52:45
3.	Gerry Clapper	HCS	52:47
4.	Dave Shafer	FS	52:53
5.	Greg Gray	UN	53:42
6.	Matt Tobin	BRRC	54:05
7.	Christopher Samley	MCRRC	54:12
8.	Walt Conrad	UN	54:18
9.	Tom Stevens	FS	54:33
10.	Tom Bowmaster	HCS	54:33

#### Strider Finishers—Men

12 Bob Cesser, 54:37; 16 Marcus Burton, 55:09; 20 Jon Howland, 55:51; 23 Paul Sobus, 6:13; 26 John Bergeron, 56:35; 33 Bob Burns, 57:30; 34 Jim Carbary, 57:34; 37 Scott Taylor, 57:42; 38 George Bregman, 57:48; 39 Jim Robinson, 57:51; 41 Phil Riehl, 58:02; 42 Dale Bateman, 58:04; 47 David Stein, 58:35; 53 John Kuehls, 58:55; 60 Joe Thomas, 59:30; 61 Mike Niles, 59:31; 69 Jerry Andrews, 60:05; 70 Piriya Pinit, 60:21; 75 Ralph Olinger, 60:42; 77 Rob Sherrock, 61:01; 86 Jerry Warfield, 62:15; 98 Vince Battista, 63:19; 99 Jud Lincoln, 63:22; 104 John Slocum, 63:56; 107 David Tripp, 64:09; 119 Bill Jenkins, 64:54; 122 Steve Shimko, 65:04; 123 Steve Schmidt, 65:05; 137 John Koerner, 66:11; 154 Stephen Auten, 66:58; 158 Chris Brown, 67:10; 161 Bill Spencer, 67:28; 169 Marty Reid, 67:45; 176 Rob Klein, 68:16; 184 Rob Vigorito, 68:58; 190 Phillip Nissen, 69:34; 194 George Ware, 69:50; 197 Mark Konodi, 70:02; 200 Tim Beaty, 70:20; 209 Herby Greenberg, 71:30; 243 John Schnackenberg, 74:21; 251 Larry Blosser, 75:06; 253 Bob Somers, 75:13; 257 Bob Becker, 75:40; 258 Armand Harris, 75:47; 275 Richard Dopp, 79:05; 283 Scott Davidson, 79:57; 285 Jack Roberts, 81:10; 291 Tad Kallini, 82:16

#### Strider Finishers—Women

6 Sandy Ford, 66:58; 11 Valerie Guilfoil, 72:01; 15 Joanne Matisz-Sutch, 73:55; 16 Linda Cesser, 74:09; 22 Vivi Provine, 76:11; 26 Lisa Lowe, 78:28; 28 Karla Filipczak, 78:49; 29 Kay Weeks, 79:05; 33 Denise Underwood, 79:34; 39 Jean Malone, 82:27; 46 Helen Beyers, 85:08; 52 Michelle Schmitt, 89:30; 59 Lydia Ross, 96:27.



## **THE BAGEL SHOPPE IRREGULARS**

### **The Yonkers Marathon**

by Ben Mathews

Last year (May 1986) was the 50th anniversary of Yonkers Marathon. I had decided, very early in 1986, to participate in the running of the 50th Yonkers. I wanted to be a part of this great running event which has so much history attached to it.

The Yonkers Marathon was for many years the site of the annual AAU Championship Marathon and was also the course used for the Olympic Trials. Therefore, such legendary runners as Johnny Kelley (the older), Johnny Kelley (the younger) and Ted Corbitt are part of the history of this great event. The older Kelley won the event in 1946 when he was 37 years old and had also won it ten years earlier. The younger Kelley set the course record of 2 hours 20 minutes in 1960. This record still stands and may remain because of certain factors which I will discuss shortly. Ted Corbitt, the great ultradistance runner, won the event about 20 years ago and still shows up for the race each year. The race is staged by the New York Road Runners Club and is personally supervised by Fred Lebow.

Participation in the race has continued to drop over the years. Last year, in order to boost participation, the New York Road Runners allowed the first 500 finishers an automatic place in 1986's New York City Marathon. The incentive worked because over 1000 runners lined up for the start. The race date is usually the last Sunday in May which makes for unpredictable weather con-

ditions. The temperature was at 75 degrees as we lined up for the 9 A.M. start.

The race begins in an old section of downtown Yonkers, a city directly to the north of New York City. Within the first two miles the runners have left Yonkers and are heading north along Route 9a to Tarrytown, the site of the Tappan Zee Bridge on the Hudson River. This is about 16 miles into the race. The final ten miles are very hilly with a hill which climbs for over a half mile at mile 20. The race circles back through such Hudson River towns as Dobbs Ferry, and Hastings on Hudson before reentering Yonkers at mile 24. Its then all up hill to the finish. The combination of the hills and the hot weather slows most of the runners to times 10 or 20 minutes slower than their New York City Marathon times. The winning time was 2 hours 24 minutes.

I finished the race in 2:59 in 35th place. The Yonkers Marathon is rated as one of the toughest courses in the country. However, if you want a challenge and to be part of running history, give it a try.

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This column will be a regular feature of the newsletter. The only requirement to contribute to this space is to have run, however irregularly, with the regular group leaving from behind Feet First every Saturday at 7 A.M. Ben Mathews, the noted master-runner maintains the water stop for the group.

# From Philadelphia to Atlantic City: A Tale of Two Runners

by Paul Goldenberg

Certain running experiences are special. It might be a first marathon, or qualifying for Boston, or perhaps simply a particularly satisfying long training run. For Tim Beaty and Herby Greenberg, the 100 kilometer run from Philadelphia to Atlantic City was something special. Having listened to them on Saturday morning runs, both before and after the big event, I knew that they had a story worth telling. And so it was that I found myself sitting in Tim's den with the two ultrarunners and their distinguished handler, the winner of the first Robie Trophy, Tom Green.

I sat and listened to the three as they recalled that run and their thoughts since. Both Tim and Herby have given serious thought to running a one hundred mile race. As I listened, I remember Herby telling me of Tom getting out of the car as Herby approached the fifty mile mark and yelling to him to pick it up; Herby was puzzled, but Tom explained that if he passed fifty miles in under nine hours he would qualify for the lottery to enter the Western States 100. Herby ran through fifty miles in eight hours and fifty nine minutes.

\* \* \* \*

To those who have run the twenty-four hour relay, it should come as no surprise that Tim Beaty comes prepared. An experienced world traveller, Tim brings a hat for every lap. I could see Tim reaching into the tent to choose a hat as I listened to Herby describe Tim's apple crates full

of gear. No unexpected condition would prevent Tim from attaining his objective. And once there—well just in case, Tim had packed a cane!

The conventional wisdom is that it is not so important to get a good night's sleep the night before a big race. Rather, what really counts is the night before the night before. Luckily for Herby, it appears to hold true for ultra marathons much the same as it does for the more commonly run distances. Herby lay awake, nervous that he would not finish. While Herby counted sheep, or perhaps mile markers, Tim slept peacefully, having set his well-travelled travel alarm for 3 A.M., allowing ample time to prepare for the six o'clock start. One should never underestimate the importance of proper nutrition. Tim does not—his prerace meal included "instant oatmeal, coffee, a banana, and perhaps a bagel."

Breakfast completed, the trio made their way to the starting line, a not too straight hand-painted line on the sidewalk in front of City Hall. With Ben Franklin looking down from atop his perch, the three joined the other runners and handlers to await the start. A wino wandered into the midst of the fifty-three starters milling about in their shorts. Taken aback by the strange sight, he wondered aloud: "What did I get into?" A radio reporter asked Herby why he was attempting to run the sixty-two miles from Philadelphia to Atlantic City. Herby explained that the course had

special significance for him. As a youngster his parents had taken him from their home in Philadelphia to Atlantic City, an all day trip by car. Indeed, it was the longest trip his family had taken—and now he was going to run it! Later, his mother would tell him that the local radio station had replayed his comments throughout the day.

As they started, Herby was concerned that Tim was going out too fast. Tim had fired off the starting line at an 8:15 pace. Soon there would be an hour's difference between them; however, from that point on, the margin would stay the same throughout the day. Tim had reasoned that running too slow was probably just as bad as running too fast. The key, for Tim, was to remain comfortable. Soon Tom would be driving back and forth between his two charges viewing, from an unusual perspective, the familiar terrain of an ultra-marathon. A veteran of eighteen ultras on both trail and track, Tom had never run a road race longer than a marathon. Now, as the race had just begun, he watched in amazement as all eastbound traffic was stopped on the Ben Franklin Bridge so the line of fifty-three runners could pass, each at his or her own pace. For ten minutes the bridge belonged to the runners.

\* \* \* \*

Camden, New Jersey. The race course winds through some rough neighborhoods. Some folks are coming out of an "afterhours" joint. Runners, trudging along in shorts and running shoes, met up with all-night revelers coming out into the early morning light, "High fives" were exchanged and the runners continued on their way.

\* \* \* \*

The three recalled the runner who ran the entire way never looking up. Always he looked down, searching for money, for dropped change. Tom told of other handlers placing shiny coins along the curb leading away from the aid stations—*baiting* him. Tom noted that he is reputed to have collected over \$8000 in his running career.

\* \* \* \*

*Ten miles, Twenty miles. Thirty miles, Forty miles.* As they progressed they inevitably slowed. The runners stretched out. More and more they were running alone. The race became more like a long run. Tim would think to suggest that more frequent mile markers be added—the course is marked every ten miles. As Tim remarked: "when you're taking two hours to cover ten miles it would be encouraging to see an occasional sign of progress." *Fifty miles.* Tim Beaty's Training Tip: "If you have averaged 43 miles per week for the year you can expect to have trouble at 54 miles."

Towards the end, Tim worked to maintain his programmed pattern: so many minutes of walking for so many minutes of running, constantly keeping in motion toward the finish. At 54 miles Tim cramped. Soon he found he had been walking for close to a hour and a half. Tim began to run. *Sixty miles.* Tim had decided that he would start running; he did not stop until he had finished.

\* \* \* \*

As the runners neared Atlantic City, the traffic increased. The people in passing cars honked and waved. The race had been well publicized and along the course everyone was encouraging. Over a rise was a drawbridge. A woman awaited each runner on bicycle and as a runner approached she rode ahead and stopped

Continued on Pg. 13

*From Page 12*

cross traffic until the runner had passed. Soon a busy traffic rotary came into view. Two motorcycle officers stopped traffic as a runner came into sight. As a runner entered the rotary, one of the officers mounted his Harley Davidson and escorted the runner to the Boardwalk. As Tim approached the Boardwalk, his escort pulled alongside and congratulated him on his accomplishment: "God bless you. You're doing a great job!" Almost an hour later, Herby completed his heroic run escorted to the finish by two motorcycles with red lights flashing and sirens blaring.

At the finish, Herby passed up the free shower at Trump's Casino and Hotel—he did not have the energy. Besides, he did not want to keep the others waiting. He did, however, have time to fulfill his craving for a boardwalk hot dog! He *does not* recommend this post race riposte.

Eventually, the three made their way to the post race party and award ceremony. Held at the house of a fellow runner, it was a fitting close to a remarkable day.

*From Page 6*

Two blocks more, around a corner, and there was the Eiffel Tower! I'm not sure what I expected, but the structure is *massive!* You have several options if you decide to go up the tower: an elevator will take you to the top, or you can climb about 800 steps to the 2nd observation level. I chose the latter, and spent about 30 minutes walking around the outside platform soaking up the magnificent view of the Paris skyline. After descending, again via the steps (there were more on the way up than on the way down), I ran for another mile or so along the left bank of the river, along the way passing beautifully outfitted barges all on which people lived. One family of three was on the deck, decorating their Christmas tree!

Back across the river via the Pont Alexandre III, I found the "fancy" shopping area with shops by Christian Dior, Lanvin, Gucci, and Louis Vuitton, to name a few, all beautifully decorated for Christmas. In another block I found the Champs de Elysees, which was full of traffic (all eight lanes) and shoppers taking advantage of the clothing design center

of the world. At one end of the mile long Champs is the Arch de Triomphe bathed in spotlights, and at the other is the Place de la Concord where the American Embassy is located. The Embassy was heavily guarded by French soldiers, due to the problems with terrorist bombings.

After another mile or so, I ran past IBM Europe headquarters which is located on Place Vendome, a small square in the center of which is a 30-35 foot monument, constructed from brass cannon barrels used by Napoleon. Five more blocks took me back to the hotel, and a welcome hot shower.

To be honest, I had little desire to visit Europe at all prior to this small glimpse. That has changed 180 degrees. The run I've described took me on a short tour of the city which is full of culture, history, sights, sounds, smells, and new people—all different from what I'd seen in the past. This run provided the usual workout, but it also helped me appreciate this beautiful city and all that it has to offer.

When out for a run in Paris, I'd recommend the Left Bank. It's an experience you'll never forget!

## Transitions

by Robert Drew Vigorito

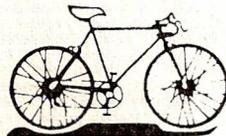
This column will offer valuable training information as well as a discussion of the latest medical studies on sport, diet, exercise and health. I hope this column will fuel your desire both to live well and to gain the most from your athletic pursuits. A chief aim will be to widen Strider interest in the sports of triathlon and biathlon. The column will feature race schedules and results, if you send them to me. (Please include as much information as possible: name of race, date, place, size of field, your overall and/or age group standing, and your time.)

To help introduce more Striders to the sports of triathlon and biathlon, the first of what I hope will become periodic Strider club biathlons (run and bike) will be held the third week in September. The event, sponsored by "TEAM PASTA-Froz Fruit" (a business venture of mine), will consist of a 5K run followed by a 15K bike. I think the addition of regular biathlons will offer a change of pace from the occasional monotony of "pounding pavement". While much has been written on the benefits of crosstraining, many Striders may *not* be aware of the positive contribution of such training both to overall fitness and to injury recovery. Future columns will discuss these topics.

I have been giving thought to honoring the "most complete" male and female club triathlete at the 1988 annual meeting. Let me know your thoughts on this—what do you think the criteria for such an award should be?

I would like to take the opportunity to "promote" the Columbia Triathlon which will take place on Sunday, May 31, starting at 7 a.m. The 1.2K swim in Wilde Lake will be followed by a 10K run to the Rouse Company at the Lakefront and the event will conclude with an exciting 40K bike race. Sanctioned by Tri-Fed USA of California, the event is a qualifying race for the National Championship to be held at Hilton Head Island, South Carolina. In addition to individual open and age group competition, once again there will be a relay team event. A special feature of this year's triathlon will be a Heavyweight age group competition for male entrants weighing more than 190 pounds.

A "special" event on Columbia's Twentieth birthday Calendar, the race will raise money for two deserving charities—the Grant-A-Wish Foundation (thank you Anne Barker), a wonderful organization dedicated to providing special surprises for children with life-threatening cancer, and the Jermicy School for Dyslexic Children, in Baltimore. I would like to encourage everyone to support the race by either taking the competitive route or by volunteering their time.



Many tasks need doing to stage such a large event. We will need 175 people to help the 350 racers.

\* \* \* \* \*

“Bet you didn’t know that . . .”

Unbuttered popcorn has *only* 6 calories per handful.

You burn 124 calories in briskly walking one mile (take note however, that you must burn 3500 calories to lose one pound).

The average American (not healthnut!) eats 75 bananas each year.

An average (3½ oz.) handful of nuts contains upwards of 550 calories, 70% of which are from *fat* . . . the coconut is the “fattiest” of all nuts with 73% of fat calories composed of the dreaded “saturated” variety while nuts such as cashews and almonds average 11% saturated fat.

Finally . . . . .

1200 Americans are injured daily from encounters with chairs, sofas, beds, etc.

Rob Vigorito is the race director for the 1987 Columbia Triathlon.

## Upcoming Races

### Biathlon

- 3/29 Bonsai Biathlon National Arboretum Washington, D.C. 5K Run, 25K Bike, 5K Run
- 4/26 New York Biathlon Series—Bronx 3mi Run, 20mi. Bike, 3mi Run
- 5/17 New York Biathlon Series—Queens 3mi. Run, 20mi. Bike, 3mi. Run

### Triathlon

- 5/31 Columbia Triathlon (see above for details)
- 6/7 Oxford International Triathlon  
2.4 mile swim, 18.6 mile run, 45 mile bike, or, 1.2 mile swim, 18.6 mile run, 45 mile bike, or, 5.0 mile swim, 18.6 mile run, 45 mile bike.
- 6/20 Bud Light Atlanta USTS  
1.5K swim, 40K bike, 10K run
- 6/28 Bud Light Baltimore USTS  
1.5K swim, 40K bike, 10K run

If you want further details on the above, call me at 730-3880

## STRIDER SHORTS

Along with his Striders’ membership form, Joe Holland included a list of marathons which he has completed. As of the date the list was submitted, Joe had completed 37 marathons (including 12 Boston Marathons). By the time this goes to press, he will probably have added one or two more to the list.

George Bregman made an impressive marathon debut, running 2:48 at Marine Corps. A month later he ran a 2:52 at Maryland. One week after running the Washington’s Birthday Marathon in 2:57, George helped the Striders regain the Challenge Trophy racing ten miles in 57:48.

## Howard County Striders Club Championship Series

Entries are still being accepted for the 1987 edition of the Club Championship Series. The Series includes participation in six events, from one mile to the Metric Marathon (women) or the marathon (men).

The format has changed somewhat for 1987 with alternate races at some distances. Hopefully, this will allow each participant to complete every event.

The ten-mile distance began with the "Club Challenge Race" on February 22. Participants who were unable to run that race, or who wish to improve their ten-mile time, may run the Striders' ten-mile race at 2 P.M. on March 29 or either the "Cherry Blossom" or "Cherry Pit" Race on April 5.

The qualifying ten-kilometer events are the Striders' 10K Race on April 19, or the "Constellation" 10K Race on May 31. (Women may also run the "Bonne Bell" on May 10 or "Leggs Mini Marathon" 10K Race on May 30 in New York City.

The one-mile distance depends greatly on head-to-head competition. Thus, the only choice for this distance will be the Striders' Meet-of-Miles in the Summer Series. The two-mile event may be completed at either of the last two races of the Summer Series or at the first race of the Fall Series.

At this time, it appears that the only choice for the half-marathon distance is the "Philadelphia Distance Run" which is held in September. We will attempt to find alternatives to that run. If we can not, and if there are conflicts in the Series participant's schedules, we may consider having a low-key half-marathon of our own.

The women are limited to our local "Metric Marathon" for their longest Series Race. The men, however, will have three choices for the marathon distance, they are: the Marine Marathon; the New York Marathon; and, the Philadelphia Marathon.

For further information on the Series, please contact Tim Beaty, 596-6453, or Paul Goldenberg, 730-3566.

The ten-dollar fee for participation in the Club Championship Series may be sent to Tim Beaty, series coordinator, or Dave Tripp, treasurer.

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**Return Address:**  
**Howard County Striders**  
**9209 Creekbed Ct.**  
**Columbia, Md. 21045**

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**Non-profit Organization**  
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