

HOWARD COUNTY STRIDERS

HOWARD COUNTY STRIDERS NEWSLETTER
VOLUME 9 NUMBER 1 SPRING 1989
J.F. CARBARY, EDITOR



STRIDERS ANNUAL BANQUET

The Striders held their annual banquet on Tuesday, January 10, at the Meeting House in Oakland Mills. open to all members of the club, the meeting not only fed hungry runners but also served as the club's annual election and awards ceremony. Good weather and advance announcements generated a large turnout of nearly 100 runners and their families.

After consuming large amounts of wholesome food provided by the runners themselves, the group honored those of its members who had distinguished themselves during 1988. Those cited with awards had been elected by the membership and approved by the Board.

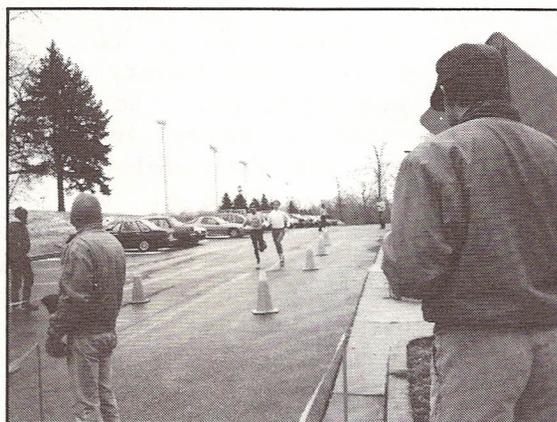
Volunteer of the Year Awards went to Mel Quick and Judy Tripp. Always among the first to volunteer, Mel has worked steadfastly at the Striders special races, usually serving at packet pick-up and as a course marshall during the actual race. Judy Tripp has also aided the club at race time, but has also fostered the development of the young runners of the community.

New Runner of the Year Awards were presented to Eric Kocay and Debbie Dunn. Eric recently applied himself to long-distance running and has become a regular at the Bagel Shop runs and the weekly series, not to mention many of the local races. Debbie surprised the racing community by winning six of the seven distance (to p. 2, col 1)

MONTGOMERY COUNTY SHOCKS STRIDERS IN 10 MILE CHALLENGE RACE

Striders took three of the first four places and put eight runners in the top thirty, but still could not stop Montgomery County from winning the Annual 10 Mile Challenge Race on the last Sunday of February. Running for Howard County, Gerry Clapper and Dave Berardi tied for first place overall in 52:28, while Buffy Gavigan won the women's race in 1:06:36.

Early morning snow had abated by race-time, although the streets were still wet at the start. By the 5 mile turnaround, Clapper, Berardi and Robert Yara, of the Baltimore Road Runners, had formed a lead pack about 30 yards in front of the rest of the field. On the long uphill between miles 6 and (to p.3, col.1)



Dave Berardi (l) and Gerry Clapper (r) winning the Challenge. (Photo by Lisa Lowe)

(from page 1, col 1)

races in the '88 Fall Series and collecting 76 out of a possible 77 points during the series.

Denise Underwood and James O'Brien won awards for Most Improved Runners of the Year. During 1988, Denise crept up from a back-of-the-pack runner to finish 10th in the Women's Distance 5K in July and to run with the women's racing team at the Philadelphia Half Marathon. James O'Brien made his reputation during the weekly series by winning five of the seven men's races and finishing second in the other two.

A string of outstanding performances in the summer and fall racing seasons won Hubert Chadwick Master Runner of the Year. At age 44, Hubert swept to a personal best 17:04 in the Westminster Midnight 5K and garnered age group awards at the Five Smiler 5M, the Rockville Rotary 8K, the Arbutus 10K and the Columbus Chase 10K. He also led the Master's Racing Teams at the Annapolis 10 Miler and the Brighton Dam Challenge Race.

Runner of the Year Awards went to Gerry Clapper and Ellen Howland. During 1988, Gerry put together an impressive string of major road racing victories that included the Bethesda Chase 20K, Fritzbe's 10K, Clyde's 10K, and the Annapolis 10 Miler. He led the Maryland State Team at the Ekidin Relay Race and spearheaded the Howard County racing team that won Annapolis. To cap an excellent season, Gerry legged a 28:53 10K at the Penn Relays that almost won him a place at the U.S. Olympic Trials.

Ellen Howland caught the attention of the racing community with a first-time marathon of 3:18 on a breezy day at the Shamrock Marathon in Virginia Beach. In addition to running 26.2 miles, she won awards at the Healthy Choices 10K, the Women's Distance Festival 5K, and the Halloween 10K. A

veteran team runner, Ellen raced with the Women's Teams at Bonne Bell 10K, which finished 3rd overall, and at the Annapolis 10 Miler.

Paul Sobus and Dave Tripp won the Strider's Special Service Awards. Paul was cited for two continuous years of organizing the Striders' weekly series, a task that involves planning courses, scheduling races, and assembling volunteers to work the races. Dave Tripp won the President's Plaque for major contributions of time and effort to promote running in general and youth running in particular in Howard County. Dave has proved instrumental in organizing many of the local cross country and track meets, including the Maryland High School State Championships.

In addition to awards, the assembled runners also elected Board Members for the year. Conducted by voice vote, the election marked a substantial change in the leadership of the Howard County Striders. Paul Goldenberg took over the presidency from Phil Riehl, and Denise Underwood assumed the role of vice president. The complete list of the Board of Directors appears below:

Paul Goldenberg	President
Denise Underwood	Vice-President
Kay Allmon	Secretary
Dave Tripp	Treasurer
Jason Tripp	Membership
Lisa Lowe	Women's Committee
Jim Carbary	Newsletter
Linda Lash	Racing Team
Ray Ramey	Weekly races
John Kuehls	Special races
Bob Somers	Jr. Striders
Ben Mathews	Nominations
Rick Rosen	At large
Nadia Wasserman	At large
Tom Webb	At large

(from p 1, col 1)

7, the two Striders lowered the pace and dropped Yara. They then swept to a dual victory in 52:28. Running his last Strider race before moving to New Jersey, Tom Bowmaster thundered to a 53:40 fourth place finish.

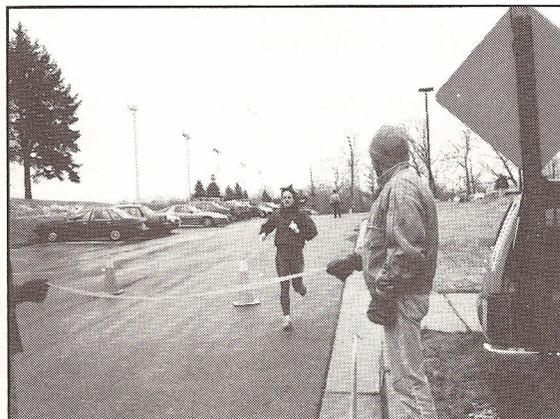
Dominating the women's competition, Buffy Gavigan cruised all alone to a 1:06:36 victory. Valerie Guilfoil and Linda Lash completed the scoring for the Howard County women's effort, with Guilfoil breaking the 70 minute barrier and finishing as the seventh woman.

The Howard County team was disadvantaged by the loss of several key runners, including Jon and Ellen Howland (vacationing in Hawaii), Lisa Lowe (tendonitis), and Ben Mathews (recovering from marathon). Montgomery county won by a mere 19 points, showing the difference one or two good runners can make.

The Striders have seldom lost the Challenge Trophy. The Baltimore Road Runners won the contest in 1984, and this year marks the first time Montgomery County has won.

A total of ten teams from throughout Maryland participated in the Challenge Race. Each team needed a minimum of 14 men and 3 women to be included in the scoring. Teams accumulated points by the finishing positions of its top runners, with the lowest score winning. Altogether, 219 runners (182 men, 37 women) competed in the race.

Surprisingly, the usually-strong DC Road Runners did not field enough runners for full teams, and the Baltimore Road Runners did not present a significant threat to the Striders.



Strider Buffy Gavigan crosses the line in 66:36. (Photo by Lisa Lowe)

10 MILE CHALLENGE RACE TEAM SCORING

	M ¹	W ²	T ³
1. Montgomery County	319	17	336
2. Howard County	334	21	355
3. Baltimore	505	16	521
4. Frederick	838	45	883
5. RASAC	1006	43	1046
6. Annapolis	---	50	---
7. Prince Georges Cty	---	---	---
8. Queen City	---	---	---
9. Westminster	---	---	---
10. DC Road Runners	---	---	---

¹ M= Men's Team

³T= Total

² W= Women's Team



Miles Weigold (r) presents 4th place trophy to Tom Bowmaster, running his last Strider race. (photo by Lisa Lowe)

STRIDER QUALIFIERS
FOR BOSTON

Many of Howard County Striders ran marathons last year and a number of these actually managed to qualify to run in the prestigious Boston Marathon. To qualify, runners under age 40 had to complete a certified 26.2 miles in under 3:00 (for men) and 3:20 (for women). Master's runners had to complete the distance in under 3:10 (for men). The top county runners in each category qualify for \$100.00 from the club to help cover travelling expenses should they decide to run Boston.

MEN'S OPEN QUALIFIERS

Tom Bowmaster	2:30 (MC)
Marcus Burton	2:39 (ToB)
John Bergeron	2:43 (BOS)
George Bregman	2:49 (MC)
Jim Carbary	2:52 (MC)
Dave Stein	2:56 (MD)

MEN'S MASTERS QUALIFIERS

Ben Mathews	2:53 (ToB)
	2:56 (GWB)
Joe Wasserman	3:03 (LTB)
Phil Nissen	3:03 (LTB)
Dave Tripp	3:08 (GWB)

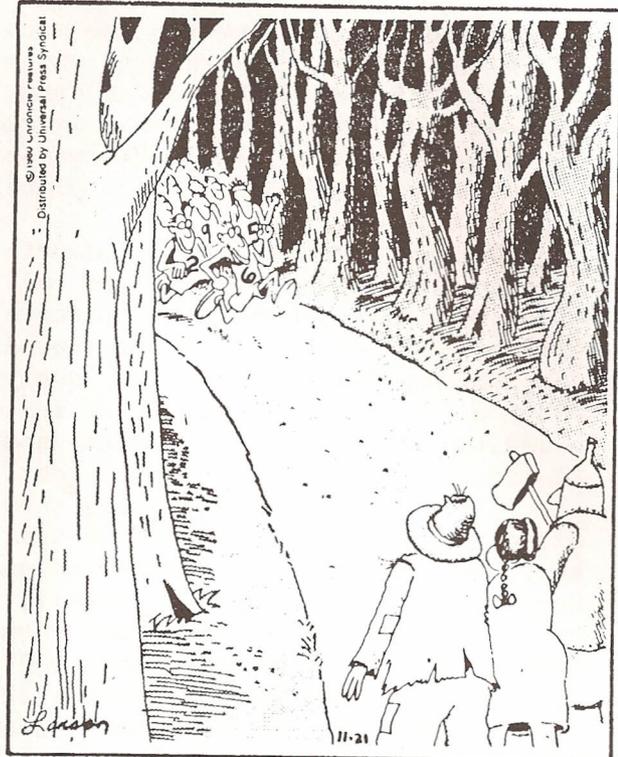
WOMEN'S OPEN QUALIFIERS

Valerie Guilfoil	3:17 (MC)
Ellen Howland	3:18 (VB)

MC= Marine Corps Marathon
ToB= Tour of Baltimore Marathon
BOS= Boston Marathon ('88)
LTB= Last Train to Boston Marathon
VB= Virginia Beach Shamrock Marathon
MD= Maryland Marathon
GWB= Geo Washington B'day Marathon

Although he was not a Strider at the time, Chris Chattin deserves special mention for his 2:17:20 (that's right, 2:17:20) at the Virginia Beach Marathon.

THE FAR SIDE GARY LARSON



BEN MATHEWS LEAVING
HOWARD COUNTY

Howard County Striders were shocked to learn early in March that Ben Mathews intends to move to Ft. Lauderdale, Florida in early spring. He has taken a new job and plans to sell his home in Columbia.

One of the top Master's runners in the state, Ben has established course records in the over-50 group for such races as the Grandfather Mountain Marathon and the George Washington Birthday Marathon. His speed was essential to the success of the Masters racing teams.

Ben may be best remembered as the founder of the Saturday morning Bagel Runs, which he always began with "It's 7 o'clock- let's go !"

QUESTIONNAIRE--
THE WEEKLY RACES
D. Tripp & J. Carbary

Since the beginning of the club in the Days of the Ancients, the Striders have conducted a weekly series of "races". These events are actually low-key affairs rather than all-out, Olympic competitions, and serve primarily as social and training runs. Participation in every race in a series guarantees a trophy or award, so that even the slower runners can earn recognition of their efforts. The series take place seasonally with runs every Sunday afternoon in winter, spring, and fall, and on Wednesday evenings in the summer.

Participation in the weekly series fell off considerably in 1988, although it has revived somewhat in early 1989. To improve the weekly series so that more runners benefit from these fine work-outs, the following questionnaire solicits a response from the general membership.

1. What day of the week would you favor for the series ?
 - a. Friday
 - b. Saturday
 - c. Sunday
 - d. Other (specify) _____
2. Given your response in question 1, what time of day do you favor ?
 - a. 8:00-10:00 am
 - b. 1:00-3:00 pm
 - c. 5:00-6:00 pm
 - d. Other (specify) _____
3. What sort of series awards would you prefer ?
 - a. Trophies
 - b. Medals
 - c. Merchandise
 - d. Gift certificate
 - e. Other (specify) _____

(continued, next column)

4. What type of courses do you prefer ? (Mark all applicable)
 - a. Hilly, challenging courses
 - b. Flat, fast courses
 - c. Scenic courses
 - d. Suburban courses
 - e. Country courses
 - f. Other (specify) _____

5. Where would you like to see new courses established ? (specify)

6. What type of awards structure do you prefer ? (Mark all applicable)
 - a. Age-group
 - b. Total points
 - c. Family participation
 - d. Other (specify) _____

7. How should race officials be selected ?
 - a. Volunteer
 - b. Election by membership
 - c. Selection from participants
 - d. Other (specify) _____

8. What incentives do you favor for encouraging participation in the weekly series ?
 - a. Better awards
 - b. More advertisement
 - c. More male/female runners
 - d. Better scheduling
 - d. Other (specify) _____

9. Where should the weekly races results be reported ?
 - a. Local newspapers
 - b. Newsletter only
 - c. The Bagel Shop only
 - d. Other (specify) _____

Please complete this questionnaire and send it to Jim Carbary (11668 Dark Fire Way, Columbia, MD 21044) or Dave Tripp (6175 Campfire, Columbia, MD 21045). Feel free to scribble any additional comments or suggestions on additional sheets. The results will be published in a forthcoming issue of this newsletter.

LADIES NIGHT OUT !!

L. Lowe

Let your family send out for pizza one night a week !!

Last season a small group of Howard County Strider women got together informally at Atholton High School's track to do intervals. There were a variety of people, each running laps around the track at their own speeds. We decided it wasn't so bad after all !

This year we want to get even more ladies out there ! You do not have to be a fast runner. Anyone wanting to improve her race times this season should come out.

Each one of us who came out to the track last year improved her times. And we even managed to have fun.

Remember: you do not have to be fast; track running is to improve the times of all levels of runners. And track work is a lot easier with others.

Bring some water and a towel and meet at:

Atholton High School

6:30 pm

Starting the first week
in April

For more details, directions, etc., call Lisa at 964-2681.

See you there !!



EDITORIAL POLICIES

J. Carbary

As the new editor of your newsletter, I desire to provide you with general guidelines concerning how you can submit articles, announcements, photographs, or even drawings to this publication. Any member of the Howard County Striders, young or old, fast or slow, drunk or sober, should feel free to contribute one to two page articles relevant to the running experience. I do not intend to alter these articles except in the cases of flagrant grammatical violations. I will consult with the author(s) in matters concerning excessive length of manuscript or clarity of expression. Also, I ask that contributing authors submit only prose (after all, this is a not a literary magazine and I cannot judge poetry). The authors will be acknowledged by name or pseudo-name (if they desire). Finally, authors should be advised that this newsletter is *not* copyright protected.

The newsletter will appear quarterly. I intend to mail copies at the beginning of each astronomical quarter, that is, Spring (March 21), Summer (June 21), Fall (September 21), Winter (December 21). To be included in the next issue, articles should be in my hands no later than 2 weeks *before* these dates. Authors can submit work to me at the weekly races, the Bagel Shop on Saturday mornings, or in writing (see the Questionnaire in this issue for address).

To help potential contributors, I have prepared a list of possible topics of interest for the newsletter:

- running shoe evaluation
- running clothes evaluation
- recent races or runs
- new courses
- recipes for aerobic athletes
- announcements
- photographs from runs/races

- interviews of known runners
- quotations of known runners
- running with dogs
- critique of races
- critique of running books
- How to beat (fill in name)

How to avoid (fill in injury)

- Running trivia
- Social running events such as picnics, parties, etc.

Of course, some topics are not appropriate for submission, and potential writers should not consider submitting articles on topics such as:

- Little Mary's summer camp
- How to pick up chicks
- Marxist interpretation of *Moby Dick*
- Best restaurants in Columbia
- Recent Supreme Court decisions
- Fishing along the Continental Divide
- Anything to do with automobiles

Remember, this is *your* newsletter and I want *you* to contribute.

HIGH SCHOOL TRACK

If you're looking for some real excitement from running, check out your nearest high school track races. Major upcoming events:

- 5/13 County Championships- Glenelg High School
- 5/20 Regional Championships- Glenelg High School
- 5/27 State Class AA Championships- & 28 Wilde Lake High School

It's just as much fun to help with these races as to watch. Dave Tripp (730-4499) can put you in a volunteer position right down by the track where all the action is. Don't miss it !

PRESIDENT'S ARTICLE
P. Goldenberg

Thanks to all of you who have wished me well as the new president of the Striders. On behalf of all the members, I also want to thank Phil Riehl for serving as Strider president for the past two years. I think we have a great club and I look forward to working with all of you to make it even better. I have already asked the Board members to suggest pet projects that they think we should undertake. Let us know which club activities you enjoy most and least, as well as which new events and activities you would like to see the Striders sponsor. If you really think we should undertake a new event or activity, why not champion the project yourself? You can be sure that the Board of Directors and I will go out of our way to support you if you personally undertake a worthwhile activity.

Someone who continues to go out of his way for the club is Gerry Gears, who will be serving as race director for the Clyde's race this year. Clyde's will be on Sunday, April 30, at 8 am, and once again there will be a one-mile fun run in addition to the 10K. Gerry has been hard at work for months now, but he can still use all the help he can get. We can use volunteers from right now up until race day.

By now you all know that we lost the 10 mile RRCA Team Championship Race in a squeaker to Montgomery County. The time is ripe to make a commitment to recapture the trophy next year and, for good measure, trounce them at Brighon Dam in September. All in all, though, I thought the race went well and we should congratulate first-time race director Jack Wilkinson and his wife Jeanne. They did a superb job.

At the last Board Meeting (March 7), Ben Mathews announced

that he is leaving the area for Fort Lauderdale, Florida. Ben is one of those special people who always make that extra effort. A superior masters' runner, he regularly turns in times that would be PRs for most runners twenty years younger. Ben has also been in charge of traffic control at our major races, was the race director of last year's Metric Marathon, and has served on the Board as Chairman of the Nominations and Selections Committee. In his role as a director, Ben has staged the last two Annual Meetings- always the main social event of the Strider year.

For those of us who are regulars at the Saturday morning Bagel Runs, Ben has loyally placed water out every week for years. Two years ago, when someone stole the water on a hot summer morning, it was Ben who gave up his next week's run in a valiant effort to apprehend the culprit. While the perpetrator was never caught, we can only assume that word of Ben's stakeout was responsible for the criminal's apparent departure from the area.

In gratitude for all Ben has done for the club, we have made him a Life Member. Also, the Board voted to pay his air fare so he can run in this year's Metric Marathon. Ben, we're going to miss you.

*See you on the roads,
Paul*

SPRING SCHEDULES

- | | | | | | |
|------|------|---|-------|------|--|
| 3/26 | 2 pm | Winter Awards, Jeffers Hill Neighborhood Center | 5/14 | 2 pm | HCS Spring Series
2M, 10K, 10M- JHNC |
| 4/2 | 8 am | Nike Cherry Blossom 10M, West Potomac Park. Entries closed on Feb 14. | 5/21 | 8 am | Healthy Choices 10K
Spencerville, MD |
| 4/2 | 2 pm | Cherry Pit 10M, S. River High School, Edgewater, MD- for those who missed or avoided Nike's race. | 5/21 | 7 am | Columbia Triathlon
Bob Vigorito (730-3880) |
| 4/9 | 8 am | Centennial 10K, Glen Burnie, MD | 5/28 | | Memorial Day weekend |
| 4/9 | 9 am | Lady Equitable. Inner Harbor, Baltimore (women only !) | 5/28 | 8 am | Constellation 10K,
Baltimore Inner Harbor |
| 4/9 | 2 pm | HCS Spring Series begins
2M, 10K, 10M- THES | 6/4 | 8 am | Run Through History
Antietam Battlefield |
| 4/16 | 8 am | Fritzbe's 10K
Rockville | 6/4 | 2 pm | HCS Spring Series
2M, 10K, 10M- LES |
| 4/16 | 2 pm | HCS Spring Series
2M, 10K, 10M- JHNC | 6/7 | | Articles due for summer
issue of NEWSLETTER |
| 4/17 | 9 am | Boston Marathon, Hopkinton, MASS | 6/11 | 2 pm | HCS Spring Series
2M, 10K, 10M- THES |
| 4/23 | 8 am | Geo Washington Parkway
15K. Mt. Vernon | 6/18 | 9 am | Columbia Birthday Fun
Run. Columbia |
| 4/23 | 2 pm | HCS Spring Series
2M, 10K, 10M- LES | 6/21 | | SUMMER SOLSTICE |
| 4/30 | 2 pm | Clyde's 10K, Columbia
Gerry Gears (596-6058) | 6/25 | 2 pm | HCS Spring Series Awards
and Fun Run- JHNC |
| 5/7 | 8 am | Governor's Bay Bridge
10K. Sandy Point State
Park | THES- | | Thunder Hill Elementary School |
| 5/7 | 2 pm | HCS Spring Series
2M, 10K, 10M- THES | JHNC- | | Jeffers Hill Neighborhood
Center |
| 5/14 | 8 am | Nike Race for Women, 10K
West Potomac Park
(Women only !) | LES- | | Longfellow Elementary School |

For more information on the weekly races, watch for announcements in the *Columbia Flier* or the *Howard County Sun*, or contact Ray Ramey, weekly race director, at 461-5212).

There are seven weekly races this spring. Runners can earn bonus points for participating in or working Clyde's, the Triathlon, and the Columbia Fun Run.

Paid-up members of the Howard County Striders will soon receive in the mail a complete schedule for the Spring Series.

TRIATHLON CONTRIBUTION

D. Tripp

When the Columbia Triathlon was originally founded, the Board of Directors of the Howard County Striders declined the opportunity to take an active role in the event's management. At the time, it was felt that the Strider's resources were being spread thin enough without taking on additional major programs. Over the years, the reality has been that many Striders participate in or work on what has become one of the premiere triathlons held in the United States. (Triathlon magazine recently rated the Columbia Triathlons on the the TOP 10 in the East.)

This year the Board and the organizers of the Triathlon have reached, we hope, a mutually beneficial agreement. The Striders will conduct the run part of the event, be responsible for timing and generating the raw results data, and provide at least 100 volunteers to work during the event. In return, the Triathlon will make a \$1000.00 contribution to the Striders. All volunteers will also receive colorful T-shirts, a great post-race party, and be eligible for random prizes.

We Striders appreciate the Triathlon's recognition of our members' efforts, but now we must produce. The 1989 Columbia Triathlon will start at 7 am on Sunday, May 21. Please contact Paul Goldenberg (730-3566) or Dave Tripp (730-4499) for information and to offer your services.

SPECIAL ANNOUNCEMENTS

Contribute your old, worn-out shoes the World Shoe Relief. Those old discards will be cleaned and distributed to the homeless. Send old shoes to:

The World Shoe Relief
P.O. Box 423
Trabuco Canyon, CA 92678

Meg Friedman and Norm Ringel are the parents of a baby girl, Tracy Nicole Ringel, born February 9, 1989.

Duane Foote sends his greetings from Chula Vista, CA, to the Howard County Striders. Writing from the Beach, Duane hopes that our winter is not too cold. He hopes to see us on the roads in warmer weather. Duane ran the San Diego Marathon in 3:26:00 and wants to be reminded never to run a marathon again.

George Turner, Bagel Shop Irregular, is recovering from surgery and intends to be out on Homewood Road again as soon as he is able. George thanks the Striders for the abundant flowers.

Linda Andes-Georges sends greetings from Brookfield, WI. She indicates that she will run the Bay to Breakers in San Francisco. She sprained her ankle playing soccer and has taken up editing a running club newsletter, a safer enterprise. She tried cross-country skiing and believes the sport is as arduous as running (!) She wishes her friends in Maryland good weather and happy trails.

ANNOUNCEMENT
CHALLENGE SERIES
E. Howland

Back by popular demand - the Howard County Striders Challenge Series !

- Are you the Club's most well-rounded runner ?
- Do you like to compete at a variety of distances ?
- Do you want to support distance running in Howard County ?
 - Do you want a *new* challenge ?

ENTER THE '89 HOWARD COUNTY STRIDER CHALLENGE SERIES !

The races in the series range in length from 1 mile to 16.2 miles. Scoring is based on finishing place among participants in each of the races. Awards will probably be merchandise. For more information, contact me at the Bagel Shop on Saturday morning or at 997-6435. (Call *before* 9:00 pm or else). To register, fill out the form below and send with \$10.00 (payable to the Howard County Striders) to me, Ellen Howland.

This year's Challenge Series races include:

Club Challenge (10 mi)	Feb
Clyde's (10k)	Apr
or Columbus Chase (10k)	Oct
Westminster 5k (men)	Jun
Distance Festival 5k (womne)	Jul
Columbia B'Day 2 Mile	Jun
or Strider 2 Mile	TBA
Meet of Miles (1 mi)	Jul
Brighton Dam (7 mi)	Sep
Metric Marathon (26.2k)	Nov

Name _____ Age ____ Sex ____

Address _____

Phone _____ Time to call _____

Enclose \$10.00 entry fee, payable to the Howard County Striders.
Send to:

Ellen Howland
5421 Spindrift Place
Columbia, MD 21045

Return Address:
Howard County Striders
4913 Canvasback Drive
Columbia, MD 21045

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