



# HOWARD COUNTY *STRIDERS*



HOWARD COUNTY STRIDERS NEWSLETTER  
VOLUME 9, NUMBER 4 -- WINTER 1989  
J.F. CARBARY, EDITOR

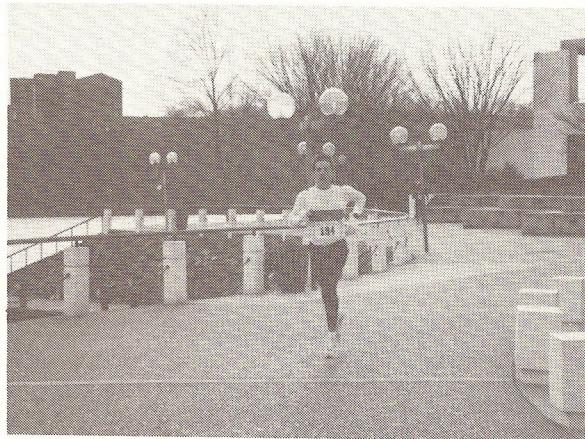
## COLUMBUS CHASE, '89

Nearly a thousand runners chased Steve Kartalia through a crisp autumn morning last October but none could catch him. Speeding to a course-record 29:52, the Westminster native surprised local favorite Gerry Clapper in the 10k race. Kartalia and Clapper ran through the first 3 km together, arriving at the top of the long hill at the same time. Kartalia then threw in a surge on the flats. Clapper tried to respond, but his legs "just wouldn't take me." Kartalia opened a lead and added distance between himself and second-place Clapper on the long downhill at 4 miles. In the final mile, Dave Berardi overhauled a fading Clapper to claim second place, while Kartalia cruised on to victory.

Arlington's Cathy Ventura-Merkel outgunned Howard County's Buffy Gavigan by 28 seconds. Both runners zoomed through the first mile at a suicidal 5:30 pace and, as with the male leaders, paced each other to the top of the first hill. Ventura-Merkel then increased the pace slightly, compelled Gavigan to fall back, and went on to win the women's race in 37:32.

Other Howard County Striders contributed notable performances in the race. Columbian Robyn Doster celebrated her recent 15th place ranking in the DC area by winning a tight race for third place against Greenbelt's Cheryl Conrad. Once a stalwart on the Strider racing team, Tom Bowmaster returned from the wilderness of New Jersey and clocked a 31:33 to finish 5th overall. Although the Chase's infamous hills usually discourage PR efforts, Ray Ramey nonetheless put in his fastest 10k at the race: 38:16.

The Ozone Rangers from the Johns Hopkins University Applied Physics Lab overwhelmed the team competition. The Rangers beat out (continued on p. 7)



Jim Robinson sprints across the finish line to win the Metric Marathon (Photo by Kirsten Gill)

## ROBINSON WINS '89 METRIC

Triathlete Jim Robinson led nearly 500 runners from Columbia to Ellicott City and back. With the west wind gusting to fifty miles per hour and temperatures in the twenties, Robinson pushed the pace and took the lead from David Lieb at the four mile mark. Paul Loebuck, Marcus Burton, and Lieb dogged Robinson until the 14 mile point where the course turned dead into the cruel west wind. There, Loebuck made his stand and surged to the lead. With his strength fading, the wily Robinson drafted Loebuck for the next two miles until they reached the Route 29 pedestrian bridge and turned out of the relentless wind. Then, on the shores of Lake Kittamaquid in the last quarter mile of the race, Robinson powered past Loebuck and beat him by six seconds in 1:32:51. Burton, fighting the wind alone, had waited too long to make his move, and wound up in third place in 1:33:02. Meanwhile, Lieb faded dramatically to fourth place in 1:35:24. (Continued, p. 2)

(Metric Marathon, cont.)

In the women's race, the lead pack included some of the top female runners in the area: Buffy Gavigan, Robyn Doster, Bea Marie Fritsche, Cathy Ventura-Merkel, and Donna Elliot. The group remained essentially intact until the ninth mile, when Ventura-Merkel and Elliot increased the pace and shattered the pack. Ventura-Merkel and Elliot hammered away at each other along the wind-swept course and apparently agreed to accept a tie for the women's championship: they both crossed the finish line in 1:50:25. The Striders' Buffy Gavigan, running the one of the longest races of her career, settled for third woman in 1:53:06, while Robyn Doster checked in two minutes behind.

The masters men experienced competition as fierce as the west wind. The first masters men finished within 2 minutes of each other and placed 20th, 21st, and 22nd overall. With some pacing from 2:42 marathoner George Bregman, Howard County's Piriya Pinit fought off Stephen Barnaba and Ronnie Wong, in addition to the wind, to win the 40-44 age group with a 1:43:02. Jerry Warfield outgunned Hubert Chadwick and placed second in the 45-49 age group, and the tireless Ben Mathews returned from Florida exile to claim the top spot in the 50-54 men. Al Treichel put his head down and cruised to a 1:52:56 to win the over 60 men's competition (the time would have earned him fourth place in the 45-49 men's group).

Strider Arlene Gamble finished second behind Tammy Villano in the 40-44 competition with a 2:09:51, while Vivi Provine overcame her recent performance at Marine Corps to win the women's 45-49 age group by the margin of five minutes. Helen Beyers overwhelmed the women over 50 with a 2:27:45.

Several runners used the Metric to stage personal vendettas and settle scores. For the second time this year, Paul Sobus clobbered nemesis Jim Carbary; he also overhauled Dave Stein in the final two windy miles and won the men's 30-34 age group. Craig Chasse hung on to the lead pack for most of the race, and, for the first time in living memory, he beat Rockville's Steve Smith.

A bitterly cold wind roared from the west and scoured the race course, especially along the last two miles. Some of the lighter runners were nearly upended and blown from their feet. Most competitors bundled themselves warmly in wool, Gore-Tex™, or nylon, but Jim O'Brien and Hubert

Chadwick both ran the entire 16.3 miles in shorts. Chadwick also ran in a singlet, although O'Brien required a long-sleeved t-shirt. Ellen Howland, finishing 8th overall in the women's competition, nearly froze to death after the race trying to find her clothes bag.

This year's Metric Marathon drew over 500 registrants, of whom 77 women and 351 men finished. Race director Joe Wasserman eschewed the lavish awards that usually go only to the elite runners and provided over 125 random awards, which he collected from local sponsors such as Feet First, Princeton Sports, the Bagel Shop, Owen Brown Liquors, and the Radisson Annapolis Hotel, as well as from national brand sponsors such as Asics, Runner's World, Dole Bananas, and Gatorade. Asics alone contributed \$500.00 to the cause. Wasserman lobbied shop-owners and businessman to supply awards and had Striders deliver entry forms six months prior to the race.

A large contingent of dedicated volunteers ensured the smooth running of the Metric in spite of very harsh weather conditions. The Striders especially wish to thank the numerous high school students who manned the water stations and directed runners. The club also extends its gratitude to the Columbia Amateur Radio Association (CARA), whose members provided radio communications at 18 points along the course for the safety of the runners. Thanks to extensive efforts of traffic coordinator Paul Goldenberg and the Howard County Police Department, traffic posed no threat to the safety of the runners, even along the difficult stretch of Route 104. Finally, the Striders wish to thank Priscilla Botacchi for taking over as finish line coordinator when illness forced John Keuhls to step down.



At the start of the Metric Marathon. (Photo by Kirsten Gill)

TOP THREE MEN FINISHERS			
1. Jim Robinson	1:32:51	4. Chris Brown	1:56:54
2. Paul Loeback	1:32:57	5. Art Boone	1:59:34
3. Marcus Burton	1:33:02	MEN (55-59 years)	
MEN (under 20 years)			
1. Gerard Hogan	1:47:20	1. Milton Taylor	1:54:18
2. Steve Sturges	1:49:46	2. Keith Olson	2:03:30
3. Sheridan Snedden	1:55:15	3. Paul Christopher	2:07:49
MEN (20-24 years)			
1. Craig Chasse	1:35:54	MEN (over 60 years)	
2. Larry Pech	1:36:17	1. Al Treichel	1:52:56
3. Steve Smith	1:37:15	2. Joseph Rutkowski	1:57:45
MEN (25-29 years)			
1. David Lieb	1:35:24	TOP THREE WOMEN FINISHERS	
2. Joseph Blackmon	1:36:37	1. Cathy Ventura-Merkel	1:50:25
3. Andrew Shearer	1:37:52	Donna Elliot	1:50:25
4. Richard Fulton	1:38:45	3. Buffy Gavigan	1:53:06
5. Bill Stahr	1:39:30	WOMEN (under 20 years)	
MEN (30-34 years)			
1. Paul Sobus	1:38:57	1. Kriston Kowaleski	2:48:46
2. Dave Stein	1:39:36	Daphne Stroud	2:48:46
3. George Bregman	1:42:31	WOMEN (20-24 years)	
4. Bill Egan	1:48:30	1. Bea Marie Fritsch	1:58:10
5. William Peeling	1:51:17	2. Belinda Hodge	2:17:11
MEN (35-39 years)			
1. David Webster	1:36:33	WOMEN (25-29 years)	
2. Jerry Andrews	1:45:02	1. Robyn Doster	1:55:04
3. Jim Carbary	1:45:17	2. Barb Willig	1:56:59
4. Bill Jenkins	1:50:36	3. Ellen Howland	1:58:27
5. Timothy Cook	1:52:10	4. Mary Gaylord	1:59:10
MEN (40-44 years)			
1. Piriya Pinit	1:43:02	5. Jeanne Grillo	2:05:49
2. Steven Baranaba	1:43:28	WOMEN (30-34 years)	
3. Ronnie Wong	1:44:53	1. Susan Cain	1:55:13
4. Tim Sponseller	1:45:49	2. Susan Breiers	2:10:28
5. David Lowe	1:47:48	3. Lisa Lowe	2:12:44
MEN (45-49 years)			
1. Fred Wykoff	1:47:14	WOMEN (35-39 years)	
2. Jerry Warfield	1:49:36	1. Sharon Heidel	2:00:52
3. Hubert Chadwick	1:50:01	2. Linda Lash	2:03:15
4. Dave Tripp	1:54:23	3. Lani Williams	2:09:28
5. Noel Gordon	1:55:14	WOMEN (40-44 years)	
MEN (50-54 years)			
1. Ben Mathews	1:48:52	1. Tammy Villano	2:07:33
2. Bailey St. Clair	1:55:47	2. Arlene Gamble	2:09:51
3. Allan Rider	1:56:23	3. Christy Knoska-St. Clair	2:10:29
MEN (over 50 years)			
1. Helen Beyers		WOMEN (45-49 years)	
2. Phyllis Mickalisch		1. Vivi Provine	2:14:41
		2. Louantha Putman	2:19:42
		WOMEN (over 50 years)	
		1. Helen Beyers	2:27:45
		2. Phyllis Mickalisch	2:35:26

## QUOTES FROM THE METRIC MARATHON

These memorable aphorisms were collected immediately after the metric marathoners exited the finish chute.

Tom Brown:

"The cold wasn't really bad but the wind was miserable. But I like the snow flurries- it was a nice touch."

Jim O'Brien (who ran in his shorts):

"I was in shock the last two miles. My legs were okay but my nose was numb."

Tony Warner:

"At least it didn't rain."

Dave Stein (2nd, 30-34 men):

"One of the 10 dumbest things I've ever done." Then, later: "Maybe one of the 5 dumbest things I've ever done."

Ellen Howland (8th woman):

"My strategy was to run slow until 12 miles, but then the wind hit me hard and slowed me down."

Steve Smith (9th overall):

"Great weather! I definitely overdressed- should have worn my shorts."

Ben Mathews (1st, 50-55 men):

"Too much wind. I'm glad I'm going back to Florida."

Piriya Pinit (1st, 40-44 men):

"I died at 14 miles when we turned into the wind." (-RIP, ed.)

Karen Harvey (1 month after running her first marathon at Marine Corps):

"I'd rather run a marathon."

Helen Beyers (1st women, over 50):

"XXXXXXXX YYYYYYY. I have nothing worthy of comment."

George Turner:

"What wind?"

Mac Ramsey:

"I pulled away from Debbie near 12 miles."

Debbie Ramsey:

"At least I won a random prize."

Lisa "New-Shoes" Lowe (she completed several triathlons this year):

"There's a lot to be said for this training thing." Then, later: "I'm going back to triathlons."

John Wheatland:

"I'd rather be in Miami. Hey, let's hold this in Alaska next year."

Arlene Gamble (2nd, 40-44 women):

"Do you have a dollar for a hot coffee?"

Paul Sobus (1st, 30-34 men):

"I clobbered Jim Carbary."

Jim Carbary (3rd, 35-39 men):

"My shoe came untied."

Jon Howland (course marshal):

"So I see this guy bending down with his hands on his knees. I figure he's just catching his breath, but he stays this way for maybe 10 minutes. Then he falls down and rolls over in the bushes, face down in the leaves, and I think, 'Is this guy dead?' So we pulled him out of the race."

Marcus Burton (3rd overall):

"Another mile and I'd have had them."

Steve Smith (collecting his award):

"This is the first and last time that Craig Chasse beats me."

Vivi Provine (2nd, 45-49 women):

"The wind blew me around like a little pebble."

John Keuhls (finish line coordinator):

"Which button do I push?"

Bo Jackson (professional football/baseball player):

"The way I look at what I do is that it's not physical. Everything is mental. If I put my mind to anything, I can usually do it."

# Thank you.

THE HOWARD COUNTY STRIDERS  
ARE GRATEFUL TO ALL THE COMPANIES  
THAT CONTRIBUTED TO THE OVERWHELMING  
SUCCESS OF METRIC MARATHON 1989.

OUR SPECIAL THANKS TO:



OWEN BROWN LIQUORS, INC.  
Owen Brown Village Center

CUBBY HOLE™  
3 - POCKET  
VISOR



Herschen Health & Chiropractic Center, P.A.  
Columbus Sports and Medical Rehabilitation, Inc.



**Support Our Sponsors. They Support You!**

## STRIDERS TAKE THE HILL AT MARINE CORPS

More than a few good men (and women) turned out on November 5 to run the fourteenth Marine Corps Marathon. Over 30 Howard County Striders joined 13,000 other fanatics on a cool, sunny Sunday morning to participate in edition XIV of the United States Marine Corps Marathon. Of these, five set personal bests at the grueling 26.2 mile distance, 15 qualified to run the Boston Marathon next April, and five completed their initial marathon. All the runners made the most of superlative fall weather and each one returned with his or her own private story.

George Bregman led all Howard Countians with an amazing 2:42:03, which bettered his best marathon time by several minutes and placed him in the top 100 finishers. George would have broken 2:42 but he stumbled and fell flat on his face when he sprinted the last 100 meters trying to catch Lucious Anderson.

Completing only her second marathon, Robyn Doster led all Howard County women with a sparkling 3:10:40. She had planned to run conservatively in the early going, but instead stayed among the top women until near the half-way point. Then fatigue compelled her to slow down.

Several runners performed notably. George Allmon fell on his knee at 12 miles but continued heroically to finish in 3:18:57 in spite of the injury. Jim Woods celebrated his 40th birthday by running his first 26.2 miler in 3:14:52, which easily qualified him for Boston. Running together for the first 13 miles, Jim Carbary and Piriya Pinit went out too slowly and both failed to break 3 hours for the first time in years. Piriya's 3:05:56 time nonetheless placed him first among Strider masters runners. Not too far behind Piriya, 51-year-old Chris Brown pulled across the line in 3:17:30.

Apparently, some of the locals have not quite worked the marathon out of their system, even after many attempts. For Dave Tripp the Marine Corps Marathon marked his 21st complete marathon, while Tim Beaty finished his 30th. And with this romp around the monuments, Joe Wasserman completed a staggering 43 marathons. Joe intends to run 50 of the 26.2 milers by the time he reaches age 50. Good luck, Joe.

George Bregman*	2:42:03 (PR)
Steve Smith*	2:43:59
Jim Carbary*	3:01:40
Piriya Pinit*	3:05:56
Phil Lang	3:06:25 (PR)
Robyn Doster*	3:10:40 (PR)
Richard Brockway*	3:12:56
Jim Woods* **	3:14:52
Chris Brown*	3:17:30
George Allmon*	3:18:57
Phil Nissen*	3:19:01
Joe Wasserman*	3:19:27
Larry Piffer*	3:20:12
Dave Tripp*	3:21:13
Tim Beaty	3:27:33
Jack Wilkinson	3:38:05
Oliver Cassell	3:40:07 (PR)
Dan Rosenberg**	3:40:50
Rob Vigorito	3:46:22
Steve Feldstein	3:47:35
Ed Silverman	3:49:35
Paul Goldenberg	3:54:22
Eric Katkow	3:57:14
Jerry Lynn**	about 4:00:00
Ron Ridgely	4:00:35 (PR)
Bill Savoie	4:02:58
Karen Harvey**	4:12:00
Andrea Almand**	no time
Mary Ann Esfandiari	no time
Abby Glassberg	no time
Char Sobwick	no time

\* Qualified for Boston

\*\* First complete marathon

The Striders adopted three young women from Kansas at the Marathon. The three wanted to leave their gear at the Strider pavilion during the race and thus made the acquaintance of many of the male Striders. Although not official club members, they willingly gave out their times for the newsletter:

Maria Mauerlein*	3:28:30
Kelley Anderson	3:58:10
Missy Hodge	4:10:--

(Columbus Chase- continued)

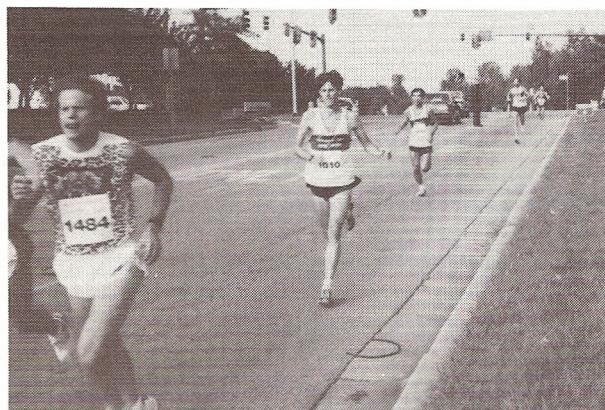
IBM's Big Blue Machine, HCC's Team Teach, and a General Physics' Team, which won last year's team competition. Many of these teams included runners from the Striders. Team Teach included George Bregman; Big Blue had Dick Weber, John Wheatland, and Miles Weigold; the Rangers boasted an all-Strider line-up of Marcus Burton, Jim Carbary, Jon Howland, Clarence Wingate, and JoAnn Sutch- many of whom were once racing team members.

This year's Columbia Columbus Chase proved one of the largest in recent years, with 900 entrants. 592 men and 156 women participated in the 10k main event, while about 150 runners took part in a 2 mile fun run. The crisp, sunny fall weather no doubt had something to do with the large field, although the Striders put out considerable advance billing of the race. The 10k runners were eligible to win a random drawing for American Airlines' tickets to anywhere in the continental U.S. Fate surprised Columbia's Lisa Lowe by plucking her number from the barrel.

In addition to the 10k main event, the festivities included a Moonbounce for the children, seventy pounds of sandwiches from Subway, and several kegs of beer. Strider President Paul Goldenberg directed this year's Columbus Chase. He had ample volunteer support from over 100 persons, who generously gave their time and efforts before, during, and after the race. A number of runners remarked on the enthusiastic support from the young volunteers of Atholton High School, who staffed the water stop halfway up (and halfway down) the hill.



Almost 700 runners crowded the starting line at the Columbus Chase (photo by Sherry Beaty).



A rare sight occurred near the half-way point: Striders John Kuehls, Paul Sobus, Piriya Pinit, and Jon Howland find themselves locked in combat (Photo by Sherry Beaty).



Runners engage in a final sprint at the end of the race as anxious spectators cheer them on (Photo by Jim Carbary)

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#### HOWARD COUNTY STRIDERS 1989 BOARD OF DIRECTORS

Paul Goldenberg, <i>President</i>	730-3566
Denise Underwood-Hannagan, <i>V. President</i>	461-0827
Kay Allmon, <i>Secretary</i>	730-1098
Dave Tripp, <i>Treasurer</i>	730-4499
Jason Tripp, <i>Membership</i>	730-4499
Ray Ramey, <i>Series Race Director</i>	461-5212
Linda Lash, <i>Racing Teams</i>	381-5783
Jim Carbary, <i>Newsletter</i>	964-8375
Lisa Lowe, <i>Women's Committee</i>	964-2681
Bob Somers, <i>Junior Striders</i>	461-3084
Jon Howland, <i>Nominations</i>	997-6435
John Kuehls, <i>Special Races</i>	964-0064
Nadia Wasserman, <i>At Large</i>	381-6385
Tom Webb, <i>At Large</i>	992-9842
Rick Rosen, <i>At Large</i>	381-3635

## MARRIAGE FEVER STRIKES VICE PRESIDENT !

Howard County Strider Vice President Denise Underwood married Al Hannagan on October 21. The wedding took place on a cloudy day at the Oakland Mills Interfaith Center. The ceremony was attended by a large contingent of Striders, many of whom had run with Denise and Al only a few hours earlier at the Bagel Shop. The couple plans to live in Ellicott City and continue running as a family.



The happy newly-weds ran together at the Turkey Trot 10k Prediction Run on a snowy Thanksgiving Day.

## NEWSLETTER CONTEST RESULTS

The Striders have not quite settled on a new name for the newsletter. The editor received a number of entries in the Name-the-Newsletter contest. The entries included some very clever titles:

GOOD TIMES  
STRIDE-WRITE  
PR  
SHOE ALONG  
THE LEGACY  
TRAIL TAILS  
FOOTNEWS  
FANCIFREE (?)  
TOEDAY'S NEWS QUARTERLY  
THE RUNNER'S QUARTERLY (RQ)  
OFF TRACK  
FAST TRACKS

The submitter of the latter title indicated she had conceived her idea while running and undergoing "brain anorexia."

Unfortunately, the Strider Board of Directors could not settle on which of these names would best suit the club newsletter and decided to throw the contest open to the general membership at the annual meeting in January.

## 10 MILE CHALLENGE RACE ! HOWARD COUNTY STRIDERS vs. EVERYBODY ELSE

HOWARD COMMUNITY COLLEGE  
8:00 AM SUNDAY, FEBRUARY 25, 1990

STRIDERS OF ALL SPEEDS AND ABILITIES NEEDED!  
FREE MUGS! ENTRY FEE PAID BY CLUB!  
CONTACT PAUL GOLDENBERG (730-3566) FOR INFORMATION

**HOWARD COUNTY WANTS YOU !**

**HOWARD COUNTY DOMINATES  
STATE HIGH SCHOOL  
CROSS COUNTRY**  
Dave Tripp

The 1989 high school cross country season went pretty much according to form, at least in the eyes of this forecaster (see fall issue of this Newsletter). However, that doesn't make the results any less impressive. Howard County's eight high schools are all in Class AA or Class AAA (the state has four classes, A to AAAA, based on size of student population). So, including boys and girls, there were four races that County teams entered. The Oakland Mills boys won the AAA championship while Centennial finished second, and Atholton's boys and girls both won the Class AA championship, with the Glenelg girls second. Individually, three of the four races were won by students from the county.

Happily, much of the glory went to members of the Howard County Striders. Steve Carnahan, Oakland Mills' coach, took home his sixth consecutive boys state championship team trophy, breaking the record he set last year. His boys team was also ranked number one in the final season Baltimore Sun Metro area rankings of all schools, public or private, regardless of size. Earl Lauer of Atholton became one of the few coaches ever to get a double win, the first team championship for his boys, and the third consecutive for his girls, who ended the season ranked number three in the Sun's poll. Martin Goode's Mt. Hebron boys finished fourth in the AA race, and Steve Musselman took Wilde Lake to the States for the first time in many years.

Patrick Rodrigues won the boys AAA race easily and claimed his second title in two years—yet he's still only a junior. The Atholton and Glenelg girls teams were almost totally made up of Striders: Tina Adams (6th), Laurie Atherholt (7th), Katie Terry (8th), Ana DoCouto (10th), Tina Rankin (11th), Maggie Leffler (14th), Tara Getschman (15th), Christine Hawley (18th), Megan Ambrose (26th), Ellen Coffey (29th), and Karen Gafke (46th). The Oakland Mills boys varsity was entirely made up of Striders: Joe Drissel (3rd), Paul Schoeny (8th), Ken Plasse (10th), Brandon Hart (12th), Bill Dye (17th), Jon Browne (18th), and Jason Tripp (21st). The Oakland Mills team also had a remarkable high-lo: their team score of 48 points was the lowest in their 6-year winning streak and all

seven made the honor roll with a combined GPA of 3.7!

Other Striders, all in Class AA, included Glenelg's Gerard Hogan (15th), Joe Rankin (54th), and Edward Hogan (74th); Atholton's Scott Woods (28th); and Wilde Lake's Joshua Perrin (41st).

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**SPECIAL RACES THIS WINTER**



**PREDICTION 8k** 

**MONDAY, JANUARY 1, 1990**  
**CENTENNIAL LAKE PARK**  
**START ANY TIME- FINISH AT 11:00 AM**  
**DAVE TRIPP (730-4499)**

**PARTNERS 10k** 

**SUNDAY, FEBRUARY 11**  
**JEFFERS HILL NEIGHBORHOOD CENTER**  
**2:00 PM - SUPPORT YOUR VALENTINE!**  
**JOE/NADIA WASSERMAN (381-6385)**

**10M CHALLENGE RACE** 

**SUNDAY, FEBRUARY 25**  
**HOWARD COMMUNITY COLLEGE**  
**8:00 AM ALL MEMBERS INVITED!**  
**PAUL GOLDENBERG (730-3566)**

**SCHOLARSHIP RACES**

**SUNDAY, MARCH 11**  
**THUNDER HILL ELEMENTARY SCHOOL**  
**2:00 PM \$1.00 ENTRY FEE FOR HCS FUND**  
**PAUL GOLDENBERG (730-3566)**

**T-SHIRT SWAP RACES** 

**SUNDAY, MARCH 18**  
**LONGFELLOW ELEMENTARY SCHOOL**  
**2:00 PM SWAP YOUR T-SHIRTS**  
**JACK/JEANNE WILKINSON (730-3480)**

**ALL-FRUIT RELAY RACES** 

**SUNDAY, MARCH 25**  
**JEFFERS HILL NEIGHBORHOOD CENTER**  
**2:00 PM 4-PERSON COED TEAMS**  
**TOM WEBB (992-9842)**

**MARK YOUR CALENDARS NOW**



HOWARD COUNTY STRIDERS NEWSLETTER, VOL. 9., NO. 4 - p.10



## CHRISTMAS SHOPPING FOR AEROBIC ATHLETES

Jim Carbary

Now that the Christmas season has nearly ended, all of us are wondering what gift we really should have gotten our favorite runner (or triathlete). I have carefully surveyed the membership of the Striders, many of whom are personal friends of ours, in an effort to find out what we should get next year, because we've waited too long for this year.

First, I want to discuss what you *shouldn't* get runners for Christmas. Avoid giving running shoes, which are items of religious significance that can only be selected by the athlete himself. Also, you should not make a present of tights, especially to a woman, because of the problem of size. A size too small and she'll think you're trying to survey her private parts, while giving a size too large will make her believe you think she's too fat. You can't win in either case. And don't even consider a Walkman. As we all know from the last Newsletter, Real Runners despise these devices and would be offended to receive one as a gift. Finally, under no circumstances should you give a runner a t-shirt, even if it says something like "I hiked the Canyon" or "Rush Concert Tour '87". All runners have at least ten thousand t-shirts and don't want any more!

Okay. Now for the serious gifts that any runner would appreciate. Under the category of clothing, consider wool gloves or Gore-Tex™ mittens, either of which can turn a gruelling 26.2 km ordeal into a pleasant jaunt in the crisp winter air. Either will keep your hands warm in an ice-storm, if you're foolish enough to go running in an ice-storm.

Socks are always popular gifts for runners. However, do not mistake tennis or basketball socks for running socks. Tennis socks have those funny puff-balls attached to the heels, while basketball socks have peculiar red, green, or blue designs and pull up all the way to the knee. Running socks have no designs or puff-balls and come in two versions: ankle length and no length. Some hi-tech socks have a double-wall construction that will absolutely prevent blisters even during the Western States 100 Mile run.

Always buy a size smaller than you think will fit.

Let's not forget running shorts. Thanks to the miracle of triathloning, today's runner can select from a myriad of colors, fabrics, and designs. Consider Thermax™ shorts in neon green for him and in neon pink for her. Lycra tri-shorts in leopard-skin designs can make even ugly thighs seem sexy, although they otherwise perform no useful function. Finally, I myself have always liked the split-sided running shorts that Bill Rogers™ used to make. But, like wool baseball caps, Bill went into decline and you can't find these anymore.

If you want to spend a bit more, you can get a digital wrist watch. Even the inexpensive versions feature stop-watch timing and lap-counting, the latter of which no one has ever figured out. More expensive versions, which you may want to consider, give the time in Sydney and Moscow and beep every time the runner's feet strike the pavement. [This beeping gives you an advantage: by merely increasing the beep frequency, you will automatically run FASTER!] Your triathlete friend, of course, will require a digital watch that works under 100 meters of sea water beneath the artic ice cap. These devices have depth gauges and cost somewhat more.

If you have enough money and want to really impress your boy/girlfriend, consider giving a full running suit. Gore-Tex™ suits still represent state of the art, but you can find some less expensive synthetic Gore-Tex suits that work just as well. Be sure the zippers in the pants go all the way to the knee and that the suit includes a hood. Remember, however, that such a gift has certain responsibilities associated with it. Your friend becomes OBLIGATED to run with the Saturday morning crazies all through January and February and is virtually an assured participant in the Washington Birthday Run.

One [non-running] friend of mine, who actually has advanced degrees from an accredited University, suggests we buy each other Ben-Gay™ and knee braces for Christmas. So BEWARE of non-runners bearing gifts.

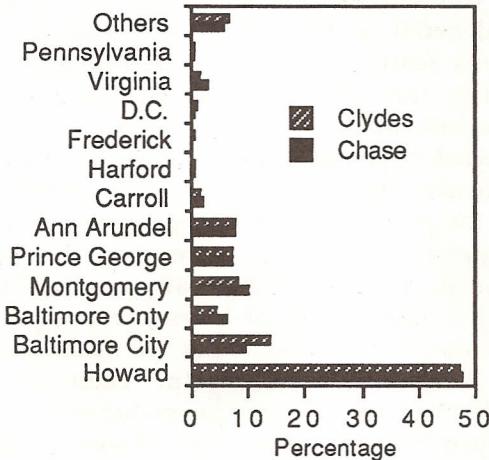


## STATISTICAL ANALYSIS OF COLUMBUS CHASE AND CLYDE'S REGISTRATION

Rick Rosen

A total of 1344 runners registered for the Clyde's 10k race in April and 900 for the Columbus Chase in October. Not surprisingly, local runners comprised the largest single portions or registrants: 39% of the Clyde's field and 47% of the Chase's field came from Howard County.

**Figure 1**  
Percentages by County



**Figure 2**  
Percentages by City

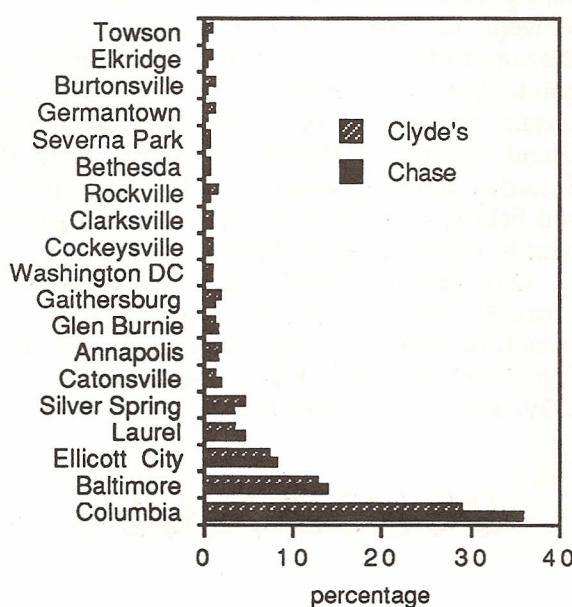
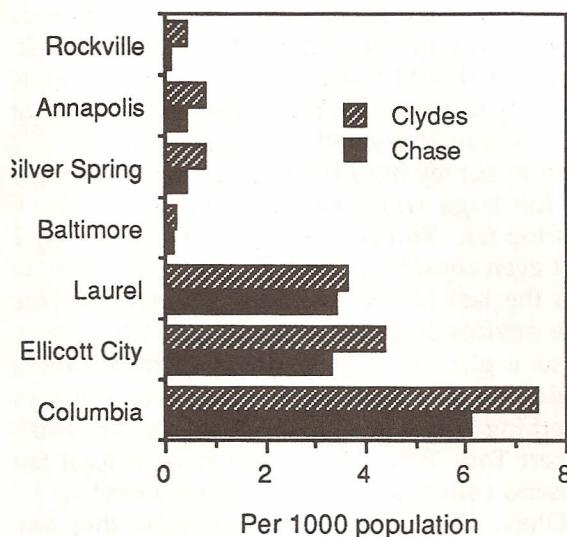


Figure 1 shows the percentages of registered runners by their county, while Figure 2 shows the

percentages by city. As you might expect our races tend to draw runners from the closer cities and counties. However, Washington, DC, seems very under-represented, especially considering the vast running community in the District.

Finally, consider expressing these statistics in terms of registration per capita. Registration per capita provides a measure of the concentration of registrants from an area. For example, two cities may each provide 25 entrants, but if one city has a higher population than the other, the proportion which is actually running our race is greater. Figure 3 expresses the runner distributions in terms of registrations per 1000 of a town.

**Figure 3**  
Per capita Registration



### ANNUAL STRIDER

### BANQUET

**TUESDAY, JANUARY 16, 1990**

6:30 PM

**OAKLAND MILLS MEETING**

**HOUSE**

- **EXTENSIVE FOOD SELECTIONS**
- **MEET/ELECT BOARD MEMBERS**
- **RUNNERS ANNUAL AWARDS**
- **SPECIAL PRESENTATIONS**
- **RENEW MEMBERSHIPS**

## WINTER SCHEDULE

The serious runner continues training and racing throughout the winter season. Cold-weather running actually offers some wonderful opportunities for us to recover from running in the warmer seasons and to enjoy more relaxed aerobic exercise.

The Striders will again conduct a Resolution 8k Run on New Year's Day at Centennial Lake Park. Those of you who participated in last year's Resolution Run know how exciting and invigorating a romp in an arctic blizzard can be! Call Dave Tripp (730-4499) for more information.

The Striders will hold their Annual Meeting, Banquet, and Awards Ceremony at the Oakland Mills Meeting House on January 16 at 6:30 pm. If you like good, healthy food, and can put up with runner-talk for a few hours, this meeting is for you. Bring a pot-luck contribution and enjoy the festivities. Contact Paul Goldenberg (730-3566) or Dave Tripp (730-4499) to get the story.

The ever-popular All-Fruit Relay will be held in March. In this mad-cap event, co-ed teams of four runners relay whole fruits over an exciting 1.5-mile loop in Jeffers Hill. You'll want to have your team and your fruit ready for this one! Contact Tom Webb (992-9842) or Dave Tripp (730-4499) for more information on this unique event.

More serious running looms ahead for us at the 10 Mile Challenge Race on February 25. The Striders once dominated this event, but have lost two years in a row. We face an even more difficult challenge this year because some of our top runners have moved. All those who can run 10 miles under 80 minutes should run on the team. Even if you don't score, you can contribute by displacing somebody else on another team who might score. This is the tactic that Montgomery County uses, and they've beaten us at the Challenge Race and at a Brighton Dam.

The Winter Series race director is Dave Tripp (730-4499); the overall Weekly Series director is Ray Ramey (461-5212). Each set of events in the Winter Series features 2 mile, 10k, and 10 mile (or 15k) races.

1/1 10:00a Resolution Run 8k  
Centennial Lake Park  
Dave Tripp (730-4499)

1/7	2:00p	HCS Winter Series/ THES
1/14	2:00p	HCS Winter Series/ JHNC
1/16	6:30p	Annual Meeting & Awards Oakland Mills Meeting House Paul Goldenberg (730-3566)
1/21	2:00p	HCS Winter Series/ GHS
1/28	2:00p	HCS Winter Series/ LES
2/4	2:00p	HCS Winter Series/ THES
2/11	2:00p	HCS Winter Series and Partner's Race/ JHNC
2/18	2:00p	HCS Winter Series/ LES
2/25	8:00a	Challenge Race 10M/ HCC Paul Goldenberg (730-3566)
3/4	2:00p	HCS Winter Series/ GHS
3/11	2:00p	HCS Winter Series/ THES Scholarship Races-- entry fee of \$1.00 goes to Scholarship Fund
3/14		Articles for Spring Newsletter due
3/18	2:00p	HCS Winter Series/ LES T-shirt swap races! Jack Wilkinson (730-3480)
3/21		VERNAL EQUINOX ! 
3/25	TBA	Lady Equitable 10k (or similar women's race). Baltimore
3/25	2:00p	Winter Awards /All-Fruit Relay JHNC - Tom Webb (992-9842)
4/1	8:00a	Nike Cherry Blossom 10M West Potomac Park, DC

### Abbreviations:

GHS-	Glenelg High School
HCC-	Howard Community College
JHNC-	Jeffers Hill Neighborhood Center
LES-	Longfellow Elementary School
THES-	Thunder Hill Elementary School

## WHITE THANKSGIVING

Several inches of snow fell on Howard County on Thanksgiving Eve. The heroic efforts of Ray Ramey and Paul Goldenberg allowed the Striders to conduct their annual Turkey Trot 10k Prediciton Run the next morning. Forty-six stalwarts frolicked through the ten snowbound kilometers on Thanksgiving morning in an attempt to complete the distance by 11:00 am. The fun-run was definitely not to the swift, but to the most accurate, the goal being to finish at exactly 11:00 am. The runner finishing closest to that hour won the competition. The runners estimated their paces by dead reckoning, however, because no watches were allowed. Most runners underestimated their times because of several inches of snow deposited on the bikepaths of Jeffers Hill. Nonetheless, no one reported getting cold feet.



Eager registrants sign up for the '89 Trot: from left to right, Marion Brandenstein, Dale and Kevin Bateman (Golden Turtle winners), Masked Man, Unknown Woman, and Bill Brandenstein. (Photo by Jim Carbary).

Master's runner Vivi Provine proved the most accurate of the women runners. She completed the appointed 10k course only 10.1 seconds before the hour of 11:00 am. However, the most on-time runner of the day was a man. John Guala slipped and sloshed through his run only 1.6 seconds before 10:00 am. Provine and Guala won Jean M. Dixon Golden Turkey Awards for their accurate runs.

The least-accurate runners won Golden Turtle Awards. Although one of the fastest women runners, Debbie Townsend also proved the

most inaccurate: she finished her 10k 6:24 before 11:00 am to take home a Turtle. And, paced by his father, young Dale Bateman won the Turtle for most inaccurate male. The duo completed their run over 13:30 after 11:00 am.



Masked Man and Dick Woods begin their perilous journey. Note the depth of the snow. (Photo by Jim Carbary).



Chris Brown leads a pack of Turkey-crazed Trotters through the final yards of slop. (Photo by Jim Carbary)



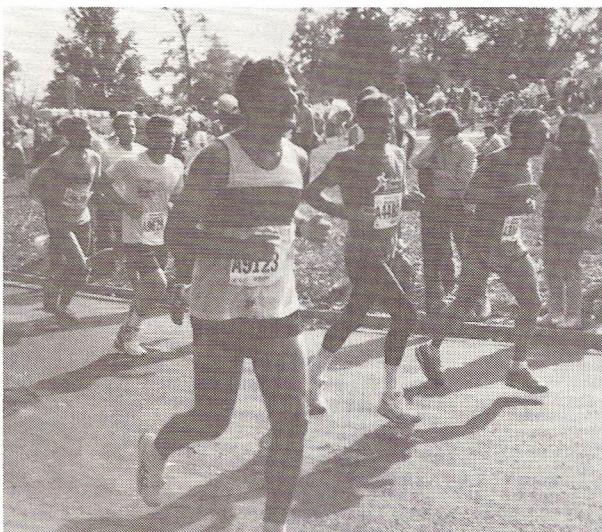
Vivi Provine, jacket flapping, negotiates the icy finish as finish line coordinators observe her form. (Photo by Jim Carbary).

## PRESIDENT'S LETTER

Paul Goldenberg

The Metric Marathon was the race of the year! Race Director Joe Wasserman set out to put on the kind of race he would want to run himself, and, with a record-sized field, it was obviously the type of race that lots of other runners wanted to run, too. Joe included something for everyone. Deep age-group awards, random prizes galore, ample food and drink, and a tee-shirt designed by award-winning artist Barbara Kerr made this a race where everyone went home a winner.

Enthusiastic Strider volunteers braved the cold and the wind to marshal traffic along the challenging 16.3 mile course. They were joined by a large contingent of service-minded high school cross country runners who, under the direction of Atholton coach Earl Lauer, made sure the runners had all the water and Gatorade they needed. Also deserving thanks are Mike Carr and the other members of the Columbia Amateur Radio Association, who provided emergency communications, and Sergeant Jeff Spaulding and his fellow officers of the Howard County Police, who ably controlled traffic at the major intersections along the course. Finally, as noted elsewhere in this newsletter [see p. 5, ed.], our thanks go out to the outstanding sponsors Joe recruited for this race. It's great to know that Joe is already planning next year's race.



Best wishes for good running in 1990! President Paul Goldenberg, #A9123, streaks toward the finish in the '89 Marine Corps Marathon. (Photo by Ray Plotcia)



Joe Wasserman, Race Director of the '89 Metric Marathon, raises his arms in triumph at the finish of the Turkey Trot (photo by Jim Carbary)

As I look back on 1989, I think the Striders had a productive year. In addition to the Metric Marathon, our other major races-- Clyde's, the Columbus Chase, the Women's Distance Festival, and the MD-DC RRCA 10-Mile Challenge Race--were successful, well-organized events. The four weekly-race series ran smoothly and were well-attended. Our popular youth program once again benefitted from a generous NIKE-RRCA grant. By all reports, the Junior Striders had a super time in Hammond, Indiana, capping off a successful season under the guidance of coach Tony Mahon. We kicked off our Educational Partnership with the Howard County Public Schools and created the John Scherer Scholarships. The Howard County high school cross-county programs dominated the state championships, yet the runners found time to help out at both the Columbus Chase and the Metric Marathon. The 24-Hour Relay found a new home under the lights at Howard High School; the Relay figures to become a fixture on our schedule under the direction of Tim Beaty.

(continued, next page)

(President's letter, cont.)

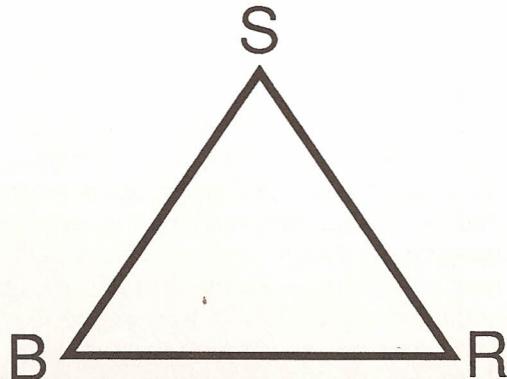
The Columbia City Fair was great fun with both our traditional information booth and the lucrative beer booth. As always, the Striders staged the annual Columbia Birthday Fun Run. The recent Strider Picnic was cold but everyone had a great time in front of the fire. Next year we will schedule it for a warmer date. Lisa Lowe and the Women's Committee sponsored informative seminars on "Sports Nutrition" and "Cross Training". The panel on "Running a Successful Marathon" was also a hit. The Striders were one of four clubs to take part in the first Maryland State Games Torch Run. The unofficial, informal, Saturday morning Bagel Runs continue; special, *unsanctioned* events this year included the Mark of Respect Masochist Marathon and the Enduro 16 miler in Ellicott City.

To the many Striders who volunteered their time this year-- *thank you!* Our club is great because of you. As always, all members are encouraged to let us, the Board of Directors, know how we might better serve you. If you have an idea or comment, let's hear it. The Board and I will give you the support you need. The more you involve yourself in the club, the more you will get out, of it.

I hope your holiday season is joyous.  
Peace.



Prediction for 1990: Hard training will be rewarded-- both the MD-DC RRCA 10-Mile Challenge and the Brighton Dam Challenge trophies will return to their rightful home in Howard County.



## TRANSITIONS

"On the Triathlon Scene"

Rob "the Vig" Vigorito, race director and godfather of the Columbia Triathlon, has been elected to the Triathlon-Federation, USA, National Board of Directors. Rob welcomes any suggestions or comments regarding local triathlons in particular or the sport of triathloning in general.

The 1990 Columbia Triathlon will be held on Sunday, May 20th. Starting at beautiful Centennial Lake Park, the event will feature the same 40k bike and 10k run courses as last year. Tri-Fed USA has once again designated the 1989 race as the mid-Atlantic Tri-Fed Regional Championship. The field will be limited to the first 500 people to enter. Race entries will be out sometime in mid to late January, 1990. Keep your eyes peeled for these- the field fills up FAST. In addition, the Columbia Triathlon has been voted one of the best triathlons in the Eastern United States. Congratulations to all the local triathlon committee members, sponsors, volunteers, and triathletes who have worked tirelessly to make this event the success it is.

## RENEW YOUR MEMBERSHIP FOR 1990!

Circle type of membership:

Individual (\$10.00)

Family (\$15.00)

Student (\$6.00)

Name(s)

Age   Sex   Birthday


Street address

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Mail completed membership form and check, made out to  
"Howard County Striders", to

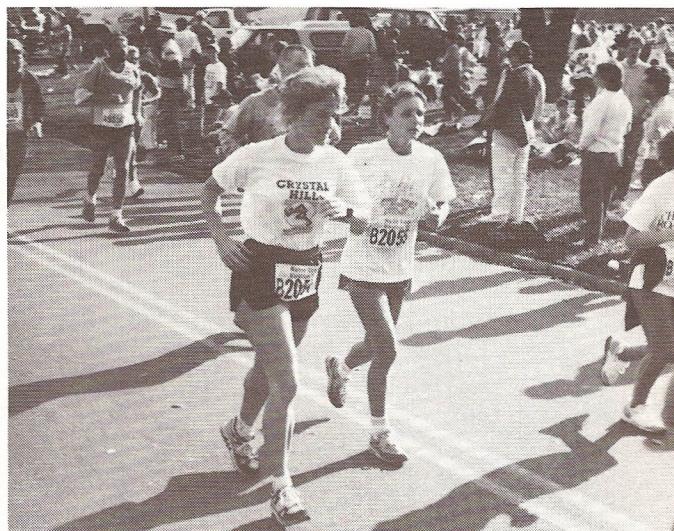
David L. Tripp  
Treasurer  
6175 Campfire  
Columbia, MD 21045

**MEMBERSHIP HAS ITS PRIVILEGES**

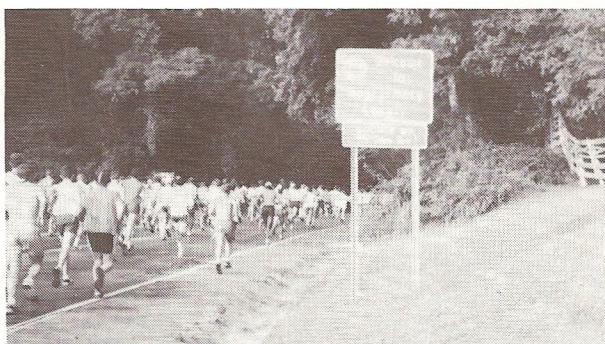
## RANDOM SHOTS- PHOTOS FROM 1989



Ellen Howland (#3326) does her best Jimmy Carter impersonation at the Annapolis 10 Miler. (Photo by Kirsten Gill).



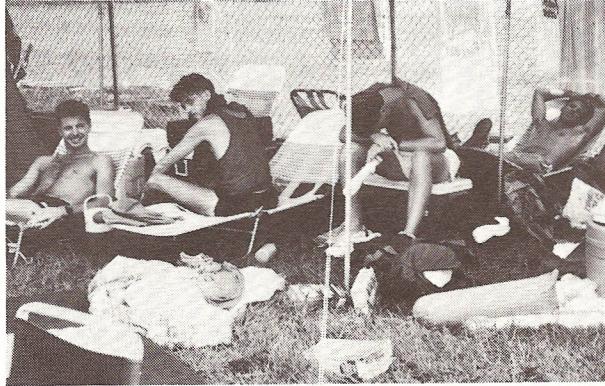
Striders at the Marine Corps Marathon near the 4 hour mark. (Photo by Ray Plotcia).



The entry to doom- Howard and Montgomery Countians begin battle on the hills of Brighton Dam in the annual Challenge Race in September (Photo by Kay Allmon).



Dave Tripp (in helmet) and Tim Beaty (in fedora) clear the road for the start of the 1989 Columbus Chase. (Photo by Sherry Beaty).



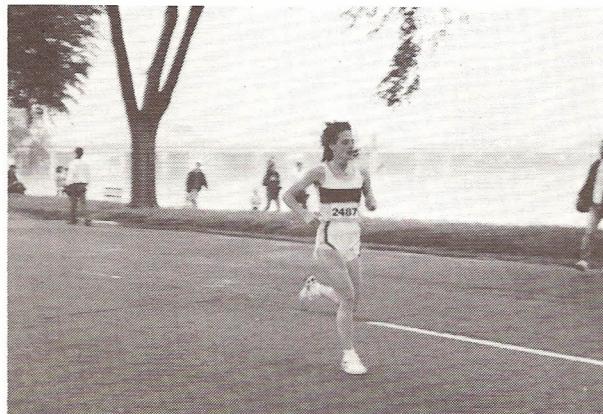
Battle weary troops from Khyll-6 at the 23rd hour of the 24 Hour Relay. Why is Kile Thomas (far left) always smiling? (Photo by Jim Carbary).



Lisa "New Shoes" Lowe (far right) breaks from a pack of runners at the Nike Women's Race on Mother's Day, 1989. (Photo by Jim Carbary)



Gerry Clapper at full throttle near mile 4 of the Nike Cherry Blossom in April. (Photo by Kirsten Gill).



The 14th Street Bridge in the background, Buffy Gavigan blasts through the last hundred yards of the Nike Women's 8k. (Photo by Jim Carbary).



Editor Jim Carbary wishes you all good times in 1990. (Photo by Kirsten Gill).



The Washington Memorial just before Spring-time. Keep running- warmer weather lies ahead! (Photo by Jim Carbary).

*MERRY CHRISTMAS*  
*&*  
*HAPPY NEW YEAR*  
*from the*  
*Howard County Striders*

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