

FOOTPRINTS



NEWSLETTER OF THE HOWARD COUNTY STRIDERS VOLUME 10, NUMBER 1-- SPRING, 1990

AT THE ANNUAL MEETING

The Howard County Striders held the club's annual meeting on Tuesday, January 16, at the Meeting House in Oakland Mills. The members and their guests occupied sixteen full tables, consumed over 63 food items, and drank a bit less than one keg of beer. The highlights of the meeting included the formal announcement of the Striders' partnership with Howard County Schools, election of a full slate of board members, and the presentation of the 1989 running awards.

The meeting commenced at 6:30 pm with an extensive pot-luck meal. The members sampled a variety of dishes prepared for aerobic athletes by aerobic athletes. The taco pie, chili, and carrot cake found special favor with the hungry runners, many of whom had just completed afternoon runs.

After the meal, President Paul Goldenberg called the general meeting to order at 8:00 pm. He announced the John Scherer Scholarship in which the Striders will present \$500 each to two deserving local scholar-athletes. Paul then welcomed three special guests from the Howard County Board of Education, Steve Duckworth, Ruth Hutchinson, and Paula Scharff, and formally signed the "Partnership with the Schools". In praising the agreement, Mr. Duckworth promised to "call Paul" if the schools needed assistance in track/field events, while Ms. Hutchinson bade us Striders "many thanks."

The Howard County police received special recognition in connection with the support they have given the club for several races. Officer Jeff Spaulding accepted a contribution from the Striders on behalf of Explorer Post 1952, whose members often help with traffic control. In accepting, Jeff cited the "poor, cold souls" of the (continued, p. 4)

BALTIMORE TOPS HOWARD COUNTY AT 1990 CHALLENGE RACE

Late last February, the Baltimore Road Runners swept into Columbia on a blustery west wind and blew away all comers at the RRCA 10-Mile Challenge Race. The Howard County Striders overcame their arch-rival Montgomery County Road Runners but placed second to the Baltimore club, which assembled some of the swiftest runners in the state.

But the local heroes didn't go down without a gallant fight: Tom Bowmaster and Gerry Clapper outgunned Baltimore's finest in a battle that raged through the first six miles of the race. The struggle intensified when, near the three mile point, Bowmaster mysteriously tripped and tumbled head-over-arse onto the grass. The wild Nebraskan recovered with a shock of adrenaline and charged back to the lead group with a new sense of inspiration. By six miles, where the (continued, next page--)



Eager runners toe the line at the start of the 1990 10 Mile Challenge Race (Photo by Kerstin Gill)

course turned uphill into the wind, the lead pack had dwindled to four runners- Baltimore's Jack Peach and Robert Yara vs. Gerry Clapper and the acrobatic Bowmaster. The two Striders held their pace on the slope, while the Baltimoreans fell back. The Howard Countians ran on to a dual victory in 53:19.

Except for the Tom and Gerry show, however, center stage belong almost exclusively to the team from Baltimore. The Charm City club paraded five of the top ten and nine of the top twenty across the finish line. In contrast, Howard County placed only three in the top ten and five in the top twenty. The winning Baltimore men's team tallied 157 points to Howard County's 262, with the top 12 men on each side scoring.

Howard County women put up a somewhat better fight and lost to the Baltimorean women by only a single point. Striders Robyn Doster and Buffy Gavigan paced each other through the entire 10 miles and finished fourth and fifth among the females. Sandy Ford, ninth woman overall, latched onto Hubert Chadwick's pace and blazed an amazing 69:50 through the wind.

But if they collectively lost the war, individual Striders at least redeemed some measure of satisfaction by winning personal battles against Baltimore's runners. Howard County's Ken Fowler duelled BRRC's Jim O'Keefe for 9 3/4 miles and threw in one final, desperate surge that carried him across the finish eight seconds ahead. Dan Galbraith and Chris Samley shot down Baltimore's Scott Paris and Bill Desmond (not to mention Queen City Strider Jeff Smith) in a wild rush to place in the top dozen. Paul Sobus and Jim Carbary chased down Mike Stevens and Maurice Pointer after eight miles, finally overhauling the two Baltimoreans near the last water stop.

The Striders did manage to beat nemesis Montgomery County for the first time in three years. Both the men's and women's teams succeeded in outpointing the Road Runners for the first time since the Brighton Dam race of 1987.

All combatants faced brutal weather conditions. Temperatures hovered around 20°F and a gale-force wind lowered the wind-chill to 15° below. The west wind roared downhill and severely impeded progress of those struggling uphill. "A nightmare," confided Sandy Ford after the race, while Vivi Provine said over and over, "I hate it! I hate it! I hate it!" Everybody reported slow 10 mile times except for Linda Lash who ran a minute faster than she did in the '89

TOP 10 MEN

1. Tom Bowmaster (HCS)	53:19
2. Gerry Clapper (HCS)	53:19
3. Jack Peach (BRRC)	54:00
4. Robert Yara (BRRC)	54:13
5. Andy Passmore (BRRC)	54:14
6. Layne Party (BRRC)	54:15
7. Chris Nugent (MCRRC)	54:17
8. Rusty Moore (FSC)	54:23
9. Ken Fowler (HCS)	54:29
10. Jim O'Keefe (BRRC)	54:37

TOP 10 WOMEN

1. Ruth Riemenschneider (FSC)	64:00
2. Susan Cain (MCRRC)	65:02
3. Maureen Hall (BRRC)	65:32
4. Robyn Doster (HCS)	67:23
5. Buffy Gavigan (HCS)	67:28
6. Annette (BRRC)	68:48
7. Karen Hawthorne (FSC)	69:23
8. Ellen Lutrey (BRRC)	69:31
9. Sandy Ford (HCS)	69:50
10. Pam Foley (MCRRC)	70:02

Challenge, and Ray Ramey, who improbably set a personal record of 64:12.

Howard County also enjoyed the strong support of its membership, as 15.5% of the club answered the call to duty. That percentage translated to 50 men and 9 women running for Howard County. Among the other clubs, only Prince Georges County (with 18.5%) and the Frederick Steeplechasers (with 18.9%) had higher percentages of club runners. The RRCA presented the Frederick club with a \$50.00 check for winning the percentage contest. A total of 212 men and 51 women completed in the race.



Hubert Chadwick and Sandy Ford enter the final quarter mile (photo by Jim Carbary)

TEAM SCORING

MEN'S TEAMS (top 12)

1. Baltimore Road Runners Club	157 pts
2. Howard County Striders	262
3. Montgomery County Road Runners	364
4. Frederick Steeplechasers	641
5. Annapolis Striders	1526

WOMEN'S TEAMS (top 3)

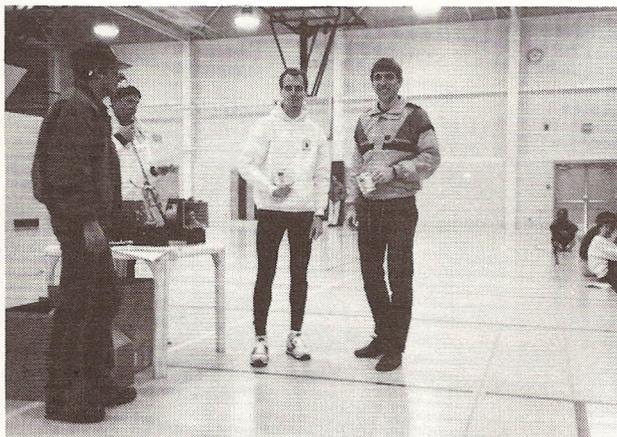
1. Baltimore Road Runners Club	17 pts
2. Howard County Striders	18
3. Frederick Steeplechasers	20
4. Montgomery County Road Runners	26
5. RASAC	62
6. Annapolis Striders	97
7. Prince Georges County	107
8. Washington RunHers	108

COMBINED TEAMS (men and women)

1. Baltimore Road Runners Club	174
2. Howard County Striders	280
3. Montgomery County Road Runners	390
4. Frederick Steeplechasers	661
5. Annapolis Striders	1623

STRIDER WOMEN

4. Robyn Doster	67:23
5. Buffy Gavigan	67:28
9. Sandy Ford	69:50
15. Linda Lash	74:02
21. Janice Avara	77:30
25. Vivi Provine	80:23
27. Karen Harvey	81:10
29. Joanna Whyte	81:48
44. Jennifer Holland	95:07



Gerry Clapper (l) and Tom Bowmaster (r) accepting victory coffee-mugs (photo by Jim Carbary)

STRIDER MEN

1. Tom Bowmaster	53:19
1. Gerry Clapper	53:19
9. Ken Fowler	54:29
12. Dan Galbraith	56:07
13. Chris Samley	56:19
31. Paul Sobus	59:10
32. Jim Carbary	59:16
39. Craig Chasse	60:35
41. Kyle Thomas	60:52
44. James O'Brien	61:04
45. Steve Sturges	61:06
47. Gary Anderson	61:11
52. Phil Lang	61:26
57. Jerry Andrews	62:17
60. Piriya Pinit	62:58
62. Bob Burns	63:13
69. Ray Ramey	64:12
71. Jason Tripp	64:25
72. Gerard Hogan	64:30
78. Steve Duckworth	65:30
83. Nelson Stritehoff	66:15
87. Tom Brown	66:46
89. Jerry Warfield	67:02
92. Judson Lincoln	67:06
94. Chris Fraine	67:18
95. David Tripp	67:23
102. Jim Woods	68:39
104. Phil Nissen	68:50
105. Tom Holland	69:01
106. Tony Warner	69:25
107. Tom Green	69:26
110. Hubert Chadwick	69:50
115. Ed Silverman	70:37
119. Joe Wasserman	71:03
122. Ed Trottier	71:20
123. Daryl Smith	71:26
124. James Berndt	71:28
128. Eric Kocay	71:57
135. Duane St. Clair	73:11
143. Jerry Lynn	74:02
149. Richard Dopp	75:07
155. Charles Giles	76:08
158. John Mortell	76:53
161. Ron Ridgeley	78:17
164. Martin Goode	78:57
167. Kevin Craven	79:28
186. David Campbell	83:31
196. Miles Weigold	88:23
203. Tom McNutt	91:36
207. Ken Brake	97:12

(Annual Meeting, from p. 1)

Post who stood resolutely in the wind to help with the Metric Marathon.

Treasurer Dave Tripp reported that the Striders had not only remained solvent in 1989, but they had set aside money for the scholarship fund, had made donations to worthy causes, and had bought new timing equipment. Dave cheerily greeted members at the door and helped them sign up for their 1990 memberships.

The Striders announced the retirement of five Board members. Nominations Chairman Jon Howland and Racing Team Director Linda Lash retired from their respective positions after serving one year. Vice President Denise Underwood-Hannagan, Secretary Kay Allmon and At-Large Board member Tom Webb terminated long years of service on the Striders Board of Directors.

The club also recognized the contributions of other worthy individuals. The President cited Sergeant Jeff Spaulding for his help at the Strider races and Tony Mahon for their expert guidance of the Junior Striders. Although absent, coaches Steve Carnahan and Earl Lauer received special recognition for their contributions to local high school programs. Others receiving commendations included Gerry Gears (for organizing Clyde's 10k), Todd Kane (for measuring all our courses), Howard Zaner (for finish line organization), and the always-reliable volunteers Mel Quick, Ken Brake, and Joe Young (Rod Young's father). Five people in particular received special mention (as well as

RRCA patches) for two thousand hours of volunteer work: Dave and Judy Tripp, Arlene Kvech, Miles Weigold, and Bob Brown. Bob Brown and the Tripps were cited as original members of the club.

In the Striders Championship Series, Buffy Gavigan easily won the women's division while Paul Sobus and Piriya Pinit tied for most points in the men's division. Gavigan won every race in the series. All those who participated in the series earned handsome runner's bags.

The final awards of the night were for outstanding achievements in 1989. Karen Harvey and Jim Woods earned the male and female new runners of the year award. Both culminated their initial years of running by completing the Marine Corps Marathon *and* the Metric Marathon. Robyn Doster won the award for the most improved female runner of the year, while Tom Brown and Nelson Stritehoff shared the award for most improved male runners. All three runners set personal records at the 10k, 10 mile, and 26.2 mile distances. Doster also won the Capitol Hill 10k outright, served on the women's open racing team, and achieved a 14th place ranking in Washington Running Times. Piriya Pinit and Arlene Gamble won master runner of the year honors. Pinit not only put in the fastest times for any Strider over 40, but also led the masters racing teams at the Challenge Race, Annapolis and Brighton Dam. Gamble placed in the 40+ women's division at Clyde's and the Columbus Chase. Joe Wasserman and Mary Brandenstein won volunteer of the year awards.

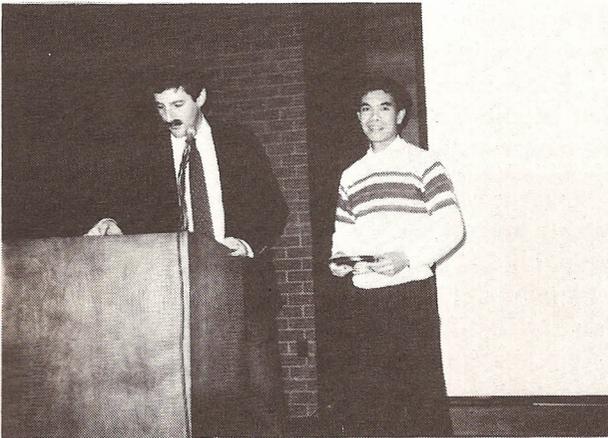


Most improved runners of the year. From the left, Tom Brown, Robyn Doster, Nelson Stritehoff. (photo by Joe Wasserman).



Helen Beyers, Laura Smith, Dorothy Lenning (front), Jean Malone, and Margaret Mauro enjoyed the food (photo by Jim Carbary).

Runner of the year awards went to two of the finest runners ever to don the white-and-blue of Howard County: Buffy Gavigan and Tom Bowmaster. Gavigan either won or challenged for the win in the Clyde's 10k, Women's Distance Festival 5k, Columbus Chase, and Metric Marathon. She led the women's racing team efforts and was cited for her especially gritty performances at Annapolis and Brighton Dam. Tom Bowmaster raced on the 1989 Challenge Race team, turned a 31:49 performance at New Jersey's Waterfront 10k, and concluded his year with a 2:26:59 marathon at the California International Marathon in Sacramento. He also placed fifth in the Columbus Chase 10k. Unfortunately for the racing team, Tom and his wife Jill moved to New Jersey early last year.



Strider president Paul Goldenberg (wearing tie) presents Piriya Pinit with the Masters Runner of the year award (Photo by Joe Wasserman).



Vivi Provine goes back for desserts (Photo by Jim Carbary).

By having the club's fastest marathon time of the year, Tom Bowmaster also earned a check for \$100.00 to go towards running the 1990 Boston Marathon. [Tom was presented the check at the ceremonies of the Challenge Race.]

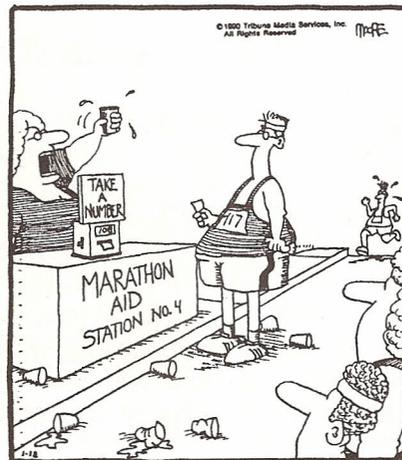
The meeting concluded when Tim Beaty presented the 1990 slate for Board of Directors. The nominees stood, were universally acknowledged by their peers, and were summarily elected by acclamation of the membership. The 1990 board of directors will be:

Paul Goldenberg, <i>President</i>	730-3566
Nadia Wasserman, <i>Vice President</i>	381-6385
Eric Kocay, <i>Secretary</i>	381-3995
Dave Tripp, <i>Treasurer</i>	730-4499
Jason and Judy Tripp, <i>Membership</i>	730-4499
Ray Ramey, <i>Weekly Series</i>	461-5252
John Worley, <i>Junior Striders</i>	730-0749
Jim Carbary, <i>Newsletter</i>	964-8375
John Kuehls, <i>Special Races</i>	964-0064
Lisa Lowe, <i>Women's Committee</i>	964-2681
Tim Beaty, <i>Nominations</i>	596-6453
Rick Rosen, <i>At Large</i>	381-3635
Bob Somers, <i>At Large</i>	461-3084
Karen Harvey, <i>At Large</i>	461-1772
Barbara Calvert, <i>At Large</i>	730-1805

These members meet on the first Tuesday of every month to conduct the business of the Howard County Striders. Contact any one of them by phone or in person to discuss your ideas, concerns, gripes, misgivings, etc.

The Annual Meeting adjourned at 8:55 pm.

IN THE BLEACHERS



" ... Number 27 ... "

NEWSLETTER IS NAMED!

After many years as a bland, generic quarterly, the Howard County Strider Newsletter has a new, up-beat monicker: *FOOTPRINTS*. The new logo appears on the front page of this issue.

Bill MacCormack, one of the regulars at the weekly Strider races, submitted the title, which was recently approved by the Board of Directors. *FOOTPRINTS* beat such titles as The LEGacy (a name adopted by another club for its newsletter), Trail Tails, Runner's Quarterly, Stride-Write, and Electrodynamics of Continuous Media. For his creative efforts, Mr. MacCormack will receive a \$50.00 gift certificate to Clyde's of Columbia plus free copies of this edition of the newsletter.

GOING TO BOSTON?

If you finally qualified to run in the fabled Boston Marathon, you might want to look up Runner of the Year Tom Bowmaster and his wife Jill, who will also be attending the Beantown Fling. Tom got his PhD in chemical engineering last year and secured a position with a division of the Bell Telephone Laboratories. The couple moved to 55 Fairmount Avenue, Morristown, NJ, 07960 (201-539-0420). Give them a call or write them a note- they'd enjoy getting together with some Howard Countians at the Boston Marathon this year.

AT THE MOBIL 1 MEET

Columbia's own Gerry Clapper competed in the men's open 3000 meter race at the prestigious Mobil 1 Invitational Track Meet, held Sunday, February 4, at George Mason University. Clapper turned an 8:19 for the 1.86-mile event (that's 4:28 per mile) but wound up only seventh overall. In the middle of the race, he found himself on the outside and couldn't get an inside track. He confided that the fast field had made him a little nervous. Earlier in the year, he had run an 8:09 3000 meters at a meet in Boston.

PAUL SOBUS TIES THE KNOT

Another one of Howard County's most eligible bachelors succumbed to the institution of marriage on March 10, 1990. Paul Sobus married his high school sweetheart, Kerstin Gill, at the Saint Louis Church in Clarksville. Sobus is remembered for his fine performances on several racing teams, most notably the '85 Hecht's 10M team, the '88 Annapolis 10M team, and the '89 Rockville 8k team. On several occasions, he also had the distinction of devastating fine runners such as Piriya Pinit, Jim Carbary, and Jon Howland. Paul also served for several years as the weekly races director and is a regular at the Saturday morning Bagel Shop runs. His new wife Kerstin has contributed a number of photographs to these pages. Paul vows to continue running and vows to improve.

Local unmarried females may wish to note that Martin Goode, Paul's running-mate, caught the garter at the reception.



Paul and Kirsten at the wedding. (Photo by Jim Carbary)

WANT TO BE FAST?

CHECK OUT THE TRACK
AT HOWARD HIGH



WEDNESDAYS, 6:30-9:00 PM

- LIGHTED FACILITIES
- RRCA INSURED
- GOOD RUNNING COMPANY

CALL LISA LOWE 964-2681

THE SECRETS OF CROSS TRAINING

by Jim Carbary

Some runners eschew cross-training because they believe that it leads to poor racing performance, or worse, that it somehow corrupts the sanctity of Running Zen. This is an unhealthy, chauvinistic attitude. In fact, cross-training can maintain or improve aerobic fitness by exercising non-running muscle groups, by resting the body from the impacts of running, and by generally broadening our horizons. Indeed, commendable runners such as Linda Lash, Lisa Lowe, Tom Bowmaster, and Joe Wasserman have actually confessed to cross-training, and we may profit by their examples.

Unfortunately, because they're too uncoordinated to take up real sports as football, tennis, or baseball, runners really have only two cross-training options available. Naturally, the two options are swimming and bicycling. But remember, a runner who swims and bikes does not automatically become a triathlete. To become a true triathlete, one must undergo years and years of hard physical training, practice secret rituals, and join certain elite social groups. Fortunately, you can cross-train without undergoing the full triathlete regimen.

First, you must properly equip yourself for cross-training. Swimming demands a tight, one-piece, Speedo swim suit (preferably with green or purple checkerboard patterns) and a pair of almost water-tight goggles. During their training, serious swimmers incorporate bizarre devices such as styrofoam leg-floats or hand-webbing or bathing caps- but the cross-training runner need not indulge in these peculiar items. Bicycling requires much more expensive equipment, beginning with a machine costing *at least* \$500.00. No serious cross-trainer would even consider a bicycle without a double-butted, chromoly frame, 27x1 wheels, and Dura-Ace components. Bike equipment also should include a pump, water-bottle, toe-clips, helmet, and black shorts with magical inscriptions such as "Campagnolo" or "Shimano", which refer to gods of bicycling.

The swimming part of cross-training requires that you visit one of the local pools and swim long, boring, repetitive laps. One pool length [usually] equals 25 yards, so to determine your pool mileage, you can use the formula:

$$M = (25/1769)L = L/70.40$$

where M is the mileage and L is the number of laps. Swimming laps is so boring you'll actually *want* to perform such calculations while exercising.

Begin swimming shorter distances such as a quarter or a third of a mile and gradually work up to the mile, which the aerobically fit runner can achieve with only a few days of practice. All runners use the classic Australian Crawl stroke. The technique involves keeping one's head in the water, flailing the arms in an overhand motion so as to provide motive force, and gulping significant quantities of chlorinated water. Keep your eye on that thick black line on the bottom: the end of the line indicates that a massive concrete wall is about to smack you in the head. When sharing a lane with another swimmer, always swim on the right hand side of the line. Be courteous to the slower swimmers, fools that they are for being in *your* lane, and stay out of the fast lanes where dolphin-like women will blow you out of the water even though they couldn't run a 10-minute mile on dry land. Finally, keep in mind that the lean, fit body of a conditioned runner does not float at all well, so don't expect to swim as capably as some of the dolphins.

Personally, I have always enjoyed bicycling and have ridden since I was seven years old. Unlike swimming and even running, you can actually *go somewhere* on a bicycle. The only problem with bicycling is that you have to share



The author demonstrates the proper way to exit the pool after completing swimming cross training (photo by Helen Beyers).

a narrow, linear space with absolute air-heads. Therefore, always bicycle with traffic, use a helmet, and watch out for rednecks, kids, old farts, and dogs- many of which also bothered you as runner. At least the bicycle gives you the prospect of out-running a slow dog.

Before launching yourself into traffic, the beginning cyclist should take a few moments to acquaint himself with his machine. Familiarize yourself with the operations of braking, shifting, and stepping in and out of toe-clips. Not as simple as driving your Toyota, is it? The accomplished bicyclist can perform these functions smoothly and automatically, even in the heat of battle, and it's just like when Luke Skywalker took on the whole Imperial Fleet with his X-wing fighter. And with all those hulking trucks and limosines out there, that's just what bicycling will seem like to you, too.



After a few solitary rides that strengthen the quads, you'll want to join one of the popular cycling cliques that ride every weekend from Princeton Sports. In these groups, you will enjoy the companionship of the pace-line as you eagerly swap triathlete stories with your buddies. If you can keep up. They will tell you about strange cycling techniques such as "spinning" or "breaking away" or even "bonking", which is some sort of mystical state achieved after strenuous exercise and food deprivation. Maybe they will let you take a turn in the lead! WOW!

As you zip merrily up and down hills that defied you as a runner, you will also begin to understand why you have 12 or 14 gears and that you should probably downshift severely before the next grade. Remember, bicycling uphill differs fundamentally from running uphill because if you stop pedalling you'll FALL OVER.

Now that you've become a swimmer and a bicyclist, you need to know the swimming and bicycling equivalents of running. According to Ken Cooper's *Aerobics* (a source book for fitness

weenies), a three mile run in 24 minutes earns you 14 aerobic points. A one mile swim in 35 minutes or a 14 mile bike ride in 50 minutes also earns you 14 points. Accepting Cooper's numbers, one can thus establish the crude equivalence formulae:

$$T_S = (35/24)T_R = 1.46 T_R$$

$$D_S = (1/3) D_R = 0.33 D_R$$

and

$$T_B = (50/24) T_R = 2.08 T_R$$

$$D_B = (14/3) D_R = 4.67 D_R$$

where T_S and D_S refer to the time and distance of swimming, T_B and D_B refer to the time and distance of biking, and T_R and D_R refer to the time and distance of running. In less mathematical terms, you have to swim one third as far but one and a half times as long to get the same workout as running, or you have to bike for twice as long and nearly 5 times as far. Now you understand why you took up running in the first place, right?

PROVINE QUALIFIES FOR BEAN TOWN

Vivi Provine, age 46, qualified for the Boston Marathon by running a 3:51:03 at the Last Train to Boston Marathon at Aberdeen. She ran most of the four loop course with pacer Duane St. Clair, while Arlene Kvech provided her with an abundance of sliced oranges. Provine finished as the third woman overall and easily won the women's masters competition.

JASON TRIPP WINS COUNTY 3200m

The Striders' own Jason Tripp scored heavily in track competition this winter. Running for Oakland Mills High School, he won the county 3200 m (1.99 miles) in 10:52. The young Tripp went on with a 10:33 PR to place fourth overall in the state championship 3200. To top it all off, he also became a scholastic hero as a National Merit Finalist.



PROFILE- JOHN SCHERER-

By Dave Tripp

The Striders recently announced the creation of the John Scherer Scholarships to honor male and female Howard County residents who are high school seniors and who have distinguished themselves both academically and athletically in cross-county and/or track and field. Two \$500.00 scholarships will be awarded each year, beginning in 1990.

Who is John Scherer? Many Striders will recall John as "the fast guy who won all those Strider summer series races the past few years and beat Gerry Clapper in the Meet of the Miles three years in a row!"

John was born in Laurel, MD, on November 3, 1966 and has lived in Dayton, MD, since 1976. His mom and dad, Carol and John Otto, have three other children: Carrie, 24, a graduate of Virginia Tech; Anna, 20, currently a junior at Virginia Tech, and Grace, 11, still at home. John attended Glenelg High School, graduating in 1984. As a freshman he played junior varsity soccer and then went out for track (as a sprinter) to get in shape for soccer. By the end of the season, he had not only converted to longer distances, but he was hooked on running and pretty much forgot about soccer. In his final three years at Glenelg, he earned nine varsity letter-one each year in cross country, indoor track, and outdoor track.

While John has a superb high school running career, the highlight was clearly the cross country season of his senior year. As co-captain, he won every race, including the County Championship and the Regional Championship (in one of the greatest races of the 1980's when he and Charles Cole of Chopticon ran shoulder to shoulder and obliterated the Atholton course record), and concluded the season in the State Championship on the hills at Hereford. John recalls this race as one of his greatest thrills "because the Glenelg team won the team title as well." Later that fall, John went to Van Courtland Park in the Bronx and placed third in the Kinney Regional, earning a trip to San Diego where he finished 14th in the High School Cross Country National Championships.

While compiling this outstanding athletic record, John did not overlook his studies. He graduated with a 3.8 grade point average and scored 1340 on his SATs. John applied to and was

accepted by the University of Michigan, the University of Maryland, Virginia Tech, and the Massachusetts Institute of Technology. His first choice was Michigan (both his father and grandfather were Wolverine engineering graduates). He talked with the coach, who wanted him but who didn't have any more money for running scholarships. John says that was just as well. "It kind of took the pressure off my first year. I needed the time to get used to the intensity of the workouts-- much longer and much more intense."

By the fall of 1985, John was the number two man on the Michigan cross country team. Between 1986 and 1989 he enjoyed a spectacular string of successes:

NCAA Cross Country Championships

1986- 23rd place

1987- 2nd place

1988- 15th place

NCAA Indoor Track Championships

1988- 5th place, 3000 meters

1989- 1st place, 5000 meter

NCAA Outdoor Track Championships

1987- 10th place, 10000 meters

1988- 1st place, 10000 meters

1989- 1st place, 10000 meters

Penn Relays

1989- 1st place, Collegiate 10000 meters
(28:45)

World University Games, Duisberg, Germany

1989- 8th place, 10000 meters (1st American)

All in all, John Scherer's has already had one of the most distinguished distance running careers of any American-born runner.

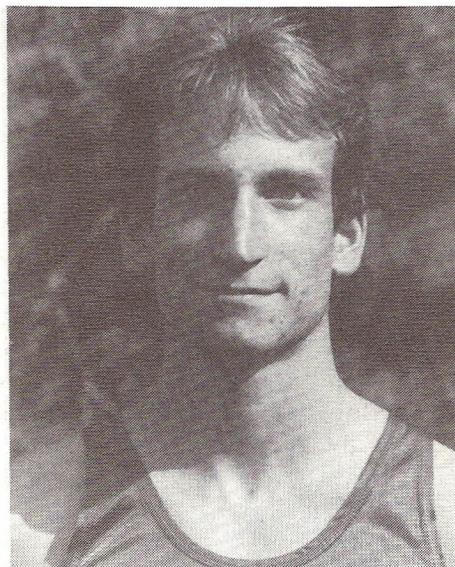
Through all this physical work and success, John still maintained his focus and his academic priorities. He graduated *summa cum laude* in aeronautical engineering and is now a graduate student at Michigan, closing in on his Master's degree in the same field. In the spring of 1989, John was nominated by the NCAA for Scholar/Athlete of the Year along with five others. He considered this quite an honor. He doesn't yet know who won but is sure he didn't because he would have heard.

As for goals and dreams, John says, "Well, the Olympics, of course. I'd love to go to the Summer Games in Barcelona in 1992. I expect that

I'll probably go to work for one of the aircraft companies eventually; I really enjoy that kind of work."

John finds road racing interesting and different. But he doesn't find the same satisfaction that he does from the comraderie of training and running with teammates. "I don't always love running-- sometimes it's really tough. I'll always stay active, though, probably running, even when I stop competing. I think I'd like to do some coaching, too, with a group like the Junior Striders."

I guess it's now clear why the Striders chose to name these scholarships in John's honor. By the way, girls, John's 6'1", 160 pounds (on the big side for a distance runner), pretty good-looking, and "eligible, very eligible."



John Scherer- Pride of Howard County (photo by University of Michigan)

CALLING ALL VOLUNTEERS !!

COLUMBIA 1990 TRIATHLON

TRI-FED MID-ATLANTIC REGIONAL
CHAMPIONSHIP (PENDING)

SUNDAY, MAY 20, 1990 7:00am

CENTENNIAL LAKE PARK, COLUMBIA

Rob "the Vig" Vigorito is looking for competent people to help with the 1990 Triathlon. Thanks to a dedicated bunch of volunteers, this event has become one of the outstanding triathlons in the United States . In return for your services, the Triathlon promises a t-shirt, full access to post-race food, and a GOOD SHOW. Call the Vig now at 730-3880. Help make the 1990 COLUMBIA TRIATHLON one of the nation's finest.

SPRING SCHEDULE

Now that the winter has ended, we runners can look forward to beautiful spring-time running. The running season really kicks off with the Nike Cherry Blossom 10M run. If the weather gods are merciful, you could set a personal record out there on Hains Point. At any rate, you'll enjoy the company of some good friends.

The Clyde's 10k represents our BIG RACE of the year. The Howard County Striders derive considerable funds and prestige from this race. All Striders will want to either run the race or work it. Volunteers will be handsomely rewarded for their support. Contact Paul Goldenberg (730-3566) to lend your efforts to the cause.

The Columbia Triathlon will take place a few weeks later. If you're not quite up to swimming a mile in the glacial meltwater of Centennial Lake, or biking 40k on the outrageous hills northwest of Columbia, you'll want to watch this event. Triathlon volunteers have a special, up-close view of this cosmic struggle, and many Striders usually help Bob Vigorito (730-3880) stage the Triathlon. The Vig lavishes t-shirts, food, and water-bottles on all volunteers.

Finally, the racing season reaches a peak of excitement at the Antietam 10k, where Jim Carbary and Paul Sobus wage their annual road supremacy battle on Sharpsburg's hot, hilly, shadeless course. Each combatant has one victory going into this year's action, and you won't want to miss the BIG BATTLE in the west.

The Spring Series this year will benefit from the veteran directorship of Bob Burns (992-9765). As always, weekly series director Ray Ramey (461-5212) stands ready to take your comments, gripes, and praises on the overall conduct of these weekly races.

-
- 3/25 All Fruit Relay & Winter Series Awards
2:00 p Jeffers Hill Neighborhood Center
 - 4/1 Nike Cherry Blossom
8:00 a West Potomac Park, DC
 - 4/1 HCS Spring Series begins
2:00 p Longfellow Elementary School
 - 4/8 Baltimore Ladies' Classic
8:00 a Inner Harbor, Baltimore

- 4/8 HCS Spring Series
2:00 p Thunder Hill Elementary School
- 4/15 HCS Spring Series
2:00 p Jeffers Hill Neighborhood Center
- 4/22 HCS Spring Series
2:00 p Glenelg High School
- 4/29 Clyde's 10k
8:00 a Columbia Town Center
Call Paul Goldenberg (730-3566)
- 5/6 HCS Spring Series
2:00 p Longfellow Elementary School
- 5/13 Nike 8k Women's Race
8:00 a West Potomac Park, DC
- 5/13 HCS Spring Series
2:00 p Thunder Hill Elementary School
- 5/20 Columbia Triathlon
7:00 a Centennial Lake Park
Call Rob Vigorito (730-3880) or
Paul Goldenberg (730-3566)
- 5/27 Constellation 10k
8:00 a Inner Harbor, Baltimore
- 5/27 HCS Spring Series
2:00 p Jeffers Hill Neighborhood Center
- 6/3 Antietam 10k
9:00 a Antietam battlefield
- 6/3 HCS Spring Series
2:00 p Glenelg High School
- 6/10 HCS Spring Series
2:00 p Longfellow Elementary School
- 6/17 Columbia Birthday 2 Miler
9:00 a Columbia Town Center
Call John Kuehls (964-0064)
- 6/20 HCS Summer Series begins
7:00 p Spring Series Awards
- 6/21 Summer Solstice
- 6/27 HCS Summer Series begins
6:30 p TBD

MIAMI IN MARCH

Nadia Wasserman
(as told to Jim Carbary)

First, let me say that I was not the initial choice of the club. The Strider board of directors initially chose editor Jim Carbary as the club's representative at the RRCA Annual Meeting in Miami. But when Jim realized the meeting conflicted with Paul Sobus's wedding he backed out to attend the marriage instead. The duty then devolved upon me, the Vice-President.

All in all, I had a wonderful time. I attended several interesting seminars, picked up lots of literature, ran on the beach, and generally enjoyed the good company of other runners.

I arrived in Miami by plane on Thursday (March 8). The usual flight delays prevented me from attending any of the Convention functions that day, but I did have an opportunity to go to a barbecue and an auction, where runners bid on items such as vacations, tickets to sporting events, 10,000 gallons of Gatorade, a full wardrobe of running clothes, etc.. They ran short of food at the barbecue and I didn't buy anything at the auction.

On Friday I really got into the flow of the Convention. After a beautiful morning run on the beach, I attended an official business meeting at which Jane Doley was elected President of the Road Runners Club of America. Jane ran the Metric Marathon and the 10-Mile Challenge Race; Howard County contributed a small amount to her travel fund. In her speech, she recognized both the Metric and the Challenge Race. At the same meeting, John Sissala of the Montgomery County Road Runners was elected Eastern Region Director of the RRCA.

Seminars took up the rest of the day on Friday. I first attended a seminar on "the successful club newsletter." The speaker suggested that newsletters have a multi-column layout and contain "quality articles" with a lot of human interest- not just boring race results! The newsletter should be a "team concept". I brought back several examples of high-quality newsletters for our own editor.

Another seminar covered "children's and senior's running", and I concentrated on the children's aspect. The presenter advocated children's running as a way to introduce young people to the "fun of running." She suggested that clubs sponsor events for children in the 6th grade and under.

The kids should keep a running log and would earn awards and certificates for running so many miles. This would emphasize achievement rather than speed or competition.

At the third seminar, Bonnie Stein discussed racewalking and walking in general as the "wave of the future." Pointing out that there are more walkers than runners in the USA, she advocated that clubs add a new category- walking- to their races as a way to attract more members.

The official day concluded with a meeting of the regional directors, where I met Jane Doley and John Sissala.

At 6 pm on Friday, I attended a dinner and reception that featured Priscilla Welch as the keynote speaker. Priscilla spoke on "A Dekade with Priscilla," which covered the ups and downs of her career, how she regained her status as a top runner, and how running has had a positive influence on her life (she now drives a Mercedes). The meal consisted of salad, fruit and *fried* chicken served without vegetables, which they ran out of. I ate with the Texas delegation.

On Saturday morning at 7:30 am, the Convention held the State Representative Breakfast, which gave me another opportunity to mingle with runners from all over the nation. I ate with the Ohio delegation, which I had met on the airport bus. Alas! The breakfast consisted of only fruit, yogurt, ganola, and katchi, which is, I think, some sort of triathlete health food. I was waiting in a long line for pancakes at the very time my friends in Maryland were out coursing the hills of Homewood.

After breakfast, I went to several more seminars. In the seminar on "race-sponsor relations", the speaker suggested that clubs use a "network" to generate funding support necessary to stage a roadrace. I found much more interesting a second seminar on "club volunteers", which was given by Kari Schnyer, the volunteer coordinator for the Fritzbe 10k Road Race in Rockville. Kari advocated a number of strategies for attracting volunteers: providing volunteer registration forms in the club newsletter, creating a special volunteer coordinator post, and prominently recognizing volunteers. For the Fritzbe race, she sends specific assignments to each race volunteer and has safety, medical, and job training sessions for the volunteers prior to the race. She especially stressed recognizing the efforts of the volunteers by such mechanisms as an annual volunteers' banquet, special volunteers' races, and various incentive awards.

The last seminar was on "women's running." Henley Gible, former president of the RRCA, discussed her concerns about the safety of women runners. Having been a runner in the DC area, Henley was personally acquainted with the dangers of running alone. She stressed awareness as the key ingredient for the safety of women's runners and suggested concerned women runners contact the police. The police have information on the patterns and rates of incidence of assaults in certain areas and will be glad to help establish safe running routes. In the near future, Henley will produce a video on women's running.

I then lunched with Dick Helman, president of the Annapolis Road Runners.



But the RRCA Annual Meeting would not be complete without a good RACE. The Miami convention provided the **Carnival Miami 8k**, which was part of the Miami Hispanic Festival. The race started at 5:00 pm on Saturday afternoon. I arrived a little early, taking the first bus to the starting line. The weather was quite hot: temperatures were above 80°F at the start of the race and I sought the shade.

The 8k course looped through the neighborhoods of Miami. The course included one feature I thought I'd never see in Florida- a HILL. This was not a very big hill, certainly not for anyone who runs Homewood Road, but it must have seemed a veritable Everest to local runners used to the Florida flats. The hill came near the four mile mark of the race; the last mile mile was all downhill and fast.

The Hispanic population turned out all along the course of the race. They shouted encouragement and played peppy Latin tunes.

After the race, the 1200 runners in the field gorged themselves on a meal of chicken and rice and fruit. At last, I could enjoy a full meal!

I passed the remainder the Saturday night in the company of one of my Texas friends, a married woman named Theresa. We had a few drinks together and discussed the race. Theresa turned out to be a very capable runner. She ran the 8k in 29:55 and was the 7th woman overall. She invited me to come running in San Antonio and experience some real Texan hospitality.



ROAD RUNNERS CLUB OF AMERICA

NADIA WASSERMAN

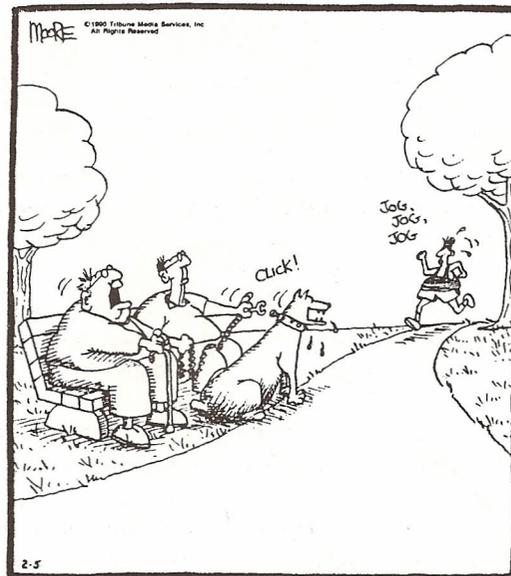
HOWARD COUNTY STRIDERS

NATIONAL CONVENTION MIAMI 1990

The meeting ended and I left Miami on Sunday morning. I didn't really want to leave my splendid room that overlooked the Atlantic beaches, but I knew I wouldn't miss the expenses--\$1.00 for a soda and \$1.30 for a cup of coffee. [No wonder she didn't eat very much- Ed.] The hotels in the area monopolized the food concessions and we runners had to walk a long way to find a reasonable place to eat, like a Denny's. We were similarly isolated from shopping centers and the usual tourist places; my only souvenirs were running pamphlets and other literature I picked up at the meeting.

From my perspective at the RRCA meeting, I could see that in comparison to many of the other RRCA clubs the Howard County Striders are a truly vibrant organization with an abundance of enthusiastic members. We put on many more races than other clubs, have weekly fun runs, sponsor true racing teams, and have extensive junior running activities.

If you're interested, the next RRCA convention will be held in Kansas City during the first week of June, 1991.



"Now ..."

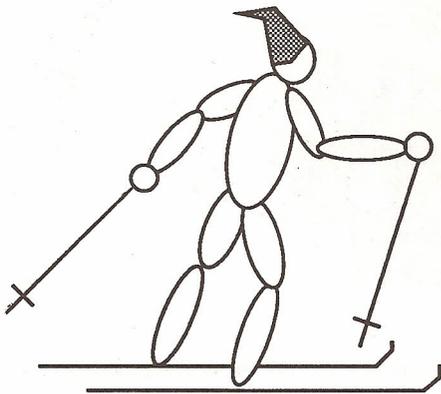
TRIATHLON/BIATHLON NOTES

Rob "the Vig" Vigorito

A recent article by Stan Ber in the *Columbia Flier* failed to give the complete story of Howard Countians at the Coors Mountain Man Winter Triathlon in Vail, CO, on February 3. True enough, Paul Biederman did compete- for the second year in the high-altitude triathlon, but so did Jim Greenfield. Jim debuted in the triathlon with a 39th place finish out of 75 competitors, which is pretty good considering he had to train at low altitudes.

The Winter Triathlon consisted of a 15 mile cross-country ski leg, a 12 mile snowshoe leg, and a 9 mile speed skating leg. All of these events took place at altitudes between 9000 and 10000 feet above sea level. Lowlanders like Greenfield and Biederman competed at a distinct disadvantage to the Coloradans who dominated the field. Both local heroes often had to train indoors without the benefit of snow or ice. Greenfield completed the high country ordeal in 6:41, while Biederman finished in 8:10.

While visiting Vail, the two Howard Countians had the opportunity to look up one of our old Strider chums, Warren Ohlrich. Warren used to own Feet First and was one of the founders of the Saturday morning Bagel Runs [Ed. note: In the days of the Ancients, of course, there was no Bagel Shop, Feet First was a tiny one-room enclave, and you simply showed up to run 13-20 miles with Warren, Dick Hipp, Hubert Chadwick, and Dave Tripp. Maybe we should write a history of the Bagel Shop runs...] Warren has become a winter triathlon buff. In the same Coors race, our old friend placed high in the master's division.



On Sunday, March 4, Fletcher Hanks held the first in his Four Seasons Biathlon Series. In spite of bitterly cold weather, the race drew 190 competitors and included some of the top triathletes and biathletes in the region. The biathlon consisted of a 3 mile run followed by a 20 mile bike race followed by another 3 mile run. Each leg was an out-and-back, and a brisk wind blew against the biathletes on the way back. Fortunately, the course was flat.

Five Howard County Striders courageously committed themselves to the biathlon. Ed Tottier led all the the locals with a valiant 1:39:46 effort, which placed him second in the 45-49 age group and 29th overall. Not far behind, yours truly finished in 31st place with a 1:42:39-- good for third in the 40-44 age group but still wondering *how* Trottier can do it. Angie Petrauskas, who often runs with the Bagel Shoppers, checked in as the eighth woman overall, with a 1:52:48. Lisa Lowe encountered some problems with the wind on the bicycle leg but still won the women's 30-34 category with a 1:58:39. And ultramarathoner Abby Glassberg took second in the same age group with a 2:07:43.

The Four Seasons Biathlon series will continue throughout the year. The next one is scheduled for April 8. If you think you're up to one of these things, Princeton Sports has information and entry forms. The biathlons take place on the eastern shore on flat, fast courses.

Finally, the entries for the Columbia Triathlon closed recently with 520 entries. This event always fills up fast, which is a tribute to its popularity among triathletes. Columbia can be justly proud of this event because it's one of the best triathlons in the United States. A superior triathlon results from the dedicated efforts of our volunteers, many of whom are Howard County Striders who have had a lot of experience handling large masses of struggling, exhausted athletes. I can promise you an Official Columbia Volunteer Triathlon T-shirt (which is just as good as one of Joe Wasserman's originals) and all the munchies you can eat. In addition, you'll have a front-row seat at one of the state's most exciting athletic contests. If you'd like to help, call me, the Vig, at 730-3880, or Paul Goldenberg at 730-3566.

PRESIDENT'S LETTER- ALL'S WELL THAT ENDS WELL

Paul Goldenberg

As you all know by now, the Striders were unsuccessful in returning the 10-mile MD-DC RRCA Club Challenge trophy to Howard County. As Jim Carbary notes elsewhere in the newsletter, we put up a valiant fight but were unable to stop the forces of the Baltimore Roadrunners. Race director John Kuehls and a whole lot of cheerful volunteers deserve our thanks and congratulations for a first class job. They braved some brutal weather to ensure the runners a safe, well-organized race. As always, we are grateful to the Howard Community College for the use of their warm facilities-- Tom Carbotti and Steve Musselman of the HCC Physical Education Department and Dave Campbell of the HCC Physical Plant Department deserve special thanks, as do Mike Carr and the other amateur radio operators who provided communications for the Challenge.

Have you ever wondered what it takes to put on a major race? Two excellent opportunities are coming up. On April 29th our club puts on the Twelfth Annual Clyde's American 10k Race and 2 Mile Fun Run. On May 20, the Striders will play a major role in staging the Columbia Triathlon. We need lots of volunteers for both these events. Those Striders who have actively volunteered before will be the first to tell you that you'll have a great time by offering your services.

Last year we introduced two new programs: the John Scherer Scholarships and the Partnership with the Schools. Both programs are doing well. The Scholarship Fund has more than \$5200 in it and continues to grow with regular contributions from the designated scholarship runs in each of the weekly series, from a portion of the proceeds from each of our major races, and from the generous contributions several of you have included with your membership renewals. Once again, this year, Rob Vigorito has pledged a \$1000 donation from the Columbia Triathlon which will be earmarked for the Scholarship Fund. Applications for the scholarships are available and are due in April. Winners will be announced in May and will receive their awards at their schools' award ceremonies.

On Thursday, April 19, the Striders in Partnership with the Howard County Public Schools Physical Fitness Education Department

will present a forum on **Running and Youth Fitness** at 7:30 pm in the Atholton High School auditorium. The Striders invite you and your friends and neighbors to turn out *en masse* for this event. Encouraging our children to be active and fit is good for them, for the community, and for the Striders.

Another way you can help our Partnership with the Schools is by volunteering to help officiate at the Howard County Track and Field Championships in May. The use of volunteer officials at these events enables the coaches to spend more time working with their teams. Those of us who have officiated at high school meets in the past can attest that it's a great way to give something back to our sport. [Honest--these track meets are exciting- Ed.]

The other board members and I encourage you to let us know how you think we are doing. We encourage you to take an active role in the club. If you have some ideas, let's hear them!



The Bagel Shop group at 7:00 am on Saturday, March 10. D-Day for Paul Sobus. (Photo by Jim Carbary).



WOMEN'S DISTANCE FESTIVAL



Sponsored by:

**FEET FIRST --WOMEN'S SPORTS & FITNESS
MOVING COMFORT --RUNNER'S WORLD**

- DATE:** MIDNIGHT, FRIDAY, JULY 13
- DISTANCE:** 5.km (3.1 miles)
- COURSE:** FAST and FLAT!! On paved road around perimeter of the Columbia Mall.
- AWARDS:** Medals and quality merchandise to TOP 3 overall finishers. Engraved trophies to TOP 3 in 9 five-year age groups. TOP Mother/Daughter team.
- T-SHIRTS:** FABULOUS neon-design t-shirt to each participant- shirt guaranteed if entry received before July 1.
- PACKET PICK-UP:** After 11:00 pm Race Night (Friday) at the Columbia Mall in front of the Bun Penny Entrance.
- POST-RACE:** OVER 50 RANDOM AWARDS to be given out at the Post Race Celebration (must be present to win). Lots of good-time refreshments- bagels, juice, fruit, and more!!
- ENTRY FEE:** \$7.00 with t-shirt/\$2.00 without t-shirt.
- INFORMATION:** Lisa Lowe, Race Director (301-964-2681).

Send completed entry and check, payable to **Howard County Striders**, to Lisa Lowe, 11893 Blue February Way, Columbia, MD 21044

[WOMEN ONLY]

NAME _____ AGE (on race day) _____

ADDRESS _____

Mother/Daughter Shirt size: S M L XL

On condition of this entry being accepted, I hereby waive and release any and all rights and claims for damage I have against the sponsors/officials of the Women's Distance Festival 5k Race to be held by me in said event; I attest and verify that I am physically fit and sufficiently trained for this event.

SIGNATURE _____ DATE _____
(Parent/Guardian signature, if under 18)

Howard County JUNIOR STRIDERS

Invite you to join us for the upcoming Track and Field season!

Enjoy fresh air and invigorating exercise while developing strength, endurance and coordination. Participate in Track and Field Meets. Be part of the Team and enjoy the following benefits:

- Train with a Professional Coach.
- Practice three times a week.
- Wear our uniform and be part of our team.
- Participate in local and state Track and Field meets and, if you qualify, at Regional and National Championships.
- Receive a Team Trophy at the end of the season picnic.

The HOWARD COUNTY JUNIOR STRIDERS is a Track & Field (Spring/Summer) and Cross Country (Fall) team that trains youth (through age 14) in running. The spring track & Field season begins Monday, April 2, 1990. Training sessions are held 5:00 to 6:00 pm at Centennial High School on Mondays, Tuesdays, and Thursdays. Our coach, Tony Mahon, is a doctoral student in exercise physiology at the University of Maryland. He will conduct practice sessions and usually attend meets.

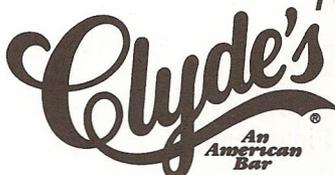
Meets are held weekly on Saturdays or Sundays, beginning in late April. Boys and girls compete in age groups: 8-and-under, 9-10, 11-12, 13-14 (some meets have special 6 and under or beginner races). A full range of track distances (to 3 km) and some field events are offered. Typically, place ribbons are awarded to the top three (or six) in each age category and participation ribbons to others. In June, the Amateur Athletic Union (AAU) and The Athletic Congress (TAC) conduct Association (state) Championships (for ages 8 and under through 17-18). Those who qualify, either as an individual or as a team member, advance to regional (July) and national championships (early August). Our Team has been very successful; members have advanced to both regional and national meets.

Registration is \$40. Each team member will receive a uniform, instruction, information on meets (participation is optional), and an end-of-season trophy at our annual Picnic. A nominal fee, typically \$1.50, is charged at each meet. AAU and TAC meets require membership (about \$6 each). Transportation to and from practice and meets is a parental responsibility.

HOWARD COUNTY JUNIOR STRIDERS MEMBERSHIP APPLICATION

Name _____	Date of Birth _____	Sex _____
Address _____	Home Telephone _____	
	Mother's Name _____	
	Work Telephone _____	
School _____	Grade _____	Father's Name _____
Running experience _____	Work Telephone _____	

Mail application with \$40 Fee to: Howard County Junior Striders
c/o Cheryl Tropf
P.O. Box 948
Columbia, MD 21044



RUN IN THIS RACE AND YOU'RE GUARANTEED A GOOD TIME.

Twelfth Annual
Clyde's American 10K Race, Fun Run and Celebration
Sunday, April 29, 1990

Proceeds to benefit the *John Scherer Scholarship Fund* for Howard County High School Seniors.

For eleven years running, Clyde's of Columbia has been sponsoring good times. This year, Clyde's has teamed up with the Howard County Striders, Feet First and Princeton Sports to bring you the 12th Annual Clyde's American 10K Race, Fun Run and celebration on Sunday, April 29, 1990.

TIME & PLACE

8:00 a.m. in Downtown Columbia (near Clyde's) across from the Columbia Mall.

REGISTRATION

The entry field will be limited to 2000 runners. There will be 16 age categories & 6 new Clydesdale Divisions. (Weigh in on Race Day).

Entry forms may be picked up at Clyde's, Feet First or Princeton Sports.

Mail entry form, self-addressed stamped envelope and \$12.00 non-refundable entry fee, payable to *Clyde Inc.*, to: Clyde's American 10K, c/o Feet First, Wilde Lake Village Green, Columbia, MD 21044

A confirmation and course map will be sent to you.

ENTRY DEADLINE

Entries accepted at Feet First through Saturday, April 28. Limited Race Day registration available at Clyde's.

RACE INFORMATION

Feet First (301) 992-5800, Princeton Sports (301) 995-1894 or Howard County Striders Hotline (301) 964-1998.

PACKET PICK-UP

At Feet First, Monday-Saturday, April 23-28, or on Race Day at Clyde's until 7:45 a.m.

AWARDS

to the top finishers in all age groups

to the first 1500 entrants: custom-designed, premium-quality, 100% cotton T-shirts—one per entrant. random prizes galore!

AWARDS CEREMONY & CELEBRATION

Post Race Celebration immediately following the race. Join us at the Lakefront for the awards ceremony, refreshments, entertainment & festivities.



Previous Males Winners

1979	Tim Gavin	31:07
1980	Terry Baker	31:14
1981	Will Albers	31:29
1982	Matt Wilson	30:05
1983	Tom Kelly	30:12
1984	John Doub	29:48
1985	Kevin McGarry	29:55
1986	Chris Fox	29:17 *
1987	Chris Fox	29:57
1988	Gerry Clapper	30:12
1989	Don Norman	29:58

Previous Female Winners

	Marge Rosasco	36:35
	Kathy Heckman	39:50
	Marge Rosasco	35:46
	Debbie Pavik	36:15
	Kathy Heckman	37:19
	Marge Rosasco	36:01
	Patty McGovern	34:55
	Maria Pazarentzos	34:49 *
	Maria Pazarentzos	35:23
	Cheryl O'Keefe	35:18
	Patty McGovern	37:28



* COURSE RECORD

SPECIAL TWO MILE FUN RUN FOR SPECTATORS AND GUESTS SPONSORED BY FEET FIRST

CLYDE'S AMERICAN 10K • ENTRY FORM

Please Print

Name

For Official Use Only

Address

City

State

Zip

Sex

Age (on race day)

Predicted Time

Phone

THE FOLLOWING WAIVER MUST BE SIGNED BY THE RUNNER

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Clyde Inc., Clyde's of Columbia, the City of Columbia, Feet First, Princeton Sports, the Howard Country Striders, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use my photographs, motion pictures, or any other record of this event for legitimate purposes.

Signature

(if under 18, parent or guardian must sign)

Entry not valid unless all information herewith is filled out and signed.

* RESULTS WILL BE MAILED TO ALL ENTRANTS.

MEMBERSHIP RENEWAL

Look at the mailing label on this Newsletter. If there is a numeral "0" following your last name, you have paid your 1990 Howard County Striders membership dues. If there is a numeral "9" following your last name, you have not renewed your membership and after this Newsletter, you will be

ELIMINATED !

from the mailing list for any future communications. You can take action to avoid this catastrophe by sending a check payable to the Howard County Striders and the form below (filled out) to: David L. Tripp, Treasurer, 6175 Campfire, Columbia, MD 21045.

Individual- \$10.00

Family- \$15.00

Student- \$6.00

Name

Age

Sex

Birthday

Additional Family Members

Address

Street

City

State

Zip

Home Phone _____

Work Phone _____

The Howard County Striders
in partnership with
The Howard County Public Schools

present

**A FORUM ON RUNNING &
YOUTH FITNESS**

**Thursday April 19
7:30 p.m.**

ATHOLTON HIGH SCHOOL AUDITORIUM

BRING YOUR FRIENDS & NEIGHBORS!

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

Non-profit Organization
U.S. Postage
P A I D
Columbia, MD 21045
Permit No. 129
