

FOOTPRINTS

NEWSLETTER OF THE HOWARD COUNTY STRIDERS
VOLUME 10, NUMBER 2-- SUMMER, 1990

BIG FIELD RUNS CLYDE'S BEFORE THE DELUGE

Local favorites Gerry Clapper and Buffy Gavigan won the principal competitions at the 12th Annual Clyde's American 10k race. The two led a field of over 1200 runners on a somewhat abbreviated course. Buffy won the race for the first time after many near-wins in the past several years. Gerry's victory marked the second time he'd won Clyde's.

In the men's competition, a lead pack of Dave Berardi, Jim O'Keefe, Pat Key, and Clapper gradually distanced themselves from the field in the first 1 1/2 miles. The group stretched out on the long uphill from the Mall to the Community College, and at the top of the hill only Clapper and Berardi remained. Clapper surged strongly on the downhill, improbably passing between mile 4 and mile 5 in less than *four* minutes and crushing Berardi. Clapper won easily in 30:04, while Berardi held off a resurgent Jim O'Keefe for second place.

On the women's side, Buffy Gavigan made her victory seem easy. She headed her competition early and dropped them for good on the uphill. A somewhat exhausted Gavigan crossed the line all alone in 37:03. Robyn Doster came the closest to Gavigan, but lost sight of her in the crowd of runners and finished nearly half a minute behind.

Both winners evidenced strain of their efforts. Gerry finished at the front of a 10k road race for the second week in a row, having won the Fritzbe 10k the Sunday before. He also ran at the Penn Relays during the week before Clyde's and said he felt "weary". Buffy recently became a full-time teacher and has had to curtail her



Twelve hundred runners break away at the start of Clyde's ... (Photo by Jeannie Wilkinson).



... and, 20 seconds after the race began, they're gone! (Photo by Jeannie Wilkinson)

training. She staggered through the finish chute and had to be helped.

A surprisingly large number of runners set 10k personal records at this year's Clyde's race-- too many, in fact. Furthermore, most runners reported unusually fast split times between the four mile and five mile marks: 40 to 50 seconds faster than

(continued, p 4)

TEN MILES AT HAINS POINT

On April Fools' Day, nearly 50 Howard County Striders joined 5000 other runners in the Eighteenth Annual Cherry Blossom 10-Miler in West Potomac Park. For the second year in a row, the weather gods blessed Washington with ideal racing conditions: a cool, overcast day on which only the slightest breeze fluttered. The flat course didn't hurt either, and no fewer than a dozen Howard County runners set personal bests for the certified 10 mile distance.

Tom Bowmaster led the contingent by a wide margin. With a 50:21, he shattered his old 10 mile standard by over a minute. On his way, he overcame Robert Yara (whom we remember from February's Challenge race) and Mark Allen, the world-renowned triathlete. He placed 28th overall in the world class field.

Sandy Ford, a bona-fide triathlete, led all Howard County women with her 1:05:15. Although fast, that time didn't quite match her personal best at 10 miles.

Eric Kocay, Duane St. Clair, Ernie Kuehls (who is John Kuehls' father), Barry Nudelman, and Dave Ennis pounded out personal bests, and Ken Spencer ran his first 10 mile race at Cherry Blossom. Steve Duckworth realized a dream by breaking through the elusive 60 minute barrier for the first time. Indeed, Steve's last ditch sprint fell only one second short of cracking 59 minutes.

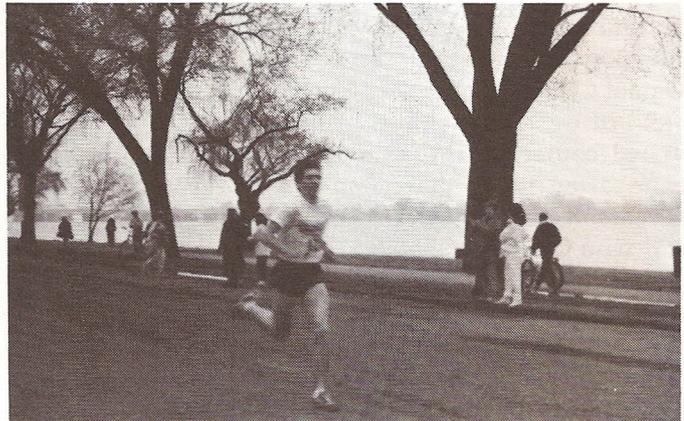
Nadia Wasserman swore off Little Caesar's pizza for a whole two weeks in preparation for the Cherry Blossom race. Her special diet paid off big, for she broke through the elusive 80 minute barrier for the first time.

Along with Nadia, Karen Harvey also broke 80 minutes for the first time and set a personal record. Her time of 1:17:20 took no fewer than three minutes off her old standard- which seems like a lot until you consider Linda Lash's performance. Just a day away from her 39th birthday, Linda Lash claimed a 1:08:15, broke 70 minutes for the first time, and beat her previous 10 mile best by *four* whole minutes. Not far behind, Malonnie Kinneson turned a personal best of 1:09:16.

Of all these heady performances, however, the Cherry Blossom field was so swift that only one of our number actually won an award. Al Triechel placed second in the 60+ men's age group with a 63:06.



Jim Carbary (in baseball cap) didn't set a personal record at Cherry Blossom but he did beat Steve Smith who isn't even in the picture. (Photo by Jill Anderson).



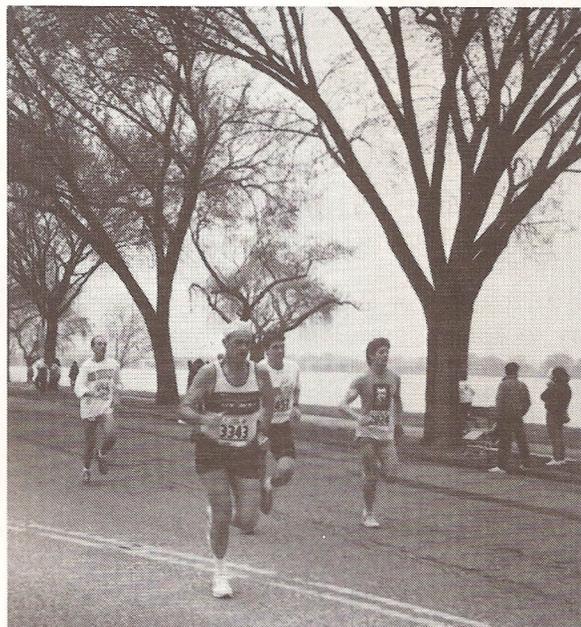
Tom Bowmaster was moving so quickly he became a mere blur to the camera. (Photo by Jill Anderson).



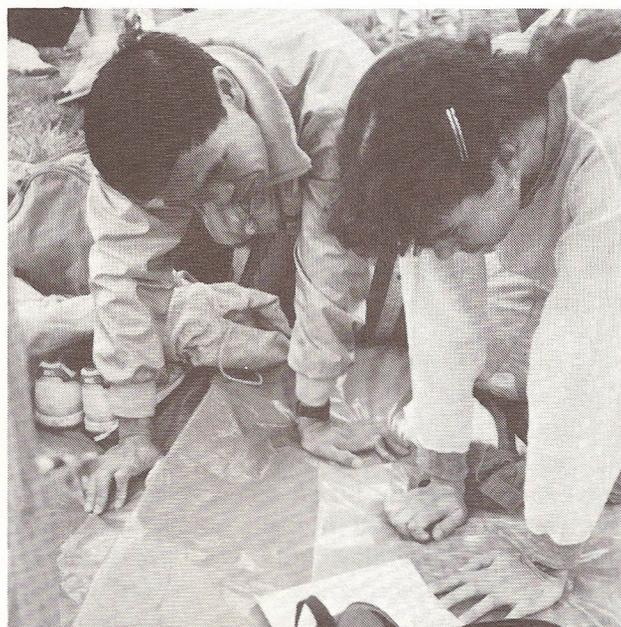
Jubilant after their runs, Vivi Provine, Oliver Cassell, and Ed Humphries swap stories of the big race in the Strider pavilion. (Photo by Jim Carbary),

STRIDERS AT CHERRY BLOSSOM

Tom Bowmaster (PR)	50:21	Bill Spencer	71:08
Jim Carbary	56:18	Todd Kane	71:29
Craig Chasse	57:20	Clarence Wingate	71:30
Piriya Pinit	58:46	Ken Spencer	74:45
Steve Duckworth (PR)	59:01	Paul Goldenberg	75:34
Sandy Ford	65:15	Angie Petrauskas	76:00
Tom Green	65:27	Bill MacCormac	76:03
John Koerner	65:35	Jim McManus	76:03
Phil Lang	65:45	Vivi Provine	76:05
Dave Tripp	65:53	Oliver Cassell	76:26
Bill Neuman	66:10	Eric Katkow	76:34
Tony Warner	66:40	Karen Harvey (PR)	77:20
Steve Feldstein	67:09	Debbie Kocay	79:39
Ed Silverman	67:12	Nadia Wasserman (PR)	79:46
Jim Greenfield	67:36	Barry Nudelman (PR)	81:40
Eric Kocay (PR)	67:49	Andrea Almand	82:10
Rob Vigorito	68:07	Dave Ennis (PR)	87:30
Linda Lash (PR)	68:15	Karen Kane	87:47
George Ware	68:31	Joe Cristaldi	90:27
Mallonie Kinneson (PR)	69:16	Dick Woods	no time



For Dave Tripp (painter's hat), there was no Clydesdale Division at Cherry Blossom. (Photo by Jill Anderson).



Only a few minutes after finishing, Piriya Pinit (left) and Sandy Ford eagerly survey the race results. (Photo by Jim Carbary).

(Clyde's 10k, continued from p. 1)

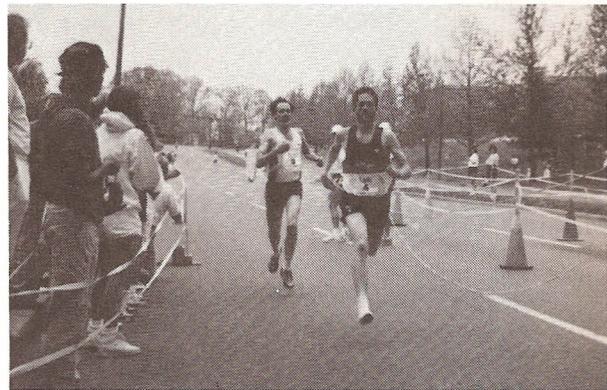
their actual paces. Unfortunately, the high speeds of these runners came not from their legs but from a slight deviation in the course. The course should have looped once around the parking lot at the college PE building; instead, it turned directly onto the street. Race directors and course marshals did not catch the error until too late. Consequently, the course came up 0.15 miles (241 meters) short of the advertised 6.21 miles (10000 meters)- a discrepancy of 2.41 per cent in distance. To adjust your time to 10k, following the instructions on the opposite page. [These instructions are based on your average pace through the 6.06 miles that you actually ran; the calculation assumes that you would have held that pace through the distance you didn't actually run.]



As it came out of the Mall parking lot, the lead pack consisted of Gerry Clapper, Dave Berardi, and Baltimore's Patrick Key (Photo by Jeannie Wilkinson)

However, mature runners understand that place in the field and age group are more important than the exact distance or time. Using this criteria, Striders did quite well at their own race. Among the outstanding performances, Ken Fowler re-established himself as A Force by finishing sixth overall. Jim Carbary beat Steve Smith for an unprecedented second race in a row and won the men's 35-39 age group. Using the long downhill, Piriya Pinit conquered the next age group (40-44 men) by a margin of 40 seconds, while the amazing Al Trieichel, aged 61, handily beat everyone in his age group. Finally, mountain man Warren Ohlrich returned from Colorado to smash the 50-59 men (see article on p. 8).

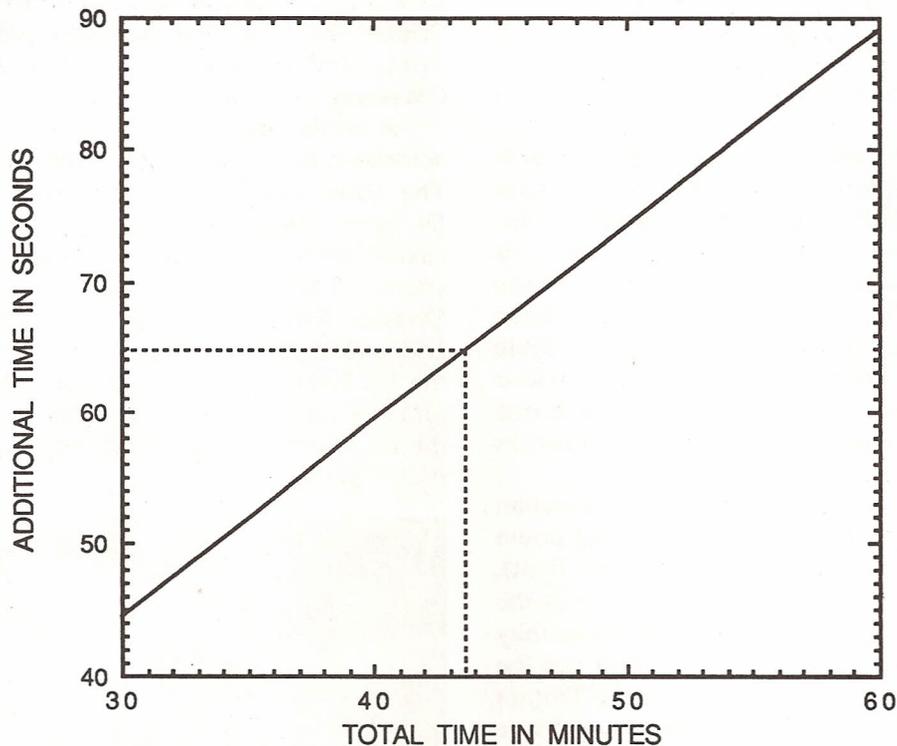
On the women's side of the ledger, Robyn Doster cruised to a comfortable second place well behind Buffy Gavigan but far, far in front of the third place woman. Sandy Ford dismounted from her bicycle long enough to outrun the 25-29 women. Linda Lash probably *would* have set a personal record had the course been accurate, but served mainly to inspire Malonnie Kinnison, who chased her for the whole 6.2 miles; the two 39-year-old ladies placed first and second in their age group. Vivi Provine proved she had recovered from her ordeal at the 1990 Boston Marathon, by taking second in the 45-49 women. Finally, Nadia Wasserman's new training regime continued to pay dividends as she placed second in the 40-44 women.



With a totally awesome kick, Ken Fowler snatches sixth place from Jim Clelland. (Photo by Jeannie Wilkinson).

Clyde's marked the first Strider race since 1989 in which participants did not face contrary weather conditions- at least during the running of the race itself. A warm, overcast morning gave way to sprinkles and then showers during the awards presentation. Fortunately, by that time most of the runners had gorged themselves on Clyde's hot dogs, chili, fruit, Perrier, and Bud Light, and most were ready to leave anyway.

The Howard County Striders benefitted from the expert help of the Howard County Police Department, the Howard County Fire Department, Howard Community College, the Amateur Radio Communications Service, the students of Atholton High School, the track team of Oakland Mills High School, Boy Scout Troup 814 (?), the Plumbing and Steam-Fitters Local 35, the Howard County Volunteer Re-cycling Team, and 128 volunteers and friends of the club. Altogether, over 200 volunteers helped.



HOW FAST DID YOU *REALLY* RUN?

To determine how much time you should add to your time, follow this simple algorithm:

1. Convert your time to digital minutes. For example, if you ran 43:38 at Clyde's, your time in digital minutes is:

$$43 + 38/60 = 43 + 0.633 = 43.633 \text{ min}$$

2. Find your digital minutes on the lower axis of the graph above.

3. Draw a vertical line from this point until it intersects the solid line that runs diagonally across the graph. The dashed line shows the 43.633 example.

4. Draw a horizontal line from the intersection point until it crosses the vertical axis.

5. Read off the number of seconds from the vertical axis. The horizontal dashed line crosses the vertical axis at 64.7 seconds, which is the amount you should add to 43:38 to determine the time you would have had if Clyde's had been 10k. Did you still set a PR?



TROPICS CRUSH KIWIS AT 1990 ALL-FRUIT RELAY

The Howard County Striders held the Fourth Annual All-Fruit Relay race on the last weekend in March at Jeffers Hill Neighborhood Center. Sixteen teams of at least four persons each relayed various fruits through eight 1.2-mile loops around Jeffers Hill. Each team had to have at least one woman and had to relay an edible part of a fruit. Most teams consisted of four runners, each running two loops, although one team, the Great Grape Bunch, had eight runners who each ran one loop.

In the principal competition, the Hawaiian Tropics (relaying *part* of a pineapple) shut down the Crazy Kiwis (relaying a *whole* Kiwi fruit). The pineapple crew took the lead soon after the start and gradually pulled away from the spunky Kiwis, who never gave up. Both teams ran the 9.6 total miles in less than one hour: the Tropics (Phil Lang, Vicki Avey, Jim O'Brien, and Steve Sturges) posted a 53:02 while the Kiwis (Nelson Stritehoff, Joanna Whyte, Jim Carbary, and Paul Sobus) turned a 55:34. Some controversy arose because the Tropics carried only the stem of the pineapple, but race officials ruled the stem was edible and the victory stood. After the race, however, no one ate the stem.

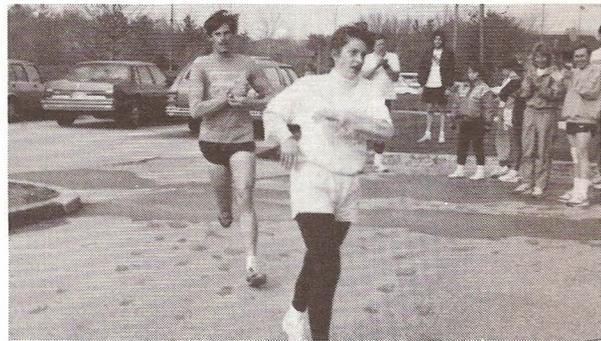


The 1990 All-Fruit Relay began with a bang as Phil Lang set a blistering pace early in the first loop and took the lead for the winning Tropics. (Photo by Jim Carbary).



The competition also pitted one fruit family against another. The young runners from the Townsend family (Jeff, Scott, Debbie, and Ronnie) took a green banana to the limit in out-hustling Tripp's Fruitcakes (Joshua, Jason, Judy, and Dave Tripp) and the Pear Bears (Fred, Abby, Leslie Glassberg and Frank Phillips).

Awards were given in three categories according to the total age of the team members. The Hawaiian Tropics dominated the Kiddie Division (under 100 years), while the Kiwis easily won the Mid-Life Division (100-150 years). The No Fruits team won the Ancients Division (over 150 years), although Team Fruit Loops (2nd Ancients Team) mildly protested that the No Fruits had no woman on the team. Race officials settled the controversy by ruling that the No Fruits *ran* like women anyway so it didn't really matter.



Paul Sobus (left) completes his anchor run for the Kiwis, as Debbie Townsend finishes her final lap. (Photo by Jim Carbary).



The fastest fruits: Vicki Avey, Phil Lang, Steve Sturges (with pineapple stem), and Jim O'Brien posed after the race. (Photo by Jim Carbary).



AT THE WOMEN'S RACE

On Mother's Day, the Howard County Striders sent their ablest women to the Nike Women's 8k race. The team went up against some of the fastest women in the world and came back with no hardware for the second year in a row. The overall team effort suffered from the absence of anchor Buffy Gavigan, who injured her knee a week before the race and couldn't participate. Robyn Doster headed the effort by ducking under 31 minutes and placing somewhere in the top 50 of the world-class field. But the older women provided most of the Strider firepower. Thirty-nine year old Linda Lash proved once again the speed of her magnificent legs as she strung together 5 miles at a 6:25 per mile clip- which also set a personal best of 31:55. And Malonnie Kinnison, only one day shy of 40 years, duplicated Linda's feat by rolling to a 32:15 personal record. Not to be outdone by the veterans, rookie team member Joanna Whyte (age 27) sailed through the 8 km in record time and almost crawled up the backs of her elders. The team might have fared considerably better had Sandy Ford and Lisa Lowe not gotten trapped in the pack early in the race. In the team competition, the Women Striders placed somewhat behind the Washington Road Runners, who place third in the team competition. At least, Mrs. Lowe enjoyed the consolation of being the first Howard County mother to finish the race.

Robyn Doster	30:47
Linda Lash (PR)	31:55
Malonnie Kinnison (PR)	32:15
Sandy Ford	32:18
Joanna Whyte (PR)	32:23
Lisa Lowe	34:28

Behind these hot-foots rushed a number of other Strider women. Nadia Wasserman and Karen Harvey continued their amazing streaks of spring personal records. Both broke their old 8k records by over two minutes! And, following half a minute behind Nadia, Debbie Kocay broke 39 minutes for the first time and established her own 8k personal best.



STRIDER WOMEN AT THE NIKE WOMEN'S 8K

Janice Avara	36:02
Karen Harvey (PR)	36:40
Nadia Wasserman (PR)	37:31
Debbie Kocay (PR)	38:03
Liz Humphries	38:29
Arleen Kvech	42:15
Marion Brandenstein	43:17
Mary Brandenstein	44:03
Wanda Siemasko	44:30
Cathi Brandenstein	45:00
Michelle Kvech	45:00
Char Sobwick	no time
Mary Levine	no time



Tragedy strikes the team as Lisa Lowe and Sandy Ford get caught in the pack near the start of the race. (Photo by Jim Carbery)



Janice Avara won best-smile-of-the-race award with this effort, which she managed 200 hundred yard from the finish. (Photo by Jim Carbery)

IN THE DAYS OF THE ANCIENTS- AN EARLY HISTORY OF THE BAGEL SHOPPE RUN

Jim Carbary

At precisely 7:00 am every Saturday morning, runners assemble in the parking lot behind Feet First and commit themselves to the joys and the vicissitudes of weather, traffic, hills, dogs, and the other constants of long distance running. They run singly or in groups, fast or slow, short or long. They finish running at the same place they started, and then repair to the Wilde Lake Bagel Shoppe to consume bagels, discuss runs, injuries, sexual activities, and other items of the general social discourse. This behavior describes what has become known as the Bagel Shoppe Run, and this article chronicles it.

In the beginning, in the Days of the Ancients, the Bagel Shoppe did not exist. In fact, only Feet First existed. Warren Ohlrich founded the store in 1979 because he wanted to *run* rather than live out his days as some foolish government analyst. Dick Hipp, who was also a government analyst, worked with Warren at Feet First. Together, they sold miraculous footwear like the Nike Elite Classic, the Brooks Vantage and the Etonic RoadWorker. They worked out of the small, one-room establishment that you wouldn't recognize as Feet First. [In the Days of the Ancients, when there were no triathletes, a runner only needed a good pair of shoes.]

Warren and Dick were both fanatical runners. They were into long stuff like 20 milers and marathons, and they trained accordingly. At precisely 7:00 am every Saturday morning, before they opened Feet First at 10:00 am, they would go for their long runs of the week. Usually going 16 or 20 miles, sometimes in 7 mile loops, they pioneered Homewood Road, Folly Quarter, Mt. Albert, and Route 108; present-day Bagel Runners follow essentially these same routes. And the next day, Sunday, they'd go race a 10 or 20 miler in DC, Baltimore, or maybe even Harford County. [In the Days of the Ancients, runners were tougher than they are today.]

Being a member of the fledgling Howard County Striders, Warren soon notified the membership of these refreshing Saturday morning jogs that he and Dick enjoyed. A few Striders began

running with Warren and Dick because they didn't want the them to gain any special advantage in the local races. [In the Days of the Ancients, runners were more competitive than they are today.] These early groups included familiar Strider names such as Dave Tripp, Paul Sobus, Jerry Andrews, Al Yergey, Kathy Heckman, Hubert Chadwick, and Joe Wasserman- many of whom have already passed into Legend.

As time passed, other runners joined the Feet First Corps. The group began running harder. They began to think they were racing. For exemplar, one damp, drizzly October morning, Martin Goode ran the 16 mile course (back when it really was 16 miles) in 1:28:19, and the next year he ran on into Legend with a 31:49 at Clyde's (back when it really was 6.21 miles). [In the Days of the Ancients, runners ran faster than they do now.]

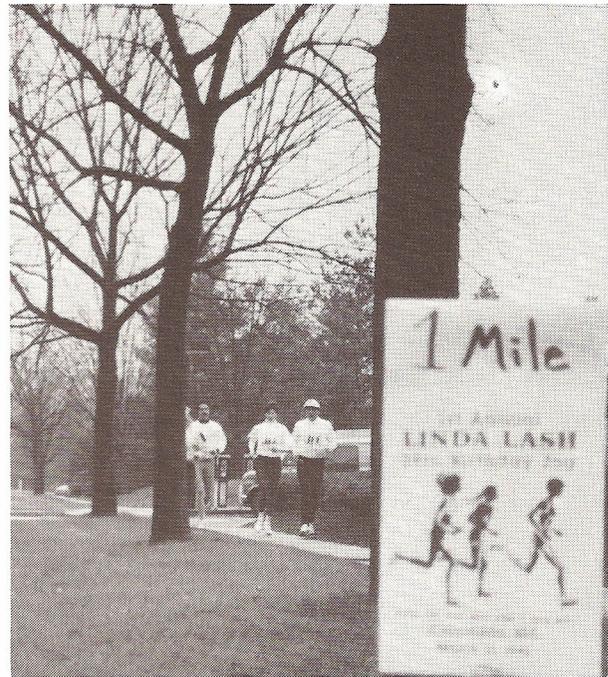
So how did the Bagel Shoppe Run ever get its moniker? Well, after each Saturday morning run, the Feet Firsters would satiate their hungers by visiting a local Roy Rogers and consuming vast amounts of sausage, bacon, eggs, and cheese omelettes, which Roy supplied in an all-you-could-eat buffet. [In the Days of the Ancients, runners ate more than they do now and didn't worry about silly things like chloolesterol or fat.] Then one day, Jerry Andrews brought in a magazine article, maybe from *Runner's World*, which is what everybody read in those days. The article said that eating fat and chloolesterol caused heart disease and arterial schlerosis, and that runners shouldn't eat sausage, eggs, and cheese, and that they should consume only complex carbohydrates like spaghetti, bagels, and whole wheat bread.

A revelation came over the Ancients! From that day forward they vowed to eat no meat or fat or chloolesterol (except maybe for a greasy pizza now and then) and that is how began the Era of Modern Running As We Know It. Conveniently, the Bagel Shoppe had just opened in Wilde Lake. The New Runners stopped going to Roys after their morning runs and began going to the Bagel Shoppe to eat bagels. The morning runs became known as the Bagel Shoppe Runs, and the custom of eating bagels after putting in mileage on Saturday morning has continued to this day.

[For more information on these peculiar runs, contact Joe or Nadia at 831-6385. The Bagel Shoppers welcome all manner of runners.]



The modern group of Bagel Shoppers starting out on a drizzly morning in April. (Photo by Jim Carbary)



Special events such as birthdays turn the Bagel Runs into especially festive occasions. Here, happy runners return from a jaunt celebrating the 39th birthday of one of their members. (Photo by Jim Carbary)



Linda Lash pausing for jogger's juice. The Bagel Runners carefully place water at key points along the route. (Photo by Jim Carbary)



The Bagel Shoppe runners often train in groups for mutual support or simple companionship. This typical group consists of (left to right) Duane St. Clair, Bill Jenkins, Nadia Wasserman, Linda Lash (still 38 here), Denise Underwood-Hannagan, Andrea Almand, Lisa Lowe, and Chief Bagel Joe Wasserman (hiding his face). (Photo by Jim Carbary)

SUMMER SCHEDULE

The summer of 1990 will provide some excellent opportunities for runners of all persuasions.

The summer series will commence on the first Wednesday after the summer solstice, and will continue through September 15. Races of 2 miles and 6 miles or 10k will take place every Wednesday. To ensure all races will have the benefit of sunlight, starting times will vary from 7:00 pm (early in the summer) to 6:30 pm (later in the summer). The Striders intend the summer series to operate as the other series, with bonus points and cumulative bonus points. However, the summer brings its own special hazards such as thunderstorms and heat. In the advent of adverse weather, race directors *may* cancel races or suspend bonus points. Your summer series director is Jim Carbary (964-8375); he promises you'll have more to show at the end of the summer than a glass mug!

Once again, Arleen Kvech welcomes all runners to her 1-mile weekly fun-runs. This year the runs begin at 7:30 pm on each Tuesday and continue through the summer months. The first run starts on June 19. The runs start and end at her house, which is just off Centennial Lane. These fun-runs are family oriented and serve as an excellent introduction to the joys and camaraderie of running. Contact Arleen (456-7735) for more information.

Women runners will want to mark July 13 on their calendars- the Women's Annual 5k Distance Festival starts at midnight at the Columbia Mall. Be sure to show up before 11:59 pm on Friday, July 13. Race director Lisa Lowe (964-2681) promises lots of good refreshments, prizes, and general good times. The festival commemorates the addition of the women's marathon race as an official Olympic event.

The summer racing season reaches its zenith (some would say nadir) with the 24 Hour Relay, which really does last 24 hours *in a row*. If you would like to participate in the world's longest interval session, contact Tim Beaty at 596-6453).

Last but not least, all able Striders will want to support their club at the Brighton Dam Challenge Race-- September 9. Let's avenge our loss of '89!

20 June	7:00 pm	Summer series begins-Spring awards, THES
27 June	7:00 pm	Summer series, LES
11 July	7:00 pm	Summer Series, OMMS
13 July	11:59 pm	Women's Distance 5k Columbia Mall Lisa Lowe (964-2681)
18 July	7:00 pm	Summer Series, JHNC
25 July	7:00 pm	Summer Series, THES
1 Aug	6:30 pm	Meet of the Miles, OMHS Dave Tripp (730-4499)
4 Aug	12:00 noon	24 Hour Relay Howard High School Tim Beaty (596-6453)
8 Aug	6:30 pm	Summer Series, LES
15 Aug	6:30 pm	Summer Series, JHNC
22 Aug	6:30 pm	Summer Series, OMMS
26 Aug	8:00 am	Annapolis 10 Miler USNA Stadium
29 Aug	6:30 pm	Summer Series, THES
5 Sept	6:30 pm	Summer Series, JHNC
9 Sept	8:00 am	Brighton Challenge Race Paul Goldenberg (730-3566)
16 Sept	6:30 pm	Summer series, LES
23 Sept	2:00 pm	Summer Series Awards Fall Series begins, THES

Abbreviations:

JHNC= Jeffers Hill Neighborhood Center
 LES= Longfellow Elementary School
 OMMS= Oakland Mills MIDDLE School
 OMHS= Oakland Mills HIGH School
 THES= Thunder Hill Elementary School

JUST A REMINDER--

**THE STRIDERS NEED YOUR LEGS
AT BRIGHTON DAM THIS YEAR.
WE
BEAT MCCRC AT THE CHALLENGE
10 MILER IN FEBRUARY AND
WE
CAN DO IT AGAIN.**

**TOGETHER, WE CAN WIN THIS
THING. LET'S DO IT!**

SHOWDOWN AT ANTIETAM

Road warriors Paul Sobus and Jim Carbary waged their annual Battle of Antietam on June 3 at the battlefield of the same name. Unlike past years, both runners entered the contest in reasonably good condition and well-rested. (Sobus had arranged that a multitude of phone calls disturbed Carbary well past his 9:00 pm bedtime on the previous night.) Unfortunately, nature provided our heroes with a soggy, humid morning and swept a thunderstorm over the field minutes before the race start.

Carbary did not win the battle in the first quarter mile, although Sobus had fallen behind by that point- much the same as he had in 1989, when he won the match. But he had still not closed with the elder Carbary by the 5k turn-around. By that point both runners had slogged through so many puddles that they might as well have dunked their shoes in Antietam Creek. The pace had fallen well below 5:40 per mile by four miles yet Sobus still lagged behind. Then the lead runner, Dave "Wrong-Way" Berardi, in league with the crafty Sobus, attempted to confuse Carbary, then in 11th place overall, by running off course into the corn fields! Some runners in the lead pack actually followed him, but Carbary sensed that something was amiss and didn't swallow this subtle ruse. He continued on the appointed course to beat Sobus by over a minute (35:16 to 36:22).

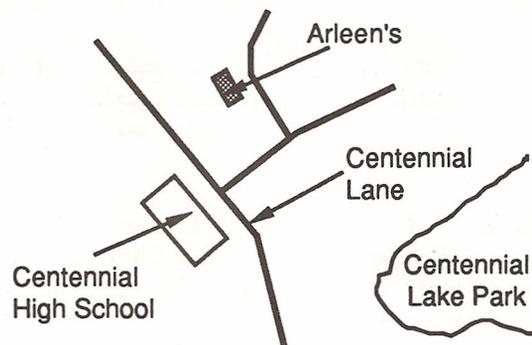
The score now stands at Carbary 2, Sobus 1.

TELEPHONE TREE & COURSE MAPPING

The Board of Directors is seeking a group of volunteers to form a telephone tree. The telephone tree will be used to alert the membership to special events and to advise members in times of emergency. The telephone tree will not replace special mailings but may be used to supplement them. It is anticipated that the telephone tree will not be used more than once every five to six weeks and possibly less often than that. If approximately sixty volunteers are willing to help, no one will ever need to call more than eight (8) other Strider members. If you are interested in serving on the Howard County Striders telephone tree, please call Sherry, Pamela, Carolyn, or Tim Beaty at 596-6453 (before 10 pm, please).

The club is looking for a small group of people to pursue, over time, the goal of accuracy in measuring Strider courses for possible certification. Some map reading/drawing skills would be nice and a 10 speed bicycle would be helpful. But hey, those two-wheeled people will need water and bananas delivered down the road. Work on the Course Certification Committee will involve about half a day, once a month, in good weather. Detail work can be done when it is cold outside. Whether or not actual certification is applied for on each course, the eventual goal is to document and accurately map each course we use. If this interests you please contact Sherry, Pamela, Carolyn, or Tim Beaty at 596-6453 (before 10 pm).

FUN RUNS AT ARLEEN'S 10114 COLONIAL DRIVE



7:30 pm every Tuesday

BOSTON

Tom Bowmaster

Hello, Howard Countians!

Well, I survived the Boston Marathon and I'll tell you all the gory details after I get a few other items taken care of:

1. Thank you for naming me the 1989 Runner of the Year. The plate is one award that definitely won't end up in my box of trophies buried at the far end of the basement.

2. Thank you, Jim Carbary, for granting me an Honorary PhD in Chemical Engineering (see *FOOTPRINTS*, Vol 10, No. 1). It will go well with the Masters in Electrical Engineering that I earned during my days in Maryland. As soon as Jim sends me the diploma, I will show it to my employer, Bellcore (not to be confused with Bell Labs, we're sort of touchy about that). I'm sure they will be terribly impressed and will give me a big raise.

3. Some of you may remember that I always wore a t-shirt rather than a singlet when I lived and raced in Maryland. At the time I gave the stranger sounding explanation that when I ran in a singlet I carried my shoulders higher and got sideaches, etc. After running Boston in a Striders singlet, I now know the real reason for not wearing singlets- SUNBURN. My sore legs and blistered feet felt great compared to by glowing red shoulders.

And now, my Boston diary:

-29:00:00 A cold, drizzly morning in Boston. Perfect for running a marathon. Unfortunately, it's Sunday morning and almost everyone in Boston with a marathon in their immediate future is going to run it on *Monday*. Lots of cold, wet, miserable tune-up runs get done instead.

-20:00:00 Number pick-up is a breeze. Not at all like New York (or California International). But 7 bucks for non-entrants to get into the Expo? You gotta be kidding me. I give my ticket to Jill and catch a short nap on the foyer floor.

-5:00:00 A warm, sunny morning in Boston. Perfect weather for watching a marathon, but lousy for running one. Oh well, with 5 million spectators (my own estimate) and only 9400 runners, I guess the majority is happy. Besides, I'm planning to start slow (about 5:40/mile) and run for the experience rather than a fast time. A little extra heat should help me stick to the plan.

-0:30:00 Just ran into Phil Lang and got a good laugh over the orange-beige sunblock he had on his nose. Shoot, he's only going to be out there for about 3 hours- who can get sunburned in 3 hours? (For answer, see item #3 above).

+0:05:17 Hey, who move the 1 mile mark up 300 meters?

+0:10:35 Whoever it was must have moved the 2 mile mark 200 meters. The leaders passed this point over a minute and a half ago. Nobody would be crazy enough to start a marathon with a 9 minute 2-mile, would they?

+0:15:55 Okay, so maybe the mile marks are accurate and there are a bunch of people here with a seriously screwed up sense of pace. But that's okay. It still feels easy and somehow I've ended up 10 yards behind Rosa Mota (and her accompanying TV camera truck). If I stay where I am the crowd reaction to Rosa ought to give me a lift, too.

+0:16:00 Jill has everyone in one small Boston bar cheering wildly everytime I (and my Howard County Strider singlet) show up in the background of the local TV coverage.

+1:11:12 Halfway there. So far, so good.

+1:21:00 Rosa seems to be slowing. I think I'll go (wide) around her and move on ahead.

+1:26:00 Why is Rosa kicking already?

+1:27:00 She's not kicking- someone just dropped a piano on my back is all. The 18 cups

of water I've had so far don't seem to be doing any good- I'm getting woozy.

- +2:00:00 Don't these ridiculous crowds ever thin out? How can a runner stop and walk in peace with all these screaming maniacs ling the street? (I, for one, can't.)
- +2:15:00 Hey, some of that water seems to be finally kicking in. I think I can pick it up again.
- +2:15:02 Left little toe screams bloody murder when the new pace causes a recently formed blister to burst. Some idiot in the crowd hears it and yells back, "Yeah, make it HURT!"
- +2:32:49 That's it. I've reached it- Utopic, Nirvana, Mecca, a.k.a. the Finish Line. 91st overall. Not great, but not anything to complain about, either. I think I'll have to come back sometime- assuming, of course, that I survive the 3 block walk back to the hotel.



Note: The editor regrets that he mis-stated Mr. Bowmaster's academic credentials in the Spring issue of *FOOTNOTES*. Apparently, Mr. Bowmaster does not have a PhD in Chemical Engineering. Rather, he has a master's degree in something else. His PhD is in Running Very Fast.

HOWARD COUNTY STRIDERS
VS
MONTGOMERY COUNTY ROAD
RUNNERS

SUNDAY, SEPTEMBER 9, 1990
BRIGHTON DAM

THE CLUB NEEDS YOUR LEGS:
YOUR EFFORT CAN MAKE THE
DIFFERENCE THIS TIME!

24-HOUR RELAY

Tim Beaty

The 20th Annual 24-Hour Relay, plus 50-mile track run, 50-mile track race walk, 100-mile track run, and 100-mile track race walk, will be held on the track at Howard High School on August 4 and 5, 1990. This year the relay has been sanctioned as the 1990 Eastern Regional RRCA Championship 24-Hour Relay. Sponsorship is now almost solely the responsibility of the Howard County Striders. In order to make this a memorable and safe RRCA Championship, the Striders will need approximately 30 volunteers.

About twelve volunteers will be needed from 9:30 am to 1:30 pm and three from 4:30 pm to 7:00 pm on Saturday, August 4. Another small group will be needed on Sunday from 8:30 am to 3:00 pm and several more from about 11:00 am to 3:00 pm. About four people will be needed from about 9:00 am Saturday, straight through to about 3:00 pm on Sunday. This is a long time, but a husband/wife (or other) pair could share a slot if they could both be in the area for the majority of the time (there will be time for nap breaks, sunning, etc.). Please call Sherry, Pamela, Carolyn, or Tim Beaty at 596-6453 (before 10 pm, please) if you can help out.

We had a great crew last year and I *still* have shirts for the following people: Dick Fitzgerald, Gerry Gears, Bobbie Jackson, Rick Katkow, Bert Moore, Dave Stein, Felix Rausch, Larry Roberts, Jerry Warfield, Dick Weber, Clarence Wingate, and Tom Yeager. Please call at the above number to make arrangements for picking up your t-shirt. (Also helping out last year were Carolyn and Sherry Beaty, Gerry Clapper, Eric Kocay, Rick Rosen, Jack Wilkinson, and Dick Woods-- they already have their shirts.

24 HOURS
AT HOWARD HIGH
THE MOST GRUPELLING, MOST
FUN RACE ON THE EAST COAST

!!!!!!!

BE THERE- AUG. 4-5
CONTACT TIM BEATY - 596-6453

JR. STRIDER COMPETE IN OLYMPICS

RESULTS OF AAU JR. OLYMPICS

The local American Athletic Union (AAU) Jr. Olympics was held at Forest Park High School in Baltimore on June 9. Individuals who finished in the top 6 of any event qualified for the Regional AAU in Reston, VA, on July 7-8. Qualifiers from the regional meet may advance to the National AAU Jr. Olympics in Clearwater, FL, on August 1-4. Seven Jr. Striders qualified to advance to the Regionals:

<u>Name</u>	<u>Event</u>	<u>Time</u>	<u>Pl.</u>
Zach Heidepriem (9-10)	800m	2:42.9	2
	1500m	5:20	1
	3000m	11:46.4	1
Robert McGinnis (9-10)	1500m	5:57	6
	hi jump	3'6"	5
Aaron Worley (9-10)	3000m	11:55	4
Bryan Drake (9-10)	3000m	11:56.3	6
Danny McGinnis (11-12)	1500m	5:40	3
	3000m	12:14.8	2
	hi jump	3'4"	3
Zach Troph (11-12)	1500m	5:13	2
	3000m	11:49	2

The local TAC Jr. Olympics qualifying meet was held at McDonough School on Saturday, June 2. Local qualifiers (top 6 in each event) may advance to the 2nd round at Potomac Valley on June 16, and then to the TAC Regional in Chapel Hill on June 30, and finally to the TAC National Meet on July 26. Six Jr. Striders qualified for Potomac Valley:

<u>Name</u>	<u>Event</u>	<u>Time</u>	<u>Pl.</u>
Zach Heidepriem (9-10)	400m	1:15.5	1
	800m	2:41.6	1
	1500m	5:26.6	1
Robert McGinnis (9-10)	1500m	5:34/9	2
	hi jump	3'4"	1
Kevin Miksch (11-12)	shot put	18'8"	2
Zach Troph (11-12)	1500m	6:02.1	6
	hi jump	3'10"	4
	80m hrdl	17:51	3
Danny McGinnis (11-12)	1500m	6:02.1	6
	80m hrdl	19.31	4
	hi jump	3'6"	5
Kevin Cumming (13-14)	100m	14.43	6
	200m	29.9	6
	400m	1:04.7	4

FINAL PLEA FOR 24-HOUR RELAY HELPERS: ULTRA RUNNERS/WALKERS NEED HELP COUNTING AND SLEEPING

As in the past, the 20th Annual 24-Hour Relay will include four ultra-events. These are the 50-mile track run, the 50-mile track race-walk, 100-mile track run, and 100-mile track race-walk. All of these events will be held at Howard High School on August 4-5 (the same site as last year's race).

As in the past, ultra-runners/walkers are responsible for providing their own lap counters. However, this year we are attempting to find a limited number of volunteers to assist in lap counting for those ultra-runners/walkers who must travel great distances to participate in this event. And, for a very few who may otherwise be unable to participate, we are attempting to find pre-race lodging in the home of a friendly Howard County Strider.

Lap counting for an ultra event is not a glamorous task, but it is very important to the runner, who cannot run without a counter. Lap counting for the 100-mile events means being available at least an hour before the NOON start on Saturday and remaining at the site until the runner/walker finishes or quits (maybe 18-20 hours later). For the 50-mile events, the lap counter will need to be available about an hour before the 6pm Saturday start and will be committed for about 8-10 hours. We will NOT provide this service to anyone in the commuting area; you can be certain that anyone who gets this service from a Howard County Strider could not otherwise participate in an ultra-event.

If you have a guest room or a sofa in the family room or some other space available, there may be a few individual ultra-participants who could use a bed for Friday night. If you can help out in this way, please let us know.

Our goal is to make the participation of every ultra-runner or walker a memorable experience. If you can help us provide either of these amenities (a couch or lap counting), please contact Sherry, Pamela, Carolyn, or Tim Beaty at 596-6453 (before 10 pm please).

PRESIDENT'S COLUMN

by Paul Goldenberg

First of all, I am pleased to announce the winners of the inaugural John Scherer Scholarships: Ellen Coffey of Atholton High School and Jason Tripp of Oakland Mills High School. Both of these young people exemplify the academic and athletic excellence and commitment to community service that the scholarship was established to reward.

In recognition of our first year as an educational partner with the Howard County Public Schools, the Striders have received a fine plaque which is on view at Feet First. To the many Striders who volunteered their time to assist at events or activities for the schools, thank you for a great job. If some of you other folks are interested in becoming more involved in the program this fall, please let me know. All involved in the Partnership program benefit. One benefit the Striders have received is use of the Howard H.S. track for the 24-Hour Relay in August.

Speaking of the 24-Hour Relay (and the 50 and 100-mile ultras), I can think of no better way to spend a summer weekend. This is a rare opportunity to make up all your missed workouts -- all at once. This year the relay has been honored with recognition as the RRCA Eastern Regional Championship and the Striders are looking forward to sponsoring a number of teams. If you are looking for encouragement to join a team or run your first ultra, give Tim Beaty a call. He'll have you out on the track in no time; he might even lend you a hat or two. If you are not quite up for the running, volunteers are still needed. Other exciting events planned for this summer include the Women's Distance Festival, the Meet of Miles, and the Maryland State Games Torch Run. We have information available on all of these.

As always, I would like to solicit your ideas as to the types of events you would like to see the Striders sponsor in the future. I am convinced that the key to a better club is to increase the number of members actively involved in club activities. Getting involved is a great way to develop or polish your skills. Do you have experience as a surveyor? We are forming a committee to certify our courses. Do you like to think on your toes, juggle ten things at once, and stay one step ahead of impending disaster? We can always use race directors. Seriously, we need your help and your suggestions and we appreciate the help you give. Judging from the smiling faces and positive comments, those who do volunteer clearly enjoy it.

MARK YOUR CALENDARS:

**SATURDAY
OCTOBER 13, 1990**

**ANNUAL PICNIC
CENTENNIAL LAKE PARK**

11 AM UNTIL DUSK

**CONTACT NADIA WASSERMAN
FOR MORE INFORMATION**

381-6385

**NOTICE: NO IMPORTANT
COLLEGIATE FOOTBALL GAMES
WILL BE HELD ON THIS DAY!!**

**HOWARD COUNTY STRIDERS
1990 BOARD OF DIRECTORS**

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/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



JOHN KUEHLS' BROTHER REPORTS: MAKING AUGUST RACES FUN

David Kuehls

Most runners feel the same about racing in August- not much. It's either too hot or too humid or you are too stale from running races all summer long, or there exists a combination of factors.

For whatever reasons, racing in August is just not fun. The sensible answer to this problem would be to skip racing in August. But that isn't such a good idea because if you wait till September to race again, you just might lose the competitive spirit, and a chance at a PR during the cool, fast fall racing season.

What do you do?

Well, there is a ready-made answer to this problem, and you need look no further than your racing calendar. No, the answer is not triathlons, biathlons, or, heaven forbid, track meets.

How about fun runs? That's right, fun runs, those sideshow events between kids and overweight CPAs, usually about two miles in length and twenty minutes in duration.

Fun runs, even in the middle of August, are guaranteed to make racing fun again.

Why? Because you can win these races, that's why. And, as everyone knows (but won't always admit), anything that you can win, whether it's the stock market or a 1.25 mile race versus a bunch of kindergartners, is fun.

Picture this: in the last 20 yards of the race you come barreling out of the pack, motor by little Stevie, break the tape and win the Hudson Jaycees 3/4 mile Jog for Tots.

A little twisted? Maybe. Fun? You bet.

But before you lace up those racing flats, here are a few tips for the novice competitive fun runner:

CHOOSING A RACE FOR YOU. There are two factors to consider when choosing a fun run (both are important if you want to win). First, it's best to enter a fun run that occurs before a featured race. (If the fun run is scheduled after the main event, some top runners might be tempted to run the fun run as a cool down.) Second, never enter a race that is measured in kilometers. There's just something about a capital "K" behind a digit, be it 10K, 5K, 2K or 1K, that gets runners thinking about PRs. On the other hand, an innocent half-mile, 3/4 mile, or

1.5 mile run will draw only the Gerber's crowd, the local butcher, and you. Get the picture?

SPECIAL TRAINING. The competitive fun-runner needs to be in fairly decent shape. A good rule is not to interrupt your regular training (40, 50, 60 miles a week) and just see the weekend fun runs as sharpeners and mental tougheners.

One thing you can do, in addition to your regular workouts, is practice competitive fun run starts. The start is perhaps the most crucial moment of the fun run. There, toes can be trampled, shins kicked and snotty-nosed kids can rub up against your arms. You must have quick reflexes to make your way through the melee at the start. Therefore, once a week, go down to the neighborhood playground on a busy afternoon and practice wind sprints in and out of the jungle gyms, swing sets and kickball games.

RACE ATTIRE. There are two sartorial theories that go along with competitive fun runs. The first says that you should dress down for the occasion (white cotton V-neck undershirt, bermuda shorts, brown socks, and an old pair of Red Ball Jets). This is good for a "surprise 'em" victory; if you're willing to be caught dead in that get-up. Personally, I prefer the second theory.

The second theory says "Go for it!" Break out the racing flats, the racing shorts and the nylon racing singlet. Imagine the look on little Stevie's mother's face when you blitz by him in your Athletics West singlet. (Who says you have to run four miles for the runner's high?)

POST-RACE STRATEGY. Last, but most important, this involves handling the inevitable irate parents at the end of the race. Take little Stevie's mom for example. Enraged, she will probably push her way up to you just as you've started slapping high-fives with your friends. If you're smart the ensuing conversation will go something like this:

Irate mom: "Listen you, you think you're pretty beating my little Stevie like that! Why don't you grow up?!!!"

You: "Listen coach (this neuter term is very effective because it instantaneously robs them of their maternity, and reverses the field, putting them on the defensive), what are you trying to do to your kid anyway? Turn him into a human machine? I suppose tomorrow is a long/easy day and Tuesday we march little Stevie down to the track for his weekly intervals. Why, any normal three-year-old should be sitting at home right now, watching Scooby Doo and eating Captain

Crunch out of the box. Are you trying to rob him of his youth?!!"

If, however, it's little Stevie's dad that accosts you at the finish line, immediately begin your ten-mile cool down.

There you have it: the ideal way to stay sharp for the fall racing season.

Have fun in August.

Ed. note: Dave Kuehls, the brother of board member John Kuehls, runs in Akron, Ohio, and is a free-lance writer. His articles have appeared in *Running Times*, *Runner's World*, and the *Ohio Runner*. The above article is taken from the *Ohio Runner* and is used by permission.

**SPECIAL EVENTS FOR THE
SUMMER OF '90**

- FUN-RUNS AT ARLEEN KVECH'S EVERY TUESDAY AT 7:30 PM (Test out Dave Kuehls' strategy!!!)
- ARBUTUS FIRECRACKER 10K- ARBUTUS MIDDLE SCHOOL ON JULY 4 (Celebrate the Fourth of July with runners)
- MEET OF THE MILES AT OAKLAND MILLS HIGH SCHOOL TRACK- 6:30 PM (All age groups represented)
- 24-HOUR RELAY AT HOWARD HIGH AT HIGH NOON ON AUGUST 8 (World's longest interval session)
- ANNAPOLIS 10-MILER -NAVY STADIUM IN ANNAPOLIS (Last long race of the summer!)
- **BRIGHTON DAM CHALLENGE AT 7:30 AM ON SEPTEMBER 9.**
BE THERE.
NO EXCUSES.
THIS MEANS YOU.
WHAT DO YOU THINK YOU'VE BEEN TRAINING FOR ALL SUMMER?

COLUMBIA BIRTHDAY TWO-MILER

Craig Chasse led a field of 203 out from Sterrett Place in the Columbia Birthday Two-mile Fun Run last Sunday morning, but Chris Samley answered the challenge on the flats at the half-mile point on Little Patuxent Parkway. The two raced neck and neck for the next half-mile until they reached the turn-around at Vantage Point, where Samley gained a few steps. Chasse faded along the final half mile and almost lost second place to a rejuvenated Jim Carbary, who almost let triathlete Keith McIntyre beat him. Meanwhile, Samley cruised to victory in 10:08.

In the women's race, Sandy Ford and Janelle McIntyre (who are triathletes, too) hammered away at each other for the entire two mile distance and neither could gain more than a step on the other. With the small crowd cheering, they swept back toward the finish in Sterrett Place and crossed the line in a dead heat in 12:24.

The Fathers' Day event drew 203 people, which included the few hot-shots mentioned above and many walkers as well as runners. Maryland National Bank sponsored the race and furnished all finishers with a 2-quart water bottle, while Feet First provided gift certificates as random awards. Strider Jim Woods, running to a personal two-mile best of 11:27, won an award as the first father and placed seventh overall, while the aging Jim Carbary also managed a personal best of 10:14.

2 MILE RUN RUN AWARDS

TOP 3 MEN

- | | |
|-----------------|------------|
| 1. Chris Samley | 10:08 |
| 2. Craig Chasse | 10:12 |
| 3. Jim Carbary | 10:14 (PR) |

TOP 3 WOMEN

- | | |
|---------------------|-------|
| 1. Sandy Ford | 12:24 |
| 2. Janelle McIntyre | 12:24 |
| 3. Lisa Boccher | 13:40 |

FASTEST FATHER

- | | |
|-------------------------|------------|
| Jim Woods (7th overall) | 11:27 (PR) |
|-------------------------|------------|

FASTEST BANKER

- | | |
|----------------------------|-------|
| James Clark (11th overall) | 11:43 |
|----------------------------|-------|



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)



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