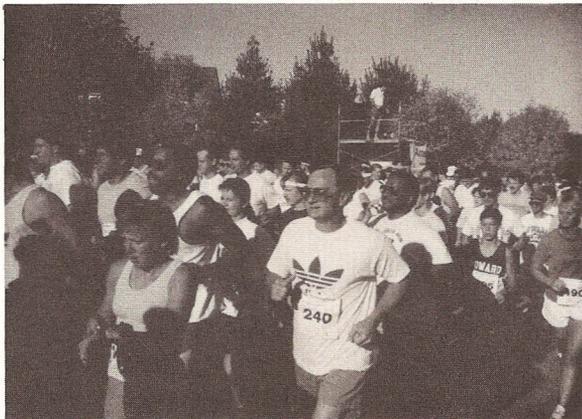


FOOTPRINTS



NEWSLETTER OF THE HOWARD COUNTY STRIDERS
VOLUME 10, NUMBER 4—WINTER, 1990



Hundreds of runners ooze forward as the Chase begins! (photo by George Turner)

THE 1990 COLUMBUS CHASE

On the pleasant autumn morning of October 7, the Howard County Striders hosted the Ninth Annual Columbia Columbus Chase and Rod Young returned to Howard County as a Force in local racing. Missing from action in the past several years, Young announced himself with a strong fourth place finish. He foolishly went out with leaders Jim Hage and Dave Berardi, who flashed through the first [downhill] mile in 4:30. But, like most of the rest of the field, Young couldn't hold the pace after turning up the long hill back to the college and eventually succumbed to third-place Robert Yara.

Up front, Jim Hage battled new-Strider Dave Berardi for the lead. Although Berardi held the pace going uphill, the effort wasted his speed, and Hage gained a few steps on the flats at the top of the hill. By the time he (continued on next page)



Dave Berardi breaks the tape at 9:25 am to win the 1990 Metric. (Photo by Linda Lash)

METRIC MARATHON DRAWS RECORD FIELD

A record field of 683 turned out on a crisp fall morning to run the 1990 edition of the 26.2 km (16.3 mile) Metric Marathon. Three hours later, 611 of these had finished and were munching bagels and cookies in the side parking lot by the shores of Lake Kittimiquindi.

Dave Berardi overcame early challenges by Jack Peach, Dave Brightwell and Rod Young and won the race by over a minute. Berardi took the lead after the first 50 yards, but Young and Peach stayed within striking distance until 3 1/2 miles. Berardi put the race away near the 5 mile mark before the relentless uphills began. From 5 to 9 miles, the immense slopes of Ellicott City tired all three of the runners, but affected Berardi the least. He emerged on the flats at 10 miles with over a minute between himself and second place Rod Young. From there, Berardi cruised to a course record of 1:26:25. (continued, p. 4)

— Columbus Chase, continued

reached the three mile point near the college, Hage had built an unconquerable lead. Berardi kept his adversary in sight but did not make a serious challenge on the downhill. He finished in 31:31, half a minute behind Hage.

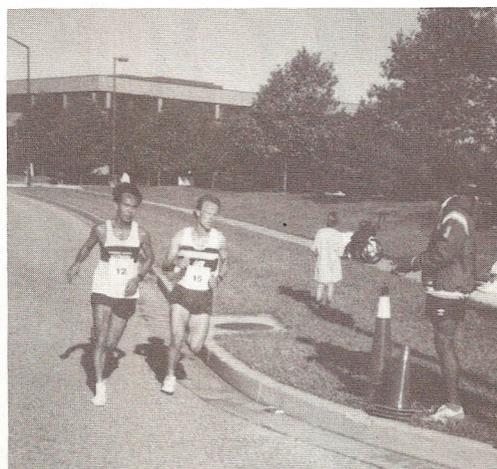
In the women's competition, Baltimore's Marge Rosasco beat Howard County's Buffy Gavigan to the top of the hill and then gained thirty seconds on the flats. By the time she reached the college, the race was over. Not quite up to her usual speed, Gavigan dropped to third place behind Jan Torpey in the second half of the race and settled for third woman in 39:20.

Some exciting races developed between local runners operating just off the lead pace. Jim Carbary fought the wild McIntyre brothers, Keith and Brian (both excellent triathletes), losing to the former but beating the latter. Back as a racing Force, Martin Goode ran one of the most inspirational races in Howard County history. He chased down his old rivals Bob Burns and Paul Sobus, staged a thrilling attack on nemesis Jim Carbary, and so wasted himself that he required emergency medical service just after finishing. Meanwhile, Piriya Pinit found himself at mid-race locked in a desperate battle with Bobby Gessler, a new-comer who built a reputation in the summer series. Gessler put up spirited resistance until the pair neared the bottom of the hill at five miles, where the veteran Pinit reached back and pulled away.

Among the top masters' women, Kay Weeks and Vivi Provine met once again. The two raced each other neck and neck for the entire 10k in perhaps the closest race of the entire day. The battle came down to a dead heat through the last quarter mile. Weeks won the sprint by three seconds. The two women easily won their respective age groups.

Howard County Striders swept three age groups in the Chase. Rod Young, David Brightwell and Martin Goode dominated the 20-29 men, while Jim Carbary, Bob Burns, and Nelson Stritehoff took top honors among the 35-39 men. Showing promise for future racing teams, Dana Strickland led Lauren Drake and Kelly Finnegan in the under-14 women.

The splendid autumn weather inspired a few runners to particularly good times. Breaking 46 minutes for the first time, Debbie Kocay set a personal 10k record of 45:50; she



Piriya Pinit (left) and Bobby Gessler neck and neck just past the half-way mark. (photo by George Turner)



A hundred yards from the finish, Nelson Stritehoff casts a long shadow as he glances toward the clock for a personal record that didn't happen. (photo by George Turner)

jumped so enthusiastically after crossing the finish line that race officials had to quiet her to preserve order in the chutes.

On the other hand, some did not have good days. Gerry Clapper rambled through the 10 kilometers on an injured knee and placed 16th overall in 36:25— far off his usual performance. Clapper was testing the injury, which has plagued him throughout the summer. Many runners became confused and disoriented upon discovering Clapper so far back in the pack.

Moreover, Nelson Stritehoff **did not** set a personal record; the Chase marked the first race in a month in which he failed to establish a personal best.

The 1990 edition of the Columbus Chase featured 599 finishers— 464 men and 135 women. Race Director Paul Goldenberg praised race volunteers drawn from local schools, civic associations, and clubs. He especially noted the excellent finish line coordination, saying, "it was the cleanest finish line ever in a Howard County race."

CHASE RESULTS

MEN FINISHERS

2. Dave Berardi	31:31
4. Rod Young (1st, 20-29M)	32:30
5. James Clelland (1st, 30-35M)	32:56
6. David Brightwell (2nd, 20-29M)	33:30
11. James Carbary (1st, 35-39M)	34:37
13. Martin Goode (3rd, 20-29M)	35:10
14. Piriya Pinit (1st, 45-49M)	35:54
15. Bobby Gessler	36:19
16. Gerry Clapper	36:25
17. Bob Burns (2nd, 35-39M)	36:31
18. Nelson Stritehoff (3rd, 35-39M)	36:51
19. Tim Bradley	36:58
22. Paul Sobus	37:07
28. Jerry Andrews	37:36
31. James O'Brien	37:49
35. Jim Woods	38:08
36. Jerry Warfield (3rd, 45-49M)	38:12
38. John Hamilton III	38:26
45. Rick Rosen	39:07
52. Steve Sturges (2nd, 15-19M)	39:45
55. Tony Warner	39:53
67. Mark Isaacson	40:40
68. Ed Silverman	40:41
78. Heide Heidepreim	41:18
80. George Ware	41:31
83. Chris Brown (3rd, 50-59M)	41:38
87. Allan Field	41:53
91. Eric Kocay	42:23
118. Steve Sheriff	43:23
135. Bill Spencer	44:00
156. Dean Horvath	44:47
161. Jim Greenfield	45:01
162. Joe Wagner	45:01
163. Scott Nudelman	45:02
165. Chet Coates	45:13

166. Bryan Drake	45:13
167. Tom McNutt	45:16
183. John Gaula	45:41
184. Duane St. Clair	45:41
188. Armand Harris	45:57
209. George Krainak	46:34
211. Roger Calvert	46:36
215. Max Prola	46:39
219. John Distler	46:57
221. Dick Dopp	46:59
226. Curtis Dalton	47:26
229. Duane Rist	47:32
235. Scott Townsend	47:46
243. Ron Stiff	48:04
245. Norm Grabowsky	48:07
246. Jesse Strickland	48:09
247. Tom Rankin	48:10
254. Oliver Cassell	48:31
261. John Commander	48:39
264. Steve Coffey	48:46
283. Dave Campbell	49:48
289. Ludwick Hayden	50:07
301. James Bibb	50:27
306. Paul Toebe	50:39
321. John Neal	51:05
337. John Wheatland	51:50
346. Kevin Finnegan	52:23
348. Barry Nudelman	52:39
356. Glenn David Greisman	53:06

WOMEN FINISHERS

3. Buffy Gavigan (3rd overall W)	39:20
5. Dolly Ginter (2nd, 20-29W)	39:59
12. Nelda Clelland (3rd, 30-34W)	43:12
14. Judi Greenblatt (1st, 35-39W)	43:29
17. Dana Strickland (1st, 0-14W)	44:55
22. Debbie Kocay (PR)	45:50
27. Valerie Rogers	47:01
29. Karen Harvey	47:16
30. Kay Weeks (1st, 50-59W)	47:22
31. Vivi Provine (1st, 45-49W)	47:25
50. Andrea Almand	52:26
52. Lauren Drake (2nd, 0-14W)	52:33
53. Judith Stiff (3rd, 45-49W)	52:40
60. Arleen Kvech	53:48
63. Laura Daniels	54:47
80. Susan Strickland	57:15
81. Lissa George	57:39
83. Caskie Lewis-Clapper	57:53
86. Barbara Calvert	58:17
95. Kelly Finnegan	59:26
96. Mary Levine	59:39

— Metric Marathon, continued

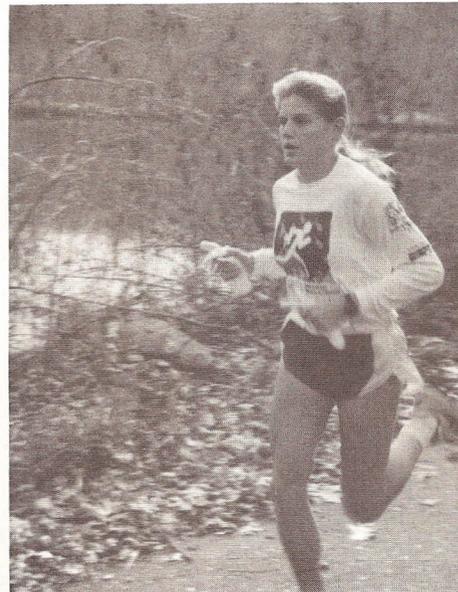
Berardi made the race seem easy but he confided afterwards that the course had challenged him. When asked if the hills had bothered him, he replied, "Of course the (expletive) hills bothered me!" When asked if he had felt tired during the race, he said, "What do you *mean* did I feel tired?" Berardi, who has occasionally displayed a propensity to go off course in the past, also complimented race coordinators for providing excellent course directions. Tom Carcaterra, using only his bicycle, led Berardi over the entire course, carefully pointing out obstacles such as twigs, broken glass, pavement cracks and course marshals.

With Berardi busy chasing the bicycle, the Metric's real battle took place between Rod Young and Jack Peach for second place. The two fought each other neck and neck for the final six miles, and Young thought he had the race for second in the bag going into the last downhill mile. But Peach surged strongly on the pedestrian bridge over Route 29 and finished a scant nine seconds ahead of Young.

The competition among the top women duplicated the men's, with the winning woman far outgunning her nearest rivals. At the start, master's runner Rose Malloy took immediate control of the race and went on to beat her closest competition by over nine minutes. Malloy leisurely cruised to victory in 1:40:26 entirely without the aide of a bicycle. After the race, she commented on the pleasant scenery and the splendid fall weather.

Meanwhile, like the second and third place men, Susan Cain and Denise Fleenor waged an intense battle for second place. Cain passed Fleenor at four miles, but she couldn't shake her. Fleenor hung on for the next 12 miles but still trailed by 30 yards as she started over the pedestrian bridge. She then threw in a tremendous surge and flashed past the tiring Cain just before they entered the chute. Fleenor finished second in 1:49:50, while Cain settled for third seven seconds behind.

After running a 3:26 at the Marine Corps Marathon, Vicki Avey powered through the Metric in a sprint of 1:55:15 and took first place among the 20-24 women. Howard County's fastest woman finisher, Avey overcame serious challenges from Dolly Ginter and Judi Greenblatt, two powerful triathletes, and Jeanne



Looking none the worse for wear after 16+ miles, Vicki Avey churns along the home-stretch with Lake Kittimiquindi in the background. (Photo by Jim Carbary)

Grillo, the only woman in the Clydesdale division.

Several other Howard County women performed admirably in the gruelling 26.2 km race. The diminutive Judi Greenblatt put up a fierce battle against the Clydesdale Grillo but succumbed to her surges in the final two miles of the race; Greenblatt's 1:58:57 nonetheless placed her first among the 40-44 women. Only a week after setting a marathon PR of 3:39:00, Abby Glassberg pounded out a 2:07:12 at the Metric and placed third in the 30-34 women. The perennially-swift Vivi Provine won the 45-49 women's age group with a 2:10:07, while Helen Beyers turned a 2:33:32 for second place in the 50-54 women. Marsha Hartz *race-walked* the entire 26.2 km in 3:11:03 and placed fourth in the same age group.

In addition to Berardi and Young, the Howard County men achieved a few great deeds in the Metric. Having tangled with Berardi and Young, Dave Brightwell finished fifth in 1:31:23 after a seige with Jesus Padilla. Martin Goode continued his comeback with a 1:42:01, although he couldn't quite beat his usual rival, Paul Sobus (1:40:51). Running a 1:39:39, 23-year-old Phil Lang waited until the last quarter mile to pounce on the veterans Bob Burns (1:39:41) and Jim Carbary (1:40:00), who



Six hundred eighty-three anxious runners toe the line just before the beginning of the Metric Marathon. (Photo by Linda Lash)

had duelled each other senseless for 14 miles. Al Heppner, age 16, had never run more than 8 miles at one time in his life but raced a sparkling 1:52:01 in the Metric, placed second in the under-19 men, and calmed his mother's pre-race fears that he might have problems.

Among the men's masters, Jim Woods took seventh in the 40-44 group, which included the immortal Tony Grier and David Lowe. Piriya Pinit charged to first place in the 45-49 age group with a 1:44:02, while Jerry Warfield placed sixth in 1:48:23. Strider men showed particular strength in the 50-54 group by capturing the first three places: Ben Mathews (now of Miami) won with a 1:44:02, Warren Ohlrich was second with a 1:46:41, and Chris "the Babe" Brown took third in 1:53:55.

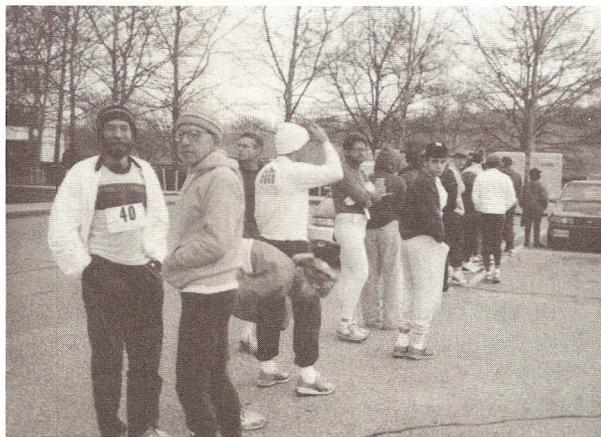
The beautiful fall weather drew a record field of 683 runners to the Metric Marathon this year; of this total, 123 signed up on race day. Race time temperatures hovered in the upper 40s and the sky was partly cloudy. Runners agreed that this year's Metric had better weather than any before, although they also agreed that the hills were just as daunting.

In addition to the usual t-shirt, the first 500 runners received commemorative medallions of the race. The first 100 men and first 25 women got gold medals, while the others got silver. (Not one runner received a coffee mug.) All age-group winners got nice, warm sweat-shirts.

Race director Joe Wasserman commanded an elite group of nearly 100 volunteers from local high schools such as Atholton and Oakland Mills and non-profit organizations such as the Columbia Amateur Radio Unit. Howard County Police provided excellent traffic control at key intersections in Columbia and Ellicott City, and especially along Routes 108 and 104.

The Howard County Striders wish to acknowledge the superlative efforts of hard-working volunteers such as Paul Goldenberg (traffic coordinator who personally stopped that big garbage-truck convoy on Rt. 108), Earl Lauer and Ken Brake (who *did not* use hose-water), Ed Wallace and the Radio People (who provided radio communications all along the course and closely monitored the progress of Al Heppner), Dave Campbell (who did all the odd jobs), Nadia Wasserman (chief registrar), Richard Wilson (who provided all the bagels and peanut butter), Priscilla Botacchi (who took over the finish line when John Keuhls' truck was stolen), Jack Wilkinson (who did the overall results using only his IBM AT and a dot-matrix printer), Dave Tripp (who did media results), Kay Lent Green (chief Kashi cook), Jerry Andrews (course surveyor), and Linda Lash ("jock of all-wonderful"—whatever that means).

In addition, Metric Marathon officials wish to thank the principal sponsors of the race, namely, ASICS, David's Natural Market (Wilde Lake), First American Bank (of Columbia), Power Bars, Princeton Sports (of Columbia), Mountain Valley Water, Feet First (of Wilde Lake), TCBY Yogurt, Tom's (of Maine), Thorlo Padds (nationally known), Kashi, and *Runner's World*.



Pre-race preparation is an important part of any long-distance race. (Photo by Jim Carbarby)

1990 METRIC MARATHON RESULTS

MEN

1. Dave Berardi	1:26:25
2. Jack Peach	1:27:55
3. Rod Young	1:28:04
5. David Brightwell (2nd, 25-29)	1:31:23
20. Philip Lang (2nd, 20-24)	1:39:39
21. Bob Burns (4th, 35-39)	1:39:41
23. Jim Carbary (5th, 35-39)	1:40:00
26. Jim O'Brien (4th, 20-24)	1:40:39
27. Paul Sobus (7th, 30-34)	1:40:51
31. Bobby Gessler	1:41:59
32. Martin Goode	1:42:01
38. Ben Mathews (1st, 50-55)	1:44:00
39. Piriya Pinit (1st,45-49)	1:44:02
43. Phil Riehl	1:45:02
44. Jim Woods (7th, 40-44)	1:45:08
46. Ray Ramey	1:45:34
52. Jerry Andrews	1:46:24
53. Warren Ohlrich (2nd, 50-55)	1:46:41
63. Jerry Warfield (6th, 45-49)	1:48:23
68. Tom Brown	1:48:46
101. Al Heppner (2nd, under 19)	1:52:01
102. Allan Field	1:52:04
106. Ed Trottier	1:52:42
115. Nelson Stritehoff	1:53:47
117. Chris Brown (3rd, 50-55)	1:53:55
122. Eric Kocay	1:54:31
126. Dave Tripp	1:54:39
130. Ed Silverman	1:54:55
136. Richard Rosen	1:55:36
144. Anthony Warner	1:56:25
156. Bob Hecht (1st >200 lbs, <40)	1:56:58
163. Stephen Thienel	1:57:54
178. Bill Spencer	1:59:13
188. Jim Berndt	2:00:28
205. Phil Nissen	2:01:33
235. George Ware	2:03:35
236. Armand Harris	2:03:40
240. Clarence Wingate (1st, 60-64)	2:04:12
259. Todd Kane	2:05:22
260. Jerry West	2:05:24
263. Duane St. Clair	2:05:44
270. Tim Beaty	2:06:08
286. Roger Davis	2:07:54
291. John Gaula	2:08:07
298. Tom Green	2:08:26
315. Jerry Lynn	2:09:33
369. Dean Horvath	2:15:02

392. Eric Katkow	2:16:56
423. Duane Rist	2:19:22
424. Stephen Sheriff	2:19:30
438. John Commander	2:21:22
456. James Bibb	2:23:26
468. Frank Phillips	2:25:15
475. Ed Humphries	2:26:12
485. Anthony Ambrose	2:27:07
512. Chet Coates	2:30:07
548. Joe Wagner	2:36:26
584. Kevin Finnegan	2:44:19



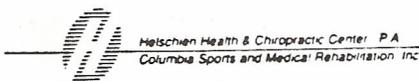
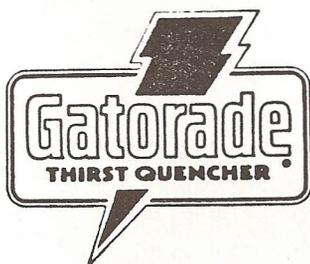
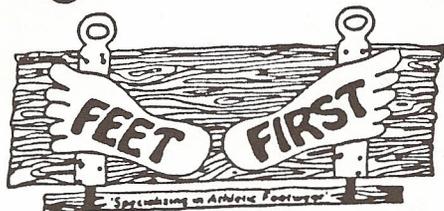
Allan Field (#28, on right) completed the 1990 Metric Marathon wearing the t-shirt from the 1978 Metric Marathon. In spite of his expression, Allan felt quite happy when the picture was taken 100 meters from the finish. (Photo by Jim Carbary)

WOMEN

1. Rose Malloy	1:40:26
2. Denise Fleenor	1:49:50
3. Susan Cain	1:49:58
Vicki Avey (1st, 20-24)	1:55:15
Dolly Ginter (2nd, 25-29)	1:56:02
Judi Greenblatt (1st,40-44)	1:58:57
Sally McCoy (2nd, 30-34)	2:01:00
Abby Glassberg (3rd, 30-34)	2:07:12
Vivi Provine (1st, 45-49)	2:10:07
Debbie Kocay	2:14:45
Valerie Rogers	2:15:51
Demetria Sapienza	2:18:58
Liz Humphries	2:26:22
Helen Beyers (1st, 50-54)	2:33:32
Marsha Hartz (4th, 50-54)	3:11:03

Thank you

The Howard County Striders are grateful to all the local and national companies that supported the 1990 Metric Marathon. Their help contributed to the growth and success of the race. We encourage you to let the sponsors know you appreciate their support by buying their quality products and services.





The George family (Timmy, Lissa, Lizzie, and Dick) cruised the turkey course together. (photo by Jim Carbary)



Bill Elzinga accepts his Golden Turkey (actually a silver runner) from race director Ray Ramey at the awards ceremony after the 'Trot. (photo by Jim Carbary)

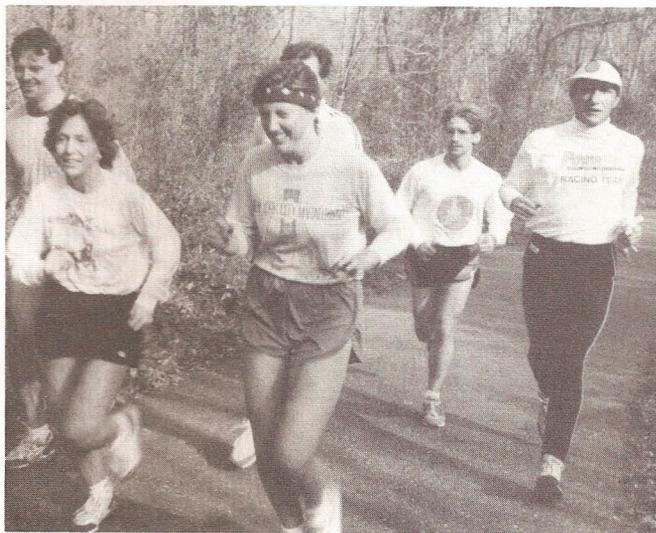
TURKEY TROTTING

On Thanksgiving morning, over 90 runners tried to predict their 10k times at the annual Howard County Strider Turkey Trot. Participants ran the Jeffers Hill course without the benefit of watches or other timing devices. Runners could start at any time, but their object was to finish the course at exactly 11:00 am. Those coming closest to that time mark won Golden Turkey awards.

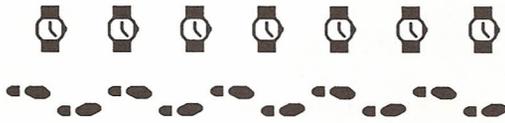
Usually, women runners have proved the most accurate, but this year's Turkey Trot saw two men finish closest to the appointed time. Dick Woods completed the 10 kilometer circuit only 1.27 seconds after the 11:00 am mark, while Bill Elzinga took the Golden Turkey by finishing an amazing 0.89 seconds after 11:00 am. Altogether, seven men finished within 10 seconds of hour mark.

Utilizing their biological clocks, the women proved far less accurate than the men. No woman finished within 10 seconds of 11:00 am, and only two came within 20 seconds. Nadia Wasserman won the Golden Turkey in the women's group by completing the course 18.1 seconds before the hour. Her training partner and confidant, Denise Underwood-Hannagan, finished second among the women Trotters, coming within 21.9 seconds of the appointed mark.

The 1990 edition of this Thanksgiving classic proved one of the most accurate. All of the 91 runners finished within eight minutes of their predicted times. Anxious to get home and consume turkey, 53 runners finished before 11:00 am and 38 finished after.



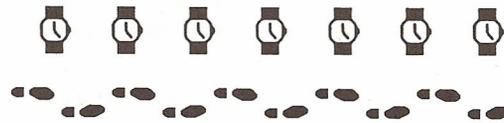
Nadia Wasserman and Denise Underwood-Hannagan (in front) lead Tom Brown, Al Hannagan, and Power-Bar's Joe Wasserman along the trail. Nadia and Denise won the women's Golden Turkey awards. (photo by Jim Carbary)



1990 TURKEY TROT OFFICAL RESULTS

("-" indicates before 11:00 am;
"+" indicates after 11:00 am)

Patricia Clark	-7:51.4 sec	Jim Carbary	-0:19.9
Bob Gibler	-7:51.2	Joe Wasserman	-0:18.6
Micaela Finnegan	-6:29.4	<u>Nadia Wasseman (1st W)</u>	<u>-0:18.1</u>
Karen Sutton	-6:29.1	Danny McGinnis	-0:17.4
Timmy George	-6:01.5	Jim Rogers	-0:16.9
Dick George	-5:47.5	Cliff Bennett	-0:16.4
Brandon Fleming	-5:46.3	Tom Caswell	-0:15.9
Craig Chasse	-5:46.1	Richard Wilson	-0:11.4
Kelly Finnegan	-5:16.3	Bob Gessler	-0:10.1
Lizzie George	-5:15.2	Kevin Davis	-0:07.8
Lissa George	-5:11.4	Wayne Ramsey	-0:05.3
Judith Tripp	-5:11.9	<u>Bill Elzinga (1st M)</u>	<u>+0:00.9</u>
Kevin Finnegan	-5:04.8	<u>Dick Woods (2nd M)</u>	<u>+0:01.3</u>
(no name)	-4:22.7	John Wheatland	+0:03.5
(no name)	-4:21.9	Robert Newrath	+0:04.7
Chuck McGinnis	-3:27.6	Joshua Tripp	+0:09.9
Patti Hecht	-3:10.6	Duane Rist	+0:10.4
Bob Hecht	-3:08.7	Ken DeKen	+0:17.0
Robert McGinnis	-2:23.8	Barry Nudelman	+0:18.6
Casey Finnegan	-2:06.9	Ed Trottier	+0:19.0
Denise Finnegan	-2:01.8	Max Prola	+0:22.1
Tom Garland	-1:50.7	Paul Goldenberg	+0:28.3
Dave Fontaine	-1:59.5	Tom Brown	+0:29.2
Sue Neurath	-1:38.6	David Turneau	+0:30.7
Vivi Provine	-1:32.1	Jeff Townsend	+0:37.4
John Gaula	-1:31.7	Jerry Warfield	+0:46.5
Randall Calvert	-1:27.2	Eric Smith	+0:46.9
Jack Riisman del	-1:22.6	Rick Rosen	+0:47.7
Roger Calvert	-0:56.5	Ray Plotecia	+0:48.2
Al Heppner	-0:51.9	Paul Sobus	+0:48.7
Jason Tripp	-0:51.6	Eric Katkow	+0:51.0
Dave Tripp	-0:51.1	Phil Lang	+0:54.1
Jerry Andrews	-0:49.6	Kyle Thomas	+0:57.9
Bob Burns	-0:45.6	Tom Green	+1:02.5
Becky Allmon	-0:37.8	Phil Nissen	+0:03.7
Bill Allmon	-0:37.5	Pat McPerron	+1:13.2
Scott Nudelman	-0:34.8	Malonnie Kinnison	+1:18.4
Steve Thienel	-0:33.5	John Commander	+1:19.9
Al Hannegan	-0:23.3	Dave Ciccarelli	+1:20.4
Gordon Oliver	-0:22.3	Robert Vigorito	+1:21.6
<u>Denise Underwood—</u>		Scott Townsend	+1:50.7
<u>Hannegan (2nd W)</u>	<u>-0:21.9</u>	Brian Gilbert	+1:54.7
Jeff Richardson	-0:20.9	Alicia Brown	+1:55.7
		Nikki Brown	+1:57.3
		Tom Hoffman	+2:05.1
		Chuck Morgan	+2:17.0
		James O'Brien	+3:21.6
		Hugh Townsend	+5:30.5
		Debbie Townsend	+5:37.21



EATING RIGHT FOR RUNNING

Joanna Whyte

Gearing up for the marathon? Training hard? Getting psyched? How about—are you eating right?

Many of us feel we know what to eat to prepare for an endurance event and some feel that it's not that important *what* we eat. We just know that when training hard we can eat a lot. But let's look a little at our body and its fuel.

Carbohydrates supply about 40% of the body's energy needs at rest, about 50% or more during moderate exercise, and is the most preferred energy source when one is working at 70-80% of capacity. At maximum exercise effort, carbohydrates are almost exclusively used. Thus, the more intense an exercise level, the greater is the contribution of energy from carbohydrates. Inadequate supplies of body carbohydrate stores (glycogen) resulting from a poor diet can cause fatigue and compromise your performance.

There are three main sources of carbohydrates: blood glucose, liver glycogen, and muscle glycogen. During the early part of prolonged exercise, muscle glycogen is the major source of energy. As muscle glycogen levels decrease during the later stages of an event (more than 90 minutes long) blood glucose may provide 75-90% of the energy. Since blood glucose is in very short supply, liver glycogen must replenish it and, thus, these stores quickly decrease.

The general consensus is that when our bodies exercise at 65-90% of VO_2 max (maximum exercise effort), muscle glycogen is the limiting energy source. Extremely low muscle glycogen stores cause exhaustion 90-200 minutes after exercise began. The effect of hypoglycemia (low blood glucose) during prolonged exercise may depend on the individual. However, hypoglycemia does impair the central nervous system and can cause dizziness, muscle weakness, and fatigue. In healthy individuals, the blood glucose level will quickly return to normal after eating.

[In high intensity, anaerobic exercise (sprinting) very low muscle glycogen levels may decrease performance; however, fatigue is

generally attributed to accumulation of lactic acid in the muscle.]

Will eating carbohydrates just before or during an event improve performance?

Hundreds of studies have attempted to answer this question. Four general conclusions have emerged:

1. If the athlete has a normal liver and glycogen stores, glucose (or simple sugar) intake is *not* necessary for events of 60-90 minutes duration. [Remember—the body can store carbohydrates in the muscles and liver. These stores should be adequate if one (a) has eaten substantial amounts of carbohydrates for a day or two before the event and (b) has decreased training intensity in order to allow glycogen build-up.

2. Consumption of simple sugars (glucose, fructose, sucrose and glucose polymers) just before a relatively short event (such as a 10k race) has a negligible effect if muscle glycogen levels are normal or high. However, if muscle glycogen levels are low and if the event is longer than 10k, then performance may improve with the ingestion of these sugars.

3. For some people, simple sugar eaten 1/2 to 2 hours before an event may *impair* performance. There are two reasons for this. First, concentrated sugars (especially fructose) in the stomach retain water, which may cause discomfort. Second, a rapid intake of sugar not at the time of exercise may cause an increase of blood glucose, which causes insulin secretion, which in turn causes blood glucose to go into the cells and promote a reactive hypoglycemia—a weakness that is the opposite effect desired.

4. Carbohydrates ingested within five minutes of or during prolonged endurance exercise (i.e., two hours long or more) may help to delay the onset of fatigue if the athlete is exercising at more than 50% VO_2 max. At this higher level of exercise intensity, the insulin response to sugar intake mentioned in (3) above will be suppressed. Thus, one does not become hypoglycemic.

So, how much and what type of carbohydrates should one consume?

1. If consuming carbohydrates before an event, do so within 10 minutes of the starting time to avoid the insulin and hypoglycemic response. During the event, take carbohydrates every 15-20 minutes.

2. Many different carbohydrate forms are available: sucrose (table sugar), glucose, glucose polymers, fructose (from fruit) and xylitol (actually a sugar alcohol). While fructose had been recommended because of its slow absorption from the intestine (which decreases the insulin response), the sugar is not so highly recommended because it remains in the intestine and causes gastrointestinal distress and, in some, diarrhea.

Glucose polymers (a chain of glucose molecules) have been studied more recently and found effective because they are rapidly digested and absorbed. They also produce a smaller osmotic effect than glucose, thus allowing the intestinal tract to also absorb water. Commercially-available glucose polymers include Gatorlode, Max, Exceed—not Gatorade.

However, individuals are *highly* advised to try different concentrations and brands well before an event—not for the first time on the day of the event. Remember, everyone's insides react a little differently and nerves do have an effect, too.

3. The general recommendations for individuals working at 60-80% of maximum intensity for several hours is (a) consume 50-60 grams of a glucose polymer in a 40-50% solution *immediately* prior to the event (note—this concentration is high and far too high for consumption during an event) and (b) consume a 5-10% solution of glucose polymer every 20-30 minutes during the event. [Note: dry glucose polymers listed in (2) above allow you to set the concentration. Consult the table at right to determine how to set the concentration.]

What about "carbo-loading?" Carbohydrate loading primarily benefits athletes who will undergo high levels of continuous energy expenditure for long periods of time—i.e., more than two hours. Carbo loading is usually not necessary for runners of a 10k race. However, a high carbohydrate diet is beneficial to most athletes in training because carbohydrates are the preferred fuel for muscles

and because muscle and liver glycogen stores may be the limiting factor in performance.

The original method of carbo-loading involved a high protein and fat diet with very little carbohydrate for the first few days. This diet is no longer recommended because it can lead to weakness, lethargy, and (if combined with exercise) possible muscle trauma. The following seven day carbo loading protocol is advised:

Day 1: Optional depletion exercise (precaution—extremely slow running may cause muscle damage because of braking action of muscles).

Days 2—4: Mixed diet with a moderate level of carbohydrates. Tapering exercise.

Day 5: High carbohydrate diet and tapering exercise. (High carbohydrate means about 60-70% of calories come from carbohydrates.)

Days 6—7: High carbohydrate diet and tapering exercise—or *rest*.

Day 8: The EVENT!!

CONCENTRATIONS TABLE

No. tsp	in 3.5 oz water	in 7 oz water	in 14 oz. water
1	5 %	2.5 %	
2	10 %	5 %	2.5 %
3	15 %	7.5 %	
4	20 %	10 %	5 %
5	25 %	12.5 %	
6	30 %	15 %	7.5 %
7	35 %	17.5 %	
8	40 %	20 %	10 %
9	45 %	22.5 %	
10	50 %	25 %	12.5 %

Some important notes:

1. See following table (p. 6) for a daily food plan. 2700-3900 calories per day is normal for a male endurance athlete in training. Females generally consume less and those not in heavy training (i.e., 6 miles per day is *not* heavy training) will consume less. Know your own normal caloric intake and don't go overboard. You should concentrate on changing your source of calories rather than the amount.

2. Glycogen storage will be accompanied by some weight gain, mostly in the form of water. Thus, if you store an additional 300-400 grams of glycogen, you'll also store 900-1100 grams of water (which can benefit you in the heat)—meaning you'll gain a total of 1200-1600 grams.

3. Diabetics are generally not advised to carbo load. If you are diabetic and decide to carbo load, consult your physician.

4. Individuals should not try carbo loading for the first time just before an event but should be used to a high carbohydrate diet. Some individuals, if not adapted to such a diet, may experience diarrhea, nausea, and/or cramping if they change their diet dramatically.

5. Since carbo-loading occurs over 2-3 days, it is best to stress complex carbohydrates because of their higher nutritional content. However, simple carbohydrates may also be used.

6. The pre-race meal should be eaten about 15 hours before the race. A bedtime snack is optional. Eat a simple carbohydrate breakfast 3-4 hours before the event. Breakfast could include orange juice, toast and jelly. Some people prefer a glucose polymer. The key is to know your stomach.

7. After the race, consume more carbohydrates—do not eat greasy hamburgers. Both simple and complex carbohydrates replace muscle glycogen at about the same rate over a 24 hour period. However, your muscles need carbohydrates and for rapid resynthesis of glycogen, glucose or sucrose may be the best.

These general recommendations (not an individual prescription) originated in a summary of research and recommendations from *Nutrition for Fitness and Sport* (Melvin H. Williams, 1988).

TABLE FOR DAILY CARBOHYDRATE LOADING

dietary sources	amount	calories	grams carbos	grams fat	grams protein
meat, fish, poultry, eggs, cheese, low-fat items	6-8 oz	330-440	0	18-24	42-56
bread, cereals, and grain products	10-20 servings	800-1600	150-300	0	24-60
high calorie vegetables (e.g., corn)	4 servings	280	60	0	8
fruits	4 servings	240	60	0	0
fats and oils	2-4 tsps	90-180	0	10-20	0
skim milk	2 servings	180	24	0	16
desserts, like pie	2 servings	700	102	6	30
naturally-sweetened beverages	8-24 oz	80-240	20-60	0	0
TOTAL CALORIES	2700-3860				

WINTER RACE SCHEDULE

Bring your ear muffs, winter gloves and muck-lucks and enjoy an arctic jaunt around Centennial Lake on New Year's Day. The idea is to start running in order to finish at precisely 11:00 am. Of course, you can't use watches or other timing devices. That wouldn't be any fun, would it? The 8k **Resolution Run** coordinator Dave Tripp (730-4499) promises not to get his station wagon stuck in the mud at the bottom of the hill this year.

On Tuesday, January 15, join the entire membership at the **Annual Awards Meeting** at Oakland Mills. The celebration will honor a number of Howard Countians for their contributions to The Cause, and you can meet all those friends you missed at Cherry Blossom and Marine Corps. Bring a main dish serving *twice* the number in your party and either a salad serving *four* times the number in your party or a dessert serving *four* times the number in your party. That way, we'll have plenty of food for the festival. Tim Beaty (596-6453) can help you with the arithmetic.

The winter season achieves its zenith with the annual **10-Mile Challenge Race** on Sunday, February 24, When Howard County squares off against the Local Powers, which include Baltimore, DC, Annapolis, and You-Know-Who. We beat You-Know-Who last year, but couldn't quite match Baltimore. But a New Wave of promising runners has appeared in the last several months, and they could put us over the top this time. Be sure to join the Striders for this Immense Battle. Contact John Kuehls (964-0064) for information.

The **Winter Series of Weekly Races** will take us through the football playoffs and most of the basketball and hockey seasons. The series gives you an alternative to watching those boring sports on Sunday afternoons and provides an invigorating way to build that mileage base for the upcoming spring season. Your Winter Series director is Dave Tripp (730-4499), who has directed many of our winter series. The overall weekly series director is Ray Ramey (461-5212). All winter sessions will feature 2 mile, 10k and 15k races (no arduous 10 milers!!!). Call Dave or Ray for more data.



1991 WINTER SCHEDULE

- 12/21 Winter Solstice
- 1/1/91 Resolution Run 8k/Centennial Lake
>9:30a Dave Tripp (730-4499)
- 1/6 Fall awards/ begin Winter Series—
2:00p Jeffers Hill Neighborhood Center
- 1/13 HCS Winter Series
2:00p Thunder Hill Elementary School
- 1/15 HCS Annual Awards Meeting
6:30p Meeting House at Oakland Mills
Village Cntr/Tim Beaty (596-6453)
- 1/20 HCS Winter Series
2:00p Longfellow Elementary School
- 1/27 HCS Winter Series
2:00p Jeffers Hill Neighborhood Center
- 2/3 HCS Winter Series
2:00p Thunder Hill Elementary School
- 2/10 HCS Winter Series
2:00p Longfellow Elementary School
- 2/17 HCS Winter Series
2:00p Jeffers Hill Neighborhood Center
- 2/24 **Challenge 10 Miler**
8:00a Howard Community College
Jim Carbary (964-8375)
- 3/3 HCS Winter Series
2:00p Thunder Hill Elementary School
- 3/10 HCS Winter Series
2:00p Longfellow Elementary School
- 3/17 HCS Winter Series Awards
2:00p Jeffers Hill Neighborhood Center
- 3/21 **VERNAL EQUINOX**
- 3/31 Begin Spring Series/Winter Awards
2:00p Thunder Hill Elementary School
- 4/7 Cherry Blossom 10 Miler
8:00a West Potomac Park, Washington, DC

USMC XV MARATHON, SIR!

Over 40 Howard Countians accepted the challenge of the United States Marines (who were looking for only a *few* good men) and ran the famous USMC Marathon on November 4. Of the forty, eight set personal records at the 26.2 mile distance and six completed their initial marathons. A testimony to Howard County's program, the contingent also boasted no fewer than 18 individuals who posted times good enough to qualify them in their age groups for the prestigious Boston Marathon.

For the second year in a row, George Bregman led all Striders across the finish line, although his 2:52:00 was nearly ten minutes slower than the time he ran in 1989. Bregman confided before the race that he expected a somewhat slower time than last year, when he ran a 2:42. Nonetheless, he placed 187th in a field of 13,000 and got his name in the *Washington Post*.

Vicki Avey outran all other Howard County women in the marathon, which was her initial 26.2 miler. She started in the front row and tore through the first mile in under 6:30. Paced by Jim Carbary in the early miles, Avey slowed herself to a more reasonable 7:30 per mile. Like many first-timers, she smashed into the wall somewhere before 20 miles. She nonetheless posted an overall time of 3:26:40 and reported no blisters.

Training partners Kyle Thomas and Phil Lang hung together for most of the race. Thomas pulled away from his buddy at 23 miles and cruised to a 2:56:36 personal best, while Lang struggled to finish with a 2:58:51 personal record. Lang achieved a personal triumph as well by not walking (except once or twice at the water stops). Thomas placed 287th and just made the Top 300 of the *Washington Post*.

Not to be outdone by these two youngsters, Bob Burns (age 39) broke through the three hour mark with a miraculous 2:57:30. The former racing team member came within 21 seconds of the top 300 and just missed having his name in the paper.

The redoubtable Ben Mathews, 52 years young, proved the value of his training program by running an astounding 2:58:12. Mathews came all the way from Miami to

run Marine Corps and actually *enjoyed* the unseasonably warm temperatures that confounded many runners at this year's Marine Corps.

Two other masters runners, Piriya Pinit and Jim Woods, just missed the three hours by running 3:00:30 and 3:00:43, respectively. They ran through nearly the entire race, side by side, with hardly exchanging a word. The time represented a personal record for Woods, who started running less than two years ago.

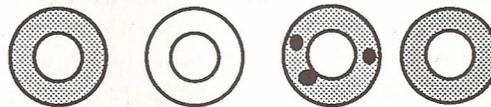
Among the Howard County women, Malonnie Kinnison, Angie Petrauskas, and Debbie Kocay all completed their initial marathons. At least Kinnison planned to do another 26.2 miler; her time of 3:35:02 easily qualified her in the masters women division of the Boston Marathon.

Denise Underwood-Hannagan ran an astounding 3:34:00. She credits the breakthrough to an intense training regime that included 16- and 20-mile Bagel Shoppe runs as well as bike tours of the C&O Canal.



The Strider Brigade at full strength just before H-hour. (photo by Judi Greenblatt)

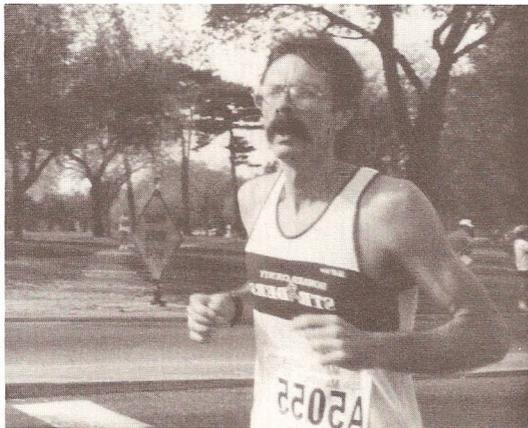
WANT TO RUN MARINE CORPS
NEXT YEAR?



JOIN THE BAGEL SHOPPE
GROUP FOR 4-16 MILES—
EVERY SATURDAY MORNING
AT 7:00 AM AT WILDE LAKE
VILLAGE CENTER (BEHIND
FEET FIRST)



From the front lines of the Marine Corps Marathon— Chris Brown (left) and Dave Tripp (right) hold a tight formation somewhere on Constitution Avenue. (photo by Judi Greenblatt)



Nelson Stritehoff en route to a marathon personal best. This was the best he looked in the whole 26.2 mile race. (photo by Judi Greenblatt)

*RESOLUTION RUN
AN 8K RACE
ON NEW YEAR'S DAY*

Centennial Lake Park. Start before 11:00 am to finish at exactly 11:00.

for info call Dave Tripp (730-4499)

MARINE CORPS RESULTS

* = Boston Marathon qualifier

** = First marathon

George Bregman*	2:51:58
Kyle Thomas*	2:56:35 (PR)
Bob Burns*	2:57:30
Ben Mathews*	2:58:17
Phil Lang*	2:58:51 (PR)
Piriya Pinit*	3:00:30
Jim Woods*	3:00:43 (PR)
Nelson Stritehoff*	3:09:00 (PR)
Jim Carbary*	3:09:39
Tom Brown*	3:10:10
Mark Isaacson	3:10:30
Phil Nissen*	3:11:38
Jim O'Brien	3:15:20 (PR)
Dave Tripp*	3:17:39
Joe Wasserman*	3:17:39
Tom Green*	3:17:40
Chris Brown*	3:18:15
Tony Warner	3:21:09
Ed Silverman	3:24:42 (PR)
Vicki Avey* **	3:26:40
Larry Pifer	3:31:14
Alan Field	3:32:05
Eric Kocay	3:33:47 (PR)
Denise Underwood-Hannagan*	3:34:00 (PR)
Malonnie Kinnison* **	3:35:02
Steve Sheriff	3:38:22 (PR)
Clarence Wingate	3:45:--
Angie Petrauskas**	3:50:21
Debbie Kocay**	3:59:15
Bill MacCormack	3:59:15
Rusty Toler	3:59:--
Oliver Cassell	3:59:--
Bill Savoie	4:00:36
Steve Thienel	4:02:--
Ralph Collinson**	4:03:--
Liz Humphries	4:20:55
Jim Greenfield	4:38:--
Karen Harvey	4:43:--(PW)
Valerie Rogers	no time
Mac Ramsey	no time
Debbie Ramsey	no time
Rick Hatfield	no time
Eric Katkow	no time



MY EXPERIENCES AT MARINE CORPS

by Jim Carbary

*Forsan et haec olim memisse
iuvabit*

— Virgil

Many runners have asked me exactly *why* I run the Marine Corps Marathon instead of some other marathon, while others have asked me why I don't run *more* marathons, and still others ask me why I don't run Marine Corps *faster*. One peculiar individual has actually asked me why I don't run ultra-marathons such as the JFK 50-Miler or the Western States 100 Miler.

First, the Marine Corps Marathon allows me to run with some interesting people. For instance, I ran the first mile with Mad Dog George Bregman. We cruised through the first mile in 7:00, after which Mad Dog decided the pace was too lethargic and accelerated away. (Now you know why they call him Mad Dog.) At 11 miles, I overhauled Mountain Man Tom Green who (no kidding) was running Marine Corps as a warm-up for the JFK 50 Miler, which, he said, runs from Maine to South Carolina along the Appalachian Trail. Near the 15 mile mark, I discovered the pack of Dino Dave Tripp, Joe "Wombat" Wasserman, and Chris "the Babe" Brown. These individuals were trying to escape from Ironman Ed Trottier but, at 15 miles, they couldn't go any faster. After about 16 or 17 miles, I admit, you don't really care who you're running with as long as he doesn't cause you to deviate from a straight line.

Of course, I should mention the wonderful Striders who, though not running, turned out along the course to offer words of encouragement and solace. I remember President Paul Goldenberg's cheerful, "Mathews is 5 minutes ahead of you and you'll never catch him now!" at the 16 mile mark. And Joe Wagner seemed to be on every street corner in the District. He was particularly encouraging, saying at 18 miles, "Vicki Avey says thanks for not running with her any more."

Second, the Marine Corps Marathon allows me to interact with beautiful women, which I would not otherwise meet in the normal course of my life. From mile 2 to mile 10, I ran with

Vicki "Yellow-Hair" Avey. Fortunately, I succeeded in slowing her down from a suicidal pace of 7:30 per mile; otherwise, she might have actually finished under 3:15 and won an award. At 19 miles, this sexy Judi Brown-Eyes woman started running with me. She told me I had "good legs" or something. Near 20 miles, one does not fully understand human conversations. At 22 miles (you know, just before crossing the bridge), a gorgeous blonde started running along beside me. This hallucination confirmed that I had indeed hit the wall. Nonetheless, the blonde apparition continued running with me for the final miles. I followed it through the last two miles in under 14 minutes. Honest. Funny how the mind can play tricks like that.

Third, how can I fail to mention the outstanding organization and efficiency displayed by the United States Marines? The eager troops at the water stops seemed so happy and playful in dispensing the necessities of a long-distance race. At 17 miles, one of the green-shirts offered me some "Vaseline" that was actually HEAT. I went along with his joke, gleefully smearing the HEAT in my armpits and private parts and then flopping around in the grass like a fish out of water. Ha, ha, ha. At the next corner, I told Joe Wagner about this jest and he agreed it was a pretty good joke: "Boy was that stupid, Carbary." Yes, the USMC provides some wonderful support for the weary runners. I'm so glad we've sent vast contingents of Marines to Saudi Arabia.

[No, really. After the effects of the HEAT wore off, I began to think I should, in my own small way, try to repay the Marines for their fine efforts. So the very next day, I sent a whole case of dehydrated water to the troops in the desert.]

Finally, after the marathon ended, I gathered with my friends at the Strider Pavilion to hear the happy stories of their glorious runs. Sure, we're a little sore after the 26.2 miles, but most of us have truly inspirational things to communicate: "I can't walk to the car", "I'm never going to do this again", "Did anybody bring the HEAT?", and "You've got nice legs, honey." And, of course, we enjoy the tremendous post-race brunch of dry cookies and boiling soup provided by the Marines.

Little wonder, then, why I always run the United States Marine Corps Marathon. I intend to start training as early as October next year.

PRESIDENT'S COLUMN

Paul Goldenberg

As Dave Tripp, Nadia Wasserman, and I can attest (Nadia because she lives with him, Dave and I because our phones never stopped ringing), Joe Wasserman takes the job of Metric Marathon Race Director quite seriously. From the first week of January right up to race day, Joe gives a 110% effort. He has decided that next year he will run in the race. After two years as Race Director of what has become the best race in the Baltimore-Washington area, Joe is stepping down. He has been committed to putting on a race for the runners. He lined up a great line of sponsors, did an outstanding job of promoting the race, paid attention to every last detail, and used to the fullest the superior volunteer efforts of the many Striders it takes to put on a first-class event. Thanks, Joe!

I have never been shy about expressing my belief that the Striders is the finest running club in the area. Our membership is at an all-time high, our weekly race series are the most comprehensive in the region, our youth running program has been recognized nationally by the Nike/RRCA grant program in each of the four years the grant has existed; we stage six first-class major races, our newsletter reaches new journalistic heights with each issue, we are active educational partners with the Howard County Public Schools, and we are, perhaps most importantly, supportive of each other. The success of the Striders is the product of a lot of hard work by a lot of people. Nevertheless, there is a core of especially active members who are always there to help. The Striders' officers and directors are a big part of that core group, and I know you will join me in thanking them for their work this year.

Recently, I joined a small group of Striders in running the JFK 50 Miler. This event—the oldest ultramarathon in the United States—was the high point of my running experiences. The challenging course includes portions of the Appalachian Trail and the C&O Canal Towpath. The people along the course are enthusiastic and supportive (Tom's wife Kay supported four of us). This year the Striders who ran the event were Tom Green (completing his 50th ultra), Nelson Stritehoff (in his first), Roger Davis, Tim Beaty, and me.

For 20 years in a row the Ohio River Road Runners have made an annual assault on the JFK race. In some years they have upwards of 60 runners. If they can drive hundreds of miles to participate in this event, then we should have more than single-digit participation. So I am actively recruiting. "Fifty for the Fifty". We will have special shirts made up. This event will have front page coverage in *FOOTPRINTS*. It will be the running event of the year. In the next newsletter, we will start keeping a list of those who are ready to make the commitment (psychiatrists recognize that fear of embarrassment is a big motivator). Let me know about your commitment!

Things to put on your new 1991 Calendar: the Resolution Run (1 January) and the Annual Meeting (15 January). This year Dave Tripp is feverishly at work devising a fiendish math puzzle to challenge your mind while the cold, wind, snow, and ice challenge your body. The Resolution Run features a roaring fire, hot chocolate, and donuts—all before the bowl games, which are boring anyway.

Join yours friends and compatriots at the Annual Meeting. We always have great food. This year some special treats. And you can speak your mind, catch up on the local gossip, vote for next year's board members, and recognize notable achievements of your compatriots.

Finally, I want to thank you for your support in 1990. In this holiday season, Paget, Jesse and I wish you joy and especially peace.

HOWARD COUNTY STRIDERS 1990 BOARD OF DIRECTORS

Paul Goldenberg, <i>President</i>	730-3566
Nadia Wasserman, <i>Vice Pres.</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

MARATHON STANDARDS

Now that you've struggled through your first marathon (or even your first few marathons), several weeks have elapsed since the ordeal and you're probably feeling pretty frisky again. You may even be entertaining delusions about running *another* 26.2 mile race. If you want to run some really prestigious marathons, you have to first run qualifying times as lesser marathons. Here's the story.

To run the Boston Marathon, you have to run times listed in the table below. Many of you who ran the Marine Corps Marathon qualified to run Boston. Staged in April every year, the Boston Marathon has a smaller field than Marine Corps but a much longer history. (In pre-historic times, native Indian runners ran the Boston course even *before* Phidippides made his legendary run from the battlefield at Marathon to Athens.)

THE BOSTON MARATHON
QUALIFYING STANDARDS

	Men	Women
age 18-34	3:10	3:40
age 35-39	3:15	3:45
age 40-44	3:20	3:50
age 45-49	3:25	3:55
age 50-54	3:30	4:00
age 55-59	3:35	4:05
age 60-64	3:40	4:10

Those of you who actually run a fast marathon might even consider the U.S. Olympic Trials Marathons. For men, the OTM will be held in Columbus, OH, in mid-April 1992. To qualify, as male runner must run 2:20:00 or better on a TAC-certified course between 11 November 1990 and 31 March 1992— or be a former U.S. Olympic marathon or a U.S. national champion at a TAC men's national road race distance from 10k through the marathon within the qualifying period.

For women, the Olympic Trials Marathon will take place in Long Beach, CA, in February 1992. To qualify, a woman must run a 2:45:00 or better on a TAC certified course between 23 June 1990 and 31 December 1991, or run a 1:14:00 half-marathon or a 32:45 10k during the same qualifying period.

TAC MEMBERSHIP

In October 1978, Congress enacted the Amateur Sports Act. This law required that all governing bodies for U.S. sports on either the Olympic or Pan Am Games programs become autonomous by November 1980. In effect, this legislation forced the Amateur Athletic Union (AAU) to relinquish its overall governing role and prompted each sport to independently establish its own governing body. This led directly to the formation of The Athletics Congress (TAC), which governs the sports of track and field, long distance running (both road racing and cross country), and race walking. TAC represents the United States as a member of the International Amateur Athletic Federation (IAAF) and is a Group A member of the United States Olympic Committee.

Through its nationwide membership of 2500 clubs, schools, colleges and universities, TAC promotes programs of training and competition for men and women from ages under 10 years to over 80, protects the interests and eligibilities of its 150,000 registered athletes, and establishes and maintains the rules of sports competition. (For example, TAC certification of a road race distance assures you that the distance is *exactly* what it should be.) Fifty-six associations within TAC constitute the basic national organization. Representing a distinct geographic area, each association establishes its own by-laws and elects its own officers. The associations register athletes, enroll member clubs and schools, and sanction events. The member associations hold an annual TAC National Convention in November or December.

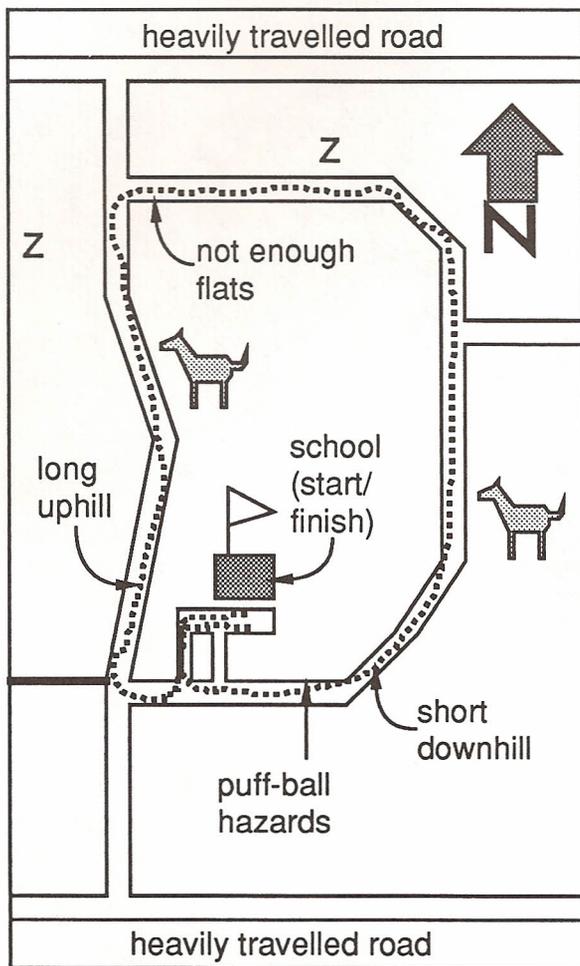
TAC registration costs \$11.00 and entitles the member to be eligible to compete in TAC events and championships. Individual members receive a quarterly newsletter and \$5000.00 in coverage under a group accident insurance program. A TAC Organization Membership includes a current TAC/USA directory, TAC competition rule book, subscription to the Athletics Record, additional general liability insurance, and sanctioning privileges. The Howard County Striders have an Organization Membership.

The local TAC Organization is the Potomac Valley Athletics Council (PVAC). To find out more about local TAC events, call the PVAC hotline— 703-360-4387.

PREFACE TO THE POEM
 "TO RICKY
 AND THE STRIDERS"

A poem arrived from one of our members who regularly runs the weekly races. Although *FOOTNOTES* does not usually publish poems (owing to the incompetence of the editor's judgements), this effort seemed so warmhearted and sincere that I felt we should present it here for the contemplation of the general readership. In my opinion, Carl's poem just about sums up what we're all about. I am happy to stage runs for people like this.

— editor



Typical Howard County Strider two-mile course. (Not to scale.)

TO RICKY
 AND THE STRIDERS
 Carl Segal

I run, or rather walk and slowly jog,
 With the Striders nearly every week.
 This takes some discipline, I must admit,
 Because I'm not quite near my physical "peak."

But they're a most supportive group;
 They encourage me and wave me on
 Despite the fact that I'm so slow that I
 Finish today's two miles near tomorrow's dawn.

Although I can't compete for time with most of
 them
 They've accepted me, one and all;
 And even though I'm short and heavy
 When I run with them I'm lean and mean and
 ten feet tall.

Among this tribe of striding runners
 Is the Clan McGinnis to be found;
 Its members running, old and young,
 O'er hill and dale they strongly bound.

The youngest member of the Clan,
 Ricky, he by name,
 Is my very closest running pal
 In this sometimes lonely game.

It's lonely 'cause I'm usually
 So far behind the rest;
 However I'm working hard to improve
 And try to give my very best.

Ricky's just a youngster,
 A tyke of years but five.
 He runs his strong, brave heart out;
 He's filled with energy... so alive!

Even though I sometimes beat him
 He usually bests me well.
 This strong, young runner's quite a guy,
 I really think he's swell.

I appreciate your letting me slowly run with
 you
 And the Strider family.
 It's been a lot of healthy fun;
 So here's thanks to you from me.

ULTIMATE RUNNING

Rick Rosen

On Saturday, October 20, nine brave runners came out to participate in the first Howard County Strider "Ultimate Runner". The Ultimate Runner tests the runners' speed and stamina by requiring them to compete over varying distances. For this event, each runner had to run 400m, 800m, 1500m, 5k, and 10k. Scoring was based on cross country rules. Each runner accumulated points based on his finishing position; the runner with the fewest points after all five events was the winner.

It was a cool day, perfect for an early morning run— or so the participants thought. After some light jogging and warming up, the runner became seriously competitive.

Twenty-five year old Rod Young literally ran away from the competition by winning all five races, earning a perfect score of 5. Bobby Gessler earned second with 12 points. Tim Bradley finished third overall, despite having to leave early and miss the 10k event. Jim Berndt won the masters division with 25 points, while nine year old Zach Heidepriem won the younger age category.

The 400m, 800m, and 1600m were run on the Oakland Mills High School track. Young received his stiffest competition here, barely edging Tim Bradley by one second. Young finished the 400m in 59 seconds, while Bradley finished in 60. After that, Young never let the competition come close. He posted a 5 second victory in the 800m, a 19 second victory in the 1600m, and a 2+ minute victory in the 5k and 10k races.

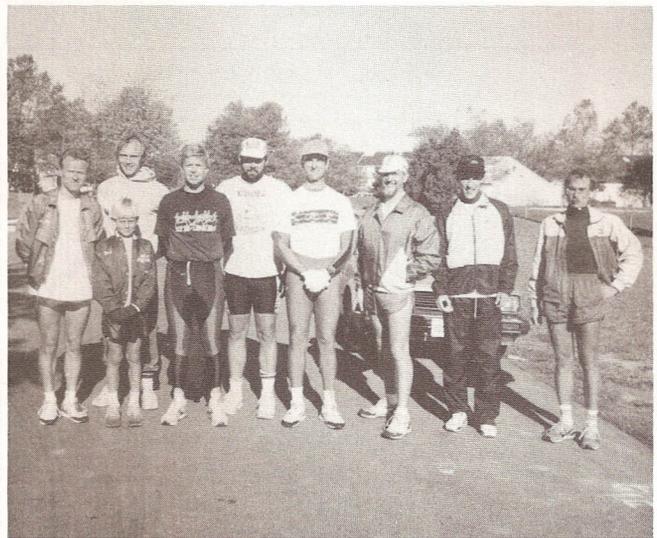
The 5k proved the most challenging: the famous Oakland Mills Cross Country course. This course traverses the OM High School and Middle School campuses and features a series of short hills. Most of the 5k was on grass, and early morning dew made footing a bit slippery. Rod Young also had an advantage here, having competed on this course in high school.

A special thanks goes out to OM Cross Country coach Steve Carnihan, who marked the course and came out on race day to walk the course with the participants. Duane St. Clair and Bob Sommers assisted with the timing results and provided a lot of encouragement for the runners.

Look for another Ultimate Runner in 1991.



Runners line up for the start of the grueling 5k Ultimate Runner. (Photo by Rick Rosen)



The Ultimate Runners (left to right): Bobby Gessler, Zach Heidepriem (front), Tim Bradley, Tony Warner, Dave Campbell, Bob Vigorito, Jim Berndt, Rod Young, Heide Heidepriem. (Photo by Rick Rosen)

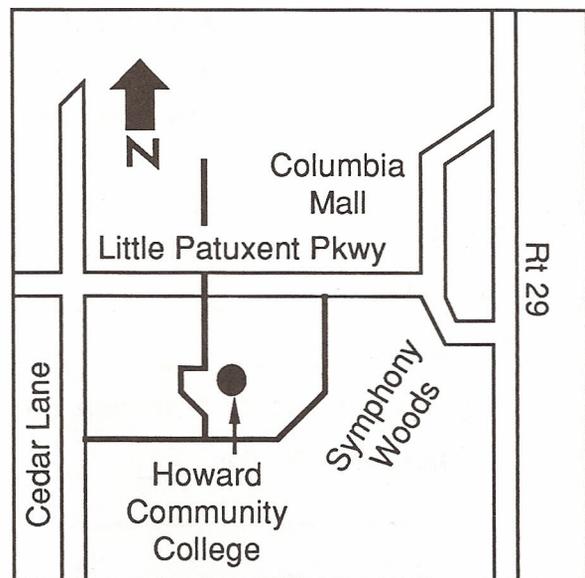
U.R. RESULTS

<u>Name (age)</u>	<u>Total points</u>
Rod Young (25)	5
Bobby Gessler (33)	12
Tim Bradley (30)	19
Tony Warner (35)	22
Jim Berndt (41)	25
Heide Heidepriem (43)	28
Bob Vigorito (42)	35
Zach Heidepriem (9)	36
Dave Campbell (36)	42

Howard County Striders ANNUAL MEETING

*Tuesday, January 15, 1991, 6:30 pm
at the Meeting Center in Oakland Mills Village Center*

The club will provide essential items such as beer, soft drinks, munchies. All members should provide a **main dish** for twice the number in their party. Members with names starting with A-K, bring a **salad** for four times the number in party; members with names starting with L-Z, bring a **dessert** for four times the number in party. This way, everybody EATS A LOT— and that's what running's all about, right? For more information, contact Mr. Tim Beaty, Director for Nominations and Selections, at 596-6453.



ANNUAL 10 MILE CHALLENGE Howard County vs. The World As We Know It

*Sunday, February 24, 1991, 8:00 am
at the Howard Community College*

*Runners and volunteers needed !!!
Call Jim Carbary (964-8375) or Paul Goldenberg (730-3566)*

MD/DC RRCA Special License Plate Program

Want an opportunity to show your commitment
as a runner? Here's how:

1. Fill out the form below
2. Write check for \$5.00 to MARYLAND RRCA
3. Return form, check, and S.A.S.E. to:

Carol C. Rivera
Maryland RRCA State Rep.
12714 Veirs Mill Road, #104
Rockville, MD 20853
(ph. 301-933-3939)

4. Wait for follow-up paper work from Carol

Name: _____

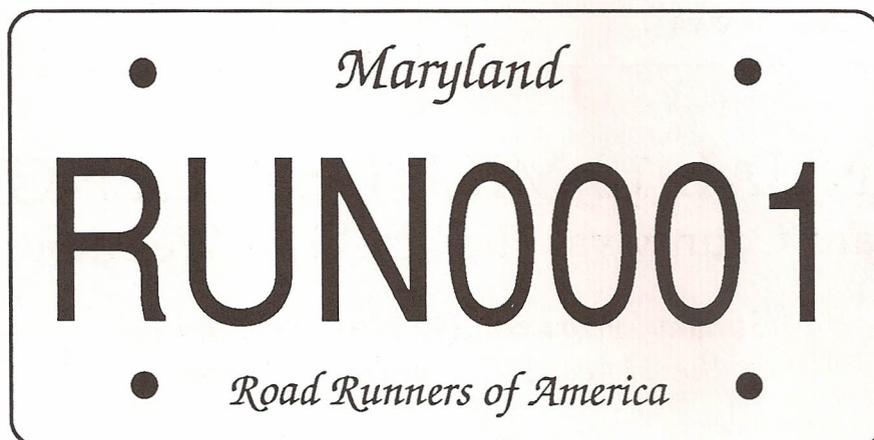
Street: _____

City, State, Zip: _____

Current Tag: _____ Telephone: _____

Tag registered to (self, spouse, other?): _____

RRCA Club affiliation: _____



MEMBERSHIP APPLICATION

JOIN US AS A MEMBER OF THE HOWARD COUNTY STRIDERS

- QUARTERLY NEWSLETTER
- DISCOUNTS AT WEEKLY RACES
- SPECIAL RUNNING SEMINARS
- DISCOUNTS ON RUNNING GEAR

Send a check payable to the Howard County Striders and the form below (filled out) to: David L. Tripp, Treasurer, 6175 Campfire, Columbia, MD 21045.

Check: Individual- \$10.00 New member
 Family- \$15.00 Renewal
 Student- \$6.00

Name	Age	Sex	Birthday
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Additional Family Members

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Address

Street

City	State	Zip
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Home Phone _____ Work Phone _____

Howard County Striders ANNUAL MEETING

- Annual Awards
- Renew friendships
 - Eat good food
- Special surprise presentation by the Board

MARK YOUR CALENDARS: TUESDAY, 15 JANUARY 1991
MEETING CENTER, OAKLAND MILLS VILLAGE CENTER
6:30 PM

Striders provide: beer, soft drinks, munchies

You provide: main dish for twice the number in party (names A-Z)
salad for four times the number in party (names A-L)
dessert for four times the number in party (names K-Z)

For more information, contact Mr. Tim Beaty, Director for Nominations and Selections, at 596-6453.

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