

# FOOTPRINTS



NEWSLETTER OF THE HOWARD COUNTY STRIDERS  
VOLUME 11, NUMBER 1—SPRING, 1991

## 1990 ANNUAL AWARDS BANQUET

The Howard County Striders held their annual Awards Banquet on Tuesday, January 15, 1991, at the Meeting Place in Oakland Mills. The date marked the eve of war, and Tim Beaty convened the meeting at 6:30 pm with a palpable moment of silence for the American troops in the Middle East.

State Congressman Tom Yeager began the meeting proper by presenting a special award to Strider president Paul Goldenberg. Tom recognized the Striders as "the best running club in the U.S." because of our community involvement, support of school programs, volunteer activities, and a good newsletter. A Strider himself, Tom recognized Paul as the focal point for these positive activities and then read an Official Resolution from the Maryland State Senate.

By official count, one hundred two people attended the meeting. They loaded five long tables with a great tonnage of food. The taco salads and heaping pasta dishes drew especially high reviews. A lot of forks broke during the meal. The Striders required nearly 45 minutes to consume their meals, after which time the Board of Directors subjected them to a large number of speeches, presentations, and congratulations.

Immediately following feeding, Paul Goldenberg took the podium. After encouraging people to the run the 10-Mile Challenge Race (Sunday, February 24), he called up representatives of Howard Community College and presented them with a matching grant of \$1000.00 for their general scholarship fund. (Continued next page)

## STRIDERS PLACE SECOND IN MOTHER OF ALL RACES

On a crisp winter day last February, 63 Howard County Striders entered into glorious combat at the annual 10 mile challenge race. The Striders fought a superb battle against overwhelming odds and still managed to place second overall. For the second year in a row, the Baltimore Road Runners sent down an untouchable squad that devastated Howard County's best. But the Striders could claim at least a partial victory because they shut down the Montgomery County team that beat them at Brighton Dam.

The Striders squared off at 8 am against five local-area running teams in the Annual 10-Mile Club Challenge Race. Seven Howard Countians placed in the top 20 but simply could not compete with the large number of fast runners entered by the Baltimore Road Runners Club, which placed seven runners in the top 10. With the lowest score winning, the Strider team amassed 352 total points to Baltimore's 192. Montgomery County finished third with 687.

Ken Fowler led all Howard Countians with a time of 53:02. He ran the first six miles with Baltimore's Bob Yara and Jack Peach, but couldn't respond when the two surged at the six mile point. Fowler fell back to fourth place behind Baltimore's Bob Douglas but stayed within striking distance and then threw in a tremendous sprint in the final quarter mile to finish just seconds ahead of his adversary.

The Striders' Runner of the Year Rod Young came back from shin splints and a 5000 meter race the day before to finish seventh overall (continued on p. 4)

(Strider Banquet, from p. 1)

Sandy Harriman, Tom Carboti, and Dave Campbell accepted on behalf of the college and then went back for desserts. Paul then presented a contribution of \$500.00 to the Bear Tracks program of the Howard County Police. Paul mentioned that the Striders have never had trouble obtaining a racing permit from the Police.

The president continued by making several other announcements and appeals. He recognized Craig Chasse as the coach of the Junior Striders, a nationally recognized youth-running group which had won a Nike grant three years in a row. Paul mentioned that the Striders' partnership with the local schools had led to our use of Howard High School's track during the winter months. [The track should be open from 6-9 pm every Wednesday; contact Bob Fields inside the building if the lights aren't on. Gerry Clapper agreed to coach any Striders who wanted to do track work in the winter.] Paul also issued a plea for four volunteers to be trained as starters for local high school track meets. Paul concluded by mentioning that the Scherer Scholarship Fund had amassed \$8960.00 through various fund raisers and contributions.

Treasurer Dave Tripp next reported on the financial status of the club. He indicated that the Striders enjoyed great success in 1990 and had, in fact, brought in \$146.00 more than in 1989. Membership dues had increased in 1990, the Metric Marathon had added a substantial amount, and even the weekly races had made money. Dave said the newsletter was then biggest expense, but that it was well worth the cost. He also reported that the John Scherer Scholarship Fund was close to being self-sufficient.

By the time everyone was into coffee and a second round of desserts, Paul Goldenberg began the presentations of Outstanding Runners of the Year Awards. Each of the award winners received handsome silver-plated serving trays.

He began with the New Runners of the Year Awards, which went to Debbie Kocay and Al Hannagan. Debbie was cited for setting personal records at every distance she raced. She began her 1990 career with a 22:48 PR at the Women's Distance Festival 5k in July. In October, she lowered her 10k personal best from 47:20 to 45:50 at the Columbus Chase, and the next week lowered her 10 mile PR from 79:20 to



*Eating their fill at the banquet (left to right) were Bob Burns, Vicki Avey, Phil Lang, Martin Goode, and John W. Hamilton III (photo by Jim Carbary)*

76:15 at the U.S. Army 10 Miler. She also turned a 35:30 at the Secret Service 5 Miler and completed the Marine Corps Marathon (her first) in 3:59:15.

Al Hannagan ran only three road races in 1990 but turned in outstanding performances in each. In the DCRR 20 Miler in October, he tuned up for marathoning with a 2:15 effort. When the flu forced him to miss Marine Corps, Al went out and ran the North Central Trails Marathon in Pennsylvania, where he ran a 3:26 in his initial 26.2 miler. He completed the string of distance races with an amazing 40:15 at the Rudolph Red Nose 10k race through Rock Creek Park in December.

Four runners tied for Most Improved Runners of the Year. Nadia Wasserman and Linda Lash shared the women's award, while Bob Gessler and Jim Woods shared the men's award. In citing Nadia, Paul noted that she ran only personal records. At 5k, she ran 23:30 in the Women's Distance Festival; at 8k, she ran a 37:33 PR in the Nike Women's Race; at 10k, she ran a 46:41 PR in the Race for Corporate Development; and a 10 miles, she ran a 79:42 PR at the Cherry Blossom race, which marked the first time she broke 80 minutes for 10 miles. According the Paul, Nadia credited her rash of PRs to a very supportive husband, to losing weight, to the bagel runs on Saturday morning, and to running with the Hannagans, Priscilla Botacchi, and Linda Lash.

Linda Lash made her mark early in the season before a knee injury sidelined her for fall



*Nadia and Joe Wasserman accepting their special awards: Metric Marathon Director's Chairs (photo by Jim Carbary)*

racing. She won "age group after age group up and down the East Coast." Her finest races came at the Nike Cherry Blossom 10 Miler, where she nearly broke 67 minutes, and at the Women's Distance Festival, where she broke 20 minutes. In addition to receiving the Strider award, Linda also received flowers from Joe Wasserman, with whom she occasionally trains.

In 1990, Bobby Gessler, MD, improved from a casual jogger and fun-runner to a battle-hardened veteran racer. He made a reputation during the Summer and Fall weekly series and had a string of sub-36 10k races outside the Strider competitions. He turned an outstanding 35:24 at the BWI Airport 10k and finished 4th in the 30-39 age group. He legged a 1:41 at the Metric Marathon and almost beat Martin Goode and Bob Burns.

Jim Woods, the fourth runner to share the Most-Improved Award, turned 40 in 1990 but didn't show any signs of slowing down. He set a 10k personal record of 36:29 at the Constellation 10k, ran a 1:23 half marathon at Bachman Valley, and paced Piriya Pinit (also over 40) to a 3:00:01 at Marine Corps. Jim concluded the 1990 racing season with a 1:45 Metric Marathon.

Masters Runners of the Year went to Bagel Shoppe runners Malonnie Kinnison and Chris Brown. When Malonnie turned 40 in 1990, she went on a running rampage. She began the year with a 69:19 at the Cherry Blossom 10 Miler, and added two sub-35 8k races in the next few weeks. She ran a personal best of 3:35 at the

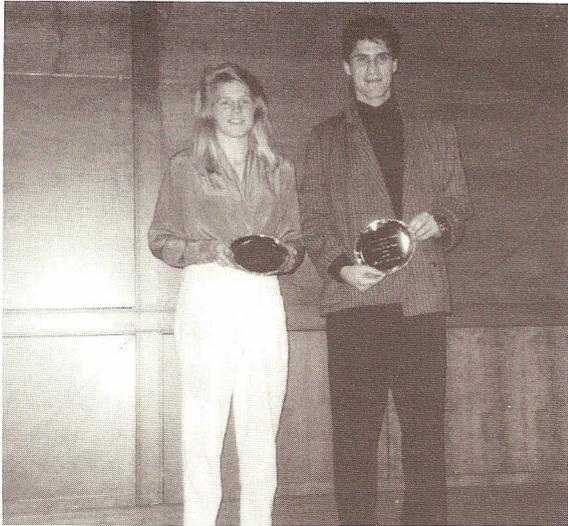
Marine Corps Marathon and qualified for the Boston Marathon, which she fully intends to run in April.

Chris Brown, rumored to be older than Ben Mathews, quietly enjoyed an outstanding season by winning something in nearly every race he entered. In one week alone, he won three age group awards in three races: the Arbutus 10k, the River Run 5k, and the Run for All Diseases 10k. He reserved his finest race of the year, however, for his vacation in Arizona, where he ran a 39:22 at the Tempe Bugle 10k.

Runners of the Year Awards went to two of the fastest runners ever to course the roads of Howard County— Vicki Avey and Rod Young. Avey recently graduated from Frostburg State College, where she ran 10k in 38:23 at a track meet against Chippensberg. Except for one measly 5k race, Vicki won all the outdoor races she ever ran in college. As a free agent with the Striders, she began her career with a 5:23 mile at the Meet of the Miles in August. She ran her first 10 mile race at Annapolis in 67:45, then placed 11th at the prestigious Virginia 10 Miler (67:50), and set a 65:42 PR at the Army 10 Miler in October. Vicki covered the 15k of the Great Allegheny Run in 57:00 and swore it wasn't *all* downhill. She ran her first 26.2 miles at Marine Corps in 3:26, and then placed sixth in the Metric Marathon with a time of 1:55:15.

With little fanfare, Rod Young returned to Howard County racing after a long absence. He quietly appeared at the Brighton Dam Challenge Race, where he finished second and almost beat Dominique Da Luz. At the Columbus Chase, he surprised the lead contingent by only holding out against legends such as Jack Peach and Jim O'Keefe and actually finishing fourth in 32:30— which is *not* a 10k PR. The week after the Chase, Rod emphasized his return with a 51:44 PR at the Baltimore Subway 10 Miler, in which he was second overall. He completed the 1990 season with a third place finish in 1:28:05 at the Metric Marathon. Rod trains 130 miles a week; he only does speedwork "once in a while."

Priscilla Botacchi and Bob Burns won the 1990 Volunteer of the Year Awards. Paul Goldenberg cited Priscilla for her strong support of the finish line crews at the Strider races. At the Columbus Chase, she heroically took over the job of finish line director when John Keuhls suffered a sudden and devastating illness.



*Howard County Strider Runners of the Year: Vicki Avey and Rod Young proudly display their silver dishes (photo by Jim Carbary)*

Priscilla performed much the same duty when somebody stole John Keuhls' truck just before the start of the Metric Marathon.

Bob Burns won Volunteer of the Year Award. Paul cited Bob, a past Strider Vice-President, for making contributions to the Newsletter and as serving as race director of the Weekly Races. Bob also runs fast and is rumored to have beaten Martin Goode once.

Martin Goode won a special award as Comeback Runner of the Year. Earlier in his career, Martin was one of the standouts in Strider racing, as attested by his 31:42 at the 1985 Clyde's 10k. But his career soured in the late 1980's. He suffered a knee injury; he cut way back on his mileage, sometimes running only 5 miles a month. Jim Carbary and Paul Sobus began beating him. He underwent knee surgery. He even began coaching. But 1990 marked the return of Martin Goode. He ran Clyde's in 36:10 (adjusted time) and then ran the Constellation 10k in 36:20. His 28:14 brought him within a minute of Jim Carbary at the Rockville Rotary 8k, and at the Brighton Dam Challenge he actually beat his old nemesis. Running a heroic 35:10 at the Columbus Chase 10k, he staggered across the finish line and almost passed out. At the Metric Marathon, Martin completed his comeback with a 1:41 and placed 32nd overall. In presenting the award, Paul placed these accomplishments on a very high level,

suggesting that Martin could qualify for "Comeback of the Century."

Two other special awards were presented. Paul Goldenberg presented the President's Award to his wife Paget, whom he cited for putting in long hours of service for the Striders (but he was really trying to make up for forgetting their 10th anniversary). The President's award consisted of some flowers.

Dave Tripp gave a Special Presentation Award to Joe Wasserman, director of the Metric Marathon. Dave cited Joe as the Strider "Chief of Morale" and presented him with a handsome Metric Marathon Folding Director's Chair. The Board of Directors also gave his wife, Nadia, a matching Director's Chair.

Before voting for the 1991 Board of Directors, Tim Beaty and Paul read a very bad poem "honoring" the 1990 Board of Directors. The poem was so poor, however, that the Editor refused to publish it in these pages.

The Banquet almost concluded with voting by the membership on the 1991 Board of Directors. After thanking the retiring members of the 1990 Board, Tim Beaty distributed a list of the 1991 Board. Miles Weigold moved that the membership approve the new Board by acclamation and all 102 members voiced their approval with a hearty cheer.

The meeting did conclude with Rick Rosen's distributing awards for the Ultimate Runner competition, which took place way back in October. Everyone who competed received a sweatshirt.

THEN the meeting adjourned and everyone grabbed as many left-overs as they could and raced home and went to bed.



*When the banquet ended, young Brian Harvey ate four cookies, eight brownies, two pieces of pie, and three pieces of layer cake when his parents weren't looking. (photo by Jim Carbary)*

## IN MEMORY— GEORGE TURNER

Jim Carbary

George Turner died at his home on Wednesday, March 13, after a prolonged illness. We the Striders will remember him as a kind, pleasant man who ran at the weekly races and with the Bagel Shoppe group. On rainy days or sunny days, George would show up for 10k or 10 miles, and he always volunteered to help at races (he photographed the 1990 Columbus Chase).

Personally, I will remember him for one particular Bagel Shoppe run. On a sloppy day in February, I think, he jogged off into gloomy drizzle with Andee Almand and Nadia Wasserman, and the three of them plugged along Homewood to Folly Quarter in an icy fog. When they reached the water stop, ice rimed their hats, and perhaps they laughed at the freezing water in the bottles. But on their way back, the drizzle gave way to a warming fog, and maybe the ice melted, and when they got back to the parking lot at Wilde Lake the sun began to poke through the clouds. And George stood there with his friends, soaked to the bone and smiling in the sun, probably dreaming of bagels and hot coffee, and for a moment it was springtime in February. And that's how I'll remember George Turner.

### HOWARD COUNTY STRIDERS 1991 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
Joshua Tripp, <i>Membership</i>	730-4499
Jim Woods, <i>Weekly Series</i>	461-5252
Heide Heidepriem, <i>Jr Striders</i>	531-2792
Jim Carbary, <i>Newsletter</i>	964-8375
Warren Ohlrich, <i>Special Races</i>	381-0189
Barbara Calvert, <i>Women's Committee</i>	730-1805
Tim Beaty, <i>Nominations</i>	596-6453
John Kuehls, <i>At Large</i>	964-0064
Phil Lang, <i>At Large</i>	995-0135
John Wheatland, <i>At Large</i>	992-7872
Rick Rosen, <i>At Large</i>	381-3635

## VOLUNTEERS UNITE!!

Nadia Wasserman

To encourage more Howard County Striders to get involved with helping out, we are starting a "volunteer bank" from which we can draw volunteers for the large variety of club activities. If you would like to volunteer, just fill out the questionnaire below and send it to:

Nadia Wasserman  
7381 Swan Point Way  
Columbia, MD 21045

NAME \_\_\_\_\_

DAY PHONE \_\_\_\_\_

EVE PHONE \_\_\_\_\_

1. I would be interested in helping with the following activities (check all that apply):

- Weekly series races (Sunday pm)
- 10 Mile Challenge Race (February)
- Clyde's 10k race (April 28)
- Columbia Triathlon (May 19)
- Women's Distance Festival (July)
- Brighton Dam Challenge Race (Sept)
- Columbus Chase 10k (October)
- Metric Marathon (December)
- Other (list) \_\_\_\_\_

2. I would be interested in performing the following functions (check all that apply):

- traffic control
- packet pick-up
- finishing area/timing
- results
- mailings
- course marshal
- water stops
- other (list) \_\_\_\_\_

3.  I'd like to help— give me a call!

If you have any questions or recommendations, please feel free to call me (before 9 pm) at 381-6385. Remember, the success of an organization like ours depends on having good volunteers like you.

(Mother of All Races, from p. 1)



2.34 seconds into the race and Ken Fowler (extreme left) and Rod Young (extreme right) have taken the lead (photo by Rick Hatfield).



3.61 seconds later, the rest of the pack surges past the alert eye of the camera (photo by Rick Hatfield).

and placed second on the Strider team. He hung on to the lead pack until about three miles, at which point he had to slow down. Young charged each hill in a desperate effort to catch Baltimore's Ralph Morales, but came up nine seconds short as he finished in 54:05. Finally, Jim Clelland switched allegiance from Baltimore to Howard County this year and rounded out the top ten runners with a time of 54:28.

Local triathlete women rallied to the Strider cause and provided most of the muscle in the women's competition. Triathlete Sandy Ford led all Howard County women with a strong sixth place finish in 1:05:42. She ran most of the 10 mile course out of sight of other women until she came up on Baltimore's Maureen Hall near the end and managed to sprint past her. Ford was the only Strider woman to finish among the top 10 women. Triathlete Dolly Ginter, Sandy's training partner and new Strider, came out of her winter recovery program to contribute a 1:09:44 time and place third on the team.

Sandwiched between the valiant triathletes, Strider Woman Runner of the Year Vicki Avey placed twelfth overall among the women and second on the team with a 1:08:36, although she confessed she had not fully recovered from fall races. Altogether, the women's team placed third behind Baltimore's women's squad and (you guessed it) the women from Montgomery County.

Among the individual battles that day, an recovering Gerry Clapper ran most of the race with Craig Chasse. They went up against

Montgomery County's Bill Lee and Steve Smith. Clapper outsprinted both at the end, while Chasse finished with a personal 10-mile record. A little further back, George Altieri and Jim Carbary duelled Montgomery County's Ridge Kelley for seven miles, and Kelley beat both with a wicked end-sprint.

In the crisp, windless weather, a number of runners reported exceptionally good times. Denise Underwood-Hannagan narrowly missed breaking 70 minutes and set a personal 10 mile record of 1:10:01, which placed her 15th among the women. Among the men, Craig Chasse (55:29), Steve Sturges (59:35), Ray Ramey (61:37), and Eric Kocay (67:11) zoomed to personal 10-mile records. Bobby Gessler completed his first 10-mile race (62:25).

Altogether, five full teams competed in the challenge race. In addition to Howard County and Baltimore, Montgomery County, Frederick, and the Renaissance All-Sports Athletic Club (RASAC) contributed full teams; Annapolis (which lacked one woman for a full team), Westminster, Washington DC, and Prince Georges' County sent partial teams to the race. Altogether, 240 men and 52 women accepted this year's 10-mile challenge.

The 1991 Annual Challenge Race followed a new course across Cedar Lane through the neighborhood of Clary's Forest. [The race marked the first time Howard County Police allowed a Strider course to cross Cedar Lane.] The out-and-back course wound in and out of numerous cul-de-sacs and past so many suburban dwellings that one runner called it "the tour of Columbia real estate." Nonetheless, the new

course proved just as challenging as the old because race director John Kuehls found even more hills. In spite of running generally faster times, most veterans rated the new course tougher than the old course. The Striders want to emphasize the certification of the course: John Kuehls and his assistant Jerry Andrews measured the course the day before using a calibrated mile-counter.

The Striders wish to acknowledge the fine efforts of the hosts of the race and all the volunteers who served. Howard Community College provided shower facilities, a parking lot, and warm spaces for the runners before and after the race. Power Bar (food of champion triathletes) sponsored the race and furnished each finisher with a free Power Bar. The Howard County Police Department provided excellent traffic control all along the course — especially at the critical Cedar Lane intersection.



### TEAM SCORING

Team	Men	Women	Total
Baltimore	182	10	192
Howard County	323	29	352
Montgomery County	659	28	687
Frederick	1183	109	1292
RASAC	1297	66	1363



Bobby Gessler (#1434) makes a move on two competitors near 3.5 miles of his first-ever 10 mile race (photo by Rick Hatfield).

### TOP 10 MEN

1. Robert Yara (BRRRC)	52:54
2. Jack Peach (BRRRC)	52:55
3. Ken Fowler (HCS)	53:02
4. Scott Douglas (BRRRC)	53:25
5. Andy Passmore (BRRRC)	53:25
6. Ralph Morales (BRRRC)	53:54
7. Rod Young (HCS)	54:05
8. Paul Jackson (BRRRC)	54:13
9. Layne Party (BRRRC)	54:22
10. Jim Clelland (HCS)	54:28

### TOP 3 MASTER'S MEN

1. Ridge Kelley (MCRRC)	57:04
2. David Lowe (BRRRC)	57:41
3. Mike Hill (BRRRC)	59:24

### TOP 10 WOMEN

1. Starey Nicholson (BRRRC)	1:00:06
2. Marge Rosasco (BRRRC)	1:01:31
3. Ruth Riemenschneider (FS)	1:03:04
4. Pam Foley (MCRRC)	1:05:03
5. Margaret Cooper (RASAC)	1:05:07
6. Sandy Ford (HCS)	1:05:42
7. Maureen Hall (BRRRC)	1:05:48
8. Kendra Weible (WRR)	1:07:06
9. Jill Keeney (BRRRC)	1:07:12
10. Nancy Staub (MCRRC)	1:07:39

### TOP 3 MASTERS WOMEN

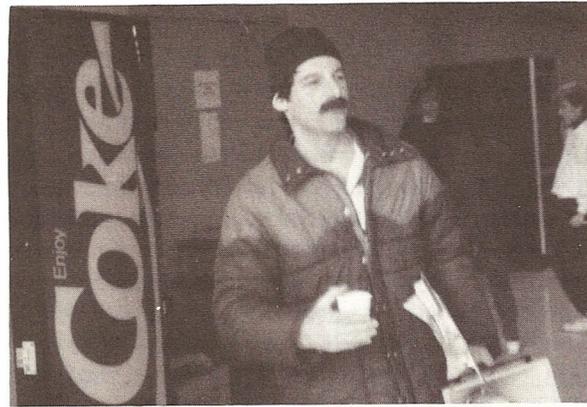
1. Marge Rosasco (BRRRC)	1:01:31
2. Judi Greenblatt (HCS)	1:14:16
3. Christy St. Clair (BRRRC)	1:14:26



Piriya Pinit, top Strider over 40, wore his new Air Mariahs in the Challenge Race but couldn't finish in the top 3 masters (photo by Jim Carbary).

## STRIDER WOMEN AT THE CHALLENGE RACE

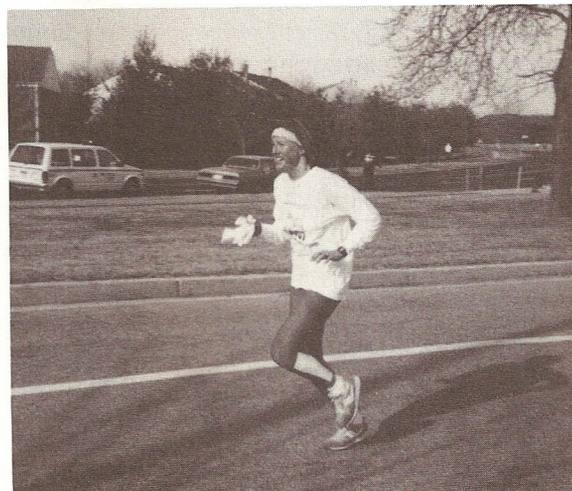
6. Sandy Ford	65:42
12. Vicki Avey	68:36
13. Dolly Ginter	69:44
15. Denise Underwood-Hannagan	70:01 (PR)
23. Judi Greenblatt	74:16
33. Debbie Kocay	78:29



*Strider president Paul Goldenberg stares in disbelief at the preliminary results (photo by Rick Hatfield).*

## STRIDER MEN AT THE CHALLENGE RACE

3. Ken Fowler	53:02	128. Ed Trottier	68:18
7. Rod Young	54:05	130. Al Hannagan	68:27
10. Jim Clelland	54:28	142. Duane St. Clair	69:22
11. Chris Samley	54:36	143. Jim Berndt	69:33
15. David Brightwell	54:46	146. Bob Hecht	69:55
17. Gerry Clapper	54:54	154. Tom Purcell	71:19
20. Craig Chasse	55:29 (PR)	158. Mike Lawler	71:41
29. George Altieri	57:08	162. John Shipley	71:54
30. Jim Carbary	57:18	169. Clarence Wingate	72:42
32. Derek Johnson	57:26	172. Chip Peake	73:22
35. Chris Nugent	58:22	178. Jim Schweiter	74:16
36. Seth Brown	58:30	184. Fred Moss	74:46
37. Mike Buckley	58:32	192. Mark Mulligan	76:53
41. Bob Burns	59:05	200. Ralph Golunson	78:10
45. Steve Sturges	59:35 (PR)	202. Rusty Toler	78:25
46. Phil Riehl	59:40	216. Al Enciso	81:31
52. Phil Lang	60:01	217. Joe Law	81:33
54. Tim Bradley	60:15	225. David Campbell	85:30
57. James O'Brien	61:00	236. Steve Katzen	93:58
58. Piriya Pinit	61:04		
62. Martin Goode	61:29		
63. Ray Ramey	61:37		
64. Jerry Andrews	61:41		
69. Paul Sobus	62:02		
74. Bobby Gessler	62:25		
75. Mark Isaacson	62:29		
86. Jim Woods	63:52		
91. Jerry Warfield	64:32		
92. Joe Wasserman	64:38		
97. Andy Wykoff	65:12		
103. Tony Warner	65:29		
105. Rick Rosen	65:46		
106. Steve Shimko	65:49		
110. Phil Nissen	66:21		
114. Goeff Baker	67:02		
116. Eric Kocay	67:11 (PR)		
117. Ed Silverman	67:12		
123. Dave Tripp	67:48		



*Denise Underwood provided one of the few bright spots of the day as she swept on to a personal record 70:01 (photo by Jim Carbary).*

## HOW FAST IS THAT?

Jack Wilkinson

One Saturday morning, while recovering in the Bagel Shoppe, I observed three things:

1. Everybody likes to know how fast they ran.
2. Base-60 arithmetic is not all that intuitive.
3. A lot of the Striders have access to personal computers.

Here's a little program in BASIC that calculates average time per mile. The program is called RUN\_AVE.BAS and it is intended for normal people who use the PC as an appliance to do things they want done rather than for "computer people" (people who would never admit to coding in BASIC) who would write this routine in "C" or Ada. [See program listing below.]

The program displays the kilometer-to-miles conversion for the popular metric distances (lines 50-60). It then asks you to enter how far you ran in miles (enter mileage to as many decimal places as you want), how many minutes you ran, and how many seconds (lines 70-90). The program then converts minutes and seconds to seconds (line 100), divides by

distance run times 60 to get average minutes (line 110) and fraction of minutes-per-mile (line 120), converts the decimal (Base-10) part of the average minutes to seconds (line 130), and prints the result (line 140). The IF-THEN-ELSE statement puts a "0" in front of the seconds if they are less than 10.

Now, it also occurred to me that if only the first two of my Saturday revelations are true, the same procedure works on a calculator. For example, if you ran a weekly race series 10k in 45:30, you could calculate your average time as follows:

$$(45 \times 60 + 30) / 6.212 / 60 = 7.324533 \text{ min/mile}$$

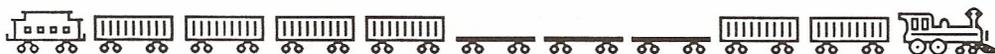
Wouldn't it be nice if there were 100 seconds per minute and 100 minutes per hour? Then 7.32 would be an understandable answer. However, the world is an imperfect place. But the conversion is simple— just subtract the number to the left of the decimal (which is the minutes) and multiply what's left by 60:

$$(7.324533 - 7) \times 60 = 19.47198$$

Rounding the decimal part of the seconds gives an answer of 7:19 per mile.

Key it up and give it a try!

```
10 REM Program name RUN_AVE calculates minutes per mile
20 CLS
30 PRINT : PRINT : PRINT
40 AVEMIN = 0
50 PRINT " This program calculates average-time-per-mile" : PRINT
60 PRINT " 5k is 3.106 miles 8k is 4.970 miles" : PRINT
70 PRINT " 10k is 6.212 miles 15k is 9.318 miles" : PRINT
80 PRINT " ENTER MILES IN nn.nn FORMAT:" : INPUT MILES
90 PRINT " ENTER TIME IN MINUTES:" : INPUT MINUTES
100 PRINT " ENTER TIME IN SECONDS:" : INPUT SECONDS
110 TOTSEC = 60 * MINUTES + SECONDS
120 AVEMIN = (TOTSEC/MILES/60)
130 DECSEC = (TOTSEC/MILES/60) - AVEMIN
140 AVESEC = INT(DECSEC * 60 + 0.05)
150 IF AVESEC < 10 THEN PRINT "AVERAGE TIME PER MILE FOR"; MILES;
    " MILES IS ";STR$(AVEMIN) + " : 0" + STR$(AVESEC):
    ELSE PRINT "AVERAGE TIME PER MILE FOR"; MILES; "MILES IS ";
    AVEMIN;".";AVESEC
```



# HOW TO TRAIN FOR THE RACE

Gerry Clapper

Many runners have asked me for advice on how to train for a race, and this article offers a sketch of what to do. I can't say you'll make the Olympic Team if you do everything here, or even if you'll set a personal record, but the training regime offered here has worked fairly well for me.

## 1. KEEPING A RUNNING LOG

First, keep a running log. The log should contain standard items such as the length of the run, how long it took, how you felt. You should also record whether your effort was race-pace, hard, moderate, easy, or slow. You might also include something about the terrain (road, grass, hilly or flat) and about the weather (hot, cold, windy, rainy, humid). Finally, you can describe your condition, including other physical activities of the day (e.g., swimming, biking, tennis), how much sleep you got the night before, and what food you recently ate. Of course, you can include any other factors you think important.

You can buy a fancy log at a running store, use a calendar, or keep a log on loose-leaf notebook paper. Remember, the purpose of a log is to monitor your training. You want to see which types of training produce good races and which types produce bad races, and which factors affect you.

## 2. PROPER WARM-UP

Always do a proper warm-up before training or racing. Some people need more of a warm-up than others, so I can only offer some general guide-lines. Before a normal training run, you can warm up by running the first mile a little slower, or you can completely stretch the major leg muscles, or you can jog a mile and then stretch. Before a race or speedwork, jog a mile; or jog a mile or two, stretch the major leg muscles and then run a few 100m strides. Warming up helps prevent injuries and improves the quality of your workout.

## 3. PROPER COOL-DOWN

Always do a proper cool-down, which goes hand-in-hand with a proper warm-up. After a normal training run, a cool-down may consist of

complete stretching, walking a half mile and then completely stretching, or jogging a mile and then completely stretching. After a race or speed workout, walk a half-mile and then stretch, or jog a mile and stretch, or jog two miles, walk a half mile, and then stretch. Cooling down helps prevent muscle soreness and cramping and alleviates tomorrow's stiffness.

## 4. WINTER RUNNING

Dress in layers for winter running. On top, use a t-shirt or turtleneck underneath a wind jacket or goretex top. On the bottom, wear shorts underneath tights or wind pants. On the hands, use gloves or mittens. Wear socks to keep your feet warm and dry. Wear a knit hat or ear muffs to keep your head warm. [There is no truth to the rumor that wearing a baseball cap will keep your head warm or make you run fast.] Remember, dress to keep your muscles warm but, at the same time, try not to constrict movement. If running in snow, wear shoes with good traction.

## 5. SUMMER RUNNING

Wear as little as possible in hot weather. Generally, a singlet and shorts will suffice. Some people can get away with running without socks, although socks generally cushion the foot, absorb moisture, and provide a liner against the shoe.

## 6. SET GOALS

Runners should set goals. Set a short term goal (a few months) and a long term goal (a year or more). Also, set one realistic goal that you feel you can achieve and set one challenging goal that you may or may not be able to achieve. Write your goals down somewhere.

I recommend reading an article on goals by Bob Glover in the December 1990 issue of *Runner's World* (p. 28).

## 7. SCHEDULE

The schedule given here assumes that you run (or do the aerobic equivalent of run) at least five days a week for at least 20 minutes a day. It also assumes you have been running regularly for a least six months. If you do not meet these requirements, contact me (730-9551, evenings) about putting together a schedule to meet your fitness level.

To figure out your interval pace for workouts, do the following:

1. Determine your goal 10k time (even if your goal is not a 10k race)
2. Normalize your race pace (RP) for other distances (440, 880, 1320, mile) by comparing to your 10k race pace:

example: 10k goal = 37:15 (6:00 per mile pace)

RP for 440 = 1:30  
 RP for 880 = 3:00  
 RP for 1320 = 4:30  
 RP for mile = 6:00

example: 10k goal = 40:00 (6:26 per mile pace)

RP for 440 = 1:36  
 RP for 880 = 3:13  
 RP for 1320 = 4:49  
 RP for mile = 6:26

3. Your *interval* pace (IP) should be calculated by subtracting the following seconds:

<u>race dist.</u>	<u>440</u>	<u>880</u>	<u>1320</u>	<u>mile</u>	<u>2mile</u>
5k-10k	RP-3	RP	RP+5	RP+12	RP+34
15k-20k	RP-2	RP+2	RP+8	RP+16	RP+42
26.2 mile	RP-1	RP+4	RP+11	RP+20	RP+50

4. Your interval sessions (one a week) leading up to the race should be:

<u>when</u>	<u>5k-10k</u>	<u>15k-20k</u>	<u>26.2 mile</u>
week 1*	4x440	5x440	4x880
week 2	4x880	5x880	6x880
week 3*	4x1320	5x1320	6x1320
week 4	8xhills	10xhills	12xhills
week 5	3xmile	4xmile	6xmile
week 6*	10xhills	12xhills	12xhills
week 7	pyramid1	pyramid1	pyramid2
week 8	5xmile	6xmile	8xmile
week 9	6x880	6x1320	8x1320
week 10*	8x440	6x880	8x880
week 11	6x440	4x880	6x880
week 12	4x440	5x440	4x880

To recover between these intervals, jog 200 after intervals of 880, or less; jog 440 after intervals longer than 880. For 5k-10k races, your total weekly mileage should be 35-50 miles; for 15k-20k race, your weekly mileage should total 45-60 miles; for marathons, your weekly mileage should be 55-70 miles. You should also run

longer runs weekly or bi-weekly— but not the day before or after speedwork. For an 8-week schedule, omit the weeks with an asterisk. "Pyramid 1" consists of a 440, 880, 1320, mile, 1320, 880, 440; "pyramid 2" consists of a 440, 880, mile, 2-mile, mile, 880, 440.

[Notes. For week 9, the 880 should be 6 seconds faster than IP and the 1320 should be 8 seconds faster than IP; for week 10, the 440 should be 4 seconds faster than IP and the 880 should be 8 seconds faster; for week 11, the 440 should be 8 seconds faster than IP and the 880 should be 14 seconds faster than IP; for week 12, the 440 should be at RP and the 880 should be at RP.]

Editor's Note:

Gerry Clapper, one of the county's premier road-runners, has graciously offered to help Striders interested in Running Fast. Gerry provided the information in this article in outline form; he also supervises workouts every Wednesday evening at the Howard High School Track beginning at 6:30 pm. Gerry can't be at every session so he outlined the above article. By following these easy-to-follow instructions you will almost certainly improve your race times. And help BEAT BALTIMORE NEXT YEAR.

## BASIC TYPES OF TRAINING

Jim Carbary

Remember, your training should include the two basic types of training, illustrated below:



(Passenger Training)



(Freight Training)

(With apologies to Tim Beaty, train-master.)

## SPRING RACE SCHEDULE

Congratulations.

You have survived another winter of miserable snow, ice, freezing rain, colds, flu, and NCAA basketball and have emerged into the wonderful springtime. We now enter the prime racing season and can look forward to pleasant weather with the scent of blossoms—and you all know that means cherry blossoms. Northern Telecom has picked up where Nike left off and is now the principal sponsor of the fastest 10 mile race in the world. If you didn't get an entry form in January, you can still come down to Hains Point and root on the 5500 who did.

The Clyde's 10k occurs in this quarter (April 28). This race is the Strider's biggest race and you'll want to run it or volunteer for it. The race director is Warren Ohlrich, who can be found at Feet First in Wilde Lake Village Center. To volunteer, call coordinator Nadia Wasserman (381-6385).

Be sure to support the local triathletes by volunteering for the Columbia Triathlon (May19). Once again, this triathlon is the Eastern Regional Triathlon Championship, and you can see your favorite runners flounder about in Centennial Lake and embarrass themselves in the swim-bike transition. Contact Tri-Director Robert Drew Vigorito (730-3880).

The Spring Series takes place as usual on Sunday afternoons. Come out and enjoy the weather. Your series director is Phil Lang (995-0135).

### 1991 SPRING SCHEDULE

- 3/20 Vernal Equinox
- 3/24 Baltimore Ladies's 10k  
8:00a Inner Harbor, Baltimore
- 3/31 Winter Awards and Spring Series  
2:00p Thunder Hill Elementary School
- 4/7 Cherry Blossom 10 Miler  
8:00 a West Potomac Park (entries closed)  
Spring Series Longfellow Elem.
- 4/14 Spring Series

- 2:00p Jeffers Hill Neighborhood Center
- 4/28 **CLYDE'S 10K**  
8:00a Pedestrian overpass, Columbia  
Warren Ohlrich (381-0189) or  
Feet First (992-5800) or  
Nadia Wasserman (381-6385)
- 5/5 Spring Series  
2:00p Longfellow Elementary School
- 5/12 Spring Series (Mother's Day)  
2:00p Jeffers Hill Neighborhood Center
- 5/19 Columbia Triathlon  
7:00 a Centennial Lake Park  
Rob Vigorito (730-3880)
- 5/26 Constellation 10k  
8:00a Baltimore Inner Harbor
- 5/27 **ALL FRUIT RELAY RACE**  
2:00p Jeffers Hill Neighborhood Center  
Jim Woods (799-8995)
- 6/2 Antietam 10k  
8:00a Antietam Battlefield
- 6/2 Spring Series  
2:00p Longfellow Elementary School
- 6/8 Jim Carbary weds Judi Greenblatt  
11:00a Camp Misty Mount, Catoctin State  
Park. Jim Carbary (964-8375)
- 6/9 Spring Series  
2:00p Jeffers Hill Neighborhood Center  
**SCHOLARSHIP RACES**
- 6/16 Columbia Birthday 2 Miler  
8:00a Maryland National Bank Bldg  
Columbia. Miles Weigold  
(730-1849)
- 6/21 Summer Solstice
- 6/26 Spring Series Awards  
6:30p Summer Series begins



## LETTERS RECEIVED

28 December 1990

March 2, 1991

James Carbary, editor  
FOOTPRINTS  
Howard County Striders

Dear Jim,

Thank you for your newsletter entry in the Eastern Region 1990 Club Newsletter contest. Your newsletter is outstanding and one in which you and your members should be very proud. Unfortunately, the competition was also outstanding this year and the winner turned out to be *The Rundown* from the Montgomery County Road Runners Club. If it is any consolation the winner is at least from within the state where we have many outstanding newsletters. (The Baltimore RRC newsletter was a past national RRCA journalism winner.)

Your newsletter has the features of all outstanding newsletters: it contains a lively exchange of information between and for runners in the club and contains information almost entirely derived from club members. The editing is crisp and the layout is clear and easy to read in the two column format— all in the same type. The photos are very good and there is a consistent (and humorous) touch to all articles which seems to come from the deft pen of the editor. In summary it is a newsletter you can be proud of.

Thank you for entering the competition this year and please consider entering again next year.

Sincerely,

[SIGNED]

John Sissala  
Eastern Director, Road Runners Club of America



Jim,

Jeanne and I went to Fort Lauderdale for the Heart Run 10k and to visit friends in the area. I had hoped to see Ben Mathews there because his new track club conducts the Heart Run but apparently he didn't race that day. However, I did see another HCS alumnus in his usual role: Al Treichel won his age group in 41:45— second and third were 45:14 on a typical hot, humid southern Florida day. Al is living in Plantation, FL.

[SIGNED]  
Jack Wilkinson

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## IMPORTANT NOTICE

LOOK AT THE MAILING LABEL ON THIS NEWSLETTER. IF THERE IS A NUMERAL "1" FOLLOWING YOUR LAST NAME, YOU HAVE PAID YOUR 1991 STRIDER DUES. IF THERE IS A NUMERAL "0" FOLLOWING YOUR LAST NAME, YOU HAVE NOT RENEWED YOUR MEMBERSHIP AND AFTER THIS ISSUE YOU WILL BE

## DROPPED

FROM THE MAILING LIST FOR ANY FUTURE COMMUNICATIONS. TO AVOID THUS CATASTROPHE, SEND A CHECK AND RENEWAL FORM (SEE P. 19) TO

DAVID L. TRIPP, TREASURER  
6175 CAMPFIRE  
COLUMBIA, MD 21045

## TRACK ETIQUETTE

Jim Carbary

*Now these are the Laws of the Jungle,  
and many and mighty are they;  
But the head and the hoof of the Law  
and the haunch and the hump is  
— Obey!*

— Kipling  
*The 2nd Jungle Book*

Now that warm weather has arrived and Gerry Clapper has provided you all with the SECRET of Fast Running (pp. 10-11), the prospective Olympians among you will flock to the local tracks and start tearing up the asphalt. Whoa, big fella! Do you think you can just step on that track and start zooming around indiscriminantly? Track running has a very rigid [if unwritten] set of rules and regulations and unless you want to look like some filthy scumball out there, you'll have to understand and abide by Track Etiquette.

The Principal Law of track running is RUN COUNTER-CLOCKWISE. That is, if you're in the Goodyear Blimp looking down on the track, the runner's motion should go opposite that of the hands on a clock. You should run counter-clockwise even in the southern hemisphere.

Only cretans run clockwise on a track. They are obviously ignorant fools or obnoxious dolts. If you notice a clockwise runner, you should immediately stop him and notify him of his error. If he persists in his foolish course, you should report him to the police.

Running historians have not completely traced the origins of counter-clockwise track running. Legend suggests that Phidippides staggered counter-clockwise around the Acropolis before he reported the Athenian victory over invading Iraqis. Faraday, the immortal English physicist, suggested in 1825 that counter-clockwise running would stimulate brain currents because of the orientation of the geomagnetic field. At the first Olympics in 1896, the Queen of England established the counter-clockwise direction as the international standard by requiring returning marathoners to turn right after passing her reviewing stand.

Only one exception exists to counter-clockwise track running. For warm-ups only, you may run clockwise during a 24-hour relay race

between the hours of 12 am and 6 am. Tim Beaty (596-6453) has more information on this.

Another Principal Law of track running concerns how fast you run. Fast runners use the inside lane; not-so-fast runners use the next-to-inside lane; and everybody else uses the outside lane. If you can run a 65 second quarter mile, most people will consider you pretty fast so you get to use the inside lane. If you can't run a 65 second quarter mile and you run on the inside lane, then sure enough some hotshot kid is going to run his spikes up your calf. If you're jogging on the track for a warm-up or taking a recovery lap, use one of the outer lanes.

The next Principal Law is NEVER pass on the left hand side. You're absolutely right—the inside or left-hand runner always has the advantage but you still can't pass him on the left. If you pass him on the left you might step on the infield and if you do that in a race they'll disqualify you.

In the famous 1954 duel between Bannister and Lande, the latter runner forgot this simple passing rule. Running on the inside, he heard Bannister making a move behind and made the mistake of looking over his *left* shoulder to check the range of his rival. In the split second of that glance, meanwhile, Bannister was obeying good track etiquette and passing Lande on the right. Lande misjudged his position and Bannister went on to a 3:59 and we all know the rest of the story.

NEVER walk on the infield. Football coaches and groundsmen will yell at you for messing up *their* playing surfaces. Remember, it's okay if 240-pound linemen in cleats cavort around for three hours like Kodiak bears on the infield, but it's absolutely impermissible if a 120-pound runner crosses the grass once in his smooth-bore Adidas. You must always keep in mind that the *game* of football takes precedence over the *sport* of running.

Finally, I would like to discuss a part of Track Etiquette not generally mentioned by high school coaches: spitting. Some ignorant runners seem to believe that spitting enhances their speed (or at least their image as a runner). This is an improper attitude. One should not spit while at the track. Spitting renders the track surface slippery. One might also inadvertently spit on a fellow runner, like me, who would beat you senseless for spitting on him.

## PRESIDENT'S COLUMN

Paul Goldenberg

It was with great sorrow that I learned of the untimely death of Strider member Steve Duckworth. Steve, who was only 42 years old, suffered a cerebral hemorrhage on February 21, 1991. Steve was the supervisor of physical education in the Howard County Public School system.

Two years ago Steve approached us with the idea of joining with the schools in an educational partnership. He felt that the Striders' support of cross country and track and field programs in the county deserved recognition. The partnership program would, he suggested, formalize the activities that we the Striders were already doing. We thought the idea sounded good and told Steve to sign us up. As we talked about the partnership, Steve asked that we expand our activities into the elementary and middle schools, suggesting that the Striders help stage fun runs and participate in wellness fairs. When we instituted the John Scherer Scholarships, Steve agreed to sit on the selection committee. The more Steve and I talked, the more I realized his commitment to the youth of our community. Steve believed that fitness should play an important part in everyone's life whether they were athletes or not. He stressed the positive role that physical education could play in building children's self-esteem, especially in the case of children who are "at risk." Steve also stressed that the partnership was a partnership. He was always asking if there was anything he could do to help the Striders. When we suggested that we would like to use the Howard High track on Wednesday nights and for the 24 Hour Relay, he gave us his full support.

Steve Duckworth was someone who made a difference. Our sympathy goes out to his family. I hope you will join with me in supporting the Educational Partnership which Steve started—it will be one way to continue the good that Steve accomplished. Steve will be sorely missed by all of us. [A scholarship fund in Steve's name has been started. Contributions can be sent to Don Disney at the Howard County Board of Education.]

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I want to thank John Kuehls for serving as race director of the MD-DC RRCA Ten Mile Challenge Race. John and all the other Strider volunteers did us proud. At the President's Meeting which followed the race, everyone said how much they look forward to this race each year; they know that if it is a Strider race things will be done the right way. About the only thing that could be improved would be the outcome of the race. Unfortunately, we were unable to wrest the team trophy away from the Baltimore Road Runners Club. I am tired of having past presidents of the Striders remind me that during their terms the Strider teams were victorious. I am confident that with diligent training we will not lose again.

By now, you have received your first issue of *Splits*. This brief newsletter will be issued monthly except in those months when *Foot-Prints* is published. Thanks to Rick Rosen for championing the idea for *Splits*. The Striders will now receive communications of races and upcoming club events in a more timely fashion than was previously possible. If you would like to contribute to either of our fine newsletters, let us know.

Thanks to the efforts of Nadia Wasserman and Bob Somes, this year's picnic will be held on the same day as the Brighton Dam Challenge Race— Sunday, September 8. No longer will we have to wonder whether there will be snow at our picnic. The weather will be sunny with highs in the 70's. We will have a huge turnout as we celebrate a Strider victory over Montgomery County at the Dam! Keep your eye on both our publications for future developments.

You should be beginning to peak for CLYDES. It's just around the corner on April 28. If you choose not to run, race director Warren Ohlrich can use plenty of help. This year, CLYDES promises to be better than ever— especially if you run or help.

As I have said before, it is the Strider volunteers who make us a great running club. Many of you have asked how to volunteer. We are about to make it easier for you. Nadia Wasserman, our Vice President, has agreed to serve as Volunteer Coordinator. Elsewhere in this newsletter, she has written a questionnaire which will enable you to let us know about your special talents. Don't be shy— we need volunteers and if you step forward, you'll have a great time.

## BOSTON MARATHON NOTICES

Dave Tripp

Each year the Howard County Striders make available a \$100.00 contribution to help defray the expenses of two Striders (one male, one female) who plan to run the Boston Marathon. The rules for winning these contributions are simple—

1. You must be a Strider when you run your Boston qualifier.
2. You must be a Strider and must run Boston as a Strider.
3. The fastest male and female qualifying times among those going to Boston then determine the winners.

Boston has liberalized its qualifying times over the past few years, and the result is that a large number of Striders have qualified for the 1991 race and many are planning to run. This year's grants go to Vicki Avey, who qualified at last fall's Marine Corps Marathon (3:26) and to Tom Bowmaster (who won last year, too) who qualified with a 2:31 at the 1990 Boston Marathon.

The Boston Marathon will take place on Monday, April 15. The qualifying times (listed below) must be run between 1 January 1990 and 11 March 1991. Your age is based on how old you will be on the day of the Boston Marathon— and this age may differ from the age at which you qualified.

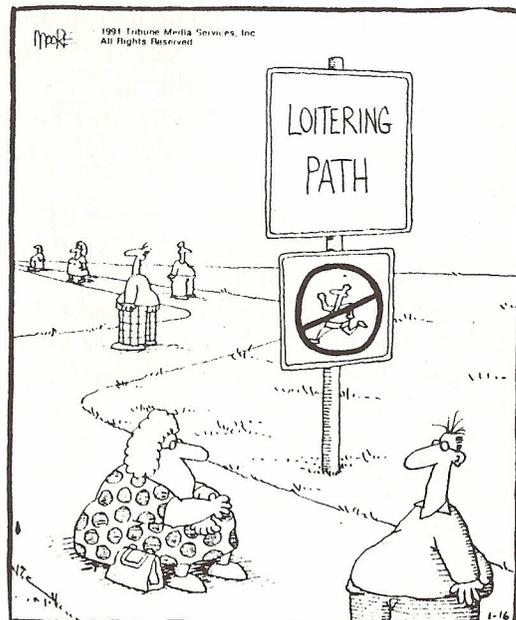
### 1991 QUALIFYING TIMES for the BOSTON MARATHON

<u>Age</u>	<u>Male</u>	<u>Female</u>
18-34	3:10	3:40
35-39	3:15	3:45
40-44	3:20	3:50
45-49	3:25	3:55
50-54	3:30	4:00
55-59	3:35	4:05
60-64	3:40	4:10
65-69	3:45	4:15
70+	3:50	4:20

## HOWARD COUNTY STRIDERS WHO HAVE QUALIFIED TO RUN BOSTON

Vicki Avey\*  
Tom Bowmaster\*  
George Bregman  
Chris Brown\*  
Tom Brown\*  
Bob Burns\*  
Jim Carbary  
Alan Field  
Abby Glassberg\*  
Tom Green  
Malonnie Kinnison  
Eric Kocay\*  
Phil Lang\*  
Ben Mathews\*  
Phil Nissen  
Piriya Pinit  
Vivi Provine  
Rick Rosen\*  
Steve Smith\*  
Nelson Stritehoff  
Kyle Thomas  
Dave Tripp\*  
Denise Underwood-Hannagan\*  
Tony Warner  
Joe Wasserman\*  
Jim Woods

Asterisks indicate those runners actually planning to run the Boston Marathon. Our apologies to anyone who we missed.



# Howard County JUNIOR STRIDERS

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

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

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

The HOWARD COUNTY JUNIOR STRIDERS is a Track & Field (Spring/Summer) and Cross Country (Fall) team that trains youth (through age 14) in running. The spring track and field season begins Monday, March 25, 1991. Training sessions are held 5:00 to 6:00 pm at Centennial High School on Mondays, Tuesdays, and Thursdays. Our coach, Craig Chasse, is a student majoring in Physical Education at the University of Maryland and a prominent Howard County runner. He will conduct practice sessions and attend meets.

Meets are held on weekends, beginning in late April. Boys and girls compete separately in age groups: 8-and-under, 9-10, 11-12, 13-14 (some meets have special 6 and under or beginner races). Track distances are 100, 200, 400, 800, 1500 and 3000 meters plus relays, race walk, and hurdles (older age groups). Field events are long jump, high jump, shot put, and discus. Typically, awards (ribbons or medals) are given to the top three (or six) finishers in each age category. In June, the Amateur Athletic Union (AAU) and The Athletic Congress (TAC) conduct Association (state) Championships. Those who qualify advance to regional (July) and national championships (early August).

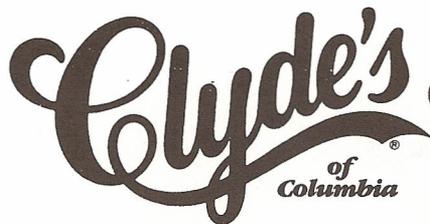
Registration is \$45. Each team member will receive a uniform, instruction, information on meets (participation is optional), annual membership in the Howard County Striders, and an end-of-season trophy at our annual picnic. A nominal fee, typically \$2 is charged at each meet. AAU and TAC meets require membership (about \$8 each). Transportation to and from practice and meets is a parental responsibility. Direct questions to Cheryl Trof, 854-3719, or Craig Chasse, 441-1546.

## HOWARD COUNTY JUNIOR STRIDERS MEMBERSHIP APPLICATION

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

Mail application with \$45 Fee to: Howard County Junior Striders  
c/o Cheryl Trof 854-3719  
P.O. Box 948  
Columbia, MD 21044

Please enclose copy of birth certificate if not on file with coach already.



# A GREAT RACE! GREAT TIMES & GREAT FOOD

13th Annual  
Clyde's American 10K Race, Fun Run & Celebration  
Sunday, April 28, 1991

Clyde's of Columbia & the Howard County Striders once again team up to bring you one of the area's great races & celebrations complete with food, refreshments and fun at the Lakefront in Columbia, Md.

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

**ENTRY FEE** \$12.00 (non-refundable) through April 27. \$15.00 on Race Day.

**REGISTRATION** Mail entry form, self-addressed stamped envelope (SASE) and \$12.00, (payable to Clyde Inc.) to: Clyde's American 10K, c/o Feet First, Wilde Lake Village Green, Columbia, MD 21044. A confirmation and course map will be returned to you, time permitting, in your SASE. You may also register in person and pick up your packet at the same time at Feet First April 22-27.

**ENTRY DEADLINE** Early registration is encouraged. Entries will be accepted at Feet First through Saturday, April 27. Race Day registration will be at Clyde's in Downtown Columbia.

**RACE INFORMATION** Feet First (301) 992-5800; race director: Warren Ohlrich. Howard County Striders Hotline (301) 964-1998.

**PACKET PICK-UP** At Feet First, Mon.-Sat., April 22-27, or on Race Day at Clyde's until 7:45 a.m.

**AWARDS** Top three in open and age groups, and in each of 6 Clydesdale divisions. Custom-designed, premium-quality T-shirts guaranteed to the first 1500 entrants. Random prizes galore!

**AGE GROUPS** Male & Female: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & over.

**AWARDS CEREMONY & CELEBRATION** Immediately following the race. Join us at the Lakefront for the awards ceremony, food, refreshments, entertainment and festivities.

**RESULTS** A booklet with complete race results will be mailed to all race entrants.

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



## CLYDE'S AMERICAN 10K • ENTRY FORM

Please Print First Last For Official Use Only

Name

Address

City  State  Zip Code

Sex  M  F Age (on race day)  Predicted Time  :

Phone (  )  -  Shirt Size  S  M  L  XL

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

Signature \_\_\_\_\_ Date \_\_\_\_\_

(if runner is under 18, parent or guardian must sign)

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

# 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  
-----

Additional Family Members  
-----  
-----  
-----  
-----  
-----

Address  
-----  
Street  
-----  
City    State      Zip  
-----

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

# SPECIAL ANNOUNCEMENTS

## for Spring 1991

- 7 April **Cherry Blossom 10 Miler**— West Potomac Park  
Entries closed- but come cheer on your favorite Striders
- 28 April **Clyde's 10k**— Pedestrian overpass in the Columbia center  
Call Feet First, 992-5800
- 19 May **Columbia Triathlon**— Centennial Lake Park  
Volunteers needed, call Robert Vigorito, 730-3880
- 27 May **All-Fruit Relay**— bring a fruit and join a 4-person team;  
Jeffers Hill Neighborhood Center- call Jim Woods, 799-8995
- 8 June **Carbary-Greenblatt Wedding**— Camp Misty Mount in the  
Catoctins; runners invited—call Jim Carbary, 964-8375
- 16 June **Columbia Birthday 2 Miler**— MNB building near the Fair  
Call Miles Weigold, 730-1849

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

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