

# FOOTPRINTS



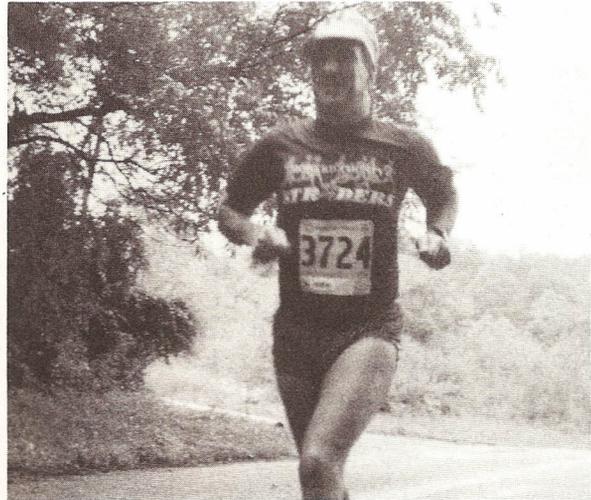
NEWSLETTER OF THE HOWARD COUNTY STRIDERS  
VOLUME 12, NUMBER 3—FALL, 1992



*GeriAnn Bell takes water en route to her 7th place finish at the WDF. (photo by Geoff Baker).*

## WOMEN'S DISTANCE FESTIVAL DRAWS RECORD FIELD

This year's edition of Columbia's Women's Distance Festival 5k Race drew a record field of over 400 women. The hot, humid weather held the women to relatively slow times, and although the top three all broke 18 minutes, winner Donna Moore's time of 17:36 came nowhere near the course record of 16:59. The race boasted a competitive field including not only Moore but also Louise Kelley (17:49), Cathy Stanmeyer (17:53), and Maureen Hall (18:08). GeriAnn Bell finished seventh overall (19:02) and edged Vicki Lang (19:07) as the first Striderwoman to finish. (continued p.2)



*Ed Trottier, in his final extremities at Cross-County Challenge Race (photo by Jim Carbary).*

## STRIDERS BLAST MCRRRC IN CROSS-COUNTY CHALLENGE

After the Striders had won the 10-Mile Challenge Competition in February, President Paul Goldenberg seriously believed that the Howard County Striders could beat the arch-rival Montgomery County Road Runners at the dual-club race in September. As added insurance, he made certain that Chris Nugent (who holds dual membership in both clubs) registered as a Strider. The strategy paid off as Nugent went on to win the race by beating Montgomery's top runner, Dominique DaLuz on the new 7-mile course in Patuxent River State Park. (continued on p. 6)

(from p. 1)

The women not only wilted in the heat, but they also had to contend with the confusion of their own numbers, which swelled the two-lap Columbia Mall course. The faster runners at the front finished the first lap so fast that they overran the slower runners at the rear. When Moore reached the finish after two laps, she encountered such a crowd that she missed the chute entirely. Only alert finish line officials preserved her time and position.

Moore faced strong competition from Stanmeyer, Kelley, and Hall through the first lap; the top women completed the first mile together in about 5:36. Moore accelerated through the second lap and put the race away at about 1 1/2 miles. Lead biker Eric Kocay reported serious difficulty in keeping ahead of her.

Striderwomen took some of the top age-group awards. In the 25-29 age group, GeriAnn Bell came in second only to Maureen Hall, while Denise Underwood-Hannagan came in third. Paced by GeriAnn through most of the race, Vicki Lang won the 20-24 age group. Dana Strickland captured the under-14 age group with an outstanding 21:00, and Lauren Drake took second in 22:35. Lauren also won an age-group award at the Clyde's 10k.

Striderwomen finished high in all the masters groups. Claiming the course was long, Linda Lash won the 40-44 age group in 21:05 and was the first masters woman to finish. Vivi Provine tripped over the first speed-bump 100 yards into the race but nonetheless blasted the 45-49 age group in 22:00. A random prize of a \$25.00 gift certificate sweetened Vivi's age-group award tremendously. Finally, Helen Beyers placed second in the 50-59 women with a 24:53.

The 5k race took place at midnight on Friday, July 10, in the parking lot of the Columbia Mall. In spite of the late hour and muggy weather, many of the husbands and families of the women runners turned out to cheer on their wives and moms and daughters. The men of the Howard County Striders provided traffic and crowd control.

## WOMEN'S DISTANCE FESTIVAL 5K TOP 10 FINISHERS

1. Donna Moore	17:36
2. Louise Kelley	17:49
3. Cathy Stanmeyer	17:53
4. Maureen Hall	18:08
5. Susan Cain	18:29
6. Gretchen Triantos	18:36
7. GeriAnn Bell	19:02
8. Vicki Lang	19:07
9. Nathalie Hughes	19:12
10. Rebecca Canner	19:41

Karen Harvey and Pat Brooks co-directed the women's distance festival this year. A record 460 women registered for the race and 407 finished. In addition to the regular runners, 26 mother-daughter teams participated, which represented the largest number of such teams ever in the race.

Karen and Pat benefited from several major sponsors including Feet First, Moving Comfort, Dole Bananas, TCBY Yogurt, Power Bars, Runners World Magazine, Planter's Life Savers, and Women's Sports and Fitness Magazine. Feet First contributed awards for the open competition. In addition to the usual age-group awards, the race offered participants an enormous number of random prizes, so that many of the runners came away with something.

The Columbia Mall provided the parking lot for the women to run in, but refused to open the necessary doors for pre-race preparations. Consequently, the several hundred runners had access to only a few toilet facilities. The race also ran out of t-shirts but plans to order an excessive number next year in anticipation of another record turn-out.

The Women's Distance Festival served as the culminating event for the Females In Training (FIT) classes held by the Striders' Women's Committee during the spring. Eighty women participated in these weekly fitness runs and 34 graduated. Many of the FIT women ran in the the 5k race. The Striders recognized the FIT women at the

awards ceremony after the race. The FIT class proved so successful that the Women's Committee intends to hold a second class next spring.

The Women's Distance Festival has always enjoyed outstanding photographic coverage, but this year benefited from the talents of Strider Geoff Baker, who is a real professional photographer.

### STRIDERWOMEN FINISHERS

7. GeriAnn Bell (2nd, 25-29)	19:02
8. Vicki Lang (1st, 20-24)	19:07
17. Denise Underwood-Hannagan (3rd, 25-29)	20:24
21. Dana Strickland (1st, 1-14)	21:00
22. Linda Lash (1st, 40-44)	21:05
35. Vivi Provine (1st, 45-49)	22:00
41. Becky Allmon	22:11
42. Jennifer Matthews	22:13
46. Suzanne Wenk	22:22
52. Lauren Drake (2nd, 1-14)	22:35
53. Becky Purtell (3rd, 1-14)	22:38
58. Linda Ausfresser	22:59
62. Valerie Rodgers	23:11
63. Debra Kocay	23:15
77. Andrea Almand	23:55
86. Sue Strickland	24:22
90. Rachel Drake	24:34
91. Tina Rankin	24:35
Nadia Wasserman	24:35
93. Jane Dye	24:36
96. Karen Mays	24:40
102. Helen Beyers (2nd, 50-59)	24:53
104. Kathy Bochen	24:57
105. Jodi Diamond-Yur	24:59
115. Liz Humphries	25:29
118. Barbara Calvert	25:34
123. Karen Harvey	25:43
133. Nancy Quick	26:14
136. Jill Mandt	26:17
138. Brenda Proctor	26:21
147. Lisa Hinson	26:48
155. Sherry Heffner	27:00
168. Jennifer Elzinga	27:28
171. Lissa George	27:30
175. Laura Daniels	27:36
179. Linda Johnston	27:47
187. Joan Needham*	28:08
190. Dorothy Lennig	28:14

193. Lizzie George	28:21
Sheila Wenk	28:21
200. Jennifer Dalton	28:33
223. Christine Herdson	29:16
239. Gail Bailey*	29:46
252. Marisa Burns*	30:03
263. Meredith Bailey*	30:24
264. Judith Tripp	30:28
272. Linda Munoz	30:52
277. Carol McGinnis*	31:01
283. Michelle Kocay	31:32
284. Cheryl Trof*	31:36
288. Michelle Kvech	31:47
293. Nancy Burns*	31:57
298. Mary Hinson	32:14
304. Hattie Katkow	32:20
306. Katherine Dalton	32:29
315. Karen Dalton	33:37
322. Cathi Brandenstein	33:57
359. Joan Hatfield	38:26
381. Josephine Conway	42:56

\* Females-In-Training graduate

### STRIDER MOTHER-DAUGHTER TEAMS

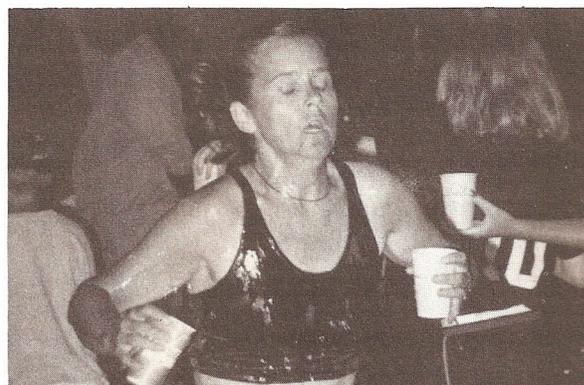
- "GIRLS-ON-THE-GO"  
Dana Strickland & Sue Strickland
- "WENK"  
Suzanne Wenk & Sheila Wenk
- "KAMIKAZE STRIDERS"  
Alicia Adams & Linda Adams
- "K RUNNERS"  
Debra Kocay & Michelle Kocay
- "RUNNIN' L'S"  
Lissa George & Lizzie George
- "HINSON"  
Lisa Hinson & Mary Hinson
- "BAILEYS"  
Gail Bailey & Meredith Bailey
- "DALTON"  
Jennifer Dalton & Karen Dalton
- "BURNS"  
Marisa Burns & Nancy Burns



*The race started a few seconds after midnight on the morning of July 11. Striders Vicki Lang (#313) and GeriAnn Bell (#380) can be seen in the front ranks at the extreme left and right of the photo. (photo by Geoff Baker).*



*Vicki Lang (right) duels with a competitor half way through the 5k distance. (photo by Geoff Baker).*



*Barbara Calvert couldn't pass up two cups of water. (photo by Geoff Baker)*



*Class of '92 of the Females in Training Institute. (photo by Geoff Baker).*

## WOMEN'S COMMITTEE REPORT

Barbara Calvert

The Women's Committee was very pleased with the results of its first "Females In Training" (FIT) class. There were 35 women who attended four or more classes with 23 of these completing the Women's Distance Festival (WDF) 5k on July 9, 1992. The ladies who successfully completed the program are (in alphabetical order):

Allison Bailey  
Gail Bailey  
Meredith Bailey  
Chris Beamer  
Pam Bilal  
Marisa Burns  
Nancy Burns  
Carey Dove  
Jane Dove  
Jeanette Dove  
Missy Fields  
Karen Goertler  
Carol Gralia  
Joan Hatfield  
Beth Hoffman  
Jacqueline Jacobson  
Denise Liston  
Kellisue Loftus  
Kim Loftus  
Carol McGinnis  
Mary Jane Mulligan  
Linda Munoz  
Joan Needham  
Karen Ohlrich  
Nancy Quick  
Hope Patton  
Barbara Pearson  
Sadie Perins  
Donna Rusko  
Mary Slattery  
Michelle Tritt  
Cheryl Tropf  
Karen Unruh  
Carol Wiedorfer

The success story does not end here. Many of these women have been participating in the 1992 Women's Distance Festival Grand Prix Series. The WDF Grand Prix Series is an opportunity for women to run in the Potomac Valley RRCA Women's Distance Festival races

and to compete for prizes in various age categories. All the races in the series are five kilometers. The overall winner will be able to participate in the TAC National 8k Championships. The Series consists of all Potomac Valley RRCA WDF races run from July through October. You must run at least four races to qualify for an award and you may run in more than four races.

Six women from the FIT class went to the Westminster WDF 5k on July 12—only 30 hours after completing the Howard County Striders WDF 5k. These six women returned with second place in the team competition at Westminster. Debbie Kocay lead her teammates Linda Ausfresser, Pat Brooks, Barbara Calvert, and Lissa and Libby George; Debbie finished ninth overall in the race and took third in her age category.

The Prince Georges Running Club held their WDF 5k at Buddy Attick Park in Greenbelt on August 22. Of the approximately 160 competitors in the race, 17 were from Howard County. Jessie Goertler won first place in the 18-and-under age group while Libby George place second. Libby and her mother Lissa also placed second in the mother/daughter competition. Josephine Conway competed in her second WDF 5k, while Carol McGinnis and Carol Gralia made the PGRC race their fifth of the series. Other Striders at the race included Pat Brooks, Gail and Meredith Bailey, Barbara Calvert, Linda Ausfresser, Karen Goertler, Kate Hooker, Jane Penrod, Carol Price, Carole Shapiro, and Sue Strickland.

The Howard County Striders will be hosting the WDF Grand Prix final awards ceremony in October. All qualifiers (women who run four or more races) will receive a special award and an invitation to the ceremony.

The Women's Committee wishes to thank all the ladies who attended the FIT classes and made the program a huge success. Without you it would not have been so much fun. We look forward to your participation next year. Meanwhile, come run with your new running partners at the Strider Weekly Races!

(Challenge Race-continued from p. 1)

Together with Howard County's Craig Chasse, Nugent and DaLuz took the lead early in the race. The first set of ugly uphill compelled Chasse to ease up after the first mile or so, leaving Nugent and DaLuz to duel for the lead. Nugent briefly went ahead, but then stopped at a fork in the road to wait for DaLuz and make certain he knew which way to go. With the directions at last settled, the two runners hung onto each other until the final 100 yards when Nugent unleashed his patented kick and crushed his rival by the margin of a full two seconds. In winning the race, Chris established a record of 38:29 for the new course.

After finishing second overall the week before at the Annapolis 10-Miler, the Striders' Gerry Clapper had a little trouble getting going on the tough hills. He ran the first half of the race in the company of Striders' Mike Buckley and Dave Brightwell. He had warmed up by the turnaround and went hunting for Montgomerians. Instead, he caught Mr. Chasse, and Gerry and Craig finished fourth and fifth overall, both in less than 40 minutes. Mike Buckley, Dave Brightwell, and masters runner Jim Carbary all finished in the top ten for Howard County. Significantly, all six Striders in the top ten broke the magic six-minute-per-mile barrier.

Only two Strider women contributed to the effort— Heide Splete and Karen Mays. A recent graduate from Colgate, Heide began showing up on Saturday mornings for the Bagel Shoppe Runs and decided she would enjoy the more challenging hills promised by the Challenge race. Heide completed the seven miles in 52:47, while Karen finished in 56:26.

When the smoke (or rather, fog, for the weather was very rainy and damp) cleared, the race officials totalled up the points and found that Howard County had amassed 408 points while Montgomery County had totaled 431 (low score wins). The rainy weather and the



*Geoff Baker and Rick Rosen surmount the final hill only a few steps from the finish. (photo by Jim Carbary).*

holiday weekend held the field to only about 90 runners total. According to scoring rules agreed on before the competition, the top 80% of the runners from both clubs counted in the scoring. The low turnout favored Howard County, for whom the top 20 male runners and the top 2 females scored. As at the February race, the Striders just barely won the competition; Montgomery County would have won had the top 23 runners scored.

This year's edition of the Cross-County Challenge Race took place on an obscure course in Patuxent River State Park, which lies in extreme western Howard County. The route actually began in Howard County, but entered Montgomery County near the one mile mark. The course traversed some of the most extreme hills in either county, and all runners agreed that the hills of the Patuxent River course easily overmatched those found on the old Brighton Dam-to-Brookville course.

The steepness of the hills was exceeded by the obscurity of the course, which started by an abandoned "ranger station" on Annapolis Rock Road. Several Howard Countians stumbled onto the race site late and at least one of the Striders' best runners missed the 8 am start completely.



*Jerry Warfield almost didn't reach the start in time. Not only did he arrive two minutes late for the start, but MCCRC handed him the wrong color number and he had to run back to the registration table to get a Howard County number! He finished 24th for the Striders. (photo by Jim Carbary).*

The Strider victory marked the first time since 1988 that the Howard Countians had triumphed over their arch-rivals, the Montgomery County Road Runners, at the dual meet. Strider President Paul Goldenberg was elated at the results. Unfortunately, the Montgomery club had omitted to bring the traveling trophy to the race. As they explained, somebody had taken the trophy to Scotland to demonstrate American enthusiasm for the sport of running (!?). MCRRC officials promised to return the trophy to its rightful home in Howard County as soon as possible.

The Striders wish to thank the Montgomery County Club for their hospitality in conducting the Challenge Race. Their volunteers braved a chilly, rainy morning to put on the race. The MCRRC Club provided porta-pots, registration, post-race refreshments, course marshaling— and, of course, the marvelous race route.



*A bedraggled group of volunteers waited at the finish line at Patuxent River State Park. (photo by Jim Carbary).*

### STRIDERS at the 1992 CROSS—COUNTY CHALLENGE

1. Chris Nugent	38:29
4. Gerry Clapper	39:29
5. Craig Chasse	39:49
7. Mike Buckley	40:05
8. Dave Brightwell	40:53
10. Jim Carbary	41:43
14. Bobby Gessler	42:45
15. Bobby Van Allen	no time
16. Jim Discuillo	43:39
17. Randy Wykoff	44:52
21. Steve Klose	45:37
24. Jerry Warfield	46:14
26. Ray Ramey	46:28
27. Tom Brown	46:59
28. Tony Warner	47:30
29. Rick Rosen	47:15
30. Geoff Baker	47:49
34. Wayne Conway	49:12
38. Ed Trottier	50:03
46. Heide Splete	52:47
49. Larry Roberts	no time
50. Todd Kane	53:38
51. Allan Field	no time
52. Rick Hatfield	54:22
62. Karen Mays	56:26
70. Paul Goldenberg	59:52

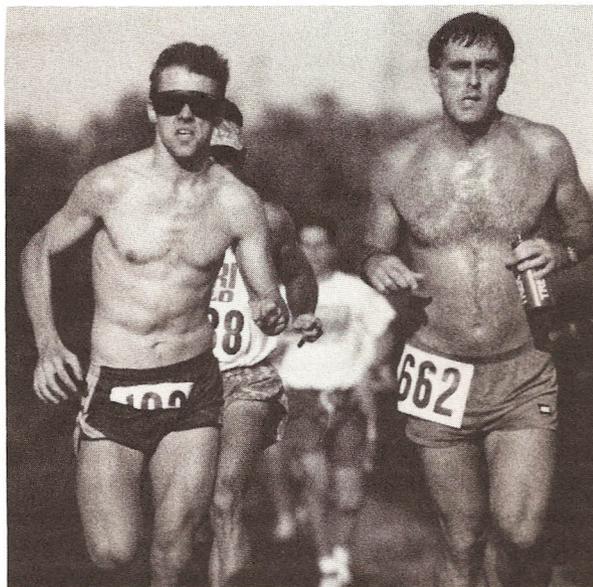
## WE WERE SORE, WE WERE SLEEPY, WE HAD FUN!

Tim Beaty

The 1992 Eastern Regional RRCA Championship 24-Hour Relay was held on August 1-2 at Mt. Hebron High School. Yes. After two years at Howard High School, the Annual Relay Race (in its 22nd edition) moved to Mount Hebron High School because of track resurfacing at Howard High. The change of venue didn't deter the usual Relayers, who benefited from marvelously cool and refreshing weather. Usually, runners must suffer through temperatures above 90°F and face the threat of thundershowers. But this year the day time temperatures topped out at 83° while the night time temperatures dipped into the 50's, which made the 1992 edition of the Relay the coolest in history. Naturally, the moderate weather brought a dramatic improvement in the Relayers' performances, as mile times dropped and team distances increased.

The BIG DOGS won the team competition by posting a total distance of 272 miles, 1409 yards. This total represented the highest mileage ever recorded for the Eastern Regional Relay. The BIG DOGS averaged 5:15 per mile, and their 272+ total mileage placed them seventh on the *all-time* Relay performance list, which goes back to the late 1970's. BIG DOGS, which also won last year, was composed of some of the fastest young runners from the Frederick Steeplechasers, the Montgomery County Road Runners, the Baltimore Road Runners, and the Howard County Striders.

BIG DOG Doug Sobel won the individual competition with an average pace of 4:51 per mile. He ran every one of his miles under 5 minutes per mile. The Striders own Chris Nugent of the BIG DOGS Team wasn't far behind as he placed second with a 4:52 per mile pace. On the CCC dddddd Team, Strider Wayne Conway held an even 6 minute per mile



*Seven hours into the 24 Hour Relay and the running goes on and on and on. (photo by Geoff Baker)*

pace through the 24 hours and won the individual masters competition.

A total of 128 individuals on 14 teams entered this year's Relay. Most of the teams had 10 members, but one team had only two. To their credit, the two-man team kept running until midnight before collapsing.

The 24-Hour Relay also served as RRCA Championship ultra-races. Tom Smith of the Westminster Road Runners won the 100-Mile race with a fine time of 15:27:14, while Vassili Triantos of the Montgomery County Road Runners won the 50-Mile race in 6:08:53. Mary Anderson from the Baltimore Road Runners won the women's 50 Mile event in 10:21:46.

And for the ninth time (which may be yet another record), Kile Thomas and Phil Lang assembled a team— Khyll-9 this year. In previous years, the Khyll teams won or came close to winning the entire Relay. But, as team co-captain Phil Lang explains, "We're just trying to have fun now." Matching the number of his team, Phil himself posted the ninth fastest individual pace at the Relay— 5:31 per mile.

A considerable story can be told about how the race came off. After weeks of searching, race director Tim Beaty found an alternate track at Mt. Hebron High School— thanks to Chuck Parvus of the Howard County Board of Education. Unfortunately, the Mt. Hebron site had no lights, so the Relayers would either have to run in the dark or Tim would have to provide portable lighting. Paul Goldenberg could find the lighting but needed funds. At this point, Alan Davis of Princeton Sports came to the rescue with necessary funding. Tim still had to haul a 1700 lb generator to the race site— a perilous task using his clunky old Ford station wagon. Fortunately, Rick Rosen helped out with his pick-up and they got the generator to the site.

An ugly scene almost developed at the Awards Ceremony after the race when irate neighbors descended on the Relay to complain about the noise the race had made during the night. Apparently, the loudspeakers that issued timing and other race information generated a little too much noise and kept a few nearby residents awake. Strangely, the locals waited until afternoon of the next day to say anything.

Geoff Baker enjoyed photographing the Women's Distance Festival so much that he came to photograph the 24 Hour Relay as well. Indeed, he took so many pictures that his strobe light began to annoy some runners. Indeed, at least one relayer went so far as to lodge a formal protest against the strobe.

While the numbers of participants of this year's Relay were a bit lower than last year, everyone who attended had a great time (except possibly for the members of the two-man team). This year marked the third consecutive year that Howard County hosted the Relay and the 22nd annual running overall, and the Strider Board of Directors has agreed to present the event through its 25th running (1995), at which time we will evaluate the race and make decisions

about its future. Upon hearing the Strider decision, Princeton's Alan Davis offered to back up the event for the next three years. The Board enthusiastically accepted his offer and are very optimistic about the future of this unusual race.

See you all next year.



At 6:00 pm, Paul Goldenberg (#663) leads the 50-milers as they start their race—the 100-milers and the Relayers continue onward. (photo by Geoff Baker).



Late in the day on Saturday, three Relays are silhouetted by the sun. (photo by Geoff Baker).



## 24 HOUR RELAY TEAM RESULTS

1. BIG DOGS†	277mi,1409yd
2. Nine Studs & A Dud†	226mi,608yd
3. Khyll-9*	224mi,480yd
4. Goof Troop*	219mi,1320yd
5. Capava Runners	219mi,441yd
6. Reston Runners	215mi,1267yd
7. Oakland Mills #1	207mi,000yd
8. Silver Foxes Plus 2†	206mi,570yd
9. Fleet of Feet	205mi,1352yd
10. Percolating But Coffee	204mi,1yd
11. Navy Squids**	198mi,1572yd
12. Gecko Sex*	181mi,1366yd
13. Phychotic Armadillos*	178mi,1320yd
14. Arbutus Ultrarunners <sup>2</sup>	96mi (DNF)

\* Coed team

† RRCA team

\*\* Active military team

<sup>2</sup> Two-man team

## 24 HOUR RELAY INDIVIDUAL RESULTS

### OPEN MALE (per mile pace)

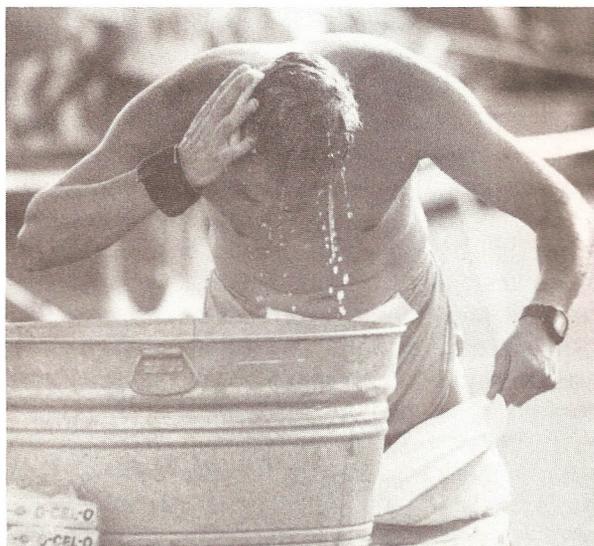
1. Doug Sabel	4:51
2. Chris Nugent	4:52
3. Tom Brown	5:04
4. War Dog Reif	5:05
5. Paul Loebach	5:08
6. Steve Smith	5:13
7. Neil McLaughlin	5:17
8. Russell Adama	5:25
9. Phil Lang	5:28
9. Paul Hannsen	5:28

### MASTERS MALE

1. Wayne Conway	6:00
2. Nelson Stritehoff	6:02
3. Rick Rosen	6:19
4. Pat Donahue	6:24
5. Jeff Newton	6:32

### OPEN FEMALE

1. Lori Rocelle	6:42
2. Kerri Guilfoyle	6:51
3. Liz Arlotto	6:54
4. Alisa McDonald	7:07
4. Pam Garrettson	7:07



*In spite of the mild temperatures, some runners needed to dunk themselves to stay cool. (photo by Geoff Baker).*

## SELECTED TEAM ROSTERS

**BIG DOGS**— War Dog Reif, Doug Sabel, Chris Nugent, Paul Loebach, Tom Brown, James Moreland, Matt Adams, Russell Adams, Steve Smith, Andy Carr

**Khyll-9**— James O'Brien, Eric Orsini, Kristie Daniel, Dawn Daniel, Greg McPhee, Eric Smith, Jeff Townsend, Steffi Raush, Phil Lang, Kyle Thomas

**Oakland Mills H.S. #1**— Greg Curtis, Eric Larson, Josh Tripp, James Liang, Mike Austin, Jeff Wong, Kevin Crandill, Dante Hayes, Joel Hampshire, Jay Herdson

**Silver Foxes Plus 2**— Nelson Stritehoff, Rick Rosen, Wayne Conway, Eric Katkow, Lee Cadorette, John Szabo, Bob Brown, Doug Brown, Jack Wilkinson, Joan Wilkinson

**Gecko Sex**— Tim Kvech, Cathi Brandenstein, Tina Jenkins, Michelle Mikulich, Pam Garrettson, Kerri Guilfoyle, Alex Gralia, Warren Grace, Stephen Goodman, Brent Kvech

## THE VOLUNTEERS

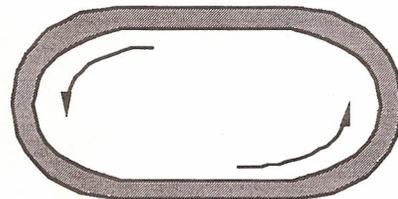
Tim Beaty

As race director of the 24 Hour Relay, I want to personally thank a number of individuals for their outstanding support. In particular, three individuals deserve special thanks— Basal Smith and his staff at Mt. Hebron High School, who didn't know we were coming until 10 days before the race; my wife Sherry Beaty who took care of many, many details while I was out of town on business for the 5 1/2 weeks before the race; and Alan Davis of Princeton Sports, who supplied necessary sponsorship for the event. I would also like to thank the following volunteers (in alphabetical order) —

Linda Ausfressor— setup artist  
Geoff Baker— official photographer  
Sherry Beaty— concessions, shirts sales  
Tom Brown— setup artist  
Mike Buckley— setup artist  
Tom Carcaterra— takedown and cleanup  
(but was sent home with broken ankle)  
Gerry Clapper— setup artist  
Jodi Conway— registration, concession, takedown and cleanup  
Paget Donnelly— registration  
Dick Fitzgerald— setup artist; takedown and cleanup  
Sandy Fitzgerald— concessions  
Brian Fleming— concessions; takedown and cleanup  
Bobby Gessler— setup artist; takedown and cleanup  
Paul Goldenberg— printing fliers  
Martin Goode— equipment  
Al Hannagan— lookout at Howard High  
Liz Humphries— lookout at Howard High  
Hattie Katkow— referee  
Larry Katkow— referee  
Ed Kirstein— data input  
Debbie Kocay— takedown and cleanup  
Scott Lutrey— finish and results (most 24 Hour Relays completed)  
Bill MacCormack— referee  
Fred Moss— registration  
Chuck Parvus— Howard County School board, general support

Joyce Rankin— RRCA liaison  
Rick Rosen— computer processing and use of truck  
Basal Smith— Mt. Hebron staff support  
Rusty Toler— referee and concessions  
Denise Underwood-Hannagan— lookout at Howard High; data input and results  
Rob Vigorito— supervision of setup, takedown and cleanup  
Jerry Warfield— setup and concessions  
Joe Wasserman— logo concept, logo items  
John Wheatland— setup  
Jack Wilkinson— computer system; programming and results  
Jim Woods— computer support, data input and results

Editor's Note— Unlike most other races, even a Marathon or a Triathlon, the 24-Hour Relay makes special demands on the runners and even more on the volunteers. Each relay team/ultra runner depends not only on the race officials (noted in Mr. Beaty's list above) but also on their own scorers/counters— who must record the mile or lap times of the runners. These unsung individuals may sit for hours at a time watching the relayers move monotonously around and around the quarter-mile track. Often, a recorder sits through the darkest hours of the night and foregoes a generous slumber to help their team. The Howard County Striders as well as Mr. Beaty wish to extend their sincere thanks to these individuals. They really make the race possible.



*Map of the new 24-Hour Relay Course at Mt. Hebron High School (Graphics by Jim Carbary).*

**ASK-A-NURSE:  
FAMILY FITNESS—  
IS IT POSSIBLE?**

Judi Carbary, RN, MPH, MR

"I don't have time." "I'm so out of shape." "My kids just sit around and watch TV." "My husband gets home from work so late he doesn't have a chance to exercise." Excuses, excuses.

Have you heard yourself and your family uttering these remarks? Isn't it time to make "fitness time" a part of your daily routine? With a few minor adjustments, you can help yourself and your family look and feel healthier and happier by committing to be FIT.

First of all, be sure your family members are in suitable medical condition. If your husband hasn't had a heart attack in the last month and can carry out the garbage, he's probably ready to start an all-out fitness program.

Second, a well-balanced, high-carbohydrate diet will help give everyone the strength and energy necessary for the fitness regimen. This may mean no more than eliminating the steaks you cook on the grill and those greasy pizzas from Dominos (yuck!).

Third, examine your daily schedule to see where you could best fit in at least 30 minutes of exercise. Do this by making an appointment with yourself— just as you would make an appointment with the hairdresser, doctor, or garage. Help each family member to make similar appointments. You could note these appointments on a calendar, for instance. You can help everyone feel the need for exercise by asking them to think about why exercise is good for them. If they feel the need to be fit, they will help them stay committed to fitness.

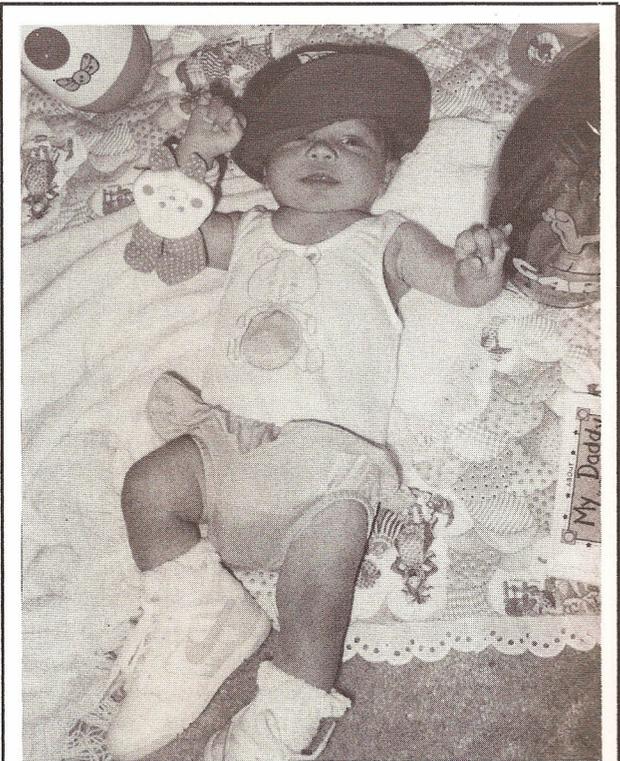
Next, decide what form of exercise will be the most beneficial, enjoyable, and easiest to fit into the day's schedule. For most of us Striders, this means running. But a variety of cross-training can also be fun— biking, swimming, hiking or walking, or in-line

skating. Just make sure you perform these exercises for at least 30 minutes each day. Remember to drink plenty of fluids, especially during warm and humid weather.

Last but not least, plan special rewards as incentives for continuing fitness efforts. Keeping daily logs, planning fun rest-days off, a shopping spree for that special outfit two sizes smaller, a dinner out at a special restaurant, or a trip to Hawaii to do the Ironman Triathlon.

You'll soon find that your 30 exercise minutes are the most enjoyable part of the day. The time spent exercising might even replace a second helping of dessert or watching Vanna White flip over those inane letters or even the Bush-Clinton exchanges.

Remember the immortal words of Adolph Reebok: "Life is short— play hard."



*Jim and Judi Carbary happily announce the birth of the newest Howard County Strider— Rachel Beth— on July 20, 1992. (photo by Jim Carbary).*

## PRESIDENT'S LETTER

Paul Goldenberg

As always, this column is late and editor Jim Carbary is bemoaning my procrastination. But good things come to those who wait. Had I written this column before the deadline, I would be unable to report that the Striders conquered the host team from the Montgomery County Road runners in the Annual 7 Mile Challenge Race. This year the race featured a new course, and the "Cross-County Challenge" was a fitting replacement for the old Brighton Dam course. The new course was difficult, hilly, and (for this year at least) wet. Much of the course ran through the remote reaches of Howard County, and the hilly terrain seemed less intimidating to the Striders than to the Montgomery contingent. Our victory in the race means that we have performed the equivalent of a [tennis] Grand Slam as we also triumphed over all comers at the MD-DC RRCA 10 Mile Challenge Race in February. (There are reportedly other interclub challenges in the area, but because they do not involve us, they are clearly of minor importance.) This year marks the first time in my tenure as president that the Striders have won either of these prestigious challenges. While I recognize that my own running contributed little to these achievements, I would like to think that I provided some measure of motivation and enthusiasm. To those of you who made these victories reality—thank you! To those of you who never made the starting line because you got lost, next year we promise better directions. We expect a huge turnout as we defend our title next September.

Saturday, September 12, was the 4th running of the Masochist Marathon. This highly unofficial event has become a regular fixture on the Bagel Runners Circuit and is the only full marathon staged in Howard County (more on that below). The traditional course of past Masochist Marathons has been a variation of the Saturday Bagel Run 16 and

20 mile courses. Last year, Chris Nugent (who won the Challenge Race for us) missed a turn at Triadelphia Road and continued running all the way to Mount Airy. When Chris returned to Columbia in a taxi, Joe Wasserman, the director of the Masochist, immediately recognized that a legend had been born. This year, to commemorate Chris' running "where no man had gone before," the Fourth Annual Masochist Marathon ran point-to-point following the route Chris ran last year. This year, 23 brave runners completed the hilly course. Chris won legally in 2:59:07. Running his first marathon, Chris' Bagel Run training partner Mike Buckley finished second in 2:59:08. Ben Mathews clocked an impressive 3:08 to win the master's title. With a 3:37:20, Patti Hecht was the first woman to finish, and Heide Splete, with a 4:01, became one of the few to use the Masochist as their inaugural marathon. Among other notables, she joined Mike Buckley, Rick Hatfield and Bob Hecht in that first-time-marathon club.

Speaking of exclusive clubs, only three runners have completed all four Masochist Marathons. These four have thus become charter members of the 100 Mile Club—Joe Wasserman, Tom Brown, and yours truly. Joe stated that this will be the last running of the Masochist. Some of us have other ideas.

However, there will *not* be a Masochist Marathon next year. That's because next September we will stage the one-time-only "Marathon Columbia." That will be your opportunity to run 26 miles to celebrate Columbia's 26th birthday. Enthusiasm is growing and the planning is well underway. The course will be largely in Columbia and promises to be a first-class event. If you want to get involved let me know. This is a major undertaking for the Striders and the countdown to the Marathon Columbia begins today.

By now you should have seen entry forms for both the Columbus Chase and the Metric Marathons, and both these events should be marked in ink on your calendars. This year the Chase has a new food sponsor—Casa Di Pasta of

Harpers Choice will supply three gourmet pasta salads. In addition, there will be muffins, fruit, and more. The Moon Bounce is back and there will be face painting for children of all ages. The One Mile Fun Run is free and there will be water bottles for all fun run finishers. As always, there will be lots of random prizes.

The Metric Marathon continues as one of the premiere distance events in the area. Race director Rick Hatfield promises the first class event everyone has come to expect. Lots of post race food will help you celebrate your run over the beautiful hills of Howard County. This year's shirt features a new design that belong in every serious runners wardrobe. No fashion-conscious runner will be seen this winter without Mr. Metric on his or her long-sleeve shirt! Plan now to run or volunteer.

Finally, as the school year begins, I remind you that the Striders are proud to be Educational Partners with the Howard County Public Schools. The success of this program depends on the active participation of the club's members. If you would like to help out in the partnership, please let me know.

**HOWARD COUNTY STRIDERS  
1992 BOARD OF DIRECTORS**

Paul Goldenberg, <i>President</i>	730-3566
Nadia Wasserman, <i>Vice President</i>	381-6385
Phil Lang, <i>Secretary</i>	995-0135
Dave Tripp, <i>Treasurer</i>	730-4499
Joshua Tripp, <i>Membership</i>	730-4499
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Heide Heidepriem, <i>Jr Striders</i>	531-2792
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Barbara Calvert, <i>Women's Committee</i>	461-2045
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Rick Rosen, <i>At Large</i>	381-3635
Bill MacCormack, <i>At Large</i>	461-2757
Pat Brooks, <i>At Large</i>	461-1197

## JUNIOR STRIDERS SHINE IN SUMMER COMPETITIONS

Five Howard County Junior Striders participated in the AAU Regional Track and Field Meet held in Amber, PA, on July 11-12. Zachary Heidepreim collected three medals among the 11-12 boys by winning the 1500 meter race (4:48.7) and finishing second both the 800 meter race (2:23.2) and the 3000 meter race (10:24.9). He set personal bests in each event. Meanwhile, teammate Keith Jackson finished third in the 13-14 boys pole vault. Their performances qualified both boys for the AAU National Championships. In addition, Steve Dix also placed fifth in the 13-14 boys 100 meter hurdles and competed in the 200 meter hurdles. In the 11-12 age group, Randall Calvert ran the 80 meter hurdles and participated in the high jump, while Allison Pople ran the 1500 meter race in the 13-14 girls group.

On the weekend after the Amber meet, Zach Heidepriem won a gold medal at the East Coast Invitational Track and Field Meet at Towson State University in Baltimore. He zipped through the 1500 meter race in a personal best of 4:45.6 and thereby captured the 11-12 boys age group championship. Because he had won the same race in the 8 and under and 9-10 age groups (in 1989 and 1991), Zachary qualified for the East Coast Invitational Hall of Fame. The 1992 edition of the East Coast Meet drew a record 2646 competitors from 21 states and over 140 running clubs.

Finally, Keith Jackson and Zachary Heidepreim went on to the AAU Junior Olympic Track and Field National Championships held in Rochester, MN, on August 4-9. Jackson placed 8th in the 13-14 boys pole vault with an effort of six feet. Eleven-year-old Zachary picked up no fewer than three national championship medals by finishing third in the 3000 meter race, fourth in the 1500 meter race, and sixth in the 800 meter race. He also collected personal records of 10:17.5 for 1500 meters and 2:20.5 for 800 meters.

## FALL SCHEDULE

The summer wasn't so bad was it? The dust from Mt. Pinatubo gave you cool days just when you needed them—just like the editor said. But this fall could be even better. Come out and try the Fall Series, which features veteran director Bob Burns (992-9765). The Fall Series features all your favorite courses and entertainments. The Striders also promise immediate coverage (via radio) of Redskins football.

The Striders host four special races this term. The Columbus Chase will take place on Sunday, October 11, along an all-new and much flatter course. The Metric Marathon on December 6 gives runners a pleasant alternative to grueling fall marathons. Club members can earn series bonus points for volunteering for these races. The Striders also put on two prediction runs—the 10k Turkey Trot (November 26) and the 8k (January 1, 1993)—in which runners start some time after 9:30 am and, wandering aimlessly without timing devices, try to finish the appointed courses precisely at 11:00 am. Expect interesting awards from the prediction races!

Finally, from the Halls of Montezuma, the Marine Corps Marathon moves one week ahead this year. That means you must adjust your training schedule to accommodate a 26.2 miler on October 25, which is the last full weekend of the month.

- 
- 13 Sept Fall Series Begins  
2:00 pm Jeffers Hill Neighborhood Ctr
  - 20 Sept Fall Series  
2:00 pm Thunder Hill Elementary Sch
  - 27 Sept Fall Series  
2:00 pm Longfellow Elementary Sch
  - 4 Oct Fall Series  
2:00 pm Jeffers Hill Neighborhood Ctr  
(Scholarship Benefit Races)

- 11 Oct Columbia Columbus Chase  
9:00 am Howard Community College  
Paul Goldenberg (730-3566)
- 18 Oct Fall Series  
2:00 pm Thunder Hill Elementary Sch
- 25 Oct USMC Marathon (NEW DATE!)  
8:00 am USMC Memorial, Arlington  
703-640-2225/690-3431
- 1 Nov Fall Series  
2:00 pm Longfellow Elementary Sch
- 3 Nov Election Day-- EXERCISE YOUR  
RIGHT TO VOTE
- 8 Nov Fall Series  
2:00 pm Jeffers Hill Neighborhood Ctr
- 15 Nov Fall Series  
2:00 pm Thunder Hill Elementary Sch
- 22 Nov Fall Series  
2:00 pm Longfellow Elementary Sch
- 26 Nov Turkey Trot Prediction 10k  
>9:30 am Jeffers Hill Neighborhood Ctr  
Paul Goldenberg (730-3566)
- 6 Dec Metric Marathon  
8:00 am Columbia Town Center  
Rick Hatfield (740-0978)
- 13 Dec Fall Series  
2:00 pm Thunder Hill Elementary Sch
- 20 Dec Fall Series  
2:00 pm Longfellow Elementary Sch
- 1 Jan Resolution Run 8k  
>9:30 am Jeffers Hill Neighborhood Ctr  
Dave Tripp (730-4499)

Note: Any Striders who participated in the Women's Distance Festival or the 24 Hour Relay and would like to obtain photographs may wish to contact Mr. Geoff Baker at 461-7291. Geoff acted as the official Strider photographer at these races.

# 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

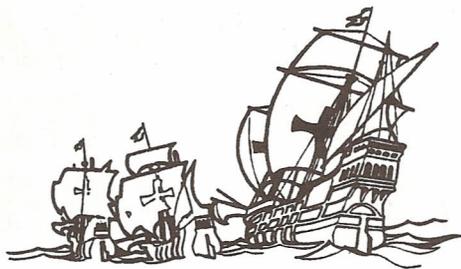
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Address

Street

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

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



# The 11th Annual Columbus Chase 10K

9 a.m. Sunday, October 11, 1992

Proceeds benefit the  
HCC Educational Foundation



**CELEBRATING 500 YEARS OF DISCOVERY  
WITH MANY RANDOM PRIZES, GREAT FOOD, FAMILY FUN**

**Course:** New improved course! Start/Finish at Howard Community College's Physical Education Center. Paved roads, fast finish, accurately marked & measured course.

**Awards:** Grand prizes to top three men and women. Gift certificates to age group winners. Awards 3 deep in all Age Groups. Spectacular Traveling Trophy to the winning team. 5-color high quality long-sleeve tee-shirts to all 10K runners.

**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 +

**Amenities:** Generous food spread and drinks for all! Moon Bounce & family fun! Indoor restrooms, showers, and locker facilities (bring your own lock and towel). Ample parking. Aid stations with friendly volunteers.

**Registration:** 10K, \$12 (non-refundable), \$15 on race day. 1-MILE FUN RUN, free, water bottles to participants. TEAMS, \$100. Bring a 5-person (must be coed) team from your company, club, or agency for the great Team Challenge. All team members must be employees of your company or agency, or members of your club. Submit entries in the same envelope and mark outside of envelope "TEAM CHALLENGE".

**Packet pick-up:** At Feet First, Oct. 7th-9th, 10am-9pm, Oct. 10th, 10am-6pm; at HCC on race day.

Sponsored by:



For more info call Feet First (410)992-5800, Howard County Striders (410)964-1998, or Princeton Sports (410)995-1894

**REGISTRATION:** Make check payable to Howard Community College. Send SASE (self-addressed stamped envelope) and check to Columbus Chase, c/o Feet First, 10451 Twin Rivers Road, Columbia, MD 21044. Confirmation by mail if entry is received early enough with SASE.

OFFICIAL USE ONLY

Please print. Entry not valid unless all information is filled in. 1992 COLUMBUS CHASE 10K & FUN RUN

Name: first  last  Sex: M  F

Street:

City:  State:  Zip:  Birthdate: mdy

Age as of 10/11/92:  Phone:  -  Shirt size: M  L  XL

10K Race \$12  Fun Run (free)  Team Challenge \$100, Team Name \_\_\_\_\_

I know that running a road race is a potentially hazardous activity. 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 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 the Howard County Striders, Inc.; Howard Community College; the City of Columbia; Howard County, Maryland; and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

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

Parent's Signature if Under 18 years old \_\_\_\_\_ Date \_\_\_\_\_







Don't Forget the Strider Special Events this Fall:

Columbia Columbus Chase 10k  
Howard Community College, October 11, 9:00 am

U.S. Marine Corps Marathon  
USMC Memorial, October 25, 8:00 am

Metric Marathon 26.2k  
Columbia City Center, December 6, 8:00 am

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

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Columbia, MD 21045  
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