

# FOOTPRINTS



NEWSLETTER OF THE HOWARD COUNTY STRIDERS  
VOLUME 12, NUMBER 2—SUMMER, 1992



*Bobby Gessler and Piriya Pinit flashed past the umbrella'd crowd at the bottom of the first hill (photo by Phil Lang)*



*With a burst of speed, Vicki Lang finished 7th woman overall and placed second in her age group with a 40:36. (photo by Phil Lang)*

## SOGGY CLYDES DRAWS OVER A THOUSAND

Everybody seemed to like the new Clyde's 10k course except Kenny Fowler, who finished second in this year's race. Not that the course was particularly slow, or particularly hilly, or that the drizzle chilled his muscles and made his racing shoes heavy. "I just couldn't loosen up," the local favorite remarked after finishing only 22 seconds behind winner Brad Uhlfelder.

Uhlfelder and Fowler broke away from the lead pack around two miles, where most of the other top runners also began to string out. The two leaders raced together until the bottom of a

hill near 3 1/2 miles. There, Uhlfelder made a surge. Not a mighty, overpowering surge, mind you, but just one of those little I'll-try-this-and-see-what-happens sort of things, and suddenly Ken found himself a few seconds off the lead. He tried desperately in the last mile to come back but the day was against him. Cold, wet and bedraggled, he settled for second place in a (for him) slow 32:23.

On the women's side of the chute, Robyn Humphrey took on Arlington's Laura Fiedler and suffered a similar fate. Robyn ran neck and neck with Fiedler for most of the race and, hearing her competitor breathing hard, thought she could out-sprint her at the finish. But (continued next page)

(CLYDES 10k—)

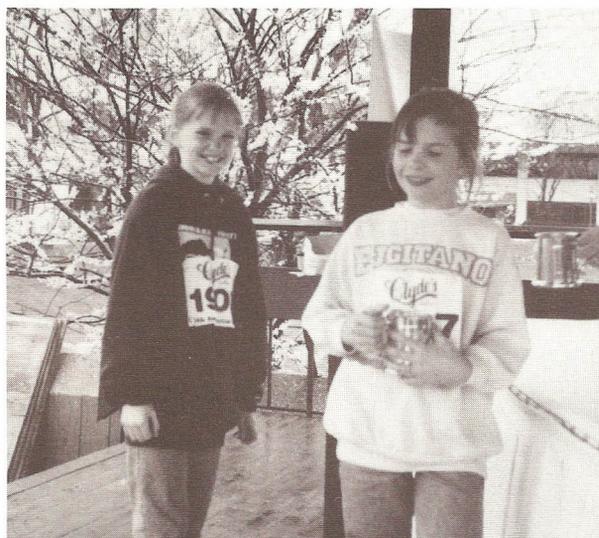


*Robyn Humphrey finished second overall after Laura Fiedler sprinted past her at the Exxon Station. (photo by Phil Lang).*

Robyn's lightning kick had barely begun when Fiedler unleashed a devastating sprint of her own. Between the Exxon Station and the finish line, Fiedler gained 10 seconds on Humphrey and won the women's race in 38:21. Robyn didn't blame the course, which she enjoyed, but later thought better of her strategy of trying to outsprint a George Mason University track star. "I should have known better," she said.

Uhlfelder had a time of 32:01, the slowest winning time for a Clyde's race since the competitions began in the days of the ancients. Curiously, the champion commented after the race that he felt rather "bored" during the event in spite of Fowler's hot pursuit. Uhlfelder also remarked on his tendency "to sink to the level of my competition."

Chris Nugent offered perhaps the most dramatic finish of the day. After dogging Uhlfelder and Fowler for 6 miles, he and Jim Clelland reached the top of the last hill together and swept toward the finish line in a dead heat. A hundred yards from the line Chris let fly with a tremendous sprint that several observers called "inspirational." The rush unhinged Clelland's own surge and Nugent flashed across the finish line in third



*Lauren and Rachel Drake collected pewter mugs for finishing 1-2 among the under-14 women. (photo by Jim Carbary)*

place with a 32:48- a full four seconds ahead of his competitor.

Although Striders did not win the overall top spots, they did dominate the age groups. Having just turned 11 the Tuesday before, Zach Heidepreim crushed the opposition in his under-14 age group with a personal-best of 39:14. Not only did Zach beat his nearest age-group rival by over two minutes, he also bested his father Heide by over a minute. The 39:14 marked the second time Zach had broken 40 minutes. On the female side of the same age group, the Drake sisters proved the class of the field. Lauren (age 12) claimed the top spot among the under-14 women with a 49:43, while Rachel (age 9) took second five minutes later. Bryan Drake rounded out the family's winnings with a third place finish among the 15-19 men, while Joe Rankin legged a 36:49 to win the age group.

Many of the young age-group winners came out of the Howard County Junior Strider program, for which Craig Chasse serves as coach. Craig demonstrated proper racing techniques to his minions with a 33:17 effort and a sixth-place finish overall. As late as the third mile, Craig was actually in third place overall. But he had helped his friend move the day before and fatigue (as well as an injured finger) prevented him from holding the pace. Chris

Samley took advantage of Craig's distress and slopped past him during the later stages of the race. Chris went on to win the men's 25-29 group (5th overall, 33:12), while Craig placed first among the 20-24 men.

Vicki Lang came up with the second-best time of the 20-24 women and finished seventh overall. She never quite broke into the group of the leaders, although she did manage to climb as high as fourth overall at least once during the race. "I felt tight and couldn't hold on," she commented on her 40:36 performance, which was slower than usual. In the next age-group, triathlete Janelle McIntyre raced a 41:58, which was good for second place among the 25-29 women and 9th overall. After having a baby girl last September, Janelle ran the Cherry Blossom race and competed on the women's teams at the Nike Women's race and the Constellation 10k.

Among the elder runners, Jim Carbary outlasted nemesis David Lowe (the hero of the 10 Mile Challenge Race) for the title of fastest master runner. Jim pulled away from Dave early in the race and cruised to a righteous 35:23 (17th overall). Meanwhile, the Strider's 46-year-old Piriya Pinit made a bold run at Lowe and almost nipped him in the last quarter mile. Pinit placed first among the 46-50 men; his 36:19 earned him 24th place overall. All three men vow to continue their age-group war until one of them drops.

Judith Stiff entered a new age group at Clyde's and promptly beat Helen Beyers, the local leader among the over-50 women. Judy cruised the 10k at a smooth 8-minute-per-mile clip to finish second in the 50-54 women with a 50:32, while Helen settled for third in the same category.

Bob Archibald and Clarence Wingate took second-place honors in their respective age groups. Bob ran a 45:03 for his award among the 55-59 men, while Clarence had to run a 42:52 for his. Having just won an award at the Cherry Blossom 10-Miler, Clarence couldn't overcome a strong challenge from Baltimore's George Yannakakis, who won the over-60 category with a 41:47.

This year's edition of Clyde's followed a brand-new course because of the construction on Broken Land Parkway. The course began at the pedestrian overpass at the Mall and

## CLYDE'S TOP FINISHERS

### TOP 10 MEN

1. Brad Uhlfelder	32:01
2. Ken Fowler	32:23
3. Chris Nugent	32:48
4. Jim Clelland	32:52
5. Chris Samley	33:12
6. Craig Chasse	33:17
7. Marc Rogers	33:19
8. Gary Anderson	33:34
9. Dennis Albright	34:03
10. Keith McIntyre	34:11

### TOP 10 WOMEN

1. Laura Fiedler	38:21
2. Robyn Humphrey	38:31
3. Audrey Menkes	39:01
4. Barb Willig	39:29
5. Joy Glass	40:09
6. Christy Peters	40:26
7. Vicki Lang	40:36
8. Rebecca Canner	41:34
9. Janelle McIntyre	41:58
10. Alice Sue Klages	42:06



*Mere steps from the finish line, John Keuhls (left) burst past Piriya Pinit (1st, 45-49 men) to beat him by one second. (photo by Phil Lang)*



*Clarence Wingate ran the entire 10k race in heavy tights and still placed second in his age group. (photo by Phil Lang)*

launched immediately up the hill- the steepest of the race- on Little Patuxent Parkway. At the top of the hill, the route turned right onto Governor Warfield Parkway and went downhill back to Little Patuxent, where it turned left. By that point, the drizzle had thoroughly soaked most of the runners. The course turned left on Columbia Road and entered the Village of Running Brook. The runners staggered up the next hill on Columbia Road, turned 180°, and came back downhill. Outgoing runners cheered on their friends and favorites among the incoming runners. The runners hardly enjoyed the downhill because the course soon turned onto Ten Mills Road and then onto Whetstone Road and another uphill. Whetstone joined back with Ten Mills, from which the course turned left onto West Running Brook, where the runners faced a series of small, easy hills. West Running Brook to the now-totally-soggy runners back to Little Patuxent Parkway, where they ran straight to the finish from the Exxon Station. At least one runner [who wished not to be named] said he regarded the Clyde's course as the best he'd ever run. Dave Tripp even suggested the course was a few yards long.

Exactly 1418 people registered to run the race, but many did not appear on race morning because of the weather. About 100 registered in person on race day in spite of the drizzle. A total of 1030 finished— 229 women and 801 men. Of the 229 women, three finished in the men's chute by mistake and almost fouled up the results.

Because the course went through the heart of a Columbia neighborhood, the Strider race



*Gary Anderson (2nd, 30-34 men) wore a head bandana, which he also uses for housework. (photo by Phil Lang)*

managers anticipated traffic problems from the numerous driveways, cul-de-sacs and garden apartments— all of which threatened to disgorge cars at inopportune moments during the race. To combat these potential hazards, the Striders went to the precaution of canvassing the relevant houses well before the race to ensure cooperation of the locals. The Striders enlisted no fewer than 38 traffic control marshals, by far the most ever involved in a Strider race. Finally, the club relied on the able assistance of the Howard County Police Department. The effort seemed to pay off, because few runners reported any problems with traffic (a notable exception being Kenny Fowler at 5 miles) and the police reported no complaints.

The rain itself posed the most serious problem for most runners, who combated it as best they could. Many runners wore the classic painters gloves to keep their hands warm, while others wore nylon jackets. Jim Carbary and Piriya Pinit wore official Baltimore Oriole baseball caps, and Clarence Wingate wore tights and a bicycling cap. At least one individual ran with an umbrella.

Nadia Wasserman artfully managed the whole race this year. She received support from a hard-core group of road volunteers who tended their duties for over an hour in the cold rain. The finish line crew overcame errant women as well as the drizzle and provided over a thousand tags to the scoring crew, who nestled deep inside Clyde's and sipping hot coffee, actually reloaded 500 names and still had time to print the results before noon.

## STRIDERMEN at CLYDE'S

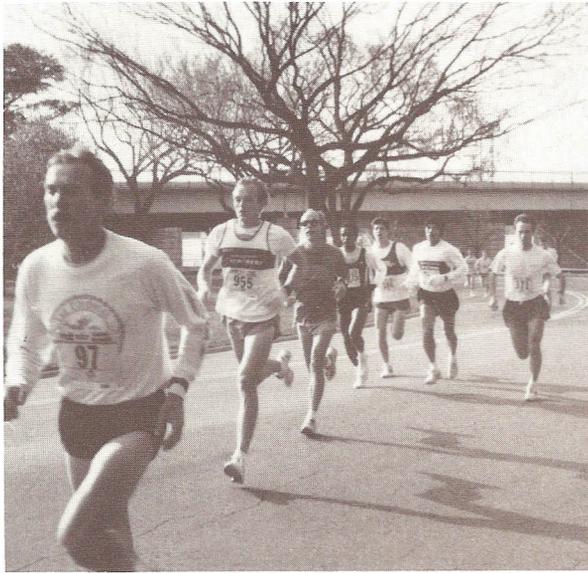
2. Ken Fowler	32:23
3. Chris Nugent	32:48
4. Jim Clelland (1st, 30-34)	32:52
5. Chris Samley (1st, 25-29)	33:12
6. Craig Chasse (1st, 20-24)	33:17
8. Gary Anderson (2nd, 30-34)	33:34
10. Keith McIntyre	34:11
13. Michael Buckley	34:17
15. David Brightwell (2nd, 25-29)	34:26
17. Jim Carbary (1st, 40-44)	35:23
23. John Kuehls	36:18
24. Piriya Pinit (1st, 45-49)	36:19
25. James Kelly	36:22
29. Joseph Rankin (1st, 15-19)	36:49
33. Boobby Gessler	37:12
36. Chris Cucuzzella (3rd, 25-29)	37:43
37. Timothy Bradley	37:45
43. Paul Sobus, Jr.	37:57
45. Bryan Drake (3rd, 15-19)	38:10
48. Kyle Thomas	38:16
56. Nelson Stritehoff	38:42
58. Greg Oliver	38:48
60. Stephen Olenick	38:55
61. Steve Klose	38:58
62. Dan Laukzemis	38:59
63. Jim Disciullo	39:03
68. Zach Heidepriem (1st, under-14, PR)	39:15
79. Bob Hecht	39:41
84. Mark Isaacson	39:50
88. Jerry Warfield	39:56
94. Heide Heidepriem	40:19
95. Tom Brown	40:24
102. Dan Sobus	40:48
103. Ed Silverman	40:49
106. Joe Wasserman	40:55
108. Steven Feldstein	40:49
124. Mick Slonaker	41:26
126. John Przybysz	41:27
128. Tom Purcell	41:32
138. Michael Strzelecki	41:52
142. Roger Calvert	42:00
158. Tom Holland	42:29
177. Clarence Wingate (2nd, over-60)	42:52
218. Boyd Davis	43:57
225. Mel Quecan	44:13
226. Adam Gaydosh	44:17
232. Ryan Williams	44:27
235. Rusty Toler	44:29
242. Keith Jackson	44:43
259. Bob Archibald (2nd, 50-54)	45:03
263. Wayne Conway	45:08

266. Allan Fields	45:12
338. Matt Augustin	47:55
428. Dick Woods	48:49
448. Donald Plasse	49:24
453. John Neal	49:32
513. Joe Burkert	51:10
568. Tom Rankin	52:20
767. Evan Brooks	60:51
787. Seth Cohen	64:40
797. Dennis Muñiz	67:14



## STRIDERWOMEN at CLYDE'S

2. Robyn Humphrey	39:31
7. Vicki Lang (2nd, 20-24)	40:36
9. Janelle McIntyre (2nd, 25-29)	41:58
19. Char Sobwick	44:46
20. Deborah Chaney	44:47
21. Jennifer Matthews	44:59
22. Janet Rankin	45:10
27. Angelika Kirkland	45:50
31. Susan Altman	46:09
40. Patti Hecht	47:08
42. Alice Isaacson	47:12
44. Linda Ausfresser	47:28
60. Lauren Drake (1st, under 14)	49:43
61. Karen Mays	49:52
72. Judith Stiff (2nd, 50-54)	50:32
89. Liz Humphries	52:02
98. Andrea Almand	52:56
100. Helen Beyers (3rd, 50-54)	53:02
106. Brenda Proctor	53:42
108. Meri Adams	54:01
110. Barbara Calvert	54:13
115. Kathleen Bochen	54:41
124. Sandra Porter	55:15
129. Rachel Drake (2nd, under 14)	55:32
160. Arleen Kvech	58:30
169. Jeanne Wilkinson	58:34
172. Caskie Lewis-Clapper	58:45
190. Patricia Brooks	60:56



*Tim Bradley and Piriya Pinit (in HCS singlets) used a gaggle of runners to shield themselves from the wind on Hains Point (photo by Judi Carbary)*

## CHERRY BLOSSOM CHILL 1992

A contingent of 45 Striders competed on a blustery April morning in the 20th Annual Cherry Blossom 10 Mile Road Race. At race time, the temperature stood at about 40°F and a chilly breeze came down across Hains Point from the usual direction, but at least the predicted snow and freezing rain did not materialize. Runners who met at the Strider pavilion debated whether to run in tights or shorts. Tom Bowmaster attempted to settle the discussion by declaring that “anyone who runs in tights is a wussy.”

The cold weather affected nearly everyone's performance. The Striders' best runners, Dave Berardi, Tom Bowmaster and Gerry Clapper, reported their slowest ever times at the 10 mile event. But although none of the three broke 51 minutes, they all had exceptionally good races. Berardi, the Strider Runner of the Year for 1991, led Bowmaster and Clapper by a wide margin at the six mile mark and seemed to be on the verge of a truly spectacular race. Indeed, Dave claimed to have drawn a bead on the two Kenyans who headed

the field— and if they hadn't cut across Hains Point he might actually have closed with them. But the wind confounded his efforts and he got tired in the last few miles. Bowmaster and Clapper ran much of the race on each others' shoulders and gained on the wavering Berardi near nine miles. In a last-gasp sprint, old Gerry burst past Dave in the final mile and beat him by four seconds in 51:31. Mr. Bowmaster hung close and wound up with a fine time of 51:44. The three Striders all placed among the top 25 in the world-class field and won golf shirts. “Hey, at least we got free entries,” remarked Dave Berardi afterwards.

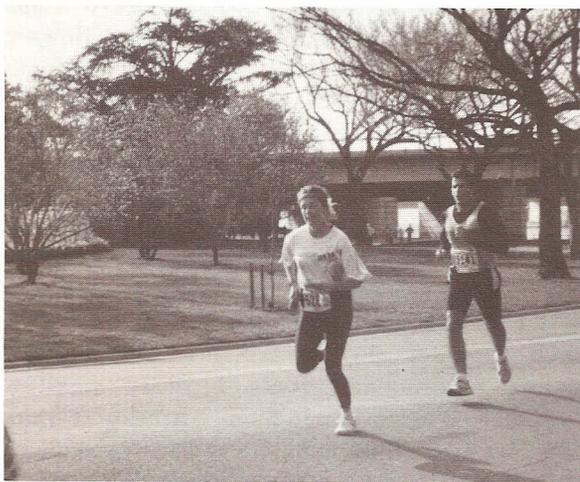
Chris Nugent and Randy Wykoff had rather more interesting stories to tell. The DC Road Runners chose 1992 as the first year to actually start the race on time, so the horn sounded, as advertised, at *exactly* 8:00 am. Unfortunately, the Urge of Nature found both Chris and Randy in the port-a-johns at precisely that moment. When they heard The Call, they promptly concluded their business and bolted headlong for the starting area, both going the long way around the snow fences. Of course, nobody knows how well they might have run had they made the start, but on their watches Chris recorded a 53:23 and Randy a 64:33. They must have run over a lot of slower runners to compile such times.

The cold breeze wafted at least three runners to personal records at the 10-mile distance. Triathlete Dolly Ginter ran her second 10-mile PR of the year with a 62:52 and led all Strider women at the event. Ginter credited her success to having bicycled only 20 miles the day before. Keith McIntyre, another triathlete, cruised through the 10 miles in a personal-best time of 55:31, and he thought the wind slowed him down. Finally, Tim Bradley (not a triathlete) set a 10-mile PR of 60:04. He broke his old record by only a few seconds and came disappointingly close to cracking the magic barrier of one hour. Better luck next time, Tim.

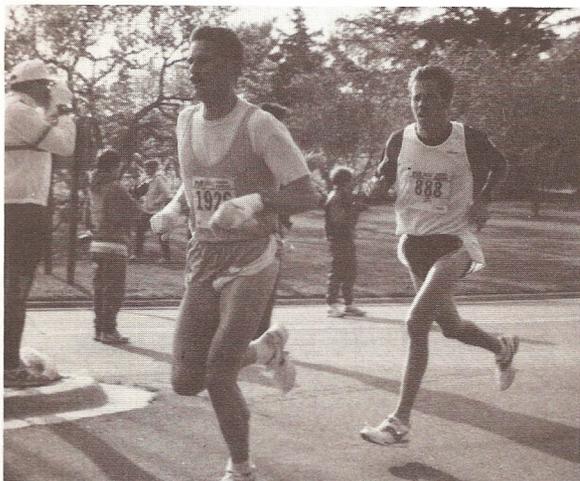
Jim Carbary led all the Strider masters' runners until 9.999 miles, at which point the wiley Piriya Pinit zipped in front of him to win the battle for the chute with a clocking of 60:01. However, Clarence Wingate proved a most honored Strider master. With a time of 68:46, the 63-year-old Wingate actually placed third in his age group and took home a *real* award. Clarence's trophy came as no real

surprise, since he had won something in the over-60 age group at last year's Cherry Blossom.

The Striders reported mixed feelings about the race. Some, like Karen Harvey, refused to release their times to these pages, while others enjoyed an excellent 10 mile jaunt. Miles Weigold summed up the sentiments of the latter group when he expounded, "To finish is to win!"



*Beginning a hot spring season, Dolly Ginter recorded a personal best and was the first Howard County woman at the Cherry Blossom 10 Miler. (photo by Judi Carbary).*



*Keith McIntyre (right) had the fastest PR of the day at Cherry Blossom— 55:31. (photo by Judi Carbary).*

## STRIDERS AT CHERRY BLOSSOM

Gerry Clapper (15th)	51:31
Dave Berardi (17th)	51:35
Tom Bowmaster	51:44
Chris Nugent	53:23
Gary Anderson	55:09
Keith McIntyre	(PR) 55:31
Chris Samley	no time
Dave Brightwell	58:04
John Kuehls	58:54
Piriya Pinit	60:02
Jim Carbary	60:03
Tim Bradley	(PR) 60:04
Dolly Ginter	(PR) 62:52
Randy Wykoff	64:33
Robyn Humphrey	65:18
Alex Seyal	67:01
Dave Tripp	67:57
Ed Silverman	68:15
Clarence Wingate	68:46
Ray Plotecia	69:42
Zach Heidepriem	69:53
Heide Heidepriem	69:58
Eric Kocay	70:08
Janelle McIntyre	71:35
Tadd Glenn	72:10
Mike Strzelecki	72:35
Todd Kane	72:50
Jennifer Matthews	73:17
Robert Vigorito	73:22
Bill Neumann	74:01
Rick Hatfield	75:05
Ed Humphries	76:10
Debbie Kocay	77:00
Bill MacCormack	77:35
Valerie Rogers	78:15
Eric Katkow	80:29
Jill Anderson	(1st 10 miler) 88:40
Len Thompson	89:17
Miles Weigold	89:25
Karen Ohlrich	92:15
Barbara Calvert	no time
Jim Berndt	no time
Karen Harvey	no time
Warren Ohlrich	DNS*

\* Did not start because of an injury suffered while skiing.

## A RUN FOR THE BIRDS— THE ORIOLES 8K

The Orioles Advocate 8k race took place on the same day and at the same time as the Cherry Blossom 10 M. The popularity of the baseball team as well as its new stadium caused the race field to fill up early, so that nearly as many people ran the Baltimore race as did the Washington race. Of course, several Howard County Striders ventured down to Baltimore that morning, too.

The Striders' own Kenny Fowler added to his growing legend by winning the race outright with a sub-25 minute performance. The victory marked his second major Baltimore victory in two months—he had also won the O'Doul's 5k on St. Patrick's Day.

Vicki Lang added to her own legend with a seventh place finish in an exceptionally strong women's field. Her time of 30:25 was only 2:30 behind her husband Phil, who was himself 15th in the men's field.

In spite of some strong performances, Strider participants noted some problems with the race. The race started 30 minutes late, which left hundreds of runners milling aimlessly about near the starting line, which itself wasn't well-marked. A barrier seemed to block the path of some runners, and a police car parked in the middle of the course near the start. The two-mile mark also appeared disappointingly short; this mismeasurement suggested to many that the whole course was short.

The 8k course ran from the old Memorial Stadium, going mostly downhill, to the new Camden Yards Stadium. The runners finished on the warning track and got a spectacular view of the new park. Unfortunately, they couldn't exit the park for a long time after the finish. By then, it was almost time for the first game.

### TOP HOWARD COUNTIANS AT ORIOLE ADVOCATE 8k

Ken Fowler (1st overall)	24:35
Phil Lang (15th)	27:48
Vicki Lang (7th woman)	30:25

## WASSERMAN ENTERS FIFTH DECADE

The venerated Joe Wasserman, chief bagel-runner, commissioner of the Masochist Marathon, and t-shirt magnate, recently approached the age of 50 and enjoyed a birthday party. On Saturday, June 6, several dozen Striders flocked to his birthday celebration at Slayton House in Wilde Lake Village Center.

Among the many well-wishers, Dave Tripp cited Joe as a "morale-builder" for the Howard County Striders and even told a story about how Joe would go to heaven and go to bed with Michelle Pfeiffer or something. Dave seemed especially happy that Joe was moving into another age group.

Unfortunately, Joe had limited success attempting to blow out the six candles on his cake. All the well-wishers sighed, knowing that the old fellow's wind was failing.

Of course, any Wasserman celebration requires t-shirts and Joe's birthday was no different. The official 50th Birthday T-shirt said "Rock, Run, Celebrate" and will certainly become a classic collector's item. The traditional t-shirt distribution preceded the party.

A large number of runners participated in the Bagel Run that morning. All of them wore the number "50" on their shorts or singlets. Miles Weigold, dressed waiter's apparel, met the runners at the waterstop and served champagne beneath giant red numbers "50" nailed to the telephone post.

Joe's wife Nadia conceived and executed the surprise party several weeks in advance of his real birthday. Joe actually celebrates his 50th birthday on June 24.

### SUMMER FUN RUNS AT ARLEEN'S

Tuesdays, 7:30 pm  
10114 Colonial Drive  
near Centennial High School  
Call Arleen (465-7735)

## GINTER LEADS STRIDER WOMEN'S TEAMS TO GLORY

This spring the Striders sent women's racing teams to the Nike Women's Race in Washington and to the Constellation 10k in Baltimore, and Dolly Ginter led each with a personal best. On Mother's Day at Hains Point, Dolly took advantage of the flat course and the ideal weather to post a PR of 29:25. NO MISTAKE— she actually ran sub-six for the whole distance. Three weeks later on the streets of Baltimore, she blasted through the hot, stagnant air to achieve a 10k PR of 37:55 and come in 9th overall woman. Ginter has now achieved personal bests this spring at 10 miles (Cherry Blossom), 10k and 8k.

The Nike race drew about 3000 women runners from all over the world. The field included the fastest women ever assembled, as evidenced by Liz McCoghlan's 24:48 world record. The Striderwomen in the race also used the ideal conditions for some of their best performances. Besides Ms. Ginter, Karen Ohlrich also established an 8k personal record (41:25). Masters' runner Linda Lash legged a 34:05 and took home an award for 4th place in the 40-44 group. Dolly's teammate GeriAnn Bell almost broke 30 minutes herself with a time of 30:31.

At the Constellation 10k, two Strider women placed among the top 20 women. Dolly paced the team, while Robyn Humphrey ran for Tri-Maryland and came in 18th. GeriAnn Bell (21st woman) almost cracked the top-20, and Vicki Lang won an age-group award. The team, however, didn't win anything.

### STRIDERWOMEN AT THE NIKE 8k

* Dolly Ginter	(PR)29:25
* GeriAnn Bell	30:31
* Janelle McIntyre	xx:xx
Linda Lash (4th, 40-44)	34:05
Malonnie Kinneson	35:xx
Debbie Kocay	37:45
Pat Brooks	39:25
Liz Humphreys	39:50
Karen Ohlrich	(PR) 41:25
Lissa George	43:41
Arleen Kvech	45:02
Lizzie George	45:40



*PR-queen Dolly Ginter pauses to quaff some pure mountain spring water after her tumultuous fourth-place finish at the Columbia Triathlon. (photo by Judi Carbary)*

### STRIDERWOMEN AT THE CONSTELLATION 10k (24 May)

* Dolly Ginter (9th, 4th 25-29) (PR)	37:55
x Robyn Humphrey (18th)	39:23
* GeriAnn Bell (21st)	39:58
* Vicki Lang (4th, 20-24)	42:19
* Janelle McIntyre	43:57
Sally McCoy	44:01
* Sandy Ford	44:55
* Dana Strickland (3rd, 17-19)	45:00
Malonnie Kinnison	47:04
Linda Ausfresser	48:56
Karen Mays	50:43
Nadia Wasserman	51:41
Lisa Hinson	52:45
Andee Almand	52:59
Liz Humphries	53:45
Debbie Kocay	56:08
* Howard County Strider Racing Team	
x Tri-Maryland Racing Team	

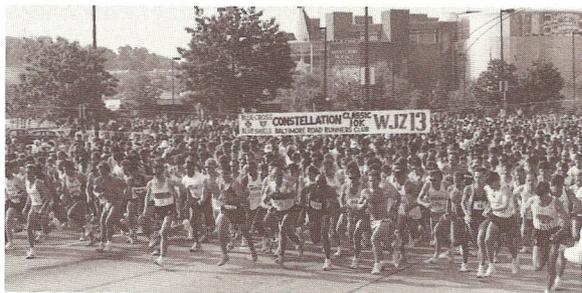
## CONSTELLATION 10k

After a cool spring, the registrants of the Constellation 10k (May 24) thought they might have a good race, given a new, flatter course this year. But just before the race started, the weather suddenly turned warm and humid, which is normal for Baltimore running. Although few set PRs (Dolly Ginter being a notable exception), a number of Striders went to the race and came home with what Dave Tripp called "a whole lot of pewter."

Among the bright spots for Howard County, both Jason Tripp and Bill Dye earned awards among the 17-19 men. Piriya Pinit, 46 years old, avenged his Clyde's 10k loss to Dave Lowe and placed first among the 45-49 men with a stunning 36:03. Piriya has taken home a Constellation age group award for the last six years in a row! Finally, Bert Moore used the experience gained at Strider weekly races to capture fifth place among the 55-59 men, thus becoming the oldest male Strider ever to win a prize at Constellation.

Howard County might have sent a men's team to Constellation except that Tri-Maryland plundered much of the local talent. Dave Berardi and Ken Fowler both ran for the triathlon club (which doesn't even have a *triathlon* team), which won the overall men's team competition. Phil Lang brought some measure of glory for Howard County when he organized the team from the First National Bank, which went on to win first place among the corporate teams. Several members from FNB were also Striders.

The new course went through the Inner Harbor and the Little Italy neighborhoods. The effects of hot weather, a trademark of the race, balanced the effects of the flat new course, and most runners endured poor performances.



A field of over 2000 starts the 1992 Constellation 10k. (Photo by some guy from FNB).

## STRIDERMEN AT CONSTELLATION

x	Dave Berardi (4th overall)	31:16
x	Ken Fowler (8th)	32:24
	Chris Samley (16th)	33:05
	Jim Clelland (23rd)	33:31
	Paul Loebach	34:32
	Mike Buckley	34:42
	Jason Tripp (2nd, 17-19)	35:38
	Piriya Pinit (1st, 45-49)	36:03
	Steve Smith	36:32
y	Phil Lang	36:40
	John Kuehls	36:49
	Bobby Gessler	37:08
	Bill Dye (4th, 17-19)	37:20
	Paul Sobus	37:58
	Bobby Van Allen	38:31
y	Steve Klose	39:16
	Tom Brown	39:41
	Heide Heidepriem	40:15
	Jim Discuillo	41:14
	Josh Perrin	41:24
	Joe Wasserman	42:23
	Dave Tripp	43:05
	Duane St. Clair	43:37
	Bert Moore (5th, 55-59)	45:10
	Boyd Davis	45:15
	Rusty Toler	45:13
	Joshua Tripp	46:03
	Eric Kocay	46:24
	Ken Spencer	46:48
	Dick Hatfield	46:54
	Bill Spencer	46:57
	Greg Pontius	47:06
	Allan Field	47:17
	Dave Bell	48:37
	Dave Campbell	49:27
	Mel Quecan	49:42
	Don Plasse	49:54
	Stuart Weitzman	49:55

x=Tri-Maryland team; y=FNB Team



Bert Moore (far left) shares the awards stage with the 55-59 group. (photo by Phil Lang).

## AT FRITZBE'S

A surprisingly large contingent of Howard County runners went down to Rockville on March 29 to run the infamous Fritzbe 10k. A cold, blustery wind met them head on through the first 2 1/2 miles, and then they faced that mile-long uphill at the end, so everybody complained of slow times. Most people didn't seem to care about the weather or the wind, however, and had only struggled through the distance for the "awesome burgers and chicken sandwiches" that awaited at the end. In addition to hamburgers and sandwiches, the runners enjoyed chili, ice cream, brownies, and lots of beer.

With a wind-impeded 33:40, Chris Samley edged Steve Smith by two seconds for the honor of being the first Strider to finish. Jim Carbary struggled through the 10k in a sluggish 35:48 and still managed to pick up second placed among the 40-45 men. Vicki Lang had the best performance among Strider women, as she placed fourth overall with a 39:38. She ran much of the distance with her husband Phil, who had just logged 20 miles the day before in preparation for the Boston Marathon.

Young runners from the Junior Striders dominated the 13-and-under categories. A familiar name from the Strider weekly series, Lizzie George captured second place among the 13-and-under women with a 1:01:16, while Zach Heidepriem and Adam Gaydosh gobbled up both awards in the 13-and-under men's group. Zach's time of 41:22 beat the TAC/STATs age-group guidelines and has national significance.

The host Montgomery County Road Runners moved the race from April to March this year but retained the course that runs up the Rockville Pike and back down Viers Mill Road. The runners faced a cold, blustery wind along the first two miles up the Pike. By official count, the race drew a field of 2217 men and 848 women. After the race, they jammed into the parking lot like cattle into a feed lot. According to unofficial statistics compiled by unbiased reporters at the scene, each person consumed an average of 2.3 hamburgers, 1.6 hot dogs, 3.3 brownies (with and without ice cream), 2.5 chicken sandwiches, 2.1 cups of chili, and five cups of Bud. Quite a bargain for a \$15.00 entry fee.

## STRIDERS AT FRITZBE'S 10k

### STRIDER MEN

Chris Samley (14th)	33:40
Steve Smith (15th)	33:42
Paul Loebach (17th)	34:05
Keith McIntyre (22nd)	34:36
Jim Carbary (2nd, 40-45 men)	35:48
Jim Discuillo	36:57
Brian McIntyre	37:00
Seth Brown	37:04
John Kuehls	38:03
Phil Lang (with Vicki)	39:38
Tom Purcell	40:10
Tom Brown	40:15
Steve Feldstein	40:37
Dan Laukzemis	40:47
Heide Heidepriem	41:03
Zach Heidepriem (1st, under 14)	41:22
John Przybysz	43:06
Jack Wilkinson	43:18
Adam Gaydosh (2nd, under 14)	43:44
Armand Harris	45:33
Ron Ridgely	46:57

### STRIDER WOMEN

Vicki Lang (4th)	39:38
Janelle McIntyre (25th)	43:39
Amy Hardcastle	47:26
Lizzie George (2nd, under 14)	61:16

## 22nd ANNUAL 24-HOUR RELAY

.....

## 50 & 100 MILE TRACK RUNS/RACE WALKS

.....

HIGH NOON, AUGUST 1

••SITE TBD••

*FORM YOUR  
TEAMS NOW*

CONTACT MR. TIM BEATY  
596-6453 (before 10 pm!!)

## PRESIDENT'S LETTER

Paul Goldenberg

First, some words of thanks to Nadia Wasserman who did an outstanding job as race director of the 14th Annual Clyde's American 10k Race. Nadia's attention to detail paid off as the race went off without a hitch. My gratitude to Nadia goes beyond the job she did as race director. As a Strider Vice President, Nadia does much that goes relatively unnoticed. But it is all-important work which taken together is a big part of why the Howard County Striders are a first-rate running club.

Next, it's time to sat Happy Birthday to Nadia's husband Joe. As many of you know, Joe is turning 50 this month [June] and, as you will read elsewhere in this newsletter, a large Bagel Run/Brunch was held in his honor. This celebration was particularly fitting because Joe has been the driving force behind turning the Bagel Runs into the legendary tradition they have become. Joe instituted the Birthday Runs and the associated proliferation of commemorative teeshirts that now rival in popularity those offered by some megaraces. We owe much to Joe. He has single-handedly promoted the Masochist Marathon to the point where it is now nationally-known. Dave Tripp was on the mark when he noted that Joe is the person most responsible for building the morale of our club. Thanks Joe and Happy Birthday.

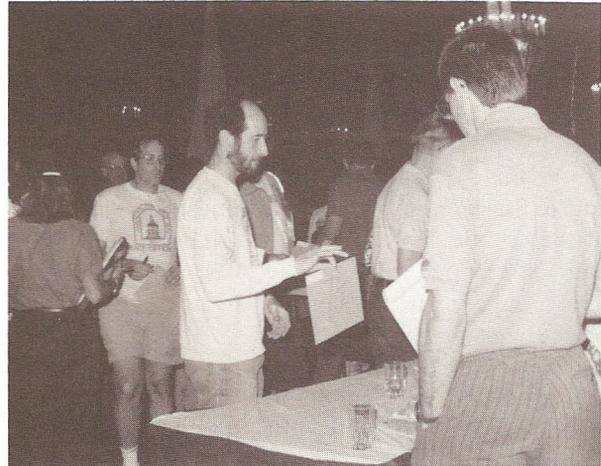
Other Striders deserving recognition for a job well done are Barbara Calvert, Pat Brooks, Lissa George, Karen Harvey and Arleen Kvech, who have put together a special training program for beginning women runners, Females in Training (FIT) [see opposite page]. With Warren Ohlrich as coach, as many as 50 new runners have undertaken this well-conceived program. I urge all Striders to come out on July 10 for the Women's Distance Festival in which the FIT women will participate. And if you see anyone in a FIT teeshirt run by, give her an especially enthusiastic cheer!

Special thanks to Robert Vigorito, director of the Columbia Triathlon. In recognition of the over-600 Strider volunteers, Rob donated \$2500.00 to the John Scherer Scholarship Fund. Vig, you are a Class Act.

In addition to the triathlon, Strider volunteers have been busy since the last news-

letter at Clyde's, the High School Track and Field Championships, and the Columbia City Fair. You all make the Striders great!

Finally, congratulations to Rachel Modesitt of Atholton High School and to Gerard Hogan of Glenelg High School, who were this year's recipients of the John Scherer Scholarships. Both athlete-scholars received \$500.00 towards their college educations. Speaking of John Scherer, he will be competing at the U.S. Olympic Track and Field Trials.



*Your membership dollars at work! This photo shows your honest club representative (Rick Rosen) actually in Milwaukee, actually doing something (voting) instead of spending the money in some cheap club in Las Vegas. (photo and caption by Linda Andes-George, a former Howard Countian). See story on p. 20.*

### 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
Dick George, <i>Weekly Series</i>	964-3657
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 Comm.</i>	730-1805
Tim Beaty, <i>Nominations</i>	596-6453
Rick Rosen, <i>At Large</i>	381-3635
Bill MacCormack, <i>At Large</i>	461-2757
Pat Brooks, <i>At Large</i>	461-1197

## REPORT FROM THE WOMEN'S COMMITTEE

Pat Brooks & Barbara Calvert

The Strider Women's Committee has enjoyed a great deal of success recently in promoting women's running through its "Females In Training" (FIT) program. The program centers on weekly training sessions conducted by veteran runners that encourage women to participate in healthy, aerobic exercise. Early this spring, the women began the program at the Howard High School Track and have now graduated to the bike paths around Lake Elkhorn. The number of participants in the program has grown from 20 or so at the beginning to the current average of about 40. The training has two principal goals: prepare novice women runners for the Women's Distance Festival 5k Race in Columbia (midnight, July 10) and promote general aerobic fitness among women.

Warren Ohlrich, one of the Striders most-respected masters runners, has become one of the primary gurus of the group. At the beginning of a training session, Warren typically gives a motivational speech and offers training advice. During the session, the women divide into three groups that walk, run-walk, or run through the appointed distance. After four training sessions the women graduate and earn "FIT" t-shirts. Over 60 women have signed up for the program.

In conjunction with the FIT program, the Women's Committee held a Special Seminar on Wednesday, June 10, at Slayton House in Wilde Lake. The Seminar featured the legendary Henley Gibble as the keynote speaker. Ms. Gibble told the history behind the Women's Distance Festival races, which occur throughout the nation during the summer and fall. Henley herself first organized this series of races to protest the lack of a women's marathon event in the Olympic Games. The huge response of women athletes to the 5k races helped convince the U.S. and International Olympic Commissions to include the women's marathon as a regular Olympic event. As we all know, American Joan Benoit-Samuelson went on to glory as the winner of the first

Olympic Women's Marathon in the 1980 Summer Games in Los Angeles.

Henley also discussed the subject of safety for women runners and offered a great deal of practical advice: don't run alone, know about the neighborhoods you traverse, leave word with someone when you go running and tell them when you expect to return, carry identification.

Henley complimented the Howard County Striders on their promotion of children's running and on their promotion of women's running. She indicated that the Howard County Women's Festival Race was the very best of its kind in the country. In appreciation for her time, the Women's Committee presented Henley with an official Howard County Strider Mug and a FIT t-shirt.

The seminar also included presentations by Coach Craig Chasse on children's running and by Barbara Calvert on Howard County Strider activities. Craig discussed how to encourage children to exercise without pushing them so hard they don't enjoy it. Barbara presented the general philosophy of the Striders and introduced several Board Members present. The group of 30-35 women especially enjoyed Karen Ohlrich's discourse on how to run your first race (e.g., how and where to pin your number so that the men in the finish chutes won't hassle you when you finish).

The FIT runners will join many other local women at the Women's Distance Festival 5k on July 10. Strider men are urged to volunteer and support their women. Contact director Karen Harvey (461-1772) for information.



*Arleen Kvech speaks to a FIT group at one of their first meetings at the track at Howard High School. (photo by Barbara Calvert).*

## THE STORY THAT MUST BE TOLD

A. Nonymous

As some of you may know, my older brother Jim and I have always been a little competitive in certain sports. This "healthy competition" has surfaced over the past years and now and then in the sport of running. In those years when Jim would beat me in the big races of the year, I usually received a "friendly letter" from him describing in detail my demise and his excellent racing strategies that contributed to his winning. This letter will attempt to carry on this family tradition, which Jim has so successfully carried out in those winning years of long ago.

### *JIM'S LETTER*

In the early spring of 1991, I received a letter from brother Jim. As detailed in his letter, he was running very well that spring, and he indicated that he was ready for me that summer. Of course, after reading about Jim's running successes I felt very depressed. In fact, I had been suffering from a severe knee injury (from running two marathons) and my running career was in jeopardy, or at least not going very well. I was only able to run very slowly on soft, grassy surfaces and then for only short distances. My knee bothered me for two whole months—really it did!

### *BAITING THE HOOK*

After recovering from reading Jim's letter, I became somewhat intrigued by the fact that he might just be willing to run a race with me this summer. In my weakened condition, I was still ready to meet the challenge. For the last couple of years, Jim had not raced with me, although I had repeatedly tried to encourage him by suggesting that we just run together as brothers, and we could even cross the finish line hand-in-hand. However, he always had his favorite fall-back excuse: "Sorry, Bill, I can't make it this week—I have a wedding to go to" [Jim's a photographer]. I would like to have a nickel for every time I've heard that. Also, I must say that there were some rumors floating around Michigan that Jim (although a very good runner) just might be afraid to race against his younger brother Bill.

However, even with my rather severe injuries, I had in my mind decided to race Jim anywhere and any time. Yet, I did not want to appear overly anxious so I decided to encourage Jim by "baiting the hook" just a little. Therefore, I wrote Jim a timely letter explaining the details about my bad knee and my very slow race times that spring. Also, I explained to him that since I was having so much trouble, there was absolutely no way I would even consider a race with him that summer. I told him that with my injuries and lack of training, I was sure that this was the year he could beat me in any race. This being the case, I would rather not race him in the summer. However, although one part of me worried about my serious injuries, my mind was already preparing for the big race.

### *THE BIG RACE*

Every year for the last decade or so, I have run the Charlevoix 10k race. In all those years my own brother Jim never once came to this particular race, although I myself did come all the way from Maryland to race with him in Michigan. However, to the surprise of all Northern Michigan, that summer would be different. Jim decided he would show up in Maryland and [he thought] win. Therefore, I assume he swallowed my bait—hook, line and sinker. Furthermore, I had some inside information from several confidential sources that suggested Jim was absolutely convinced he could beat me. I recalled that a few years ago he had told me he would not race me unless he knew he could win.

Anyway, there we were at the starting line in Charlevoix the Beautiful on my favorite course on a perfect summer day. In his usual peak condition, Jim exuded all the confidence in the world that this would be the year he would give his younger brother the thrashing of his life.

Minutes before the race started, I noticed Jim frantically pushing his way through the crowds of runners, and he finally located me somewhere in the middle of the pack. We exchanged a few nervous words. He carefully positioned himself to start right behind me. I assume that this must have been some sort of race strategy on Jim's part.

The adrenalin was flowing in our veins when the gun finally went off and the big race

officially got underway. My simple strategy was to run as if Jim was always right on my shoulder and never look back and never slow down and ignore the pain that racked my body.

### DID YOU BREAK 40?

After the race, Jim came up and said in a slightly high-pitched voice, "Did you break 40 minutes?" My unusual cool response was, "well, I think so." Then, out of the blue— Jim could wait no longer to find out my race time—he suddenly grabbed my arm to look at my watch. He appeared to be overly cautious about my race time and I could feel his sweaty hand slightly quivering on my relaxed arm. He stared at my watch for what seemed a very long time. I presumed trying to focus in on the time on my stopwatch. When he finally saw the time I couldn't help but notice that he looked a little deathlike (pale gray). He remained speechless.

He continued to look shocked for several minutes. In his weakened condition, I said to my brother, "Well, Jim, who's the best runner?" He looked at me with a nervous frown, probably for asking such a pointed question. I could see he was having some difficulty with this—he wanted to speak but the words never came out. I asked him, "Where are we running next week?" He started to mumble something about eating fried fish the night before the race and that must have slowed him down.

Well, this is the story that had to be told. I hope my memory did not fail me because the race occurred almost a year ago in July 1991. Happy holidays to my Michigan family and Jim.



## 1992 STRIDER PICNIC

Noon on September 6  
Centennial Lake Park

Names A-L, main dishes  
Names M-Z, desserts/salads  
For information, call  
Nadia Wasserman (381-6385)

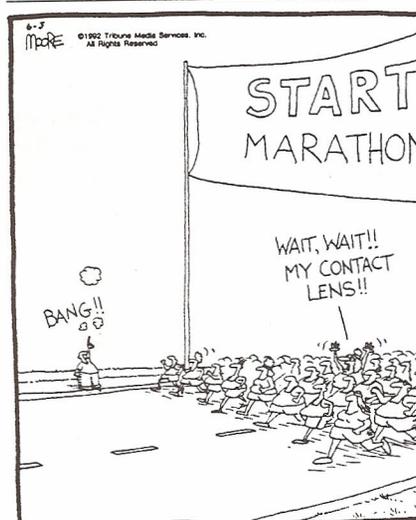
## CHISHOLM'S LAWS OF RUNNING

Herb Chisholm, MR, PVA/TAC

[Reprinted from *Footnotes*, June 1992.]

1. All hilly courses are certified.
2. No matter how many port-a-johns are available for a race, there's never enough.
3. Any damn fool can run down hill.
4. A "challenging course" will be mostly mountainous.
5. A "scenic course" will be hilly.
6. If the temperature at race start is 39°F the chances of being overdressed or underdressed are 90%.
7. The more turns in a course, the greater the chances for going off course.
8. If the top age group is not specified in the race flier, it will be at least 10 years lower than your current age.
9. The course is guaranteed to be short if the TAC Course Certification Number is not listed in a race flier.
10. If the nature of awards is not described in the race flier, it's definitely medals or trophies.
11. If the depth of awards within each age group is not specified in the race flier, cutoff will be one above your finish position.
12. A race is a "non-event" if results are not sent of TACSTATS/USA.

### IN THE BLEACHERS



## SUMMER RUNNING

Jim Carbary, MR

A whole lot of people worry about running in the hot weather of the summertime. The high humidity of the Baltimore-Washington area, known to many as the Armpit of the Nation, can make summer running especially hazardous. However, as discussed in this article, the runner need only practice a few simple precautions in order to enjoy a safe and profitable season of summer running.

First, wear appropriate clothing. Those flimsy nylon shorts are *de rigueur* for summer running. And forget about teeshirts or even mesh singlets. Women should eschew bras because they impede breathing. Those familiar with triathloning often run in bathing suits. Bathing suits are cool and can serve well if you get really hot and decide to take a dip in one of Howard County's many fine watercourses.

In fact, you should wear as little clothing as possible. You don't really need to wear any clothes at all, do you? According to Dr. Mark Konodi, an authority on the ancient Olympics, the athletes of ancient Greece actually participated wholly in the nude, which eventually led to the sport of marathoning. The runners of the modern 24-Hour Relay have carried this ancient rite into modern times with their famous "Run Naked" philosophy, which they usually practice between the hours of 1:00 am and 5:00 am. However, if modesty as well as local ordinances make running naked not feasible, then at least wear a baseball cap.

Second, be sure to take several weeks to accustom yourself to hot-weather running before you knock off that August Marathon. In fact, you could start training for summer running as early as January or February. Just wear a ski jacket and mukluks in the winter months and you'll greet the heat of July and August with enthusiasm.

Third, drink plenty of fluids. This probably goes without saying, yet most runners do not know which fluids to drink or when or how much. Before and during a run, drink only pure spring water certified to have come from the Canadian Rockies. Do not drink too much. Take a big gulp but spit it out. Be sure to spit it out on some meandering slug you've just overhauled, too, and watch his reaction. After running in the heat, drink several gallons of

some hearty, caffeinated soft drink like The-Right-One-Baby-Uh-Huh, or one of those outrageously sweetened athletic drinks like Gatorade™ or 10K™. Never water down these fluids. Research conducted by the Israeli Army as well as by U.S. troops during Desert Storm confirms that the body absorbs sweet fluids more readily and craves them so much that you naturally drink more—so you're less likely to drink too little. As a general rule of thumb, always drink enough after hot weather running so that you feel like a bloated whale and cannot possibly manage to carry the garbage out after supper.

Fourth, select the proper foods to eat during summertime. The big-time mags like *Runner's World* and *Running Times* usually don't have much to say about summertime eating, which is really just as important as summertime drinking. Everybody should stay away from steaks, ribs, and especially hot dogs, so that about eliminates your outdoor barbecues except for occasional chicken, which is okay once a month. Nor should the runner eat a lot of beans or dairy products (especially ice cream!). Instead, the athlete can achieve optimal performance on a steady diet of fresh bread, fruit juice, and watermelon. A typical meal might consist of a loaf of French bread, two liters of cranapple juice and half a watermelon. The runner should eat outside on the steps or the deck and spit the watermelon seeds on the grass.

But, because of last year's eruption of Mt. Pinatubo in the Phillipines, we should not experience the crushing heat that has occurred in recent summers. No kidding. At the Spring Meeting of the American Geophysical Union in May, geophysicists reported that the volcano injected so much dust into the stratosphere that up to 15% less solar radiation will reach the ground this year. That means that, on the average, we should have a noticeably cooler summer this year and probably next. The eruptions of Tambora (1815) and Krakatau (1883) also caused global cooling for years and provide good examples that this has happened in the past. Don't worry. Pinatubo did not inject enough matter into the upper atmosphere to cause crop failures or mass extinctions of elephants and by 1994 we might have another hot summer. Enjoy it while you can.

## ASK-A-NURSE: EXERCISING THROUGH PREGNANCY

Judi Carbary, RN, MPH

Being a pregnant triathlete has been a real challenge for me. Fortunately, being in great shape to begin with and having a supportive husband have made possible my keeping physically fit throughout the ordeal. The effort has required tremendous determination, especially in the face of discouraging remarks from many people, including well-meaning but overly-conservative (as well as non-athletic) obstetricians. However, I feel the benefits have made the effort worthwhile, both in an emotional sense and a physical sense. I believe our baby will also derive these benefits. I thought I might share some basic guidelines that may help some other woman who wants to maintain her physical fitness while achieving a healthy pregnancy.

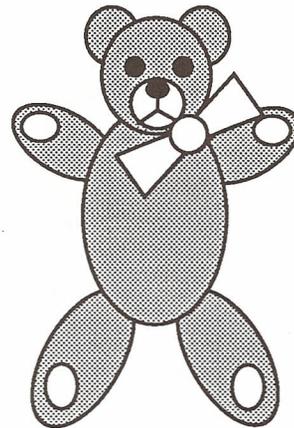
First, do continue to exercise. The amount of exercise done during pregnancy depends on a woman's medical and obstetrical history as well as her current level of conditioning. A good guide to how much you can do also depends on how you (and the baby) are feeling. During the first trimester, you may need to overcome nausea, fatigue and other common discomforts. Cut back on distance and intensity when necessary.

Second, maintain a high-carbohydrate diet. You probably cannot eat much at each meal, but you can continually nibble on small but frequent doses of carbohydrates. This helps maintain the blood sugar level and thus reduce nausea from hypoglycemia. As pregnancy advances, the growth of the baby and your own weight gain make it more difficult to expend energy on exercise. A high carbohydrate diet plus sheer determination will help keep up the energy level.

Third, ignore all those fuddy-duddies who say you should take it easy. Probably the most significant influence on maintaining your fitness during pregnancy is the support or lack of it from those around you. Aside from medical or obstetrical contra-indications, you must be very motivated to continue exercising despite the incredulity of well-wishers and compatriots. Hopefully, your partner in

childbirth will support you despite everyone else. If he doesn't, then make *him* take out the garbage.

As for me, I'm glad I kept up a sensible fitness regimen. I would recommend and encourage others to do what they feel is best for them (and their baby), barring any medical problems or complications of pregnancy. Having a well-balanced, high-carbohydrate, low-fat diet helps you feel your best while keeping yourself and your baby as healthy as possible.



*The Carbarys' baby (a girl) is scheduled for 12 July, to coincide as nearly as possible with the Women's Distance Festival 8k. The birth will be carried on ABC Sports. Check your local listings.*

*The Midnight  
Madness Returns!*

*Women's Distance  
Festival 5k*

*Friday*

*July 10, 1992*

*MIDNIGHT at the  
COLUMBIA MALL*

Contact Karen Harvey at 461-1772  
& check enclosed entry form

## SUMMER SCHEDULE

As usual, the Strider Summer Series moves to Wednesday evenings. Dick George (964-3657) is the overall series coordinator. Each gathering features a 2 mile event and a 10k or 6-mile event. The Meet of the Miles (July 29) at Oakland Mills Track punctuates the Summer Series and gives you the opportunity to see just how fast you can run one of the standard track distances.

Several special strider events dot the summertime. Start the summer with the Columbia Birthday Run (20 June—the day after the solstice, at Maryland National Bank in downtown Columbia). Women runners of all abilities compete in the Women's Distance Festival (10 July at the Columbia Mall). Karen Harvey (461-1772) directs this 5k race, which has grown to one of the premiere women-only races in the state; she needs the support of all able-bodied Strider men for the event, which takes place at midnight on July 10. At high noon on August 1, join a team of raving maniacs in the 24 Hour Relay, the world's longest interval session, or run either the 50-mile or 100-mile Ultras. Tim Beaty (596-6453) and the teams need volunteer timers (special treats await those who can handle the graveyard shifts after midnight). Wait a minute—be aware that the Howard High track is undergoing re-surfacing this summer, and our use of the facility is conditional on completion of the project.

The Montgomery County/Howard County Challenge Race, which usually takes place at Brighton Dam, will not be held there this year. The Montgomery County County Club could not obtain the necessary permit. But stay tuned—we'll have some sort of a race somewhere on September 6. And after the race, bring some food and enjoy the annual Strider picnic at the usual place at Centennial Lake Park.

Finally, the summer would not be complete without Arleen Kvech's One Mile Summer Fun Runs. These family-oriented fun-runs take place at her house on Tuesdays at 7:30 pm, from 6/23 thru 8/18. Arleen lives at 10114 Colonial Drive, a street off Centennial Lane near Centennial High School. Contact Mrs. Kvech (465-7735) for more information.

- |                  |  |
|------------------|--|
| 21 Jun<br>9:00a  | <b>Columbia Birthday Run (2mi)</b><br>Maryland Nat'l Bank (Sterrett Place)<br>Paul Goldenberg (730-3566) |
| 24 Jun<br>7:00p  | Summer Series begins<br>Thunder Hill Elementary School   |
| 1 Jul<br>7:00p   | Summer Series<br>Jeffers Hill Neighborhood Center  |
| 8 Jul<br>7:00p   | Summer Series<br>Longfellow Elementary School  |
| 10 Jul<br>11:59p | <b>Women's Distance Fest 5k</b><br>Columbia Mall<br>Karen Harvey (461-1772)                              |
| 15 Jul<br>7:00p  | Summer Series<br>Oakland Mills Middle School   |
| 22 Jul<br>7:00p  | Summer Series<br>Thunder Hill Elementary School  |
| 29 Jul<br>6:30p  | <b>Meet of the Miles</b><br>Oakland Mills HS Track<br>Paul Goldenberg (730-3566)                         |
| 1 Aug<br>NOON    | <b>24 HOUR RELAY &amp; ULTRA</b><br>TBD Track<br>Tim Beaty (596-6453)                                    |
| 5 Aug<br>6:30p   | Summer Series<br>Jeffers Hill Neighborhood Center  |
| 12 Aug<br>6:30p  | Summer Series<br>Longfellow Elementary School  |
| 19 Aug<br>6:30p  | Summer Series<br>Oakland Mills Middle School   |
| 26 Aug<br>6:30p  | Summer Series<br>Thunder Hill Elementary School  |
| 30 Aug<br>7:50a  | Annapolis 10 Miler<br>USNA Stadium, Annapolis<br>Annap. Striders (268-1165)                              |
| 6 Sep<br>8:00a   | <b>CHALLENGE RACE</b><br>TBD<br>Jim Carbary (964-8375)   |
| 6 Sep<br>noon    | <b>ANNUAL PICNIC</b><br>Centennial Lake Park<br>Nadia Wasserman (381-6385)                               |

## SPECIAL TRIATHLON REPORT

The rain began on Friday night and continued all day Saturday and hadn't shown any signs of letting up at 6:00 am on the race day of the annual Columbia Triathlon, and the situation looked so bleak that race director Robert Vigorito actually considered calling off the bike portion of the triathlon. With rain still falling mercilessly at 7:00 am, some triathletes (including some very good ones) even began removing their bicycles and gear from the transition area. But the rain miraculously stopped at 7:20 am, and the sky actually started to clear at the 7:30 start, and the *SUN* even came out during the latter stages of the race.

That was all the inspiration Keith "The Hammer" McIntyre needed to chase down John Kuehls in the last mile of the run. Although Keith beat him in the swim, John had gotten a huge lead on his rival and chief competitor on the 40k bike leg of the race and seemed certain to squash him once and for all on the run. But Keith, with sub-34-minute speed, launched a strong counter-offensive in the 10k run and steadily, agonizingly overhauled him. Keith's total time of 2:11 earned him third place in the 30-34 men, while his beleaguered friend and training partner settled for a 2:12 and fourth place. "I just hammered the run," Keith remarked tri-umphantly after the race.

Keith's wife Janelle enjoyed a similarly spectacular race. In her first triathlon since having a baby in September, Janelle uncorked a 2:25 effort and earned 2nd place in the 25-29 women. She was the fastest new mother of the day. In addition, Keith and Janelle added another trophy to their case by winning the top husband-wife team competition with a combined time of only 4:36.

But none other than Dolly Ginter, fresh from her road-racing triumphs, posted the fastest time for any Howard County Strider woman in the triathlon. Dolly overcame a sluggish cruise in the lake during which Janelle McIntyre outswam her, but gunned the bike leg and pounded out a trade-mark sub-40 10k. [Honest— a sub-40 10k *after* she had bicycled a hilly 25+ miles.] She beat nationally-regarded Jane Newell-Johnson and but couldn't quite track down pro-triathlete Nancy Gugerty. Dolly placed fourth overall with a 2:21.



*Keith McIntyre pulls into the bike-run transition in hot pursuit of John Kuehls (photo by Judi Carbary).*

Once again, with the help of numerous volunteers (many from the Striders), Robert Drew Vigorito pulled off one of the outstanding triathlons on the east coast. All enjoyed the post-race buffet and admired the splendid lucite awards carried off by deserving triathletes.

### TRI-STRIDERS AT THE COLUMBIA TRIATHLON (31 May)

Keith McIntyre (3rd, 30-34 men)	2:11
John Kuehls (4th, 30-34 men)	2:12
Dolly Ginter (4th overall woman)	2:21
Janelle McIntyre (2nd, 25-29 women)	2:25
Jim Carbary (5th, 40-44 men)	2:26
Al Hannagan	2:27
Tony Warner	2:27
Brian McIntyre	2:30
Jerry Andrews	x:xx
Andee Almand (5th, 40-44 women)	x:xx
Helen Beyers (1st, 50-54 women)	x:xx
Eric Katkow	x:xx
John W. Hamilton III	x:xx
Marion Brandenstein	x:xx
Miles Wiegold	x:xx
John Wheatland	x:xx

# REPORT FROM THE 1992 RRCA CONVENTION— THE MILWAUKEE STORY

Rick Rosen & Eric Kocay

The Howard County Striders sent us to the 1992 RRCA National Convention in Milwaukee, WI, on May 29-31. The following are some notes and highlights from this interesting assemblage.

## *EASTERN REGIONAL MEETING*

At this meeting, Gatorade™ announced a scaling back on its contributions. The company will continue to provide cups, jugs, etc. only for regional, state, or national events—at least “for a while.”

John Sissala of Montgomery County announced he will step down as the RRCA Regional Representative. Joyce Rankin from the Reston Road Runners will become our Regional Rep. Evan Thomas of the Annapolis Striders is our State Representative.

The Regional Meeting also discussed the newsletter competition (which we never win), the Scott Hamilton Award to the outstanding club president, and the Rod Steel Award to the outstanding volunteer. Generally, not a large number apply for these awards, and a well-written application can go far.

## *RACE DIRECTING, FINISH LINE, ETC.*

Meetings at the convention covered a wide variety of topics including race directing, volunteers and finish line procedures and offered a number of interesting suggestions. At the finish line, officials should use a communication system such as a portable phone or walkie talkie so they could call for help when needed. Also, a video camera could serve as a useful backup at the finish line. The Athletics Congress (TAC) publishes a book, *Finish Line Management*, available through RRCA for \$6.00 that discusses everything you ever wanted to know about finish line management.

RRCA clubs are always in need of good, reliable volunteers and the convention had one good suggestion for attracting them. On its membership application, a club could list all the events that need volunteers and have the new members check off events for which they could volunteer,

The convention also discussed the use of waivers signed by race applicants. Everyone felt waivers were an important legal protection. A case was cited in which a legal suit was dropped when lawyers learned the particulars about a waiver that an entrant had signed.

## *BUSINESS MEETING*

The 1993 RRCA Convention will be held in Portland, OR, on April 23-26. In 1994, the Convention will move to that wonderful town of Cedar Rapids, IA, May 15-22.

At the business meeting, members considered a major issue of taxation of RRCA clubs. The IRS may decide that the RRCA owes taxes on “unrelated business income” obtained from activities unrelated to the tax exempt status of the organizations. That is, the RRCA may owe taxes on fund-raising activities such as sale of its membership lists (i.e., the “Mega-Roster”), license plate sales, and advertising. Several bills currently before Congress would ease these restrictions.

The RRCA benefits from business affiliations with certain national vendors. First, the RRCA receives 3% of the revenue of the Sprint Long Distance Service. Second, a new RRCA VISA card will be coming out soon.

## *RUNNER SAFETY*

The Convention had an excellent seminar on runner safety. The seminar featured a video “Are You Following Me?” Produced by the U.S. Capital Police, the video showed how to avoid and escape a potential attacker. One of us (Rick, 381-3635) gathered literature on the subject. In addition to the video, Ruth Micer from the U.S. Capital Police and Henley Gible spoke on the subject of runner safety. Several bills in Congress deal with runner safety and we should support them.

## *CHILDREN AND RUNNING*

Finally, the Convention offered another good seminar on children and running. Speakers stressed the importance of programs covering a sustained period of time rather than merely a one-time race event. They also proposed alternative events to running such as bike rides or swims. Schools should be involved as much as possible in promoting running and fitness.

## LETTERS RECEIVED

June 5, 1992

June 19, 1992

Dear Paul [Goldenberg]:

For all the years of the Columbia Triathlon, from the very first, when we literally had to beg Miles Weigold to take the job of race director up until 1992, the Howard County Striders have proven to be a consistent and invaluable resource. It has always been a real pleasure to work with such a dedicated group of volunteers who (for many) believe in and enjoy the spirit of volunteerism. In many ways, Paul, you have proven to be a great role model for all of those Striders who enjoy the spirit of helping someone get the job done. I personally hope that the Striders can and will always be a part of the Columbia Triathlon, for in large measure, the Striders have played an integral role in the national success that the Columbia Triathlon has attained.

With our success, garnered through the work of so many support groups and organizations, it is always a pleasure to be able to assist and recognize these people through contributions and donation to their parent organizations. In 1991, the Columbia Triathlon made a contribution to the Howard County Striders in the amount of \$1500.00, and I felt that we could do more for the John Scherer Scholarship Fund in 1992— to the tune of \$2000.00. However, because of the high regard I hold for the entire Strider organization— especially you Paul, Dave and Tim, and through some “creative budgeting,” I find that I will be able to augment our previously agreed-upon donation to \$2500.00

I look forward to many years of successful Columbia Triathlons and Howard County Strider events.

Sincerely,  
[signed]

Robert Drew Vigorito

Dear Howard County Striders,

Thank you very much for awarding me the 1992 John Scherer Scholarship. This award is the greatest honor I have received in my four years of high school and will be a tremendous help in lessening the cost of my college education. In the fall, I will be attending Ithaca College as a communications major. Currently, I plan to concentrate my studies in television broadcasting, and someday I hope to work as a television film producer.

I would also like to take this opportunity to thank you for the opportunity to give to the young runners in this county. Our cheers at the major 10k races, the Metric Marathon, and the Columbia Triathlon are not enough to compensate for the support you constantly give us.

Thank you once again.

Sincerely,  
[signed]  
Rachel Modesitt

June 1992

Dear Mr. Goldenberg,

Thank you for getting me involved in the Striders. They had really helped me. Also, thanks for all your support and advice. I hope everything goes well for you. Good luck and God bless.

Yours truly,  
[signed]  
Gerard [Hogan]

[Editor's note: Rachel and Gerard won the 1992 John Scherer Scholarships for outstanding male and female scholar-athletes. The award carries a value of \$500.00, which the winners use for their higher education.]

# 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.

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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 \_\_\_\_\_

# WOMEN'S DISTANCE FESTIVAL



DATE Midnight - Friday, July 10, 1992

DISTANCE 5K (3.1 Miles)

ATHLETIC FOOTWEAR SPECIALISTS

COURSE Fast and Flat!! On paved road around the perimeter of Columbia Mall.

ENTRY FEE \$10.00

PACKET PICKUP After 11:00 pm race night at east entrance to Columbia Mall.

AWARDS Top three in age groups receive engraved medals. Quality merchandise and medals awarded to top three overall. Special engraved medals to top mother/daughter team.

AGE GROUPS 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50 and over.

T-SHIRTS Original design shirt guaranteed to first 300 women.

POST RACE CELEBRATION Immediately following the race there will be an awards ceremony complete with refreshments and plenty of random awards.

RESULTS Race results will be mailed to all entrants.

TRAINING PROGRAM Special program designed for women new to running.

QUESTIONS Call our race director, Karen Harvey, Howard County Striders at (410) 461-1772.



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## WOMEN'S DISTANCE FESTIVAL ENTRY FORM

Mail to Karen Harvey,  
4520 Alpine Rose Bend,  
Ellicott City, MD 21042.  
Checks payable to  
Howard County Striders.

NAME \_\_\_\_\_  
(women only)

ADDRESS \_\_\_\_\_  
(street)

\_\_\_\_\_  
(city, state) (zip)

AGE (on race day) \_\_\_\_\_ PHONE NO \_\_\_\_\_

MOTHER/DAUGHTER TEAM NAME \_\_\_\_\_  
(please submit entries together)



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 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 foregoing to use any photographs, motion pictures, or any other record of this event for any legitimate purpose.

SIGNATURE: \_\_\_\_\_ DATE \_\_\_\_\_  
(Parent/Guardian if under 18 yrs)



Don't Forget the Strider Special Events this Summer:

Women's Distance Race, 5k  
Columbia Mall, July 10, midnight

Meet of the Miles  
Oakland Mills High School Track, July 29, 6:30 pm

24 Hour Relay & UltraMarathons  
TBD Track, August 1, high noon

HCS—MCRRC Challenge Race  
Site TBD, September 6, 8:00 am

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

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