

# FOOTPRINTS



NEWSLETTER OF THE HOWARD COUNTY STRIDERS  
VOLUME 13, NUMBER 1—SPRING, 1993

## AT THE ANNUAL MEETING— GOLDENBERG PASSES ON LEADERSHIP TO WASSERMAN

The Howard County Striders held their Annual Meeting and Awards Dinner on Tuesday, January, 19 in the Meeting House at Oakland Mills Interfaith Center. The group began assembling at 6:30 pm and really got down to business at 7:00 pm when Sherry Beaty gave the command, "Start eating!" After they had gorged themselves on the excellent main courses and desserts, the members reclined and listened to Paul Goldenberg conduct his last meeting as President. Paul handed out awards and gave a humorous slide show, and Karen Ohlrich presented the account of how she ran her first marathon. Past presidents gave the departing Goldenberg a genuine director's chair. The meeting concluded with the election of the new 1993 Board of Directors, and the crowd broke up around 9:00 pm.

Paul Goldenberg had led the Howard County Striders for four years, but realized that his era had passed when the club won the two challenge races last year. At the Meeting, Paul formally stepped down as President and Nadia Wasserman became the leader of the club. Paul will assume the new Board position of Strider Immediate Past President and will continue to assist the club in many of the ways he has in the past. The club presidency changed hands one day before the U.S. Presidency changed, and that event was not lost on Mr. Goldenberg, who wore a stunning tuxedo and bow tie for the occasion of the meeting. (cont., p. 2)



*The scene at the 4 mile mark of the 10 Mile Challenge Course— 7:00 am on Sunday, February 21, 1993. (photo by Jim Carbary)*

## SNOW BONKS 1993 CHALLENGE RACE!

For the first time in the history of the Striders, inclement weather forced the cancellation of a major road race when several inches of snow fell on Columbia just before the beginning of the 1993 edition of the 10 Mile Challenge Race. The weather actually seemed favorable on Saturday night before the race. But snow began falling at 6:00 am on the Sunday morning of the race and road surfaces soon became dangerously slick. Howard County Police phoned race director John Wheatland at 6:30 am and notified him that the Striders must abort the race. By then, the Striders had decided to cancel the race anyway. The message on the Strider Hotline (730-8899) was changed from a GO to a NO-GO. Unfortunately, a number of runners had already started (cont'd ,p. 7)

(Annual Meeting, from p. 1)

Karen Ohlrich certainly provided one of the highlights of the evening with her humorous account of her running of the Marine Corps Marathon, her first 26.2-miler. As she explained, she finally found a Marine who could hand out water.

Near the end of the evening, the three past Presidents of the Striders— Dave Tripp, Miles Weigold, and Phil Riehl— rushed into the dining room with an official director's chair, which they presented to Mr. Goldenberg. The audience then beheld a rare historical spectacle— all four past Presidents and the new President, Mrs. Wasserman, who also represented the club's first woman President.

The Annual Meeting served to award the most capable runners and volunteers of the club. After long hours of closed and often intense debate, the Board of Directors selected those distinguished individuals who represent the club's fastest, most improved, newest, and hardest-working.

Chris Nugent and Dolly Ginter topped the list at this year's ceremonies as the 1992 Runners of the Year. Chris achieved great fame by beating Dominique DaLuz to win the seven-mile Cross-County Challenge Race in 38:29. He not only led the racing team to its first victory against Montgomery County in four years but also contributed a 55:42 effort to the Striders' victory at the 10 Mile Chal-

#### STRIDER PHILOSOPHY

*"The purpose of the [Striders] shall be to improve the physical fitness and mental well-being of its members through the promotion and encouragement of long-distance running... and the [Striders] may engage in any activity ... including but not limited to conducting road and track races, time trials, fun runs, and social runs; sponsoring lectures and demonstrations; publicizing the benefits of running and jogging; publishing books, magazines, and newsletters; hosting social events; making awards; and generally coordinating activities with any other agency or entity which shares or endorses this purpose"*

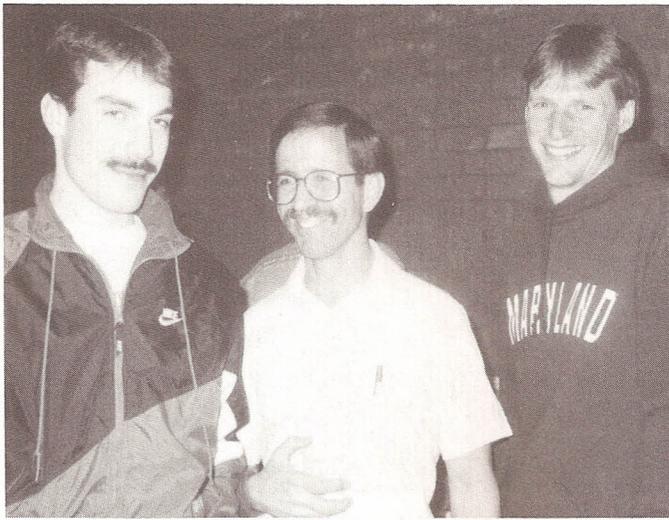
— from Article II  
By-Laws of the  
Howard County Striders

lenge in February. A couple weeks after the Cross-County Race, Chris won the Masochist Marathon. Demonstrating an affinity for the 10-mile distance, he ran Cherry Blossom in 53:23. His 32:48 placed him third overall at the Clyde's 10k. Mr. Nugent also indulged in the shorter distances— at the 24-Hour Relay, his 4:52 per mile pace helped the BIG DOGS team earn the seventh highest mileage total in Relay history. Finally, Chris finished a busy year by *almost* winning the Metric Marathon. He placed third overall in 1:33:34.

If anything, Dolly Ginter enjoyed an even more exalted season than Chris, for she triumphed in two sports. As a runner, Dolly began the year by leading the Howard County women to their first-ever victory at the 10-Mile Challenge, where she placed fourth overall with a personal best of 64:31. She led Strider women's teams at the Nike Women's 8k (she ran a 29:25 PR) and at the Baltimore Constellation 10k (she ran a 37:55 PR and placed ninth overall). At Cherry Blossom, she lowered her ten-mile PR to 62:52— one of the fastest 10 miles ever run by a Howard County woman. During the fall season, Dolly won the Columbus Chase 10k (38:11) and placed second to Rose Malloy at the Metric Marathon (1:48:19).

Dolly also proved one of the most fearsome triathletes in the state. At the beginning of the tri-season, she placed fourth overall at the Columbia Triathlon. Her sixth place finish at the U.S. National Championships in Cleveland earned her a spot on the U.S. Amateur Triathlon team. A week after Cleveland, she won the Annapolis Triathlon outright. In September, she competed with the U.S. Team at the International Championships in Muskoka, Canada, where she placed 12th in her age group out of the best triathletes in the WORLD. She finished the season with a fifth place finish in the prestigious Bud Light Triathlon in Las Vegas. *Triathlon Today* Magazine ranked her 10th best triathlete *in the world* among the 25-29 amateur women, and the United States Triathlon Federation ranked her eighth best in the U.S. in that group.

Linda Lash and Richard Brockway won the masters' runners of the year awards. Linda ran only a few races in 1992, but she won something in nearly all of them. In February, she contributed a 71:55 to the women's team at the Challenge race. In



*Runner of the Year Chris Nugent (left) with board member Eric Kocay and Gary Anderson (right). (photo by J. Carbary)*

May, she placed fourth in her age group at the Nike Women's Race, where she covered the 8k Hains Point course in 34:05. In July, she won her age group at the Women's Distance Festival 5k with a 21:05. She repeated her age-group wins at the Columbus Chase 10k (42:27) and at the Metric Marathon (2:01:52).

Rich Brockway always wanted to be a great marathoner, and he began his career with the Striders at the Saturday morning Bagel Runs, where he would always run the 16 mile distance. He achieved a breakthrough this year at the Marine Corps Marathon where he ran a 2:53:33—the third fastest time of all. Rich also ran the Metric Marathon this year, but only placed fourth in his age group. He probably had other things than running on his mind—two weeks after the race he got married!

Bob and Patti Hecht and Wayne Conway were the most improved runners of the year. Bob and Patti both set personal records at the Marine Corps Marathon. Bob ran a 3:08 while Patti ran a 3:27:40 and was the first Strider woman to finish. Six weeks later, Patti had sufficiently recovered from Marine Corps to finish 10th overall at the Metric, where her 2:01:02 earned her second place among the 30-34 women. In addition, the couple ran the infamous Masochist Marathon, which Patti won for the second year in a row.



*Runner of the Year Dolly Ginter flashes her smile at the podium of the awards dinner. (photo by J. Carbary)*

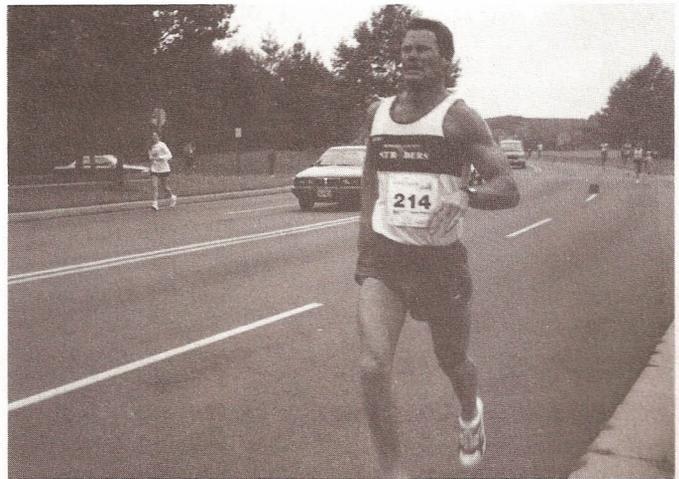
Wayne Conway made the most-improved list by his accomplishments at shorter distances. Wayne usually runs the shorter events at the weekly races, and he became a specialist at one-mile and two-mile races. In July, he won the masters' age group at the 24 Hour Relay by running an even 6 minute per mile pace, and he ran a 5:25 at the Meet of the Miles in July. Finally, Wayne set a personal 10k record of 41:49 at the Columbus Chase.

Ken Plantz and Karen Goertler won the new runners of the year awards. Ken began running in the spring of last year and was logging up to 45 miles a week by the end of the year. He ran a strong Clyde's 10k and then the Ocean City 10 Miler in around 70 minutes. Ken works at the Applied Physics Laboratory, and in October he finished fifth in the Lab's Annual 5k Race to benefit the United Way. Ken's training regime includes Bagel Runs on Saturday mornings and Strider 10k weekly races on Sundays. In a Longfellow race this winter, Ken achieved a time under 41 minutes.

Until last May, Karen Goertler had not participated in organized athletics since high school. Then she joined the Women's Fitness in Training (FIT) program and prepared for the Women's Distance Festival 5k. She began running short distances, gradually worked up to three miles, and completed the WDF in 31 minutes. Karen ran three other 5k races in the Women's Grand Prix series and set a 25:12 personal best at



*Masters Runner of the Year Linda Lash flanked by Karen Ohlrich (left) and Vivi Provine (right), who won Masters runner of 1988. (photo by J. Carbary)*



*Most improved male runner of the year Bob Hecht, as he appeared at the 1992 Columbus Chase. (photo by J. Carbary)*

Turkey Trot 5k in November. Her training and racing evidenced the determination and enthusiasm that made her the outstanding new woman runner of 1992. [See article on p. 6.]

Perhaps the most-honored awards of the evening went to Lissa George and Rick Hatfield, who won the Volunteers of the Year Award. Rick Hatfield has directed the Metric Marathon for the last two years, and *always* supervises the computer results after every Strider race. His knowledge of software and hardware has rescued the Striders from many dire situations *after* the race when results had to be ready for awards.

Lissa George played a particularly important role in the weekly series because her husband Dick is in charge of the series and whenever he wasn't available Lissa filled in. She also helped at the packet pick-ups for all the Strider races last year and contributed greatly to the Females in Training program. In working for the Women's Distance Festival Race, Lissa put together all the random awards. For these donations, she visited innumerable merchants and commercial concerns—and was sure to send all the contributors personal thank-you notes!



*Most improved female runner of the year Patti Hecht receives her award at the 1992 Metric Marathon. (photo by J. Carbary)*



*Most improved male runner of the year Wayne Conway romps through the final yards of the 1992 Metric Marathon. (photo by J. Carbary)*





## KAREN GOERTLER: A VERY FIT STRIDER

Pat Brooks

Little did Karen Goertler realize the impact of her decision to join the Striders' Female in Training (FIT) group would have on her lifestyle. Up until May, 1992, Karen was your typical busy working mother who was trying to balance a challenging teaching career with supporting the activities of three athletic girls. Karen's children are not only outstanding swimmers, but natural athletes in other areas. Occasionally, Karen accompanied them to such activities as local fun runs.

Last May, Karen decided it was about time to try an athletic activity of her own and the Women's Distance Festival 5k race in Columbia seemed the perfect opportunity for her first real running experience. Like many of us, Karen had not participated in any organized athletic activity since high school so the race was a particular challenge for which Karen decided to seek help. The Striders had initiated a new program to prepare women for their first race. The FIT program attracted a group of over 85 women who trained for eight weeks with the goal of completing the WDF 5k.

Karen showed up with some apprehension at the Howard High School track and began the transformation into a committed runner. The Strider Women's Committee offered introductory lessons on running and divided the class into various groups based on current fitness levels and running ability. The groups ranged from those who only walked the first night, to those who could run up to 1 1/2 miles. Karen joined the group that could run up to one mile without stopping. The rest of the night was spent walking as part of a warmup and cooldown. Although she was tired after that first session, Karen found that she was hooked.

Karen reported that she felt comfortable with the group and not at all out of place even though she had no real experience in running. Most of all she stressed how much she enjoyed social aspects of the group, which made her want to come back next week. Karen worked steadily to improve her fitness level and was excited as the distance she could run gradually increased. Warren Ohlrich had provided training schedules

that Karen found particularly helpful. She measured off a route on her street that was 7/8 mile long, and, as her initial training route, she ran to the end of the route and back. Eventually she increased the route to a total of three miles.

Midnight of the Women's Distance Festival 5k found Karen excited and confident that she could complete the distance—which she did in 31 minutes. Karen went on to run three other 5k races in the Grand Prix series and thereby won a pair of Moving Comfort running shorts. At a Turkey Trot 5k in November, she ran a personal best of 25:12.

Karen recently moved up to the 10k distance, which she completed at two of the Strider weekly races this winter. She is aiming toward a 54:00 at Clyde's on April 25, and her 5k goal for 1993 is a low 24:00. Those who have watched her determination and enthusiasm know that she will readily achieve these goals. Karen has also recently joined a group of Striders who train under the lights of the Howard High School track on Wednesday nights at 6:30 pm. Her speed work sessions are definitely paying off.

The Howard County Striders recognized Karen as their 1992 Female New Runner of the Year at the Annual Meeting in January. This was quite a change from the supportive Mom who frequently attends events where her children are recognized. Karen's daughters are clearly pleased and proud of their mom.

Karen also became somewhat of an ambassador for running at her high school. She had been troubled by the fact that few high school children in her class can run a mile without walking, which they do in a test given each year. She has encouraged many of her students to take up running as a good way of getting and staying in shape. She and her students compare notes as they both improve. Karen and the other new runners in her class report that running has had positive effects on their health such as stress reduction.

Other women who would like to talk to Karen about joining the ranks of new runners should look for her at the 1993 FIT program beginning May 20 at Howard High School track at 7:00 pm. Karen will be one of the group leaders who help other women gain experience in running and preparing to run their first race. New runners should drop by Feet First for more information.

(Challenge Race, from p. 1)

Howard County Junior College and arrived without realizing the race had been scrubbed. Indeed, many stalwart Howard County runners also appeared expecting to run the race.

By 7:30 am, the snow had accumulated to such an extent that racing was definitely out of the question. Several groups of fanatics did jog the course on their own in spite of the snow. Runners had reported in from as far away as Hagerstown, Westminster, and even Baltimore.

Race officials had already prepared much of the course before the snow came down. Mile markers had been set out the day before, and Ken Brake's water crews had actually begun setting out water on Sunday morning when the word came about cancellation. Race Director John Wheatland and HCS President Nadia Wasserman personally met runners at the Community College to tell them of the cancellation.

Because of a busy race schedule in the coming spring, no date was suggested for re-scheduling the Challenge Race. Since 1979, the RRCA-sanctioned 10-mile event has brought together top runners from the local area and produced some of the fastest 10-mile times in Maryland.

One good thing about the cancelled race did happen—the Striders will retain the Challenge Trophy for another year!!!

## ASK-A-NURSE: THINK SAFETY FIRST!

Judi Carbary, MT

Crime is usually what you read about in the newspaper happening to someone else. As you try to get in those miles before work, in the dark, often alone, you may not be expecting an encounter with danger. While one cannot always live in fear, there needs to be concern about how to best protect yourself.

First of all, **THINK BRIGHT!** Wear bright colors and reflective clothing, stay on well-lit paths or run in the day light when possible. If it is dark, carry a flashing light. These precautions will help to increase your visibility as a runner.

Next, **THINK PARTNER!** If work hours are not conducive to daylight running, try to find a buddy or a group to run with— even if you have to rearrange your schedule a little bit. Plan runs with varied routes, but let somebody know where you will be going and when you will return. Change times of runs as well as routes. Know the areas you run through and stay out of high crime neighborhoods. Carry identification with you and place it in a shoe or other concealed location. Minimize wearing jewelry or carrying other valuables. Do carry a quarter for a possible emergency phone call.

Last but not least, **THINK OFFENSIVELY!** If an attacker confronts you, be prepared! Have **IN HAND** a red pepper spray (\$5.99 at Sonny's Surplus or \$7.99 at Zimmerman's hardware) or an alarm device (contact Dolly Ginter, 964-0064). **Scream.** If all else fails, **RUN!** Practice one of those sprints. It is best not to run when fatigued— injuries, lack of coordination and concentration, and loss of ability to run from an attacker may result. You need to use your judgement, of course, but chances are that an armed attacker is not a runner and even a 10-minute-per-mile pace will shut him down.

In short, the answer to **SAFETY** is to **THINK SAFETY FIRST.** Keep yourself from becoming vulnerable to a would-be attacker by staying **BRIGHT**, running with a **PARTNER**, and being prepared **OFFENSIVELY.** You wouldn't want your friends to read about you in the paper...

**DID YOU RENEW YOUR  
MEMBERSHIP ◀◀  
FOR 1993?**

**IF NOT, YOUR NAME WILL BE  
ELIMINATED  
FROM THE ROLLS AND YOU  
WILL NOT RECEIVE THE NEXT  
NEWSLETTER!!!!**

**TO AVOID THIS CATASTROPHE,  
FILL OUT THE MEMBERSHIP FORM  
ON P. 19 AND SEND IT TO  
DAVE TRIPP, TREASURER,  
WHO IS WAITING FOR YOU.**

## REPORT FROM THE WOMEN'S COMMITTEE

Barbara Calvert

## HISTORY OF THE WOMEN'S DISTANCE FESTIVAL

Ann Wass (via Henley Gible)

### *FEMALES IN TRAINING PROGRAM*

The Women's Committee of the Howard County Striders will once again sponsor a Females In Training (FIT) program to prepare women runners for the Women's Distance Festival 5k. The race will take place at the Columbia Mall on Friday night on July 9. The following is a schedule of the FIT training sessions:

Thursday	May 20	7:00-8:00 pm
Thursday	May 27	7:00-8:00 pm
Thursday	June 3	7:00-8:00 pm
Thursday	June 10	7:00-8:00 pm
Thursday	June 17	7:00-8:00 pm
Thursday	June 24	7:00-8:00 pm
Thursday	July 1	7:00-8:00 pm
Thursday	July 8	7:00-8:00 pm

All training sessions will take place at the Howard High School track, which is located behind the school at 8700 Old Annapolis Road, Ellicott City. THERE IS NO FEE. IT'S FUN and WE WANT YOU TO JOIN US. If you have any questions contact one of the members of the Women's Committee:

Barbara Calvert	461-2045
Pat Brooks	461-1197
Arleen Kvech	465-7735
Lissa George	964-2657

The Howard County Striders have put on a Women's Distance Festival 5k every year since the festival's inception in 1980.

The story of the Women's Distance Festival really began in Amsterdam in 1928. That year, women competed in Olympic track and field events for the first time. The women raced 100, 200, 400 and 800 meters. However, the women were not well trained for the 800 meter race and several showed distress at the finish. Therefore, it was decreed that women would run only shorter distances. The 800 was finally re-instated in 1960, and a 1500 m race was added in Munich in 1972.

Women, of course, were running much longer distances than this, and there was a movement to have longer distance women's races incorporated into the Olympics. In 1979, while discussing ways to publicize the fact that there was no women's marathon in the Olympics, the RRCA Women's Distance Committee developed the Women's Distance Festivals, a series of races to celebrate women's running. The first WDF's were held in 1980. The mid-July date of the races coincided with the running of the men's marathon in the Moscow Olympics.

A women's marathon was added to the Olympics in Los Angeles in 1984, with Joan Benoit-Samuels winning the race. A 10,000 meter women's race was added in 1988 and a 10,000 meter women's race-walk was added in 1992, but to date women still do not compete at the 5000m distance in the Olympics.

The current Women's Distance Festivals continue to celebrate women's running. Over 150,000 women have participated in the races since their beginning.

### *DON'T FORGET THESE SPECIAL SPRING EVENTS—*

- *DUCKWORTH RELAYS— March 27, Genelg High School (730-4499)*
- *CLYDE'S 10k — April 25, Columbia Ped Overpass (381-6385)*
- *COLUMBIA TRIATHLON - May 23, Centennial Lake (730-3880)*

••• IF YOU CAN'T PARTICIPATE IN THESE EVENTS, RING UP THAT PHONE NUMBER AND LEND YOUR SUPPORT AS A VOLUNTEER •••

## GMBC-PROVIDENT BANK SUPER BOWL 5K

Phil Lang

Over 20 Striders found themselves in Baltimore enjoying excellent weather and getting in a competitive run before the Cowboys destroyed the Bills on Super Sunday last January. The Howard Countians raced in the Super Bowl 5k, which was sponsored by the Greater Baltimore Medical Center and Provident Bank. The course went around Oriole Park at Camden Yards and attracted over 1000 participants. Thanks to the Marriot Inner Harbor, all runners had free entrance to its Super Bowl Party, which featured big-screen TV and food and drinks throughout the big game.

The Striders themselves seemed in quite good condition as 11 placed in the top 100 finishers and ran faster than 20 minutes. Club members collected 12 awards altogether during the entertaining post-race celebration. For many Striders, the Super Bowl 5k offered an opportunity to tune up for the 10 Mile RRCA Challenge Race— which, of course, didn't happen.

### STRIDERS AT THE SUPER BOWL 5K

Roger Howell	16:11
Jim Robinson	16:55
Greg McPhee	17:19
Bob Burns	17:21
Phil Lang	17:57
Warren Ohlrich	18:16
Barry Rumsey	18:27
Robyn Humphrey	19:03
Vicki Kang	19:08
Steffi Rausch	19:18
Marybeth Eikenberg	20:21
Jack Guarneri	20:33
Angie Pertauskas	20:45
Linda Lash	20:48
Kathy Jimenez	21:08
Arthur Kaff	21:22
GeriAnn Bell	21:23
Pamela West	21:35
Ralph Collinson	22:08
Joe Sokol	22:28
Karen Ohlrich	27:50
Don White	30:47

## WHY WOULD ANYONE WANT TO RUN A MARATHON?

Bill MacCormack

This is a question I've asked myself many times over the last several years. Typically, I've asked this when forcing myself to go out for a long training run--- the couch and TV seem more inviting. I've also asked the question after running a marathon when climbing stairs or even walking is uncomfortable. My answer is usually, "Sometimes I wonder if it's worth it!"

Well, last year I *didn't* run a marathon. I had planned to run Marine Corps but an injury during training prevented me. I think, however, that the experience of wanting to run, and then having to accept the fact that I couldn't run, helped me to find the real answer to the question of WHY RUN MARATHONS?.

I remembered how the anxiety begins to mount during training, when each long run adds confidence. You begin to strategize with fellow runners about the right pace, what to wear, what to eat, etc., with everything oriented toward success. In the days immediately preceding it, the race occupies your mind so completely that everything you do— eating, sleeping, daily activities— must be consistent with your master plan. The day before the marathon, you know you're prepared. In fact, you're hyper and you just want to get to the start and hear the gun go off.

When the gun does go off, you feel great, excited, and you can't wait for the crowd to disperse so you can reach and maintain a comfortable pace. You do reach such a pace after a couple miles, but you're still so full of adrenaline that the miles click by easily. Too easily, in fact, and you must consciously hold yourself back for later. I remembered during those first few miles wishing I could periodically stop the clock, not because I was tired, but just to enjoy the scenery and savor the moment.

I remembered how the fatigue begins to set in at mile 18 or 19. You have to fight it off, convincing yourself you have enough energy to finish. You actually seem to draw energy from those around you whom you at least perceive to be in worse condition.

And I remembered those last few miles when I anticipated the next (cont., p. 11)

## THE HISTORIC RACE OF THE SUMMER OF '92

A. Nonymous

In those "good-ole days" of yesteryear, in the beautiful season of fall, with Thanksgiving and all of its trimmings, when the final chapter of the running season is nearly complete, we all would eagerly anticipate that faithful "friendly letter" from Up-North Jim, which had truly become something of a cherished and loved tradition.

When Jim's letter would finally arrive it always colorfully recapped for the entire family, often in some detail, the very interesting events of the past summer, as well as some of the important highlights of a few selected major [running] races of last summer's running season. (Remember how we all enjoyed and admired Jim's mighty triumphs of the "good-ole days?") However, with the passage of time, it's sad to say, things can often change, and as Jim got a little older and perhaps started to show his age a little more (with race times a little slower each year), those "friendly letters" stopped! Of course, no one really knows for sure why they stopped (we may never know), but it could be that the usual running triumphs had become few and far between. In fact, the younger generation (i.e., Jim's seemingly ever-young and loving brothers, Billy and Tracy) are now frequently waiting at the finish line, yelling for Jim to bring-it-home. Now, with every movement and every word, Jim plays down this whole issue of "friendly" competition. You might say that he has become very mature [about losing] in his golden years.

This letter will again attempt in a humble way to revive and carry on the traditional "family letter" that Jim had so successfully initiated and carried on in those younger years of winning long ago.

First, let's be quite frank. Jim was totally demoralized last summer (1991) at the Charlevoix 10k. Also, because of this, I realized last winter that he may never fully recover and may never enter another Michigan race—at least as long as I'm vacationing in Charlevoix. Therefore, I knew that I needed something very ingenious and unique to get the attention of both Jim and

Tracy and somehow get them to the starting line this summer (1992). You all know it's not very easy to pull the wool over Jim's eyes. I knew that the old injury routine that had worked so well in the past would not cut the mustard anymore. So this spring (1992), I tried a new, more subtle approach. I wrote Jim a nice little note and included a picture of myself running in some local race here in Maryland. However, because of my somewhat bulky clothes and the unusual camera angle (perhaps trick photography?), I appeared to have a large pot belly and to be about 25 lbs overweight. Also, the picture was about three years old.

After intense study and considerable reflection on this intriguing photograph, Jim must have come to the conclusion that his younger brother finally had become flawed— i.e., to have become overweight! Furthermore, Jim's analytical mind and considerable knowledge of the sport of running quickly put all these variables together and rapidly calculated a direct relationship between weight (size of pot belly) and predicted racetime (the higher the weight, the longer the time). In other words, Jim incorrectly surmised (as I fully anticipated that he would) that during the winter I had added some pork to the ribs and spare tire to the mid section. The final outcome of all this higher reasoning was that Jim predicted a very sweet victory this summer. Miraculously, the stage was once again set for another BIG RACE showdown of the year. This BIG RACE did occur on July 18, 1992 at the annual Alpenfest 7.5 mile run in Gaylord, Michigan.

I scheduled our usual trip from Maryland to coincide with the Alpenfest run. After traveling several long days, hundreds of miles, and attempting to sleep in small hotel rooms, the "Out-East Runners" finally arrived in Gaylord, Michigan. Still exhausted from the long trip, I nonetheless registered for the race and resolved to run at a relatively slow pace. My plans suddenly changed when, to my surprise, I saw Jim at the starting line. Suddenly, the arduous effort to get to the Alpenfest became worthwhile. Indeed, I felt a surge of adrenaline. Yet I felt cool and very confident as I started planning my race strategy. I shook hands with my adversary. He commented about my fast time at last year's Alpenfest race (he had not run the race last year). We both started to warm up.

About 30 minutes before race time, a second surge of adrenaline hit me— brother number four, Tracy, also showed up for the race! [Tracy's real name is Terry, but the local newspaper misspelled his name in reporting results once and he was very upset about this.] His appearance elevated the importance of the race to a new level. Not only would this be an historic event—the first time ever that we three brothers ever raced together— but it would also be the supreme test of individual racing strategies, racing skills, basic training techniques, endurance levels, and maximum effort under extreme competitive pressures. In other words, as we looked at each other at that moment we all knew that the "winner was going to take all" at this once-in-a-lifetime challenge race. After a couple of bear-hugs from brother Tracy, I continued my warm-ups with brief, high-intensity intervals with him. During this warm-up, I discovered from Tracy an interesting tidbit of information. Tracy said that he had just been talking with older brother Jim and Jim had said, in a controlled voice, that he had seen me during the registration and commented "Bill looks lean and mean! Don't even try to keep up with him." By this point, Jim himself seemed a little pasty in color and appeared as if he had made a terrible mistake. Bill was not over-weight after all! But Jim couldn't turn back now. If the brothers were to retain a single grain of respect for themselves, they would all have to run this race— although the outcome was painfully apparent.

Young Tracy, however, had been inspired by a very strong 19:24 at the Traverse City Cherry Festival 5k, which he had run the week before (beating Jim quite badly, I might add), and he was not totally convinced that Mr. Lean and Mean had the Alpenfest race in the bag. Well, finally, all the runners toed the line and the BIG RACE was about to begin. Nervous as a pole cat, Tracy repeated over and over in his mind— stay with Bill, stay with Bill, STAY with Bill. Still trying to piece together recent shocking events, Jim mumbled out loud— "He's not overweight! He's not overweight! It can't be true!" And I myself concentrated on my recently formulated race strategy of going out very fast with the intention of dropping both Jim and Tracy in the first two miles of the race. The race director broke our mantras by commenting on the remarkably

good weather that Alpenfest had enjoyed over the years. Also, he made a few comments about the course, water stops, and so forth. He capped his remarks with a short prayer for the runners— and then the starter's gun went off.

I blistered the first two miles at a sub-six pace. Then the course made a hard, horse-shoe turn to the right and I screened the long line of runners for Tracy or Jim and— ah! — it worked. They were nowhere to be seen. I settled into a more reasonable pace, enjoying the remaining five miles with the knowledge that if either Tracy or Jim wanted to challenge ME they would first have to play catch-up, which by that point was un-likely.

When the finish line came into view, I made a final glance over my shoulder to make absolutely sure there would be no surprises in the final stretch. Again, I saw no familiar faces. And after the race, I very patiently and quietly listened to the usual long list of excuses and, of course, the usual prognostication "wait until next year." After this, we all departed.

Well, that's the BIG RACE STORY of 1992. I hope my memory did not fail me in the recollection of these happy details, because the race occurred several months ago in July of 1992. And Happy Holidays to my Michigan Running Family. Love, Bill.

.....  
(Marathon— from p. 9)

mile mark. At that point, you really hurt, but sheer determination propels you on. You may slow down, but nothing can prevent you from finishing now. Finally, I remembered the tremendous feeling of relief and satisfaction at crossing the finish line. You're sore, but you don't care because it was worth it. You've accomplished something that at some time, maybe not too long ago, you never dreamed you could do.

I remembered that Cloud 9 feeling, which lasted for the next several days, as well as the twinges of pain when I stood up or climbed stairs. The pain reminds you to give yourself another pat on the back.

Yes, I really missed those feelings last year. Because of the desire to experience them again, I expect to be forcing myself to get up for those Saturday morning training runs with the Bagel Runners. Hopefully, later this fall, I will again walk a little wobbily and have my feelings of immense pride and satisfaction from another marathon.

## SPRING SCHEDULE

During the month of March, the northern hemisphere of the Earth undergoes the greatest increase of mean daily temperatures of any month of the year. As runners we can all appreciate the fact after a desperate winter season. Spring officially begins on Saturday, March 20, and the Strider Spring Series begins the the next day. Contact weekly race director (and new VP) Dick George (964-3657) for more information.

Howard County's largest single athletic event, the **Clyde's 10k** race, will take place on Sunday, April 25. If you're not running, be sure to call race director Nadia Wasserman (381-6385) to volunteer your services. The race will feature the same fun course we had last year, but the 1993 version will be rain-free! Weeeee!!!!

In addition to the famous Clyde's 10k, the Striders also offer, at the end of spring, the **Annual Columbia Birthday 2 Miler** (Miles Weigold, 730-1849), which takes place in conjunction with the CityFair. The 2 Miler takes place on a fairly level course and includes all ability levels from exercise walkers to 5-minute-per-mile speedsters.

3/21 Spring Series officially begins  
2 pm Thunder Hill Elementary School  
Dick George (964-3657)

3/27 Duckworth Relays 5k  
10 am Glenelg High School  
Dave Tripp (730-4499)

3/28 Spring Series #2  
2 pm Longfellow Elementary School

4/5 Cherry Blossom 10 Miler  
8 am West Potomac Park, DC  
(entries closed-- sorry)

4/5 ORIOLES OPENING DAY!!

4/11 Spring Series #3  
2 pm ALL FRUIT RELAY  
Jeffers Hill Neighborhood Center

4/18 Spring Series #4  
2 pm Jeffers Hill Neighborhood Center

4/19 Boston Marathon  
8 am Hopkinton, MA  
BAA (508-435-6905)

4/25 **Clyde's 10k**  
8 am Columbia Pedestrian Overpass  
Nadia Wasserman (381-6385)

5/2 Spring Series #5  
2 pm Thunder Hill Elementary School

5/9 Nike Women's 8k  
8 am West Potomac Park

5/9 Spring Series #6  
2 pm Longfellow Elementary School

5/16 Spring Series #7  
2 pm Jeffers Hill Neighborhood Center

5/23 **Columbia Triathlon**  
7 am Centennial Lake Park  
Robert Vigorito (730-3880)

5/23 Constellation 10k  
8 am Harborplace, Baltimore  
Les Kinion (882-5455)

5/30 Spring Series #8  
2 pm Thunder Hill Elementary School

6/6 Spring Series #9  
2 pm Longfellow Elementary School

6/13 Spring Series #10 (END of series)  
2 pm Jeffers Hill Neighborhood Center

6/20 Columbia Birthday 2 Miler  
8 am Clark Bldg, Columbia  
Miles Weigold (730-1849)

7/9 **Women's Distance Festival 5k**  
12m Columbia Mall  
Pat Brooks (461-1197)

8/7 **24 Hour Relay**  
12n Howard High School Track  
Tim Beaty (596-6453)

8/29 Annual Strider Picnic  
12n Centennial Park  
Nadia Wasserman (381-6385)

9/19 **Columbia Birthday Marathon**  
8am Columbia City Center  
Paul Goldenberg (730-3566)

## PRESIDENT'S LETTER

Nadia Wasserman

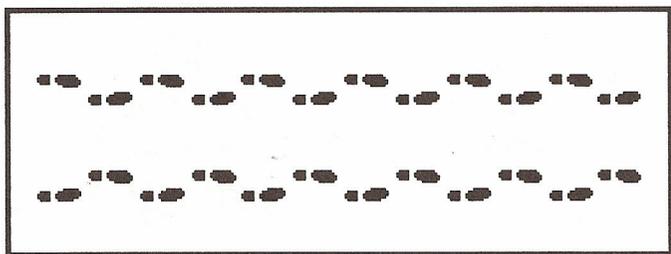
It is with great enthusiasm that I begin my term of office. I know I have big shoes to fill and a tough act to follow. But I'm happy that Paul has decided to remain on the board and share his expertise with us. The Striders will continue their contributions to the community, which include the scholarship fund and the partnership with the public schools.

We have a great opportunity to increase our contributions with the **Columbia Birthday Marathon**. This one-time event will feature a TAC-certified Marathon and a three-person marathon relay. This race will benefit the Columbia Foundation, which financially supports the outstanding work of local organizations in areas such as human services, art, culture and education. Mark your calendars for **September 19** this year. We hope you will either run or volunteer. An event such as this requires a great number of volunteers. If you need training partners [for the Marathon or any other race or running experience] join us at the **Bagel Runs** on Saturday mornings at 7:00 pm sharp at the parking lot of the Wilde Lake Village Center.

As you prepare your spring running schedule, be sure to include the **Duckworth Relays** on March 27 and **Clyde's 10k** on April 25. Clyde's has something for everyone—a 10k on a great course, a fun run and refreshments for all. We are due for sunshine at this year's Clyde's. Mother Nature should be on our side!

My presidency has already begun on an up-beat note. With a little help from the weather, we are **STILL** the RRCA defending 10-Mile Challenge Champions!!!

Have a great racing season—— see you on the roads.



## HOWARD COUNTY STRIDERS 1993 BOARD OF DIRECTORS

Nadia Wasserman, <i>President</i>	381-6385
Dick George, <i>Vice President</i> & <i>Weekly Races</i>	964-3657
Phil Lang, <i>Secretary</i>	995-8258
Dave Tripp, <i>Treasurer</i>	730-4499
Rick Rosen, <i>Membership</i>	381-3635
Heide Heidepriem, <i>Jr Striders</i>	531-2792
Jim Carbary, <i>Newsletter</i>	964-8375
Warren Ohlrich, <i>Special Races</i>	381-0189
Barbara Calvert, <i>Women's Committee</i>	461-2045
Tim Beaty, <i>Nominations</i>	596-6453
Eric Kocay, <i>At Large</i>	381-3995
Pat Brooks, <i>At Large</i>	461-1197
Bill MacCormack, <i>At Large</i>	461-2757
Miles Weigold, <i>At Large</i>	730-1849
Al Hannagan, <i>At Large</i>	461-0827
Paul Goldenberg, <i>Immediate Past</i> <i>President</i>	730-3566



Board members Phil Lang (left), Nadia Wasserman (center) and Tim Beaty at a recent meeting the Strider Board of Directors. The board meets on the first Tuesday of each month to set policy, plan races, pay bills, and feed on free food. Contact ANY of the board members about issues which concern you about running. The board really does listen to YOU, the individual runner (but there is no truth to the rumor that board members will mow your lawn for you this spring). (photo by J. Carbary)



# WOMEN'S DISTANCE FESTIVAL

**DATE & PLACE** Midnight - Friday, July 9, 1993  
Columbia Mall, Columbia, Maryland

**DISTANCE** 5K (3.1 Miles)

**ENTRY FEE** \$10.00 prior to race night. \$15.00 race night.

**COURSE** Fast and Flat!! On paved road around the perimeter of Columbia Mall. Start/Finish is at east end of Columbia Mall.

**REGISTRATION** Mail entry form and \$10.00 (payable to Howard County Striders) to: Feet First, Wilde Lake Village Green, Columbia, MD. 21044. Registration at Feet First until July 9, 7:00 p.m. Race night registration at Start/Finish at 11:00 p.m.

**PACKET PICKUP** Feet First, Wilde Lake Village Green in Columbia, Md. July 8, 10 a.m. - 9 p.m.; July 9, 10 a.m. - 7 p.m. On race night starting at 11:00 p.m. at east entrance to Columbia Mall.

**AWARDS** Top 3 overall finishers and top 3 in the following age groups: 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60 & over. Medals to top 10 mother/daughter teams.

**PHOTOS** Mother/daughter & individual photos will be taken at Feet First on July 8, 10a.m.-9p.m. & on July 9, 10a.m.-7p.m. Copies can then be purchased from Geoff Baker, our official race photographer.

**T-SHIRTS** Original design shirt guaranteed to first 450 women.

**POST-RACE CELEBRATION** Immediately following the race will be the awards ceremony with refreshments and plenty of random awards.

**RESULTS** Race results will be mailed to all finishers.

**RACE INFORMATION** Feet First (410)992-5800; Howard County Striders Hotline (410)964-1998



## WOMEN'S DISTANCE FESTIVAL • ENTRY FORM

Please Print First Last For Official Use Only

Name (women only)

Address

City  State  Zip Code

Age (Race Day)   Date of Birth     Shirt Size  S  M  L

Phone  Mother/Daughter Team Name \_\_\_\_\_  
(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, the Columbia Mall, the Rouse Company, 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 \_\_\_\_\_ (If runner is under 18, parent or guardian must sign) Date \_\_\_\_\_





Potomac Valley RRCA Clubs  
3rd Annual



# Women's Distance Festival Grand Prix Series - 1992 -

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 races are 5 kilometers. The overall winner will be able to participate in the TAC National 8K Championships.

## Rules:

The WDF Grand Prix Series consists of all the Potomac Valley RRCA WDF races run from July through October. You must run at least four races to qualify for an award. You may run in more than four races.

## Scoring:

Your place in each of your four best performances will be totaled to determine your overall score for the Series. The lowest scores win. In case of a tie, the lowest total finish time will determine the winner.

## Awards:

The overall winner will go to the TAC National Women's 8K Championship. Awards will be given to the top three finishers overall and the first in each age-group (Junior, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60 plus). All *qualifiers* (women who run 4 or more races) will receive a special award and will be invited to the Series final awards ceremony. In addition, there will be a cash award to the club with the most qualifiers. Qualifiers will be eligible for random prizes including an "elite" entry to the 1993 Northern Telecom Cherry Blossom 10 Mile Race (an elite athlete runner number, invitation to the elite athletes' dinner and post race reception, and riding to and from the race in the bus with the invited athletes).

## Races:

The Series races are held all around the area. Each race has its own awards structure. *You must register for each race separately.* You are automatically entered in the Grand Prix Series. Details and the names of the contacts for registration are listed on the reverse side of this flyer.

## Sponsors:

This series would not be possible without the generous support of the sponsoring clubs of each WDF race, the Potomac Valley Association/TAC (PVA), Gatorade, Moving Comfort, Racquet & Jog, Reston Hospital Center, The Athletics Congress (TAC), the Road Runners Club of America (RRCA), and the national WDF sponsors.

**moving  
comfort.**  
*fit for women*



**RACQUET  
& JOG**  
SINCE 1974

**HCA** Reston  
Hospital Center

Howard County  
**JUNIOR STRIDERS**

Affiliate of the Howard County Strider  
Invite you to join us for the 1993 Track and Field season!

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



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



The Howard County JUNIOR STRIDERS is a Track and Field (Spring/Summer) and Cross Country (Fall) team that trains youth in running. The spring track and field season begins on Monday, March 19, 1993. Training sessions are held 5:30 to 6:30 pm at Mt. Hebron high school on Mondays, Wednesdays, and Fridays. Our coach, Craig Chasse, is a Physical Education graduate of the University of Maryland, a Howard County Teacher and Track Coach, and a prominent Howard County runner. He will conduct practice sessions and attend meets.

Meets are held on weekends beginning in late April. Boys and girls compete separately in age groups: 8-and-under, 9-10, 11-12, 13-14, 15-16. Track distances are 100, 200, 400, 800, 1500 and 3000 meters. Track events are races, relays, race walk, and hurdles (for the older age groups). Field events are long jump, triple jump, high jump, shot put, discus, and pole vault. Typically, awards (ribbons or medals) are given to the top three (or six) finishers in each age category. In June, the Amateur Athletic Union (AAU) and The Athletics Congress (TAC) conduct Association (State) Championships. Those who qualify, can advance to regional and national championships in July and early August.

Registration is \$45.00. Each team member will receive a uniform, instruction, information on meets (participation is optional), annual membership in the Howard County Striders, and an end-of-the-season trophy at our annual picnic. A nominal fee, typically \$2.00, is charged at each meet. AAU and TAC meets require membership (about \$8.00 each). Transportation to and from practices and meets is a parental responsibility. For more information, contact Craig Chasse at 301-596-6354.

HOWARD COUNTY JUNIOR STRIDERS MEMBERSHIP APPLICATION

(if you have a Howard County Jr. Strider uniform, the registration fee is only \$30.00)

Name \_\_\_\_\_ Date of birth \_\_\_\_\_ Sex \_\_\_\_\_  
Address \_\_\_\_\_ Home phone \_\_\_\_\_  
Mother's name \_\_\_\_\_  
Work phone \_\_\_\_\_  
School \_\_\_\_\_ Grade \_\_\_\_\_ Father's name \_\_\_\_\_  
Running experience \_\_\_\_\_ Work phone \_\_\_\_\_

Mail application with \$45.00 fee to:

**CIRCLE UNIFORM SIZE:**

Adult    S    M    L

Child    S    M    L

Howard County Junior Striders  
c/o Craig Chasse 301-596-6354  
6197 Farstar Place  
Columbia, MD 21045

PLEASE ENCLOSE A COPY OF THE APPLICANT'S BIRTH CERTIFICATE



Don't Forget the Special Events this Spring:

Duckworth Relays

March 27, Glenelg High School

Cherry Blossom 10 Miler

April 4, West Potomac Park, DC

The Boston Marathon

April 19, Hopkinton, MA

Clyde's 10k

April 25, Pedestrian Overpass in Downtown Columbia

Columbia Triathlon

May 23, Centennial Lake Park

Columbia Birthday 2 Miler

June 20, Clark Building in Downtown Columbia

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***Return Address:***  
Howard County Striders  
7381 Swan Point Way  
Columbia, MD 21045

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

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