

# FOOTPRINTS



NEWSLETTER OF THE HOWARD COUNTY STRIDERS  
VOLUME 13, NUMBER 2—SUMMER, 1993

## CLYDE'S DRAWS 1155— COURSE RECORDS FALL

This year the runners at the 1993 Clyde's 10k enjoyed exquisite spring weather: partly sunny, a pleasant breeze, and a temperature of about 60F at the start of the race. The 15th annual edition of the Clyde's American 10k drew a field of 1155 finishers, who enjoyed not only the weather and the course, but also the excellent food—courtesy of Clyde's kitchen—after the race. And, topping off the celebration, both male and female winners established new course records.

For the second year in a row, Brad Uhlfelder won the Clyde's 10k race in Columbia, MD. This time, Uhlfelder had to overcome two of the area's most fearsome runners—Striders Dave Berardi and Ken Fowler. Immediately after the start, the three formed a lead pack that pulled quickly away from the field. They zipped through the first *uphill* mile in 5:00 flat. That was the fastest mile of the race; Fowler recalled that "it felt more like 4:30." After two miles, Uhlfelder had taken the lead but not until three miles did Fowler concede. Berardi hung on longer but "never quite got my legs going." By the fifth mile, Uhlfelder had gained a commanding lead and cruised to a new course-record of 31:35. [Uhlfelder also held the old course record of 32:01.] Berardi settled for second place 24 seconds behind, and Fowler wound up in third with a 32:32—well off the pace.

In the women's race, new Strider Bea Marie Fritsch had much less trouble dispatching her competition. Fritsch took the lead immediately after the start and simply



*Bea Marie Fritsch, in her first race as a Howard County Strider, overwhelmed the women's field at the 15th annual Clyde's American 10k race. (photo by Rob Vigorito)*

pulled further and further away from the rest of the field. Columbia's Robyn Humphrey, the only woman close enough to consider challenging for the lead, noted "I couldn't even see her [Fritsch] even though I had my contacts in!" In winning, Bea Marie established a women's course record of 37:22. [Laura Fiedler set the initial record of 38:21 last year.] Robyn tossed in the towel after Bea Marie went out of sight but still captured second place—for the second year in a row.

Each of the contenders provided reasons for their performances. Dave Berardi ("just training through it") had run a 51:18 10-miler the week before Clyde's and a sub-15 (continued on next page)

minute time at a 5k race (where Uhlfedler had also beaten him) the day before Clyde's. Ken Fowler reported that he had run a 30:31 personal record just the week before at the Sallie Mae 10k, so "man, my legs were shot" and he could manage *only* a 32:32. Bea Marie, who after all won the race, had placed third in a 5k the day before Clyde's. "It's the first time I ever tried anything like that before," she commented about running back-to-back races. Robyn Humphrey seemed ebullient even though she placed second. "I've been injured for the last 12 years, and this could mark my comeback for sure." [Robyn's husband Chris has promised her a pair of diamond earrings if she breaks 37:00, and she only has 1:50 to go.]

The master's field enjoyed tighter competition, at least on the men's side, as the top five men over 40 finished within 40 seconds of each other. Jim Carbary (41) overhauled Piriya Pinit (47) at the mile mark and survived a serious, last-mile challenge from Jim Discuillo (40), who in his first master's season came up only 11 seconds short of the overall master's title. Both Carbary (36:17) and Pinit (36:38) won their respective age groups and also had the supreme pleasure of smashing their mutual arch-rival, Westminster's David Lowe, who seemed to have injured his hamstring, and Discuillo discovered new youth with a 36:28 time.

#### 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



*Rick Rosen chugs into the final meters of the race. The shocking pink racing shoes he wore did not help him win an age group award but they kept the bugs off. (photo by Jim Carbary)*

The women's master's field enjoyed a much less spirited race. Strider Linda Lash (42) yawned through a 44:09 and crushed the competition among the master's women. In so doing, she proved beyond the shadow of a doubt why she was the Striders' Master Woman of 1992. Her nearest competitor was Joanne Sfekas (45), who finished over a minute behind.

In fact, most of the Strider elder runners also enjoyed a fine day, winning 13 of the 28 awards available for those over 39. Mick Slonaker joined the ranks of the masters, improved his 10k time by two seconds to 39:14, and won third place in the 40-44 men— his first Strider race award. Vivi Provine and Joyce Ditomasso, past members of Strider racing teams, took second and third in the 45-49 women. Jim Greenfield and Armand Harris Jr., Strider members for over a decade, waited a long time to win something at Clyde's but they finally turned 50 and took first and third in the 50-54 age group. Bill Elzinga, who recently turned 55, used the speed and experience gained in weekly race series to place second among the 55-59 men. Bill's time of 41:30 also beat everyone in the 50-54 age group. And, as they had at the Columbus Chase, Judy Stiff and Mary Hinson locked up awards in the 50-54 and 55-59 women's groups.



Hundreds of starved runners descended on the lakefront after the race to gorge themselves on hotdogs and fresh strawberries. (photo by Jim Carbary)

Clarence Wingate was the oldest Strider to win an award at Clyde's. He ran an outstanding time of 43:24, which placed him third among the over-60 men. "After 57, you start to slow down," he remarked after the race.

Like the elders, the younger elements of the Striders also had a good day at Clyde's. In fact, Howard Countians won all the age groups under 20. The Junior Striders supplied the top runners among the under-15 age group. The implacable Zach Heidepreim and Dana Strickland took top honors while teammates Keith Jackson and Allison Pople finished second in that age group. Slowed by a knee problem for five miles, Zach ran a 40:16, which was a minute slower than the time he ran last year (he still beat his poor father, Heide). Fourteen-year-old Dana Strickland ran an outstanding 42:16 and finished in seventh place overall. The Striders' David Krantz and Julie Shimko took top honors in the 15-19 age group. For much of the race, Dave K. ran in the company of the over-40 competitors and delighted in pushing them to sub-37 per-formances.

Chris Nugent, Strider Runner of the Year for 1993, turned in perhaps the best race of the day when he outsprinted several runners to win fourth place in 33:01. For most of the race, Chris found himself battl-

### TOP 10 MEN

|                                  |       |
|----------------------------------|-------|
| 1. Brad Uhlfelder (Owings Mills) | 31:25 |
| 2. Dave Berardi (Catonsville)    | 31:49 |
| 3. Ken Fowler (Ellicott City)    | 32:32 |
| 4. Chris Nugent (Silver Spring)  | 33:01 |
| 5. Rob Defilippis (College Park) | 33:03 |
| 6. Peter Kirk (Rockville)        | 33:12 |
| 7. Chris Ciamarra (Glen Burnie)  | 33:21 |
| 8. Jeffrey Fritz (Columbia)      | 33:26 |
| 9. Chris Samley (Columbia)       | 33:41 |
| 10. James Clelland (Catonsville) | 34:01 |

### TOP 10 WOMEN

|   |       |
|---|-------|
| 1. Bea Marie Fritsch (Arbutus)          | 37:33 |
| 2. Robyn Humphrey (Columbia)            | 38:50 |
| 3. Joy Glass (Westminster)              | 40:40 |
| 4. Nadine Taylor-Tolbert (Gaithersburg) | 40:57 |
| 5. Jennifer Haas (Rockville)            | 41:27 |
| 6. Allison Ferguson (Lutherville)       | 41:29 |
| 7. Dana Strickland (Columbia)           | 42:16 |
| 8. Alice Klages (Owings Mills)          | 42:44 |
| 9. Carolyn Stoll (Columbia)             | 42:52 |
| 10. Laura Wagner-Tebedo (Towson)        | 43:05 |

ing Rob Defilippis, Peter Kirk and Chris Ciamarra. The fourth place position saw-sawed between them for most of the race, and each of them had a chance to finish fourth overall when they crested the last hill. Defillipis and Nugent both made a desperate rush for the finish and Chris edged his rival by two seconds.

The top three male and female runners each won gift certificates from Feet First or Princeton Sports. They also won stunning pewter bowls engraved with Clyde's logo and their finishing place. "What a handsome jello-mold!" exclaimed Bea Marie upon receiving hers. Age group winners took home Clyde's pewter mugs with see-through bottoms.

Club President Nadia Wasserman directed the Clyde's 10k race for the second year in a row. She reported no difficulties this year in procuring the porta-johns. "Everything went smoothly," she reported. "We had no significant problems with traffic or dogs." Over 100 volunteers assisted in putting on the race.

## STRIDERMEN AT CLYDE'S

|                                      |       |
|--------------------------------------|-------|
| 2. Dave Berardi                      | 31:49 |
| 3. Ken Fowler                        | 32:32 |
| 4. Chris Nugent                      | 33:01 |
| 9. Chris Samley (1st, 30-34)         | 33:41 |
| 13. Gary Anderson (2nd, 30-34)       | 34:58 |
| 18. Jim Carbary (1st, 40-44)         | 36:17 |
| 21. Jim Discuillo (2nd, 40-44)       | 36:28 |
| 22. Piriya Pinit (1st, 45-49)        | 36:38 |
| 28. Bobby Gessler                    | 36:52 |
| 32. Tim Bradley                      | 37:18 |
| 37. Jim Kelley                       | 37:41 |
| 40. Gary Ault                        | 37:51 |
| 44. Kyle Thomas                      | 38:00 |
| 50. Richard Brockway                 | 38:43 |
| 60. Ken Plantz                       | 39:05 |
| 61. Jerry Warfield                   | 39:07 |
| 62. Michael Slonaker (3rd, 40-44)    | 39:14 |
| 73. Phil Riehl                       | 39:59 |
| 74. Rick Rosen                       | 40:00 |
| 87. Heide Heidepriem                 | 40:36 |
| 97. Nelson Stritehoff                | 41:01 |
| 98.. Steve Shimko                    | 41:01 |
| 105. Ed Silverman                    | 41:17 |
| 107. Bob Hecht                       | 41:18 |
| 114. Bill Elzinga (2nd, 55-59)       | 41:30 |
| 121. Greg MacPhee                    | 41:41 |
| 125. Bruce Harvey                    | 41:56 |
| 141. Jim Greenfield (1st, 50-54)     | 42:25 |
| 148. Tom Purcell                     | 42:39 |
| 160. Jim Hannan                      | 43:00 |
| 175. James Guarneri                  | 43:21 |
| 179. Clarence Wingate (3rd, over 60) | 43:24 |
| 189. Armand Harris, Jr. (3rd, 50-54) | 43:38 |
| 194. Wayne Conway                    | 43:40 |
| 195. Steve Feldstein                 | 43:41 |
| 204. Allan Field                     | 43:58 |
| 237. Robert Craig                    | 44:31 |
| 249. John Commander                  | 44:40 |
| 282. Ray Lake                        | 45:31 |
| 325. Arthur Kaff                     | 46:15 |
| 327. Mike Kraus                      | 46:15 |
| 333. Rusty Toler                     | 46:20 |
| 369. Bert Moore                      | 46:55 |
| 377. Richard Fox                     | 47:01 |
| 391. Steve Grufferman                | 47:14 |
| 397. John Foy                        | 47:27 |
| 406. David Bell                      | 47:33 |
| 428. Charles Williams                | 48:04 |
| 429. Matt Augustin                   | 48:05 |
| 484. Tom Ratican                     | 49:10 |
| 507. Donald Plasse                   | 49:34 |
| 512. Joe Sokol                       | 49:37 |
| 541. Ron Stiff                       | 50:03 |
| 586. Tom Rankin                      | 50:53 |
| 587. John Neal                       | 50:53 |

|                       |         |
|-----------------------|---------|
| 608. Lloyd Knowles    | 51:16   |
| 645. Jim Bibb         | 51:50   |
| 696. Chuck McGinnis   | 52:51   |
| 724. Laurence Brocato | 53:17   |
| 728. Seth Cohen       | 53:22   |
| 730. Jeff Cohen       | 53:25   |
| 770. Randall Calvert  | 54:07   |
| 777. Rick Wilson      | 54:19   |
| 915. Alex Bailey      | 57:08   |
| 985. Doug Brown       | 59:27   |
| 1063. Greg Oliver     | 1:02:38 |
| 1139. Evan Brooks     | 1:11:04 |
| 1141. Evan Calvert    | 1:11:47 |

## STRIDERWOMEN AT CLYDE'S

|                                     |         |
|-------------------------------------|---------|
| 1. Bea Marie Fritsch                | 37:33   |
| 2. Robyn Humphrey                   | 38:50   |
| 7. Dana Strickland (1st, under 15)  | 42:16   |
| 185. Steffi Rausch (2nd, 20-24)     | 43:31   |
| 193. Patti Hecht (2nd, 30-34)       | 43:39   |
| 215. Linda Lash (1st, 40-44)        | 44:09   |
| 248. Debbie Chaney                  | 44:40   |
| 251. Jennifer Matthews (3rd, 25-29) | 44:41   |
| 347. Debbie Kocay                   | 46:28   |
| 381. Karen Mays                     | 47:05   |
| 405. Julie Shimko (1st, 15-19)      | 47:33   |
| 426. Vivi Provine (2nd, 45-49)      | 48:44   |
| 443. Linda Ausfresser               | 48:23   |
| 571. Pat Brooks                     | 50:36   |
| 604. Joyce Ditomasso (3rd, 45-49)   | 51:10   |
| 616. Debbie McCracken               | 51:23   |
| 712. Barbara Calvert                | 52:53   |
| 740. Judith Stiff (2nd, 50-54)      | 53:40   |
| 842. Lisa Hinson                    | 55:25   |
| 859. Andrea Almand                  | 55:54   |
| 885. Helen Beyers                   | 56:20   |
| 953. Jesse Goertler                 | 58:09   |
| 994. Arleen Kvech                   | 59:34   |
| 1031. Caskie Lewis-Clapper          | 1:01:08 |
| 1121. Mary Hinson (1st, 55-59)      | 1:07:44 |
| 1131. Gail Bailey                   | 1:09:08 |

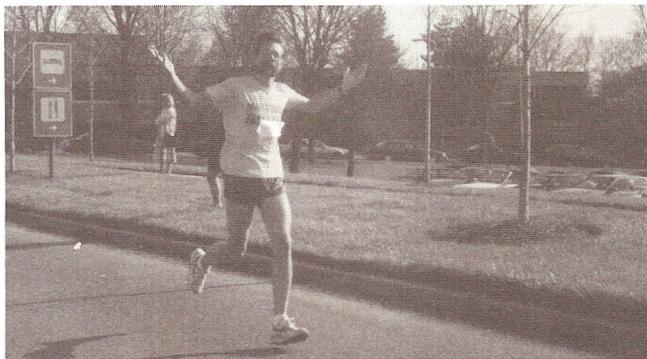
For the first time ever, the Clyde's course was a certified 10 km (6.21 miles). A small band of dedicated Strider volunteers went to great lengths to measure the distance, which is accurate to within 0.01%. If you thought the distance was long or short, you're wrong. On the other hand, any personal record you set really was a personal record.



*Debbie Kocay enters the final 100 yards of the race. (photo by Jim Carbary).*



*The scene in the chutes about 55 minutes after the start. The Striders used a new method this year in which the men and women came through the same chute. (photo by Jim Carbary).*



*Nelson Stritehoff throws his arms up in a peculiar end-of-the-race maneuver to confuse pursuers. (photo by Jim Carbary)*

## WOMEN'S COMMITTEE REPORT— DISTANCE FESTIVAL ALL READY

Pat Brooks

Approximately 40 women have been showing up for the Females in Training (FIT) sessions this spring. The FIT program prepares the women to run their first race, which is the Striders' Women's Distance Festival (WDF) Race in July. The program has proven quite popular among local area women, who also use the training sessions to get fit and meet other training partners. The FIT program has spread seemingly by word-of-mouth, as women tell their neighbors. FIT t-shirts are sold out but more have been ordered.

Preparations for the July 9 race at the Columbia Mall are going along smoothly. The Women's Committee has invited Henley Gible (originator of the WDF series) and her daughter to start the race. The Columbia edition of the WDF offers a plethora of random awards, which will be handed out at the end of the finish line chutes this year. The post-race celebration this year will not feature pizza (as it has in past years) because the pizza gets soggy in rain and kids fight over pieces of it. But the post-race party will offer more healthful foods and beverages. Award winners earn medals for their race performances. The Columbia WDF is part of the WDF Grand Prix series, and participants can earn series points by running the race. Finally, the 5k course is USA Track and Field CERTIFIED— thanks to the efforts of Eric Kocay and others. Certification means the course is *exactly* 3.1 miles. The course loops around the Columbia Mall parking lot. Stridermen and the Howard County police guarantee no traffic for this midnight run.

REPORT RUNNERS NEWS, EVENTS  
PERSONAL RECORDS, TRIVIA,  
QUOTABLE QUOTES TO THE  
STRIDER  
HOTLINE— 410-964-1998

24 HOUR SERVICE  
FOR RUNNERS

## THE BOSTON REPORT

A large group of Howard Countians ran the Boston Marathon this year. Every one of them had high hopes for a good time a Beantown and the weather confounded them all. At high noon, when the race started, the temperature had already gotten into the 60's and was over 70 when most of the Striders reached the base of Heartbreak. As a consequence, nobody even came close to his desired time.

Just how bad were the conditions? Chris Nugent (Strider Runner of the Year for 1992 and two-time winner of the Masochist Marathon) didn't even break three hours; he ran 3:01 — and he didn't go off course, either. Aiming, for a 2:50 performance, Phil Lang barely broke 3:10. Jim Robinson and Debbie Chaney both won \$100.00 for the fastest man/woman qualifying times and both struggled just to finish— Jim posted a 3:13 and Debbie an ignominious 4:06. Rich Brockway (Strider Master Runner of 1993 who posted a 2:53 at Marine Corps) came in a few seconds behind Jim.

Phil Lang and Greg MacPhee actually started out to race. Wearing his special pink NoseKote® to ward off solar radiation, Phil enthusiastically vowed to Bob Burns at the start that they would *break* 2:50. Phil and Greg also wanted to beat each other, so they raced through the first 10 miles at the near-suicidal pace of 61:30. Around 20 miles, when Vicki Lang saw them, they both appeared spent. But when Greg realized he still had over 40 minutes to break three hours, he bounded away and actually *almost* broke three hours. With a time of 3:01:33, he was the second Strider to finish.

Near the end of the marathon, Patti Hecht (3:27 at Marine Corps) found herself running *ahead* of her husband Bob (3:07 at Marine Corps). She ran 3:38, a full 11 minutes off her PR. Both Patti and Bob had won Most Improved Runners of 1992 Awards.

Bob Burns led the Strider master runners with a 3:02:46, although the "totally brutal" conditions made him much slower than he expected. The wizened Ben Mathews, who resides in Florida, enjoyed the relatively cool Boston weather and ran a 3:08:53— the second Strider masters runner.

## STRIDERS AT BEANTOWN, '93\*

|                   |         |
|-------------------|---------|
| Roger Howell      | 2:46:42 |
| Chris Nugent      | 3:01:20 |
| Greg MacPhee      | 3:01:33 |
| Bob Burns         | 3:02:46 |
| Ben Mathews       | 3:08:28 |
| Phil Lang         | 3:08:53 |
| Jim Robinson      | 3:13:25 |
| Richard Brockway  | 3:13:31 |
| Steve Klose       | 3:15:16 |
| Tony Warner       | 3:17:07 |
| Dick Hipp         | 3:29:00 |
| Cynthia Carpenter | 3:31:29 |
| Patti Hecht       | 3:36:13 |
| Bob Hecht         | 3:38:46 |
| Eric Kocay        | 3:48:02 |
| Heidi Splete      | 3:51:06 |
| Warren Ohlrich    | 4:05:32 |
| Debbie Chaney     | 4:06:35 |

\* List compiled by Joe Wasserman.

Roger Howell lead all Striders with a 2:46:42— the only time under three hours— although he wasn't bragging. New Strider Cynthia Carpenter completed the marathon in 3:31:29 to lead all the women Striders. Boston was only her second marathon. She qualified for the race by running her first marathon, Marine Corps, last October.



Congratulations to the 1993 recipients of the **John Scherer Scholarship**, which goes to outstanding scholar-athletes graduating from high school. From a highly competitive pool of candidates, the Board of Directors chose **Ed Hogan** and **Kelly Pelovitz**, both of Glenelg High School. In addition to being excellent runners, they have demonstrated excellent scholarship— Ed ranks number 1 in his class and Kelly owns a 3.8/4.0 grade point average. The award carries a \$500.00 stipend to be used by the winners in their collegiate studies.

## REPORT FROM PORTLAND

Phil and Vicki Lang

Each year the Strider Board of Directors sends two representatives to the Road Runners of America (RRCA) Convention. This year the club sent us to the 1993 convention in Portland, OR, which took place on the same weekend as Clyde's. The club paid for one of us, while a Striders' lottery win among other local clubs paid for the other.

We flew to Portland and stayed three days. It rained every day, but otherwise the area has much to recommend it for running. We found some convenient running routes in a pleasantly cool climate. Of course, the area also boasts some immense hills and really fine forests.

A tour of the Nike facility in Beaverton highlighted our visit. The Nike facility is a gorgeous office building surrounded by its own sports city, which includes a lake, running track, basketball courts, soccer field, employee gym, and even a day care center. We wished we worked there!

The main topic of conversation at the meeting was a change in the name of The Athletics Congress (TAC) to USA Track and Field (USAT&F). RRCA is affiliated with this important amateur athletic body and one wonders if the new name indicates less emphasis on road running? We'll see.

We also attended several interesting sessions at the conference. One session discussed how to obtain sponsors for races. Sponsors are hard to come by these days and a race director must show how the race will directly benefit the sponsoring company (i.e., improve sales). The RRCA conference recognized the importance of "multisport events" (i.e., triathlons) for the first time.

A host of Running Legends appeared at the conference. Roberto Salazar showed up, and we met Mary Decker Slaney, who was inducted into the RRCA Hall of Fame at the conference.

The conference included Portland's Spring Classic 8k Race, which we ran. The field consisted of nearly 2000 runners, who dodged a lot of puddles and slogged over some mighty hills. [Phil ran a 28:30 and Vicki ran an excellent 30:30, placing third in her age group.]

The 1994 RRCA conference will take place at the Ritz-Carollton in Washington, DC, April 7-9.

## NEW AWARDS PROCEDURES

The Strider Board of Directors has spent considerable effort in the last few months trying to improve the procedures by which the Annual Awards are distributed at the January meeting. A committee including Eric Kocay (chairman), Al Hannagan, Dick George, Heide Heidepreim, and Barbara Calvert met numerous times, conducted extensive research on how other clubs select award winners, drafted several memoranda, and presented new guidelines for the selection procedures.

The committee recommended two significant ways to improve the selection procedure. First, the board should aggressively solicit nominations, both from the board and from the club membership. To this end, award nomination forms should be available at many places including Feet First, weekly races, and the newsletter. Second, a Board subcommittee should be appointed to review and research the annual award nominees and present their findings at a Board meeting prior to the general meeting held in January. The data sheets resulting from this review will provide Board members with factual information needed to determine the final winners.

The committee concluded that current award categories (Male and Female Runner of the Year, Master Runners of the Year, New Runners of the Year, Most-Improved Runners of the Year, etc.) should continue. The committee recommended adding a Junior Runner of the Year for Junior Striders and local High Schools.

Finally, the committee recommended a set of guidelines for evaluation and selection of award winners. Award nominees should be Howard County Striders and they should participate in at least eight major races during the year. Of the eight, six should be local races in the Baltimore-Washington area (e.g., Constellation). At least two races should be Strider races (e.g., Clyde's) and one of the Strider races should be one of the Challenge Races. With the exception of New Runner, awards will be based mainly on performance; the New Runner award will also be based on participation. Age and group achievement and volunteer activities will receive additional consideration.

Strider nomination forms will appear in forthcoming issues of this Newsletter.

## COLUMBIA TRIATHLON

On the morning of Sunday, May 23, a near-record field of 672 triathletes assembled on the shores of Centennial Lake for the 10th Annual Columbia Triathlon. For the first time since 1988, good weather greeted the participants who, in recent years, had suffered through rain, drizzle, and clouds. But this year the weather was sunny and cool— perfect tri-conditions except that the lake waters were a bit on the cool side. Tri-officials placed the water temperature at 72° but veteran triathletes and polar bears who actually swam in the lake said the water felt more like 69°.

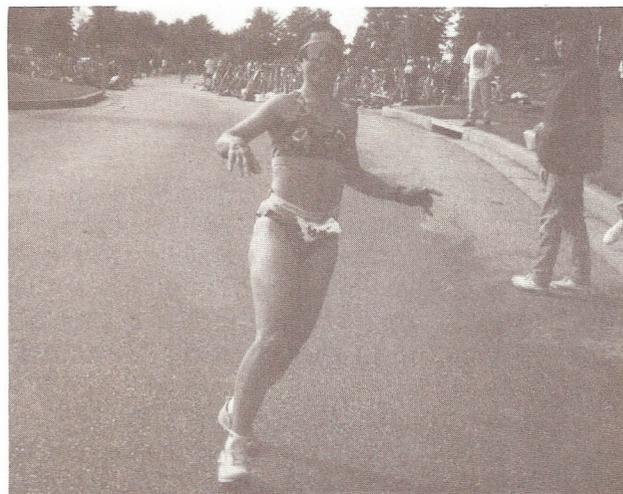
Some Striders did the triathlon itself, while a much larger number volunteered to work the race. On the racing side, John Kuehls and Dolly Ginter led the Strider contingent. John completed the 1.5k swim, 25k bike, 10k run in a total time of 2:13:57 (including transitions), placing 43rd overall and 5th among the 30-34 men. Surprisingly, he has done the race faster during the rain. Dolly, Strider Woman Runner of 1992, did the triathlon in 2:18:03 and was third woman overall. She moved up from a fourth place finish last year and thought "it was a fun race this year." Award winners took home handsome Waterford Crystal Bowls with Columbia Triathlon engravings.

Striders Tony Warner and Debbie Chaney provided two outstanding performances that marked dramatic improvements on their pervious tri-performances. Tony finished in 2:20:13 (over six minutes better than last year), while Debbie wound up with a 2:33:13 and barely missed an age-group award.

Ed Trottier and Judi Carbary did win age-group awards among the masters. Ed celebrated his entry into the 50-and-up age group by placing fifth among the 50-54 men (2:31:53). Judi overcame leaky goggles and didn't get a bike flat, winning the 40-44 women's group with a 2:45:09. She overhauled nemesis Mary Ann Zuckerman in the final mile and was so glad to finish that she actually *hugged* Rob Vigorito at the line.

The U.S. Triathlon Federation chose this year's Columbia race as qualifying triathlon for the U.S. National Juniors. Winners in the under-20 age groups will go to England later this year to compete on the U.S. Junior National Triathlon Team.

The triathlon drew recognition from



*Judi Carbary flashes through the bike-to-run transition, hot on the trail of Mary Ann Zuckerman (photo by Jim Carbary, who had no other options for tri-photos).*

Annapolis as Governor William Donald Shaefter and the Citizens of Maryland proclaimed May 23, 1993, as "Columbia Triathlon Day." In addition, race director Robert "Mr. Triathlon" Vigorito was presented with a special Waterford Crystal award commemorating his contributions and those of the Columbia Triathlon to charity.

Dozens, maybe hundreds, of Howard County Striders supported Mr. Triathlon in the endeavor. Former Strider president Paul Goldenberg personally directed the 10k road race, while Challenge Race Director John Wheatland took charge of the bike-to-run transition, and none other than Joe Wasserman supervised security for the bicycle pit the day before the race.

### TRI-STRIDERS

#### WOMEN

|                               |         |
|-------------------------------|---------|
| 3. Dolly Ginter (3rd woman)   | 2:18:03 |
| 29. Debbie Chaney             | 2:33:14 |
| 43. Judi Carbary (1st, 40-44) | 2:45:09 |

#### MEN

|                               |         |
|-------------------------------|---------|
| 43. John Kuehls (5th, 30-34)  | 2:13:57 |
| 79. Tony Warner               | 2:20:13 |
| 109. Al Hannagan              | 2:26:01 |
| 146. Ray Plotecia             | 2:28:54 |
| 173. Jerry Andrews            | 2:31:35 |
| 177. Ed Trottier (5th, 50-54) | 2:31:53 |
| 204. Phil Riehl               | 2:35:48 |
| 217. John W. Hamilton III     | 2:35:56 |
| 258. Keith Jackson            | 2:44:13 |
| 330. Steve Feldstein          | 2:48:14 |

## STRIDERS AT THE CONSTELLATION 10k

### MASTER'S TEAM COLLIDES WITH GNATS IN EPIC BATTLE

While many in the Striders helped or raced the Columbia Triathlon, a select band of Howard Countians ventured to the Constellation 10k in Baltimore. The Striders sent a 6-man masters team that placed second (they believe) in the competition, while other several other members shined in the individual competition.

Bob Burns, who had fully recovered from the Boston Marathon, led the masters team with a 34:58, although Jim Discuillo finished only a few seconds behind with a 35:11. For Jim, the 35:11 marked the fastest 10k he had run in nine years as well as an improvement of over a minute from his Clyde's time. Both Bob and Jim have recorded several sub-36 performances lately. Unfortunately, the master's field at Constellation was so strong that neither won an age-group award.

Piriya Pinit and Warren Olhrich, both stalwarts on Howard County masters teams for years, *did* earn some hardware. Piriya placed fourth in the 45-49 age group with a 35:40, while Warren won the 50-54 age group with a 36:25. Piriya has won an age-group award at Constellation for the past eight seasons.

Rick Rosen and Nelson Stritehoff rounded out the scoring for the master's team. Rick turned a 38:22 and Nelson a 39:02. Both greatly exceeded their speeds at the recent Clyde's 10k.

The Strider team fell victim to the infamous GNATS masters team, which included the incomparable Fay Bradley. At age 55, Bradley ran a 34:25— good enough to beat anybody on the Striders team. Heresay reports suggested the GNATS reinforced their team with two ringers (both sub-32 masters) brought in from North Carolina, but the editor cannot verify the substance of these reports.

Two Striderwomen finished among the top-10 women at Constellation. New Strider Bea Marie Fritsch, who won Clyde's, finished sixth overall in 36:20, while Vicki Lang took ninth overall in 37:40. Vicki also won her age group (20-24 women).

Already a Strider Legend, young Ken Fowler proved the fleetest Strider of all with

an outstanding 30:52, which placed him up among the overall leaders of the race. The 30:52 marked one of Ken's fastest 10k's— he had run a 30:30 PR at the Sallie Mae 10k in Washington earlier this spring. Someday soon, look for him to break the magic 30 minute barrier and enter into Running Legend.

The runners in Baltimore enjoyed the same sparkling spring weather that the triathletes enjoyed in Columbia. For once, the streets of the city did not provoke the athletes with deadly heat and humidity, and everyone apparently took advantage of the coolness. And, on the new, flatter Constellation course, everyone enjoyed their best times of the year. At least one Strider, Rich Fox, celebrated the good weather and fast course with a personal record. Rich finished the race in 45:12.

The August 1993 issue of *RUNNING TIMES* will feature the Howard County Striders in its Club Connection Section. Check it out.

#### SPECIAL STRIDER EVENTS THIS SUMMER:

•••

*Women's Distance Festival 5k*  
Midnight, July 9 --- Columbia Mall  
Pat Brooks — 461-1197

•••

*24 Hour Relay*  
High Noon, August 7 --- Howard High School  
Tim Beaty — 596-6453

•••

*Annual Strider Picnic*  
High Noon, August 30 --- Centennial Lake Pk  
Bring food to share !!  
Nadia Wasserman — 381-6385

•••

*Cross-County Challenge 7 Miler*  
**HOWARD COUNTY vs.**  
**MONTGOMERY COUNTY**

September 5, 8 am --- Patuxent State Park  
Jim Carbary — 964-8375

•••

*Columbia Birthday Marathon*  
September 19, 7 am --- Columbia TownCenter  
Paul Goldenberg — 730-3566

•••

## ASK-A-NURSE: SUCCESSFUL RUNNING KIDS

Judi Carbary, MT

Have you ever wondered why some children are so motivated to run? Not only do they run, but they train to run distance races competitively. What separates these kids from others whose parents may try just as hard as other parents (like myself) to influence their children to run—but to no avail? [Buying new Air Mariahs and baseball caps like Jim's lasted about two fun runs.]

To find the answers to this questions, I asked the parents of children who have sustained a successful competitive running career. Maybe their motivational techniques could help other parents, other kids, and maybe even us adult runners.

Amazingly, both the parents and children to whom I spoke mentioned the same ingredients for success.

Zach Heidepriem and his dad Heide feel that natural interest and desire to run were stimulated by parental "encouragement without pressure." Encouragement started with the parents' running with the children. This led to fun runs with other children in the Junior Striders.

"Keeping it fun" seems to be the key element. But how far can hard training be fun? Zach Heidepriem says that "it feels good after you've done it." Zach enjoys the competitive nature of racing. His dad Heide, proud of his son's personal national honors, feels that the "reward of meeting other children who are nationally ranked and the honors received from running" have stimulated Zach's natural talent.

Dana Strickland and her mom Sue have a story very similar story to that of the Heidepriems. Dana's interest stemmed from her family's involvement in sports and running. She became competitive after running a one mile Turkey Run in third grade. Her parents began running with Dana and then she joined the Junior Striders. Her "team spirit" continues with her cross-country running team in high school. Dana also feels, like Zach, that "parents should encourage kids that have a natural interest, but not for them to run."

Not every parent has a child that has natural interest in running. So don't feel like a failure if you have tried to stimulate

your child's interest in running and nothing has worked. According to Zach and Dana, the worst thing to do is to try to force your child to run if he/she doesn't want to. What I learned from Zach and Dana and their parents was that running together as a family is the place to start. If your child seems interested, taking him to a fun run with other children would be the next step. If your child has fun running, joining a group of running kids like the Junior Striders, would help to sustain his interest.

*Remember, above all, keep it fun! Not every child [or adult] is a Bill Rodgers or Lynn Jennings.*

### SUMMER FUN RUNS AT ARLEEN'S

Now that you've read about how to motivate your siblings, you have the perfect opportunity to try out the method—Arleen Kvech's one-mile fun runs will return for their fifteenth season this summer. These low-key runs emphasize the *family participation* and, as with the Strider weekly runs, give awards based on cumulative appearances, not just speed. At each fun run, Arleen gives random prizes donated by local merchants, and all series participants who run at least four of the eight races will win a BEACH TOWEL. The final race of the series is a relay fun run.

The Fun Runs take place every Tuesday night throughout the summer starting June 22 and continuing through August 17. The runs start at 7:30 pm except for a 7:00 pm start on the last night. The fun runs start at Arleen's house at 10114 Colonial Drive, which is off the street just opposite Centennial High School. For more information, contact Arleen at 410-465-7735.



## DRIBBLE

Jim Carbary, MR

We've all seen these short items tucked away at the front and back of major fitness publications such as *Runner's World*, *Running Times*, *Triathlete*. The brief paragraphs, which are often enclosed in colored boxes to make you think they're worthwhile, bring us timely information on training, diet, and overall fitness and health. In reality, the editor (believe me, *I know*) has some extra space that he couldn't fill with advertisements. I *always* read the dribble because you can learn important things like how Mt. Pinatubo's eruption can effect your running or how to pick special shoestrings for that important upcoming race. Besides, I'm sick of reading about the damned Los Angeles Marathon, the article of which stretches 17 pages and contains *exactly* the same story and even the same pictures as in 1978.

In an effort to make this newsletter as educational as possible (as well as to fill up space because we don't have any advertisers here at *FootPrints*), I wanted to share with you some of the fine gems I have noticed in the recent fitness literature. See if you can guess the sources (*see answers at end*).

1. The more you sleep, the faster your injuries will heal. Reason: while sleeping, the body secretes growth hormones that encourage red-blood-cell production and bone synthesis. At the same time, they inhibit other, destructive hormones.

2. The classic symptoms [of overtraining] that you can monitor are (1) elevated resting heart rate greater than five beats per minute (sic), (2) depression or irritability, (3) inability to sleep, (4) reduced training performance and desire to train, (5) reduced appetite, (6) weight loss, (7) extreme muscle soreness, (8) a sore throat.

3. Eat those carbs: it has become a sports-nutrition mantra. After all, low-carbohydrate diets do a poor job of restocking muscle glycogen levels. But does a low-carb diet unquestionably hurt performance? Probably not, according to one study done by William Sherman, PhD, at Ohio State.

4. Four hugs a day are the minimum needed to meet a person's skin hunger. Physiological benefits of hugging: it reduces blood pressure and increases oxygen in the blood. For a good day, try eight hugs. For a great day, try a dozen.

5. Everyone's perception of his/her body is false to some degree, but an interesting discovery is that while most women distort their body image negatively, most men distort their perceptions positively, seeing themselves in better shape than they really are.

6. When planning *your* workouts, keep these general principals in mind: (1) if intensity is high, volume is low, (2) never increase volume more than 10 per cent per week or more than three weeks in a row, (3) weekly intensity is measured by the number of hard workouts from none (easy week) to three (hard week), (4) follow hard days with easy days, not rest days, (5) devote at least one day per week to recovery.

7. Go easy on your selection of foods containing fats, oils and sweets. In moderation, these foods can fit into a healthful diet. They should not, however, replace the nutrient-rich food choices found throughout levels 1, 2, and 3. Remember to eat a variety of lower-fat foods from all five groups (levels 1-3).

8. "Nutrition is 99% for restoration and 5% for performance," says Huntington. "Eating well can enhance the quality of your rest." A sound diet, in other words, is not so much a performance tool as insurance that good training won't go to waste.

9. Stand up and put your bare feet together, arms relaxed at your sides. Close your eyes and bend one leg back at the knee. Now slowly lift the heel of your grounded foot. If you're still managing, your balance is pretty good. Now try it with the other leg. Then with both legs off the ground.

1. *American Ninja*. 2. *Pet Training*. 3. *Journal of Irreproducible Results*. 4. *Baby Care*. 5. *Playboy*. 6. *Playboy*. 7. *Triathlon Today*. 8. *Running Times*. 9. *Journal of Abnormal Psychology*

## SUMMER SCHEDULE

After a hard frustrating day at the office, why not unwind with a Strider run in the early evenings? On Tuesdays at 7:00 pm, take the whole family to Arleen's one-mile fun runs. Everyone will enjoy these low-key rambles through the Centennial neighborhood. Call Arleen at 465-7735 for more information. On Wednesdays, check out the Summer Series runs—two mile or six mile distances with your favorite Striders. Contact series director Dick George (964-3657) for information. (On Thursdays, go to the local pool and take a dip.)

This summer the **Women's Distance Festival 5k** (for WOMEN only) occurs at the Columbia Mall at the midnight between July 9 and July 10. Avoid the hot daytime and enjoy the pleasures of night running. Security provided by the Howard County Police and the Howard County Stridermen. Abundant prizes and no messy pizza! Call race director Pat Brooks (461-1197) for more information.

On Wednesday, August 4, set a PR for the Mile distance at the Annual **Meet of the Miles** at Oakland Mills Track (Dick George, 964-3657). This race serves as a warm-up for the celebrated **24 Hour Relay**, which starts at high noon on the next Saturday. The Relay is Howard County's toughest race and ranks with the Leadville 100 Miler and the Race Across America. Start forming your 10-person team now! Call the Master Relayer Tim Beaty (596-6453) for data.

Bring the whole family (plus food) to the **Strider Picnic** on August 29 at Centennial Lake Park. The club provides soft drinks, munchies, and charcoal. Call Nadia (381-6385).

The summer finally culminates with the **Cross County Challenge Race** on September 12 at Patuxent State Park (Jim Carbary, 964-8375) and the **Columbia Birthday Marathon** two weekends later (Paul Goldenberg, 730-3566). If you enjoy hills, check out *these* two races!

6/22 Begin Summer Fun Runs at Arleen's  
7:30p Arleen Kvech (465-7735)

6/23 Summer Series officially begins  
7:00p Jeffers Hill Neighborhood Center  
Dick George (964-3657)

6/30 Summer Series #2  
7:00p Oakland Mills Middle School

7/5 Arbutus 10k (A **MONDAY RACE**)  
8:00a Arbutus Middle School  
Arbutus Parks & Rec (410-887-1453)

7/7 Summer Series #3  
7:00p Longfellow Elementary School

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

7/14 Summer Series #4  
7:00p Thunder Hill Elementary School

7/20 Summer Series #5  
7:00p Jeffers Hill Neighborhood Center  
Special for Bastille Day

7/28 Summer Series #6  
7:00p Oakland Mills Middle School

8/4 **Meet of the Miles**  
6:30p Oakland Mills HS Track  
Dick George (964-3657)

8/7 **24 Hour Relay & Ultras**  
noon Howard High School Track  
Tim Beaty (596-6453)

8/11 Summer Series #7  
6:30p Longfellow Elementary School

8/18 Summer Series #8  
6:30p Thunder Hill Elementary School

8/25 Summer Series #9.  
6:30p Oakland Mills Middle School  
**Scholarship Benefit Runs**

8/29 Annapolis 10 Miler  
7:45a Naval Academy Stadium  
Annapolis Striders (410-721-1442)

8/29 **Strider Annual Picnic**  
noon Centennial Lake Park  
Nadia Wasserman (381-6385)

9/5 **Cross County Challenge**  
8:00a Patuxent River State Park  
Jim Carbary (964-8375)

9/19 **Columbia Birthday Marathon**  
7:00a Columbia City Center  
Paul Goldenberg (730-3566)

## PRESIDENT'S LETTER

Nadia Wasserman

The Clyde's 10k and the Columbia Triathlon were both successes because of the hard work of volunteers. Thank you! Without help in traffic control, at water stops, at the finish line and in countless other jobs, we wouldn't be able to put on quality events like these.

The Columbia Birthday Marathon— a one-time, USAT&F-certified event that will benefit the Columbia Foundation— needs your help. If you're not running the marathon or participating in the relay, call Paull Goldenberg (730-3566) and offer your services. We really need your help. The marathon is the longest race (in terms of distance) that we've ever attempted to put on.

This year's competition for the John Scherer Scholarship was keen. All the candidates had outstanding credentials. Unfortunately, we could only name two winners. The awards were presented to Edward Hogan and Kelly Pelovitz, both of Glenelg High School. We wish all the candidates continued success in their academic careers.

The Striders' summer series begins on Wednesday afternoon, June 23. Here's an opportunity to get in some quality miles for your marathon training, or for the Women's Distance Festival, or simply to meet new or old friends. Hope to see you there!!!

P.S. I want to share with you a compliment recently paid to us by the management of Clyde's—

May 19, 1993

Dear Nadia:

Everyone I've spoken with has agreed that the 1993 Clyde's 10k was the best ever! From the Fun Run to the course to the food, people were giving us race reviews!!! (And how about the weather???)

My thanks and appreciation for all of your enthusiasm and hard work!

Regards

[signed] Beverly A. Desrosiers  
General Manager, Clyde's of Columbia

## HOWARD COUNTY STRIDERS 1993 BOARD OF DIRECTORS

|   |          |
|---|----------|
| Nadia Wasserman, <i>President</i>                           | 381-6385 |
| Dick George, <i>Vice President</i><br>& <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>                                 | 461-0819 |
| 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><br><i>President</i>  | 730-3566 |



*Hundreds of runners like these are lining up now to volunteer for the Women's Distance Festival, the Birthday Marathon and even the Columbus Chase. The Striders need YOUR support to continue to put on high-quality distance races. To offer your services, contact the race director in charge or call me (Nadia) personally at 381-6385.*

## STRIDER COURSES CERTIFIED AT LAST

*Certification* means a course has been measured *exactly*. For example, a certified 10k measures exactly 6.2137119 miles, and a certified marathon measures exactly 26.2 miles. Certification ensures that the PR you ran really was a PR. In addition, qualifications for some races (such as the Boston Marathon) require that the runner perform a certain time on a certified course. Believe it or not, before this year NO running course in Howard County had ever been certified. Not the weekly series courses, not the courses for BIG races like Clyde's or Columbus Chase or the Women's Distance Festival.

The unqualified courses recently changed to qualified course, thanks to the efforts of a small band of dedicated volunteers. The group consisted of board members Warren Ohlrich, Al Hannagan, Tim Beaty, and Paul Goldenberg. Warren and Al rode their calibrated bicycles over the courses several times, while Tim and Paul marked the courses and did the tedious calculations and voluminous paperwork. As a result, the following courses are now fully certified with the U.S. Track and Field (UST&F) Association:

- Clyde's 10k
- Women's Distance Festival 5k
- Columbus Chase 10k
- Columbia Birthday Marathon

For those of you attempting to qualify for Boston at the Birthday Marathon (Sept. 19), the UST&F number is MD93005JS.

To get an idea of the precision work involved in certifying a measurement, let's review the procedure. Before even attempting a measurement, you must lay out a calibration course. This calibration course represents your standard of measurement that you apply to every course. The cal course is a short distance (a half mile, in the case of the Striders) that can be measured accurately with a tape or even yardstick.

Before measuring a race course, you run your calibration wheel (a special wheel with a revolution counter— not an odometer) over the calibration course and count the total revolutions. You run the

cal course *four* times and average number of revolutions. (For example, when Eric Kocay calibrated his wheel, he was able to reproduce the revolutions within 1 count out of 7550 on his four rides— which gives you an idea of the precision of the measurement.) You also record the time and temperature. Given the average number of revolutions, you calculate the "working constant," which is the conversion factor between wheel revolutions and distance.

*Then* you measure the course. You measure the course from start to finish, being careful to "run the tangents." You must also record intermediate distances, i.e., distances between turns and between significant course markings. The course distance is then the total number of revolutions counted multiplied by the working constant. (In calibrating the Women's Distance Festival 5k, Eric counted a total of 47,038.188 revolutions. Each mile split occurs at 15,140.125 revolutions.) For a metric course, one also needs to convert from English units (miles) to metric units (kilometers), and the conversion factor is 1 mi = 1.6609344 km.

But you're not done yet. Before quitting for the day, you must re-calibrate the wheel by doing the calibration course *four* more times. Average the counts as before and determine the working constant *again* (counts per calibration distance); this is the "finish constant." The "constant for the day" is the *average* of the two constants you measured, and is the one used for actual certification. (For Eric, the two constants agreed to within 12 revolutions out of 7550.) The second calibration guards against air leakage in your calibration wheel (such as a standard bike wheel) and the effects of thermal expansion (in your wheel rims).

Now imagine doing all this for a marathon course, which is about 26.2 miles. First you ride the half mile calibration course four times (two miles), then ride 26.2 miles, then ride the cal course again (two more miles)— for a total of 30.2 miles. That's *over five miles* further than the triathletes raced in the Columbia Triathlon! And if you're a runner not a biker, you can imagine the magnitude of the task.

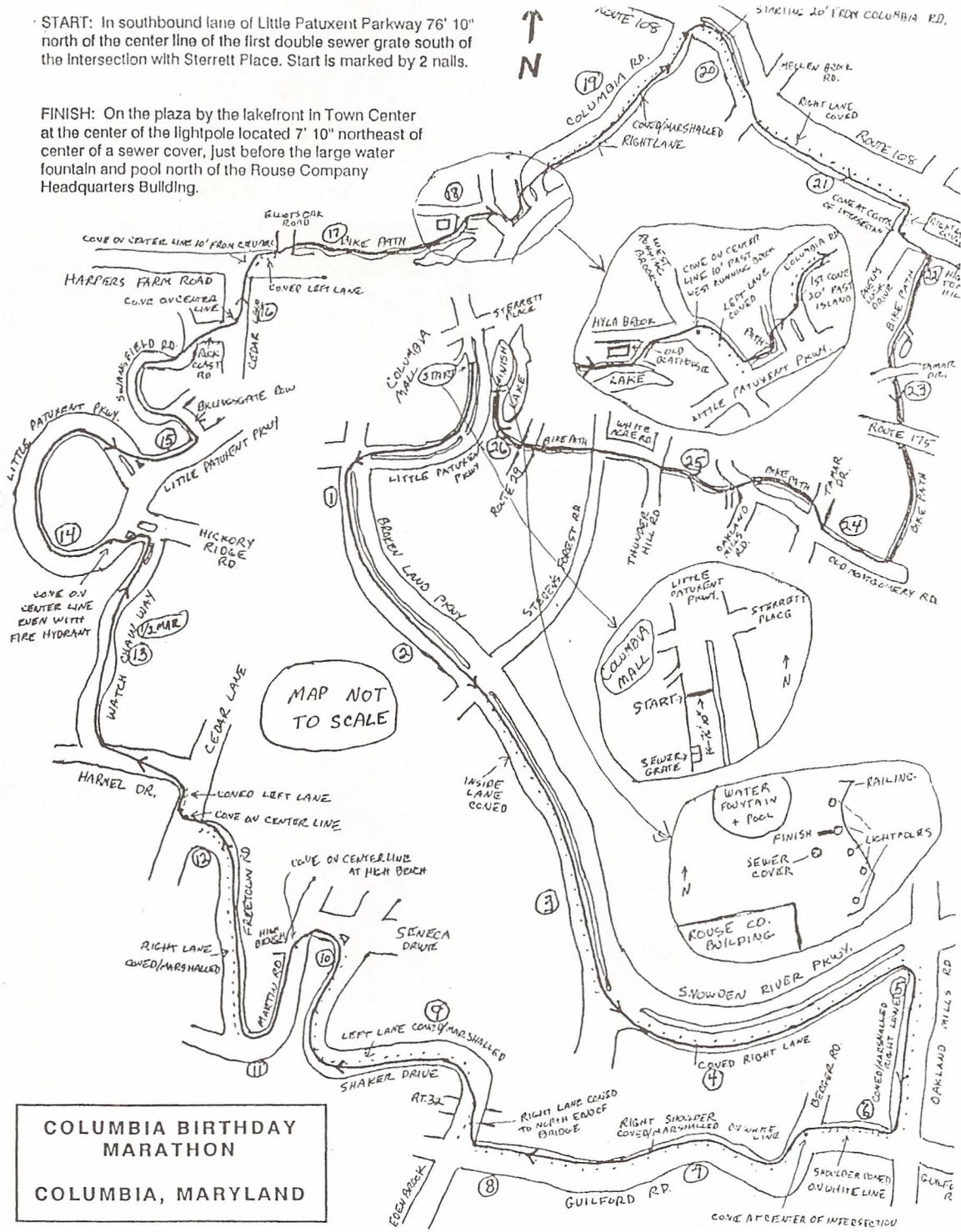
After you've measured the course on the bike, you must then submit the paperwork. You have to indicate the all those

measurements, write up a description of the course, and draw up a map. The map must fit on one 8 1/2 x 11 sheet of paper. North must be at the top. Then you must fill out official documents, pay a fee, and send everything in. Course certification is then "pending." Then you wait a while for the UST&F association to pronounce judgement. Maybe you succeeded in certifying the course.

The Official Map of the Columbia Birthday Marathon appears below. As you can see, the course goes all over Columbia, trying to sample ALL the 87 neighborhoods and almost succeeding. The Bagel runners will attempt to run portions of the route on some of their Saturday morning runs this summer. Contact Joe Wasserman (381-6385) for more information.

START: In southbound lane of Little Patuxent Parkway 76' 10" north of the center line of the first double sewer grate south of the intersection with Sterrett Place. Start is marked by 2 nails.

FINISH: On the plaza by the lakefront in Town Center at the center of the lightpole located 7' 10" northeast of center of a sewer cover, just before the large water fountain and pool north of the Rouse Company Headquarters Building.





# 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

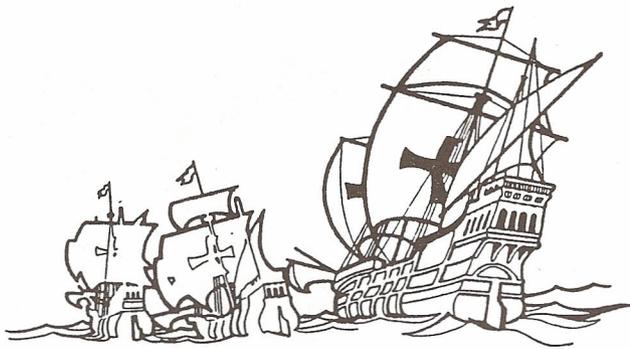
Age (Race Day)  Date of Birth  Shirt Size  S  M  L

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 \_\_\_\_\_



# The 12th Annual Columbus Chase 10K

8 a.m. Sunday, October 10, 1993

Proceeds benefit the Howard Community  
College Educational Foundation

**CELEBRATING AMERICA'S DISCOVERY  
RANDOM PRIZES, GREAT FOOD, FAMILY FUN**



**COURSE:** Fast, figure eight course. Certified by USA T&F (TAC). Start/Finish at Howard Community College's Physical Education Center. Great course for novice and veteran runners.

**AWARDS:** Grand prizes to top five men and women. Age Group awards. 5-color high quality long-sleeve tee-shirts to all 10K runners. Ribbons for all Fun Run finishers. Random prizes.

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

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

**REGISTRATION:** \$13 (non-refundable), \$17 on race day. Make check payable to Howard Community College. Send registration form, SASE (self-addressed stamped envelope), and check to: Columbus Chase, c/o Princeton Sports, 10730 Little Patuxent Parkway, Columbia, MD 21044. Confirmation by mail if entry is received in time with SASE

**PACKET PICK-UP:** At Princeton Sports (10730 Little Patuxent Parkway), Oct. 6th&7th, 10am-9pm, Oct. 8th & 9th, 10am-6pm; on race day at HCC Physical Education Center.

**FREE ONE-MILE FUN RUN SPONSORED BY FEET FIRST:** Sign up on race day only..

## 1993 COLUMBUS CHASE 10K

OFFICIAL USE ONLY

Please print. Entry not valid unless all information is filled in.

Name: first  last  Sex: M  F   
Street:  Age (Race Day):   
City:  State:  Zip:  Birthdate: mdy   
Phone:    Shirt size: M  L  XL  Howard County Strider? Yes  No

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 this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Howard County Striders, Inc.; Howard Community College; Howard County, Maryland; and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event 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. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline.

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

# MEMBERSHIP APPLICATION

JOIN US AS A MEMBER OF THE HOWARD COUNTY  
STRIDERS

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

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

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

| Name  | Age | Sex | Birthday |
|-------|-----|-----|----------|
| _____ | ___ | ___ | _____    |

Additional Family Members

|       |     |     |       |
|-------|-----|-----|-------|
| _____ | ___ | ___ | _____ |
| _____ | ___ | ___ | _____ |
| _____ | ___ | ___ | _____ |
| _____ | ___ | ___ | _____ |

Address

Street

City

State

Zip

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

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

Don't Forget the Special Events this Summer:

Women's Distance Festival 5k — Certified Course  
July 9, Midnight, Columbia Mall

Meet of the Miles  
August 4, 6:30 pm, Oakland Mills High School Track

24 Hour Relay  
August 7, High Noon, Howard High School

Annual Strider Picnic  
August 29, Noon, Centennial Lake Park (bring food to share)

Cross-County Challenge  
September 5, 8:00 am, Patuxent River State Park

Columbia Birthday Marathon — Certified Course  
September 19, 7:00 am, Columbia City Center

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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  
PAID  
Columbia, MD 21045  
Permit No. 129

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