

# FOOTPRINTS

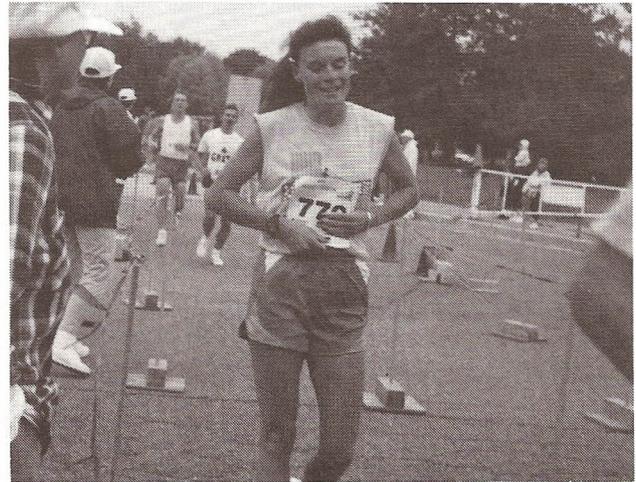


NEWSLETTER OF THE HOWARD COUNTY STRIDERS  
VOLUME 13, NUMBER 4 — WINTER, 1993-1994

## CLAPPER, FRITSCH WIN CLOSE ONES AT CHASE

This year's edition of the Columbus Chase 10k featured the long-awaited meeting of Dolly Ginter and Bea Marie Fritsch, two of the fastest women runners in the state. Neither had raced against the other in a footrace, although Bea Marie had collected numerous awards in recent local races and Dolly had won various triathlons throughout the summer and claimed membership on the U.S. Amateur Triathlon Team.

Bea Marie bounded away at the start and assumed her customary position at the head of the women's field. At the mile mark, she seemed on the verge of breaking the race open. But Ms. Ginter, quietly following master's runner Piriya Pinit through the breeze, agonizingly gained ground on the front-runner through the second and third miles. Near the half-way point, Bea Marie heard the footsteps behind and actually slowed down, "just to see who was behind me." But to both Dolly and Piriya, Bea Marie seemed to be laboring, and Dolly actually tried to encourage her by saying, "Come on, Bea, you can hang with me." Her encouragement proved a little too heartening, however, for Ms. Fritsch abruptly accelerated down the hill in the succeeding mile and established another lead. Ginter again played catch-up on the arduous uphill that followed and began to eat into the lead again. Ginter's charge (continued, p. 2)



*The first woman (just barely) at the Columbus Chase, Bea Marie Fritsch tears her tag off in the chute. (photo by Jim Carbary)*

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became more desperate as the two swept into the final mile, which was all flat. This time, Bea Marie didn't slow down and held off Dolly's last sprint by the margin of only seven seconds. Finishing second, however, Dolly set a personal record of 36:50, and both women broke the six minute per mile barrier.

"I definitely knew who she was and how fast she could run," Bea Marie commented afterwards about her battle with Dolly. Her sudden downhill acceleration at four miles didn't seem to be part of any tactics or fear; she just "felt good."

"I had a lot of fun," said Dolly, "This was my first 10k of the year." On the Friday before the Chase, Ms. Ginter competed in the Columbia Corporate Challenge at the Supreme Sports Club and set an indoor track record of 5:24 for the mile. And she also played a lacrosse game the day before the race.

Both Bea Marie and Dolly beat the old course record of 38:11, which was set by Ms. Ginter in 1992.

### STRIDER PHILOSOPHY

*"The purpose of the [Striders] shall be to improve the physical fitness and mental well-being of its members through the pro-motion 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"*

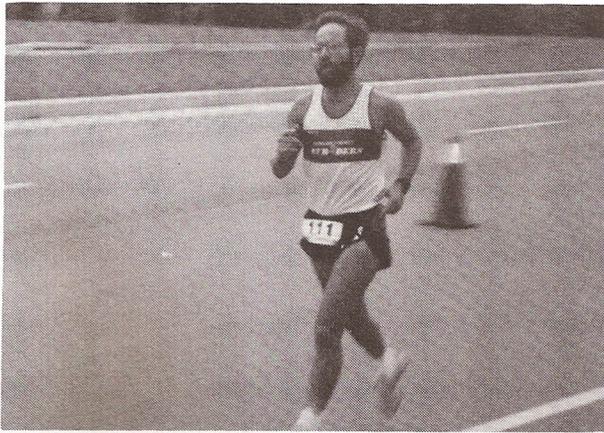
— from Article II  
By-Laws of the  
Howard County Striders



*Gerry Clapper (center) shared race stories with Ken Fowler (left) and Chris Samley (10th overall) at the post-race gathering. Zachary Clapper came to watch dad run.*

In the men's race, a big lead pack of 10-12 runners developed at the start of the race. All went through the first mile, which was mostly downhill, in under 5 minutes. The pack included several winners of past Howard County races— Gerry Clapper, Brad Uhlfelder, Steve Kartalia, and Ken Fowler. The lead group remained essentially intact until the half-way mark, where Clapper made a bold move to gain the lead on the downhill. But the move fizzled as Uhlfelder hung with him and actually took the lead when they turned uphill into the wind near the four mile mark. But the long uphill outdid Uhlfelder, and Clapper chased him down and regained the lead on the flats at 5 miles. Clapper sprinted home to win in 30:55, while Ken Fowler overcame the failing Uhlfelder with a half mile to go and finished in second. Ulfelder is no stranger to Howard County races— he won the 1993 Clyde's race and has regularly appeared for the Striders' 10k races.

The record for the present Columbus Chase course is 30:40, which was set last year by Ray Pugsley. The old Chase course boasts a record time of 29:45, claimed by Dave McCormick.



*Eric Kocay contemplated the climb ahead at the water stop at the bottom of the hill. (photo by Mick Slonaker).*

The women master's age group also featured another close race. Pam West held tenaciously to the lead until the four mile mark where Linda Lash passed her going up the mile-long hill. Lash held on to her lead on the flats at the top of the hill and won the master's championship in 43:20, only 20 seconds ahead of West. Afterwards, Linda admitted "I actually hadn't planned on running the race so hard, but Pam pushed me to the limit."

In the men master's race, Jim Carbary passed Bob Burns within the first mile and somehow hung on to a 35:20, his fastest 10k in three years, to win the age group. Only 23 seconds later 40-year-old Jim Discuillo passed Bob Burns to claim the runner-up slot among the masters men. "He snuck past me in the chute again," said Burns.

Two of Howard County's junior runners showcased their extraordinary talents at the Chase. Ten-year-old Jamie Hilliard merely wanted to get off to a good start when she blasted off with the leaders at the beginning of the Chase. Her pace did slacken after the first mile, but she went on to easily win her age group with a personal record of 43:56. The time also placed her 10th woman overall— not bad for her first major road

race. Jamie aspires to the Olympics and intends to win the Gold at 1500m and 3000m.

Zachary Heidepreim, age 12, also went out among the leaders and easily won the men's under-15 age group. His time of 39:13 was actually 13 seconds slower than his 10k personal record. Zach's father Heide (41:09) remarked, "I don't even try to keep up with him any more."

Striders also exercised nearly total command of the older age groups at the Chase. Both Bill Elzinga and Chris Brown recently entered the 55+ age group and finished 1-2. Using his experience from the weekly races, Bill posted an outstanding time of 40:36 and easily won the group, while Chris fought off the challenge of Aaron Weinstein in the closing few yards to finish second.

Judy Stiff and Karen Olhrich placed first and third among the 50-59 women. Karen's legendary husband, Warren, just missed winning the men's 50-54 age group as arch-rival Bernie Gallagher beat him by a minute.

Like Dolly Ginter, Bobby Gessler had participated in the Columbia Corporate Challenge the Friday before the race. Although his Columbia Medical Team won the Challenge, the action on Friday left Dr. Gessler tired and weak. Nonetheless, he managed to stay just ahead of Dolly and Bea Marie and finished in 36:32. "I listened to my body signals," he said of the effort.

For GeriAnn Bell, the Chase was her first road race since having her first baby, Andrew, in June. She won her age group (30-34) with a 40:11 (sixth woman overall), but said she still wasn't quite back to where she had been. By next spring she thought she could be back to full speed.

As they do every year, Jason Tripp and Bryce Lindamood ran the 10k together and, as they did last year, finished 1-2 among the 20-24 men. This year, Jason finished five seconds ahead of Bryce. They credited their success in the race to the multi-grain pancakes

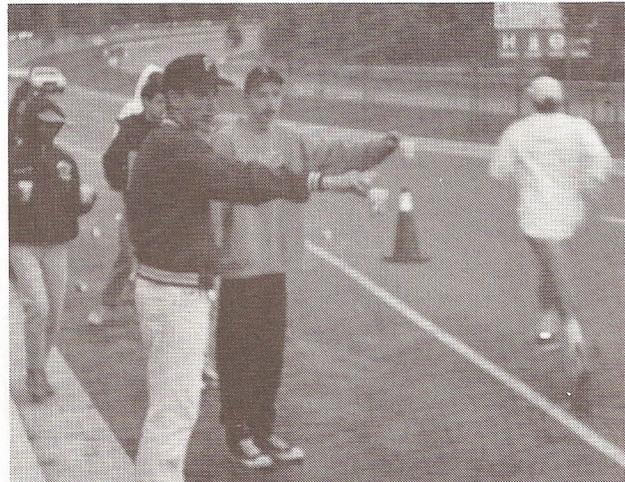


Strider member Lloyd Knowles and former Howard County executive Liz Bobo chose the day of the Chase to get married- but first the couple ran the 10k. The Chase marked Ms. Bobo's first road race. The Striders presented her with a special award.

served them by Jason's father, Dave. The two collegiates run for Haverford College.

Although they are not Striders, several runners had some outstanding Chase performances that deserve mention. Former Strider Lisa Lowe chose the Chase as her first 10k in four years and she finished 21st woman overall in 47:11. For Hubert Chadwick of Princeton Sports the Chase was his first road race in almost a decade. Finally, triathlete George Altieri turned a 34:38 (11th overall) and won the men's 35-39 group. He probably could have gone faster, though. In training for the Ironman Triathlon, George ran a full marathon and biked 70 miles *the day before* the Chase!

In cooperation with Howard Community College in Columbia, the Howard County Striders host the Columbus Chase 10k each October in honor of the discovery of the New World in 1492. This year, the race drew able support from over 100 local volunteers and the Howard County Police Department. Princeton Sports and Feet First of Columbia provided major awards for the top winners, while age group winners won gift certificate to the Columbia Mall. Each finisher received a PowerBar courtesy of PowerBar, and all enjoyed sumptuous post-race refreshments provided by the Olive Garden and TGI Friday's restaurants in Columbia and by Giant Food. The Columbia Medical Plan gave generous support to the race, the proceeds of which benefitted the Howard Community College Educational Foundation.



Members of the Oakland Mills Cross Country Team in action at Waterstop #2 (near the four mile mark) of the Columbus Chase. Waterstop #1 was manned by the Atholton Cross Country Team. Both teams performed with enthusiasm on the cold, damp morning of the Chase. (photo by Mick Slonaker).

In spite of the cold, blustery fall weather and threatening rain clouds, the race drew 630 entrants this year and had 536 finishers.



*If you enjoyed the food at the Chase,  
then check out the grub at...*

**STRIDER ANNUAL BANQUET**  
*A Pot-Luck Festival*

**OAKLAND MILLS**  
**INTERFAITH CENTER**  
**6:00 pm**  
**Tuesday, January 11, 1994**

~~~~~  
Last names A-K bring a salad/dessert  
Last names L-Z bring main dish  
Striders provide soft drinks,  
beer, wine, munchies  
~~~~~

## STRIDERWOMEN AT THE CHASE

1. Bea Marie Fritsch	36:43
2. Dolly Ginter	(PR) 36:50
4. Robyn Humphrey	38:46
6. GeriAnn Bell (1st, 30-34)	40:11
8. Linda Lash (1st, 40-44)	43:20
9. Pam West (2nd, 40-44)	43:40
10. Jamie Hilliard (1st, 1-14)	(PR) 43:56
13. Jane Creech (2nd, 25-29)	45:35
15. Linda Ausfresser (2nd, 35-39)	46:06
25. Pat Brooks (3rd, 40-44)	48:30
27. Greta Colliery (1st, 20-24)	49:05
39. Christine Hilliard	51:05
41. Lissa George	51:13
42. Linda Levy	51:16
43. Joyce Ditomasso (3rd, 45-49)	51:21
44. Vivi Provine	51:33
45. Judith Stiff (1st, 50-54)	51:37
53. Lisa Hinson	53:32
54. Barbara Calvert	53:33
55. Kari Pribble (2nd, 1-14)	53:34
65. Jane Penrod	54:52
70. Peggy Jean Evans	56:10
74. Karen Ohlrich (3rd, 50-54)	57:16
90. Caskie Lewis-Clapper	59:18
100. Debbie Goldner	60:50
104. Kathleen Marshall	61:17
115. Mary Hinson	63:10
125. Stacey Ausfresser	71:59
126. Erin Brooks	71:59
132. Terri Silverman	75:48

## STRIDERMEN AT THE CHASE

1. Gerry Clapper	30:55
2. Ken Fowler	31:03
7. Chris Nugent	32:53
10. Chris Samley	34:18
14. Jim Carbary (1st, 40-44)	35:20
16. Jim Discuillo (2nd, 40-44)	35:43
17. Bob Burns (3rd, 40-44)	35:48
21. Bobby Gessler	36:32
24. Steve Klose (2nd, 30-34)	36:49
25. Piriya Pinit (2nd, 45-49)	37:04
29. Kyle Thomas (3rd, 25-29)	37:25
30. Jason Tripp (1st, 20-24)	37:53
34. Richard Brockway (3rd, 45-49)	38:14
35. Warren Ohlrich (2nd, 50-54)	38:15
40. Jim O'Brien	38:34
42. Nelson Stritehoff	38:43
46. Anthony Warner	39:05
48. Zach Heidepriem (1st, 1-14)	39:13
49. Jerry Warfield	39:20

51. Bill Jenkins	39:24
60. Ed Silverman	40:24
63. Bill Elzinga (1st, 55-59)	40:36
65. Steve Feldstein	40:41
67. Heide Heidepriem	41:09
73. Matthew Augustin	41:30
78. Roger Calvert	42:11
79. Mel Quecan	42:12
86. Bryan Cleveland	42:32
98. Allan Field	43:08
100. Troy Conran	43:21
105. John Flash Commander	32:32
113. Chris Demmitt	44:02
114. Clarence Wingate (1st, 60-99)	44:05
117. Eric Kocay	44:08
121. Russ Tyldesley	44:12
122. Armand Harris, Jr.	44:16
135. John Mortell	44:50
149. Curtis Dalton	45:38
171. Joseph Sokol	46:23
172. Steven Grufferman	46:26
176. Chris Brown (2nd, 55-59)	46:32
182. Dean Johnson	46:52
188. Jerome Casper	47:07 / 48:12
223. Donald Plasse	48:45
234. David Campbell	49:19 <i>John</i>
239. Tom Rankin	49:35
252. Wayne McCaughey	49:55 <i>Neal</i>
256. John Jennings	50:05
260. Randall Calvert (3rd, 1-14)	50:16
262. Douglas Evans	50:24
270. Lonnie Robbins	50:50
271. Albert Boone (2nd, 60-99)	50:56
272. Tim George	50:57
276. Dick Woods	51:01
279. Stephen Carnahan	51:20
280. Dick George	51:21
292. Robert Carpenter	51:57
297. Lloyd Knowles	52:10
340. Tom Yeager	55:17
358. Les Caplan	56:53
362. Seth Cohen	57:17
371. Dan Hoch	59:02
389. Mickey Cohen	67:43

**DON'T FORGET----**  
**RRCA CHALLENGE RACE**  
Sunday, February 27, 1994  
**HOWARD COUNTY STRIDERS**  
vs.  
**EVERYBODY ELSE**  
a 10 mile road race at 8:00 am  
at Howard Community College

## SENIOR VOLUNTEERS TO THE RESCUE

Arleen Kvech

When Alan Davis, owner of Princeton Sports, asked Bill MacCormack, 1993 Chase Director, for help with packet pick-up at Princeton, Bill knew where to turn. He contacted the senior volunteers to lend a hand.

Packet pick-up for the Columbus Chase occurred at Princeton Sports this year and required that volunteers be available during regular work hours in the week before the race. Usually, Princeton Sports staffs the pick-up table. But this year, the week before the race coincided with Princeton's Grand Ski Sale as well as the imminent arrival of a new baby for Alan and his wife. So the senior volunteers from the Florence Bain Senior Center laced up their shoes and raced to the rescue. Paired with Strider race numbers, they gave out t-shirts, race numbers, and good will to those who picked up their numbers during the week. Their efforts earned a cash donation from Princeton for the Senior Center. Each volunteer also received a race t-shirt. The 1993 Chase Salutes to following Senior Good Sports: Nancy Boyd, Anna Butler, Jackie Dunphy, Valjean McGinnis, Mary Ellen Olivier, Betty Petrogallo, Ralph Rogers, and Will Shuman.



Mary Ellen Olivier (left) poses with Judy Tripp and a Chase t-shirt at the Princeton Sports packet pick-up. (photo by Arleen Kvech)

## VOLUNTEERS NEEDED FOR BONE SCANS!!!

A new technique for measuring bone mass is being developed in Al Yergey's laboratory as part of his continuing research in bone metabolism. Ron Goans, a member of Al's research group, has developed a rapid method for making an image of bone using standard medical ultrasonic equipment. Al and his colleague are seeking volunteers who are interested in helping research by spending 5-10 minutes to have an ultrasonic image made of their heel bone. The researchers will have their equipment set up at Feet First from 6 to 9 pm on Tuesday, January 18 (a week after the Annual Meeting). Ron and Al are particularly interested in scanning members of several generations of the same family. Also, because of the importance of osteoporosis, the investigators are interested in having as many girls and women participate as possible.

[Editor's note — Dr. Yergey has been a loyal member of the Howard County Striders since the inception of the CLUB in the Days of the Ancients. He assures me that the bone scan procedure does not involve needles and is completely non-invasive. For more information, contact Al directly at 730-5536.]

Got some old shoes?  
old t-shirts?  
Want to get rid of them?  
*Don't* toss them-----  
Bring them to Feet First  
or the Weekly Races  
and donate them to----

*Laces for Other Places*

for details, see article, p.19  
or call Warren at 410-381-0189

THE WOMEN'S  
DISTANCE FESTIVAL  
GRAND PRIX SERIES 1993  
REPORT FROM THE WOMEN'S COMMITTEE  
Barbara Calvert

The Women's Committee of the Howard County Striders hosted the 1993 RRCA Women's Distance Festival Grand Prix Awards Ceremony and Celebration on Sunday, November 7, at the Locust Park Neighborhood Center in Columbia. The number of qualifiers reached an all-time high of 92 runners with 28 of these ladies being Howard County Striders.

The WDF Grand Prix Series consists of 11 Potomac Valley RRCA WDF races held from July through October. To qualify for an award, a runner must run at least four races but can run in more than four. The four best performances are totaled to determine the overall score for the Series. The lowest scores win. In case of a tie, the lowest total finish time determines the winner.

Each lady that ran four or more races received Moving Comfort running shorts, a contribution made possible thanks to Jeff Darman of Moving Comfort, to the eleven participating RRCA clubs, to the NRH Sports Medicine Center in Bethesda, Potomac Valley Association of USATF, Gatorade, and the Maryland State RRCA.

Libby George (age 15) won first place in her age category for the second year in a row. Lani Johnson was also an award winner in her age category. Other Striders recognized for their participation in the series included (in alphabetical order): Linda Ausfresser, Stacey Ausfresser, Erin Brooks, Lindsay Burns, Marisa Burns, Nancy Burns, Barbara Calvert, Barbara Commander, Josephine Conway, Carey Dove, Jeanette Dove, Lissa George, Mary Gludt, Karen Goertler, Arleen Kvech, Dianne Kvech, Debbie McCracken, Carol McGinnis, Kelly Moe, Jane Penrod, Sue Strickland, Susan Thompson and Fiona Tobler. Carol Gralia and one other runner received a special award for having run all eleven WDF races.

SPRING RACES—  
AN ENTRY GUIDE

At press time, the editor could not find any *official* current information on the entering the two most important races of the spring, namely, the Northern Telecom Cherry Blossom 10 Miler (April 11), and the Boston Marathon (April 19). However, I can offer the following information for last year's registration.

For the *Cherry Blossom Race*, obtain a lottery form by sending a self-addressed-stamped envelope to:

Northern Telecom Cherry Blossom  
Box 884  
Middletown, MD 21769

or call 301-371-5583— but they won't send you an entry form unless you send them an envelope. The lottery entry deadline is the middle of January, 1994, and you will be notified of your registration status about the middle of February. You have a good chance of getting in if you get the lottery letter in on time.

For the *Boston Marathon*, send a self-addressed-stamped-envelope to:

Boston Athletic Association  
P.O. Box 1994  
Hopkinton, MS 07148

or phone 508-435-6905. The entry deadline is the first Sunday in March. To run Boston, you **MUST** have run a qualifying marathon time on a certified course within a year of the Boston race. The Columbia Birthday Marathon and the Marine Corps Marathon are both certified courses.



*More men are killed by overwork than  
the importance of this world justifies.*

— Kipling

## THE BIRTHDAY PARTY

On September 19, the Howard County Striders held a birthday party for the city of Columbia. The party took the form of a 26.2-mile race and relay race that boasted a field of 456 participants, 442 volunteers, 71 policemen, and 1906 orange safety cones.

The marathon started at 7:00 am at the pedestrian overpass in the center of Columbia. A minor tragedy corrupted the beginning of the race when the porta-pots did not arrive. Race director Paul Goldenberg was completely flummoxed by the failure of the Larry's Service to deliver, but he didn't let the race peter out. He collected himself and his volunteers and started the event on time at 7:00 am. However, because of the situation, some desperate runners visited the local bushes while others gutted it out.

Striders Phil Lang and Piriya Pinit were among those who elected not to use the bushes. They ran resolutely together for 15 miles, at which point the marathon course passed directly in front of Mr. Lang's home in Clary's Forest. Both Phil and Piriya stopped there and availed themselves of the facilities in the Lang abode; then they continued the race. The pause thoroughly refreshed Mr. Lang, who reported renewed strength and vigor. He greatly needed these since he intended to crack the three hour barrier. While Piriya dropped back to a 3:16 finish, Phil bore down hard and actually did succeed in his goal. He finished the race in 2:59:39, good for seventh overall. "That stop really helped," Phil commented after the race, "but I really had to push it to break three hours."

Triathletes training for the Ironman seemed to dominate the marathon. Pro triathlete Troy Jacobson won the race in 2:36:26 (a course record) and then went off to spin for 50 miles on his bike. The field also included local triathletes George Altieri (4th overall), Eddie Trottier (51st overall), and Ray Plotecia (he didn't run the *whole* thing, are you crazy?). All these athletes used the Birthday Marathon as a training run for the Ironman Triathlon, which was held in October.

Mark Konodi, who originated the Masochist Marathon many years ago, came all the way from Seattle to run the Birthday Marathon. He ran the whole distance with his friend ultramarathoner Tom Green. The running of a mere marathon seemed like a short sprint for Tom, who had just completed Utah's Wasach 100 Mile Run the week before. Tom and Mark completed the birthday run together in 3:25:37.

The Birthday Marathon included a three-part relay race, which drew as many participants at the marathon itself. No fewer than 80 relay teams ran legs of 8, 10, and 8.2 miles. The Bagel Racers team of Chris Nugent, Gerry Clapper and Roger Howell thrashed all the other teams. Mr. Nugent, the Strider Runner-of-the-Year in 1992, started the trio off and quickly established a huge lead, which Mr. Clapper heartily extended in the middle leg. Mr Howell ran the anchor and crossed the finish line in 2:23:22, 15 minutes ahead of the second place team.

The second place team, who were only the Bagel Runners, consisted of long-time bagelists Bobby Gessler, Mike Buckley, Jim Discuillo. In finishing second, the team clocked 2:38:16— which was far better than any of the individuals could have done alone. "I wish I could have had that time running all by myself," said Mr. Discuillo afterwards.

The Striders also boasted the first all-women's relay team, which was the fifth team overall. Three of the Striders fastest women — Cindy Carpenter, GeriAnn Bell, Bea Marie Fritsch — made up a team called the Howard County Striders, who easily won the women's team competition in 2:51:16. Theirs was perhaps the only Howard County team that did not have bagels associated with their name.

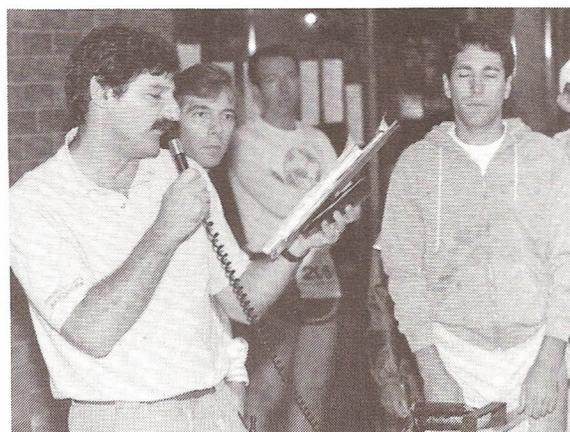
Some teams had only two people. Heide and son Zachary Heidepriem competed as the "HZH." As indicated by the team name, Heide ran the first and last eight-mile legs, while Zach ran the middle ten miles. With a 2:58:22, they satisfied their goal of breaking three hours.

An all-Strider team was also the first coed group to finish with combined ages over 130 years. The Swan Point Plodders

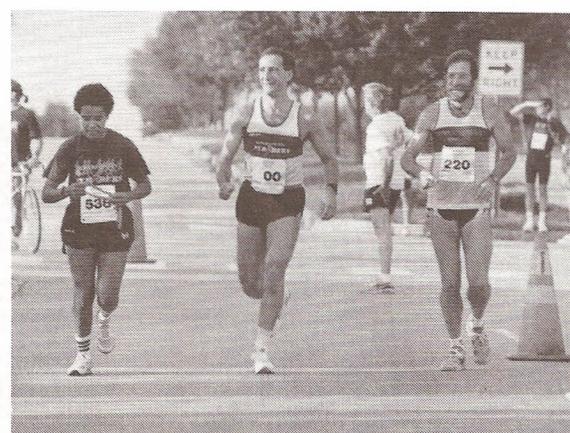
consisted of Joe and Nadia Wasserman and Jerry Andrews, who derived their name from the housing community in which they dwell. Joe gave the trio and insurmountable lead, while Nadia held off Barbara Calvert in the final leg to secure the category win.

Although summer still had three days to go, the marathoners and relayers enjoyed beautiful and refreshingly cool autumn weather. Recent rains had washed away the heat and humidity. At the 7 am start, the temperature was only 48°F. The rains had also washed away many of the course markings on the pavement. Luckily, hundreds of volunteers lined the course. They as well as numerous county police were posted at nearly every intersection, and not one of the runners strayed off course.

Ex-Strider-president Paul Goldenberg conceived and directed the event, which required over a year of planning. Paul had previously directed Strider races such as the Columbus Chase and the Metric Marathon and has himself run dozens of marathons and ultra-marathons. He just wanted to put on a quality marathon—the first of its type in Howard County. In directing the race, he displayed an array of organizational skills that included acquiring sponsors, collecting volunteers, gaining political support in the community, mapping and certifying a course, and setting out all those orange cones.



Race director Paul Goldenberg gives some last minute directions to the runners. (Tom Carcaterra looks on).



Valerie Guilfoil, Mark Konodi, and Tom Green at Mile 8.

#### TOP 5 MEN

- |                      |         |
|----------------------|---------|
| 1. Troy Jacobson     | 2:36:26 |
| 2. Paul Peterson     | 2:48:57 |
| 3. Courtney Campbell | 2:54:10 |
| 4. George Altieri    | 2:55:20 |
| 5. Mike Laper        | 2:56:55 |

#### TOP 5 WOMEN

- |                         |         |
|-------------------------|---------|
| 1. Bonnie-Bernard Lopez | 3:04:22 |
| 2. Robyn Humphrey       | 3:21:35 |
| 3. Patty Hecht          | 3:29:05 |
| 4. Leann Reimann        | 3:33:03 |
| 5. Janet Yahiro         | 3:33:13 |



Troy Jacobson crosses the last bridge on his way to victory.

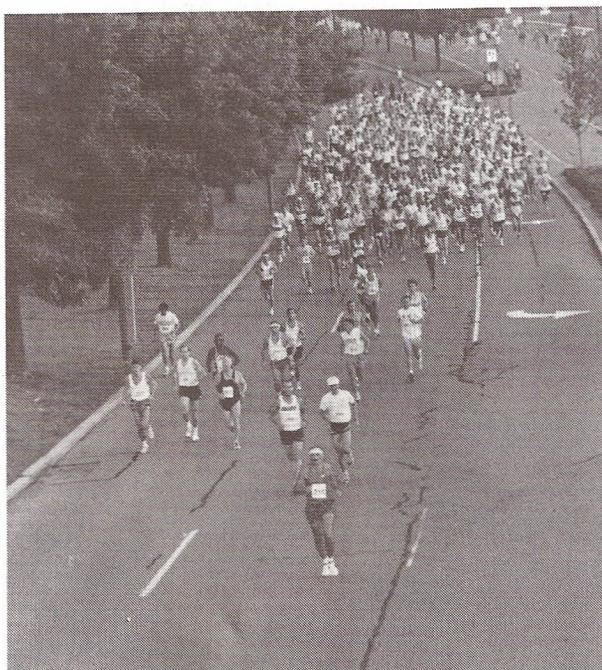
## STRIDER FINISHERS

6. Ivor Hill (1st master)	2:57:51
7. Phil Lang (1st, 25-29)	2:59:39
13. Nelson Stritehoff (1st, 40-44)	3:08:05
16. Michael Slonaker (2nd, 40-44)	3:10:52
21. Steve Klose (3rd, 30-34)	3:13:28
24. Piriya Pinit (3rd, 45-49)	3:16:06
26. Ken Plantz (3rd, 35-39)	3:16:13
27. Al Hannagan	3:16:48
28. Bill Jenkins	3:17:35
30. Jerry Warfield	3:17:51
35. Warren Ohlrich (2nd, 50-54)	3:20:27
36. Tony Warner	3:20:45
38. Robyn Humphrey (2nd W)	3:21:35
40. David Feltwell	3:21:53
45. Bob Hecht	3:24:26
46. Tom Green	3:25:37
47. Mark Konodi	3:25:37
48. Dave Tripp (3rd, 50-54)	3:25:56
50. Rick Rosen	3:27:56
51. Ed Trottier	3:28:11
53. Tom Brown	3:28:42
54. Patti Hecht (3rd W)	3:29:05
56. Ed Silverman	3:29:12
63. Eric Kocay	3:32:15
75. Larry Roberts	3:36:17
76. Allan Field	3:36:20
88. Heide Splete (1st, 1-24W)	3:42:14
100. Tom Purcell	3:39:19
103. Chris Brown (1st, 55-59)	3:49:50
108. Debbie McCracken (2nd, 30-34W)	3:51:38
112. Joe Wasserman	3:52:11
117. Steve Thienel	3:53:22
118. Rusty Toler	3:53:22
120. Richard Fox (PR)	3:54:12
121. Steve Haaser	3:54:13
122. John Commander	3:54:35
126. Vivi Provine (1st, 45-49 W)	3:57:52
127. Karen Mays (3rd, 30-34W)	3:57:57
130. Abby Glassberg	3:59:04
131. Mel Quecan	3:59:05
132. Tim Beaty	3:59:09
133. Bill MacCormack	4:00:00
144. Jim Greenfield	4:09:18
147. Denise Underwood-Hannagan	4:09:34
151. Eric Katkow	4:11:46
153. J. Adam Pickett	4:12:30
154. Arthur Kaff	4:12:40
158. Rick Hatfield	4:13:24
160. David Carter	4:19:18
161. Pat Brooks	4:19:24
162. Andrea Almand	4:19:27
167. Albert Boone (2nd, 60-99)	4:20:22

175. Alan Boxer	4:28:18
178. Wayne Conway	4:30:46
180. Arthur Boone	4:36:57
182. John Szabo	4:38:37
183. John Wheatland	4:40:40
184. Stephen Carnahan	4:40:41
197. Frederick Glassberg	5:05:02
199. Larry Brocato	5:12:39

## NOTED STRIDER RELAY TEAMS

1. Bagel Racers (Chris Nugent, Gerry Clapper, Roger Howell) 2:23:22
2. Bagel Runners (Bobby Gessler, Mike Buckley, Jim Discuillo) 2:38:16
5. Howard County Striders (Cindy Carpenter, GeriAnn Bell, Bea Marie Fritsch) 2:51:16



*They're off! The start of the first and last Columbia Birthday Marathon.*

## MEMORIES OF RUNNING THE BIRTHDAY MARATHON

Dave Tripp, M.R.

[Editor's note: the following are unexpurgated vignettes written by Dave Tripp, a noted local marathoner and participant in the Columbia Birthday Marathon.]

- At the one mile mark, the field had broken into various groups, and I found myself running with a pack that included, among others, John Myers, Al Hannagan, Larry Roberts, Eric Kocay, Tom Brown, and Tony Warner. Thinking about the 25.2 miles and at least three hours we still had to go, I yelled over to Tony, "Come on, Warner, if your're going to sandbag here with the slow guys, you have to talk or tell a story." Well, to my surprise, he proceeded to spin a hilarious yarn that lasted more than 35 minutes and over five miles. I wouldn't attempt to repeat it, but you might ask him about his trip to King's Dominion. All I'm going to say is that it was the easiest first six miles of any marathon I've ever run.

- Perhaps the most vivid memory of the marathon, though, is that of all the youngsters on the course— directing traffic, handing out water, and, particularly, encouraging the competitors. I saw cross country runners representing every one of the County's eight high schools. Many of them were obviously up very early and out for a long time, because I saw them in more than one spot. I particularly remember some of the county's best runners— Kevin Hill and Kari Meyer of Centennial and Alicia Adams and Kris Edwards of Glenelg. Since I had two sons who ran cross country at Oakland Mills, I was particularly pleased to see so many Scorpions on the course. I vaguely remember Greg Curtis at about five miles, and then there he was with a large contingent of Scorpion harriers at 23.8 miles where the course came off the path onto Oakland Mills Road. (I stopped to high-five all of them— a break I was thankful to get.)

- Just past mile 16, my son Jason joined me. The previous day, he had run in a cross country meet for his Haverford College team at the University of Delaware. He wanted to see some of the marathon and get in a long run, so he ran out from the finish to meet me. He and I have run many miles together over the past 15 years, and it was a treat for me to have him run with me in the marathon. It turned into a real workout for him when we came upon a runner "down" on the path at the foot of Wilde Lake. There were people with the runner, but I sent Jason sprinting ahead to the boat dock to get medical assistance. When I got to the boat dock I couldn't find Jason so I kept going. He had found help, gone back to the runner (who turned out to have stomach cramps and be okay), and then he took off after me. A number of people later asked what Jason was doing as he sprinted past them. They thought he must be on a relay team. He quickly rejoined me at about 20 miles, and we ran the rest of the way together.

- Two individuals really stand out for their very noisy encouragement. Dave Shapiro loudly cheered *everyone* at the half-way point, and Ray Brown vociferously encouraged us as we turned off Route 108 onto Phelps Luck Drive.

- My final vivid memory is getting cramps in my lower quadriceps near each knee joint just before the 26-mile point. I had to stop running and walked a bit, and Tom Green and Mark Konodi caught and passed us. Mark later sent me a note from his home in Seattle along with his sure-fire cure for cramps— a bottle of Midol!

- The Birthday Marathon was a wonderful event. The workers, refreshments, and awards were terrific. The event raised over \$12,000 for a very deserving charity, the Columbia Foundation. And, because the course was certified, I qualified for next year's Boston Marathon, too. Thanks everyone— especially Paul Goldenberg.

## AT THE OTHER MARATHONS

The U.S. Marines held their own marathon in Washington, DC, on October 24, and a significant number of Striders participated in the event. Chris Nugent, Strider runner-of-the-year for 1992, led the group with a 2:38:22— one of his best 26-milers. Rich Brockway, Strider master runner-of-the-year for 1992, was the first Howard Countian over 40. With a 3:24, Robyn Humphrey headed the Strider women in the race, although Mary Beth Eikenberg finished only a few minutes behind. Not one of the Striders cut the course.

A few weeks later, Craig Lingon and Rich Fox ran the New York Marathon, too. These hardy individuals also finished the Columbia Birthday Marathon. And Mr. Lingon *also* did the Metric Marathon. Whew!

While a most Howard Countians went to DC on October 24 to run Marine Corps, Dave Berardi traveled to Columbus, Ohio, to run the Columbus Marathon, which had a faster field. He finished ninth overall (seventh American) with the fastest marathon time ever recorded by a Strider— 2:19:58. He had to run the last mile in 5:10, too. [And he didn't cut the course.] The sub-2:20 marathon would have won Marine Corps by a large margin and would also have qualified Dave for the '96 U.S. Olympic Trials, except he has to run the time *after* January 1, 1994. Dave has worked for years to crack the 2:20 barrier. He just has to do it once more— at the Houston Tenneco Marathon on January 16. The Houston Marathon boasts over \$125,000 in prize money and has a flat, fast course and cool weather. And Dave will be there.

Only one other Howard County resident has ever broken the 2:20 barrier— Chris Chattin. And Chris plans to be in Houston for the same race. With Dave.

*For up-to-the-minute information on Strider events, call the HOTLINE---  
964-1998*

## STRIDERS AT MARINE CORPS

(October 24)

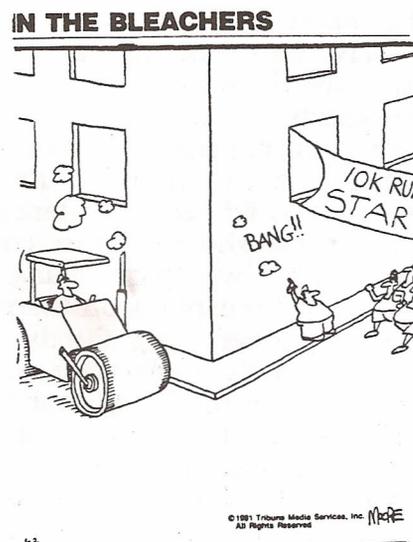
Chris Nugent (49th overall)	2:38:22
Richard Brockway (1st HC master)	2:57:40
Phil Lang	2:59:18
Steve Klose	3:01:44
Nelson Stritehoff	3:11:51
Robyn Humphrey (1st HC woman)	3:24:xx
Mary Beth Eikenberg	3:28:30
Craig Lingon (PR)	3:30:40
Ed Silverman	3:33:20
Debbie McCracken	3:37:20
Angelika Kirkland	3:38:xx
Paul Collins	3:39:33
Alan Field	3:39:33
Steve Thienel	3:40:10
Patti Hecht	3:45:50
Bob Hecht	3:45:50
Mike Creft	3:50:20
Rusty Toler	3:55:xx
Rich Fox	3:56:13
Wayne Conway	4:06:xx
Tim Beaty	4:08:30

## STRIDERS AT NEW YORK

(November 14)

Craig Lingon	3:49:06
Rich Fox	4:06:18
Bill MacCormack	4:06:18

[Marathon information compiled by Joe Wasserman.]



## STRIDERS LEAD HIGH SCHOOL CROSS COUNTRY SEASON

Dave Tripp

Howard County's high school students once again performed extremely well in the fall cross country competitions, and Striders led the way. The county's top male runner, Kevin Hill, won the County Championship and the AAA Regional Championship and led his Centennial team to the AAA State Championship. Centennial's number two and three runners, Bobby Van Allen and Stephen Olenick, are also Striders, as is Matt Augustin. The Centennial women's team was led by Strider Kari Meyer, who finished third in the counties, first in the AAA Regionals, and seventh at States. Strider Alison Pople also ran for the Centennial team, which won the Counties, the AAA Regionals, and finished third in the States.

In AA competition, Strider Greg Curtis led his Oakland Mills Scorpion team to a strong second place finish in the AA State Championships (only five points behind first). Greg was second in the Counties, first in the AA Regionals, and third in the AA States. The Scorpion's men's varsity, which also included Striders Bryan Drake and Nathan Regan, won the AA Regional title for the tenth consecutive time. The Scorpion women's team finished sixth in the State Championships after coming in second in the County and Regional Meets. Three of the top Scorp women are Striders—Lauren Drake (eighth in AA States and only a freshman), Alicia Brown and Erin Morrow.

Strider Dana Strickland led Atholton's women. The team finished third in the Counties, first in the AA Regionals, and third in the States. Dana placed second in the counties and the AA Regionals and third in the States. Strider Gail Hodges also ran on the Atholton team.

The County's overall top woman runner was also a Howard County Strider—Glenelg's Alicia Adams. She won her third straight County Championship (in her freshman year she was second to her older sister Kristina.) Alicia won the Regional title, too, only to get sick the

week before the States. But she was still able to hold onto second place in the AA Championship race. Strider Mary Rose Rankin was also on the Glenelg team.

Other outstanding Striders included Atholton's top two men, Mike Strickland and Zach Trof; Howard's top runner, David Krantz; Glenelg's best runner, Kris Edwards; Wilde Lake's top woman, Libby George (another freshman). Faisal Hasan (a frequent competitor at the weekly races) was the top male runner for Wilde Lake.

Editor's note: Greg Curtis (OMHS) and Alicia Adams (GHS) earned places on the 1993 *Washington Post* All-Met Cross Country Team, while Dana Strickland (AHS) and Bobby Van Allen (CHS) were given honorable mention on the same team. All seven members of the Howard County boys' all-star team and the top four on the girls' all-star team are Striders.

The Howard County High School 1993 Cross County Season was successful in many ways, and volunteers had a significant part in that success. Volunteers produced high quality running events such as the Howard County Strider Invitational, the County Championships, and the AA and AAA Regional Championships. The volunteers also freed the coaches so they could be with their teams. The Striders wish to acknowledge the contributions of the following individuals whose efforts were worthwhile and definitely appreciated.

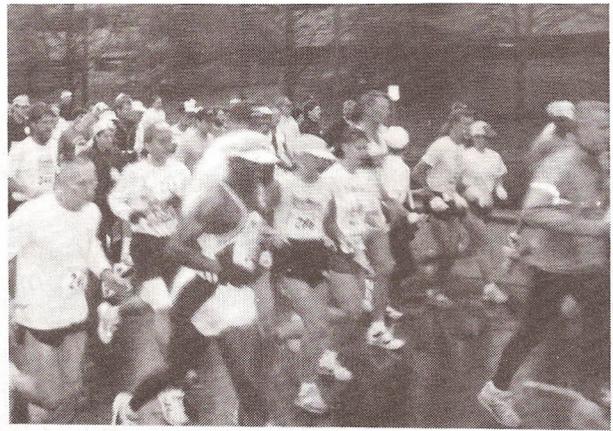
Ray Brown	Don Plasse
Bill Craig	Ken Plantz
Bonnie Fersch	Mick Slonaker
Pepe Sandoval	Sue Strickland
Paul Goldenberg	Judy Tripp
Jim Greenfield	Dave Tripp
Margo Hanburger	Bill Trof
Chris Herdson	Cheryl Trof
John Herdson	Pam Vanghel
Michelle Kurtzman	Joe Wasserman
Mark Konodi	Nadia Wasserman
Greg McPhee	Dick Woods
Steve Musselman	Miles Weigold

## BERARDI CLOBBERS EVERYBODY AT METRIC CARPENTER SUCCUMBS TO GAYLORD IN WOMEN'S RACE

The nearly 300 runners who began Columbia's 17th Annual Metric Marathon (26.2 km) faced some of the roughest weather in the history of the event. The night before, torrential rains had doused the area and flooded some parts of the course. At race time, the competitors faced a chilly breeze and a soaking drizzle that continued until the race ended. Columbia's Lake Kittimiquindi actually flooded the finish area and race officials had to divert the runners up a steep hill to the finish line.

Dave Berardi, the eventual winner, started the race with visions of beating his own course record of 1:26:25, and he seemed to have enough competition in Chris Chattin, a sub-2:20 marathoner, and George Altieri, an Ironman triathlete. The trio set the early pace, flying through the first mile in 5:18. Mr. Altieri noticed the split and his rapidly tiring legs and cautiously dropped back. By two miles the pace compelled even Mr. Chattin to fold. Thereafter, Dave Berardi was in complete control of the 16.3-mile race. Dave reported a "brutal wind" in the Jeffers Hill region (12-13 miles), and he also suffered some cramps in the last two miles. Nonetheless, he won the race with an impressive 1:27:30—the fourth-fastest time for the course. [Dave owns three of the fastest four Metric times.]

The women's field boasted a similarly strong field of Mary Gaylord (second at the Marine Corps Marathon), Cindy Carpenter (second at the Annapolis 10-miler), and Dolly Ginter (member of the U.S. Amateur Triathlon team). Ginter was not a contender, but Carpenter grabbed the early lead and went off into the hills at six miles with Gaylord in close pursuit. Gaylord caught her on the flats near 10 miles and zoomed past. "She flew buy so fast I didn't know what was happening," Cindy recalled. Ms. Carpenter made a valiant effort to hang on, but gave up the battle within half a mile when Gaylord



*The Metric runners begin their arduous 16.3-mile trek through the drizzle and gloom. (photo by Phil Lang)*

showed no signs of letting up. Ms. Gaylord, who is ranked 14th in the Washington area, cruised to a comfortable victory in 1:44:47, while Cindy finished second in 1:47:28.

Although Dolly never felt she had a shot at winning, she thought she had at least third place wrapped up—at least until very near the finish. Hagerstown's Laura Nelson quietly had crept up behind her and tried to pick up third going over the pedestrian bridge. Dolly heard the footsteps just in time and sprinted up the hill, crossing the line only one second ahead of Ms. Nelson. "I was cold and wet!" sobbed Ms. Ginter, who vowed never to run the race again.

Among the master's runners, Linda Lash found that she had passed her competition after about the first mile. Linda ran a conservative and consistent pace. The weather gave Ms. Lash her most severe trial, and all she could say after the race was "cold and wet, cold and wet." Linda's nearest competitor, Pam West, suffered from an inflamed achilles tendon and simply couldn't gain on Lash, who won the over master's competition in 2:01:50. Although she finished only 1:30 behind, Pam protested that she couldn't even see Linda after about eight miles.



*With third place in hand, Dolly Ginter chugs up the hill at the finish only a few seconds ahead of Laura Nelson. After the first mile, Dolly had removed her long-sleeve t-shirt and slung it over her shoulders. "It was a mistake wearing it," she said. (photo by Phil Lang)*

The master men's field witnessed another classic duel between Jim Carbary and Bob Burns. Knowing he lacked the endurance of Mr. Burns, Jim snatched an early lead on his competitor. Bob began to close the gap only in the final miles. "He slowed dramatically when he turned onto Oakland Mills [Road]," Bob said. With his thighs cramping badly, Mr. Carbary had just enough left to make the lead hold up, and he won the master's title in 1:41:06. Curiously, Jim ran *exactly* the same time in the 1992 Metric. Both Bob and Jim beat Mike Pionkowski, who won the master's race the year before.

For Vivi Provine, the Metric marked her first race in a new age group because she had celebrated her 50th birthday the day before the race. She ran the race at a pace slower than she had run while training on the course but still won her age group easily with a 2:11:09. In the process she beat the formidable Judy Flannery (who was rumored to have sprained her ankle).

New-Strider Ivor Hill took first in the 45-49 men's age group with a 1:42:43 (third master overall), while veteran Metric-marathoner Jerry Warfield placed third. Mr. Warfield has nearly run all

the Metrics since their inception 17 years ago. He didn't think the weather was so bad— "nothing like it was that year when it was so cold." However, the dismal rain did make him pause before he registered on race morning. In fact, he debated with himself for 15 minutes before he actually signed up.

In the over-50 men's contingent, Ed Trottier drafted Warren Ohlrich for 16 miles and then sprinted past him at the finish for second place in the age group. "That was a shock," exclaimed Mr. Ohlrich.

And then there were Martin Goode and Steve Bettis, who enjoyed a spirited battle between each other. After they both overcame George I'm-just-running-this-for-fun Altieri, they settled into struggle for third place. Martin ran as steady a pace as he could, but Mr. Bettis repeatedly surged— which is very difficult in a long race. Such brutal tactics kept Martin at bay, although he caught Steve several times. Finally, on the hills near 12 miles, Mr. Bettis pulled away for keeps and went on to finish third overall in 1:36:59.

The 19-year-old Bettis, who runs for Montgomery College, is a relative newcomer to long-distances. Steve had run as far as 16.3 miles only once before— when, accompanied by race director Phil Lang, he ran the course the Saturday before the race. "Man, it's a tough course!" he commented after the race.

The race almost didn't have a finish line. The rains had caused Lake Kittamaquundi to flood the bikepath leading from the pedestrian bridge to the finish area in the parking lot by the Rouse Building. Obviously, runners could not run through the water, which was several feet deep. Immediately after the start of the race, officials considered the situation and decided on an alternate finish location. Therefore, the runners finished going up the steep slope on the branch of the bikepath that went up to the library. "A nice touch," muttered one runner, although some triathletes indicated they could have easily swam the flooded area.



*Dave Berardi (left) and Cindy Carpenter display their award bags (front and back) after the race. (photo by Jim Carbary)*

The Metric Marathon course spans 16.3 miles from Columbia to Ellicott City and back, commemorating connection of the New City and the Old City. The course goes up and down over some difficult hills and would have been challenging even without the weather. But the Metric has a history of bad weather as well, and this year's breezy drizzle seemed to go along with the tradition.

A total of 369 people registered for the race this year but only 279 crossed the finish line. The foul weather probably caused the large number of no-shows. "The fair-weather runners didn't show up," according to Miles Weigold, chief computer operator.

Phil Lang directed the race this year and provided a new awards structure that included duffel bags instead of the usual mugs— which all seemed to think was a vast improvement. In addition, top award winners won gift certificates from Feet First and Bennigan's. Coca Cola sponsored the race for the first time ever and provided free Coke at the finish. And Power Ade, a new fluid replacement, appeared for the first time in a race at the water-stops of the Metric Marathon.

Even harder than the runners were the volunteers who went outside in the rain early on a Sunday morning. At least one volunteer stood at each corner and intersection along the arduous course.

### TOP 10 MEN

- |                                 |         |
|---------------------------------|---------|
| 1. Dave Berardi (Catonsville)   | 1:27:30 |
| 2. Chris Chattin (Columbia)     | 1:31:40 |
| 3. Steve Bettis (Silver Spring) | 1:36:59 |
| 4. Martin Goode (Baltimore)     | 1:38:26 |
| 5. George Altieri (Columbia)    | 1:39:54 |
| 6. Jim Robinson (Columbia)      | 1:40:37 |
| 7. Jim Carbary (Columbia)       | 1:41:06 |
| 8. Bob Burns (Columbia)         | 1:41:41 |
| 9. Steve Reid (Phoenix, MD)     | 1:42:32 |
| 10. Ivor Hill (Ellicott City)   | 1:42:43 |

### TOP 10 WOMEN

- |                                  |         |
|----------------------------------|---------|
| 1. Mary Gaylord (Falls Church)   | 1:44:26 |
| 2. Cynthia Carpenter (Baltimore) | 1:47:28 |
| 3. Dolly Ginter (Columbia)       | 1:48:39 |
| 4. Laura Nelson (Hagerstown)     | 1:48:40 |
| 5. Dana Smith (Annapolis)        | 1:52:48 |
| 6. Joy Glass (Westminster)       | 1:57:05 |
| 7. Kathi Canese (Arlington)      | 2:00:00 |
| 8. Mary Leffel (Catonsville)     | 2:01:11 |
| 9. Linda Lash (Columbia)         | 2:01:50 |
| 10. Pam West(Ellicott City)      | 2:03:20 |

Every volunteer offered some words of encouragement to the runners. In addition to the volunteers, the Howard County Striders wish to thank the Howard County Police Department, who ensured a safe race on a dangerous day.



*After completing most of the course, a grim-faced Martin Goode sees the flood zone and realizes he still has to struggle up a final slope. Mr. Goode, who injured his arm earlier in the year, was pleased with his performance. (photo by Phil Lang)*

## STRIDERS AT THE METRIC

1. Dave Berardi	1:27:30
3. Steve Bettis	1:36:59
4. Martin Goode (1st, 30-34)	1:38:36
6. Jim Robinson (2nd, 35-39)	1:40:37
7. Jim Carbary (1st master)	1:41:06
8. Bob Burns (1st, 40-44)	1:41:41
10. Ivor Hill (1st, 45-49)	1:42:43
12. Gred McPhee (1st, 1-22)	1:44:42
20. Cindy Carpenter (2nd woman)	1:47:28
21. Ken Dent (2nd, 45-49)	1:47:41
22. Phil Rhiel	1:48:12
23. Dolly Ginter (3rd woman)	1:48:39
30. Ken Plantz	1:51:11
31. Jerry Warfield (3rd, 45-49)	1:51:21
32. Michael Slonaker (3rd, 40-44)	1:51:27
33. Steve Klose	1:51:32
44. Ed Trottier (2nd, 50-54)	1:53:12
45. Warren Ohlrich (3rd, 50-54)	1:53:18
46. James O'Brien	1:53:31
47. David Feltwell	1:54:01
56. Dennis Fugate	1:56:38
58. Jerry Andrews	1:57:44
61. Bill Jenkins	1:59:00
62. Dave Tripp (5th, 50-54)	1:59:01
64. Ed Silverman	1:59:38
73. Bob Hecht	2:01:43
74. Linda Lash (1st master woman)	2:01:50
80. Chris Demmitt	2:02:48
84. Pam West (1st, 40-44)	2:03:20
85. Denise Underwood-Hannagan (2nd, 30-34)	2:03:21
88. Tony Warner	2:04:49
96. Mel Quecan	2:05:44
97. Deborah Chaney	2:05:46
99. Angelika Kirkland (2nd, 23-29)	2:06:13
100. Troy Conran	2:06:17
105. Tom Purcell	2:07:13
106. Larry Roberts	2:07:34
125. Clarence Wingate (1st, 60-99)	2:10:47
128. Larry Fryer	2:10:51
129. Wayne Conway	2:10:52
131. Duane St. Clair	2:10:57
132. Vivi Provine (1st, 50-99)	2:11:08
140. Fred Moss	2:12:31
142. Richard Wilson	2:13:38
147. William Agee	2:13:42
148. John Commander	2:15:07
150. Craig Lingon	2:15:43
163. Debbie McCracken	2:17:09
164. Rick Hatfield	2:17:28
194. Jerry Casper	2:21:56
207. Karen Mays	2:25:03
213. Barbara Hill	2:25:41

216. Bill MacCormack	2:25:49
218. Eric Katkow	2:25:55
221. Alexander Patico	2:26:42
227. Kimberly Agee	2:27:58
229. Paul Biederman	2:28:19
237. John Collins	2:32:32
243. Robert Carpenter	2:34:32
251. Liz Humphries (2nd, 45-49)	2:37:49
260. Tom Beaty	2:45:18
262. Jane Penrod	2:48:37
264. Helen Beyers (3rd, 50-99)	2:48:51



*How deep was the flood? Debbie Chaney, bagel in hand, tried to cross the flood area from the parking lot to the course, just to see the finish. She found herself sucked into a bottomless mire— up to her hips— from which Ed Trottier rescued her. (photo by Jim Carbary).*

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

*The Striders urge you to patronize these sponsors of the Metric Marathon:*

*Feet First of Wilde Lake  
 Asics  
 Princeton Sports  
 1st National Bank  
 Bennigan's  
 Dole Bananas  
 Runner's World  
 Power Bar  
 Bagel Bin  
 Columbia Inn  
 David's Natural Market  
 Mountain Valley Spring Water  
 Running Delights Sport Cards  
 Schreter Neckware  
 Coca Cola  
 Power Ade*

## WINTER SCHEDULE

Winter means a lot of things to us. Winter means slogging through slippery snow and blustery wind and miserably cold rain that can turn to ice at any moment. Winter means wearing cumbersome sweats or tights and ugly head coverings always too hot or too cold and gloves too thick to click the button on your chronograph and putting on shoes too beat-up for real running because you don't want to ruin your good shoes in that miserable slop out there. And winter means hot chocolate at the end of a cold run and a steamy shower to wash off the crud of 16 miles. Be strong— SPRINGTIME will soon be here.

Don't miss the Operation Iceberg series of weekly races this winter. Surprisingly, this series usually draws the most runners of the seasonal series (maybe because of the hot chocolate at the finish). The five mile prediction fun-run on January 1 offers you a test of your resolution to finish on time. A day later, all you ultra-freaks can enjoy 20 or so loops around Lake Elkhorn in the FA 50k. For the speed demons, the 10-Mile Club Challenge race in February offers a true test of your ability against the best in the region— Howard County won the event last year for the first time in several years and we want to continue the new tradition. Finally, the spring racing season begins with the Duckworth 5k race at Glenelg High School.

Be sure to check out the Annual Award Banquet on January 11 at Oakland Mills. Bring some food to share with your fellow runners (last names beginning with A-K bring a dessert and a salad; last names beginning with M-Z bring a main dish for four)— the Striders provide munchies and liquid refreshment. Mingle with your friendly neighborhood runners to discuss glorious past races and plan new ones. Deserving Howard County Striders will receive *prestigious* awards for their efforts during 1993.



## WINTER SCHEDULE

- Jan1 **Resolution 5 Mile Run**  
>10 am Locust Park Neighborhood Center  
Dave Tripp (730-4499)
- Jan 2 **FA 50k Ultra**  
9 am Lake Elkhorn  
Tom Green (381-5016)
- Jan9 **Winter Series #1**  
2 pm Jeffers Hill Neighborhood Center
- Jan11 **Strider Awards Banquet**  
6 pm Interfaith Center at Oakland  
Mills, Tim Beaty (596-6453)
- Jan16 **Winter Series #2**  
2 pm Longfellow Elementary School
- Jan23 **Winter Series #3**  
2 pm Thunder Hill Elementary School
- Jan30 **Winter Series #4**  
2 pm Jeffers Hill Neighborhood Center
- Feb6 **Winter Series #5**  
2 pm Longfellow Elementary School
- Feb13 **Winter Series #6**  
2 pm Jeffers Hill Elementary School
- Feb20 **Winter Series #7**  
2 pm Longfellow Neighborhood Center
- Feb27 **Challenge 10 Miler**  
8 am Howard Community College  
Paul Goldenberg (730-3566)
- Mar6 **Winter Series #8**  
2 pm Thunder Hill Elementary School
- Mar13 **Winter Series #9**  
2 pm Jeffers Hill Elementary School  
*Scholarship Races*— all entries are  
\$1.00 and benefit Scherer Fund
- Mar 26 **Duckworth Relays 5k**  
9 am Glenelg High School  
Dave Tripp (730-4499)
- Apr11 **Cherry Blossom 10 Miler**  
8 am West Potomac Park  
(301-371-5583 for information)

## LACES TO OTHER PLACES

Warren Ohlrich

On November 30th, a group of Striders met at Al and Denise Hannagan's house to pack up some boxes of shoes and clothing for shipment to Liberia. This is the first shipment to be ready since the Striders recently started their program to collect used running shoes and race t-shirts from its members and other area residents. The apparel is collected at Feet First and shipped overseas to refugee camps in Liberia and Bosnia. Al and Denise have graciously donated garage space for storage of the shoes and clothing until the items are picked up for shipment.

As is always the case when Striders get together, a good time was had by all. The committee working on this project currently consists of myself (Warren Ohlrich), Denise and Al Hannagan, Rusty Toler, Linda Lash, Mick Slonaker, and Paul Collins. Not only did the entire committee show up, but Al and Denise provided dinner and Paul made a scrumptuous cheesecake for dessert. However, the primary task of the evening was not to eat, but to get the shoes and clothing ready for shipment. We sorted, cleaned (if necessary), and packed the stuff in boxes. The group packed six large boxes containing 70 pairs of shoes, 90 t-shirts, miscellaneous other clothing, and a large number of children's educational books.

Perhaps a little background on how this all started and where it's going would be in order. We heard about another running club in New Jersey that had shipped some shoes and shirts to Panama for the needy. Knowing that runners always have an abundance of used running shoes and t-shirts, we sought a worthy cause to which we could send these extraneous items that might be available from the membership. Church contacts provided two such sources.

Our first contact was with a group of Liberians living in the DC area who were collecting items to send to their fellow countrymen in refugee camps in Africa. Their country has been ravished by a long civil war and the refugees have little left of their possessions. Not only do they need shoes and clothing, but they also

requested books for their children so they could get some kind of education while living in these camps. (American English is the Liberian's second language). The Liberians in D.C. are collecting these items and pooling their money together to get them shipped in containers to the camps.

Our second contact was with a Peace Ministry called GOSPA USA, which operates out of the Catholic University in Washington, D.C. They have been visiting the former Yugoslavia and collecting items for the refugees who need shoes, clothing, and other living necessities. They also collected enough stuff to fill up a container and then ship it over to the refugees in Bosnia. GOSPA is very interested in working with us to funnel the shoes and clothing to where they are most needed.

Obviously, not only running shoes and running clothing are needed— any sport shoes, all types of clothing, and the children's books can help. Our local drop-off points are Feet First in the Wilde Lake Village Green or the Weekly Race Series locations. From there, we move the items to the Hannagans' garage, where we conduct our occasional packing ceremony as we did on November 30th.

We want to publicize the effort to a wider audience than just the local running community. Part of our effort will be to generate publicity that reaches all of Howard County. We would eventually like to set up a model program for other RRCA running clubs throughout the county to follow. Our ideas include having shoe manufacturers donate defective shoes, races to donate left-over race shirts, etc. The possibilities are endless.

Hopefully, the realization of the need for such a program will inspire a few of our members to join the committee to help out. Anyone interested should contact me (Warren) at 410-381-0189 or Al Hannagan at 410-461-0827. Workers are needed more than money, but we will accept donations to help defray shipping expenses. Please make out checks to the Howard County Striders, mark them "Laces for Other Places," and drop them off at Feet First or at the weekly races.

## SPECIAL RECOGNITIONS

- The November-December issue of the *Washington Running Report* ranks the following Howard County Striders:

Chris Nugent — 7th Male Open  
Chris Samley — 18th Male Open  
Jim Discuillo — 7th Male 40-44  
Ken Dent — 7th Male 45-49  
Rich Brockway — 9th Male 45-49  
Warren Ohlrich — 3rd Male 50-54

The rankings are based on performances in 21 selected races in the Baltimore-Washington area that took place between May 17 and September 12, 1993.

- Before he made his sensational run at the Columbus Marathon (see p. 12), Dave Berardi finished 18th at the Philadelphia Half Marathon on September 19. Dave completed the 13.1 mile course in a time of 1:05:29. The Philadelphia race boasts a world-class field and has several world records to its credit.

- Chris Nugent finished 9th overall in the United Way 10k in Washington, DC, on September 26. Chris zipped over the standard Hains Point course in 33:01. In the same race, Ken Dent came in 4th among the 45-49 men with a 36:55.

- Zachary Heidepriem finished second in his 11-12 boys year-old age group at the National AAU Cross County Championships, which were held San Antonio, TX, on December 4. His time in the 3000m race was 11:00, only five seconds behind the winner. With about 300 runners, Zach's race had the largest field of all at the Championships.

Although Mr. Heidepriem was the only Strider in the top 25 in any event, a dozen other Junior Striders competed at the meet: Alison Pople, Rachel Drake, Jamie and Kelly Hilliard, Colleen Marland, Chris Williams, Danny and Ricky McGinnis, Billy Severn, Andy Young, and Evan and Erin Brooks.

- Several Columbia area triathletes competed in the Gatorade Ironman Triathlon at Kona, Hawaii, on October 30. The top finisher in the group was George Altieri, who completed the 2.4-mile swim, 122-mile bike, and 26.2-mile run in 9:28:16. Eddy Trottier's time of 11:03:14 placed him fifth or sixth among the over-50 men. Robert "the Vig" Vigorito, director of the Columbia Triathlon, finished in 11:52:53, while Ray Plotecia crossed the line in 12:30:59.

### *Coming Attractions in 1994*

- **RRCA 10 Mile Challenge Race**  
February 27, 8 am,  
Howard Community College  
(Entry fee waived for Striders)
- **Duckworth Relays 5k**  
March 26, 9 am  
Glenelg High School
- **Clyde's 10k**  
April 24, 8 am  
Columbia City center
- **Columbia CityFair 2 Miler**  
June 19, 8 am  
Clark Building Parking Lot
- **Women's Distance Festival 5k**  
July 8, Midnight  
Columbia Mall Parking Lot
- **24 Hour Relay**  
August 6, Noon  
Howard High School
- **Columbus Chase 10k**  
October 9, 8 am  
Howard Community College
- **Metric Marathon**  
November 20, 8 am  
Columbia City Center  
(Note new date)

## AMAZING FITNESS FACTS

Compiled by Judi Carbary (M.P.H., M.T.)  
& Jim Carbary (M.R.)

- You won't gain a lot more [fitness] benefits if you exercise harder, longer and more often than recommended. Once you burn about 2000 calories a week, the additional benefits of exercise fall off. To gain maximum fitness benefits, engage in aerobic exercise three to five times a week for 30 to 60 minutes each time. Try to work at an intensity level that gets your heart rate up from 60 to 85 per cent of its maximum rate. — *Maryland Council on Physical Fitness*

- Your body burns mostly glycogen during the first 20 minutes of aerobic exercise, then starts burning fat, which is really what most of us want to lose. — *Prevention Guide to Weight Loss*

- One study of retired persons found that exercising one hour a day reduced their hip fracture risk by 40% to 50%. — *Good Housekeeping*

- Extend your aerobic exercise sessions to last 45 to 60 minutes to lose body fat. Longer work-outs speed up fat metabolism. — *Maryland Council on Physical Fitness*

- If you experience soreness after exercising, try vitamin E supplements. Preliminary research suggests that vitamin E may reduce muscle damage and soreness. — *Tufts University Human Nutrition and Research Center*

- People who regularly sleep seven to eight hours a night live longer than those who get less than five hours a night and more than ten hours per night. — *National Sleep Council*

- Only 22% of Americans engage in enough physical activity to reap health benefits, while 24% of Americans are completely sedentary. The remainder of us are "inadequately active." — *American College of Sports Medicine*

- Drinking water boosts your memory. Dehydration lowers the brain's electrolyte levels, which can cause short-term memory loss. — *Harvard University*

- A diet rich in magnesium may help protect against heart disease and high blood pressure. But most people get less than half the RDA for magnesium — 300 mg for women and 350 mg for men. Good sources of magnesium include whole-wheat breads, pasta, rice, beans, seeds, nuts, spinach and broccoli. — *University of Texas Lifeline Health Letter*

- Too little fat in the diet can result in scaly skin, dry hair and hair loss, poor wound-healing, hunger, possible decrease in retinal function, amenorrhea and cold intolerance. Too little fat can also prevent fat-soluble vitamins such as A, D, E, K and beta carotene from being absorbed by the body. — *Running Times*

- Experts recommend the following dietary arrangements for cold-weather (winter) exercise. First, consume lots of carbohydrates, which are especially important for fine-motor skills such as skiing. Second, drink plenty of water, which helps offset the drying effects of the cold air you'll breathe. Third, do not take on coffee or alcohol, which both adversely affect your blood flow and can render you dehydrated, too. Fourth, eat and drink often— 300 calories per hour of exercise. — *Outside*

- Professional Triathlete Karen Smyers recommends the following off-season options:

1. Opt to play a game
2. Find a new sport
3. Form— work on it
4. Sooth your injuries
5. Experiment a little
6. Attack your weakness
7. Strengthen yourself
8. Overcome the desire to train too hard
9. No worries

— *Triathlete Magazine*

## PRESIDENT'S LETTER

Nadia Wasserman

We all became very excited last year when Paul Goldenberg first announced to the Strider Board the possibility of a Marathon to commemorate the 26th birthday of Columbia. The Striders had never before attempted to stage such an extensive race, although we had hosted 24-hour events and ultras.

With his characteristic enthusiasm and organization talents, he put everything together: the sponsors, the route (which we even certified), the publicity, the volunteers (who can say enough about the great volunteers we had?), the police support (traffic control was excellent over the entire 26.2 miles), the awards, and the several thousand orange traffic cones. Even the weather cooperated—we had a relatively cool summer day. Paul really showed how to put together a great race from scratch!

As you may know, the Birthday Marathon commemorated the 26th anniversary of Columbia, MD. Not many of us have been in the area that long. In fact, we don't know of any marathoners who can claim to have lived here for that long. Thanks to Paul, the marathon raised over \$10,000.00 for the Columbia Foundation. The Columbia Foundation serves as an umbrella organization for charities in the Columbia area.

I would also like to acknowledge the contributions of all the other directors of the major Howard County races:

- > Dave Tripp— the Duckworth 5k
- > Pat Brooks — Women's Distance 5k
- > Tim Beaty — 24 Hour Relay
- > Bill MacCormack— Columbus Chase
- > Phil Lang— Metric Marathon

And we on the Board of Directors would also like to offer our thanks to the many volunteers who helped stage these races.

We'd also like to see you at the Strider Awards Banquet, which will be on Tuesday, January 11, 1994. This is your chance to meet your running friends, vote for next year's Board members, honor the Striders' best runners, and —

### 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>	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> <i>President</i>	730-3566

most important — eat a wonderful meal! The Banquet is pot-luck: members whose last names end in A-K should bring a dessert or salad, while those whose names end in L-Z should bring a main dish. We always have the best food at these affairs. The Striders will provide soft drinks and munchies, and beer and wine for those over 21. The festivities begin at 6 pm at the Interfaith Center in Oakland Mills Village Center.

Last, I want to thank all the members of the club and the Board Members in particular for their help and guidance through my first year as president of the Striders. 1993 was certainly a learning year for me and I needed your help and support. In the coming seasons, I know I can count on your continued efforts.

*Happy holidays and good running in 1994!*

— Nadia

# MEMBERSHIP APPLICATION

JOIN US AS A MEMBER OF THE HOWARD COUNTY  
STRIDERS

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

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

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

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ Birthday \_\_\_\_\_

Additional Family Members

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

Address

Street \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

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

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

Don't Forget the Special Events this Winter:

Resolution Run ~ a Prediction 8k  
January 1, 1994 at Locust Park Neighborhood Center

Annual Banquet and Awards Meeting  
January 11, 1994 at the Interfaith Center, Oakland Mills Village Center

Challenge 10 Miler  
February 27, 1994 at Howard Community College

Duckworth Relays 5k  
March 26, 1994 at Glenelg High School

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

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