

FOOTPRINTS



NEWSLETTER OF THE HOWARD COUNTY STRIDERS
VOLUME 14, NUMBER 1—SPRING, 1994

FRITSCH & BERARDI WIN TOP HONORS AT ANNUAL BANQUET

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JALAPEÑO CHICKEN EDGES TACO PIE  
FOR BEST DISH

The Howard County Striders held their Annual Meeting and Awards Banquet on Tuesday, January 11 in the Meeting House at Oakland Mills Interfaith Center. The banquet officially began at 6:00 pm, but members continued arriving and depositing their food dishes until the eating began at 6:30 pm. After waiting in rather long lines, the members served themselves and ate heartily until 7:30, at which time began various presentations. Dave Tripp, Nadia Wasserman, Warren and Karen Ohlrich each spoke briefly while the members nibbled on desserts. After these speeches, President Nadia Wasserman gave out the annual awards for outstanding individuals during 1993. Finally, Tim Beaty introduced the 1994 Board of Directors, which included several new names, and the membership approved the slate by universal acclamation. The meeting officially adjourned at a record time of 8:35 pm.

The members themselves provided a wide variety of foods that filled several tables. This year's selection included numerous salads, several pasta dishes, chicken and tuna offerings, the ubiquitous taco pie, and a plethora of cookies, cakes, pies and brownies for dessert. The most popular food (judged by how quickly it was consumed) was Ms. Underwood-Hannagan's jalapeño chicken, which upset the taco pie for the first time in several years. "It was sure hhhhottt," one (continued, p. 2)



*Bea Marie Fritsch and Dave Berardi accept the 1993 Runners of the Year awards. (photo by Jim Carbary)*

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(Annual Meeting, continued from p. 1)  
veteran gourmand commented about the chicken.

As the feeding frenzy dissipated, Dave Tripp held a numerical quiz. The quiz was left over from the aborted Resolution Run, which was cancelled on account of bad weather on New Year's Day. The quiz challenged members to perform mental calculations armed only with their brains (no manual calculations were allowed). Wayne Conway won the quiz by submitting the first correct number (32694) and correctly identifying its significance (date of the 1994 Duckworth Relays). Mr. Tripp awarded Wayne a bottle of champagne and some stale Christmas candy.

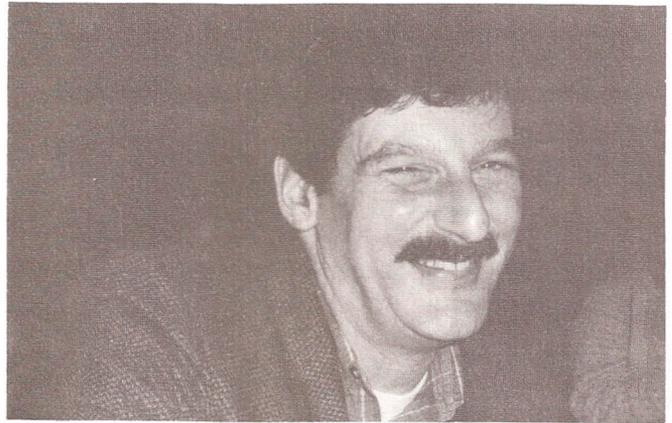
After the quiz, Strider President Nadia Wasserman spoke briefly. She thanked Tim and Sherry Beaty for organizing the meeting and recognized the Howard County Police Department for their support of Strider races. She presented a plaque to Wayne Livesay and donated \$500 to the Howard County Police BearTrax program for underprivileged youths. Nadia also recognized Paul Goldenberg for his efforts in organizing and executing the Columbia Birthday Marathon. The Marathon raised over \$12000 for the Columbia Foundation. The Striders gave a final check of \$1200 to Don Wright, a representative of the Foundation. Mr. Goldenberg commented that "it was my last marathon."

Mr. Wasserman then gave out the annual President's Awards, which honor deserving Striders for special contributions not included in the formal Annual awards. Ray Plotecia won a President's Award for providing graphic designs for all the Strider races. George Altieri garnered a second President's Award for the continued support of PowerBar at Strider races. All registrants in the Strider races received free PowerBars in their race packets courtesy of Mr. Altieri. Nadia also recognized Valerie Rogers with a President's Award and cited Ms. Rogers as "a woman who never refused to volunteer."

Nadia next recognized three familiar Howard Countians who, in the judgement of the Club, have donated over 2000 hours of volunteer work. Warren Ohlrich, Paul Goldenberg, and Jim Carbary received RRCA National Volunteer Awards "for your generous and enthusiastic contribution of 2000 hours of volunteer time in support of the running community."



*Brandi goes back for more desserts as the ceremonies plot on. (photo by Jim Carbary)*

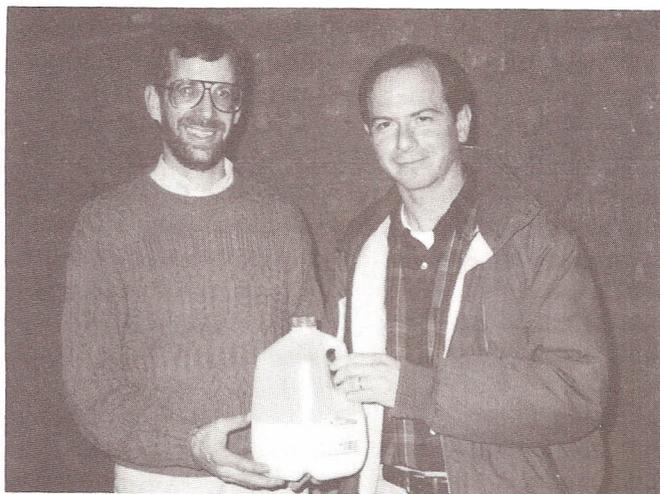


*Paul Goldenberg received a special RRCA Award of Recognition for donating over 2000 hours of volunteer service to the cause of running. Mr. Goldenberg is a graduate of Colgate University. (photo by Jim Carbary)*

#### **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*

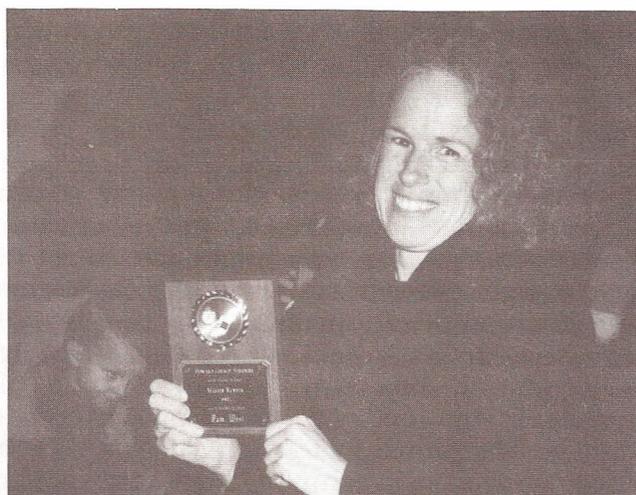


*Mick Slonaker (left) and Jim Discuillo shared the most improved runners of the year award; they are shown here with their trophy. (photo by Jim Carbary)*

Warren Olhrich himself then went to the podium to comment about his "Laces for Other Places" program that sends used shoes and other goods to needy places like Liberia and Bosnia. In particular, Warren thanked Denise and Al Hannagan for use of their garage to store the items prior to shipment.

Next, Karen Olhrich, Warren's wife, gave her annual humorous account of last year's running experiences. Altogether, Karen participated in seven races across the country, including a Librarian's 5k in New Orleans in June. When she entered the race, she figured she could clean up against a bunch of old librarians. Instead, she discovered that old librarians can really run, even in 98F temperatures, and placed no higher than 5th in her age group (she placed 3rd in her age group at the Columbus Chase). Karen then launched into a discussion of "age-weighted" races in which participants earn top awards. But she lost out there, too. One Hedy Marque, age 76, finished 3rd overall in an 8k age-weighted race. But, Karen lamented, "she would have beaten me anyway."

After Karen, Dave Tripp presented the assembly with the shortest treasurer's report in the history of the Howard County Striders. Of 1993, he said, "We had a good year" and sat down. After serving on the Strider Board of Directors since the inception of the club, Mr. Tripp leaves the Strider Board of Directors in 1994 to become a private runner. Before he stepped down,



*A broadly smiling Pam West displays her plaque for female master runner of the year. (photo by Jim Carbary)*

Mrs. Wasserman presented Dave with a handsome plaque commemorating his many years of service to the Howard County Striders. The members gave Mr. Tripp a standing ovation. [An accompanying article on page 7 cites Dave's many contributions to running in Howard County.]

Then Nadia introduced the outgoing 1993 Board of Directors. Each of them received a handsome, short-sleeved Strider shirt, which was a custom design from the House of Joe.

*Finally*, President Wasserman got to the anticipated Annual Awards, for which the banquet takes its name. She started off the awards presentations with the Volunteers of the Year, who "are the backbone of the club." Nancy Burns, Vicki Lang, and Steve Musselman garnered the best—volunteer awards. Nadia cited Nancy for helping with registration and with water stops at all our major races, while she mentioned Vicki as aiding the registration and data entry. Steve shared the award for his many volunteer contributions to all the Strider races. "On race day, Steve gets to the race site before anybody else," Nadia commented on Mr. Musselman's eagerness to volunteer.

Nadia continued the awards with the New Runners of the Year. David Feltwell won the new male runner of the year, while Kelly Moe won the new female runner of the year. Kelly started running in 1993 with the FIT (Females in Training) program that culminated with the Women's Distance Festival 5k in July. Since that time, Kelly has continued her running and entered

several other races. David began running in 1993 with the Bagel Group and moved on to become a regular in the weekly series. Dave even won one of the weekly races during the Fall Series.

With the next awards, the Striders began a new Annual Award Category— junior runners of the year— to honor the finest of the younger Strider runners. Alicia Adams and Zachary Heidepriem won the initial juniors awards. Alicia, a senior at Glenelg High School, has won an abundance of awards. She has won the County cross-county championship the last three years in a row and, as a freshman, lost only to her sister. She took the States in 1992 and placed second in 1993.

Zachary, only 12 years old, also has an extensive dossier. At local road races, he boasts times of 17:33 for 5k, 39:00 for 10k, and 67:25 for 10 miles. Needless to say, he always wins his age group. Zach won gold medals in the 1500m and 3000m races at the USTAF/AAU national championships last year, and he won a silver in the 800m race at the Junior Olympics Cross County. The January 24 issue of Sports Illustrated noted Zach's accomplishments in the "Faces in the Crowd" section.

The Striders then honored the most-improved runners of 1993 of which there were three: Cindy Carpenter, Jim Disciullo, and Mick Slonaker. Last year marked only the second year of running for Cindy, but she compiled an extensive list of impressive performances that rank her among Howard County's top women athletes. Surprisingly, Cindy seemed to thrive in the summer heat. On July 4, she placed second at the Arbutus 10k (her 40:20 beat BeaMarie); a few days later on a very hot night, she finished seventh at the Women's Distance Festival 5k (18:48). She collected an 18:20 at the Twilight River 5k, another summer race. Cindy concluded the long hot summer with an astounding 62:02 at the prestigious Annapolis 10 Miler, which was good for second woman overall. She ended the year by proving she could also run in the cold weather— she finished second at the Metric Marathon with a time of 1:47. Cindy also served on the Howard County women's relay team that won the Columbia Marathon.

Both men who shared the most-improved award for 1993 are masters who kept setting personal records in spite of their age— Jim Disciullo and Mick Slonaker. Jim started the

year with a 39:00 PR for 10k, which really isn't too bad in itself. But under the near-ideal conditions at the Constellation 10k, Jim lowered his 10k time to 35:13. Under much more difficult conditions on a hillier course, he ran a 62:15 personal record at the Annapolis 10 Miler and helped the Howard County Master's Team to second place. Jim also ran a 17:21 PR at the Bay Cafe 5k. He contributed a 42:20 (3rd master) at the Challenge Race 7 Miler in September, ran a 28:20 at a Father's Day 5 miler, and was the second master at the Columbus Chase (35:43). For his performances throughout 1993, Jim won numerous age-group awards at various other races and earned an age-group ranking in the *Washington Running Report*.

Mick Slonaker enjoyed just as successful a year as Mr. Disciullo. He lowered his 10k personal record from 41:26 to 37:24 under good conditions at the Constellation race to 36:31 under brutally hot conditions at the Asbury Park 10k. In the heat of Annapolis, Mick lowered his 10 mile time by five minutes to 61:45. In 1992, Mr. Slonaker ran a so-so 3:28 at the 1992 Marine Corps Maration, and then ran a 3:10 on the much more difficult course of the Columbia Marathon. His proudest moment may have been a 5:03 at the 93 Meet of Miles, at which he handily won the master's competition. Mick also served with distinction on the master's racing teams at Constellation, Annapolis, and the Challenge 7 Miler, and won age group awards in several other races.

"This master runner always places in her age group," President Wasserman said in citing Pam West as female master's runner of 1993. Pam began 1993 with a bang as she took the second woman master at the Super Bowl 5k in January. She won the woman's masters title outright at the arduous Bachman Valley Half-Marathon. In the drizzle last December, Pam finished first among the 40-44 women with a 2:03:20. She contributed a 50:57 (2nd master woman) at the Challenge Race Seven Miler against Montgomery County and helped put the Strider team over the top. She placed second master at the local Race for the Cure 5k. Finally, Pam's 43:40 made her again second in her age group at the Columbus Chase. In addition to running races, Ms. West also competes in triathlons and won a master's award at the 1993 Columbia Triathlon.



Warren Ohlrich, Pam West, and Bob Burns pose with their master's runners of the year plaques. (photo by Jim Carbary)

Two outstanding masters men shared the male master of the year award— Bob Burns and Warren Ohlrich. Mr. Burns, who recently turned 40, collected an age group award in nearly every race he ran in 1993. He was second master at the Super Bowl 5k in January with a 17:18. On the hottest day of the year, Bob finished second master at the hilly Arbutus Firecracker 10k with a 37:25. His 42:59 (second master again) counted in the scoring that helped Howard County beat Montgomery County at the Challenge Race in September. With a 35:47, Bob was the third master behind Jim Disciullo at the Columbus Chase 10k. He anchored the Strider Master's Team at the Constellation 10k with a 34:58— the fastest 10k run by a Howard County master in several years. Mr. Burns specialized in the longer distances, however. He turned a 1:41:40 at the Metric Marathon (second master) and, on a hot spring day, a 3:02:46 at the Boston Marathon.

President Wasserman said of Warren Ohlrich that he "runs times as a 54-year-old that we all wish we could have run as a 20-year-old. Like Mr. Burns, Warren collected an age-group award in just about every race he ran in 1993. He placed second in his age group at the Super Bowl 5k with a 18:16. He won his age group at the George Washington Birthday Marathon with a 3:03:54. His 38:15 was good for second place among the 50-54 men at the Columbus Chase (behind nemesis Bernie Gallagher). Warren collected awards at some BIG-TIME races, too. At the Cherry Blossom 10-Miler, Warren took *third* in the

## HOWARD COUNTY STRIDERS 1993 ANNUAL AWARD WINNERS

President's Awards—  
Ray Plotecia  
George Altieri  
Valerie Rogers

Volunteers—  
Nancy Burns  
Vicki Lang  
Steve Musselman

New Runners—  
Kelly Moe  
David Feltwell

Junior Runners  
Alicia Adams  
Zachary Heidepreim

Most-Improved Runners—  
Cindy Carpenter  
Jim Disciullo  
Mick Slonaker

Masters Runners—  
Pam West  
Bob Burns  
Warren Ohlrich

Open Runners—  
Bea Marie Fritsch  
Dave Berardi

50-54 men with an outstanding 59:53. He finished first in his age group with at the Constellation 10k (36:25) and third at Elby's 20k (82:13). Warren concluded the 1993 with a third-place finish in his age group at the Metric Marathon ("but I wasn't really racing.") Throughout the year, the *Washington Running Report* consistently ranked Mr. Ohlrich among the region's top 50-54 men.

Two of the fastest-ever Howard Countians won the Best Open Runners of 1993 Award— BeaMarie Fritsch and Dave Berardi. Both runners consistently won the races they

participated in and both set some mouth-watering personal records.

"BeaMarie usually wins her races," Ms. Wasserman said of the Strider's 1993 Woman Runner of the Year. At the short distances, her victories included the Viking Run 5k and the Oriole Advocate 5k at which she set a personal record of 17:14. On that sweltering night in July, BeaMarie finished fourth (17:33) against the best runners in the Baltimore—Washington area at the Women's Distance Festival 5k. Ms. Fristch did just as well at longer races. She easily won the Clyde's 10k (37:33) and beat Dolly Giner (Strider Woman Runner of 1992) at the Columbus Chase (36:43). BeaMarie set a personal record of 36:20 at the Constellation 10k, in which she was the sixth woman in a national-class field. Ms. Fritsch picked up fourth place among the women at Annapolis (64:25). On Strider racing teams, she anchored the winning women's relay team at the Columbia Birthday Marathon and was first woman overall at the 7-Mile Challenge Race (44:53).

Dave Berardi almost always wins his races, too, and he enjoyed perhaps his best year in 1993. For the fifth straight year, Dave won the BWI 10k ("in around 31 something"). He also collected a victory at the Arbutus 10k (31:53) by beating the renowned Jim Hage on a brutally hot day on a very hilly course. At Howard County races, Mr. Berardi placed second at Clyde's (31:49—a rare loss) and clobbered everybody at the Metric Marathon (1:27:30), which he won by a wide margin for the fourth time. Dave faced world class competition at the Philadelphia Half-Marathon and finished 18th overall in 65:24. He saved his best race of 1993 for the Columbus Marathon, where he finished ninth overall with the fastest marathon time ever recorded by a Howard County Strider. His 2:19:58 (a personal record, needless to say) put him two seconds under the qualifying time for the U.S. Olympic Marathon Trials. [A few days after the awards banquet, Dave tried to officially qualify for the trials at the Houston Tenneco Marathon but came up a few minutes short.]

After Nadia had presented these awards, Tim Beaty introduced the nominees for the 1994 Board of Directors (see p. 11 for list). The assembly approved the New Board by universal acclamation, and Tim adjourned the meeting at 8:35 pm.

**DID YOU RENEW YOUR  
MEMBERSHIP ←←  
FOR 1994?**

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

~~~~~  
**TO AVOID THIS CATASTROPHE,
FILL OUT A MEMBERSHIP FORM
AND SEND IT TO
HEIDE HEIDPRIEM, TREASURER,
WHO IS WAITING FOR YOU.**

**ANNOUNCING THE FIRST ANNUAL
MARYLAND RRCA CHAMPIONSHIP
RACE SERIES (see p 18 for details)**

- 3/8 Springburst 8k
8 am Greenbelt Park (301-345-4673)
- 5/22 Constellation 10k
8 am Inner Harbor (410-243-3135)
- 6/5 Bel Air Town Run 5k
8 am Bel Air (410-879-0056)
- 7/4 Frederick's Fourth
7 pm Frederick (301-371-9562)
- 7/16 Rockville Twilighter 8k
845pm Rockville Courth'se (301-353-0200)
- 8/28 Annapolis 10 Miler
750am Navy Stadium (410-268-1165)
- 9/4 Labor Day 15k
6 pm Washington, DC
- 9/18 Union Mills 8k
8 am Westminster (410-848-3216)
- 10/1 Great Allegany 15k
8 am Cumberland (301-729-3088)
- 11/20 Metric Marathon
8 am Columbia (410-964-8258)

MILES AND WARREN CELEBRATE BIRTHDAYS

Two emeritus members of the Howard County Striders celebrated milestone birthdays during the winter. *Miles Weigold* had his 50th birthday party in January, while *Warren Ohlrich* reached 55 in February.

On January 30, about 100 participants attended festivities for Mr. Weigold at Wilde Lake's Slayton House, which is the finish line for the Bagel Run. The celebrants included Stan Ber, primary sports reporter for the Columbia Flier, and Tom Yeager, State Senator. Many of Mr. Weigold's neighbors also came, although they didn't all run.

The Bagel Runners themselves turned out in force for the event, and most of them ran their appointed distances in spite of treacherous surface conditions. Columbia had just suffered one of the numerous ice/snow storms that plagued this winter, and those who ran negotiated very icy roads. Along the way, they refreshed themselves at two water stops. At the first stop, about 1.5 miles or so along Harper's Farm Road, Bob and Nancy Burns and other of Miles' neighbors greeted the runners with actual champagne. A number of the runners didn't make it any further. Those who continued reached the second water stop at 4.5 miles on Homewood Road. There, John Wheatland, Miles' coworker, greeted the runners along with several members of the Weigold family.

After the arduous, slippery trek, the survivors met at Slayton House for cake, bagels, coffee and other edibles. A donation of \$100.00 was presented to the Hospice Services of Columbia in Miles' name.

Mr. Weigold has served with distinction as a past President of the Striders and currently holds an at-large position on the Board of Directors. As a principal executive of IBM, Miles also donates his time and computer expertise in figuring out race results immediately after a major Strider race.

The 55th birthday celebration for Warren Ohlrich took place on Saturday, February 26th, which was a very cold and windy morning but at least the snow and ice had melted. The celebrants included



Miles Weigold (right) completes his birthday run with Bagel Runner John Neal. (photo by Dave Tripp)

mostly Bagel Runners, many of whom ran short courses because they wanted to rest for the Challenge Race the next day. Mr. Ohlrich himself ran only four miles and did not benefit from any Champagne stops. After their cold exercises, the runners repaired to the Slayton House where they enjoyed bagels and cake and pastries. Miles Weigold spoke briefly about Warren's career. Karen Ohlrich, Warren's wife, divulged the key to his success—his "magical" breakfasts, which consist of pancakes layered with the following:

peanut butter
sliced bananas
raisins
brewer's yeast
yogurt
blackstrap molasses

— with jelly on top. About 40 people, mostly runners, attended Warren's birthday party, but there were NO pancakes!

Like Miles, Warren has a long history of running in Howard County. Mr. Ohlrich founded Feet First back in the days when the Nike Waffle Racer and the Brooks Vantage offered the only choices for serious runners. He pioneered the Saturday morning Bagel Runs along Homewood Road even before the Bagel Bin (or Bagel Shoppe) existed. Warren has fostered various races, directed races, raced on numerous racing teams, and served on the Strider Board of Directors.

STRIDERS CRUSH OPPOSITION AT CHALLENGE RACE

"We crushed," said Vicki Lang as she reviewed the race results in the computer room after the annual 10-Mile Challenge Race. On the men's side, the top 12 Strider men had all finished before the eighth man of the second-place team had come home. On the women's side, the top three Strider women finished before a *single* runner of any other team's women. The scoring looked just as lopsided: Howard County had 162 team points to 340 for Montgomery County, the next nearest team, with the low score winning. The dreaded Baltimore Road Runners could manage a team score of only 775, well behind their usual threat.

The race began at 8:00 pm with temperatures in the high teens and blustery wind. All runners seemed to have on an extra layer of clothing to fend off the cold. At least one of the very fast runners missed the start—Annapolis' Bob Marino, thinking the race started at the parking lot, was sitting in his truck when the race began. But when he saw the runners flash by, he jumped into the race and eventually wound up second overall.

Montgomery County's Dominique DaLuz and the Striders' Chris Nugent immediately grabbed the lead in the race and went through the first mile in about five minutes. Gerry Clapper and Dave Berardi thought the cold weather made fast racing out of the question, so they decided before the start that they would run at conservative (for them) paces around 5:20 per mile. Dave, who had won the Strider Runner of the Year Award in January and had been chasing a spot at the Olympic marathon trials, had been nursing an injured hip for the week before the race and had even been forced to take a few days off from training. So Dave and Gerry went through the first mile in 5:34, well behind the leaders.

But the two picked up the pace and caught Dominique and Chris, who had by then fallen off the lead, at four miles. Then they moved further up in the pack and caught the leaders near five miles. Bob Marino, who had by then recovered

1994 CHALLENGE RACE TEAM SCORES

| | |
|---------------------------------|-----|
| 1. Howard County | 162 |
| 2. Montgomery County | 340 |
| 3. Baltimore | 775 |
| 4. Frederick | 801 |
| 5. Westminster | 902 |
| 6. Renaissance All-Sports Athl. | 953 |
| 7. Annapolis | 978 |

from a late start, had also worked his way to the front and began shadowing Dave and Gerry. All three made the five-mile turn-around in 27:33— and they came back even faster.

At 8 1/2 miles, when the course goes up the last series of hills, Mr. Clapper made a decisive surge that dropped Mr. Marino as well as Mr. Berardi. Gerry swept through the last mile— his fastest— in about 5:00 to win the race for Howard County in 53:49. Not far behind, Berardi and Marino engaged in a spirited sprint that the latter won by a few seconds, so Dave pulled in third with a 54:02.

And a minute or so behind these first finishers, Chris Nugent finally overcame his arch-rival Dominique DaLuz, thanks in part to encouragement from Ken Fowler who ran the closing miles with him. Both Chris and Ken finished at virtually the same instant with times of 54:53— over half a minute ahead of Mr. DaLuz. They finished 4-5 in the competition and put Howard County into an early, insurmountable lead in team points.

The Strider women also devastated their competition. Striders Bea Marie Fritsch and Cindy Carpenter took the early lead along with Sue Malloy, who ran unattached to a team. According to Bea's timing, they went through the first mile in 5:50. The three ran together for another mile until Bea Marie began to leave the others behind. After two miles, she ran most of the rest of the race alone and in front. She did keep a steady pace close to 6:00 per mile and trailed the next nearest runner by over 100 yards. "I was just trying to keep a steady pace," she said. According to her timing, the only time she deviated significantly from six minutes

per mile was on the last hills between 8 and 9 miles, where she ran a 6:19.

Bea Marie won the race easily with a time of 1:00:25, which was a 10-mile personal record by three minutes. She credited her success to not going out too fast. She had also familiarized herself with the course by running it with Phil Lang the weekend before the race.

Behind Bea Marie and second-place Sue Malloy (no team), Cindy Carpenter and Robyn Humphrey finished 3rd and 4th and wrapped up the Strider women's victory. The three-woman team had beaten all the women from the other teams, including Baltimore's Maureen Hall and Joy Glass.

The Challenge Race took place on the usual hilly course beginning at Howard Community College. The weather was bitter cold and breezy, but at least the snow had melted for the occasion. A snowstorm had aborted the 1993 edition of the Challenge race, and race directors Rich Fox and Rusty Toler feared the 1994 event might suffer a similar fate.

Luckily, the race occurred during a break in the miserable winter weather. The runners all complained of the poor training conditions in the weeks before the race and many thought their times suffered from lack of training. Strider Bea Marie Fritsch indicated she had moved much of her training inside during the winter and switched to swimming and riding a stationary bike. Many other runners complained of not being able to run in the recent ice and slush.

The post-race celebration took place inside the warm gymnasium of Howard Community College. The college allowed runners to use the showers if they wished. Refreshments included hot chocolate and Power Bars.

A total of 159 men and 39 women completed the 1994 Challenge Race. The top 12 men and the top three women scored for each team, and seven running clubs brought enough members for full teams. Montgomery County brought the biggest contingent— 41 men and 7 women., while Howard County had only the second largest team, with 30 men and 11 women. The usually strong Baltimore Club fielded only the third largest team (17 men and 4 women) and lacked some its most powerful

TOP 10 MEN

| | |
|----------------------------|-------|
| 1. Gerry Clapper, HCS | 53:49 |
| 2. Robert Marino, AS | 53:57 |
| 3. Dave Berardi, HCS | 54:02 |
| 4. Ken Fowler, HCS | 54:53 |
| 5. Chris Nugent, HCS | 54:54 |
| 6. Bob Stack, MCRRC | 55:24 |
| 7. Dominique Da Luz, MCRRC | 55:35 |
| 8. Craig Chasse, HCS | 55:43 |
| 9. Rob Magin, MCRRC | 56:13 |
| 10. Jack Kammprrer, DCRRRC | 56:24 |

TOP 10 WOMEN

| | |
|----------------------------|------------|
| 1. Bea Marie Fritsch, HCS | (PR) 60:25 |
| 2. Susan Malloy, unatt. | 60:58 |
| 3. Cindy Carpenter, HCS | 63:02 |
| 4. Robyn Humphrey, HCS | 66:54 |
| 5. Maureen Hall, BRRC | 68:00 |
| 6. Joy Glass, BRRC | 68:22 |
| 7. Margaret Starnes, RASAC | 69:09 |
| 8. Linda Wack, MCRRC | 69:35 |
| 9. Adrien Unger, FS | 71:07 |
| 10. Chris Patrick, HSC | 71:23 |

runners, some of whom had moved out of the area. In addition, the cold weather and long drive from their home territories may have intimidated some runners from showing up.

Rusty Toler and Rich Fox served as co-directors of the race, which marked their initial trial as race directors. They were ably assisted by the Howard County Police, the Columbia Amateur Radio Association, the Howard Community College, and dozens of enthusiastic volunteers who turned out on a cold morning. "The volunteers were fantastic," commented one top runner who ran alone and relied on the volunteers for course directions.



Chris Nugent (right) and Craig Chasse (center) started the race with sprints. (photo by Lee Brooks).

STRIDERMEN

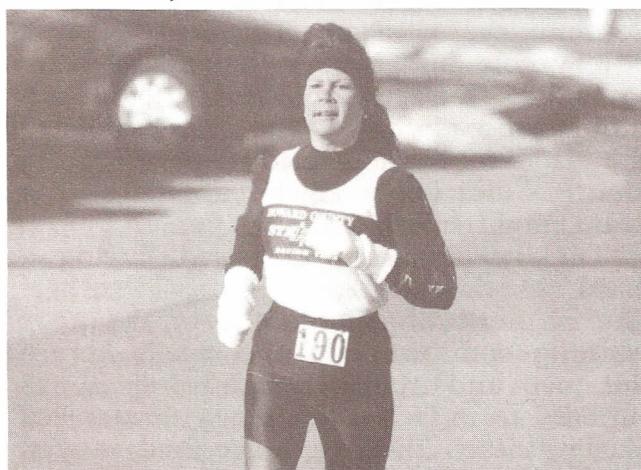
| | |
|----------------------|-------|
| 1. Gerry Clapper | 53:49 |
| 3. Dave Berardi | 54:02 |
| 4. Ken Fowler | 54:53 |
| 5. Chris Nugent | 54:54 |
| 8. Craig Chasse | 55:35 |
| 13. Chris Samley | 57:01 |
| 16. Jim Robinson | 57:28 |
| 18. Dan Knaul | 57:37 |
| 19. George Altieri | 58:07 |
| 21. Steve Bettis | 58:21 |
| 28. Phil Lang | 59:23 |
| 29. Ryan McComas | 60:01 |
| 30. Jim Discuillo | 60:07 |
| 32. Bob Burns | 60:34 |
| 33. Mike Buckley | 60:48 |
| 46. Bobby Gessler | 64:38 |
| 49. Gary Ault | 65:18 |
| 56. Jerry Warfield | 66:45 |
| 58. Jim O'Brien | 67:23 |
| 60. Randy Wycoff | 67:38 |
| 66. Warren Ohlrich | 68:32 |
| 71. Ed Silverman | 69:46 |
| 73. Bob Hecht | 70:10 |
| 75. Greg MacPhee | 70:33 |
| 86. Troy Conran | 71:59 |
| 91. Rick Rosen | 72:43 |
| 96. Roger Calvert | 73:23 |
| 104. David Feltwell | 74:44 |
| 106. Ed Trottier | 74:52 |
| 122. Chris Sproule | 77:24 |
| 122. Bill Schildt | 77:24 |
| 130. John Mortell | 78:30 |
| 133. Zach Heidepriem | 80:15 |

STRIDERWOMEN

| | |
|----------------------|-------|
| 1. Bea Marie Fritsch | 60:25 |
| 3. Cynthia Carpenter | 63:02 |
| 4. Robyn Humphrey | 66:54 |
| 10. Chris Patrick | 71:23 |
| 14. Deborah Chaney | 73:35 |
| 16. Pam West | 74:56 |
| 19. Ana Kirkland | 76:04 |
| 20. Patti Hecht | 76:45 |
| 25. Vivi Provine | 78:34 |
| 27. Valerie Guilfoil | 79:04 |
| 32. Jill Fritsch | 81:35 |



Gerry Clapper (left) and Dave Berardi take command of the challenge race (photo by Lee Brooks).



Wearing socks on her hands, Robyn Humphrey cruises into the finish area as fourth woman overall to seal the Strider victory. (photo by Lee Brooks).



Phil Lang ran much of the 10 miler alone, finishing in 59:23 just barely ahead of the first woman! (photo by Lee Brooks).

A CROSS COUNTRY CHALLENGE

Gerry Clapper

At last — a cross country race for everyone. The race is still in the early planning stages, but the Strider Board of Directors has agreed to support a cross country race on November 6, 1994. (For those of you planning to run the N.Y.C. Marathon on the same day— sorry.) We are planning on an 8k course through the woods and wilderness at the **Linganore Winery**. The race will emphasize teams. Six people will make up a team and five will score. Some of the proposed team categories include Open, Masters, Family, Corporate, high school alumnis, and the CHALLENGE category in which Howard County Officers challenge other RRCA club officers. Individual awards will also be given in various age groups.

So far only one cross country race is planned in November. But other cross country races may pop up during the summer or fall weekly series.

The November race will take place at the *Linganore Vineyards*, which offers the prospect of post-race wine-tasting. Also, the winery features picnic facilities, so runners may want to bring their families for a post-race picnic.

Let's hope the weather is good! The Striders will keep you posted about the upcoming cross-country races.

CALLING ALL VOLUNTEERS

THE STRIDERS NEED YOUR HELP FOR
THE TWO BIG SPRING EVENTS—

CLYDE'S 10K

APRIL 24

COLUMBIA TRIATHLON

MAY 22

To donate your effort, call President Nadia Wasserman (381-6385), who is chief of Volunteers. Or call Al Hannagan (461-0827) to help at Clydes or Rob Vigorito (730-3880) to help at the Triathlon.

ALL VOUNTEERS RECEIVE HANDSOME TEES
AND/OR SOME OTHER COMPENSATION.

WHAT'S BAD ABOUT BEING INJURED

Anon Y. Mous

(Mr. or Ms. Mous provides us with a quasi-serious pondering about the inevitable, which happened to many of us during the long, cruel winter season of '94.)

1. Getting a running magazine in the mail.
2. Receiving a race entry form.
3. Driving on a favorite running route.
4. Driving by some one running.
5. Trying to limit what you eat but getting fat anyway.
6. Having non-running friends ask you if you're still running.
7. Being a race volunteer and watching the runners.
8. Getting involved with your health care system.
9. Having to explain your injury to a receptionist, appointments secretary, a nurse, and *then* the doctor.
10. Being irritable around family, friends, and work associates.
11. Being passed by a 70-year-old woman who's jogging a 14-minute-per-mile pace as you walk your dog— and getting a thumbs-up sign from her!
12. Thinking that your last race was a marathon and now two miles seems too far to walk.
13. Feeling older and stiffer in places that aren't even injured.
14. Opening your drawer and seeing a lot of running shoes.

If you are running the Boston Marathon and you receive this Newsletter before April 10, contact Phil Lang (964-8258) and let him know you're going and what you're qualifying time was.

WALT DISNEY WORLD MARATHON— A MAGICAL RUNNING EXPERIENCE

Pat Brooks

For those of you who asked after our very successful Columbia Birthday Marathon — “what else is there?” — I have the answer. The Walt Disney World Marathon held on January 16 was the most magical of running experiences. Although devoid of Columbia’s “gently rolling hills,” the Disney marathon proved an exceptional first marathon for the Disney company. A total of 8200 runners registered for this historic first marathon.

As the race director of the Women’s Distance Festival, I felt it my duty to make the trip south to warm Orlando during one of the recent arctic blasts we suffered this winter. I thought I could pick up a few pointers. My husband and I left the children at home with their grandparents. We explained that the trip was not really something they would enjoy, but we weren’t convincing.

I packed a variety of clothes ranging from Gortex and running tights to shorts and singlet. I felt ready for anything. We deboarded the plane with temperatures in the 70s, flowers blooming, and green grass all around. I felt things were going to go well.

I would like to share my perspectives on this marathon as I experienced at a very leisurely pace that lead to a 4:19 finish. It was one race in which you just want to go out and see everything along the course. Save the PR for the second time you run it.

The Course—

The entire 26.2-mile flat course remained within the confines of Disney property, and running the race helps one to appreciate the vastness of the property. The course began in the parking lot of EPCOT Center under the beautifully-lit EPCOT dome. After meandering on main forads for two miles, the course enters and then circles inside EPCOT Center. At about six miles, it heads out of EPCOT toward the Disney-MGM studios park. The route then runs along the main visitor center sites and some behind-the-scene staff areas

until leaving for the Magic Kingdom. Cinderella’s Castle appears at the 13-mile mark. The course then heads back toward EPCOT Center, but not before adding a detour along a non-scenic road that reminded many of Haines Point in the Marine Corps Marathon. The race finished at EPCOT Center.

The Start—

The Disney staff are famous for their ability to move large masses of people quickly and efficiently. This capability was clearly displayed with all the planning that went into the course layout and traffic control.

The race started at 6:00 am, which was over an hour before sunrise at 7:19 am. The park opened at 10:00 am, so the marathon minimized the disruption to other visitors. The participants were required to be at the start prior to 5:00 am. Indeed, by 3:00 am, many room lights within the park were turned on as the runners arose and got ready for the race. Disney World actually opened its coffee shops at 2:00 am for the runners!

The start area was flooded with light from numerous temporary lights. Each of the lights had a decorated base that screened anything unsightly. Also, the port-a-potties along the course each had a large potted plant placed beside it to minimize its impact on the scenery.

The only significant injuries reported occurred at the starting line of the race. In two separate incidents, people slipped on garbage bags worn by runners to the start. Two people were forced to drop out of the race. This incident should serve as a reminder to all of us to be extra careful at the start.

We began running at 6:00 am with fireworks exploding and a band playing. Mickey and Minnie and many of the other Disney characters cheered us on.

The Weather—

Quite fortunately, cool temperatures prevailed on race day. It was 41° at the start, and the high for the day was only 60°. The Maryland contingent dressed appropriately for this perfect running weather— we wore shorts. However, some of us were ridiculed by Florida natives who froze in the unusually cool weather. They had on numerous layers of clothing,

which they shed along the route. From their comments, I gathered they had not planned on tossing their clothes. The Disney people gathered up the thousands of garments and donated them to local homeless shelters.

The Epcot Experience—

The highlight of the marathon was clearly the tour through EPCOT Center at the two-mile mark. Disney lit the numerous buildings in the World area just for the runners and played inspirational music for them as they ran through. Those who have seen the EPCOT nightly light show can appreciate how beautiful the scene was. Many of us runners slowed down deliberately to enjoy the sights. The local papers later reported that one of the few complaints about the race was that the EPCOT music was too loud. Speaking for myself, the music was perfect.

Disney-MGM Studios—

In the early dawn, we ran through the Disney-MGM studios at the 10k mark. There were numerous characters in full costume to cheer us on. Many runners carried those disposable cameras, which they used frequently to capture the sights along the way. They snapped pictures of the characters and of their friends. It was especially fun running by the Golden Girls home. We also saw some of the sites being constructed for future exhibits.

After we left the Disney-MGM studios, we ran six miles to the Magic Kingdom. Along this route, I saw the leading wheelchair participant heading back toward the finish line

The Magic Kingdom—

Talk about the perfect photo op! The Magic Kingdom's Cinderella's Castle was the perfect backdrop for the race photographers and video tapers. We runners toured both the regular tourist spots as well as many of the areas behind the scenes. Interestingly, all the Disney areas, even those in preparation, were equally well-decorated and well-maintained. Nothing second-class by the Disney staff!

The Haines Point Detour—

At the 16-mile mark we took a 4 1/2 mile detour down and back a lonely road that was less than scenic. The only thing

to look at were the other participants who were coming back up the road. This enabled me to see Phil Lang, John Commander, and Denise Underwood—Hannagan, who were all several miles ahead of me (some one has to bring up the rear!). Those of us who have experienced Haines Point seemed to be able to handle this detour. Amazingly, many runners just gave up at the 20 mile mark and sat down beside the hospital tent. You could see spirits lift when we exited the detour and headed back toward EPCOT center.

The Finish—

We finished in the EPCOT parking lot. There were miles of fencing placed to keep the meandering finish area clear of spectators. The chutes were well-organized and professionally-run. As we exited the chute, we each received a gold finisher's medal with a running-Mickey. And Disney doesn't dump a pile of bagels on a table for refreshments. Each runner received a bag of goodies, which did include a fresh, wrapped bagel. We also got bottles of Powerade and water from workers who circulated carrying boxes of refreshments. There was no confusion in the finish area. We could meet our friends and family at the alphabetized meeting area. However, my husband Lee, was unable to spot me ahead of my finishing in time for all the necessary pictures.

I would highly recommend participating in this marathon at least once. As hard as it is to believe, the race will probably get better next year. Next year's field will be increased to 12,000, making it one of the largest marathons in the country— and it's expected to fill up quickly, too.

~~~~~  
STRIDERS AT DISNEY WORLD MARATHON  
January 16, 1994

|                           |      |
|---------------------------|------|
| Ben Mathews (2nd, 55-59M) | 3:01 |
| Phil Lang                 | 3:05 |
| Al Hannagan               | 3:36 |
| Denise Underwood-Hannagan | 3:49 |
| John Commander            | 3:53 |
| Greg McPhee               | 4:02 |
| Pat Brooks                | 4:19 |

~~~~~

SPRING SCHEDULE

Runners sigh with relief as this winter ends. The winter of '94 will forever ring in our memories as the worst single season of our careers. Every week, it seemed, snow or ice or ice-rain plagued our training and canceled our races. One out of every two races of the 1994 Winter Series was canceled on account of bad weather. Training mileage dipped to half or even one third the usual distances. Pressed to their limits, some runners began running *inside* using treadmills, tiny, insufficient indoor tracks, or even small trampolines. Some even began cross-training using stationary bicycles or swimming!

Spring starts off on the right foot (to coin a phrase) on the Saturday after the equinox— join Dave Tripp at Glenelg High School for a flat, fast 5k **Duckworth Relays**. And let's hope you got your entry in for the stupendous Cherry Blossom 10 Miler on April 10th. The Striderwomen have organized a fantastic team that may win something.

Spring racing reaches a frenzy at the **Clyde's 10k** on April 24. Past experience suggests the race will be held on a pleasantly cool, overcast day and YOU could set a PR on such a day. If decide not to run, contact Al Hannagan (461-0827) to volunteer. This is the Striders BIG RACE of the year— don't miss it.

Finally, the Striders will once again lend support to the best triathlon on the east coast— the **Columbia Triathlon**. This year, there are two triathlons— one in May and one in August, which is the NATIONAL CHAMPIONSHIP. Call Rob Vigorito (730-3880) to be a part of these events. [Speaking from personal experience, the triathlon volunteers have just as much fun as the participants— Ed.]

3/26 **Duckworth Relays 5k**
9 am Glenelg High School
Dave Tripp (730-4499)

3/27 Spring Series #1
2 pm Jeffers Hill Neighborhood Center
Jim O'Brien (410-799-0445)

4/10 Cherry Blossom 10 Miler
8 am West Potomac Park, DC
Entries Closed-- sorry

4/10 Spring Series #2
2 pm Longfellow Elementary School

4/17 Spring Series #3
2 pm Thunder Hill Elementary School

4/18 Boston Marathon
10 am Hopkinton, MA
BAA (508-435-6905)

4/24 **Clyde's 10k**
8 am Columbia Pedestrian Overpass
Al Hannagan (461-0827)

5/1 Spring Series #4
2 pm Jeffers Hill Neighborhood Center

5/8 Spring Series #5
2 pm Longfellow Elementary School

5/15 Spring Series #6
2 pm Thunder Hill Elementary School

5/22 **Columbia Triathlon**
7 am Centennial Lake Park
Robert Vigorito (730-3880)

5/22 Constellation 10k
8 am Harborplace, Baltimore
Les Kinion (882-5455)

5/29 Spring Series #7
2 pm Jeffers Hill Neighborhood Center

6/5 Spring Series #8
2 pm Longfellow Elementary School

6/12 Spring Series #9
2 pm Thunder Hill Elementary School

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

8/6 **24 Hour Relay**
12n Howard High School
Tim Beaty (301-596-6453)

8/14 **National Amateur Triathlon**
7 am Centennial Lake Park
Robert Vigorito (730-3880)

8/29 Annapolis 10 Miler
8 am U.S. Navy Academy Stadium

PRESIDENT'S LETTER

Nadia Wasserman

We're embarking on a new season—thank goodness! Although winter training wasn't much fun, we did start 1994 off right by winning the 10-Mile Challenge Race in February. I remember that last year's race was cancelled by snow, and I worried that snow would get us this year, too. I didn't want to go down in history as the "snow president."

As president, I want to thank the departing members of the Strider Board of Directors for their valuable services over the years. Warren Ohlrich (past Special Races) and Dave Tripp (past Treasurer) made special contributions to the club that went beyond the call of duty. I also want to thank Eric Kocay (past Secretary and At-Large) and Pat Brooks (past At-Large). We will all miss you.

At the same time, let me welcome the new members of the Board. Jim O'Brien steps in as Weekly Race Director, while Christine Hilliard becomes the Junior Striders representative on the Board. (She replaces Heide Heidepriem, who moves on to Treasurer.) GeriAnn Bell and Rusty Toler join the Board as At-Large persons. Along with Rich Fox, Rusty co-directed the 10 Mile Challenge Race. GeriAnn has organized and served on many women's racing teams.

I also want to take the opportunity to encourage members to volunteer for the important races the Striders will host this year. The Clyde's 10k race, which Al Hannagan is directing, will need lots of enthusiastic helpers for packet pick-up, course marshals, traffic control, water stops, finish line, and results. Clyde's is our biggest race of the year and we want to put our best foot forward, so to speak.

The Striders will also be supporting the Columbia Triathlon this year. We have not one but TWO Columbia Triathlons in 1994. The first one takes on May 22. The second takes place on August 14 and is the U.S. Tri-Federation's Amateur National Championship. The championship will have national coverage by the sports media and will even be televised on cable TV. We all want Howard County and the Striders to look good for this one! Contact Robert Vigorito (730-3880) for information.

HOWARD COUNTY STRIDERS 1994 BOARD OF DIRECTORS

| | |
|--|-----------|
| Nadia Wasserman, <i>President</i> | 381-6385 |
| Dick George, <i>Vice President</i> | 964-3657 |
| Al Hannagan, <i>Secretary</i> | 461-0827 |
| Heide Heidepriem, <i>Treasurer</i> | 531-2792 |
| Rick Rosen, <i>Membership</i> | 381-3635 |
| Jim Carbary, <i>Newsletter</i> | 964-8375 |
| James O'Brien, <i>Weekly Races</i> | 799-0445 |
| Barbara Calvert, <i>Women's Committee</i> | 461-2045 |
| Christine Hilliard, <i>Jr. Striders</i> | 992-8946 |
| Tim Beaty, <i>Nominations</i> | 596-6453* |
| Phil Lang, <i>At Large</i> | 995-8258 |
| GeriAnn Bell, <i>At Large</i> | 465-5414 |
| Miles Weigold, <i>At Large</i> | 730-1849 |
| Bill MacCormack, <i>At Large</i> | 461-2757 |
| Rusty Toler, <i>At Large</i> | 461-6805 |
| Paul Goldenberg, <i>Immediate Past Pres. & Special Races</i> | 730-3566 |

* Area code = 301, all others 410.

On a different note, the Striders have been nominated for Outstanding Howard County Volunteer of the Year for 1994 by Barbara K. Lawson of the Columbia Foundation. The nomination results from our Birthday Marathon contributions to the Columbia Foundation. We were nominated for the award last year by the Howard County Board of Education, but did not win.

Finally, as President, I want to officially proclaim the End of the Winter of 1994. This means, hopefully, that the sun comes out and the weather warms up and we can all start really running again. The attendance at the weekly series has been down a bit this winter—undoubtedly because of the bad weather, which forced cancellation of a number of the races in the Winter Series. But with the coming of the spring, I'd like to invite all of you to come on out for the Spring Series. Get out of the house and enjoy the weather!



SPECIAL RECOGNITIONS

compiled by Joe Wasserman

In spite of all the bad weather this season, some Howard Countians did manage to run races. A few of them turned in some outstanding performances, too.

Cindy Carpenter, most improved woman runner of 1994, continued to improve through the winter. In February, she won the Chambersberg, PA, marathon with a personal record of 3:09:35. Although it wasn't snowing, the weather was windy and bitterly cold. Cindy also won the BRRRC Cherry Pie 10 Miler on February 6 in Baltimore. Her time of 63:53 beat the second woman by six minutes, and she finished 4th overall in the field.

On March 6th, *Bea Marie Fritsch* ripped the women's field in the Myers Pavilion 8k in Brooklyn, MD, with a time of 29:57, while *Ken Fowler* almost won the race. Finishing 7 seconds behind Steve Kartalia, Ken romped over the 8k in 24:43 (under 5 minutes per mile). In the same race, *Debbie Chaney* finished seventh overall with a 33:58.

The Strider's *Craig Chasse* placed second at the Rites of Spring 5k in Maryvale, MD, on March 6—which seems to have been a very good day for Striders. Craig had a time of 16:33.

At least three Howard Countians tried to escape the Maryland weather by running the Houston Tenneco Marathon in January. *Dave Berardi* and *Chris Chatten* attempted to qualify for the U.S. Olympic Trials but they came up short—Dave ran a 2:33 and Chris did a 2:39. *Debbie Chaney* enjoyed much better luck. She set a personal record of 3:23:36 at Houston.

Then there was *Debbie McCracken*, who ran a 3:37:57 at the Last Train to Boston Marathon on March 5 at the Aberdeen Proving Grounds. Debbie was the fifth woman to finish.

Finally, *John Scherer*, Emeritus and Lifetime Strider for whom the Scholarship is named, finished fifth overall at the U.S. Cross County trials in Memphis, TN, in January. His place qualified him for the World Cross Country Championships to be held in Budapest, Hungary, in late March. John had a time of about 37 minutes for the 12km course.

MARYLAND RRCA CHAMPIONSHIP SERIES

Phil Lang

Everyone (that means *you*, too) is encouraged to register for the Maryland RRCA Championship Series. There is no cost to register and registering does not commit you to participate. However, if you do run one of the races and you did not register for the Series, you won't be included when the team results are compiled. Take time and fill out the registration form (p. 18) and send it in so the Howard County Striders can continue to show all the runners in Maryland which club is the best in the state. If you plan to run the Annapolis 10 Miler, the Striders' own Metric Marathon, or any of the other races listed, we ask that you support your local RRCA chapter and register for this series in its inaugural year.

The Striders sent a contingent to the first race of the series—the Springburst 8k in Greenbelt Park on March 6. The Strider's own Chris Samley did us proud by almost winning the race—he finished second in 27:30, which is very good on the hilly Greenbelt course. On the women's side, Pat Brooks won the 40-49 age group in 39:10.

There's plenty of time to prepare for the next race in the series, which is the Constellation 10k on May 22. For more information, feel free to contact me at 964-8258. I'm serving as the Strider Representative for the series.

Hope to see you at the races!

STRIDERS AT SPRINGBURST 8K Greenbelt, MD (6 March 1994)

| | |
|---------------------------|---------|
| Chris Samley (2nd) | 27:30 |
| Aaron Walter (3rd) | 27:44 |
| Phil Lang (8th) | 28:58 |
| Bobby Gessler | 29:48 |
| James O'Brien | 32:25 |
| Pat Brooks (1st W, 40-49) | 39:10 |
| Joan Gilmore | 46:45 |
| Tim Bradley | no time |
| Valerie Guilfoil | no time |

HOWARD COUNTY JUNIOR STRIDERS

Affiliate of the Howard County Striders

INVITES YOU TO JOIN US FOR THE UPCOMING 1994 TRACK AND FIELD SEASON

Enjoy fresh air and invigorating exercise while developing strength, endurance, and coordination, while learning about all of the different events involved in track and field. Be part of the team and enjoy the following benefits:

- Train with a professional coach.
- Practice three times a week.
- Wear our uniform and be part of our team.
- Participate in local and state track and field meets, and if you qualify, at regional and national championships.
- Receive a team trophy at the end of the season.

The HOWARD COUNTY JUNIOR STRIDERS are a track and field (spring/summer) and cross country (fall) team that trains youth (through age 15) in running. The spring track and field season begins on Friday, April 8th, 1994. Training sessions are held at Mt. Hebron High School on Mondays, Wednesdays, and Fridays. The time is from 5:30 to 6:30 pm. Our coaches, Craig Chasse and Mr. Merrills, both have many years of coaching experience and both work for the public schools.

Meets are held on weekends, beginning in early May. Boys and girls compete separately in age groups: 8&U, 9/10, 11/12, 13/14, 15/16 (some meets have special 6&Under races). Track distances are 100, 200, 400, 800, 1500, and 3000 meters plus hurdles and relays. Field events include long jump, high jump, shot put, discus, triple jump, and pole vault. Typically, ribbons are awarded through 3rd or 6th place in each age group. In June, the Amateur Athletic Union (AAU) and USA track and field conduct Association championships, those who qualify advance to regional (July) and National Championships (late July/early August).

Registration is \$45. Each team member will receive an uniform, instruction, information on meets (participation is optional), annual membership in the Howard County Junior Striders, and a trophy at the annual picnic. Transportation to and from practice and meets is a parental responsibility. Direct questions to Craig Chasse, 301 596-6354. Mail applications to Howard County Junior Striders, c/o Craig Chasse, 6197 Farstar Place, Columbia, Md. 21045.

HOWARD COUNTY JUNIOR STRIDERS MEMBERSHIP APPLICATION

| | | |
|--------------------------|---------------------|---------------------|
| Name _____ | Date of Birth _____ | Sex _____ |
| Address _____ | Home Phone _____ | Mother's Name _____ |
| _____ | Work Phone _____ | Father's Name _____ |
| School _____ | _____ | Work Phone _____ |
| Running Experience _____ | _____ | _____ |

PLEASE ENCLOSE A COPY OF THE ATHLETE'S BIRTH CERTIFICATE IF NOT ALREADY ON FILE WITH THE COACH

WAIVER AND RELEASE: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities 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 events and competing in field events, 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 membership, I, for myself and anyone entitled to act on my behalf, waive and release the Howard County Jr. Striders, Howard County Striders, Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence 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 season for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in races and I will abide by this guideline.

SIGNATURE OF PARENT/GUARDIAN: _____



ANNOUNCING The FIRST ANNUAL:



Maryland RRCA Championship Series

The Maryland clubs of the Road Runners Club of America announce the establishment of a championship road race series for the 1994 season. The series will include both individual and team competitions. Eligibility is limited to members in good standing of the Maryland RRCA clubs listed below. Such series have proven to be very successful in other regions. As this one is still the early stages of organization, comments and suggestions from all interested parties are welcome. If your club is not listed below and you wish to participate, contact Evan Thomas, Maryland State RRCA Representative (401) 760-9188.

1994 SERIES RACES:

| Date | Race Name & Distance | Location | Time | Host Club | Contact Phone |
|--------|---------------------------------|--|-------|-----------|----------------|
| Mar 6 | Springburst 8km | Greenbelt Park, Greenbelt | 8:00a | PGRC | (301) 345-4673 |
| May 22 | Constellation Classic 10km | Inner Harbor, Baltimore | 8:00a | BRRC | (410) 243-3135 |
| Jun 5 | Bel Air Town Run 5km | Bel Air | 8:00a | RASAC | (410) 879-0056 |
| Jul 4 | Frederick's Fourth 5km | Frederick | 7:00p | FSC | (301) 371-9562 |
| Jul 16 | Rockville Twiligher 8km | Courthouse Square, Rockville | 8:45p | MCRRC | (301) 353-0200 |
| Aug 28 | Annapolis Run 10mi | Navy / Marine Corps Stadium, Annapolis | 7:50a | AS | (410) 268-1165 |
| Sep 18 | Union Mills 8km | Westminster | 8:00a | WRRRC | (410) 848-3216 |
| Oct 1 | Great Allegany Run 15km | Cumberland | 8:00a | QCS | (301) 729-3088 |
| Nov 20 | Metric Marathon 26.2km (16.3mi) | Columbia | 8:00a | HCS | (410) 964-8258 |
| Sep 4 | Labor Day 15k | Greenbelt | 6 pm | DCRR | |

SERIES RULES:

Individuals

Competition will be conducted for males and females in both open and age group categories. Five year age groups will start at 35 and continue upwards until there are less than 5 series qualifiers in a gender/age group. An individual must finish five of the races listed above to be a series qualifier. One's age category is determined by one's age on the date of the first race of the series. Individuals in a particular gender/age category earn points proportional to the ratio of his/her time to the winning time in each gender/age category for each race. The points for an individual's five best races are summed to determine series standing.

Teams

Eligibility limited to the Maryland RRCA clubs as listed below. Other clubs are welcome to join the series by contacting Evan Thomas at (410) 760-9188. Competition will be conducted in the following categories for both men and women: Open (all ages), Masters (age>=40), and Grand Master (age>=50). There is no maximum limit team size. Each team must finish a minimum of five at distances of less than 25km and three in races of distance 25km and greater. The only exception is that three are required for women's masters and grand masters teams at all distances. Scoring is by aggregate time. Ties are broken via the time of the slowest scoring finisher. Multiple age scoring is permitted (a masters runner may score for both his/her open and masters teams if he/she runs fast enough). Women may not be scored as members of male teams. Scoring team members must be members in good standing of the club for which they are competing. Each eligible individual must choose and compete for only one club during a single season. Declaration of club affiliation is accomplished by completing and mailing the registration form. A club must score a team in at least five of the races listed below to be a series qualifier. Teams in each gender/age category earn points by the following formula: If six teams score in a particular gender/age category in a particular race, the 1st place team earns 6 points, 2nd 5 points 6th 1 point. Points are summed for each club/gender/age team's five best races to determine team standing in the series.

Registration

Each participant must register with the series record keeper. In doing so one must declare which club he/she will compete for in the 1994 season. Additionally, by providing your address on the registration form, will enhance the probability that you will be mailed an entry form for all of the above races. There is no fee for registering as series participant. This registration does not enter you into any of the series races. You are responsible for following the entry instructions for each race and entering your club abbreviation, as listed below, in the space provided on each entry form. Additionally you must enter each race using exactly the same name as used on the registration form below.

1994 Maryland RRCA Championship Series Registration (Machine Copies Accepted)

| | | | |
|--|--------------------------|--------------------------|----------------------------|
| | | | |
| NAME (First skip a space Last) (No Hyphenated Names Please) | | | |
| | <input type="checkbox"/> | <input type="checkbox"/> | |
| ADDRESS | | | |
| | | | |
| CITY | STATE | ZIP | Maryland RRCA Club |
| Mail To: Phil Quinn 403 Bostwick Ln. Gaithersburg, MD 20878 | | | (use listed abbreviations) |

Don't Forget the Special Events this Spring:

Duckworth Relays

March 26, Glenelg High School

Cherry Blossom 10 Miler

April 10, West Potomac Park, DC

The Boston Marathon

April 18, Hopkinton, MA

Clyde's 10k

April 24, Pedestrian Overpass in Downtown Columbia

Columbia Triathlon

May 22, Centennial Lake Park

Columbia Birthday 2 Miler

June 19, Clark Building in Downtown Columbia

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

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