

FOOTPRINTS

NEWSLETTER OF THE HOWARD COUNTY STRIDERS
VOLUME 14, NUMBER 2—SUMMER, 1994

CLAPPER, FRITSCH OVERWHELM CLYDE'S FIELD

A crisp, sunny morning greeted a field of 1254 runners who competed in the 16th edition of Columbia's annual Rite of Spring—the Clyde's American 10k. Howard County's two fastest runners—Gerry Clapper and Bea Marie Fritsch—took full advantage of the outstanding weather as well as slow competition and handily won their gender groups.

At the start of the race, Gerry Clapper had not really decided how fast he would run. He did not assume the lead immediately but allowed several other runners to burn out on that first long uphill on Governor Warfield Parkway. He took control near the mile mark at the top of the hill, which he reached in about 5:18. "Once we got going, I decided I'd try to break 32 [minutes]," Mr. Clapper later remembered. After the first mile, Gerry just kept getting further and further ahead. He had a commanding lead of a hundred yards by the 5k turnaround on Old Columbia Road.

No one threatened or even thought of threatening Mr. Clapper after the mile mark, and he swept on to victory with a margin of 1:30 over second-place Peter Kirk. With a 31:51, Gerry succeeded in fulfilling his goal. "Three or four years ago, a 31:51 would have felt easy," he commented about the pace, "but this time it was hard." Mr. Clapper has suffered through innumerable injuries of late and he certainly enjoyed "a good hard run" at Clyde's.

On the women's side of the field, defending champion Bea Marie Fritsch had decided she would try run (continued p. 2--)



The massive field of 1254 runners crowds Little Patuxent Parkway at 7:59 am on April 24, 1994 at the start of the 16th Annual Clyde's 10k. The good weather drew 100 runners more than in 1993. (photo by Chuck McGinnis)

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(Clyde's, from p. 1)

Clyde's in 36:00. Bea Marie reached the top of the hill ahead of all the other women and, with a first mile time of 5:57, seemed likely to fulfill her desire. She ran the rest of the race all alone with no other women around. But although she easily won her second Clyde's in a row, Ms. Fritsch came up a minute short of her goal with a 37:03. "I just zoned out," she commented about her performance after the race.

Having the leisure of a commanding lead, Bea Marie noted on her watch that she ran the last 0.2 mile in 1:04. "I always wondered what I run the last two-tenths in."

The local masters runners at Clyde's found some unexpected competition from out-of-town. The Strider's most-improved-runner-of-1993 Jim Discuillo (41) went out quickly and survived threats by Jim Carbary (42) and George Myers (47, Cheverly). At three miles, Mr. Carbary dropped back when he ripped his hamstring chasing down Mr. Discuillo, and old Myers simply lacked the speed to pass him. With those two out, Jim thought he might have the master's division in hand. But Marc Rogers (Highbridge) and Bill Moore (Baltimore) had just turned 40 and were waiting at the finish line, which Mr. Discuillo reached in 36:22— well behind both of the other two masters.

Linda Lash, perennial master's winner at Clyde's, ran the entire race with her friend, Janelle McIntyre, and, with a respectable time of 43:16, was the 23rd woman to finish.

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



Gerry Clapper didn't need to lean to win the race— he finished 1:30 ahead of second place (photo by Chuck McGinnis)

Linda did in fact succeed in winning her 40-44 age group, but Gaithersburg's Sharon Dolan (52) proved the fastest woman master with a time of 43:07. "I didn't realize she was ahead of me," commented Ms. Lash after the race.

Some of the runners had just returned from the Boston Marathon, which they had run only five days before. Inspired perhaps by his new baby, Tiffany, Phil Lang legged a 2:53 (PR) at Boston and then came back to Columbia to run a 36:21 at Clyde's, earning second place among the 25-29 men. Robyn Humphrey always places high at Clyde's, and even though she completed Boston in 3:23 she could still zip through the 10k in 39:47— good for fourth place among all women.

Local triathletes also enjoyed some of the top performances at Clyde's. Fueled by PowerBars, George Altieri placed sixth overall (first among the 35-39 men) with a 34:41 but decided he would ride his bike later at an easier pace. Barbara Sullivan duplicated Altieri's effort by winning first among the 35-39 women. Her 41:19 was good for seventh woman overall.

Patty Keeny-Ryan, second among all women, found the course quite hilly and demanding. She topped the first hill and passed the first mile in 6:12, which disappointed her. But in addition to the hills, Patty faced more competition than Bea Marie. At the 5k half-way point (19:40), she found herself running behind four or five other women. On the relative flats around four miles, Pat overhauled Christy Peters



Bea Marie Fritsch won her second Clyde's 10k by running in sun-glasses. (photo by Chuck McGinnis)

(3rd woman) and moved into second place. She hung on to second, finishing in 39:11 and beating Ms. Peters by 16 seconds. "Whew! I'm glad it's over!" Patty gasped after the race.

Neither did Chris Samley enjoy the hills, but with a third place finish overall, he had his best Clyde's ever. Chris didn't move into third place until very late in the race. "The guy running in third just stopped about 150 yards from the finish," recounted Mr. Samley after the race. Chris took full advantage of the situation and pressed forward for third-place. He crossed the line in 33:52. "He looked like he just collapsed," Chris said of the runner whom he had passed, "I guess he must have eaten too many Power Bars or something."

Jerry Warfield enjoyed his first Clyde's 10k on the far side of 50 (years). He loved the fine weather but also decried the hills. "The weather was excellent, but the hills were sadistic," he said. "This course was designed to inflict pain!" Nonetheless, Mr. Warfield managed to cobble up and down the hills in a remarkable 39:09, easily winning the 50-54 age group.

For Nancy Burns, the wife of masters runner-of-the-year Bob Burns, the 1994 Clyde's marked her first official 10k race. She followed her husband's training regimen— first she quit smoking and then worked up to training 17-20 miles a week and began lifting weights. Nancy also credited Striders Barbara Calvert, Pat Brooks, Arleen Kvech and Lissa George for support during training. Ms. Burns completed the

TOP 10 MEN AT CLYDE'S

1. Gerry Clapper (Columbia)	31:51
2. Peter Kirk (Rockville)	33:21
3. Chris Samley (Columbia)	33:52
4. Aaron Walter (Columbia)	34:05
5. James Garrett (Severna Park)	34:23
6. George Altieri (Columbia)	34:41
7. Paul Keating (Clarksville)	35:06
8. Terry Shaner (Ft. Meade)	35:19
9. Marc Rogers (Highbridge)	35:32
10. Dave Krantz (Columbia)	35:34

TOP 10 WOMEN AT CLYDE'S

1. Bea Marie Fritsch (Baltimore)	37:03
2. Pat Keeney-Ryan (Clarksville)	39:11
3. Christy Peters (Columbia)	39:27
4. Robyn Humphrey (Ellicott City)	39:47
5. Michelle St. Laurent (Baltimore)	40:46
6. Kellie Boozer (McSherrystown)	40:54
7. Barbara Sulluvan (Columbia)	41:19
8. Joy Glass (Westminster)	41:23
9. Mary Leffel (Catonsville)	41:30
10. Barbara Eggers (Silver Spring)	41:36

Clyde's race in 57:31 and actually beat some of her trainers!

The week before Clyde's, the fleet Ken Fowler had just run a 30:06 PR at the Sallie Mae 10k in DC and he celebrated by taking it easy at Clyde's. He ran in training shoes with his neighbor and finished around 44:00, although he probably could have threatened winner Gerry Clapper. "People are more social in the middle of the pack," explained Mr. Fowler. "I haven't had this much fun at Clyde's in years!"

Finally, Clarence Wingate (63) completed Clyde's in a crisp 44:09 (2nd, over-60 group), which he seemed to think was slow. He heartily endorsed the pace, however, because he could "run with all the beautiful women."

The finish line of the Clyde's race offered a new system never before attempted by the Howard County Striders. In past races, the club used a single chute arrangement at the finish. When the chute filled with finishers (as in the middle part of the race), workers would close it and open

another chute. This method sometimes caused back-ups. This year, the Striders used a "toll-booth" arrangement in which finishers could enter any one of several open chutes. Each chute had its own clocker who punched times as individual runners passed the finish. The computer (an IBM, by the way) sorted out the times and the runners.

Although some finishers seemed startled, the toll-booth worked well and finish line coordinators reported no confusion. Rick Hatfield, who has previously directed major Strider races, conceived and directed the toll-booth scheme, which will be used in future races.

Al Hannagan served as race director for the 1994 Clyde's. The race was his first as overall director. A number of veteran Strider volunteers worked with Al. In addition to Mr. Hatfield (finish line coordinator), Mick Slonaker coordinated the water stops, Nadia Wasserman handled packet pickups, and Tim Beaty served as traffic coordinator. Tim reported receiving outstanding help from the Howard County Police, whose traffic control was even better than in 1993.

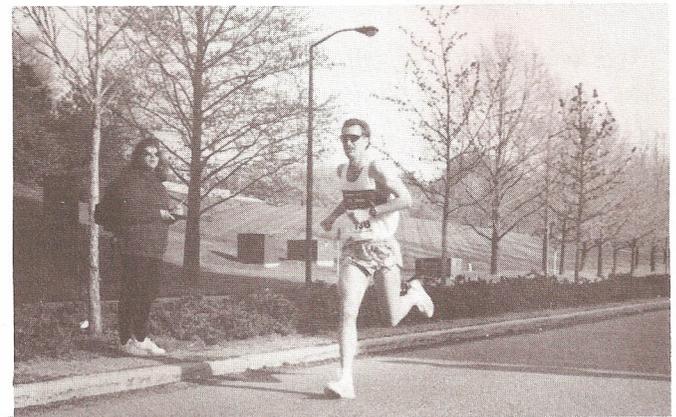
Along the course, runners were greeted by Boy Scouts from local troops as well as eager students from Oakland Mills, Atholton, Wilde Lake, and Glenelg High Schools. A number of junior Striders also assisted handing out water.

A total of 1412 runners signed up for the 1994 Clyde's race, which represents an increase of over one hundred from 1993. 1254 runners crossed the finish line. (According to official computer results several of these were bandits!)

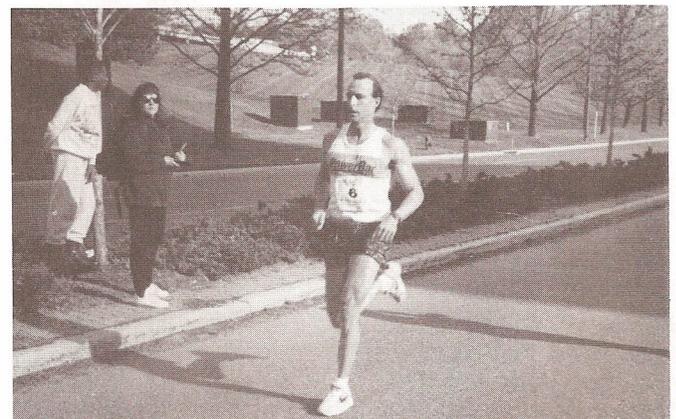
Clyde's of Columbia served as the principal sponsor of the race. As usual, Clyde's provided lavish refreshments after the race. Runners enjoyed bananas, cantaloupes, amazingly succulent strawberries, pasta salad, hot dogs, and the famous Clyde's chili. Top winners received pewter bowls and gift certificates from Feet First, Princeton Sports, and Clyde's. Age-group winners earned gift certificates and pewter mugs.



Pat Keeny-Ryan finished second at Clyde's using 1989-model Nike Air Mariahs. (photo by Chuck McGinnis).



Like many triathletes, Chris Samley (third overall) raced in sunglasses. (photo by Chuck McGinnis).



Strangely, triathlete George Altieri (Mr. Powerbar) did not use sunglasses, but he finished sixth overall. (photo by Chuck McGinnis).



STRIDERMEN AT CLYDE'S

1. Gerry Clapper	31:51
3. Chris Samley	33:52
6. George Altieri (1st, 35-39)	34:41
7. Paul Keating (2nd, 30-34)	35:06
10. David Krantz (1st, 15-19)	35:34
11. Faisal Hasan (2nd, 15-19)	35:46
16. Mike Buckley (4th, 35-39)	36:10
18. Philip Lang (2nd, 25-29)	36:21
19. Jim Discuillo (3rd, 40-44)	36:22
22. Richard Fulton (4th, 30-34)	36:40
23. Tim Bradley (5th, 30-34)	36:50
27. Bobby Gessler	37:30
48. Jerry Warfield (1st, 50-54)	39:05
56. Richard Brockway	39:24
59. Warren Ohlrich (1st, 55-59)	39:38
68. Zachary Heidepriem (2nd, 1-14)	40:03
70. Bob Hecht (6th, 40-44)	40:13
101. Roger Calvert	41:31
102. Ed Silverman	41:32
118. Bill Elzinga	42:03
121. Bill Jenkins	42:09
125. John Przybysz	42:13
126. David Parks	42:14
133. Steven Feldstein	42:22
152. Tom Purcell	42:44
154. John Mortell	42:47
156. Matthew Augustin	42:49
163. Ed Trottier	43:02
168. Patrick Sullivan	43:07
178. Jim Carbary	43:20
203. Dan O'Brien	43:47
208. John Hamilton III	43:53
210. Armand Harris, Jr.	43:59
211. Harvey Gunther	44:01
220. Clarence Wingate (2nd, 60-99)	44:09
241. Rusty Toler	44:44
252. Allan Field	44:53
257. Russ Tyldesley	44:58
282. Dominic Barbara	45:25
283. Robert Craig	42:27
297. Gerome Casper	45:43
309. Wayne Conway	45:57
353. Steven Haaser	46:44
389. William Schilde	47:23
428. Joseph Sokol	47:56
443. Ron Stiff	48:19
450. Seth Cohen	48:24
485. Oliver Cassell III	49:02

STRIDERWOMEN AT CLYDE'S

1. Bea Marie Fritsch	37:03
2. Pat Keeny-Ryan	39:11
4. Robyn Humphrey (1st, 30-34)	39:47
7. Barbara Sullivan (1st, 35-39)	41:19
11. GeriAnn Bell (2nd, 30-34)	41:56
12. Nelda Clelland	42:09
14. Debbie Chaney	42:34
18. Jill Fritsch	43:04
21. Angelika Kirkland	43:08
23. Linda Lash (1st, 40-44)	43:16
30. Patti Hecht	44:08
31. Debbie McCracken	44:17
51. Pat Brooks	47:26
74. Allison Pople (2nd, 15-19)	48:52
89. Sally McCoy	50:07
101. Joyce Ditomasso	50:51
120. Judith Stiff (2nd, 50-99)	51:47
122. Libby George (2nd, 1-14)	52:03
124. Jan Fugate	52:09
146. Helen Beyers	53:41
152. Barbara Calvert	54:20
162. Karen Goertler	54:43
169. Linda Levy	55:06
173. Kari Pribble	55:18
194. Lisa Hinson	56:56
205. Nancy Burns (1st 10k)	57:31
207. Jean Evans	57:43
215. Arleen Kvech	58:16
222. Lissa George	59:06
232. Karen Ohlrich	59:38
235. Elizabeth Augustin	59:46
256. Elahe Amini	61:31
279. Debbie Goldner	64:27
284. Michelle Kvech	65:31
297. Barbara Halpern	69:13

*DON'T FORGET THE STRIDER PICNIC
after the 7-MILE CHALLENGE RACE*

SUNDAY, SEPTEMBER 11, 1 PM
CENTENNIAL LAKE PARK
PAVILLION "A"

Those with last names A-K bring a
salad or dessert ~ those with last
names L-Z bring a main dish ~
(grills are available)

Striders provide drinks and munchies.

Call Nadia (381-6385) for information

E-MAIL AND THE DEAD RUNNERS SOCIETY

Ken Plantz

Over the years technology has impacted the sport of running in a number of different ways. Running shoes have improved tremendously, along with fabrics for running apparel, and the size of races has grown in part due to the application of computers to the processing going on at the finish line. It should come as no surprise that computer technology has once again impacted the running world through E-Mail.

E-Mail is basically a generic term for systems that connect individual computers electronically. These networks can be local to a particular site such as colleges or small businesses, and they can also extend outside of a local area for connections nationwide. In 1991, Chris Conn, who works at the SAS Institute in Austin, TX, chartered a group called the Dead Runners Society (DRS). The name was taken from the movie *Dead Poets Society*, and the purpose of the group was to provide a forum for communications among runners nationwide.

If you are already on INTERNET, you can join the group simply by sending an E-Mail message to Chris at the address sascmc@UNX.SAS.COM and telling him that you want to be on the DRS mailing list. You will automatically start receiving DRS mail with a set of instructions from Chris on how to post your own mail to the DRS list.

Now, people who consider themselves computer illiterates may have at this point stopped reading because the last paragraph was totally incomprehensible or they are still reading hoping that further discussion will be in plain English. Hang in there — the rest of the story doesn't include any more computer jargon.

Interesting messages can get posted through DRS. I recently posted a message asking about good running courses through New Orleans. The next day I received a message from a guy at Tulane University in which he described three good places to run and the phone number of two local running clubs. I sent out a message reviewing Tom Derderian's new book *History of the Boston Marathon*, and

the next day I received a message back from Tom himself thanking me for the kind words! I didn't realize it but there are some notable runners in the DRS (e.g., Amby Burfoot and Benji Durden).

People also post their own stories about races they have run and lessons about races they have run and lessons they have learned. If you are thinking of running an out of town race and are curious about the course, there is always someone who will respond to you with a note or two about their experience with that race. I will be glad to answer any questions about the DRS. If you don't see me at the Bagel Run or at the weekly races, you can catch me at plantz@fsfgroups.fsd.jhuapl.edu on E-Mail or, more conventionally, at home at 410-997-5475.

SUMMER FUN RUNS AT ARLEEN'S

JOIN ARLEEN KVECH AND FRIENDS
EVERY TUESDAY NIGHT AT 7:00 PM

JUNE 21—AUGUST 31

- all family members welcome
 - special treats
 - special awards
- special fun competitions

*Pleasant suburban course with new
road surfaces near
Centennial High School serves
as an excellent introduction to running
as well as family and social gathering!*

*Fun Runs start in front of Arleen's
house at 10114 Colonial Drive,
in the development directly across
Centennial Lane from the High School*

*Call Arleen (410-465-7735)
for more information*



MEMBERSHIP REPORT: WHERE THEY COME FROM

Rick Rosen

The Howard County Striders are indeed a diverse group with one common thread—running. Our membership currently stands at 697. This includes 572 that hold family memberships, 125 Junior Striders, 33 students, 4 Lifetime members, and 32 Complimentary members. Complimentary memberships are provided for the presidents of RRCA clubs in the area as well as for several newspapers who regularly publicize our events.

One thing that always strikes me about the membership is the number of members from outside Howard County. While the bulk of our members are from Howard County, we have 32 members from Baltimore/Catonsville. In fact, our Female Runner of the Year, BeaMarie Fritsch, was originally from Catonsville. She recently moved to Eldersburg—which is also outside Howard County. Cindy Carpenter, Most Improved Female Runner, also lists Catonsville as her mailing address, as does Dave Berardi, 1993 Male Runner of the Year.

We also have five members from Virginia, one from Washington state, one from New Jersey, one in Michigan, and one in Florida.

Living in Seattle, Washington, Mark Konodi holds the distinction of being the Strider living the furthest away from Howard County. Mark, a long-time Strider, could not bear to give up his membership when he left Howard County a few years back. He returns occasionally to the area. Indeed, he made a special trip last fall to run in the Columbia Birthday Marathon.

Likewise, Tom Bowmaster has kept his membership each year despite moving to Morristown, New Jersey. He also occasionally returns to the area to run in our events. He has often come back to run in some of our challenge races against local area clubs. This certainly tests loyalty, because the courses are difficult and there's no prize money involved.

Strider Ben Matthews resides in Miami, FL, while John Scherer lives in Ann Arbor, MI. Both Ben and John have been awarded Lifetime memberships because of their dedication to the club and their

WHERE ARE THE MEMBERS?

Columbia, MD	349
Ellicott City, MD	156
Laurel, MD	22
Baltimore, MD	19
Glenwood, MD	17
Woodbine, MD	13
Catonsville, MD	13
Highland, MD	12
Clarksville, MD	11
Elkridge, MD	11
Westminster, MD	7
Mt. Airy, MD	6
Alexandria, VA	5
Fulton, MD	4
Woodstock, MD	4
Dayton, MD	4

contributions to the sport of running. By the way, can you name the other two Lifetime members of the Striders?

I believe the reason so many people outside Howard County are members is because of the activities the club provides. For example, the Striders' Clyde's 10k continues to be one of the top races in the area, and our Women's Distance Festival 5k is the largest in the state.

But we can always do better, and one thing I have noticed in the past two years is the amount of "turnover" in the membership. For example, 281 families and individuals did not renew their memberships in 1994. This is about the same number as in 1993. While we do live in an area where families come and go and are highly mobile, I think this figure is too high. What services are we not providing? I welcome any thoughts on this subject.

In coming issues of this newletter, I will try to offer some suggestions on how we can provide out membership services. I will also highlight other interesting facts about our members.

Now for the answer to the question. In addition to Ben Matthews and John Scherer, Miles Weigold and Warren Ohlrich have been awarded Lifetime memberships in the Striders for their many long years of service — although both continue to pay their annual dues!

AT THE DUCKWORTH RELAYS 5K

The third annual Duckworth Relays 5k took place at Glenelg High School on the cool and breezy morning of March 26, marking the first official Strider race of Springtime. Temperatures at the start hovered around 35F and many of the 140 runners on hand debated whether or not to wear tights.

Gerry Clapper, recovering from a calf muscle pull, did wear tights and he still felt a little chilly, at least at first. When the race started with a loop around the high school track, Aaron Walter burst into the lead and seemed destined to break the race open early. But Gerry stayed cool and, running off the shoulder of Mark Jones who was in second, he gradually warmed up with a pace not far off the leader's. Still in front, Walter passed the mile mark in 5:12, but Mr. Clapper had fully warmed himself up and went to work. Gerry overhauled Mr. Walter near two miles (10:30) and cruised the final mile, winning the race in 16:10 with Walter a full 10 seconds behind. "I felt comfortable," said Mr. Clapper after the race.

In the women's race, Nelda Clelland overtook the lead woman at the half-mile mark but she didn't relax because triathlete Barbara Sullivan trailed her by only a few seconds. But Nelda held her pace and Ms. Sullivan never got any closer. Ms. Clelland went on to win the women's race in 20:16, about 10 seconds ahead of Sullivan. "She kept me honest, but never really threatened," Nelda said of the contest.

The Duckworth Relays take place annually at Glenelg High School in memory of Steve Duckworth, former Supervisor of Education for Howard County Schools. A well-known Strider, Mr. Duckworth was an avid runner and triathlete who died in 1991. The 5k road-race is held in conjunction with the Duckworth Relays, a high-school track and field meet consisting wholly of team competitions (no individual competition). Proceeds from the 5k race benefit the Duckworth Memorial Scholarship Fund, which sends local students to a six-week session at an environmental school in Bedford, VA. Dave Tripp organized and directed this year's 5k road race.



All smiles, Christine Hilliard finishes the 5k race. Daughter Jamie (11) crossed the line four minutes in ahead and won her age group. (photo by Jim Carbary)



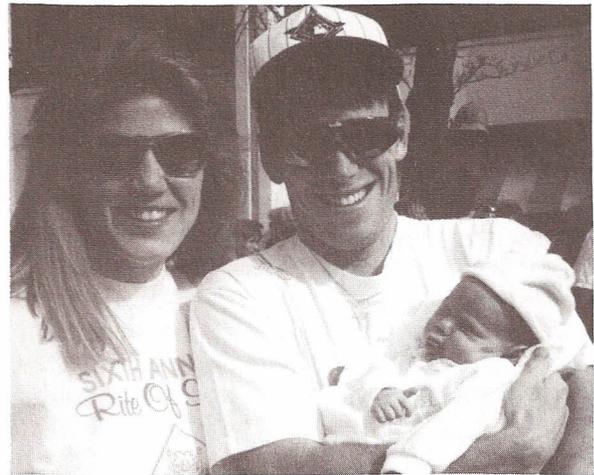
Strider vice-president and 5k runner Dick George throws up his hands in shock at his finishing time as timer Rick Hatfield looks on. (photo by Jim Carbary)



Barbara Calvert in color-coordinated top and striped pants finishes the 5k. Her son Evan won the under-10 age group. (photo by Jim Carbary).

STRIDERS AT THE DUCKWORTH RELAYS 5K

1. Gerry Clapper	16:10
5. Joseph Waldron	17:25
6. Mike Buckley	17:29
7. Phil Lang	17:35
8. Jim Carbary (1st, 40-44)	17:39
9. Bobby Gessler	17:44
10. Jim Discuillo (2nd, 40-44)	17:47
11. Mick Slonaker (3rd, 40-44)	18:00
12. Ray Morrison (1st, 45-49)	18:05
13. Tim Bradley	18:20
14. Bill Arbelaez	18:42
16. Zach Heidepriem (1st, 10-14)	18:51
17. Jerry Warfield (1st, 50-54)	18:55
21. Greg McPhee	19:42
22. Roger Calvert	19:56
26. Nelda Clelland (1st W)	20:16
27. Barbara Sullivan (2nd W)	20:27
30. Patrick Sullivan	20:48
31. Bill Elzinga (2nd, 50-54)	20:55
36. Bill Jenkins	21:26
40. Jane Creech (3rd W)	21:36
41. Valerie Guilfoil	21:44
43. John Commander	21:49
44. William Schildt	21:54
45. Ken Green	22:02
46. Jamie Hilliard (1st, 10-14)	22:09
53. Joe Sokol	22:52
58. Randall Calvert	23:20
59. Evan Calvert (1st, under 10)	23:23
62. Ben Adams	23:29
63. Jessie Goertler	23:31
67. Wayne McCaughey	23:57
69. Ron Stiff	24:06
70. Judith Stiff (1st W, 50-54)	24:24
82. Helen Beyers	25:46
86. Christine Hilliard	26:18
87. Karen Goertler	26:33
90. Barbara Calvert	26:45
101. Carly Moe	27:33
104. Stacey Ausfresser	28:24
105. Linda Ausfresser	28:25
106. Dan Hoch	28:37
109. Marisa Burns	29:17
113. Lindsay Burns	29:46
125. Carol Gralia	37:51
126. Josephine Conway	38:41



Striders Vicki and Phil Lang show off the newest member of the Howard County Striders— Tiffany Nicole Lang. Tiffany joined the ranks of the running world on Monday, April 4, at Howard Community Hospital. At 6 pounds, 6 ounces, she seems certain to be as fast as her parents, both of whom have served on numerous Howard County racing teams. Vicki did take some time off running to have the baby, but returned to action at a Strider weekly race on May 15. Phil and Vicki report that little Tiffany has already started track workouts, but has yet to break the 6-minute barrier for the mile. (photo by Jim Carbary)

24 HOUR RELAY & ULTRAMARATHONS

~~~~~  
August 6 — August 7  
Howard High School Track

Join Tim Beaty and friends for 24 hours of glorious running. Bring a team of up to 10 members (men, women, coed, military, etc.). Howard High provides showers around the clock!

For more information, call Tim or Sherry at 301-596-6453

**SCHERER WINS  
PENN RELAYS 10K  
FOWLER BREAKS 30:00 IN SAME  
RACE  
Dave Tripp**

John Scherer, former Howard Countian and Strider Emeritus, has been one of the nation's top distance runners for the past decade and he added another impressive victory to the list on Thursday, April 28, at the Penn Relays. For 24 laps of the Olympic Development 10k, Scherer ran just behind the Hagerstown's legendary Chris Fox. Then on the bell lap, John pulled away with a 59 second split for the final 400 meters to win the prestigious race in 28:19.9—the fastest clocking of 10,000m for any American this year.

Mr. Scherer has raced well at the Penn Relays before. In 1989, he won the Collegiate 10k and in 1990 he won the Open 10k. John recently represented the United States in the World Cross Country Championships in Budapest, Hungary.

John graduated from Glenelg High School where became a Maryland State cross country champion. He went on to the University of Michigan where he won numerous NCAA championships and became an All-American runner. Along the way, he graduated Summa Cum Laude in aeronautical engineering. John presently lives in Ann Arbor, MI, and runs for Adidas.

Another Howard Countian, Ken Fowler, ran in the very same race as Mr. Scherer and Mr. Fox. Although both those runners lapped him, Ken did succeed in breaking the 30-minute barrier. A furious sprint through the last 60 meters carried Mr. Fowler to the incredible time of 29:59.

Only a very few runners from Howard County can claim to have run a sub-30 minute 10 kilometers. With his performance, Mr. Fowler joined the select company of John Scherer and Gerry Clapper. (Ken averaged 4:50 per mile for his PR; John averaged 4:32 per mile!).

Mr. Scherer inspired the Striders to develop the Scherer Scholarship, which goes to Howard County High School Seniors each year. The Striders have given the award to outstanding scholar-runners.

**THREE HOWARD COUNTY YOUTH  
WIN SCHERER SCHOLARSHIPS**

Alicia Adams, Amanda Beckenstein, and Bobby Van Allen received awards of \$500.00 each from the John Scherer Scholarship fund. The Striders present the annual scholarships on the basis of academic and athletic performance and participation in community and extra-curricular activities.

Alicia Adams ran cross county and track for Glenelg High School, where she won a number of county and state championships. The Columbia Flier named Alicia Runner of the Year for 1994, and she also earned spots on the All-Met teams of the *Baltimore Sun* and the *Washington Post*. Academically, Ms. Adams is a member of the National Honor Society and Maryland Distinguished Scholar semi-finalist. She also found time to play the clarinet for the high school band.

Amanda Beckenstein ran for Oakland Mills High School, where she captained both the cross country and track teams. Amanda also distinguished herself as a National Merit Scholar and a Maryland Distinguished Scholar finalist. She also participated in student government, the school orchestra, and various community and service organizations such as the NAACP.

Finally, Centennial's Bobby Van Allen earned 10 varsity letters and a place on the *Baltimore Sun's* Scholar-Athlete team. He earned first-team all-county honors for both cross country and track and has also run on Strider racing teams. Bobby made the honor roll all four years he studied at Centennial, and his various student activities include the International Club.

At least five of the scholarship winners appeared at this year's Penn Relays: Katie Terry (Glenelg H.S., '91, and Haverford College), Jason Tripp (Oakland Mills H.S., '90, and Haverford College), Gerard Hogan (Glenelg H.S., '92, and Villanova University), Amanda Beckenstein (Oakland Mills H.S., '94, and Bryn Mawr College), and Bobby Van Allen (Centennial H.S., '94, and the University of Maryland).

## AMAZING FITNESS FACTS

compiled by Judi and Jim Carbarby

§§§ The ideal pre-workout snack is a banana. A banana digests easily and rapidly converts into energy. It contains lots of potassium, which is lost during exercise. A banana also provides 20% of the RDA of vitamin B6, which is essential for building muscle tissue.

— Dr. Keith Robert  
Auburn University

§§§ After the age of 30, an individual's metabolic rate slows by one to two percent per decade. The loss is caused, in part, by loss of muscle mass as you age. If you have been exercising and suddenly stop and become sedentary, no matter what your age, your metabolic rate will fall by as much as 10 percent.

— National Dairy Council

§§§ Calories consumed in the morning are more rapidly burned off than those consumed later in the day. Calories consumed at 1 am are burned off slowest of all.

— Dr. R. Straub  
University of Michigan

§§§ When it comes to walking, women may be tougher than men, at least in their joints. The research of Dr. Rippe indicates that the force of the heel hitting the ground is greater in women walkers than in men walkers. He advises buying shoes specifically designed for walking and for women. Make sure the shoes have a heavily padded heel counter.

— Rockport Walking Institute

§§§ Victoriano Churro, a 55-year-old Tarahumara Indian, won the prestigious Leadville 100-Mile Ultramarathon last August. He had not trained at all for the event, and he wore home-made rubber-tire sandals. Mr. Churro completed the race in just over 20 hours. [A few days after the race, the Tarahumara Ultramarathon team visited Leadville to find some used tires for new "huaraches." They were so impressed with the quality of the used American tires that they took "stacks" of tread back home to their family and friends.]

— Inside Triathlon

§§§ The heart of an average, at-rest American beats about 75 times per minute. Physically fit people have resting heart rates of 50 to 65 beats per minute. Lowering your heart rate by just one beat per minute can save your heart 1440 beats a day. Your heart rate can drop as much as 20 beats per minute after just a few weeks of regular aerobic exercise.

— American Heart Association

§§§ A mouse heart beats as many times during a mouse's life as an elephant heart beats during an elephant's life— only a mouse's heart rate is much faster so he lives only a few years, while an elephant lives many more years. People, however, outlast all other animals in total pulse count.

— Scientific American

§§§ Before you take that next gulp of cool water after a hot run this summer, consider this. The United States has one of the cleanest water supplies in the world, yet our water still contains more than 70,000 water contaminants including industrial waste, agricultural run-off, heavy metals, radon, and dangerous microbes such as viruses and bacteria. Municipal water is traditionally purified by chlorine, a poison gas used by the German Army in World War I. A tip if you regularly use tap water: let the water run two minutes before drinking. This action tends to flush out harmful contaminants. Also, avoid using the hot-water lines for cooking or preparing baby formula. [Personally, I recommend drinking healthy fluids such as Coca-Cola or Gatorade — Ed.]

— Running Times

§§§ The signs and symptoms of heat exhaustion are (1) pale and clammy skin, (2) profuse perspiration, and (3) rapid and shallow breathing. Treat the victim as if he were in shock. Remove him to a cool area but do not allow chilling. If his body does become too cold, cover him.

— 1994 Information Please Almanac



## THE WIND AND THE RAIN— STRIDERS AT CHERRY BLOSSOM

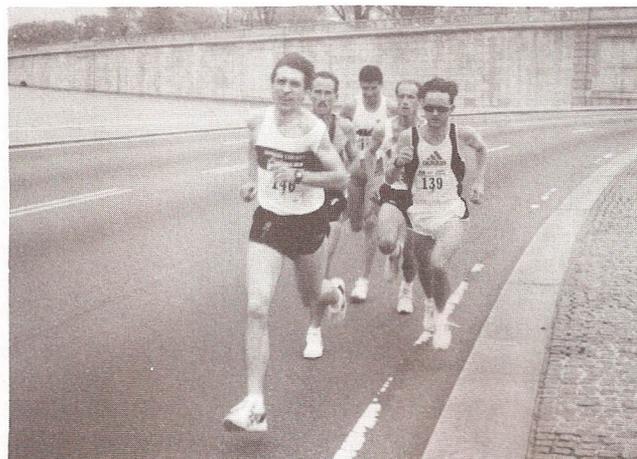
Over 50 Howard County Striders joined 5500 others in running the 22nd Annual Cherry Blossom 10 Miler, which took place on April 10 this year. The runners found challenging headwinds, as often occurs for this race, and a brisk spring downpour added to the fun at the end of the race.

Only two weeks after running her first sub-3:00 marathon, Bea Marie Fritsch led an outstanding Strider Women's racing team with a time of 60:10. She had wanted to break the elusive hour barrier for 10 miles and, for most of the race, ran at or below the required 6-minutes-per mile. But, as it did for many others, the strong headwinds on Hains Point slowed her down between miles 6 and 8, and she couldn't make up the time at the end. "I was really working the last mile," she said, noting that the last mile also went into the wind. Nonetheless, the 60:14 represented a personal best and placed her among the top 20 women in the race.

Cindy Carpenter, the second woman on the racing team, also came through the wind with a personal record. Her time of 61:46 broke the PR she had recently set at the Challenge Race. Ms. Carpenter ran fairly close to Bea Marie's pace, at least through five miles, where she admitted to "hurting." Pat Keeny-Ryan made her first appearance on the women's racing team and contributed a 63:16 effort, while Robyn Humphrey—the veteran of the team—finished only 17 seconds behind.

The fleetest of the Howard County men also ran as a team although none set personal records. Gerry Clapper joined Tom Bowmaster, the Striders' fastest two, and ran together for most of the race. En route to identical times of 52:25, their greatest excitement seems to have been passing Olga Markova near the half-mile mark. As he usually does each spring, Tom came all the way from New Jersey to participate in the Cherry Blossom race.

With a 52:54, Chris Chattin did enjoy a good race. He finished ahead of Dave Berardi (53:23), who is suspected of suffering from injuries incurred during marathon training. "The wind kept me from setting a world record," Dave



*Tom Bowmaster (in lead) opens up the throttle at three miles, while Gerry Clapper (second from right) uses the wind screen (photo by Karen Ohlrich).*

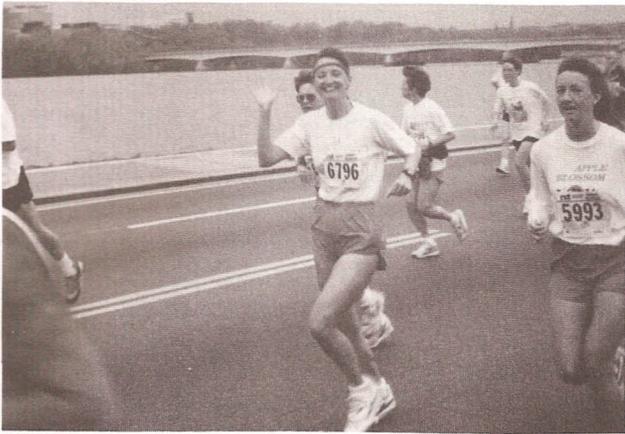
remarked after the race. Dave and Chris ran together for part of the race, and they saw the Kenyan who actually did set a world record that day.

Together with Chris Samley (55:54), Gerry, Tom, Dave and Chris formed the Howard County Striders Racing Team that won the first-ever men's open team competition at Cherry Blossom. The Cherry Blossom featured teams for the first time this year, and the Striders men's team won the title with a team score of 19—seven points ahead of the second place team from the Washington Running Club.

The Striders Women's Open Racing Team (Fritsch, Carpenter, Keeny-Ryan and Hunphrey) almost won the women's team championship. They finished second to the team from Moving Comfort.

At 12 years of age, Zachary Heidepriem was the youngest Howard Countian to run the Cherry Blossom race, but he certainly wasn't the slowest. Mr. Heidepriem thrived in the wind and, with a time of 65:06, lowered his personal 10-mile best by two minutes. Indeed, he was one of the youngest finishers in the race and would have easily won the under-15-year age group, had there been such.

At the other end of the age spectrum, Warren Ohlrich had just turned 55 and finished fourth among the runners in his age group with a 64:15, significantly ahead of the youngest Strider. Warren admits that he took most of the winter off and trained by doing ski races in Colorado, his



*Pat Brooks waves to the photographer (photo by Karen Ohlrich).*

second home.

However, the fastest Howard County master was Jim Discuillo, the Zen-like runner who earned a most-improved award for 1993. The 41-year-old flew through the 10 miles in 59:23. Had Jim run only six seconds faster, he would have placed 10th among the 40-44 men in the race.

The event marked Dave Tripp's 17th consecutive Cherry Blossom 10 Miler. Mr. Tripp, himself over 50 years of age, has completed all 17 of the races in under 70 minutes, although he had to run his buns off this year. A torrential downpour began just as Dave entered his end-sprint, and he pulled in with a 69:50, just barely under the limit.

Sadly, the Cherry Blossom race marked Jim Robinson's last local race. Jim and his wife, Suzanne, and their baby Michael were moving to Maine the weekend after the race. Jim made Cherry Blossom a race to remember, however, for he at least broke 60 minutes with a 57:16.

Linda Lash proved the fleetest of Strider masters women. Ms. Lash ran most of the race with GeriAnn Bell and they both finished around 71:30. That time earned Linda eighth place among the 40-44 women. Linda becomes the first Strider to win an award in that age group at Cherry Blossom.

New-Strider Joan Gilmore used the Cherry Blossom as her first test at the 10-mile distance. Ms. Gilmore finished the run in 96:15 and does indeed plan to continue running!

Those finishing significantly after about 65 minutes found themselves running in a real gully-washer for at that moment the clouds poured forth an ark-launching deluge. Those still on Hains Point saw the waters of the Potomac rise and threaten to engulf them. The wind whipped the waves over the banks and flooded park-benches. Finishers sprinted home and then immediately left for their cars or other refuge—no post-race party happened after this race and nobody stayed for awards except Warren Ohlrich.

When the well-soaked Striders finished, they repaired immediately to the flimsy Strider canopy that swaying wildly in the wind. Approximately 50 runners cowered under the shelter, which, being attached to a goal-post offered a prime target for lightning. "Check for Strider ID's!" said Mr. Tripp, suspecting some of the refugees were not actually Howard Countians.

The rain did not bother at least one Strider. Mr. Ohlrich demanded to know "when are they going to have the random awards?" Sadly, in spite of the low turnout for the randoms, Warren did not win any.

In addition to teams, the 1994 Cherry Blossom also featured a new course. The new route started right next to the Lincoln Memorial and, after going back and forth, crossed the infamous Memorial Bridge into Virginia. The runners returned over the same bridge and turned left, eventually running underneath the Kennedy Center, which at least provided some shelter from the wind. Then the course came back into West Potomac Park and went past Jefferson Memorial toward Hains Point. The stench of dead fish seemed particularly strong near the Tidal Basin. As usual, strong winds buffeted the runners out on Haines Point. In addition, the runners had to negotiate 200 yards of hard-pack dirt at the turn-around on the Point (so how can anyone set a world record running on dirt?) The course returned by looping back around the Jefferson Memorial and finishing next to the Lincoln Memorial at exactly the starting point.



STRIDERS AT THE CHERRY BLOSSOM  
(April 10, Washington, DC)

\* HCS men's racing team  
\*\* HCS women's racing team

|                                 |       |
|---------------------------------|-------|
| Tom Bowmaster (31st)*           | 52:25 |
| Gerry Clapper (32nd)*           | 52:25 |
| Chris Chattin (34th)*           | 52:54 |
| Steve Bettis (35th)             | 52:58 |
| Dave Berardi (39th)*            | 53:23 |
| Chris Samley (74th)*            | 55:54 |
| George Altieri                  | 56:09 |
| Jim Robinson                    | 57:16 |
| Paul Keating                    | 58:06 |
| Jim Discuillo                   | 59:23 |
| Mike Buckley                    | 59:46 |
| Bea Marie Fritsch (20th)** (PR) | 60:14 |
| Jim Carbary                     | 60:42 |
| Cindy Carpenter (25th)** (PR)   | 61:46 |
| Pat Keeny-Ryan (33rd)**         | 63:16 |
| Robyn Humphrey (35th)**         | 63:43 |
| Warren Ohlrich                  | 64:15 |
| Zach Heidepriem (PR)            | 65:06 |
| Mike Burkman                    | 65:13 |
| James O'Brien                   | 67:20 |
| Heide Heidepriem                | 67:25 |
| Ed Silverman                    | 68:34 |
| Scott Votey                     | 69:12 |
| Craig Lingdon (PR)              | 69:32 |
| Dave Tripp                      | 69:50 |
| Bill Jenkins                    | 70:35 |
| Troy Conran                     | 70:59 |
| Eric Kocay                      | 71:12 |
| Roger Calvert                   | 71:43 |
| Dave Feldstein                  | 71:51 |
| John Parks                      | 72:15 |
| John Przybysz                   | 72:50 |
| Debbie McCracken                | 73:13 |
| John Korner                     | 73:50 |
| Jerry Casper                    | 74:00 |
| Clarence Wingate                | 74:12 |
| Valerie Guilfoil                | 74:28 |
| Rusty Toler                     | 74:56 |
| John Mortell                    | 75:32 |
| Curtis Dalton                   | 76:20 |
| Debbie Kocay                    | 77:26 |
| Rich Fox                        | 77:32 |
| Rich Wilson                     | 77:42 |
| Ken Green                       | 80:56 |
| Rick Hatfield                   | 81:00 |
| Bill MacCormack                 | 81:27 |
| Ron Stiff                       | 85:00 |
| Eric Katkow                     | 85:39 |
| Pat Brooks                      | 86:10 |
| Judith Stiff                    | 87:57 |
| John Neal                       | 91:02 |

|                             |        |
|-----------------------------|--------|
| Barbara Calvert             | 92:34  |
| Bill Schildt                | 93:00  |
| Linda Ausfresser            | 93:34  |
| John Wheatland              | 94:10  |
| Miles Weigold               | 95:50  |
| Joan Gilmore (1st 10 miler) | 96:15  |
| Arleen Kvech                | 106:40 |

AMAZING FACTS ABOUT THE  
NORTHERN TELECOM  
CHERRY BLOSSOM 10 MILER  
(from *Official Race Results*)

- A total of 4535 people finished the race. 68.5% were men and 31.5% were women. Men over 40 made up 54% of the field, while women over 40 made up only 34.3% of the field (sic).
- The first three finishers, Kenyans Sigei, Osana and Machuka, *all* broke Greg Meyers old 10-mile world record of 46:13. A total of 19 runners from Kenya ran in the race. *Seven* of the top 10 men were from Kenya, and the top *two* women came from Kenya.
- The youngest finisher was Zachary Heidepriem of the Howard County Striders, who placed 305th with an official time of 65:06— a personal record.
- Northern Telecom presented 44 telephones to the various winners.
- The race required 5000 bananas and 11000 muffins— many of which were washed away in the post-race deluge.
- The race required only 500 volunteers.
- Many runners required over 2 minutes to cross the starting line because of the crowd. (Times in the list may or may not reflect this.)
- The race earned \$33600 for the Children's Hospital.
- The address of Northern Telecom—  
Public Affairs Office  
2010 Corporate Ridge Dr.  
McLean, VA 22102

## FAST TIMES IN BOSTON

The 1994 Boston Marathon took place on the pleasant Monday morning of April 18, which, as everybody knows, is Patriot's Day in the Massachusetts Bay Colony. The weather was comfortable and even offered a tailwind to the runners, who made the most of it.

Cindy Carpenter, enjoying the best spring of her young career, bolted away with some of the faster runners. She led all among the Strider contingent until about five miles, at which point Phil Lang caught her. However, she answered with a surge and pulled away from Mr. Lang, much to his surprise. She held off Phil and the rest of the Howard Countians until the half-way point, where he passed her for good. She didn't seem too concerned, however, as Bob Burns and Martin Goode followed Phil past her. Indeed, she crested Heartbreak Hill only a minute or two behind the others and finished the race with a personal record of 2:59:00. With that time, Ms. Carpenter enters the ranks of Strider legend, for only two other Howard County women have ever broken the three hour barrier. Cindy joins the ranks of Bea Marie Fritsch who ran a 2:59:49 at the Shamrock Marathon (this March) and the immortal Kathy Heckman who ran a 2:46 at the Maryland Marathon (in the late 1970's, back when you had to run Satyr Hill).

And what of Mr. Phil Lang? After he passed Cindy around 13 miles, he continued on feeling good and running well. He fairly flew up the infamous Heartbreak Hill. Then, quite abruptly, Phil stopped right at the crest of the hill (21 miles), where he met his father. Dad offered him a cellular phone and he called his wife Vicki, who was at home in Columbia with their two-week-old baby, Tiffany. (See box on p. 8).

Phil tarried only 30 seconds on the phone, but the call threw off his rhythm and may have cost him the honor of being the first Strider to finish. As he neared 23 miles, Phil heard spectators shouting "Howard! Howard!" He reckoned they must be encouraging some local runner, but when he looked behind, he found Martin Goode and Bob Burns bearing down on him. Mr. Goode was wearing his lucky *Howard* High School singlet.

The three Howard Countians ran together for a while, but Bob and Martin eventually dropped the new father. Bob and Martin fed off each other's speed and stayed close until the final mile, where Bob put the heat on his younger friend and beat him by 14 seconds. Mr. Burns, a master runner, thus led all the Howard Countians with a 2:50:08, his fastest 26.2 miles in years. Phil Lang faded in the final miles and checked in with a 2:53:05, which was nevertheless a personal record by 50 seconds.

Each year the Striders donate \$100.00 each to the fastest man and woman qualifiers for the event. This year, Cindy and Phil proved the fleetest qualifiers. Prior to Boston, Phil ran a string of marathons— all at 2:59! Officially, he used the Columbia Marathon time on the Boston registration form.

Cindy has only run a few marathons (Boston was her fourth), and she qualified for Boston in a big way— by winning the 1994 Chambersburg (PA) Marathon in 3:09. In that race, she lowered her personal record by 22 minutes. At Boston, she lowered her marathon time by another 10 minutes. Soon (who knows?) she may crack 2:50 and threaten the record of Kathy Heckman.

Bob and Martin and Cindy took the next week off from racing, but Phil ran in the Clyde's 10k not one week after his Boston race. In addition, ironwoman Robyn Humphrey (3:22 at Boston) also competed in the local 10k. Both Phil and Robyn won age group awards at Clyde's.

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### STRIDERS AT BOSTON MARATHON

|                 |              |
|-----------------|--------------|
| Bob Burns       | 2:50:08      |
| Martin Goode    | 2:50:22      |
| Phil Lang       | (PR) 2:53:05 |
| Cindy Carpenter | (PR) 2:59:00 |
| Mick Slonaker   | 3:16:41      |
| Robyn Humphrey  | 3:22:xx      |
| Kelly Burton    | 3:23:xx      |
| Eric Kocay      | 3:32:00      |
| Ken Plantz      | 3:32:16      |
| Mel Quecan      | 3:33:22      |

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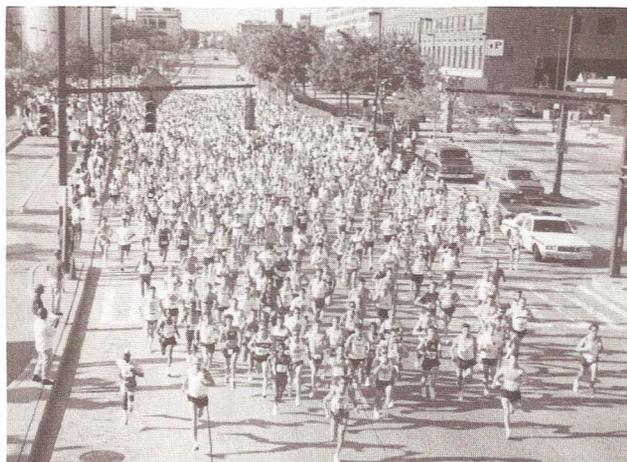
## FAST TIMES IN BALTIMORE

A gaggle of Striders, including three racing teams (two men's and one women's) joined nearly 4000 other runners for the 17th Annual Constellation 10k race in Baltimore on Sunday, May 22. According to one runner, the race started out cool, but "got pretty darn hot" by the end. A lot of the heat came from fast Howard County runners, who took some impressive awards in spite of a very talented field.

Gerry Clapper and Ken Fowler (who had just come off a *sub-30* performance at the Penn Relays 10k) sparked the Strider men's open team by placing fifth and sixth overall. Both ran under 31 minutes, although neither ran together. Mr. Clapper thought the early pace sort of slow—at least until the lead pack broke up after one mile. But neither he nor Ken, whose legs felt "sort of tight" (after the *sub-30* 10k?), could go with the leaders when they surged. Team member Chris Nugent joined Gerry and Ken among the top-20, while Jim Clelland, Chris Samley and Craig Chasse finished in the top 30 or 40. With the top three on the team scoring, the Howard County team overpowered the Baltimore Road Runners' group and won the team competition. The win marked the second major team victory for the men's team in two months [see Cherry Blossom article, p.12].

Bob Burns and Jim Discuillo led the Howard County mastermen with times under 36 minutes. They ran close together for most of the race, but Bob outleaned Jim by four seconds at the finish. Mr. Burns' 35:30 placed him fifth in the 40-44 age group. The rest of the masters' team didn't fare too badly, either. Mick Slonaker set a 10k personal record of 36:16, and, with a 36:18, Piriya Pinit collected yet another pewter plate and placed in his age group (45-49). Master Ken Plantz contributed the gutsiest performance of the day: he had had a root canal done the day before and suffered painful after-effects throughout the race. He still ran a 38:22!

Unfortunately, both the Baltimore Road Runners and the pesky Gnats beat the Howard County Mastermen in the team competition among those over 40. The Gnats last beat the master's team at the Annapolis 10-Miler last August.



*Constellation 10k runners flood onto Calvert Street in Baltimore at the beginning of the race. (photo by Erin Slonaker).*

The Howard County women also fielded a team, even if two of their top runners (Dolly and BeaMarie) were doing the Columbia Triathlon. The Strider women who did run Constellation gave a strong accounting of themselves. Cindy Carpenter led the female contingent with a 37:05 PR, which is a *sub-6* minute pace, and placed seventh among all women. And then Robyn Humphrey finished tenth with a 38:12. Although their times would have normally won a woman's 10k, the Constellation field boasted two *sub-35* performances and "we never stood a chance against [winner] Mykytok and [second-place] Malloy." Both Cindy and Robyn did beat Maureen Hall, Baltimore's top woman runner. And Pat Keeny-Ryan, 14th woman, rounded out the top Strider-women's performances with a 38:43.

The Strider women also came up a little short as the Baltimore Road Runner women edged them in the team competition.

Wunderkind Zach Heidepriem, fresh from a 10-mile PR at Cherry Blossom, used Constellation to shatter his 10k personal record. The 12-year-old ran a 38:09. Finally, Pat Brooks, race director of the Women's Distance Festival, set her own 10k PR of 46:53 at Constellation. Both Ms. Brooks and Mr. Slonaker, who also set a PR, have the distinction of being over 40.



Mick Slonaker (whose right leg is actually in focus) blurred his way to a personal record at Constellation. (photo by Erin Slonaker)

The Constellation 10k benefits the aging *U.S.S. Constellation*, a frigate build for combatting the Barbary Pirates around 1800. At the time of the race, the old ship was undergoing a complete refurbishing and race funds would help with the effort. The *Constellation*, now dismasted, sat quietly at anchor across the harbor from the post-race activities. Post-race festivity included four sky-divers from the Maryland National Guard as well as free beer from Bud Light.

## STRIDERS AT CONSTELLATION 10k

May 22, 1994

|                                |       |
|--------------------------------|-------|
| Gerry Clapper* (5th overall)   | 30:31 |
| Ken Fowler* (6th overall)      | 30:50 |
| Chris Nugent* (19th overall)   | 32:23 |
| Jim Clelland*                  | 32:xx |
| Craig Chasse*                  | 33:20 |
| Chris Samley*                  | 33:45 |
| Bob Burns** (5th, 40-44 M)     | 35:30 |
| Jim Discuillo**                | 35:34 |
| Tim Bradley                    | 36:13 |
| Phil Lang                      | 36:15 |
| Mick Slonaker** (PR)           | 36:16 |
| Piriya Pinit** (5th, 45-49 M)  | 36:18 |
| Bobby Gessler                  | 36:44 |
| Cindy Carpenterz† (7th W) (PR) | 37:05 |
| Jerry Warfield                 | 37:xx |
| Zach Heidepriem (PR)           | 38:09 |
| Robyn Humphrey† (10th W)       | 38:12 |
| Ken Plantz**                   | 38:20 |
| Pat Keeny-Ryan† (14th W)       | 38:43 |
| Nelda Clelland                 | xx:xx |
| GeriAnn Bell                   | 40:47 |
| Heide Heidepriem               | 42:05 |
| Debbie McCracken               | 42:56 |
| Armand Harris                  | 43:01 |
| Eric Kocay                     | 43:xx |
| Craig Lingdon                  | 43:20 |
| Pat Brooks (PR)                | 46:53 |
| Rich Fox                       | 47:23 |
| Bill MacCormack                | 48:40 |
| Barbara Calvert                | 54:37 |

\* men's open team

\*\* master men's team

† women's open team

### 7-MILE CHALLENGE RACE

HOWARD COUNTY STRIDERS vs.  
MONTGOMERY COUNTY ROAD  
RUNNERS

SUNDAY, SEPTEMBER 11  
8 AM

PATUXENT RIVER PARK

At last — you can be a member of the Elite Strider Racing Team as it takes on our perennial foes the Montgomery County Road Runners. But be forewarned — the course is NOT easy. You will be challenged by hills as well as the Montgomereans.

After the race, join both clubs at the Annual Picnic at Centennial Lake Park.

### CALLING ALL VOLUNTEERS!!! CALLING ALL VOLUNTEERS!!!

The Howard County Strider need your help at these two nationally-recognized events:

#### Women's Distance Festival 5k

Columbia Mall, July 8  
call Pat Brooks (410-461-1197)

&

#### The 2nd Columbia Triathlon

Centennial Lake Park, August 14  
call Paul Goldenberg (410-730-3566)

## THE 1994 RRCA CONVENTION

Tim Beaty, Rick Rosen, Al Hannagan

Ed. note: The three authors of this article attended the 1994 Road Runners Club of America Convention, which was held April 7-9 in Alexandria, VA. They submitted an expanded version of this report to the Board of Directors on 7 May 1994. Rick Rosen has attended a previous RRCA convention, but this was the first one for Al and Tim.

Overall, our impressions were positive. The convention did, however, present only a limited number of concurrent sessions, so if you weren't interested in what was going on there weren't many other choices. The following is an overview of the topical sessions and our feedback.

### Thursday, April 7

A session on *Club Newsletters* discussed techniques and ideas for improving the quality of club newsletters without making the editor a full-time job. [Amen.— Ed]

Another session covered *Coaching Club Coaches*, which Rick and Tim attended. The entire seminar took place in three sessions on three consecutive days. The presenters were Hal Higdon and Roy Benson. Mr. Higdon, a former Olympic qualifier, currently writes for *Runner's World*, while Mr. Benson is a professional coach who coaches elite runners. Roy conducted most of the seminar.

Roy's training program centers on using a heart rate monitor, knowledge of your resting and maximum heart rates, and targeting your workouts to a certain percentage of your maximum. For a 5k race, for instance, you should train at 85-95% of your maximum heart rate, while for a marathon you should train at 70-75%.

According to Mr. Benson, most fit athletes have a higher maximum heart rate than the general population. For such individuals, a better rule of thumb for determining the maximum heart rate is 205 minus 1/2 the age (rather than the traditional 220 minus the age).

Roy also had some marathon tips. He said research indicates that a three to four week taper is optimal for the marathon. Do not be concerned with getting in that long last run. Also, he recommends a series of

training runs at your planned marathon pace. Start these runs at a distance of three miles and increase the distance up to 12 miles. Ask yourself, "how do I feel?" You should feel relaxed, not tired. The idea is that such training helps you run at exactly your desired pace for a long distance.

In summary, these coaching sessions were designed to teach coaches how to develop training plans, prepare training patterns and workouts for individuals and groups (including workouts based on the pulse-rate method), and how to analyze biomechanical problems using video recordings.

A two-hour session discussed *Public Relations*. Topics included presenting basic timetables, strategies, and formats for race promotion. Attendees learned how to develop press contacts, write releases, create a press kit, organize a press conference, select a spokesperson, and maximize coverage.

*Safety Summit III* was the third in a series sponsored in part by a \$113k grant from Athletic Footwear Association to raise the awareness of women runners and to prevent problems while running. One product of this program is a safety video that received the "Golden Apple Award" from the Educational Video Association.

A one-hour session had the title *Over 40 and Beyond* that seemingly promised to discuss running opportunities for the over-40 runner and how running would provide a healthy lifestyle for the mature runner. Instead, Chuck DesJardins talked about his planned move to Nevada, Linda Banning talked about how great it was to be coached, and Rick Banning talked about how great it is (at 41) to still get an occasional PR. The session really needed an over-the-hill talking about staying the course.

Rick and Tim believe the Striders may be interested in investing in a subscription to the magazine *National Masters News*. We feel that information pertinent to a large part of our more active membership may be included and that some of it would be passed along in our own newsletter.

*Regional director* sessions consisted of two sessions on two days for two hours total. We picked up various data that we'd like to pass along. First, the new general

address for *Footnotes* (the RRCA newsletter) is 411 Parklane Dr., Champaign, IL 61820. Second, the 1994 Women's Distance Festival (WDF) is sponsored by both Saucony and Pontiac. Third, RRCA is promoting participation in *Runner's World* "I did it!" program for kids. Fourth, Montgomery County now has a video that the Striders may want to replicate. Finally, the next RRCA convention will take place on 4-7 May, 1995, in Allentown, PA. (Allentown doesn't have a race yet, but they will have.)

One suggestion coming from the regional director session was that each club appoint an RRCA Liaison to review incoming communications from RRCA, which would relieve the club president from having to do everything.

*Thursday Evening Activities* included a Federal Run-Around Fun Run (a short relay), and indoor faux-Beach Party and RRCA auction, and a Hospitality Suite. We attended none of these activities, but many out-of-towners enjoyed them.

#### Friday, April 8

In the morning, a *State Representative Breakfast* was held, but none of us attended.

A 90-minute session on *Current Affairs at Your National Office* surveyed the work of the National RRCA Office and focused on the membership task force and the services task force.

*Sponsorship Marketing* (45 minutes) addressed promotional opportunities for attracting new sponsors, an overview of corporate sponsorship, and a discussion of television coverage of running events.

At lunchtime, the *President's Committee Luncheon* took place, but we were not invited.

Finally, the *RRCA Annual Business Meeting* occurred on Friday afternoon. The meeting featured the usual committee reports, election of officers, and a vote on a constitutional amendment. *Freddie Carlip* (566 Fairfield Rd., Lewisburg, PA, 17837; 717-524-9713) was elected Eastern Regional Director. The constitutional amendment would have provided that only clubs in a particular region could vote for the regional director representing that region. The idea seemed good to one of us (T.B.) and 234 others but was voted down by

265 others. (A two-thirds majority is required to pass RRCA constitutional amendments.) The RRCA was presented with \$13,000 by the United States Association of Track and Field (USAT&F) at the meeting.

One of the authors (T.B. again) attended the one-hour *reception*, where you could tell the out-of-towners from the in-towners because all of the out-of-towners could go to their rooms and put on something nice.

The *RRCA Banquet and Awards Presentation* took place Friday evening and ran to over three hours. A keynote address by Dr. Leroy Walker, president of the U.S. Olympic Committee, highlighted the banquet. Dr. Walker challenged the RRCA, as one of the best-situated groups, to lift the U.S. from a nation of sprinters to a nation of runners — meaning middle and long distance runners as well as sprinters.

At the banquet, the RRCA presented its 1993 awards. Mark Platjes and Lynn Jennings won male and female road runner of the year, while Doug Curtis and Carol McLatchie won male and female master road runner of the year. Julie Brown, Amby Burfoot, and Sister Marion Irvine were inducted into the RRCA Hall of Fame. Dr. Scott Eden of the Annapolis Striders won the Nike/Kurt Steiner Award for Children's Development, and Dan Edwards of the Tidewater (VA) Striders was Outstanding Club Volunteer. Finally, the *White Mountain Milers Newsletter* of the White Mountain Milers (Conway, NH) won the Jerry Little Memorial Journalism Award for Outstanding Small Club Newsletter.

None of us attended the *Hospitality Suite* after the banquet because it was too late.

#### Saturday, April 9

John Sissala of Montgomery County, conducted a four-hour *Course Measurement Seminar*, which none of us attended. None of us attended *Children Have Fun with Fitness* either, although the RRCA program guide refers to the *Children's Curriculum Guide* by Joyce Rankin.

A session on *Understanding Legal and Insurance Issues* lasted an hour and 15 minutes. The most important item to come (continued next page—)

(—continued from previous page)  
out of this session is that RRCA will soon offer Director's and Officer's (D&O) insurance. This will cover each of the Board members and probably Race Directors up to \$300k for a cost of only \$60-\$80 per year.

*Training Programs for Your Club*, also lasting an hour and 15 minutes, provided examples of how a club can create and maintain programs of interest for the beginner as well as the avid road racer, with emphasis on what the average club can realistically set up.

A session titled *Let's Build and Strengthen Our Sport* concentrated on increasing participation in races and club activities. Running as a sport faces all sorts of competition from today's expanding array of non-running health and fitness choices.

A *State Rep Seminar* included a variety of suggestions for improving club activities and cooperation at the state level. The conversation at this seminar included State Rep Newsletters, financing of State Rep activities, and who does the work along the borders of the metropolitan areas.

We did not attend the *Complimentary Organizations and Associations*, but the session was to emphasize ways that the RRCA and its member clubs could cooperate with similarly-minded organizations such as the League of American Wheelmen (bicyclists) and Rails to Trails (hikers) to meet common goals.

*No One Wants an Injury* discussed why runners get injured, common injuries, and how to minimize running injuries.

The *Leadership Development* session primarily dealt with identifying what leadership skills will be needed in the future, who may have these skills, and how to develop such skills.

A *Membership Recruitment* session focussed on how to "grow" the membership of a club. A number of interesting ideas, enumerated in the box, were presented to help find and involve new members in the club.

Finally, *Open House at the National Office*, beckoned RRCA conventioners to the RRCA headquarters. Although busses were provided, none of us attended.

## GROWING THE MEMBERSHIPS

compiled by R. Rosen

- Ask about newcomers at club events.
- Develop a "running buddies" program in which a current member calls new members and invites them to attend club events and arranges to meet them there.
- Ask members to give you names of potential members and send them an information packet.
- Profile a new member in the club newsletter.
- Profile a volunteer in the club newsletter.
- Provide discounts at club races and at local merchants.
- Put membership applications in race packets.
- Set up information booths at local races.
- Get in touch with "Welcome Wagon" and see if they would agree to provide club information in their packets.
- Provide an "early-bird" discount on membership renewal.
- Place membership forms at the Health Education unit of local medical facilities.
- Provide a multi-year membership discount (e.g., lifetime membership with special advantages such as a free race entries.)
- Establish a computerized information phone line. The Greater Lowell Road Runners instituted a computerized touch-tone information line (for about \$400) and it greatly increased calls to their help line. [We have an analog hotline — 997-1998]

## SPECIAL RECOGNITIONS

- Way back on March 20, *Gerry Clapper* won the St. Patrick's Day 5k in Baltimore. He blistered the course with a time of 15:06 and beat the second-place runner by a definitive 15 seconds. In the same race, *Craig Chasse* finished fourth in 15:37. Triathlete *Debbie Chaney* was the fifth woman to finish with a time of 19:37. The 5k race had an immense field of 1048!
- *Bob Weiner* (president of the Capitol Hill Runners but also a Howard County Strider) finished second in the over-45 U.S. Master's Indoor 1500-meter Championship race in Columbia, MO, on Sunday, March 27. He ran 4:37.90, only three seconds behind first place.
- How fast can you run a mile in Westminster? On Thursday, April 7, some Striders decided to find out. *Craig Chasse* flew over the course in 4:23 and placed third. *BeaMarie Fritsch* hammered the course in 4:44 and easily won the women's race. *BeaMarie's* sister, *Jill*, placed fourth among the women in 5:29. Eleven-year-old *Jamie Hilliard* finished sixth among the females with a 5:37.
- *Warren Ohlrich* and *Richard Brockway* won age group awards at the Orioles Advocate 8k on Saturday, April 16. Warren (55) ran a 30:35, while Rich (48) finished only two seconds behind.
- *Craig Chasse* and *BeaMarie Fritsch* showed up again at the Viking 5k (Glenelg High School on Sunday, April 17, and crushed the competition. Craig had a time of 16:08, while *BeaMarie* ran a 17:57 (beating Baltimore's *Maureen Hall* in the process). *Jill Fritsch* came in seventh among the women with a 20:48, while *Valerie Guilfoil*, a past veteran of Strider racing teams, finished ninth in 21:19. *Vivi Provine*, in her 50th year, won the women's masters division in 22:44.
- Strider Runner-of-the-Year for 1993, *Dave Berardi*, won the sixth annual Jays Run 10k in Bethesda on Sunday, April 24, with a time of 31:50. With a 32:22, *Chris Chattin* took fourth in the same race.
- On May 14, the Preakness (a horserace) featured a 5k "Celebration Run." *Cindy Carpenter* won the women's race in a blazing PR of 17:29— one of the fastest 5k times ever run by a Strider woman. *Pat Keeny-Ryan* placed fourth among the women (18:20), and *Robyn Humphrey* finished fifth (18:29). *Chris Samley* was the eighth among the men with a 16:05.
- *Linda Lash* returned to her hometown of Wheeling, WV, over the Memorial Day holiday to see friends and family and also to run Elby's Big Boy Classic 20k. She finished the hilly race in 1:32:45. Triathletes *Al* and *Denise Hannagan* also ran Elby's. *Al* turned a 1:27:30, while *Denise* ran a 1:31:16.
- Meanwhile, the core of the Strider racing teams exercised their legs closer to home on the holiday weekend. *Cindy Carpenter* clobbered the women's field at the Crustacean Crawl 4-Miler on the night of Friday, May 27, at Goucher College. Her time of 23:42 broke six minutes per mile and beat second-place *Maureen Hall* by over 40 seconds. *Robyn Humphrey* came in fourth (24:39), *Pat Keeny-Ryan* came in fifth (24:54), and *Val Guilfoil* was seventh (27:59). In the men's field, *Ken Fowler* finished second in the 'Crawl with a time of 19:22— only four seconds behind the winner's time.  
But two days later on Sunday, *Mr. Fowler* beat the redoubtable *Brad Uhlfelder* to win the 5Karibbean 5k Run in 14:43. Master runner *Jim Discuillo* placed eighth in the field with a 16:47, but he had to settle for second place master behind the Immortal *Tony Grier*.  
*Bea Marie Fritsch* beat racing teammate *Cindy Carpenter* to win the 5Karibbean women's competition. *Bea Marie* ran a 17:23 (another one of those fastest 5k's ever by a Striderwoman), while *Cindy* turned a 17:45. *Robyn Humphrey* came in fourth once again (18:26), while triathlete *Debbie Chaney* checked in ninth (19:38).
- On Sunday, June 5, *Gerry Clapper* came in second at the Bel Air Town 5k with a 14:37. *Cindy Carpenter* continued tearing up the competition as she finished fourth among the women with a 17:50.

## SUMMER SCHEDULE

After a mild spring, should we expect a cool summer too? Is this global warming thing just another stunt by the scientific community to generate more funding? To find out for sure, you'll have to check out the Strider Summer Series of races, which will take place on Wednesday evenings during the summer— when temperatures presumably are cooler. During the summer series, the Striders will inaugurate two NEW, COMPLETELY SHADED COURSES (2 mile and 5 mile) beginning at Swansfield Elementary School. Check out this new course on July 13.

Big summer events include the **Women's Distance Festival 5k** at the Columbia Mall (July 8), the **Meet of the Miles** at Oakland Mills High School Track (August 3), the **24 Hour Relay and Ultra** at Howard High School (starting August 6), and the prestigious **National Amateur Triathlon Championships** at Centennial Lake Park (August 14). Be sure to contact the cognizant race officials (listed below) to volunteer for or participate in these events.

DO NOT under any circumstances forget the **7-Mile Challenge Race** at Patuxent River State Park (on September 11) or the **Annual Picnic** that follows at noon on the same day at Centennial Lake Park. This year, the Striders will join the Montgomery County Road Runners in a dual-club picnic. Make new friends or swap war stories with your old friends from Montgomery County and enjoy the pleasant rural setting for lunch and volleyball.

For goodness sakes, *take it easy in the summer heat*. At the weekly races, Strider race officials reserve the right to alter or cancel any race on account of bad weather, which includes heat, humidity, or thunder storms. Remember— only you can prevent global warming!

- 
- 6/22 Summer Series #1  
7 pm Oakland Mills Middle School  
Jim O'Brien (410-596-3308)
- 6/29 Summer Series #2  
7 pm Jeffers Hill Neighborhood Center

- 7/4 Frederick's Fourth 5k  
7 pm Frederick, MD (RRCA Champ. Series)  
locally, call Phil Lang (410-964-8258)
- 7/6 Summer Series #3  
7 pm Thunder Hill Elementary School
- 7/8 **Women's Distance Festival 5k**  
12m Columbia Mall Parking Lot  
Pat Brooks (461-1197)
- 7/13 Summer Series #5 (NEW COURSE!)  
7 pm Swansfield Elementary School
- 7/20 Summer Series #6  
7 pm Oakland Mills Middle School
- 7/27 Summer Series #7  
7 pm Jeffers Hill Neighborhood Center
- 8/3 **Meet of the Miles**  
630p Oakland Mills High School Track  
Dave Tripp (410-730-4499)
- 8/6 **24 Hour Relay**  
12n Howard High School  
Tim Beaty (301-596-6453)
- 8/10 Summer Series #8  
630p Longfellow Elementary School
- 8/14 **National Amateur Triathlon**  
7 am Centennial Lake Park  
Paul Goldenberg (410-730-3566)
- 8/17 Summer Series #9  
630p Oakland Mills Middle School
- 8/24 Summer Series #10  
7 pm Jeffers Hill Neighborhood Center
- 8/28 **Annapolis 10 Miler**  
8 am U.S. Navy Academy Stadium  
Annapolis Striders (410-268-1165)
- 9/11 **HCS-MCCRC 7-Mile Challenge**  
8 am Patuxent River State Park  
Jim Carbary (410-964-8375)
- 9/11 **Annual Picnic**  
12n Centennial Lake Park  
Nadia Wasserman (410-381-6385)
- 10/9 **Columbus Chase 10k**  
8 am Howard Community College  
Bill McCormack (410-461-2757)

## PRESIDENT'S LETTER

Nadia Wasserman

I want to thank all the volunteers who helped at the Clyde's 10k and the Columbia Triathlon. The Striders need your support to put on these high-quality, grass-roots athletic events. And if you enjoyed these, we encourage you to lend your support to the *Women's Distance Festival* (at midnight on July 8) and the *Second Columbia Triathlon* (August 14). The Columbia WDF has become one of the premiere events of its kind and showcases one of the fastest and largest all-women fields in the country. The Second Columbia Triathlon serves as the U. S. National Championship—that is, the race is to triathletes what the World Series is to baseball players or what the Final Four is to NCAA basketball players. The "Nationals" will be covered by major sports media such as ESPN and Footprints. You can be part of these athletic pageants just by volunteering.

The Striders took pride in presenting the John Scherer Scholarships to three fine young athletes: Alicia Adams, Amanda Beckenstein, and Bobby Van Allen. We had an outstanding group of candidates this year and ended up giving out three awards rather than the standard two. Each award carries a stipend of \$500.00, which the winners use for college expenses. Alicia, Amanda, and Bobby—good luck in your studies and your running!

Also — congratulations to the Strider Racing teams, which had impressive showings at some big-time races. The men's open team won both the Cherry Blossom and the Constellation team championships, while the women's open team took a close second at Constellation. The men's masters team finished third at Constellation, but promises to do better at Annapolis.

Be sure to come out for the Strider summer series on Wednesday nights and for Arleen Kvech's low-key summer fun-runs on Tuesday nights. Both series have something to offer both the very fast runner and the rest of us middle- and back- of the packers.

Finally, I want to encourage everyone to come to the Strider picnic this year on September 11 at Centennial Lake Park (Pavilion "A"). This year, the Striders will

have their annual picnic with the Montgomery County Road Runners, and we have a great opportunity to meet some of the fine people from across the border. Please come even if you didn't run in the Challenge Race in the morning.

Hope your summer is happy and as cool as possible!

### 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>                                   | 596-3308  |
| 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>                                           | 964-8258  |
| 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.<br/>&amp; Special Races</i> | 730-3566  |

\* Area code = 301, all others 410.

For information on Strider events,  
call the hotline — 410-964-1998

To submit articles to the Newsletter  
(always welcome), send them to:

Jim Carbary  
Stupendous Editor  
11668 Dark Fire Way  
Columbia, MD 21044

Note: the newsletter does not accept:  
poetry, articles on vacation experiences,  
or stories about any animals  
except dogs and elephants

## THE COLUMBIA TRIATHLON— PRELUDE TO THE NATIONAL CHAMPIONSHIPS

The 11th edition of the Columbia Triathlon began at 7:15 am on Sunday morning as the first of many "waves" of triathletes plunged into the bitterly cold water of Centennial Lake. Cold and drizzly weather had persisted for two weeks before the Columbia Triathlon, and the water temperature of Centennial Lake occupied the minds of nearly all of the 951 registrants. According to swim director Vince Campagna, the official water temperature stood at 65F at race time. Almost everybody wore a wetsuit. Surprisingly, only three or four swimmers were yanked from the water, which is about normal for a triathlon of the size of Columbia. However, after finishing the swim, one triathlete did drop out because of hypothermia.

The top triathletes didn't seem to mind the water temperature—or the hills on the bike course, or the heat on the run. Winners Bill McLaughlin of Gladstone, NJ, and Anne Curi of Cambridge, MA, seemed to have the same come-from-behind race experience. After the 1.5k swim, both came out of the water among the top swimmers, and moved up in the pack during the 40k bike race. Both finished the bike course in second place, and both caught the leaders around four miles along the 10k run. Mr. McLaughlin and Ms. Curi both have running backgrounds and thought they could win the race on the run, which they did. "Right now, I want to forget the pain," McLaughlin said at the awards ceremony. Finishing second at Columbia in 1993, he noted the particularly wicked little hill at the start of the run—a new feature of this year's course. The hills didn't seem to bother Curi, a recent triathlon national champion. Both winners acknowledged that they came to Columbia to test the course and were "looking forward to the Nationals in August" when they will again race the Columbia course. Both McLaughlin and Curi, with respective times of 1:56:55 and 2:11:20, shattered the men's and women's course records for the Columbia Triathlon, which is noted for its destructive hills.



*Jerry Casper takes water at the one mile mark of the 10k run of the Columbia Triathlon. Mr. Casper has the distinction of competing in all 11 Columbia Triathlons. He finished the 1994 race in 2:43:04. The veteran triathlete commented that this year's race "was right up there with the best of them!" (photo by Jim Carbary)*

Although Strider John Kuehls finished almost a minute ahead of her, Columbia's Dolly Ginter placed the highest of all local triathletes as she finished in 2:13:55, the fourth women overall. "I gotta join a track club and do intervals!" Ms. Ginter enthused, referring to winner Anne Curi's training with the Boston Running Club. Ginter noted that while the water temperature didn't affect her, she did have trouble sighting the buoys in the water and that cost her some time. Dolly had a good bike leg but gobbled up some top women triathletes on the run. She thought she could have come closer to winning, though, had she just done some track work like Curi. Dolly came off the bike in seventh place and finished in fourth place.

The field included a large number of Howard County Striders, many of whom do triathlons for fun. Strider Barbara Sullivan established herself as a major force at the national triathlon level, as she finished in 2:18:54, 9th among all women. With a 2:19:27, the ebullient Bea Marie Fritsch finished 11th overall and won the 25-29 women's age group. "I didn't even use lace-locks," she said after the race. Tony Warner, who celebrated his 39th birthday on Sunday, fell off his bike at beginning of the bike race while trying to put his shoe on and lost several minutes



*The transition area resembled Gettysburg on the third day of the battle. (photo by Jim Carbary)*

getting back on the bike. He eventually caught Sue Altman, who was among the fastest swimmers of the day. Finishing with a 2:32:44, Altman went on to place second in the Athena Division, a category for women weighing 145 pounds and over. "I thought the water was cold!" said Al Hannagan, who also noted the large field perpetrated a most crowded bike ride. For Al's wife, Denise, Columbia marked only her second triathlon. "Columbia was a goal I fulfilled," said Ms. Hannagan, who also thought the water cold. Judi Carbary (3rd among the 40-44 women) bought a special neoprene cap for the swim and, although she enjoyed her fastest swim ever in Centennial Lake, reported that she nearly froze. "Actually, the only cold part was waiting in the corral at the start," remarked Jerry Andrews, who was beaten by Ms. Carbary.

This year's race served as a prelude to the National Triathlon Championships, which will be held on the same course in August. By finishing in the top 15 in their age groups, triathletes guaranteed themselves places at the National Championships. Many past and future national triathlon champions tested the Columbia course. To accommodate such athletes, race director Robert Vigorito expanded the field from the usual 600 to nearly 1000. Although stressed, the local resources met the challenge of the race. All the triathletes complimented the over 500 volunteers who lined the course and made Columbia one of the top 10 triathlons in the nation. The Howard County Police

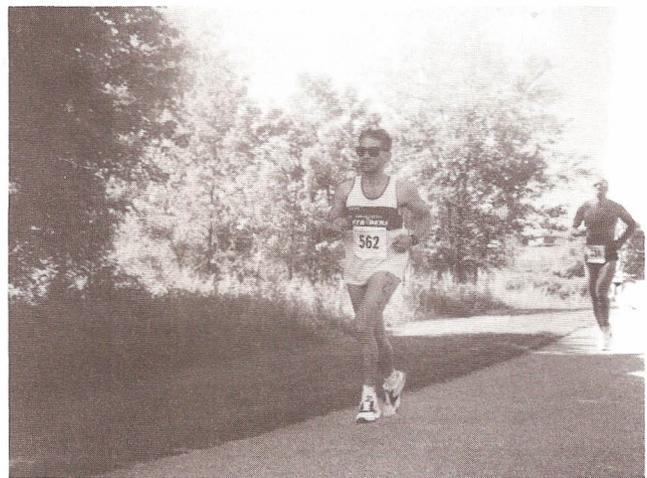
and Police Cadets provided expert traffic control that, in spite of backed-up traffic in some places along the bike leg, allowed the riders to "put our heads down and really hammer" as one top finisher said.

Under the direction of Paul Goldenberg, the Howard County Striders marshaled the 10k run, which took the bike-path around Centennial Lake and visited the suburbs to the north.

### STRIDER TRIATHLETES

|                             |         |
|-----------------------------|---------|
| John Kuehls* (8th, 30-34 M) | 2:13:10 |
| Dolly Ginter* (4th W)       | 2:13:55 |
| BeaMarie Fritsch*           | 2:19:37 |
| Tony Warner                 | 2:23:09 |
| Britt Coffin*               | 2:23:12 |
| Al Hannagan                 | 2:27:03 |
| Deborah Chaney              | 2:30:42 |
| Paul Collins                | 2:31:13 |
| Susan Altman* (2nd, Athena) | 2:32:44 |
| Ed Trottier* (9th, 50-54)   | 2:35:02 |
| Jerry Andrews               | 2:39:04 |
| Duane Schestag              | 2:39:10 |
| David Parks                 | 2:39:48 |
| Steve Feldstein             | 2:40:47 |
| Jerry Casper                | 2:43:04 |
| Judi Carbary* (3rd, 40-44)  | 2:44:55 |
| Pam West*                   | 2:51:14 |
| John Hamilton III           | 2:56:54 |
| Linda Lash*                 | 2:59:20 |
| Dave Morrow                 | 2:10:50 |

\* qualified for national championships



*Al Hannagan thought the swim was cold, the bike comfortable, and the run hot. (photo by Jim Carbary)*

# WOMEN'S DISTANCE FESTIVAL



**DATE & PLACE** Midnight - Friday, July 8, 1994

Columbia Mall, Columbia, Maryland

**DISTANCE** 5K (3.1 Miles)

**ENTRY FEE** \$12.00 prior to race night. \$15.00 race night.

**COURSE** Fast and Flat!! On paved road around the perimeter of Columbia Mall. Start/Finish is at east end of Columbia Mall. USAT&F Certification # MD93003JS.

**REGISTRATION** Mail entry form and \$12.00 (payable to Howard County Striders) to: Feet First, Wilde Lake Village Green, Columbia, MD. 21044. Registration at Feet First until July 8, 7:00 p.m. Race night registration at Start/Finish at 11:00 p.m. Teams submit entries together.

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

**AWARDS** Top 3 overall finishers and top 3 in the following age groups: 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-69, 70 & over. Medals to top 10 mother/daughter teams, and to top grandmother/mother/daughter team. Finisher's medals to all girls 13 and under.

**T-SHIRTS** Original design shirt to first 500 women.

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

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

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



## WOMEN'S DISTANCE FESTIVAL • ENTRY FORM

Please Print First Last For Official Use Only

Name (women only)

Address

City  State  Zip Code

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

Phone  Mother/Daughter Team Name \_\_\_\_\_  
(submit entries together)

HCS Member?  Y  N Grandmother/Mother/Daughter Team \_\_\_\_\_



I know that running a road race is a potentially hazardous activity and I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Howard County Striders, the Columbia Mall, the Rouse Company, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, or any other record of this event for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline.

Signature \_\_\_\_\_ (If runner is under 18, parent or guardian must sign) Date \_\_\_\_\_



Don't Forget the Special Events this Summer:

Women's Distance Festival 5k — Columbia Mall  
11:59 pm, Friday, July 8

Meet of the Miles — Oakland Mills High School Track  
6:30 pm, Wednesday, August 3

24 Hour Relay — Howard High School Track  
High noon, Saturday, August 6

Challenge Race — Patuxent River State Park  
8 am, Sunday, September 11

Strider Annual Picnic — Centennial Lake Park  
1 pm, Sunday, September 11 (after the Challenge Race)

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

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**Non-Profit Organization**  
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