HOWARD COUNTY

STRIDERS

NEWSLETTER

Vol. 2 No. 3 December 1982

"IN AN AGE SHORT ON CRAFTSMANSHIP AND LONG ON SHODDINESS, ANYTHING DONE WELL — LAYING BRICKS, WRITING POEMS, PLAYING GAMES — DESERVES HONOR. WORKED AT INTELLIGENTLY, SPORT IS NOT JUST COMPATIBLE WITH ACADEMIC PURPOSES, IT COMPLEMENTS THEM BECAUSE IT INVOLOVES STRIVING FOR EXCELLENCE, BUT STRIVING GOVERNED BY STANDARDS OF FAIRNESS AND SEEMLINESS. AS THE ANCIENT GREEKS UNDERSTOOD, SPORT IS A CIVIC, A MORAL UNDERTAKING BECAUSE IT CAN TEACH APPRECIATION OF WORTHY THINGS, SUCH AS COURAGE AND BEAUTY." ----

George F. Will, Newsweek, March 15, 1982

Howard County Striders Officers and Directors

David Tripp, President
Miles Weigold
Vice president/Special Races
Warren Ohlrich, Treasurer
Judith Tripp, Secretary
Jerry Frankenfield/Weekly Races
Don James/Youth
Gayle Baruth/Women
Arleen Kvech/Nominations
& Selections

Bob Burns/Newsletter
Bob Carels/Membership
Don Uphouse/Racing Team
Carl Josephson/At Large
Roy Sedge/At Large
Bill Craig/At Large
Gary McCone/At Large

Board meetings are open to all members and are held the first Tuesday of each month at 7:30 p.m. at the Tripp residence, 6175 Campfire, Columbia, MD 21045 (730-4499). Please call in advance if you plan to attend.

Statement of Strider Philosophy

The Howard County Striders, Inc. (HCS) is a non-profit organization dedicated to promoting and educating people on the physical and mental health benefits of long distance running. Through its major focus on participation in a running program, the club supports a wide range of competitive, non-competitive and educational events and seminars. The club is an accredited chapter of the Road Runners Club of America (RRCA). Membership in the HCS is open to the public, and automatically includes membership in the RRCA. Membership in the HCS also entitles individuals to reduced fees in all weekly race programs, and eligibility for a number of grants and programs. For further information on membership, contact Bob Carels, 9338 Farewell Road, Columbia, MD 21045 (730-0291), or visit Feet First, the club's unofficial headquarters, in the Wilde Lake Village Green in Columbia. Feet First has membership forms as well as a selection of club T-shirts, tank tops and patches, all on sale at cost.

Howard County Striders Newsletter Staff

Bob Burns, Chairman; Nancy Burns, Staff Photographer; Jerry Frankenfield; Bud Deming; Miles Weigold; Judith Tripp; David Tripp; Marsha Hartz; Gayle Baruth; Don Uphouse; Bob Harroun.

President's Column

by Dave Tripp

As 1982 comes to an end one thinks back on the year, and I must say I'm proud to be associated with the Howard County Striders. A more friendly, encouraging, spirited group of fanatics would be hard to imagine. The 1982 year was filled with outstanding achievements, and the club is organizationally and financially in excellent shape.

I think it's important to take some time and space to recognize and thank those people who were major contributors to the fine year. In particular, the Board of Directors is deserving of mention. While some directors put forth efforts that were extraordinary, all of them worked extremely hard. Thanks to Carl Josephson, to Roy Sedge (the "Procuror"), to Don Uphouse (Chairman of the Racing Team Committee) and to Don James (liason with the Youth Striders).

Special thanks go the Gary McCone, who during a time of personal difficulty found time to operate the clock and Chronomix when rented out, set up a running-oriented lending library and was a key element in the set up and clean up for the Special Races. While on those special races, a big hand for Bill Craig for overseeing the course marshals and to Bob Burns who painstakingly canvassed for volunteers. And before leaving Bob Burns, special congratulations and thanks for the marvelous job on our "better than ever" newsletter. Applause for the newsletter, too, to Jerry Frankenfield for the physical production assistance. And, again to Jerry as chairman of the very successful Weekly Race Committee.

Three women on the Board made outstanding contributions: 1) Arleen Kvech, who chaired the Nominations and Selections Committee and was perhaps our finest example of good spirit, fun, and sportsmanship (here's to the Easter Bunny and Batwoman); 2) Gayle Baruth, the driving force behind our active and highly regarded Women's Committee; and 3) Judy Tripp, club secretary and much, much more.

Perhaps the least exciting, yet one of the most important functions was the blue ribbon job turned in by Bob Carels as Membership Chairman.

Finally, there were two people who really did an incredible job – Miles Weigold and Warren Ohlrich. It would be impossible to enumerate the tasks these two performed. Miles, as Vice President and Chairman of the Special Race Committee, and Warren, as Treasurer and owner of our unofficial headquarters, were indispensable, invaluable, and indefatigable.

There were a number of others, not on the Board, who nonetheless made special contributions. Thanks to Al and Linda Yergey, to Kent Walker, to Kevin O'Connor, to Ken Denson and Mike Ward, to Carol Flam, to Jeff Friedhoffer, to Jim Greenfield, to Bill Feidt, to Tim Beaty, and to Mo and Barb Dutterer. Thank you very much. To those who should have been mentioned and were inadvertently left out, I sincerely apologize. To those of you who didn't deserve to be mentioned, there's always 1983. We're a great club because of the efforts of so many. Do your part.

Bob Brown: Going Better than Ever

by Kerry Baruth

Encountering Bob Brown on the express lane at the Giant can be an enlightening experience. After exchanging initial pleasantries, Bob can usually reel off your times in your last few races, your latest injuries, and the condition of any other Strider you care to mention. Who is this man, and how does he know so much?

One of the reasons Bob, a forty-seven year old computer scientist from upstate New York, knows and cares so much about the local running scene is that he was in on the ground floor. As an original member of the Howard County Striders, he remembers when the entire club's membership could fit comfortably around a table in the sales office at O'Donnell Pontiac. He remembers listening to the often hilarious stories that ex-Olympians Don Heineke, John Wall, and Norm Bright would tell about an earlier era of running.

Yet Bob is not overly nostalgic. He notes, "We've really succeeded in breaking down people's reluctance to participate. By remaining a low key, low pressure recreational organization, we've greatly increased our membership over the past few years. We've also seen an upswing in family participation and that's good. That's what we tried to do even in the early years of the Striders."

When asked what the key to his running longevity is, Bob winced a bit, as if to suggest that he hasn't been running *that* long, and isn't *that* old. However, a relatively injury-free, twelve year running career does require some explanation and Bob readily supplies it. "I think the most important factor is that my interest and enthusiasm for running remains at a high level. I find most running experiences enjoyable, and that's what keeps me running."

In addition, Bob claims to have gotten good advice whenever he's needed it. He pays close attention to his "body wisdom" and is quick to back off a tough training schedule if necessary. He admits to being less than dutiful when it comes to stretching. Nobody's perfect. And, like many, Bob finds that his zest for running wilts somewhat in mid-July. Or as he bluntly puts it, "Summertime devastates me."

What advice does Bob Brown have for the newer, less experienced runner? His immediate answer is a variation on the old Sixties bromide, "If it doesn't feel good, don't do it."

While Bob finds it easy to distinguish between a minor ache and a damaging one (certainly another key to his longevity), less experienced runners risk injury by ignoring or misinterpreting these signals.

How do you sort through the tremendous volume of often conflicting advice and information available to today's runner? Bob answers this question by quoting an ancient Oriental philospher (or was it Al Yergey) saying, "The fire that melts the butter hardens the egg." The message is clear. Bob would suggest that you read and listen to

Bob Brown (Continued from page 4)

what others do, but be quick to discard those techniques that don't contribute to your progress or satisfaction.

On the subject of models and heroes in the sport of running, Bob thinks carefully and replies, "No, I really don't have any heroes now. Most top runners don't have the job and family commitments that I have, and the difference in lifestyle makes it hard for me to identify with anyone in particular." He did say that New Zealand's ageless wonder, Jack Foster, might be an interesting person to study.

Bob's greatest running thrill was the 1973 Boston Marathon, in which he was accompanied by his then sixty-one year old mentor Luther Shaeffla. However, Bob still manages to grow a lump in his throat whenever he lines up for any marathon. But Bob's stake in running involves more than just the joys of competition. He sees his daily runs as a source of relaxation, creativity, and problem solving.

Frequently brillant words and ideas arrived at while running seem spectacularly silly when finally put to paper. Yet Bob observes, "My job definitely comes first . . . but fifty percent of the difficult problem solving related to my job is done while running. I find these solutions to be quite practical."

Bob remains quite bullish about the future of the Howard County Striders. He predicts the club will continue to grow and attract new members. He forecasts increased participation in such events as ultras and triatholons. What Bob finds very encouraging is the increasing numbers of women participating and competing with the Striders. He sees even more potential for growth in that area.

As for his own future plans, Bob indicated that he is not quite ready for the rocking chair. Two recent personal bests (10K and half-marathon) lend credence to the possibility that Mr. Brown's best running days may still be ahead of him. He also intends to pursue his latest passion, cross-country skiing at every opportunity.

So the next time you see Bob Brown at the Giant or where ever be sure to say hello. You can enjoy the compnay of a wonderful human being and, at the same time, find out how you've been running lately.

STRIDERS SHORTS

• Some Striders on the move. Jim (the Spaceman) Carbary will be moving in early 1983 to New Mexico. Jim is a space physicist and may be doing some teaching there. Phil and Jackie Stevens are moving back to Indiana. We wish them the best and continued good miles of running.

• Special mention to Ken and Pat Denson who will be moving shortly back to Texas. The Densons have put immeasurable time and effort into the Junior Striders' program over the last few years. From the Striders a big THANK YOU, and good luck with the move.

Ruckert is Top Triatholon Tin Man

by Bud Deming

Early September found Steve Ruckert of the Striders in Connecticut. With him were his ten-speed, his racing flats and his swim suit . . . tools of the triatholoner's trade. Steve won the Connecticut "Tin Man" Triatholon, leading the field through a ½ mile swim, a 10 mile run and a 30 mile bike ride.

Steve's victory is impressive in itself, but adding to it is the fact that the triatholon as an event is gaining popularity at the same pace that the marathon established in the 70's. Steve calls it the sport of the 80's . . . and well it may be. Would-be competitors are regularly turned away from triatholon events due to the pressing numbers of people wanting to enter. Demand is so far outrunning supply.

The most celebrated triatholon is the Hawaiian "Iron Man" which features a 2.4 swim in the ocean, a 112 mile bike ride and a 26.2 mile run. Steve prefers events closer to the "Tin Man" because they allow an athlete to compete perhaps as often as twice a month. Steve's recent win was not his first. In fact he won the very first triatholon he entered three summers ago in North Carolina -- the Wilmington Triatholon. He attributes his interest in the event to his love of biking as well as his success in running. In 1976, Steve biked across the country and enjoyed it immensely.

Swimming was another matter. In fact, before Steve participated in a triatholon, he competed in several biatholons (bike and run). But after his first triatholon, he began training systematically in the pool too. He found that as in running he learned to enjoy the swimming as he became conditioned to its demands.

Steve has found that the three sports complement one another beautifully, and that together they provide a regimen that withstands overstress or boredom better than any one of the sports by itself. His only regret at this point is that more triatholon events are not available in the local area. For those who are interested, however, the Mason-Dixon Triatholon scheduled for this coming Spring starts in Pennsylvania and finishes in Maryland. It will feature a 50 mile bike ride, a 20 mile run, and a cooling (if not exhausting) 2-mile swim in a pool.

Now, one should hasten to add regarding serious triatholoning that one doesn't simply bring the family 3-speed bike to the event (no more than one wears sneakers to a marathon). It is not unusual for serious triatholoners to invest upwards of $1000 in a good 10-speed bike. Steve projects that a minimum, one should count on paying a few hundred dollars for a decent 10-speed.

But what about the top "Tin Man" himself? Steve's triatholoning reflects a total dedication to fitness and well-being which he carriers into his professional life. He teaches Health and Physical Education at Glenelg, and coaches cross country and indoor and outdoor track as well. His wife, Joanne, a teacher of music and English at Centennial, is also a runner. Together they live in Taylorsville, a small town just south of Westminister. It's a bit of a distance from most Strider runs, but Steve and Joanne still occasionally make them. Look for the fellow wearing the head gear and the swim suit along with the racing flats!

Different Guides for Different Strides by Helen Beyers

We asked five Striders how they train for a marathon. Below are their answers.

CAROL GALBRAITH

Carol has completed six marathons, and her goal is to qualify for Boston. For her training, she builds up week-by-week both her mileage and her intensity. During her peak weeks she runs 60-65 miles. She also does some interval work, though little track work. As she works in D.C., she runs along the Canal where there are one mile intervals marked off.

Carol sticks pretty much to the same diet during this time. For breakfast she has cereal, a banana, and coffee. Lunch consists of an apple, two pieces of bread, a vegetable (tomatoes in season) and a can of juice. Dinner is salad, fruit, and carbohydrates.

GEORGE TWILL

George only started running marathons this fall, but already has run the New York Marathon, the Marine Corps (two weeks later), the Metric, and will run the Baltimore.

To achieve all this, he has been running 60-mile weeks with an 18-20 mile run once a week. He runs these miles 45-60 seconds slower than when racing. He never pushes in training and doesn't hurt when finished -- his main concern is building his endurance and stamina.

George has only juice and fruit for breakfast and no lunch as that is when he runs, his dinner often consists of pasta.

AL YERGEY

Al has run 13 marathons, including a 50-miler and recently a 36-miler. His training schedule is as follows: At the peak of his training, he tries to do 50 miles a week. This he accomplishes by a 20-mile Saturday morning run, the 10-mile Strider run on Sunday, and running either to or from (or both) the race, which gives him 12-15 miles for that Sunday.

The rest of the milage he makes up in the middle of the week in one or two days and then he takes off a couple of days, usually together, like Tuesday and Wednesday.

Over the year Al averages 150 miles a month.

He does not do intervals, as he runs no races less than 10 miles. However, on his long Saturday runs, he runs hard, about 7-minute miles. He only recently has started doing weight training because of shin splints. He has sciatica and so does exercises for his lower back.

He does not eat much red meat; but does eat a lot of vegetarian dishes. During this last year he has been taking an iron supplement.

Al is happy that his family is very interested in running themselves. This gives him freedom to train. They encourage him and he encourages them – for example, on a certain Sunday he may not feel like getting out and going to a Strider's race but they will cajole him into coming. The result is that they all go to the race and run.

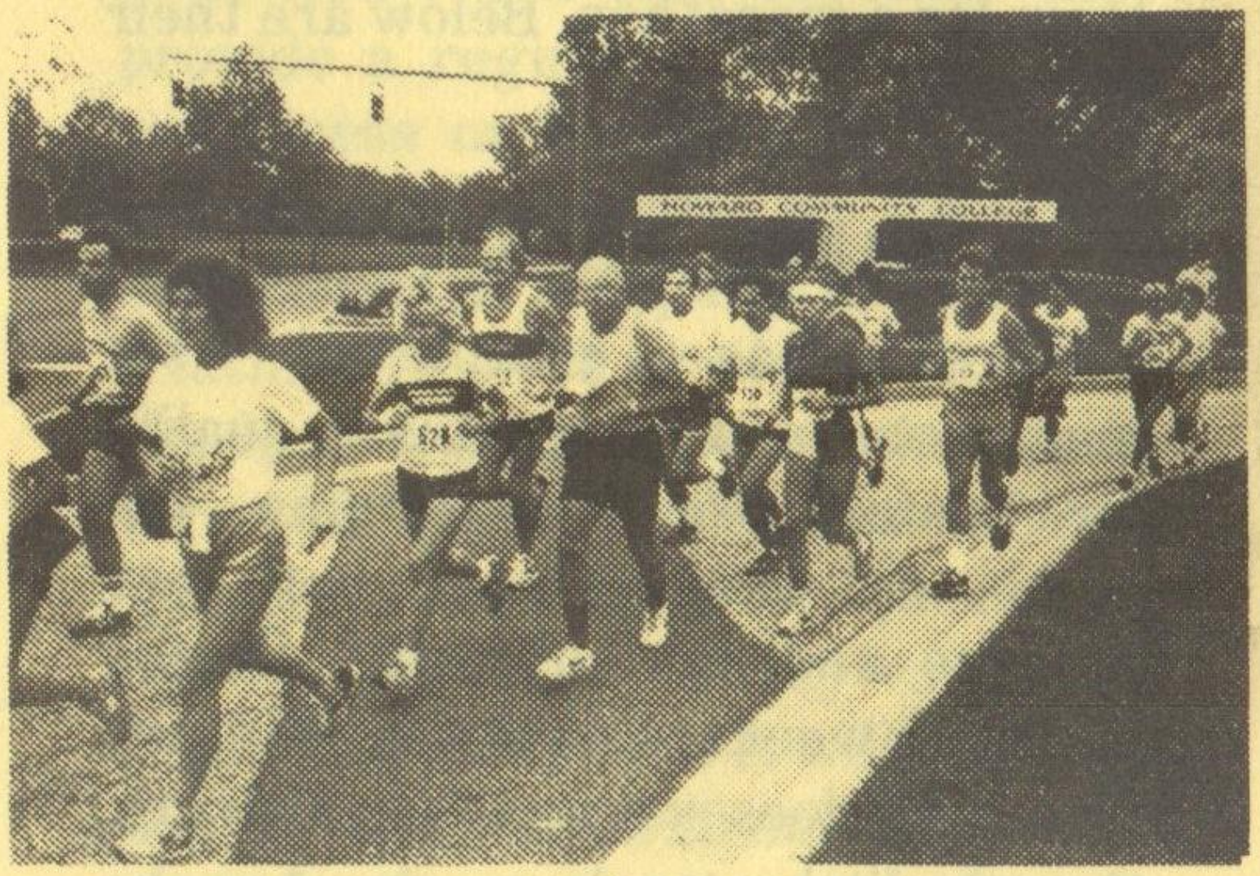
(continued on page 11)

Columbus Chase Victors

John Doub of Waynesboro, Pa. led a field of 570 runners in a time of 30:28 to win the inaugural Columbia's Columbus Chase 10K. Doub took the early lead and sailed through the first mile in 4:35. Second place finisher Jeff Smith hung with the leader throughout the race and finished only 10 seconds behind the pacesetter. Jeff Peterson was the third place finisher and also managed to break the 31 minute mark.

The race, which was held on October 10th, was to benefit the general educational fund of Howard Community College and will become an annual Howard County Strider Race Event.

Marge Rosasco of Fallston, Md. was the first woman to cross the finish line in a time of 35:07, as she easily outdistanced the second place finisher, Kathleen Guiney, who ran a fine time of 37:57.



OPEN MALE

1. John Doub 30:28
2. Jeff Smith 30:38
3. Jeff Peterson 30:52
4. Martin Green 31:07
5. Henry Barksdale 31:33
6. Mark Baldino 31:48
7. Tom Curley 31:53
8. Tony Grier 32:07
10. Tad Stepek 32:45

OPEN FEMALE

1. Marge Rosasco 35:07
2. Kathleen Guiney 37:57
3. Randon Fritsch 39:43
4. Carole Herrick 40:44
5. Lisa Fillmore 40:49

Columbus Chase 1982 Strider Finishers

9. Jack Kavanaugh ... 32:41
13. Jim Carbary 33:24
15. Martin Goode 33:30
18. Paul Sobus 33:47
19. Rod Young 33:50
25. Phil Riehl 34:37
28. Phil Broughton 34:44
29. Warren Ohlrich 34:45
33. Kerry Baruth 35:29
34. Jerry Warfield 35:40
47. Jerry Andrews 36:36
49. Piriya Pinit 36:46
52. Kevin Craven 36:56
54. Ev Rice 37:04
60. Hubert Chadwick 37:36
63. Dan Clark 37:43
67. Carl Williams ... 37:51
68. Carl Dieffenbach 37:53
70. John Koerner ... 37:57
75. Thomas Webb .. 38:11
77. Gary Dickelman . 38:13
78. Bob Hollis 38:15
82. Martin Decker .. 38:31
92. Jon McNeal 39:20
100. E. H. Trottier ... 39:45
108. Ray Plotecia 40:09
111. Jim Greenfield .. 40:11
114. Charles Kirk 40:14

134. Joe Jurkowski 41:10
147. Bill Brandenstein 41:45
148. Phil Wire 41:50
150. Mike Cradler 42:02
152. Joe Holland 42:07
153. William Spencer 42:09
156. Ron Barnes 42:13
160. Ron Stup 42:24
161. Bert Moore 42:28
164. Bob Vigorito 42:33
165. Charles Gentry 42:34
170. Carol Galbraith 42:55
174. Vivi Provine 43:01
183. David Kravitz 43:16
185. Patrick Cullen 43:17
188. Arlene Gamble 43:26
200. John Lind 43:49
201. Graham Whitted 43:52
210. Tom Grapes 43:59
216. Greg Kubeja 44:12
218. Herbert Greenberg 44:14
221. Sam Levine 44:16
236. Michael Miller 44:45
239. Bob Harroun 44:52
241. Jerry Casper 44:55
244. Ken Barnes 45:00
248. Dot Sleight 45:06
260. Marie Lucas 45:28
263. Leonard Thompson 45:30
264. Nan Ballinger 45:31
267. John Webster 45:36
268. Jason Tripp 45:37
269. Katrine Shorb 45:38
270. Bill MacCormack 45:39
280. George Allmon 45:58
281. Bruce Marshall 46:01
285. Roscoe Hager 46:05
296. Michael McGuire 46:21
301. Fred Tinetti 46:32
308. Rich Ahern 46:54
309. Howard Zaner 46:57
313. Paul Provance 47:00
314. Drew Mayforth 47:02
317. Tom Chrobak 47:08
325. Clarence Phillips 47:33
330. Bob Jenkins 47:51
337. David Champaney 48:03
350. James Rogers 48:36
355. Mary Brandenstein 48:44
357. Peter Tamilin 48:47
366. John Neal Jr. 49:00
370. Carl Josephson 49:09
373. David Gerrity 49:22
379. Dick Woods 49:34
381. Jeff Friedhoffer 49:36
382. Melissa Ledford 49:37
385. Glenn Trimmer 49:39
392. Tom Hoffmann 49:44
394. Arlene Kvech 49:54
395. Wayne Ivester 49:55
396. Chuck Morgan 49:57
399. Michael Cherry 50:04
401. James Chatham 50:08
404. Ralph Adams 50:11
408. Jack Buczek 50:26
410. Bruce Reid 50:28
424. Heidi Cherry 51:04
425. R. Minutoli 51:05
426. Fred Glassberg 51:06
436. Mary Levine 51:26
438. Margaret Clark 51:27
443. Arthur Coogler 51:41
447. Lydia Ross 52:00
449. Suzanne Sedge 52:06
463. George Lewis 53:07
467. Norman Fairhurst 53:22
473. Jeannie Barbour 53:40
474. Dena Raffel 53:44
475. Joy McKennett 53:44
476. Bob McKennett 53:45
477. Linda Twill 53:46
479. Mary Ann Esfandiari 53:50
489. Paul Bensel 54:11
492. Ron Berk 54:24
493. David Ephross 54:25
495. Joshua Tripp 54:53
496. Judith Tripp 54:53
507. Tom Rollins 55:44
511. Joanne Campbell 56:12
512. Bob Rabold 56:13
519. Jennifer Twill 56:45
520. George Twill 56:46
522. Michael Savarese 56:55
530. Cyndee Bartell 57:49
540. Carolyn Patton 59:39
541. William Klein 59:39
543. Gerald Greenbaum 59:48
552. Barbara Ledford 60:37
562. Sue Hampshire 62:36
565. Martha Trimmer 63:26
568. Mary Jo Kay 65:05
570. Sally Barcus 66:02

It's Time To Renew Your Strider Membership

All memberships expire on December 31, 1982. We hope you have received benefits which will encourage you to rejoin for 1983. For the first time in our five year history we must raise our dues. The Board of Directors felt that membership fees should cover membership dues in the Road Runners Club of America, our club's liability insurance costs, and the cost of producing and mailing the Newsletter four times per year. Accordingly, the structure of dues for 1983 is as follows:

Individual Membership - $6.00
Family Membership - $10.00
Student Membership - $4.00

Please fill out the membership form included in this newsletter and send it and your payment to Bob Carels, 9338 Farewell Road, Columbia, Maryland 21045.

Strider Performances

NAME	RACE	TIME
Bob Rabold	Phila. Police Chase 5.3 mi.	32:03
Betty Bensel	Avon 20K	2:02:30
Kathy Heckman	Avon 20K	75:07
Martin Goode	Clydes 10K	34:02
Jim Whitlow Jr.	Columbia B'day Half-Marathon	80:07
Jeremy Kusnetz	Freedom 10K	39:29
Greg Kubeja	Fort McHenry 10K	42:18
David Ephross	Clydes 10K	56:10
Jim Carbary	Annapolis 10mi.	54:09
Rod Young	Annapolis 10mi.	57:12
Martin Goode	Annapolis 10mi.	56:04
Martin Goode	Phila. Distance Classic	1:13
Bob Brown	Lisbon, N.Y. 10K	40:14
Joe Wagner	Fort Meade 50 Miles	7:07:32
Rod Young	Columbus Chase	33:50
Gayle Baruth	Moving Comfort 10K	43:26
John Koerner	River Corridor Half-Marathon	83:02
John Koerner	Columbus Chase	37:57
Ev Rice	Balto. Subway 8mi.	45:28
Paul Sobus	Balto. Subway 8mi.	42:25
Paul Sobus	BRRC 20 miles	1:54:35
Paul Sobus	Phila. Distance Classic	1:12:12
Joe Wagner	Marine Corps Marathon	3:00:21
Marty Reid	Balto. Subway 8mi.	48:08

1983 Boston Marathon Qualifiers

NAME	MARATHON	TIME
Don Uphouse, 24	Boston	2:29
Dick Hipp, 43	Boston	2:35
Warren Ohlrich, 43	Boston	2:44
Paul Sobus, 23	Boston	2:45
Bob Burns, 30	Marine	2:46
Mark Konodi, 26	Marine	2:47
Phil Riehl, 28	Marine	2:47
Jerry Warfield, 38	Marine	2:47
Kathy Heckman, 26	Richmond	2:54
Al Yergey, 41	Boston	2:56
Dave Tripp, 41	New York	2:56
Ellen Elwell, 24	Marine	3:02
Clarence Wingate, 52	Marine	3:15

(continued from page 7)

MARSHA HARTZ

Marsha has run five marathons. She trains for about two months before a marathon, aiming for 50-mile weeks. She does intervals every other week, and hill sprints on the weeks in between. A hill sprint is attacking a steep hill as fast as you can and then running down it – this she does 2 or 3 times in a session. She does one long run a week, increasing the mileage until two weeks before the marathon when she does a 20-miler.

Marsha has no special diet except to eat a great deal of rice and spaghetti. Before all her marathons she has always spent three days depleting carbohydrates and then three days loading. But after hearing George Sheehan this year before the Marine Marathon say that he believes this is not good, as you really never recover from that depletion, she isn't going to deplete again, only load.

Marsha's only advice is that if you start hurting, to cut WAY back. Give the injury some time to heal or seek expert advice, but do cut back. (Marsha is, of this writing, in a cast.)

KERRY BARUTH

Kerry is a REAL veteran, for he has run 22 marathons. (After Baltimore he will have run 23) His best time is 2:49.

Over his years of running he's tried all kinds of training – low mileage with lots of rest, 60-mile weeks, intervals, in short, everything. His present training schedule has him running between 40-55 miles a week, including one long 15-20 miler. He does no track work, but does do measured intervals on the roads – usually a mile of a hard, fast run, then 2 or 3 minutes to recover, then another hard mile, etc. He also does uphill work. If he races during a week, he substitutes that for his intervals work.

Kerry believes that the optimal schedule for him would see him doing 70-mile weeks with one day off each week. But he's never been able to achieve that, because of time constraints, injuries, etc.

Kerry likes to go into a marathon feeling light, so if he does have a big carbohydrate meal, it is two or three days before the race. Otherwise, he has no special diet.

STRIDER SHORTS

• ANNUAL MEETING: The Howard County Striders' Annual Meeting of members will be held on Wednesday evening, January, 12, 1983 in the Other Barn in the Oakland Mills Village Center. All members are encouraged to attend. It will begin with cider, wine and beer at 6:30 PM followed by the best "pot luck" supper you've ever had at 7:00 PM. Everything should be over around 9:00 PM, so bring the young Striders. Another notice will follow this one, but mark the day on your new calendar, and if you have any questions call Arlene Kvech, 465-7735.

• Congratulations to Nancy and Bob Burns on the birth of their daughter, Marisa Lynn.

Junior Striders

by Bob Harroun

At the time this is being written cross country season is coming to an exciting conclusion. After 8 meets starting in early September, the Junior Olympic meets and the Raleigh East Classic meet are here.

Coaches Mike Ward and Bryan Denson have worked diligently in bringing the 60 member Junior Strider Crosscountry team through a successful season. Practices were held three evenings a week, stressing endurance and form development. Workouts used varied approaches and allowed for as much fun as possible. As a result practice attendance was high.

The Strider home meet, The Centennial Classic, always a season high point, was held on October 16. The meet featured a well marked course which had exceptional visibility for spectators. Some 200 runners, from as far away as Philadelphia, competed. The Junior Striders made a strong showing on their home turf.

On Sunday, November 14, the Team travelled to Hereford High in Baltimore County for the first round of the T.A.C. Junior Olympics, The Maryland Association Meet. It always seems to get cold and windy just in time for this Meet; this year was no exception. Hereford is the traditional site of this meet, held the day following the State High School championships. The older age groups run the full 5K High School course while the younger ones run shortened portions of it. This course is probably the most challenging one on the schedule due to its hills. Rejoining the Junior Striders for this meet were several recent "graduates" from the team. Having finished their freshman high school season they elected to participate in the J.O.'s.

The Junior Striders were not deterred by the cold or the hills, but ran extremely well both individually and as teams within their age groups. The entire squad qualified for the next level of the J.O.'s, the Region 2 meet held at Harford Community College the following week. Runners qualifying at Hereford competed against runners qualifying in adjacent States, for an opportunity to advance to the J.O. National meet which will be held in Cincinnati on December 11. Again the Junior Striders showed their mettle by running hard and placing well against tough regional competition. Five runners qualified for the Nationals; Neil Cucuzzella, Andrew Freund, Brain James, Brian Marland and Matt Megary.

On Thanksgiving weekend some 21 of the Junior Striders will be in Raleigh, North Carolina, to compete in the East Coast Cross Country Classic. This will mark the third year the team has come to this meet. With race events for all age divisions from youth through masters, Raleigh is a premiere finale to the season. In past years this national calibre meet has enjoyed corporate sponsorship and featured excellent races run on high quality well marshalled courses. It has consistently attracted many top runners from the entire eastern half of the country. This year promises to be better than

(Continued on page 13)

Women's Seminar on Running

by Gail Baruth

Stretch before you run, after you run and run as late in the day as possible. This was advice given by Dr. Andrew Liss at a seminar on running for women of the club held on October 29th at Feet First. During his hour long presentation, Dr. Liss also said that most injuries are from overuse. Although, there are some people who just shouldn't run! These injuries should always be treated with ice for the first 72 hours. He suggested at home treatment from the book *How to Doctor Your Feet Without the Doctor* by Drs. Myles Schneider and Mark Sussman. If the injury persists by all means see a podiatrist. A good pair of running shoes is more important than any other kind of shoe you buy and can help avoid injuries.

As well as having a good pair of shoes, Warren Ohlrich says we must listen to our bodies. He noted that racing every week doesn't give your body time to recover from the stress of racing. Warren suggested that what works for one person may not work for another; therefore, a running log is important for keys to successful (or unsuccessful) performances.

After many questions were answered on how to run faster and how far to run to complete certain races, the women enjoyed refreshments and a chance to visit with others to compare mileage and PR's.

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ever since the meet is also the T.A.C. National Championship Meet for youth and masters Athletes.

The Junior Strider season will formally conclude with the traditional pot luck supper and awards program for the runners and their families on Friday, December 3. This will be the last team get together until spring track season. It will be especially poignant this year because the Junior Striders will be saying goodbye to their founder and leader Ken Denson, his wife Pat, and their son Cavan. They will be returning to their native State of Texas shortly after the season ends. Over the years Ken and Pat have guided and shaped the Junior Strider program into the success it is today. I'm sure that all Striders join in wishing them well.

STRIDER'S SHORTS

• CHALLENGE RACE: The Maryland/D.C. RRCA Club Championship 10 Mile Challenge Race will be held on Sunday, February 27, 1983 starting at 9:30 AM from Howard Community College. Mark it on your calendar so we can make if four straight.

• Kathy Heckman continues to take the Richmond running scene by storm. Kathy added the women's Richmond Marathon championship to her list of accomplishments. Mrs. Heckman's winning time was 2:54. Watch for Kathy to successfully defend her Maryland Marathon crown.