HOWARD COUNTY STRIDERS NEWSLETTER

Vol. 2 No. 2 June 1982

Easter Sunday brings out the families for fun races for all.

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

Once again I had the enjoyable task of representing the Striders as delegate to the Road Runners Club of America Annual Convention. This year's convention was held in Jacksonville, Florida, March 11-13.

Thursday, the first day, was taken up by travel (plane flight delayed by fog) and seminars. I missed the seminar on liability insurance, but learned from other delegates that our policy limits have been extended from $1,000,000 to $5,000,000, certainly good news, since the increased cost is only $.05 per member per year. I also missed the seminar on finish line procedures put on by Chris Tatreau, of Philadelphia, generally recognized as the top "pro" in this business. Luckily I flew back to Washington and ended up sitting next to Chris on the flight. I listened to some wild stories about finish lines and picked his brain a little as well. The seminars on medical aspects and problems of races was quite good and I look forward to utilizing some of the ideas. The final seminar dealt with the conflicts between T.A.C. (The Athletics Congress — the old A.A.U.) and A.R.R.A., the Association of Road Racing Athletes). Both seem to me to be very greedy, with the RRCA position in favor of "open" racing similar to amateur/professional tennis and golf being most reasonable.

Thursday evening the Jacksonville Track Club hosted a fun run and pizza and beer party. I ran about four miles with Amby Burfoot (1968 Boston winner, Bill Rodgers' college teammate at Wesleyan, *Runner's World* correspondent and winner of the RRCA 1981 journalism award). I had pizza and a lot of free beer with several local RRCA club presidents (Mike Pierre of Baltimore, Mike Van Beuren of Annapolis and Larry Tabatchyak, new president of DCRRC).

Friday was the formal annual meeting of RRCA. It went fairly smoothly, without any items of major import to us. There was some time for sun and the pool before the annual banquet and awards ceremony. The award winners were in the copy of Footnotes which you should have received recently. There was a lot of interest and positive comment on Helen Beyers' story about the courage of Jacki Stevens.

I had dinner with the speaker at the banquet, Hal Higdon, who's a great story teller. He's also a contributing editor to the *Runner* magazine and said he would like to use some material on our club in an upcoming article on team/club competition.

The River Run 15,000 was held on Saturday morning in 78° humid conditions, and there were numerous heat-related problems. I don't know the exact times, but Michael Muyoshi of U.T.E.P. and Kenya edged Nick Rose in the last 200 meters to win in 43:28! Judy St. Hillaire was the first woman in 49 + , and Bob Jenkins was the first master in 48 + .

Next year the convention will be in San Francisco in conjunction with the Bay-to-Breakers. They don't even call this a race anymore; it's an event, a happening. They estimate 70,000 participated this year more than half unofficially and many in costume. The Howard County Striders definitely need some representation. Any volunteers?

Jim Carbary — Space Invader

By Bud Deming

Have you ever watched Jim Carbary run? He runs with extreme concentration. It's perhaps the sense that Jim is somehow out of touch with those around him while running and his quiet nature "off the road" that gives him a sort of mystique. But all that is quite misleading. Jim is very much in touch with what is going on around him during a race ... and he's a delightful conversationalist when cultivated.

I discovered that Jim is a man of purpose. One of his early ambitions was to become a space physicist. He is presently a post-doctoral research assistant at Johns Hopkins Applied Physics Lab just south of Columbia. Guess what he does ... he studies and interprets data from the Voyager space craft. As Jim puts it, "I've been to Venus and Mars and am on my way to Jupiter." The closest most of us get to space is the electronic games. In a sense, Jim is an authentic "space invader."

Becoming a space physicist was a life-long ambition of Jim's, but it was not his only goal. When he was a child his parents had taken him to Rocky Mountain National Park near Boulder, Colorado. Jim encountered Long's Peak, a mountain which captured his imagination. He vowed he would some day climb it. During January, 1976, Jim learned that as a graduate student he was to give an academic paper at a conference in Boulder that Spring. He knew this would be his opportunity to scale the mountain. As a pragmatist, Jim figured that he'd better get in shape. He had never run in high school or college but he assumed that running would be the quickest, most effective way of getting himself in shape for the climb. He had worked up to three miles a day/ 20 miles a week by the time he left for Colorado. Jim didn't make it to the top of Long's Peak. So, he went home, trained harder, returned to Boulder a few months later on vacation ... and conquered the cap. In the meantime, the taste of running had taken hold and Jim learned to pound the streets in Houston.

Jim came to Columbia in 1978. He finds running here ideal, with path systems and relatively low density traffic. Within a few weeks he was doing five miles a day. But that was not the extent of Jim's physical exercise. Jim rode his bike (and still does) 15 miles round trip to and from the lab every day, no matter how forbidding the weather. Now Jim's regimen includes daily runs of 10-11 miles. He varies speed and uses bursts to work on his speed ability, but generally runs the same distance and same route every evening.

That daily cycling is probably what gives Jim such a clear edge on hills. While most of us are just entering our recuperation stage at the top of a hill, Jim is at full strength. In fact he speaks of using hills to "rest." Somehow I couldn't come to grips with the thought of this man "resting" at the same pace that turns my legs to rubber on an incline.

Fascinated by Jim's approach to racing, I asked him about strategy. Jim's best races are the 10K and the 10 mile. He's run a 33:45 for10K and a 57:05 for 10 miles. He talks about

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pacing, about wanting the last mile to be his fastest. Yet, if he finds himself being challenged by a young runner early in a race, he may try to establish a large lead which often demoralizes the less experienced runner from challenging later in the race. At the same time, he won't try this against an experienced runner who may simply run him down later in the race.

With a demanding job which includes keeping up on technical knowledge through professional journals and with the running regimen, Jim has relatively little time for many other activities. However, he does engage in mountain climbing every summer - technical climbing, which involves ropes, chocks, nuts ... and lots of distance between the climber and the ground.

A tight schedule notwithstanding, Jim is a very eligible bachelor ... 32 years old, in great shape, very intelligent, soft-spoken, a vegetarian, likes music of all kinds ... as I said - very eligible. Look for the slender, medium height young man with a baseball cap. Under it sits a head of curly black hair, and under that a person well worth your acquaintance.

Reflections on a First Boston Marathon

by Dave Tripp

INTRODUCTION

When I started running in April of 1977, my fantasy was that in my 40th year I would break one hour for ten miles and three hours for the Boston Marathon. I turned 40 last October, had a time of 59:24 in the Cherry Blossom Classic Ten Miler on April 4th, and am on my way to Boston. I never really thought it could possibly come true five years ago.

Actually, my training has gone well. Al Yergey sucked me along to a 2:55:52 (he did a 2:52) in the Baltimore City Marathon on a cold, windy day and so I am hopeful of breaking 2:50 in Boston, especially since Al and I are planning to start out together once again.

BOSTON

The trip up was relatively uneventful, except that U.S. Air tried to throw Terry Baker off the overbooked flight. He stayed on and subsequently finished in 7th place suprising most people.

Boston is one of my favorite cities. I was born in Springfield, Mass. and I am a long time Red Sox fan. The weather is gorgeous, but not for running. It's warm and sunny and everyone is in a festive mood over the holiday(the third Monday in April is Patriots Day - Paul Revere's ride). The papers are full of Marathon stories - front page headlines on the sports page. There are vendors hawking painter's caps that say Boston Marathon on every corner, four or five different versions of the cap are being sold.

THE COURSE

Bob Burns, Warren Ohlrich, and I drive over the course on the day before the race. Contrary to what we have heard, each mile is accurately and legibly marked. The course is

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pleasant and varied; rural, urban, small towns, slopes, college campuses, lakes, etc. The first eighteen miles are also pretty much flat or downhill. The hills, four of them, ending with Heartbreak Hill which crests at Boston College at 21.25 miles, are not awful — nothing like Tongue Row in Ellicott City, or Homewood Road, or Rocky Gorge. From Boston College it is again mostly flat or downhill through the city.

THE RACE

It's close to 70° and bright sun. Ugh! Al and I line up in our assigned spot and the gun finally goes off at 12 noon. Two minutes later we reach the starting line — walking. The first mile split is 9:30. It is incredibly congested. It's a two lane road and cannot accommodate 7,600 official runners, thousands of unofficial runners, and masses of spectators. Although the course is downhill at this point, we are unable to run easily. We must continually speed up, slow down, swerve, etc. Water stations are chaos. I stop at one to wait for some water and promptly get knocked to the ground by another runner. Since my two mile time is four minutes slower than my comparable at Baltimore, I realize I need to run at least that well just to break three hours. I forget about 2:50 and plan for three hours. At about halfway, Al starts to pull away and I let him go. It's hot and I'm struggling a little. I must say the crowds are fantastic. I've run the New York City Marathon each of the last three years, and the crowds were larger, but these people are much more knowledgeable and enthusiastic. After 20 miles, Heartbreak Hill seems much worse than yesterday in the car. At 22 miles, I see Kathy Heckman walking and I get depressed. Then, Alyssa Terry yells at me from the crowd and I am stimulated again. At 25.2 miles, I pass Fenway Park and I'm not even curious about how the Red Sox are doing against the Blue Jays. At 26 miles, I see Judy, Jason, and Josh and smile and wave (later they tell me I looked like I was grimacing or getting sick). I turn left onto Boylston Street and see the clock at the finish line — 2:59:00. I know I can get there in less than one minute. I do, with 24 seconds to spare.

POST RACE

The Prudential Center Parking Garage looks like a World War II hospital during a blackout and bombing. I feel sick, but many others are much worse off. I have trouble getting my baggage. I can't find my way out of the garage. I can't find my family. My shoulders and neck hurt - sunburn! I can't even get on an elevator to get to Don Uphouse's hotel room. When I do get there everyone else is depressed. I decide that Miles Weigold will make a great president of the Striders and I will devote my summer to my golf game.

POST POST RACE

Physically, I begin to recover, slightly, after about two hours. I find none of the Striders has done very well. Dick Hipp (2:35 and 12th Master) has the best relative performance. Don Uphouse got a cold and sore throat the day before the marathon and ran a 2:29 for 167th place (he was aiming at sub 2:20 and

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Junior Striders Report

By Bob Harroun

This year's Junior Striders track team boasts a roster of 60 enthusiastic runners ranging in age from 6 and under through 14. While many on the team are returning veterans of several seasons, there are also many new runners on the team. Organized practices are being held three nights a week at Centennial High School, in preparation for a meet schedule that extends from late April through June.

The team is very fortunate this year to again have Mike Ward as coach. For those who don't know him, Mike Ward is an accomplished runner from Howard County who brings with him experience coaching on the High School and College level. His professional career also relates and is in the field of Therapeutic Recreation. Mike believes in using a low key coaching approach with the kids, based on a philosophy that running should be fun for them and should be encouraged as a lifetime sport. He also believes that the level of competitive drive with which a runner approaches the sport should be set by the individual. One way this has been done is for each runner to establish a realistic personal goal that he or she would like to achieve. Regardless of their level of competitiveness though, Mike stresses that the runner, particularly the younger ones, learn the importance of always finishing their event.

In addition to encouraging running as a lifetime interest, Coach Ward's goal is to bring the team to peak condition for the TAC/AAU Junior Olympic (J.O.) meets at the end of the season. These are qualifying meets that progress through local, then regional competitions and culminate at the national level. Practice sessions feature work on form and pace so that the runner may realize the most from his or her particular ability. Endurance is built at the practice sessions and through a training schedule to be followed on non-practice days.

The team participates in meets about once a week. These are held at various locations within the greater Baltimore-Washington area. Along with the J.O. meets, a high point on the schedule is the home meet held at Centennial on May 8. Meets consist of several events and are conducted on an age group basis that is divided into boys and girls. The Junior Striders, being oriented toward distance events, compete in individual events from 400 meters to 2 miles, and relay events of 1 and 2 miles. Some of the more experienced runners also integrate open events such as the Oella race and Clyde's into their schedule.

When asked how the team is doing, Coach Ward enthusiastically replied that based on the two meets to date, they're doing extremely well; and he forsees a great season for the Junior Striders Track Team.

Striders'

1. Matt Wilson 30:05
2. Terry Baker 30:16
3. Tom Kelley 30:33
4. Tim Gavin 30:51
5. Jim Clelland 30:56
6. Jeff Peterson 30:58
7. Jim Cooper 31:24
8. John Doub 32:11
9. Jack Kavanagh 32:17
10. Peter Gamble 32:28
11. Nut Hall 32:43
12. disqualified
13. Jeff Smith 32:50
14. Bob Centeno 32:55
15. Dan Rincon 32:59
16. George Keim 33:00
17. R. Rodriguez 33:17
18. Hanz Wiegand 33:19
19. Bruce Robinson 33:20
20. Jeff Delanter 33:22
27. Martin Goode 33:51
31. Jim Carbary 34:34
32. Tom Webb 34:38
35. John Slocum 34:45
39. Bob Burns 35:08
49. Kerry Baruth 36:15
51. Jerry Warfield 38:34
55. Phil Riehl 36:40
64. Mark Sobus 37:18
69. Rod Young 37:38
74. Neil Cucuzzella 37:48
88. Piriya Pinit 38:09
89. Phil Broughton 38:18
92. Karl Yergey 38:27
99. Bob Hollis 38:39
108. Brain James 38:49
111. Paul Barbour 38:52
112. Kieth Thomas 38:54
116. Carl Dieffenbach 39:02
117. Gerry Gears 39:05
122. Jeff Kurtz 39:27
123. Jim Heckman 39:39
128. Clarence Wingate 39:46
135. John Koerner 40:00
144. Dan Clark 40:16
159. Mo Dutterer 40:32
176. Matt Megary 40:51
182. David Willson 40:59
190. Charles Kirk 41:11
201. Steffi Rausch 41:25
210. Peter Bythrow 41:33
213. Doug Logan 41:36
214. Wayne Ridgley 41:38
224. William Foley 41:47
226. Michael Willon 41:48
228. Steve Pease 41:50
223. Tom Rigdon 41:57
273. John Wingate 42:39
305. Tim Kvech 43:20
313. John Lind 43:27
325. Douglas Dear 43:41
326. W. Brandenstein 43:42
333. Jim Linsley 43:47
338. Tom Hoffman 43:51
339. Ron Stup 43:56
345. K. Campe 44:01
348. Joe Holland 44:07
361. George Eikenberg 44:17
364. Carol Galbraith 44:25
371. Joe Bronder 44:33
381. Joe Jurkowski 44:44
406. George Krainak 45:13
416. Pat Cullen 45:23
419. Jenny Chapman 45:25
425. George Twill 45:31
435. Dale Swearer 45:40
483. Robert Bigorito 45:42
449. Jackie Stevens 45:49
450. Walt Quick 45:49
451. Phil Stevens 45:49
461. Karen Scott 45:57
463. Kathy Gallagher 45:57
474. George Groves 46:07
493. George Nislein 46:22
498. Nan Ballinger 46:29
500. Mark Levin 46:30
509. Dot Sleight 46:41
511. Jeffrey Shepard 46:43
516. Arthur Nash 46:46
527. Bob Bartolo 46:56

Results — Clydes'

534. Lanny Specht 47:03
547. Sam Levine 47:18
556. G.N. Midkiff 47:30
557. Luis Gabaldoni 47:30
561. Matt Ballinger 47:35
583. Jim Chatham 47:56
585. Jeremy Kusnetz 47:58
592. Katrine Shrob 48:06
594. Arlene Gamble 48:08
595. Jason Tripp 48:09
598. Paul Thomas 48:14
601. Vivi Provine 48:15
611. Jim Bibb 48:23
618. Drew Mayforth 48:38
622. Jack Buczek 48:41
623. Cliff Bennett 48:42
627. Bob Burgio 48:45
631. Amy Rukamp 48:49
633. Kristi Riddle 48:52
644. Graham Whitted 49:00
648. Tom Yeager 49:02
659. Robert Provine 49:17
675. James Buczek 49:28
682. John Harroun 49:34
695. Bob Gabiger 49:46
708. Dot Rivera 49:52
709. Jim Booth 49:54
712. George Nacht 49:59
713. Ed Moore 50:01
714. Suzy Wenk 50:02
715. Beth Yergey 50:02
732. Mike Sage 50:21
733. Bob Harroun 50:22
743. Cath. Brandenstein 50:27
749. Mary Brandenstein 50:34
750. Don James 50:36
752. Carl Josephson 50:38
761. Daniel Nislein 50:46
764. Tom Lorsung 50:49
784. Bob Hepner 51:13
791. Frantz St. Jean 51:18
797. Ed Mortimer 51:29
809. Leo Mortimer 51:41
836. Glenn Trimmer 52:28
838. Fred Glassberg 52:31
847. M. Anne Brandenstein .. 52:49
848. Marion Brandenstein ... 52:51
858. Doug Vitagliano 53:03
861. Eve Gabaldoni 53:05
863. Mark Ballinger 53:07
865. Larry Yud 53:08
868. Ken Wendell 53:12
878. Dee Gabiger 53:27
907. Leslie Tamlin 54:09
912. Helen Kerschner 54:17
914. Amy Yergey 54:22
920. Stanley Kusnetz 54:31
927. Deirdre Tiffany 54:41
931: Elaina Deming 54:46
936. Basil Deming 54:52
942. Betty Bensel 55:01
944. Bob Carels 55:01
951. John Neal 55:16
956. Scott Pfeiffer 55:23
979. Norm Fairhurst 55:57
981. M. Ann Esfandiari 55:59
992. Shirley Burrill 56:20
993. Dwight Burrill 56:21
1026. Jimmie Hepner 57:32
1039. Clarence Phillips 58:01
1041. Cheryl Sloan 58:02
1042. Ron Berk 58:04
1044. Marsha Hartz 58:09
1052. Peter Tamilin 58:22
1084. Abby Glassberg 59:31
1089. Barb Dutterer 59:46
1090. Al Maneki 59:49
1101. Ralph Adams 60:22
1102. Helen Adams 60:22
1105. Bob Rabold 60:27
1116. Dena Raffel 61:10
1136. Brent Kvech 62:10
1140. Gerald Greengaum 62:30
1143. Joshua Tripp 62:57
1144. Judy Tripp 62:58
1149. Pat Huelskamp 63:25
1158. Marcene James 64:07
1180. Harold Baker 66:51
1182. Paul Kerschner 67:08

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Matt Wilson and Debby Pavik — Clyde's Victors

by Bob Burns

With the largest (over 1500 entries) and the fastest (7 - sub 30 minute 10K runners) field assembled, the Clyde's American 10 Kilo Race lived up to everyone's expectations. Under bright and sunny skies that made spectating more comfortable than racing, Matt Wilson edged out pre-race favorite Terry Baker by 11 seconds. Matt also established a course record with a time of 30:05.

They charge up Little Patuxent Parkway, then moving through the Howard Community College, makes the first two miles of the course a demanding uphill run. The course flattens out through a loop around the Hawthorne neighborhood then retraces its route through the college and finishes downtown by the Lake with the final 1½ miles a fast downhill grade.

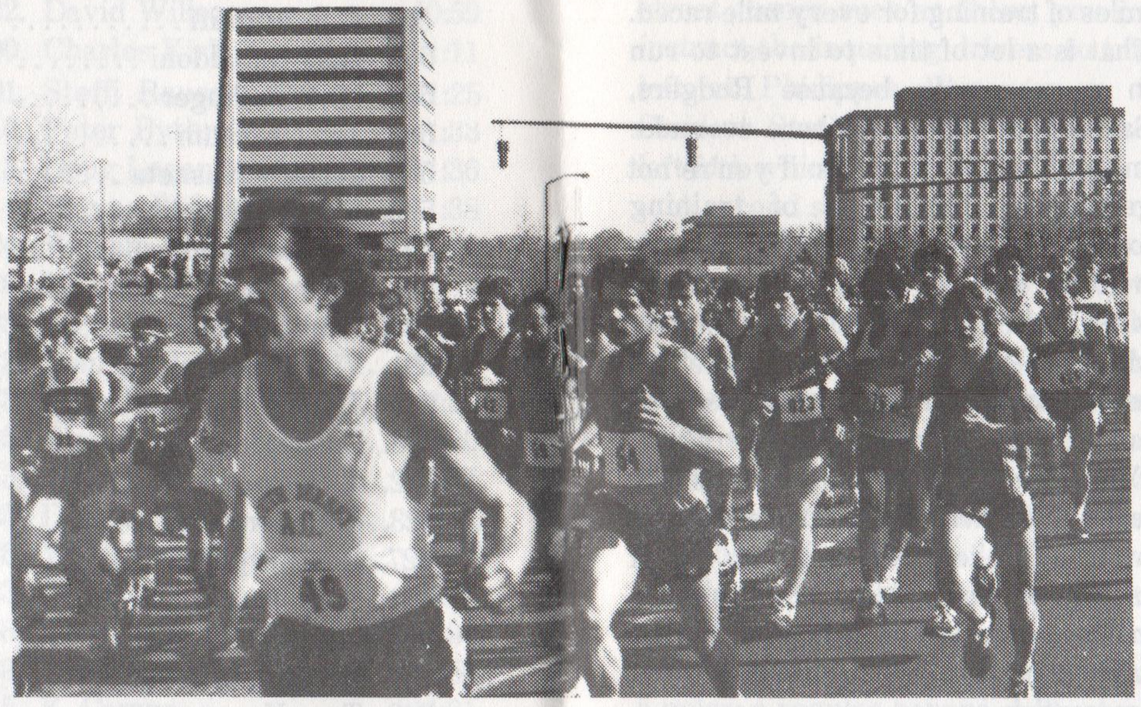
Terry Baker admitted the evening before the race that he was still feeling some of the aches of his previous performances at the Boston Marathon (7th place) and the Cherry Blossom Classic (1st place). Baker and Matt Wilson stalked each other throughout the first 4½ miles, then Wilson was able to pull away on the decisive downhill section to the finish. Tom Kelley of Annapolis finished third in a time of 30:33.

The first Howard County Strider was Jim Clelland in an outstanding time of 30:56 and fifth place overall. Jim is an ex-Penn State trackster and his recent road racing success may get Jim off the track and on the roads more often.

Debby Pavik of Baltimore led the women's field in a fine time of 36:15. The Striders' Kathy Heckman, with another consistently strong showing, was second (37:51) and Kris Kavetski was third (38:08) as only the top three women finishers were able to better the 40 minute mark on a deceptively challenging course.

The Youth Striderrs came to the Clyde's race well-prepared and just about owned the 13 and under age catagories with notable performances by Steffi Raush, Amy Rukamp, Catherine Brandenstein, Neil Cucuzzella, and Brain James. The quality and depth of the Youth Striders reflects a sound and effective program under the tutelage of Mike Ward.

Clyde's sponsorship and the Striders race management has made this a premier racing event. The generous awards and refreshments provided by Clyde's were enjoyed by many of the runners and spectators at the post-race activities at the lakefront under beautiful Spring weather.



1500 strong charge up LPP.

Matt Wilson breaks the tape.

Post race festivities at Clyde's.

Training Tips

by Kent Walker

One morning in Michigan, I was running due west with the sun on my back. As I started up a long steep hill on a country road, I became aware that I was keeping a steady pace with a farm tractor also slowly chugging its way up. Since I was next to the farmer, we both exchanged a country "howdy" and continued for a time. Eventually, the farmer turned to me and said, "What you running for?" I hope to make Boston," I answered confidently. As we continued up the hill. I sensed he was mulling over my profound dedication. Finally, he hesitantly offered, "I think you're headed in the wrong direction, Boston is east from here, ain't it?"

In my two decades of coaching and running numerous races, as well as THE BOSTON, I've often found myself running for the "wrong" reason, ie. training only for racing. There prevails a subtle intimidation from the masses that running has a purpose only if you're training for a race. The longer and more popular the race, the more important the training (ie. New York or the Boston Marathon). After years of running through mud, snow, diets, 100 degree temperatures, big wheels on the pathways, and those little gnats that flock around the lakes, it dawned on me that I was putting as much as 20 miles of training into every one mile of racing. Actually, racing for the vast majority of us who are recreational runners has dubious value. For several marathons, I have religiously trained over 1,000 miles, which figures out to a ratio of 38 miles of training for every mile raced. That is a lot of time to invest to run in a race only because Rodgers, Salazar, or Baker is there to make money. My point is this: if you're not getting anything out of training except preparation for racing, you're wasting a lot of time. Of course I was value programmed in the Midwest where "wasting time" is second only to the cardinal sin of not cleaning your dinner plate. Therefore, I offer a few training techniques which might provide a welcome relief from training for a race as well as putting your running in the realm of recreation - a goal which most of us desire to accomplish.

The following are several suggestions for improving your quality time while you train. First is an interval workout in which you want to run a good pace with brief rest stops for recovery. Do this workout along any of the main thoroughfares on a weekend afternoon,running with the traffic. If you've picked a typical day, you'll probably to stopped every three to five minutes to give directions to motorists. That gives you a half to three quarter mile interval with about a minute of rest time giving directions. Besides contributing untold benefits to wayward motorists, you can become quite adept at learning the streets of Columbia. A few of the more amusing roads that I've located have been: Deep Cup, Crossbeam Court, Leafy Screen, High Hay Drive, Tinker Round. Treefrog Place, Quickfox, and Caboose Court. With

street names such as these, you can instruct the inquiring drivers to turn left at Phidippes Place to go to Striders Station where they take a left fork which will be Waitz Way.

A second suggestion is an out/back course. This technique involves a fast out and a slow back so it's both anaerobic and aerobic. Besides the training, you'll be doing some challenging calculating. Your turn around point is Baskin-Robbins, at which you indulge in whatever calories you have calculated will be burned off by your training. Figure about a hundred calories per mile: thus, a dip of chocolate almond is worth about 3 miles; two dips of daiquiri ice is about 5 miles; a regular banana split, about 12 miles. As well as a good incentive, the ice cream is an excellent exercise in self-indulgence. Ask Alyssa Terry, who is one of the finest connoisseurs of this technique.

The third suggestion is a fartlek which requires a variety of pace, terrain and surface. This method entails a quick check in the Saturday real estate to locate where the new homes are being built. Then take a run over to the neighborhood and check out the houses. Try to run through the different models, as they will provide a good variety of terrain. Keep track of how many houses you run through and try to increase the number by 10 percent each workout. The stairways are excellent training. In addition, you can have a nice feeling that you've added some spirit to the depressed realtors.

The best training technique is the simple self-confidence workout. You merely run along the pathways and rate other people, homes, lawns, or even dogs. For example, notice all the people who are walking because they are so out of shape they can't run. Then look at the other runners who have entirely too much cellulite, are wearing the wrong shoes, have terrible form, and are wearing sweat clothes when it's eighty degrees hoping to boil the fat off. You disregardd any runner who passes you as being an arrogant showoff who's running for the "wrong" reason. One not only feels better after such a workout but has gained a true perspective of reality as well.

These are just a few training techniques to avoid the race syndrome work ethic and to give yourself immediate feedback on training which should be the purpose of recreational activities. I'm sure you can think of more. If you are the type of person who doesn't like to make decisions, I have one other suggestion. Often I have team members who are bothered by what they should do for daily workouts write as many different workouts as possible on separate index cards. Then they shuffle the cards and draw one which becomes the designated workout. They can't lose, because if they get a workout they don't like they call a misdeal and shuffle again.

Self - Defense Workshop

by Helen Beyers

"You don't have to be polite to your attacker!" Well of course not, I thought. How ridiculous! But is it really?

Clark Ahlers, a Howard County police officer who was conducting a workshop of self-defense moves for strider women, pointed out that from early childhood most of us are taught to be polite. So if a stranger approached me and asked for the time, as an example, chances are I would have stopped (or at least slowed down), looked at my watch, and courteously answered him. I should say that I WOULD have done this before the workshop. Now I realize that I'm giving a potential attacker the opportunity to grab me. And since a casual stranger isn't someone I know and in fact I will probably never see him again anyway, I certainly CAN say I don't have a watch or it doesn't work or just ignore him completely and continue purposefully on. I don't have to give him the opportunity to assault me. (If he turns out to be harmless and I DO meet him in another situation, I can display my sparkling personality then.)

As the workship continued, the main point that came through to me was that if I am attacked and if I decide to fight back, I should fight to hurt my attacker, so that he'll release his hold on me. Fighting back ineffectively is useless. I should point out here that I'm talking about an attacker WITHOUT a weapon. A weapon present changes the situation and therefore my response will be very different. But that's another story. These self-defense reactions are aimed toward the man with no weapon.

From time to time I have flirted with the idea of learning karate, Kung fu, or another of the marital arts. But none of these really appealed to me for various reasons, among them the time involved to attend classes and my having no sense of confidence that I could ever become at ease with the moves to be albe to use them automatically and convincingly.

Our instructor had somewhat the same feelings after completing a course he had during his police training of self-defense maeuvers. What he learned there seemed so complicated as to require constant practice, and he had doubts as to whether in an emergency situation he could remember everything fast enough anyway. So he adapted some of the ideas, came up with some of his own, and added a good dose of common sense. The result is some simple, quick, and best of all, effective reactions that do not require great strength or finesse.

The first of these moves is based on a simple principle that fingers, wrists, elbows, etc. bend easily only in one direction. When forced to bend in the other direction, it HURTS. In fact, it hurts so much that an attacker will let go! So, bending a finger and bending it back hard, while easy to do, can very painful. Likewise, twisting a wrist, arm, etc. in the wrong direction will force your attacker to break his hold.

Presumably you will be shorter

(Continued from page 14)

than your assailant. If you bring the palm of your hand up hard against his chin, he will bite his tongue, which also hurts! A hard blow to the bridge of the nose can break the nose and will certainly make your attacker release his grasp.

By bringing your foot down hard on his toe, even with your running shoes on, you will break his toe, which equals much pain for your opponent.

A hard pinch with a twist at the end for good measure applied to the tender part of the inside thigh will cause your attacker to yelp with pain and let go of you.

There are many more moves which Clark taught us and many ways in which to break a hold. These are slightly more complicated to explain on paper. One very nice thing about Clark was that he is a runner himself so he understands and applauds our desire to run around on the streets.

When I run by myself now, I think "finger, toes, tongue" — not anticipating trouble, certainly not wanting any, but as a precaution and a preparedness measure. I hop I would be able to use these moves with decisiveness and confidence. And I know I would NOT be polite.

BOSTON (Continued from page 6)

he'll do it soon). Only Al Yergey (2:56), Jill Foster (3:22), and myself (2:59) are as close as 3 minutes to PR's Bob Burns, weak from a bout with the flu, is forced to drop out. Kathy Heckman is dehydrated and finishes at 3:06. Warren Ohlrich (2:43), Paul Sobus (2:44, Kerry Baruth (2:59), Steve Perry (3:14), Joe Holland (3:31), and Laurette Rindlaub (3:36) make up the balance of the Strider contingent.

AFTERTHOUGHTS

The present Boston course is a fast one, but realistically only about the first 500 - 1,000 runners have a chance to race. Very few were adequately prepared for the heat, except, maybe Dick Beardsley who almost caught Alberto Salazar (who wasn't prepared either).

Based on my qualifying time, I was seeded 613th master (40 to 49 years old) and I find out that I finished 243rd. That's not so bad, and I fulfilled my fantasy.

Now if the Red Sox can just win the World Series.....

STRIDERS' RESULTS

(continued from page 9)

1188. Julie Brown 67:55
1189. Bob Brown 67:56
1224. Martha Trimmer 75:44
1227. Michelle Kvech 81:42
1228. Arlene Kvech 81:42

WILL YOU HELP?

an editorial comment by Miles Weigold

Many of you have heard this question asked. Someone, an individual, an organization, or a club is in need of your assistance. Most, if not all, of these requests are made to form a team or group which will be given a specific job to perform. **A key point** - the success of the effort, whatever the mission, is dependent upon those individuals who volunteer their time.

The Howard County Striders' success is wholly dependent upon volunteers. In the recently completed Clyde's Race, approximately 70 volunteers formed teams to handle jobs such as Traffic Marshalls, Finish Line, Water Stations, and calling Split Times. That race was a complete success because those 70 people donated their time and worked hard. To each and every one of you, THANK YOU - YOU MAKE IT WORK.

The Striders will continue to put on races where volunteers are needed, whether another Clyde's with 1500+ entries or one of the weekend races with 100. You will be needed to make these races successful. Whether you are volunteering for the first time or the 20th, let us know you want to help. We will show you all that needs to be done, so don't worry about "not knowing how." Don't you owe the Club something for all the benefits you receive?

When you do volunteer, please show up on time and be prepared to work. Call us if you can't make it. We'll give you another chance.

Remember, you are what makes the club a success. And I'll say it ahead of time, **thanks for your help!**

Now more from the domestic front. Margaret and Bob Wesley are proud new parents. Congratulations!

After three years of just putting on a fabulous show, Roger Smith, manager of Clyde's of Columbia, decided to get more involved and he ran the 10K race this year.

If you haven't "run with the girls" on Saturday A.M. early, call Gayle Baruth. Distances and minutes/mile vary, but the company is terrific! And what's this about deer hunting with the Striders' V.P. on Trotter Road during these runs?

Looking for a new training course? Ask Tim Beatty about some of the ones he discovered in Pakistan amongst the pyramids. Is that anywhere near Jersey.

SUMMER SPECIAL RACE EVENTS

June 20	Antietam Natural Light 10K — Sharpsburg, Md. 9:00 a.m.
July 3	Freedom 10,000 meters Fort Meade, Md. 9:00 a.m.
July 24	The Women's Distance Festival — Columbia, Md. 12 mid-nite (contact Barb Dutterer 997-4896)
July 31 — Aug. 1	24 hour Team Relay Fort Meade, Md. teams and volunteers contact Tim Beatty 596-6453
Aug. 29	The 7th Annapolis Run Annapolis, Md. 7:30 a.m.

Training for the Shamrock Marathon or The Movable Feast

A bitter wind rattles the window. The tires of a few passing cars sound muffled and crunchy. Must be snow on the ground. A grey winter light feebly peeks through the curtains. We will have this morning all to ourselves. Who else would claim it?

Six of us began our training for the Shamrock Marathon in this, the coldest winter in recent memory. We were a motley collection of housewives, working mothers and "young professionals". As we gathered weekly for Saturday's mandatory long run, our goals became clearer, and our friendships grew stronger. As we collectively endured winter's indignities and privations, we slowly developed our own good natured rivalries, private jokes, and group allegiance. We would frequently follow our long runs with a well deserved breakfast together.

Two weeks prior to the Shamrock, we tested our legs at the Avon 20K. The weather was characteristically miserable. Yet, in spite of the wind, cold, and clouds everyone ran well. We descended on georgetown for brunch in a most positive frame of mind.

March 19 dawned brightly. The V.W. van looked like a lunch wagon at a construction site. It overflowed with donut, sodas, beer and other reputed racing fuels. Eyewitnesses report the morning air crackling with nervous excitement. The van lurched forward, the trip had begun! After an elegant little lunch near Busch Gardens, we arrived in Virginia Beach, greeted by hundreds of runners. Fantasy became reality. The pre-race ritual of picking up our numbers and t-shirts served as grim reminder of why we had come here ... to run the marathon. That evening, sleep came slowly, if at all.

The day of the race, a chilling rain fell. How could it be otherwise. A frantic morning ensued ... manic clothing adjustments , vaseline, a a final cup of coffee. Time to toe the mark.

Rain and exhaustion blurred the next several hours. The numbing wet and cold prevented two of us from finishing.

Later, in the hotel room, our "managers" applied their tender ministrations to our aching limbs. Fatigue soon gave way to elation. We had done it!

Most of our sodden fellow marathoners sensibly decided to retire early that evening. Not so with us. We treated ourselves to a fine dinner, and later went dancing. (with no apparent difficulty). We remarked how quickly the weekend had passed (too quickly for some) and began making plans for yet another excursion.

STRIDER SHORTS

•Jim Clelland ran a 14:19 — 5000 meters at the Penn Relays in Philadelphia and a 4:14 mile at Johns Hopkins. Now if he only had some leg speed.

•The Shamrock Marathon. The Lady Striders. Awesome! Times? Wild!!! For the record: Helen Beyers 3:55 (PR), Gayle Baruth 3:42 (PR), Vivi Provine 3:41 (PR), Dot Sleight 3:51 (1st marathon).

• F and M Half-Marathon in Williamsburg had Kathy Heckman winning the women's division and Warren Ohlrich taking the master's title.

• Under brutal weather conditions, Dick Hipp was 2nd master at the Bethesda Chase 20K in March (right on Mike Sabino's shoulder as this reporter hears it). Warren Ohlrich was 5th master (OK enough Warren Ohlrich stories).

• Neil Cucuzzella has been awarded a scholarship to Loyola High School for X-country. Congratulations Neil, it's well-deserved. Also, congratulations to Loyola. It's their first sports scholarship given to a runner. Good choice.

• Upcoming marriages. Roy Sedge and Sue Erdman, probably before you read this. Don Uphouse and Jean Gilmore. All chasing for these couples is now confined to the track.

• The Striders' baby boom. The Quicks, the Mc Cones, the Walkers, and the Burns' are all expecting a new addition. Increased mileage is ordered for all four couples.

• A new Strider Special Race event is in the process of being established. It will be for the benefit of the Howard Community College Scholarship Fund (don't get any funny ideas Neil Cucuzzella). The race will be held in October and the distance will be 10 kilometers with a field limit of about 800. More details to follow.

• For Striders who are hard of foot and soft of mind, Tim Beaty will be organizing our teams for the 24 hour Relay Race at Fort Meade on the first weekend in August. Tim not only needs runners, but helpers to act as officials at different intervals during this event. Take it from someone who has been there, it's quite an event. Give Tim a call if you are interested (596-6453).

The Rear View

by Marsha Hartz

Say! If you're looking for a place to run with little traffic and no dogs, come down Rt. #29 just past #32 to Holiday Hills. The terrain is slightly rolling and you'll have your choice of three pleasant side streets. There's even a path through the woods to the river if you prefer cross-country.

If hill training is in your plans, try Kindler Road in Hammond Village. It's short (¼ mile?), but fairly steep, and best of all, hardly ever used by anyone but the crows. When you turn left off of Rt. #29 at Hammond, go straight ahead and after passing Gorman Rd., you will drop over onto Kindler.

Some of us get tired of the same old routine, so if you know of particularly interesting, safe, or scenic spots to train/run, please share them and we'll report on them occasionally here.

New Members For 1982

NAME	CITY
BOB BARTOLO	COLUMBIA
BILL BESTER	FT. MEADE
DANIEL BIEDERMAN	COLUMBIA
HAZEL BIEDERMAN	COLUMBIA
PAUL BIEDERMAN	COLUMBIA
JULIE E. BROWN	COLUMBIA
ROBERT J. BROWN	COLUMBIA
KAREN L. BRYANT	ELLICOTT CITY
ANNE BUENING	COLUMBIA
DANIEL A. CALVIN	COLUMBIA
DAVID E. COLLOPY	COLUMBIA
BENJAMIN G. DAVIS	COLUMBIA
KAREN DAVIS	COLUMBIA
KATHY DAVIS	COLUMBIA
LESLIE DAVIS	COLUMBIA
DOUGLAS DEAR	COLUMBIA
ROBERT DRYSDALE	COLUMBIA
CLARK DUTTERER	COLUMBIA
LAUREN DUTTERER	COLUMBIA
JOE DZIADUS	BURK,VA
P. J. ELAM	ELLICOTT CITY
DIANNE M. ELZINGA	COLUMBIA
JENNY L. ELZINGA	COLUMBIA
LISA K. ELZINGA	COLUMBIA
SANDRA M. ELZINGA	COLUMBIA
SHAWN M. ELZINGA	COLUMBIA
TOD D. ELZINGA	COLUMBIA
MARY ANN ESFANDIARI	COLUMBIA
JILL FOSTER	FT. MEADE
MARIA FRANCOMACARO	ELLICOTT CITY
CHARLES N. GENTRY	FT. MEADE
PHILIP GEORGE	COLUMBIA
DAVID L. GERRITY	COLUMBIA
BEN HERLEIN	ELLICOTT CITY
PEGGY HUNTER	COLUMBIA
JOE JURKOWSKI	ELLICOTT CITY
ALICE A. KELLEY	LAUREL
MARIANNA KLEIN	COLUMBIA
STANLY KUSNETZ	COLUMBIA
DAVID LANCASTER	COLUMBIA
BARBARA LEDFORD	COLUMBIA
LINDA LEVY	COLUMBIA
DOUG LOGAN	COLUMBIA
MARY LOU LYNCH	COLUMBIA
CHERYL MCAFEE	COLUMBIA

NAME	CITY
PAULA MCCORMICK	COLUMBIA
ROB MCCORMICK	COLUMBIA
CLAIRE NAVIN	COLUMBIA
DANIEL NISLEIN	BALTIMORE
DARLEEN NISLEIN	BALTIMORE
GEORGE NISLEIN	BALTIMORE
TAMMY NISLEIN	BALTIMORE
ANDREW OSBORNE	ELLICOTT CITY
CHRISTY OSBORNE	ELLICOTT CITY
HAMISH S. OSBORNE	ELLICOTT CITY
JENNIFER OSBORNE	ELLICOTT CITY
MATTHEW OSBORNE	ELLICOTT CITY
STEPHEN M. PERRY	COLUMBIA
FELIX RAUSCH	COLUMBIA
PAT RAUSCH	COLUMBIA
SONY RAUSCH	COLUMBIA
BRIAN REID	COLUMBIA
DAVID REID	COLUMBIA
MARIE REID	COLUMBIA
JAN ROLLINS	ELLICOTT CITY
TED ROLLINS	ELLICOTT CITY
TIM ROLLINS	ELLICOTT CITY
TOM ROLLINS	ELLICOTT CITY
TOMMY ROLLINS	ELLICOTT CITY
LYDIA H. ROSS	ELLICOTT CITY
DENNIS ROTH	MITCHELLVILLE
MAC RUSSELL	COLUMBIA
WALTER G. SAVAGE	ELLICOTT CITY
BILL SCOTT	ELLICOTT CITY
KARA SCOTT	HIGHLAND
KAREN SCOTT	ELLICOTT CITY
SALLY SCOTT	ELLICOTT CITY
KATRINE S. SHORB	HIGHLAND
BOB SOMERS	ELLICOTT CITY
LANNY SPECHT	JESSUP
ART ST. MARTIN	LINTHICUM
JASON TWILL	COLUMBIA
JENNIFER TWILL	COLUMBIA
LINDA TWILL	COLUMBIA
LOUISE WALLENDORF	COLUMBIA
GRAHAM WHITTED	COLUMBIA
DICK WOODS	COLUMBIA
TINA WOODS	COLUMBIA
AARON WORLEY	COLUMBIA
PAULA YANICK	COLUMBIA

Welcome aboard and good running!