HOWARD COUNTY STRIDERS

NEWSLETTER

Vol. 2 No. 3 September 1982

Twenty-Four Hours! or is it Forty-Eight!

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

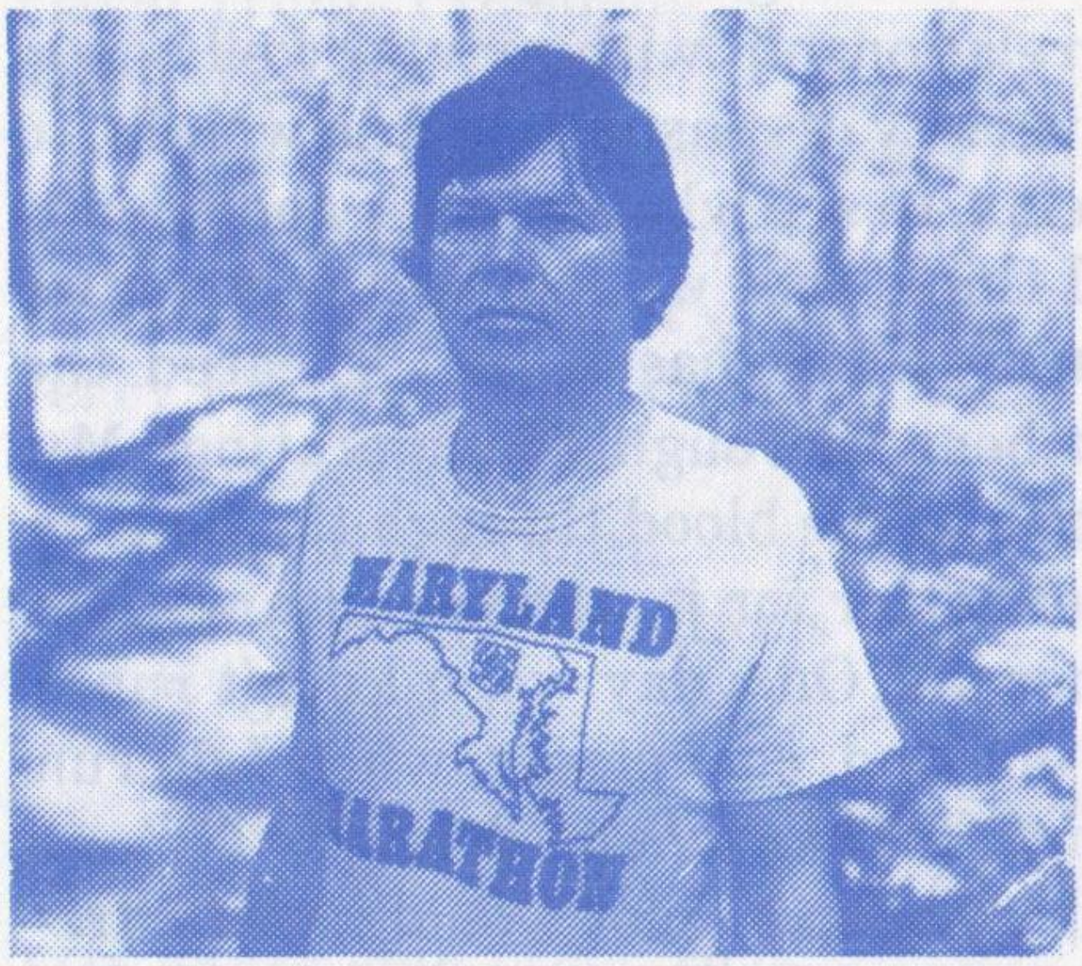
The return of children to school this Fall brings to my mind the whole concept of physical fitness and its interrelationship with mental well-being. Many of us adults came to running for a variety of reasons - to lose weight, to improve the cardiovascular system, to relax, to see what spouses and friends were up to, etc. Most of us have found, I think, that we feel better when we get regular vigorous exercise. How many times has a run "Cleared the cobwebs," removed the soreness, or just been thoroughly invigorating? My own theory is that the improved circulation of the blood through the body is the reason. Whatever the reason, we feel better for it, and because we feel better, we undoubtedly live a fuller, richer life. On a day when I don't run, I feel more listless and tired than when I do. And, conversely, when I do run I feel more alert and better able to concentrate than when I don't.

All of this leads me to a belief that children in school would benefit tremendously from a half hour's worth of vigorous excercise each day. Many of them do get it, but more often than not it's after school when it probably isn't quite as helpful for the next day's school. Of course many don't get the exercise but spend the time on homework, or worse. television or similar non-vigorous spectator type events. I think children would be less hyper in class, have better concentration, be healthier and thereby get more out of school. And, although in some ways I admire the East German and Chinese attention focused on mandatory daily physical education, I don't see it happening here.

However, I do believe we must fight to ensure that a "free public education for all children" includes physical education as well as academics. In these difficult economic times, athletic programs often bear an unfair share of the cutback burden. That's not to say that athletic programs can't be made more efficient and less costly, but I believe that a child who wishes to compete in a sport ought to have that opportunity, preferably in his school. I believe that we should be trying to find ways to support swimming and ice hockey programs rather than cutting back JV programs or golf or whatever.

This little sermon is meant to get you thinking. At the moment our children have good, if not excellent, programs available. The Board of Education of Howard County has not recommended cutbacks in the athletic budget; the Howard County Striders support youth track and cross country; and other very successful groups run excellent swimming, ice hockey, soccer, etc. programs for kids. But the handwriting is on the wall. The next sermon may be a "call to arms." In the meantime, what are you doing? Don't you think children are better off playing sports than some of the alternatives? Be supportive. Even if you can't help out, get out and watch and cheer. In the past few years Howard County has produced some very classy athletes, even in the non-glamor sports (cross country, swimming, soccer come to mind). Strider and high school cross country meets are free, short and often very exciting. We'll be looking for you . . .

Joe Holland - The Striders' Grand Master



April 1940, after running a 54-second quarter on the cinders at the Penn Relays, Franklin Field, Philadelphia, Joe Holland said to him self, "Thank God that's over." His team crammed into an old '37 Teraplane with electric shift and as they drove back to Langhorne, Pa. They took puffs on the same cigar to celebrate their efforts.

Joe ran in a couple of meets after the Penn Relays but really laid dormant for about 28 years. At age 46, having read Dr. Cooper's article in Readers Digest concerning aerobics, Joe made his return to running. At this point he had gained about a pound a year, but at least he hadn't smoked cigars for the last few years.

Trying to get in shape for Joe started with the "Run For Your Life" program in Towson, 1968, which was run by Walter Korpman. Joe went to Boston in 1970 with Don Heinicke and ten other locals. In September 1972, they had a metting at Les Kinion's home in Baltimore and established the Baltimore Road Runners Club. The following January, Governor Mandel appointed Joe Chairman of the Maryland Planning Commission with the assignment to bring a race to the City of Baltimore. He served in that capacity for six years and built the Maryland Marathon to 2,500 finishers. The Baltimore Road Runners and the Marathon complemented each other and they both grew.

His earliest recognition of women's rights was to offer women runners expenses if they would come to the Maryland Marathon. Kathy Switzer, woman runner of the decade, recognizes the Maryland Marathon for this breakthrough. Kathy was the Maryland Marathon winner in 1973 and 1974.

Joe has never lived in Howard County. However, he has been an officer and director at C.R. Daniels, Inc. for 31 years, managing their Belting Division. Joe Holland actively competes as a Howard County Strider and excels in the "over 60" class along with finishing in front of a lot of younger runners.

He finds the usual Sunday afternoon Striders events a little difficult to make but enjoys the special race events and admires the youth program and the club management.

"I enjoy going to other states and running in their races, especially in the "60 and over" competition. But if they don't have a category, I will settle for what they have."

What are his plans? "Run as long as I live, and sometime - Pikes Peak."

Running with Alyssa

by Helen Beyers

I finally "caught up" with Alyssa Terry at the Locust Park pool where she has been a life-guard this summer. I say "caught up" figuratively of course; actually few people can catch Alyssa when she is running as she runs like the wind. My object in tracking her down was to find out how college running differed from high school running.

When Alyssa was a senior at Wilde Lake High School, she won the Cross Country State Championship; she also won the outdoor track championship in the 3200 meters (slightly less than two miles) and the indoor two mile championship with a time of 11:10. Because of these accomplishments, she was awarded a scholarship to Boston University, so for the past year has been running for BU. My first question I put to Alyssa was, "Is running for a first division NCAA school a lot different than high school?"

"Well," she replied, "there is more competition at BU. The whole team is made up of first class runners. Of the eight freshman on the team, one was a state champion from New York, one from New Hampshire, one from Nebraska, one from California, and so forth. Also, my coach (Joan Benoit) is an excellent athlete – she holds American records – so she is really such an inspiration."

Her training, however, was similar to that of high school. The team as a whole practiced in the afternoons and Alyssa ran by herself in the mornings. On week-ends it was up to her to put in her miles or intervals or whatever other training was appropriate. Three times a week she did weight training. She do more running on the track than in high school.

Since BU is located in the middle of Boston, right in the city, I asked her where she did her running.

"Sometimes we drove out to the suburbs and ran around different reservoirs, and sometimes we ran up and down beside the Charles River," she answered. I also asked her if she were scared running around the city in the early morining hours, since BU is not in the best part of Boston.

"Not really", she replied, "because in a big city there are always people up and around, even early in the morning. Here in Columbia you might not encounter anyone in the pre-dawn hours."

I was curious about the demands of her school work how she balanced that with the rigors of training. Alyssa is majoring in applied psysioiogy and hopes to go on to medical school upon graduation. So her work is certainly demanding. Alyssa said that usually it wasn't that hard to do both well. The one time she thought both may have suffered some was during the championship track meet that came at the end of the year. If she hadn't had to train so hard she might have been able to study more, and if she hadn't the stress of the finals she might have run better.

Alyssa found her coach to be a very modest and unassuming person. As a coach she trusted Alyssa's judgement - when Alyssa thought she could do a little more, that was good, and when Alyssa thought she

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should ease up, that was all right too.

Joan would often run with her team on their workouts. Once they overtook a man who was out on his own training run. They fell in with him and started talking. One of the other girls asked him if he knew who Joan Benoit was. "Oh sure - everyone knows who Joan Benoit is! She was the Boston Marathon winner acouple of years ago. She's a great runner."

"Well," the first girl replied, "you're running with her! Alyssa reported that the man stopped dead in his tracks.

Before school started last fall, Alyssa and other members of the team went to Cape Cod. So when school did start, she already had a group of friends, which made adjusting to a very big school like BU much easier.

Alyssa's only injury was shin splints in the fall. Her accomplisments were splendid. In the Greater Boston Indoor Championship she ran the 5000 meter (3.1 miles) in 17:45. She was second in Eastern Outdoor Championships 5000 meter. Her best 5000 meter time was 17:05 at the New England Championships were she came in fourth.

She ran in the Penn Relays, one of the biggest track meets in the country, where she ran a 9:56 in the 3000 meter (slightly less than 2 miles).

This was a good year for Alyssa, and she was rewarded with a COMPLETE schlorship for new year-totalling $10,675! I'm sure everyone in the Striders congratulates her and I hope she knows how proud we are of her and that we all wish her the very best.

Special Race Events - Fall '82

Oct. 3 9:00 a.m.	The Zoo Zoom 5 Miler Baltimore Zoo Druid Hill Park
Oct. 10 9:30 a.m.	Columbia's Columbus Chase Howard Community College Columbia (301)992-5800
Oct. 17 9:00 a.m.	Terrapin Trot '82 10K University of Maryland College Park (301)454-4987
Oct. 24 -	The Baltimore Subway Race - 8 miles Baltimore 433-6715
Nov. 7 9:00 a.m.	The Marine Corps Marathon Washington, D.C. (703)640-2225/2720
Nov. 21 -	The Howard County Times Metric Marathon Columbia (301)922-5800
Dec. 12 10:30 a.m.	Baltimore's Maryland Marathon Inner Harbor Baltimore (301) 822-5455

Striders' Team Third in 24 Hour Relay

The DC RoadRunners Club held the twelfth annual 24 hour relay starting at twelve noon on Saturday, August 7 at the track at Ft. Meade. A total of 20 teams with up to a maximum of ten members per team were entered. The Howard County Striders entered three of the teams, and their Red team finished in third place overall, completing 250 miles, 875 yards. The Baltimore Road Runners were second and the Richmond Athletic Club was the overall winner with a remarkable 271 miles, 887 yards. The Striders' Blue team finished eleventh with 213 miles, 578 yards and the White team finished twelfth with 212 miles, 426 yards.

In the individual performance categories the big news was a new record: Sean O'Flynn of the Richmond team averaged a remarkable 4:42 per mile for the 24 hour period. The Striders had their share of strong individual performances as Ellen Elwell (Mrs. Scott Lutrey) was the first woman, averaging 5:51.6 per mile. Liz Humphries was the fifth place woman with an average of 7:08.2. Jim Carbary was third in the 30-39 age category with an average of 5:19.6. Jon McNeil won the 40-49 age category with an average time of 5:43.4. And finally, Clarence Wingate won the 50 and over age category with a remarkable average of 6:05.8, over 15 seconds per mile ahead of the second place finisher.

Concurrent with the 24 hour relay, starting at 6:00 p.m. on Saturday evening was an individual 50 mile race which had 17 starters. Again, the Striders did well, as Joe Wagner finished fourth in 7:07:32 and Paul Biederman was twelfth in 10:23:39.

The individual averages for the Striders three teams were as follows:

Red

Dan Clark	5:53.1
Rod Young	5:16.8
Scott Lutrey	5:14.4
Ellen Elwell	5:51.6
Larry DuClos	5:55.0
Ken Fowler	5:52.2
Jim Carbary	5:19.6
Paul Jedrezjewski	5:29.9
Greg Kubeja	6:53.9
Martin Goode	5:51.6

White

Mark Konodi	5:58.4
Bill Brandenstein	6:16.6
Jerry Frankenfield	6:38.2
Bob Brown	6:48.8
Tim Beaty	7:10.6
Bob Carels	7:20.4
Buffy Gavigan	7:11.5
Gerry Gears	6:11.0
Frank Horstman	6:30.4
Arlene Kvech	7:39.8

Blue

Steve Prince	5:45.0
Clarence Wingate	6:05.8
Jim Frankenfield	5:52.3
Lydia Ross	8:28.6
Jon McNeil	5:43.4
Ed Humphries	6:34.5
Liz Humphries	7:08.2
Linda Buttner	7:24.4
Jim Buttner	8:38.2
Jeff Toney	DNF

Peaking - How to Train for the Racing Season

by Don Uphouse

Now that the dog days of August are past, the cool fall training and racing season will dominate for the next few months. For many runners, these first months of early fall will be a critical training period. Everyone is attempting to be ready for his or her favorite fall race. In the following paragraphs, I hope to outline a popular three phase training method that many runners use to peak for the racing season.

The first phase is the process of getting the body ready for the more intense work to come later. During this phase, most of the emphasis centers around distance training. The main goal is to develop enough stamina to maintain your racing pace over the entire distance you are running. This type of training allows the body to avoid creating oxygen debt quickly, thus enabling you to recover rapidly. This phase should last 4-8 weeks depending on your basic level of fitness, and should include a lot of runs over 1 hour in duration.

The next phase, which lasts approximately 3-4 weeks, involves shorter runs at a more intense pace than in the first phase. For instance, instead of running 20 miles at a 7 minute pace, a runner will cover 15-17 miles at a 6:30 pace. This allows your body to adjust to a higher level of oxygen debt. Also, in This phase many runners will incorporate hill training into their schedules to help develop upper leg strength. An example of this type of training would be repetitions up and down a fairly steep grade for approximately 200-300 yards. The last touch to this phase would be leg-speed training. This involves running 100-200 yards as fast as possible to help your body to adjust to the type of training in the next phase.

The final phase is designed to maintain everything you've accomplished up until this point and to give you the speed and sharpness to compete during the racing season. There are a variety of exercises that can be done in this phase. Two of the most popular are fartleck and interval training. Fartleck involves running at various speeds over grassy terrains. It incorporates both slow distance running and short fast running, and is an aid in recovering from hard training and racing. Intervals on the other hand, are timed sessions on the track. Here a runner tries to run shorter distances, ¼ to 1 mile, than he will be racing, but at a pace quicker than race pace. Here again you are allowing your body to adapt to more oxygen debt. An example of this type of training would be a session of 12-¼ mile efforts as a 75 second pace with a 45 second 220 yard jog between each one. It is also necessary to do some supplementary long distance running on the weekends you are not racing.

After the competitive season ends, you should do some light jogging for at least fifteen minutes a day until you are ready to prepare for the next racing season.

A Celebration of Women's Distance Running

by Helen Beyers

The sound of rubber soles slapping pavement echoed across the United Sates at midnight July 24th, the local vibes supplied by some 116 women who completed a 5 - Kilometer Run at Columbia Mall in celebration of the National Women's Distance Day Festival.

Eighteen-year-old Alyssa Terry, a Columbia resident who runs for Boston University, won the 3.1 mile event in 17 minutes and 57 seconds.

Ellen Elwell, 24, finished second, just 11 second back and almost 2 minutes ahead of 21-year-old Julie Caprie, who finished third in 20:02

Thes festivities were designed to focus attention on the need to add more women's distance races to the Olympics. Women will be able to compete in a marathon for the first time at the 1984 Olympics in Los Angelas, but are limited to events of 1500 meters or less otherwise.

The local run was sponsored by the Howard County Striders, to which prizes were donated by Women on the Run (complete running outfits for the two winners and running shorts for the top two competitors in different age groups).

Other generous donors were: Patrick's Hair Design, Lakefront Hair Design, Columbo's Pizza, Prima Donna, Today's Catch, John Taylor, Plant Place, Bagel Shop, Princeton Sports, Feet First, Hairmasters, Ridings' Liquors, Body in Motion, Family Affair of Hair, Dunkin Donuts, Crab Shanty, Up in Stiches, Victoria and Albert, Dolly's Ice Cream Parlour.

Howard County Striders' Women

1. Alyssa Terry.....17:57
2. Ellen Elwell.....18:08
5. Karen Scott.....20:41
8. Vivi Provine.....21:22
11. Dot Sleight.....21:53
12. Cathy Brandenstein.....22:20
13. Kathy Hilton.....22:24
14. Helen Beyers.....22:34
15. Buffy Gavigan.....22:43
18. Suzy Wenk.....23:01
19. Marion Brandenstein.....23:13
21. Mary Brandenstein.....23:38
24. Margaret Clark.....24:23
27. Arleen Kvech.....24:49
28. Mary Levine.....24:52
30. Mary Esfandiari.....25:18
31. Michael-Anne Rubenstein.....25:22
32. MichelleKvech.....25:22
33. Meg Friedman.....25:28
35. Betty Bensel.....25:45
40. Marni Peters.....26:12
43. Linda Twill.....26:26
44. Gwen Peters.....26:26
47. JoAnne Campbell.....26:37
49. Louise Wallendorf.....26:38
50. Heidi Cherry.....26:51
55. Christy Osborne.....27:10
58. Jan Rollins.....27:24
60. Marsha Hartz.....27:32
69. Kim Provine.....28:28
84. Mary Jean Gears.....29:14
109. Phyllis Greenbaum.....33:45
110. Hazel Biederman.....33:45
114. Sandi Elzinga.....36:48
115. Diane Elzinga.....36:49

STRIDERS SHORTS

• We learned that Wayne Ridgley, Striders member and member of the Howard County Police, sprained his ankle recently in a vollyball game and wasn't able to run for 2 days. Those are the first he's missed in over 2½ years. Keep on Truckin', Wayne.

HOW DID YOU SPEND YOUR SUMMER?

by Steve Clark

During the summer of 1982, I/we did a lot of traveling, had a lot of fun and got a lot of different exercise. Besides the backpacking in the Continental Divide at 12,000 to 14,000 feet for a week with the Sierra Club, I spent another week in the mountains of Olympic National Park in Washington. Both Margaret and I spent a week in the Seattle area.

On July 17th I participated in the Kendall Mountain Run in Silverton, Colorado. The Run totaled about 14 miles and went from a starting elevation of 9300 feet to the top of the mountain at 13,451 feet. The course was out and back, seven miles each way, mostly Jeep trails, with the last 500 feet to the top practically straight up so it had to be done on all fours. My time for the Run was 2:39:15 which placed me 79th out of 118 entries. (Not bad for someone who had left sea level at the East Coast just 48 hours before.) The winning time was 1:41:06!

On the 22 of August, I participated in the Hamlin Beach Triatholon held in Rochester, New York. Margaret was in the crowd cheering me on every step of the way! First we swam 1 1/8 miles in Lake Ontario where the temperature was 72 degrees and the air temp. 45 degrees at the 8:30 A.M. start! Next leg was 55 miles on a bike on the Ontario State Parkway which is flat and smooth. The last piece was a ½ marathon(13.1 miles) on the same course as the bike leg. My times were: Swim 37 minutes; Bike 3 hrs. 15 min.; and 85 minutes for the run. Total elapsed time was 5:28:01. This placed me 31 out of about 150 starters, 32 of whom were women. The winning time was 4:18 for men and 5:01 for women.

Any volunteers to start a Strider's Team for either of the 1983 competitions?

STRIDERS SHORTS

• If you haven't done so already, talk to the Tripps about their vacation in Hilton Head South Carolina. Dave put in about 120 miles on "Beautiful trails through the pines".

• Jason Twill has put a lot of miles in with Dad while he, George, trains for the New York Marathon. Jason age 6, has ridden his bike on several 18 mile runs while Dad runs!

• David Ephross, 13, was inadvertantly omitted from the list of club members who completed the Clyde's American 10 K. David's time was 56:47.

• While on vacation at Bethany Beach, Miles was cooling off after a morning run and across the beach came a 1982 Clyde's Shirt! This one was filled with Gloria Webster, a new Striders member, fairly new runner, and already a tough competitor. After some solid counseling from Dot Sleight, Gloria's neighbor, she has been improving steadily. Look out Vivi!!

Junior Striders Report - August 1982

by Bob Harroun

Spring track season concluded for the Junior Striders distance team with the annual team picnic on July 3rd. Despite unrelenting rain, team members and their families had a very pleasant time.

The 1982 season was exciting and challenging for the kids with the team participating in ten track meets and three road events. The road events were Clyde's, Oella and Elkridge. Track meets included local open meets and regional meets where eligibility was established from prior qualifying times or finishing positions. This year's regional meets were the AAU Region II meet in Altoona, Pennsylvania, the TAC Region II meet inRichmond, Virginia and the East Coast Classic meet in Towson. While Richmond and Altoona seem far to go for an age group event, these trips do afford the opportunity for family activity which might not otherwise occur. The Junior Striders participating in the regionals represented their team well and were very competitive in their events.

It was heartening to see how much improvement each runner made over the course of the season, and how much their abilities have developed from last year to this year. These youngsters always put forth their best effort at the meets whether in contention to win their event or trying to establish a P.R. Their self motivation and dedication were commendable and beyond a doubt indicated underlying enjoyment of running and team participation.

The Jumior Striders would like to thank all who contributed to the team's successful season. In particular, thanks are due: Mike Ward for providing high quality coaching; Ken Denson for dedicated effort in managing the team; Don James for representing the team on the Strider's Board; Jean Rukamp for hospitality beyond the call of duty in having the team picnic at her house on a very rainy day; and the Striders for their continued support.

The recent break in the summer heat serves as a reminder that crosscountry season is fast approaching. Crosscountry is unquestionably the favorite of the Junior Striders. In the past several years, Junior Strider crosscountry teams have excelled, with runners qualifying for regional and national level competions. The generally pleasant fall temperatures, combined with a variety of challenging courses, and summer green yeilding to fall colors make training for and participating in these middle distance events rewarding for runners of all abilities. These factors plus the expeditious character of the meets help make them pleasant for parents too. (Some parents enjoy walking the course as much as the kids do running it.)

This year's Junior Strider home

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cross country meet, scheduled for Saturday, October 16, at Centennial High School, is shaping up to be the largest ever. Many large groups such as the Washington area C.Y.O. are planning to attend.

Cross country team registration for boys and girls through Middle School age is in progress. Practices, beginning in late August, will be heldthree nights a week at Centennial High School. Coaching will be handled by Mike Ward and Bryan Denson. Further information on Junior Strider crosscountry can be obtained from Don James (799-2699) or Ken Denson (465-6971).

Boston Marathon Scoreboard

In each of the past two years, the Board of Directors has voted to give $100.00 toward expenses for the male and female club members with the best qualifying times for the Boston Marathon. The only stipulations have been that they be current members (for both the qualifying and Boston races) and that they run representing the Howard County Striders.

There has been a great deal of speculation about the 1983 Boston Marathon "going commerical." However, the current issue of RUNNER magazine indicates that the 1983 race will be on Monday, April 18th, will start in Hopkinton, Mass., and will follow the same course as in recent years except that the Finish Line may not be at the Prudential Center. Qualifying times remain the same as for 1982: Men-under 40 years, 2:50; over 40 years, 3:10, Women-under 40 3:20; over 40 3:30.

While the Board has not approved similar expense payments for 1983, it is likely that some grant to recognize outstanding performances and offset part of the cost of representing the club at a major marathon will be made. Therefore, the newsletter will print the best marathon performance by each club member who betters the Boston Marathon qualifying time between April 19, 1982 and January 18, 1983 or the Striders Annual Meeting, whichever comes first. NOTE: Please let us know if you have met the qualifying standard - Bob Burns, Newsletter Editor, 6691 Hawkeye Run, Columbia, 21044.

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STRIDER SHORTS

• Norm Grabowsky and Don Uphouse both were recently notified that they had passed all parts of the five-part exam required to be registered as CPA's in Maryland. Congratulations.

• For the month of October, Feet First in Wilde Lake is offering a 10% discount on all running shoes purchased by Strider members. Just present your membership card and SAVE.

• ATTENTION WOMEN STRIDERS - - A Self-Defense course will be conducted on October 2nd. Call Gayle Baruth at 730-4794 for more information.

Fall Series Schedule

Date	Time	Place	Distance
Sep 26	2 pm	THES	2 Mile, 10 Kilo., 10 Mile
Oct 3	2 pm	Hopewell	2 Mile, 10 &15 Kilo.
Oct 10	Columbia Columbus Chase		
Oct 17	2 pm	LFES	2 Mile, 10 Kilo., 10 Mile
Oct 24	2 pm	THES	2 Mile, 10 Kilo., 10 Mile
Oct 31	2 pm	Hopewell	2 Mile, 10 & 15 Kilo.
Nov 7	Marine Corps Marathon		
Nov 14	2 pm		
LFES	2 Mile. 10 Kilo., 10 Mile		
Nov 21	Times Metric Marathon		
Nov 25	Turkey Trot		
Nov 28	2 pm	THES	2 Mile, 10 Kilo., 10 Mile
Dec 5	2 pm	Hopewell	2 Mile, 10 & 15 Kilo.
Dec 12	Baltimore's Maryland Marathon		
Dec 19	2 pm	LFES	2 Mile, 10 Kilo., 10 Mile
Jan 1	Resolution Run		
Jan 9	2 pm	PLNC	2½ Mile - Awards Ceremony

The Rear View

by Marsha Hartz

If you're injured and have to run on a track because it's just a little easier on the legs than the streets, try Atholton High School. It seems to be the softest one in the south Columbia area. After a rain, it even squishes like a sponge!

Congratulations to Betty Bensel who ran her first marathon in the Avon San Francisco Women's Marathon on July 11 on a new all-city course. There were 7,800 registered and Betty was among the 5,834 finishers with a time of 4:50:40!

Sometimes we back-of-the packers do get a little competition going. Here's an exerpt from Reader's Digest that might apply to some of us – "Two hikers were walking through the woods when they suddenly confronted a giant bear. Immediately, one of the men took off his boots, pulled out a pair of running shoes and began putting them on. 'What are you doing?' cried his companion. 'We can't outrun that bear, even with jogging shoes.' 'Who cares about the bear?' the first hiker replied. 'All I have to worry about is outrunning you."

O'Connell, Terry Cruise in Birthday Half-Marathon

Henry O'Connell, of Washington D.C., breezed to an impressive win over a field of 352 finishers in the Columbia Birthday Classic Half-Marathon run on Sunday, June 13th.

O'Connell was still excited from his impressive finish at the Elby's/Wheeling 20K where he finished 4th overall on the heels of Bill Rodgers. Henry managed to break from nearest competition, John Doub and Harry Goodman, and stride in 3½ minutes in front of the 2nd place Doub. The winning time was 66:44.

Alyssa Terry, of the Howard County Striders and Boston University, ran away from the women's field and finished comfortably in a time of 81:04 over the rolling 13.1 mile course. Suzy Rainville and Liz Cunningham were the second and third place women finishers respectively.

Other age group winners from the Striders included Neil Cucuzzella, Paul Sobus, Warren Ohlrich, Joe Holland and Doris Sandoval.

The Columbia Medical Plan was once again the sponsor of the event and generous awards of savings bonds were presented to age group winners.

Strider Finishers at the Columbia

7. Paul Sobus.....74:56
12. Martin Goode.....75:17
16. Jim Carbary.....77:09
17. Warren Ohlrich.....77:42
18. Kerry Baruth.....77:46
19. Jeffrey Springer.....77:48
24. Phil Riehl.....79:10
25. Al Yergey.....79:17
30. Jimmy Whitlow.....80:07
33. Alyssa Terry.....81:04
34. Piriya Pinit.....81:48
37. Neil Cucuzzella.....82:23
43. Carl Dieffenbach.....83:27
51. Mark Konodi.....84:54
52. Marty Reid.....85:14
53. Mark Sobus.....85:20
57. Tom Webb.....86:04
65. Richard Ahern.....86:47
66. David Bergeron.....86:47
69. Vernon Rodes.....87:02
72. Carl Williams.....87:23
74. Bob Brown.....87:30
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