HOWARD COUNTY STRIDERS NEWSLETTER

Vol. 7 No. 3 Winter 1987-1988

From The Parking Lot Behind Feet First To The . . . . . .(see inside)

Howard County Striders Officers and Directors

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Ralph Olinger/At-Large
Nadia Wasserman/Women

Howard County Striders Newsletter Staff

Paul Goldenberg, Editor; Jim Carbary; Phil Riehl; Marsha Hartz, Richard Rosen, Nadia Wasserman, Tom Bowmaster, Lisa Lowe

Statement of Strider Philosophy

The Howard County Striders, Inc. 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 Tom Webb, 10749 Cordage Walk, Columbia, MD 21044 (992-9842), 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.

Striders, let us know what you're up to! Help make your newsletter the best. We need writers, photographers, and your suggestions. If you would like to contribute or if you just want to let us know what you think of the newsletter, call Paul Goldenberg at 730-3566.

The deadline for the next newsletter is March 10.

President's Column

by Phil Riehl

Striders Picnic — Over 150 striders attended the first annual Striders picnic, held on Saturday, November 14, at the new Centennial Park. A joint effort of the entire Board of Directors, the consensus was that it was a great success. I can't promise next year's will be any better but based on the favorable responses I heard it may be bigger.

Pride of Baltimore/Race Across Maryland — A special thank you to fellow striders Joe Wasserman, Tom Green, Bob Vigorito, Kevin Craven and Paul Sobus who represented us in this fundraiser for the The Pride of Baltimore. The event had two teams one starting from the Eastern shore and one from Cumberland with both racing relay style to the Inner Harbor of Baltimore. Our five ran from west of Hagerstown to Middletown (near Fredrick) logging over 80 miles. The winning team was treated to a special brunch host by the Pride of Baltimore committee.

Photographer Wanted — If you like to take pictures of local races and would like the opportunity to have them printed in the national publication, *FOOTNOTES*, call me for the details.

National News — Your RRCA national office is up and running at 629 S. Washington St., Alexandria, VA 22314. The national office is funded largely through tax deductible donations from the 140,000 active members. The three year goals of the RRCA as cited in President Henley Gibble's report are to: expand club support, increase sponsorship, followup on the idea of a paid National Director, increase the visibility of the RRCA to the average runner, and lobby for race safety.

RRCA/VISA — Another way to cover some expenses for the national office has been through the VISA card program. Over 400 cards have already been issued. There is no fee for the first year, and the card offers lots of benefits. The RRCA gets a small percentage of your total purchases. To find out more or to apply for a card call 1-800-847-7378.

FOOTNOTES — Are you receiving your quarterly copy of this newspaper? It covers both national news and local events. All active members should be receiving their copy. If not, you need to speak up and let someone know. Your membership fee to the Howard County Striders puts you on a list that we forward to them. If you have not been getting your copy, leave your name and number on the Striders Hotline 964-1998.

Moved recently? — As we send out a lot of bulk rate mail, this means that it is NOT forwarded by the post office. If you move, please mail a change of address card to Howard County Striders, 6175 Campfire, Columbia 21045.

RRCA National Convention — Awarded this year to the Indiannapolis Runners. The dates are set for May 6-9. Mark you calendars now if you plan to attend. Call me if you are interested.

RRCA Special License Plates — RUN0001. These are still available. The cost is just $5.00 per car. To register call Bob Gehret at 301-374-2344. He will send you the necessary forms to complete. It really is that simple.

National Senior Olympics — Are you 55 and need a little extra challenge? The 1988 Senior Olympics will be held next September in Baltimore. Start training!

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WOMEN STRIDERS ROUND UP

By Nadia Wasserman

Congratulations to Key Weeks, the only Women Strider to qualify this year for the Boston Marathon with a fine 3:48 finish in the Marine Corps Marathon. . . . Valerie Guilfoil has had an outstanding year winning a number of age groups, consistently breaking 40 minutes for 10K and turning in a superb performance at the Annapolis 10 mile Run. . . . Denise Underwood ran her first marathon, a 3:58 at Marine Corps, and is keeping in shape for the Shamrock Marathon in March. . . . Lisa Lowe has had a strong year posting a number of PR's—44:50 for 10K, half-marathon at the Philadelphia Distance Run, and a 3:54 at Marine Corps. . . . Liz Humphries ran her 18th marathon at Marine Corps.

* * *

Also due congratulations are our triatheletes—Sandy Ford, Sheila Greenfield, Debbie Ramsay, and Helen Beyers who had super racing seasons. Sandy Ford won a number of age groups and won the Sea Colony Triathion, outright.

Kay Allmon, Mary Brandenstein, and Vivi Provine have recovered from injuries and are back on the road.

* * *

A number of women have been running the Bagel runs on Saturday mornings. The runs begin promptly at 7:00 am from the Swim Center-Feet First parking lot. The distances vary from 4 miles to 20 miles; the pace varies from 6 to 10 minutes per mile. The rewards for the early morning effort are the camaradery and bagels at the Bagel Shop. It is worth the effort—come out and run!

* * *

In light of a number of recent incidents. I would like to remind you to take a few precautions. If possible, run during daylight hours. At dusk and at night avoid running alone and stay away from isolated paths and roads. Avoid areas that are poorly lit and areas with thick bushes. Run along streets away from buildings. Be visible and be alert!

RUNNING WITH DOGS

By Jim Carbary

By the title of this article, I do not mean running with dogs in the sense of having a pooch accompany you on your daily training runs, but, rather in the sense of accepting dogs as a fact of running, just as we runners accept other irritants such as air pollution, vans, and children on bicycles.

Now, my running has allowed me to experience many dogs, as well as dog owners and friends of dog owners. Indeed, I think you have not got so much to fear from the dogs as from the dog owners, and doubly as much from the friends of dog owners. Just remember, anyone paranoid enough to feel the need for a 150 pound Attack Animal may also feel the need for a revolver or other dangerous article, so never throttle that German Shephard unless you're reasonably certain its owner is out of range and can't recognize the baseball cap your wearing. If the owner is present, you may have no choice but to say "nice doggie" and let the animal rip you to pieces.

First consider the dog mind. The dog mind is a pre-Cambrian device bent on consuming food, producing offspring and defending territory. The dog mind knows no more of the universe than the boundaries of house and yard, and will assiduously defend this meager patch against real or imagined enemies. The dog mind understands only three basic emotions: aggression, fear, and hunger. In many respects, then, the dog mind resembles that of its modern, suburban master.

Second consider the dog body. The nomimal dog has four legs, black-and-white sensitive eyes, a couple of very tender ears, and a small longitudinally extended snout. It can sprint very well, but has no real long distance capability. A dog possesses only its teeth for combat. A dog will not kick you with hooves or gouge you with antlers, and its paws are not worthy of mention as weapons.

In nature, a lone dog is **not** much of a threat. Being herd animals, dogs naturally require the support of fellow creatures to mount attacks and defend themselves. Dogs attack only straight on and, with few exceptions, cannot sustain prolonged attacks. Usually, the suburban dog is merely interested in showing master how wonderfully he can keep the the sidewalks clear of children, softball players, and other dogs.

Yet how, one asks, can a meager 120 pound runner fend off the maniacal attack of a salavating 150+ pound German Shepherd? I myself did not think defense was possible, until I saw a couple of pygmies steal a carcass from a male lion on Wild Kingdom. "Look out for the crocodile," Marlin Perkins commented. Hey, if a couple of pygmies can take raw flesh from a hungry lion, then certainly a road-hardened runner can beat off a stupid, well-fed suburban dog.

The whole idea is to be more aggressive than the dog. You've heard the old adage about showing no fear — that's not quite correct. Real protection lies in actually showing aggression rather than the absence of fear. Remember, the dog mind does not comprehend mere absence of fear. When the dog rushes you, **you** must turn on him and convince him he's making a big mistake trying to bite you. Yell loudly, fling your arms outward as if to strike, and assume an attack crouch. Show your teeth. Fix your eyes on those of the dog. Advance on the animal. You're not defending anything. Make him defend his yard, make him **know** he's defending his yard.

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WHAT'S YOUR PACE

By Richard Rosen

Have you ever run a race at a distance that you haven't run previously and been disappointed in your time? Have you ever wondered whether your time for a particular distance is up to you "potential"?

While we all recognize that we cannot run a marathon at the same pace as we do, say a 10K, we tend not to apply this same principle to intermediate distances. We figure if we can run a 10K at 7:00/mile we should be able to run at the same pace for 10 miles. As a result, there is a tendency to become frustrated and disappointed when our 10 mile time comes in at 72 or 73 minutes. But is 73 minutes really that bad if your 10K pace is 7:00/mile.

To examine further the relationship between distance and pace. I recorded times from several runners at distances ranging from one mile to the marathon. The problem then became how to compare the times of runners whose basic paces were drastically different. For example, the 10K times varied from 35:39 to 39:44. The solution was to standardize each runners time. To do this, the pace per mile for each distance was computed. Next, these times were converted to a ratio based on that individual's 10K pace. For example, if a runners 10 mile pace was 6.5 and their 10K pace was 6.2, then this was expressed as 1.048 (6.5/6.2=1.048). Once this was done for each runner, times could be compared on equal grounds.

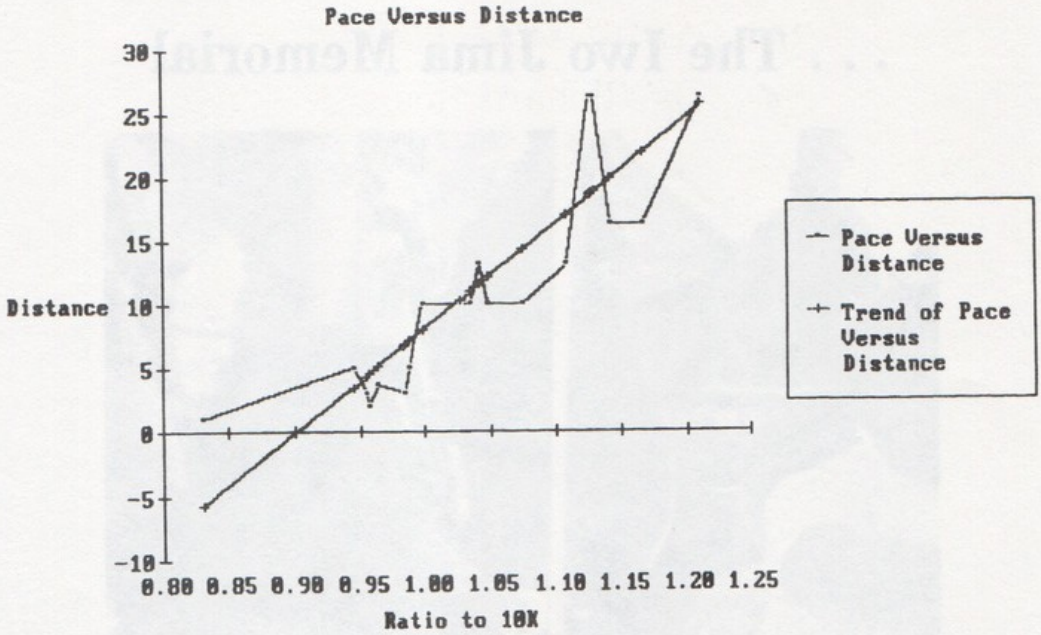
The chart shows the results of this comparison. Along the horizonal axis is the ratio of pace to each runner's 10K time. Along the horizontal axis is the ratio of pace to each runner's 10K time. Along the vertical axis is the distance run. From even a quick glance at the chart, it becomes clear that pace per mile increases almost uniformly with longer distances.

To quantify this relationship, I performed a regression, a statistial expression of the relationship between a set of variables. Briefly, a regression fits a "line" between the observed points which minimizes the distance between the observed points. The regression "explained" 80 percent of the variation in relative pace in terms of a change in the distance being run, statistically a high correlation. The "line" computed from the regression is also shown on the Chart.

The predicted values from the regression model were off by more than 5% from the actual values in only 6 of the 27 observations. One of these was the Metric Marathon time of a friend of mine who claimed he had been up all night partying the evening before the race. His claim that this adversely affected his time is supported by the model. The regression "predicted" his pace to be 9% slower than his 10K, but his actual pace was 17% slower. Another "slow" race time turned out to be my own Metric time. Three of the five marathon times were actually better than regression-predicted times by more than 5%; similarly, the one mile time in the sample was also significantly better than the model's prediction. This suggests that for both very short and very long distances the model may underestimate potential. However, the predicted times at the 2 mile distance were right on the button.

The following table summarizes the results of the model. The factors in the table should be applied to your 10K time to obtain an equivalent pace for another distance.

Distance (in miles)	Factor
2.0	.9533
3.1	.9638
5.0	.9819
6.2	1.0000
10.0	1.0295
13.1	1.0591
16.3	1.0896
26.2	1.1839



As an example suppose you are going to run a 10 mile race. To convert your 10K time to a 10 mile time, multiply you 10K pace per mile by the factor of 1.0295 shown for 10 miles. If your current 10K pace is 7.00 minutes per mile, then your predicted 10 mile pace would be 7.00 x 1.0295 or 72:00. Your marathon pace would be 8.29 minutes per mile for a time of 3 hours and 37 minutes. Note that seconds are always converted to a decimal value for computation purposes: a 40:20 10K time would be expressed as 40.33.

As further test of the model, I went to the *Guinness Book of World Records.* One set of times caught my attention. Between April and June of 1978, Henry Rono of Kenya set world records at 3,000, 5,000, and 10,000 meters. Clearly these times should be quite comparable since they were set within a few months of each other. Thus, differences in level of training and conditioning would not be a factor. Below are his times in these events, along with his pace per mile and ratio to his 10K.

It is comforting to note that even world-class athletes suffer from the distance/pace trade-off, even for what would at first appear to be roughly similar distances. Comparing Rono's 5,000 meter (3.1 mile) ratio to the model reveals that his time is just as predicted (.9582 versus .9638 for the model). However, his 3,000 meter time was considerably faster than the model would predict (.9190 versus .9530). However, I already indicated that the model tended to be too conservative for relatively short distances.

Does this model work for you? Plot your times (pace per mile/10K pace per mile) for each distance you have run recently. How close to the regression line are they? If a time is especially far from the line, you may have over-or-under-achieved in that particular race. Or perhaps there is some special circumstance, a particularly easy or difficult course or an all nighter, for example.

So next time you look at your pace, remember the distance.

Distance (meter)	Time	Pace/mile	Ratio to 10K
3,000	7:32	4.050	.9190
5,000	13:08	4.222	.9582
10,000	27:22	4.407	1.000

. . . The Iwo Jima Memorial

The "Vig" after a PR — "The Secret Was The Banana!"

photos by Lisa Lowe

The Striders At The Marine Corps Marathon!

AN *IRREGULAR* COMMENTS

Dear Mr. Editor,

In the last issue of the Howard County Striders Newsletter you made reference to certain mileage goals and accomplishments of mine (total mileage is about the only comment-able result of my running). While the importance of total miles run varies from person to person, I can tell from your comments concerning an audit of my log book and testing of my Casio that the accuracy of this type of information is very important to you. It is for this reason, and this reason alone, that I provide the following clarifications concerning three "smile-stones" from 1987.

On Wednesday, March 11, 1987, on the second lap of the day on the Oakland Mills High School track, I passed 24,875.1 miles. This should be the mean circumference of the earth (calculated from the mean radius of the earth as found in an old eigth-grade text, a figure for the true circumference of the globe at the equator will be appreciated).

On Friday, April 10, 1987, at the 5.8 mile mark of a 10 mile run, at approximately Fletcher's Boat House on the C&O Canal, I passed the 25,000 mile mark.

(I'm sorry, but according to my log book, neither of these events was witnessed by the Saturday Morning Running and Brunch Bunch, as indicated by the published comments. I also do not believe that either of these events was noted by anyone else who may have been nearby.)

From this point on the discussion gets a bit technical, so I will write slowly so that you can keep up (stop me if you get bored).** I began keeping a running log on June 8, 1977. As my tenth anniversary approached, the possibility of averaging seven miles a day for ten years appealed to me and ultimately became a goal. Now, Mr. Editor, follow me if you can. Three hundred and sixty five days times ten years (365x10) plus two February 29ths ($^{+}2$) times seven miles per day (x7) equals twenty five thousand five hundred and sixty four miles ($^{=}25{,}564$). Accomplishment of this goal occured on the last day of my tenth year, June 7, 1987. At the 7.6 mile mark of the Striders' 15K race of that day (approximately in front of Atholton High School) the moment was recognized by a kiss and a cup of water from by wife, Sherry. I went on to finish the race in *over* 73 minutes, and Sherry went on to inspect several local garage sales that she had noted on the way over with the cup of water (expensive water as it turned out). Alas, this event did not coincide with a Saturday morning run either.

Well Sir, I suppose that the above clarifications will set your records straight.

There is one more thing I would like to bring up. It deals with the reference and inuendo regarding the accuracy of my log book and of my

Casio. First, I must state that I have done nothing wrong!!! Second, I assure you that I will cooperate fully with the ongoing investigation being conducted by the Striders "Jog-Gate" committee. However, if you think that I will turn over my log book to you without due process, you, Mr. Editor, must still believe in the Santa Claus.

Thank you for allowing me to provide the above corrections.

Tim Beaty

***(Editor's note: We have read this far, I guess we may as well let him drone on.)*

DEBATE RAGES OVER BASEBALL CAP ISSUE

Dear Jim C. and Bagel Shop Irregulars:

Now that the Striders Newsletter has gone big-time and is publishing not only race results and club business, but also poetry and how-to articles, I feel it is time to face the consequences of such a bold orientation. One of the inevitable consequences of this diversification is . . . controversy, and the radical, high-tech discourse by Mr. Carbary on baseball caps is the opportune place to begin.

Although I can by no means claim the depth of experience of the author in this subject, I have done some recent empirical work which I believe negates some of his hypotheses. He is absolutely correct in his condemnation of adjustable-band caps, but is, I think, a bit hasty in saying categorically that caps "do not bring good luck." In addition, his exclusive faith in umpire-made caps, and his criticism of commercial ones (i.e., McDonald's. Leinenkugel's, etc.) are unjustified: the best cap I have found to date is an all-cotton and rather flimsy *Washington Post* with elastic band, particularly useful to us athletes whose head circumference is smaller (even) than their quads. Finally, I would like to point out that in the early morning, before direct sun rays and when the temp is still lower than 80 degress, wearing any sort of cap is kind of masochistic . . . unless, of course, it is a Power Cap ("bringing good luck").

On another subject, I would like to express my appreciation to Mr. C. or to whomever it is who writes the race descriptions in the *Flier* and in other race gazettes: one of my favorite anecdotes is the report that Jim C. had technically earned the unique distinction of losing three races on one day. I wish athletes in other sports had such a wonderful sense of humor: ice hockey, for example, would be utterly transformed! Many thanks.

Yours Sincerely,

a marginal Strider

A Marginal Strider
A Runner and Fan

NEW YORK CITY MARATHON

By Tom Bowmaster

Prologue: Now I know why almost all the marathon reports I've read in various track club newletters were written like USA Today articles. If they aren't, they get almost as long and painful (to read) as the marathon itself. So here is the second draft of my NYC Marathon report.

The Good Omens: Other big 1987 races went smoothly. 53:00 and 61st place at the Nike/Cherry Blossom 10 Miler despite a sinus infection and lousy training. 32:23 and 69th place at Asbury Park 10K Classic, for a first (and last) finish ever in front of Joseph Kipsang. (Ok, so he didn't actually finish, but I did pass him before his injury made him drop out.) Philadelphia Half-Marathon — 69:21 and about 40th place. Virginia 10 Miler — 53:21 and 14th place on a course very similar to two Buffalo Runs set back to back with the Havelock hill thrown in for kicks (or rather to destroy kicks). *[author here refers to exotic Nebraka, ed.]*

The Bad Omens: Other long events hadn't gone smoothly. In fact, they barely went at all. Boston Marathon — scratched due to sinuses. Even I'm not crazy enough to do a marathon on 15 miles/week. Bicycling's equivalent, a century ride (100 miles) — 6 broken spokes at 60 miles equals a 40 mile ride in the back seat of the sag wagon.

Physical Condition (or the incredible self-destructing body): T minus 4 weeks — Best shape in years and no injuries. T minus 3 weeks — Feet suddenly hate shoes. New shoes and a bucket of ice four times a day finally gets rid of the pain in the arches. T minus 2 weeks — Feet okay. Must be time for the sinuses to flair up again. T minus 1 week — Sinuses clear up. 5 miles into last 10-mile run before NYC — hit a root, fall for the first time since 1981 Big 8 Steeplechase, and end up with mismatched ankles: 1 medium and 1 extra large. Back to the ice bucket. T minus 2 days — Ankle is stiff but works okay on test runs. On the way from Brooklyn to Hoboken, N.J., with a friend (from University of Nebraska), to attend a Halloween party, somehow manage to slam a subway turnstile bar into left thigh. Spend the party letting ice melt through pants. Keeps thigh from turning pretty colors, but now walk with a limp.

The Pre-race: Everything they say is true. The registration lines are horrendous but move fast — 2 blocks in under an hour. The Expo is much better than most. Stand around for 20 minutes and hear skinny people talk in 20 different languages. Pasta party is probably amazing, but decide to skip it and have my spaghetti at Jill's parents' house in Union, N.J., which happens to be a very easy 15 minute drive from the Verrazano Bridge. Knew there was a good reason we got married. Decide to scan the 22,000 names on the starters list for the 35 Nebraskans that who supposedly entered. Give up after finding one in 20 minutes.

The Race: Get as close to the gate that leads out to the bridge as possible. Hurry to line up behind the "sub 2:20" pace sign as soon as they let us out of the gate. Silly move. All 3000 of the world's sub 2:20 marathoners got out of the the gate before me and lined up in front of that sign like they were supposed to. Only problem is 2967 of them can tell as soon as the cannon fires that this isn't going to be their day so they take off at sub 4:20 pace instead.

Mile 0: Takes 30 seconds to reach starting line and 7 minutes to hit mile mark. Feel like a boxer with sore hands — bob and weave and throw an occasional punch when absolutely necessary. Starts to clear out in 2nd mile, which is down the Brooklyn side of the bridge. Pass 2-mile mark in 12 flat. Hey, I'm back on pace.

Mile 3: The thigh starts to remember its encounter with the turnstile. The pain builds gradually until mile 9. There I decide that I'll quit as soon as I see Jill. She'll be at the 16 mile mark so I can't stop before that or she'll worry. The Marine Corps Marathon is next week so a 16-mile training run and a week of recovery for the thigh should work out fine.

Mile 14: The thigh really hurts but I'm only going to run 2 more miles so maybe I can work the 59th St. (Queensboro) Bridge.

Mile 15 (top of the bridge): What happened? The thigh feels great. Was it the hard uphill? Or was it the blister forming on my little toe? Maybe my brain can't handle pain signals from 2 places at once — it just discards the older one. Who cares? A little toe is certainly expendable in a marathon.

Mile 16: Smile and wave at Jill. Gee this is fun. The crowds on 1st Avenue are great. Run fastest 5 miles of the race.

Mile 22: Hit the wall. Why did that stupid thigh have to get better? Concentrate on breathing. Try working all the uphills; it worked before, why not again? Keep running.

Mile 26: Cross the short grass stretch into Central Park. Hey, I've seen this on TV. Anyone can finish from here. Break into 80 second quarter sprint to finish. Cross finish 7 minutes faster than previous best, 2:35:47 and 156th place. Take 20 minutes to walk 3 blocks to family reunion area. Once there, start stuffing myself with apples, bananas, candy bars, and of course soft pretzels. Don't bother going to New York unless you're going to buy soft pretzels from a street vendor.

Epilogue: I guess I should have known New York would be a strange race as soon as I got my confirmation letter in August. It said my number would be 987. Now the only question is, did the number mean this was my year? Or did it mean I'm a millennium too late?

Tom Bowmaster is a very fast runner who used to live in Nebraska. Apparently in the Cornhusker state they run with Buffalos and have so few hills they name them. His 7 minute improvement comes after joining the Bagel Shoppe Irregulars!

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Women's Distance Festival — The 1988 Women's Distance Festival is scheduled for July 16. Columbia's 1987 was tops in the state with over 230 women runners. This year the RRCA clubs wish to have a coordinated effort for this event. A committee is now being formed to work on the 1988 edition. Let me know if you are interested.

Thanks For Your Support — During the past year I've been proud to serve you on the Board of Directors. As a "member only" of the Howard County Striders for seven years I didn't see the many hours of behind the scenes work that goes into a successful operation such as ours . As your President I've learned who makes things go. There are more than just a few who take on a challenge. Many thanks to those who served in 1987. To them we owe a great big "Thank You": Bob Burns, Dave Tripp, Tom Webb, Miles Weigold, Nadia and Joe Wasserman, Paul Sobus, Ben Matthews, Jim Carbary, Ralph Olinger, Dick Woods, Paul Goldenberg, Denise Underwood, Kay Allman, and Tim Beaty.

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If he gets too close, kick him in the mouth. Stomp in his ribs. Bite his ears. Gouge out his eyes. Choke the living s_____ out of his windpipe. (As a human being, you have the advantage of using hands and feet as well as teeth.) If the conflict has proceeded to these extremes, the owner will no doubt have arrived and will either be trying to kill you or save his precious puppy. Probably the latter. Fine. Release the now lifeless carcass and apologize. "Gee, I was only playing, mister."

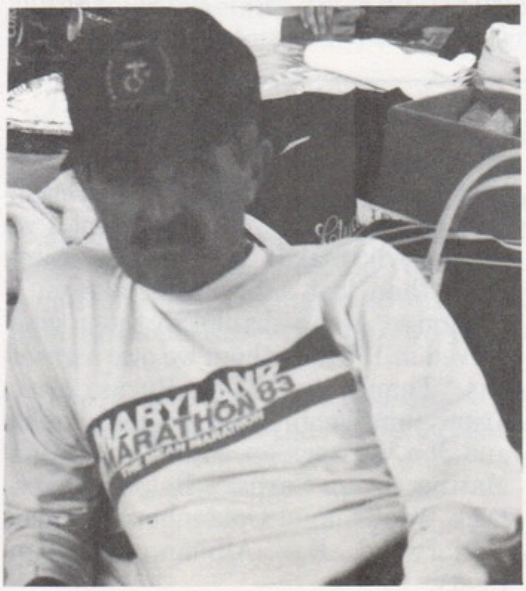
Of course, the runner's objective is not so much to pummel the dog as to overcome the dog and concentrate on running. Sometimes, you can discourage an impending attack by heaving a rock into the animal's face from long range. But this tactic requires a coordination and accuracy that normal runners or even certain major league pitchers do not possess. Nor will sprinting full-out get you past the animal. Martin Goode himself cannot outsprint even a slow dog. Carrying a stick won't work because any stick big enough to have an effect will slow you down. I cannot recommend the use of MACE, which is ecologically unsound and which some runners might mistakenly point at themselves rather than the offending dog. The best strategy, I think, consists merely of facing off the dog as many times as he charges (as described above) and moving incrementally away in the process. Don't pretend you're a hero; no one expects you to kill the animal with your bare hands.

Do these tactics work? Absolutely. In my 8 years of running throughout Howard County, I have been chased many times by many different dogs: shepherds, beagles, collies, pinschers, schnauzers, and outright mutts. Not one dog has ever bitten me. Honest. Some did press me closely enough to suffer physical abuse, but once smitten, they never again seriously challenged my right to the asphalt.

Just watch out for the crocodiles!

The views presented in this article are those of the author and do not represent official policy of the Howard County Striders.

BEN TURNS 50!



The social and running event of the winter season was the "Ben Mathews 50th Birthday Loooong Distance Run & Brunch" held on February 16. Event director Joe Wasserman reports more than 70 runners braved the cold to honor Ben. Following the usual Saturday morning route, the group found a surprise at the water stop—an eight foot high "50". The entire Mathews clan was assisted by Jim and Shiela Greenfield, Dave and Judy Tripp, Sherry Beaty, and others serving champagne in addition to the more normal Folly Quarter drink. Afterwards the group enjoyed brunch at the Slayton House.

Maryland/DC RRCA Major Race List 1988

DATE	DAY	TIME	CLUB	DIST.	RACE NAME	LOCATION
21 FEB	SUN	9:00 AM	HCS	10M	MD/DC RRCA Challenge (M/F)	Columbia
5 MAR	SAT	9:00 AM	RUNH	5K	I Love To Run 5K (Women)	Washington
13 MAR	SUN	8:30 AM	PGRC	8K	Spring Burst	Greenbelt
20 MAR	SUN	10:30 AM	BRRC	10K	Lady Equitable (Women Only)	Baltimore
27 MAR	SUN	8:30 AM	DCRR	10M	Nike Cherry Blossom 10 Mile	Washington
17 APR	SUN	8:00 AM	MCRR	10K	Fritzbe's 10K Runfest	Rockville
1 MAY	SUN	8:30 AM	HCS	10K	Clyde's American 10K	Columbia
8 MAY	SUN	8:00 AM	RUNH	10K	Bonne Bell (Women Only)	Washington
22 MAY	SUN	7:30 AM	AS	10K	Governor's Bay Bridge Run	Annapolis
29 MAY	SUN	8:00 AM	BRRC	10K	Constellation	Baltimore
4 JUL	MON	7:00 PM	FSC	5K	Frederick's Fourth 5K	Frederick
16 JUL	SAT	CKCLUB	MANY	5K	Women's Distance Festival	Several IN ST
23 JUL	SAT	8:45 PM	MCRR	8K	Rockville Rotary Twilighter	Rockville
6 AUG	SAT	NOON	DCRR		24 hr. Relay, 50 & 100 MI.	Ft. Meade
28 AUG	SUN	8:00 AM	AS	10M	The Annapolis 10 Miler	Annapolis
11 SEP	SUN	9:00 AM	BRRC	6M	Executive Stampede	Baltimore
25 SEP	SUN	9:00 AM	BRRC	5M	Zoo Zoom	Baltimore Zoo
2 OCT	SUN	8:00 AM	DCRR	20M	National Capital 20 Miler	Alexandria
8 OCT	SAT	10:00 AM	FSC	1M	Market Street MIle	Frederick
9 OCT	SUN	9:00 AM	QCS	10M	Great Allegheny Run	Cumberland
9 OCT	SUN	8:30 AM	HCS	10K	Columbus Chase	Columbia
16 OCT	SUN	9:00 AM	BRRC	5M	Sinai Fitness Run	Owings Mill
30 OCT	SUN	9:00 AM	MCRR	10K	Rockville Runn 10K	Rockville

STRIDER SHORTS

Help Wanted — The Special Race Committee, the group that puts on our major races, is in need of your help. Next year we are looking for Striders who want to be a part of the action. We put on four major races every year: RRCA 10 mile state championship in February, Clyde's (10th annual) in May, the Columbus Chase in October and the Metric Marathon in November. For information or to get involved just call the Striders Hotline 964-1998 and leave a message.

Are Your Dues Current?
Check The Address Label
If you see an
"8" you're Up to date.
A "7" means it is time to renew.

THE REAR VIEW

By Marsha Hartz

Great to see some of you nine and ten-minute milers out there at the end of the last series. Come on, the rest of you — we're having a great time! Make a promise to yourself to come out on Sunday afternoons for the Winter Series. It's a wonderful way to earn a Sunday roast beef or chicken dinner to say nothing of that Sunday night ice cream treat!

I finally caught up to Strider Melvin Quick long enough to find that he is quite an interesting fellow! He is a back (of the) packer in the literal sense. Yes, Mel was off in September to once again hike the Appalachain Trail 150 miles from Harpers Ferry to Waynesboro, Va. He figured it would take him about 13 days. This time he planned to carry all his food and supplies with him from the beginning, not stopping in any towns to refuel. Says his pack would not weigh more than 40 pounds. Mel sleeps in the shelters along the trail and has covered many sections of the Applachain Trail. He's been hiking since the late 50's when he read an article about the Trail in the newspaper. He met his wife Margaret at a health club. She is also a hiker and sometimes hikes with him, sometimes provides shuttle service to and from the Trail.

A Strider member since February of 1978, Mel has run eight local marathons. His favorite distance is 10K and he has done a 54+. A retired corrections officers since 1977, sixty-one year old Melvin lives in Jessup. You may have noticed he rides his bike to a lot of the races (10 miles). He usually runs about 25 miles a week (every other day) and rides his bike at least 60 miles a week. Mel also enjoys roller skating once a week.

You've probably noticed that Melvin is one of those Striders helping with every race he does not run. He often brings Margaret along to help. Let's hear if for a rear-ender who's tops!

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