

HOWARD COUNTY **STRIDERS**

NEWSLETTER

Vol. 3 No. 4

December 1983



SOME STRIDER TRIATHELETES:

From left, Jerry Andrews, Phil Wire, Joe Wagner, Reg Hahne and Steve Clark.

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
Bob Harroun/Youth
Gayle Baruth/Women
Arleen Kvech/Nominations
& Selections

Martin Goode/Newsletter
Bob Carels/Membership
Don Uphouse/Racing Team
Tim Beaty/At Large
Roy Sedge/At Large
Al Yergey/At Large
Bruce Reid/At Large

Howard County Striders Newsletter Staff

Martin Goode, Chairman; Suzy Wenk; Jerry Frankenfield; Miles Weigold; Judith Tripp; David Tripp; Marsha Hartz; Gayle Baruth; Don Uphouse; Bob Harroun; Bruce Reid; Helen Beyers.

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.

- Any interested writers or photographers among the Striders are urged to contact Bruce Reid or Martin Goode. If you have any interesting shorts or tales of running, contact them for possible contributions to a future newsletter.
- The Junior Striders have begun their spring track season. They have already participated in several meets and are off to a good start under new 21 year old coach, Joe Herget.

President's Letter

by Dave Tripp

Well, 1983 is almost over, and it's been a terrific year for the Howard County Striders. I'll save the specific report for the annual meeting which will be held in mid-January, but we should all be pleased and proud.

One of our successes, however, does give me some concern. The September 11, 1983 Challenge Race against the Montgomery County Road Runners came very close to being our first loss in a club race. It's not that losing would be so terrible; it wouldn't. But we almost lost because of low participation. A year ago we had almost 50% more participants than Montgomery County. This year they had half a dozen more than we did. As a result, the big lead that we built up with our "hot shot" runners almost totally evaporated as a large number of our middle-of-the-pack runners didn't bother to come out and run. I hope this is an aberration and that it doesn't signal a decline in participation or interest. We'll have a chance to find out soon, as the annual MD/DC RRCA Team Ten Mile Challenge Race will be held on Sunday, February 26, 1984 starting at 10:00 a.m. from Howard Community College. Any club member who can run ten miles in 75 minutes or better is **definitely needed**. If you don't think you can break 75 minutes, you're still encouraged to come out and run.

One final note, since this will be my last "President's Letter", I'd like to go on record to all of you. Being President of the Striders over the last four years has been an incredibly rewarding experience. I've made wonderful friendships, seen amazing growth and development in large numbers of men, women and children and received a great deal of thanks — much of which should be shared with others like Warren, Miles, Arleen, Gayle, Bob, Martin and, of course, my wife Judy. I'll miss a lot of it, especially the half mile hailer, but it's time for others to take their turn at the helm. I only hope that you will all be supportive, encouraging and involved. See you out running.

Attention! Your Club Needs You

Anyone who is interested in working on the Special Race Committee for 1984, please contact Warren Ohlrich at Feet First (992-5800). This committee plans and organizes the Challenge Race in February, Clydes 10K in May, The Columbus Chase 10K in October, and the Metric Marathon in December. We need people with organizational skills to serve as race directors or coordinators of different aspects of these races.

McCormack and Dalrymple Win Chase

A field of almost 1,000 runners entered the second annual Columbia's Columbus Chase 10K (6.21 miles) held on Sunday morning October 9, 1983. Last year's winner, John Doub, of Waynesboro, PA grabbed the early lead and blazed through the first mile in 4:31. When he slowed to 4:53 for the second mile, Charles Cvrk of Alexandria, VA and David McCormack, assistant cross country coach at George Mason University, caught up. The three runners broke away from the rest of the field and ran in a group, exchanging the lead several times over the next three miles. With about half a mile to go, McCormack broke away from the others. Cvrk tried to stay with him, but McCormack had too much left, and he won in a time of 29:48, an average of 4:48 per mile. Cvrk's time was 29:53, as he and McCormack became the first runners ever to break the 30 minute barrier for 10K in a Howard County race.

The women's field was a very strong one, including last year's winner Marge Rosasco from Fallston, Md. However, Cindy Dalrymple, probably the nation's best female masters (40 years or older) runner, had other ideas. Dalrymple had her heart set on one of the four major prizes to be awarded — a microwave oven. Dalrymple won easily, in a time of 36:07, but was foiled anyway. Dave McCormack, the overall race winner, had first choice of the prizes, and he took the microwave oven. Dalrymple settled for a 12 speed bicycle donated by Princeton Sports, while Cvrk took the home computer and Doub the color TV. The other open winners also received excellent prizes, including chronomix watches donated by TIMEX.

The race, which was sponsored by the Columbia Medical Plan, raised a substantial amount of money for the Howard Community College Education Foundation.

Male Open

1. David McCormack, 22	29:48
2. Charles Cvrk, 29	29:53
3. John Doub, 26	30:26
4. David Rinehart, 28	30:28
5. Kevin McGarry, 28	30:40
6. Jim Clelland, 25, HCS	31:16
7. Tim Minor, 25	31:19
8. James Cooper, 28	31:34
9. Jeff Delauter, 22	31:40
10. Anthony Grier, 33	32:00

Male 10 and Under

1. Tifagur Oliver, 10	41:58
2. Keith Delgado, 9	46:36
3. R. Scott Murray, 10	47:15

Male 11-14

1. Christopher Many, 14, HCS	39:10
2. Mike Augustin, 14, HCS	44:22
3. Mike Adams, 14	45:30

Female Open

1. Cindy Dalrymple, 41	36:07
2. Marge Rosasco, 35	37:51
3. Patricia Walker, 22	37:31
4. Kathy Heckman, 28, HCS	39:04
5. Mona Guilfoil, 25	39:46

Female 10 and Under

1. Erinn Bowler, 10, HCS	72:04
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Female 11-19

1. Ashley Wisner, 17	43:09
2. Tina Jenkins, 11, HCS	45:02
3. Becky Allmon, 13, HCS	45:59

Female 20-29

1. Lisa Fillmore, 28	41:43
2. Debbie Henry, 28	43:14
3. Anne Degendorf, 27	44:09

(Continued from page 4)

STRIDERS' SHORTS

Female 30-39

- 1. Randon Fritsch, 38 40:26
- 2. Becky Nolan, 37 40:45
- 3. Valerie Nye, 37 42:09

Female 40-49

- 1. Gloria Jenkins, 45 40:28
- 2. Irma Alperin, 48 42:46
- 3. Sharon Hamilton, 41 47:07

Female 50 and Over

- 1. Marietta Doran, 54 52:44
- 2. Martha Trimmer, 54, HCS 62:55
- 3. Juanita Myers, 61 70:28

Male 15-19

- 1. Dave Deanna, 19 34:01
- 2. Scott Rippeon, 17 35:06
- 3. Duane Foote, 17, HCS 36:01

Male 20-29

- 1. Don Uphouse, 26, HCS 32:21
- 2. Mark Rosasco, 24 32:29
- 3. Layne Party, 23 33:03

Male 30-34

- 1. Thomas Skillman, 32 34:13
- 2. Ken Miller, 30 34:25
- 3. Bob Burns, 30, HCS 34:38

Male 35-39

- 1. Peter Nye, 36 33:17
- 2. Gordon Minty, 35 33:20
- 3. Jim Palmieri, 36 35:00

Male 40-49

- 1. John Elliott, 45 36:58
- 2. John Koerner, 42, HCS 37:08
- 3. E. H. Trottier, 40, HCS 37:08

Male 50-59

- 1. Steve Rosasco, 51 38:13
- 2. Dave Theall, 52 39:03
- 3. Clarence Wingate, 52, HCS 39:32

Male 60 and Over

- 1. Joe Holland, 61, HCS 42:53
- 2. Ed Benham, 76 43:32
- 3. William Schaaf, 60 47:32

• *Herby Greenberg*, Concertmaster of the Baltimore Symphony Orchestra, performed at a concert in Boston on Saturday evening October 29, 1983, flew home later that night (early in the morning), got up and ran a "PR" of 39:14 in the Symphony 10K on Sunday morning, and also raised over \$1,000 in pledges to support the Symphony. (NOTE: The following week Herby turned in a 3:16:48 "PR" in the Marine Corps Marathon).

• *Carolyn Forde*, former Atholton track and cross country star and now a sophomore at the University of Maryland, had an excellent cross country season including being named to the All Atlantic Coast Conference Team. Carolyn also won the Children's Hospital Benefit 10K in Washington, D.C. on November 20, turning in a fine time of 34:39 in beating such well-known female runners as Pia Palladino and Annie Hoefler.

• *Al Maneki*, visibly demonstrated that blind people can be productive participants in our society, as he ran the National Federation for the Blind 20K in Baltimore in just under two hours — and he raised approximately \$2,000 for the Federation in the process.

• *Bob Bartolo*, a long time supporter of World Runners To End Hunger, completed his first marathon, the Marine Corps in 4:13:22 and raised \$1,050 for The Hunger Project by his efforts.

• *Jim Clelland*, capped a Summer / Fall of excellent races with a win in the Zoo Zoom 5 miler on October 2 in 24:25.

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"Come on Mom...! Yea, Mom!"

by Bruce Reid

"Come on Mom! . . . Yea, Mom!" are often heard near the race finish line for Arleen Kvech. Her children (Tim, Shelley, and Brent), her sister (Kathy), her parents, and many friends are there to cheer Arleen to the finish.

In a recent interview with Arleen, I was able to obtain an interesting perspective of a runner, a supporter of runners and an energetic and fun person.

Arleen started running approximately six years ago after seeing the results of a Striders' run in a newspaper with the date and place of the next run. She showed up for that run in blue jeans and street shoes with Tim and a friend. Don Heinicke, Ken Denson, and other Striders were so supportive and encouraging to this new runner and impressed her so much that she joined the Striders. "The run results in newspapers, certificates of participation, and good friends were all positive reinforcement to keep running."

Arleen recalls a "handicap run" in which she and a friend (Penny Horgan) got to start ahead of the other runners. Just running down the road ahead of the pack with all the cars going by prompted Arleen to say to Penny, "Just keep smiling, they all think we're winning."

Marathons, oh yes, Arleen has run two. Her first was the Life and Health Run in Frederick. "The first twenty miles were fun, I kept running off the course and hugged family and friends all the way. It was a beautiful day and course. The last miles were tough, but with the help of friends she completed the marathon. Warren Ohlrich was



Arleen Kvech at this year's 24 Hour Relay at Fort Meade.

running with her the last mile, and when the last person behind her passed he said, "Arleen you can catch him." She finished in 5:23:43 ("dead last") and probably had more fun and encouragement than any other runner. In 1982 Arleen completed the Shamrock Marathon in 4 hours and change (that is how Judy Tripp told her to describe her finishing time) — 4:59:59. I would agree, definitely 4 hours and change.

When Shelley was seven, she wanted to start running. However, two mile runs with the Striders were not fun for her. Arleen started a neighborhood fun run (one mile) for Shelley and her friends and ended up with many parents also running for the first time in their life. That first year approximately 20 - 25 people participated each week, and this year (5 years later) the average fun run had 120 persons. The fun run is loved by all. One four-year-old neighbor of Arleen's dreams all winter about the fun run in summer.

Arleen has run the 24 hour relay (see picture) four times averaging between 7:30 and 7:50 per mile

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HOWARD COUNTY STRIDERS 1984 WINTER SPRING RACE SCHEDULE

DATE	RACE	DISTANCE, LOCATION AND TIME
Jan 1	Resolution Run	LPNC, 10K, Prediction Run
Jan 8	Frostbite 5K + 15K	Western MD College, Westminster, MD, 8:30 a.m.
Jan 15	Series Race #1	THES 2M; 10K; 10M, 2:00 p.m.
Jan 22	Series Race #2	HOPE 2M; 10K; 15K, 2:00 p.m.
Jan 29	Series Race #3	LES 2M; 10K; 10M, 2:00 p.m.
Feb 5	Series Race #4	THES 2M; 10K; 10M, 2:00 p.m.
Feb 12	Series Race #5	HOPE 2M; 10K; 15K, 2:00 p.m.
Feb 19	Washington's Birthday Marathon	Beltsville, MD
Feb 19	Series Race #6	LES 2M; 10K; 10M, 2:00 p.m.
Feb 26	MD/DC RRCA Team Challenge*	Howard Community College, 10 Miles, 10:00 a.m.
Mar 3	Avon 15K (Women)	Washington, D.C., a.m.
Mar 4	Series Race #7	THES 2M; 10K; 10M, 2:00 p.m.
Mar 11	Series Race #8	HOPE 2M; 10K; 15K, 2:00 p.m.
Mar 18	Series Race #9	LES 2M; 10K; 10M, 2:00 p.m.
Mar 24	Irish Spring 5K + 10K	Westminster, MD
Mar 25	Lady Equitable 10K	Baltimore, MD
Apr 1	Cherry Blossom Classic	Washington, D.C., a.m.
Apr 1	Cherry Pit	Annapolis, Md, p.m.
Apr 8	Series Race #10	THES 2M; 10K; 10M, 2:00 p.m.
Apr 15	Fritzbe's 10K	Rockville, MD, a.m.
Apr 16	Boston Marathon	Boston, MA, noon
Apr 22	Easter Sunday 5K	WLHS Track, 2:00 p.m.
Apr 29	Series Race #11	HOPE 2M; 10K; 15K, 2:00 p.m.
May 6	Clydes American 10K*	Downtown Columbia, a.m.
May 13	Bonne Bell 10K	Washington, D.C., a.m.
May 20	Series Race #12	LES 2M; 10K; 10M, 2:00 p.m.
May 27	Constellation 10K	Baltimore, MD, a.m.
May 28	Rotary Club 8K	Rockville, MD, a.m.
Jun 3	Awards Party	LPNC, 2:00 p.m.
Jun 10	Columbia Triathlon	Columbia Swim Center
Jun 17	Columbia Birthday Two Mile	Downtown Columbia, a.m.

* Running or working earns 10 bonus points in series point standings

KEY: JHNC = Jeffers Hill Neighborhood Center; WLHS = Wilde Lake High School;
THES = Thunder Hill Elementary School; HOPE = Hopewell Pool;
LES = Longfellow Elementary School; LPNC = Locust Park Neighborhood Center

For further information call FEET FIRST, 992-5800.

IMPORTANT NOTICE

Howard County Strider annual membership fees are payable by December 31, 1983. The 1984 dues are the same as this past year — \$6.00 for an individual, \$10.00 for a family, and \$4.00 for a student. When you make your payment, please fill out a membership form (the last two pages of this newsletter) and send it to Bob Carels, c/o FEET FIRST, Wilde Lake Village Green, Columbia, Md. 21044.

Scherer and Scott Dominate High School Cross Country Season

John Scherer of Glenelg High School dominated this Fall's cross country season. He won every dual meet, several invitational meets, and the County, District and State Championships. His only serious challenges all year came from Charles Cole of Chopticon (see picture). In the District championships at Atholton High School Scherer and Cole staged one of the most exciting head-to-head races ever seen in this area. The lead changed hands several times with Scherer winning at the tape, 15:08.6 to 15:08.8. Not only was the race good, the course record held by Ken Fowler was broken by 56 seconds. The following week in strong winds on the difficult Hereford course Scherer beat Cole again, by six seconds, missing the ten year old course record by only four seconds. Scherer not only led his Glenelg team to the State Class B title, but his time was the best by far on a day that included the AA, A and C Championships as well.

Other Strider boys who did well included Karl Yergey (second place in the County meet, sixth place in the Districts and fifth place in the States) and Kyle Thomas (three third place finishes in the three big races) who led their Atholton team to County and District Championships and a second place finish in the State Meet.

Karen Scott of Glenelg dominated the girls' races locally, leading her Glenelg team to victories in the County and District meets as she won both races easily. The competition was considerably stiffer at the

State level as Scott finished in sixth place. Suzy Wenk ran consistently well, placing fourth in the County meet, third in the District meet and eleventh at the State level.

Other Strider members and their places in the three meets:

Boys

Name	County	District	State
John Scherer	1	1	1
Karl Yergey	2	6	5
Kyle Thomas	3	3	3
Bill Allmon	10	18	25
Mark Sobus	12	16	33
Craig Peters	14	14	—
Steve Baker	15	17	50

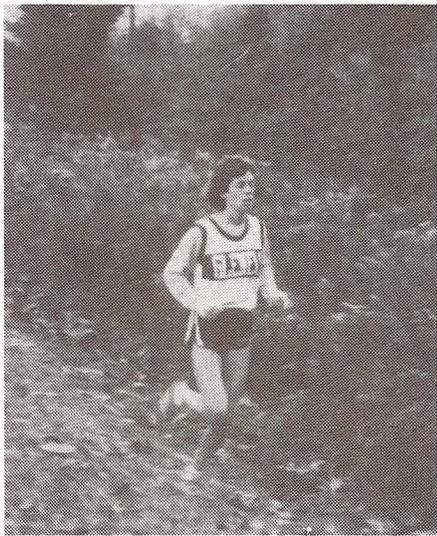
Girls

Name	County	District	State
Karen Scott	1	1	6
Suzy Wenk	4	3	11
Holly Heller	5	5	19
Amy Rukamp	7	7	39
Beth Yergey	8	8	25
Melissa Ledford	10	11	38

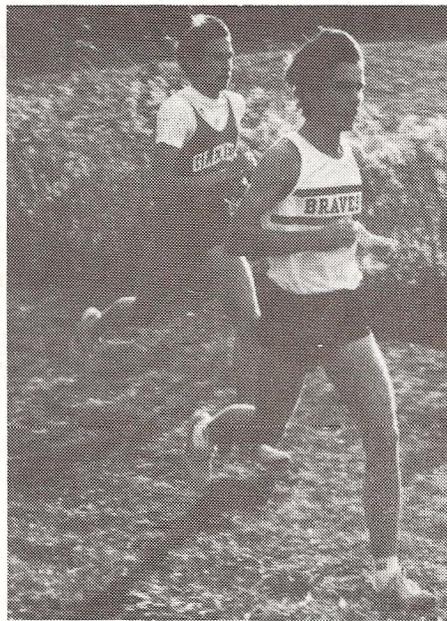
To Howard County Striders:

I would like to extend a special thank you to each and every one of you for the support you gave me during my training for the Ironman Triathlon. Also thank you very much for the financial support. I've been running with the Striders over seven years now and the Club has always been helpful and supportive of everyone.

Again, thank you
Joe Wagner



Karen Scott of Glenelg out in front of the pack in the Girls' District Championships at Atholton.



Charles Cole of Chopticon temporarily leading Glenelg's John Scherer in the District Championships at Atholton High School.



A TRIATHLON SUMMER ODYSSEY by Steve Clark

Triathlons have taken over the summer! The hottest months of the year usually find the quantity and distance of running races reduced because of the increased risks of heat stroke and exhaustion. Thus, it is ironic that triathlons, combining swimming, bicycling and running, which can push the human body to the limits of aerobic capacity, are occurring in the summer months. The primary reason is to allow the lakes, rivers and oceans, where the swimming occurs, to warm up to a tolerable 70 degrees.

Despite the seemingly horrid weather conditions for training and participating in triathlons, there is a growing number of triathletes entering an increasing number of these events.

So how does one prepare for a triathlon? The first step is to enter one that is remotely achievable. I participated in the Hamlin Beach Triathlon on Lake Ontario in 1982, consisting of a one mile swim, 56 mile bike and 13.1 mile run.

So in May 1983 I signed up for that one again, which was held on August 21. In addition, with some friends, I entered the Wyoming Valley Back Mountain Triathlon, near Wilkes-Barre, Pennsylvania, held on August 27, with distances of a one mile swim, 37 mile bike and 10 mile run. I also entered the Annapolis Ten Mile Run held on August 28.

The next step is to develop a training schedule to achieve your goals (i. e., what place, what time, or just finish) in these events. All year around I had been swimming two to three miles and running about 25 miles each week. My bicycle riding had been sporadic, to non-existent during the winter months. To quickly develop a sufficient base for bicycle training, I went out to Wisconsin in June and spent a week with the Sierra Club riding 400 miles on the bike from Milwaukee to La Crosse, on the Mississippi River. We covered 50 to 70 miles a day with 40 to 50 pounds of gear (depending on who was carrying the beer, ice, and watermelon to the campground). It was hot and humid, and there were a surprising number of hills.

TRIATHLON CONVERT

by Helen Beyers

After listening to friends talk about doing triathlons for quite a while, I became curious — could I do one? It would certainly be something different and something very challenging. My last marathon had been such a disappointment — I didn't even finish — and I really wasn't anxious to do another one very soon. But I did want an event, a goal to work towards so, with the encouragement of my friends, I decided to train for a triathlon.

My greatest anxiety was the biking

as, except for occasional short rides on my daughter's or sons' rather heavy bikes, I had not taken a serious bike ride in twenty plus years. But my "coach", Gayle Baruth, decided that she, Dot Sleight, and I should initiate my bike-riding skills by taking a "little" ride down Route 29 to White Oak and back. So one hot sunny day in May we set out and soon found ourselves riding up and down some very steep hills, for example down to the Patuxent River and up the other side. Our climbs were slow, and we stopped twice, once for a drink at Burtonsville and once at a shopping center to check out a clothing store (these things are important), but we

The remainder of my summer training schedule consisted of approximately three miles of swimming, 35 miles of running and 100 miles of bicycle riding each week. The training included some speed work and intervals in all three disciplines. Many days involved some combination of two of the three sports, with a very quick transition time between them.

As you know, triathlons are timed from the start of the swim through the bike and finishing at the end of the run. Therefore, your time changing clothes also counts. With a 20 to 40 mile bike segment, I found riding in running shorts was not uncomfortable. This saved time going to the run — I only had to change from bike shoes to running shoes.

Your training should also include a couple of days of a simulated continuous triathlon to give you a feel of the transition from swim to bike to run. However, pool swimming will not prepare you for three foot waves on Lake Ontario. Open water swimming must be experienced to understand.

Your diet is also important. There is much literature on the value of carbohydrates, whole wheat, fresh fruits, and plenty of fluids, which is especially important in the hot summer months. I generally relied on a "see" food diet — what I see, I eat.

The training becomes so all consuming that one benefit of the actual event is the end of the training. That fourth week in August proved to be very difficult with one triathlon on flat courses and one on very hilly courses. However, I finished them both in respectable times (5 hours, 33 minutes at Hamlin Beach and 4 hours, 6 minutes at Wyoming Valley). After finishing the event on Saturday, August 27, and less than 24 hours later, I was still able to complete the Annapolis Ten Mile in 64:15!

If you are a runner with very little experience in swimming and biking, you can still complete a short distance triathlon. You must start your training in swimming and bicycle riding, say, four to six months before the event and ask the lifeguards for stroke corrections. The best advice is to talk to club members who are triathletes.

made it there and back without too much difficulty; we celebrated our ride with lunch at the Pub. That was really the beginning of my training and while succeeding sessions weren't quite so exciting, they were ALWAYS fun. The swimming was fun as I worked to do longer distances both easier and faster; the biking was so new to me that, while it was the hardest, it was fun because it was so challenging; and the running became fun again as I tried to run after I had biked when my legs felt like jelly.

I tried to do at least two of the activities every day, except for one day a week when I only did the

swimming and took a rest from the others. In August I started doing the entire series once a week. After my first attempt, I felt pretty good and very proud of myself. But as the day wore on, I became more and more tired until I had to go to bed and take a nap, something I never do. But as the weeks passed I felt stronger and stronger until I could take the three-in-one in stride.

I had chosen a triathlon in late September, because I thought that would give me more time to train. Also the distances in this particular one (in Wilmington, North Carolina) were possible for me — a 2K bay swim, 40K bike ride, and a 15K run,

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(Continued from page 5)

• *Mark Konodi* and *Joe Wasserman*, are certainly the Striders' reigning ultra distance champs. On Sunday, October 9 in the NIKE 1983 National Capital 36 Mile Run, Mark finished in 14th place (out of 170 starters) in 4:22:39, while Joe was 19th in 4:28:43. In the Marine Corps Marathon, both broke 3 hours as Joe did 2:55:58 (PR) and Mark 2:58:23. On November 19 in the JFK 50 Miler on the C & O Canal towpath, Joe finished 39th in 8:10:32 while Mark was 71st in 8:43:15.

Kent Walker was 35th in the JFK 50 Miler with a time of 8:01:46.

• *Kathy Heckman* and *Don Uphouse*, won the male/female team title in the Footlocker Partners 5 Mile Race on October 2nd in Washington in a combined time of just over 56 minutes. *Kathy* (2:48:40 in Boston) and *Don* (2:31:00 in Maryland) also have the fastest marathon times among Striders this year. The Striders annually make contributions to help with expenses for the two Striders with the best qualifying times for the Boston Marathon.

• *Arlene Gamble* reports that she and her husband have adopted 3 year old twin girls, *Heather* and *Jennifer*, and that they already have running shoes.

(Continued from page 11)

and the terrain was quite flat. The application, however, did warn of possible hurricanes that time of year! But it turned out to be a gorgeous weekend — the weather could not have been more perfect, the place more beautiful, the people nicer, or the whole experience more exhilarating. *Gayle* and *Katrine Schorb* went with me as my "support team".

I don't think a serious triathlon is possible, or at least it would be very

• *Ric Aceves* (MC 3:23:33), *Chip Irby* (MC 3:25:37), *Fred Bruch* (MC 3:33:29), *Bob Vigorito* (MC 3:45:20), *Jim Greenfield* (NY 4:01:29), *Meredith Wagner* (MC 4:09:32), *Bob Bartolo* (see above), *Margaret Clark* (MC 4:29:58) and *Mary Levine* (MC 4:45:02) all completed their first marathon this Fall.

• *Rich Ahearn* (NY 2:51:17), *Jeff Springer* (NY 2:53:47), *Martin Goode* (MC 2:54:18), *Steve Clark* (MD 2:55:15), *Richard Brockway* (MC 3:10:03), *Herby Greenberg* (see above), *Rick Rosen* (MC 3:10:03), *Ron Stup* (MC 3:28:08) and *Jerry Casper* (MC 3:35:02) all had marathon "PRs" this Fall.

• *Rob Klein* (NY 2:49:12), *Dave Tripp* (NY 2:54:40), *Joe Wasserman* (see above), and *Ev Rice* (MC 3:02:03) all had marathon "PRs" good enough to qualify for the 1984 Boston Marathon.

• *Joe Wagner* became the first Strider to complete the Hawaii Ironman Triathlon. On Saturday, October 22, *Joe* swam 2.4 miles in the surf, bicycled 112 miles through carpet tacks and 35MPH headwinds and ran a full 26.2 mile marathon in 14 hour 15 minutes 18 seconds, including transition time. That time put him approximately in the middle of 1,200 finishers.

difficult, without supportive family and/or friends. I luckily had both, and the Striders also were most encouraging, which I truly appreciated. I also, outside of my job, do not have activities that require a lot of my time (such as young children), so I was fairly free to train the 2½ - 3 hours a day I found it took. But the results are that I have never felt better, been happier, or felt more alive. I can't wait until my next one.

YOUTH CROSS COUNTRY MEET

The Howard County Youth Cross Country Invitational was held on Sunday afternoon October 30, 1983. The excellent weather brought out several hundred runners to run the Centennial High School courses.

Strider members and times and positions:

HOWARD COUNTY YOUTH CROSS COUNTRY INVITATIONAL

BOYS

8 & Under

1. Eric Hassinger	12:18
4. Josef Khanayan	13:45
8. Andy Gregory	14:11
9. Jeremy Campbell	14:19
12. Chris Bowler	16:18

9 & 10

16. Michael Van Ghel	13:46
18. Brent Kvech	13:51
25. Barry Prevost	15:11
28. Joey Prevost	17:25

11 & 12

1. Jeff Campbell	10:13
2. Brian James	10:41
4. Brett Davis	10:50
6. Brian Marland	11:02
7. Bill Sweeney	11:17
9. Don Augustin	11:34
12. Jeremy Kusnetz	11:50
14. John Kerr	11:54
16. Gregory Ohrin	11:57
19. Stephen Roman	12:05
20. E. J. McCaffrey	12:25
24. Scott Pfeiffer	12:40
25. Jamie Gregory	12:08
38. Brad Lanspery	19:24

13 & 14

1. Matt Megary	13:27
11. Franz St. Jean	14:57
23. Christian Carroll	16:44
28. Matthew Laudadio	19:56

GIRLS

8 & Under

7. Carrie Shadrick	14:46
8. Shannon Bagroskly	14:47
9. Sarah Bloor	14:53
12. Mary Katherine Marland	16:06
19. Marcene James	19:48
21. Melissa Ferguson	22:27

9 & 10

23. Erin Bowler	20:33
24. Tricia Ferguson	21:49

11 & 12

8. Catherine Brandenstein	12:01
9. Tina Jenkins	12:15
17. Shelly Kvech	13:24
20. Michael Anne Rubenstein	13:52
23. Sarah Nolern	14:59

13 & 14

3. Janet Coffey	15:34
5. Amy Yergey	16:06
8. Becky Allmon	16:51
12. Elaina Deming	18:06
15. Delores Kitchner	18:42
17. Daphne Quinn	19:17
18. Kathy Gaidis	19:26
20. Laura Marland	20:25

(Continued from page 6)

consistently. "I enjoy it and will do it again."

Her favorite course to run is the York Spring Thaw Run. "The course is very pretty (through a park and around a lake) with several unbelievable hills. Everyone who enters wants to run the 10K without walking, but few achieve this due to the hills." The first time Arleen ran this race was a true spring thaw (mud everywhere). She looked worse than if someone had thrown buckets of mud at her and her mother and father could not believe how she looked. For the entire race her only thought was "Don't fall down!"

When you see Arleen at the Annual Meeting of the Striders in January (she is coordinating the event again this year — thank you in advance) ask her about being hit by a pumpkin when doing a training run for the Metric Marathon several years ago — her worst experience while running. The nicest thing that happened while running occurred when she ran by some construction workers. She didn't know what to expect and was pleasantly surprised by the positive attitude toward her running.

Once a year, she takes each of her children to a major run and overnight stay. "It is a weekend for just the two of us to be together." She takes Tim to the Sun Run in Ocean City, Shelley to the Bonnie Bell, in Washington D.C. and Brent to the Apple Trample in West Virginia. Needless to say Arleen has accumulated many, many, T-shirts and has been heard saying "What a nice T-shirt."

"Running is so pretty, in so many areas. It's exciting. Just think of what to do and do it."

24 HOUR RELAY

The infamous 24 hour relay was held on Saturday - Sunday, August 6 - 7, at the Ft. Meade track under typically hot, humid conditions. The Striders fielded three teams and elected to "mix up" the runners rather than try to create a "hot shot" team. The strategy was successful as the Red Team finished fourth overall with 227 miles 1338 yards and the White Team was sixth with exactly 225 miles. The Blue Team put together by Linda Buttner finished sixteenth with 199 miles 902 yards. In the 50 mile race held at 6:00 p.m. Saturday on the same track, Joe Wagner finished fifth in 7:45:35, Tim Beaty ninth in 9:39:52, Paul Biederman thirteenth in 12:42:03.

Team members and their average times:

RED TEAM

Mark Konodi	6:02.3
Mike Niles	(11th overall) 5:18.7
Scott Lutrey	(3rd overall) 5:07.3
Martin Goode	6:05.9
Paul Jedrezjewski	(15th overall) 5:27.3
James Chatham	7:26.0
Bob Carels	7:49.7
Tim Kvech	6:16.7
Karl Yergey	5:52.5
Arleen Kvech	7:50.6

BLUE TEAM

James Bitgood	6:55.6
Bob Brown	7:18.8
Jim Buttner	8:36.7
Linda Buttner	7:02.8
Ed Humphries	6:34.1
Liz Humphries	7:13.7
James Murphy	DNF
Kris Riddle	7:10.6
Bill Rivers	6:33.0
Bob Sommerville	7:41.1

WHITE TEAM

Tom Dempsey	6:55.2
Mike Cradler	6:10.9
Dan Clark	5:44.4
Bob Rabold	5:53.0
Phil Wire	6:01.3
Nadia Wasserman	7:43.9
Greg Kubeja	8:43.9
Rod Young	(10th overall) 5:16.5
Steve Baker	(16th overall) 5:33.3
Mo Dutterer	6:27.9

Montgomery County Road Runners Club vs. Howard County Striders

1. Dan Galbraith, 21, H	39:18	55. Anna Berdahl*, 44, M	52:54
2. Don Uphouse, 27, H	39:40	56. Dan Caire, 32, M	53:01
3. Paul Sobus, 24, H	39:45	57. Paul Torrence, 40, M	53:12
4. Dave Asaki, 27, M	40:32	58. Joe Bronder, 49, H	53:15
5. Martin Goode, 20, H	40:49	59. Fred Norton, 46, M	53:30
6. Phil Riehl, 28, H	41:11	60. David Brown, 41, M	53:42
7. Randy Merriman, 26, M	41:29	61. Fred Tinetti, 35, H	53:50
8. David Flynn, 24, H	42:11	62. Diane Teague*, 26, M	54:38
9. Hubert Chadwick, 39, H	42:25	63. Tim Beaty, 40, H	54:56
10. Bill Toth, 26, M	42:28	64. Larry Lull, 27, M	55:05
11. Jerry Andrews, 29, H	42:29	65. Bob Brown, 49, M	55:55
12. Priya Pinit, 38, H	42:33	66. Skip Wenk, 43, H	56:07
13. Tom Sheahen, 42, M	42:59	67. Damon Gray, 54, M	56:11
14. Steve Clark, 36, H	43:01	68. George Groves, 38, H	56:56
15. David Norton, 14, M	43:08	69. Rick Bellison, 27, M	57:00
16. Dave Tripp, 41, H	43:11	70. Gayle Baruth*, 35, H	57:08
17. Vincent McDonald, 24, M	43:44	71. Lisa Tkac*, 22, H	58:04
18. Jim Discillo, 30, H	44:10	72. Clayton Johnson, 55, M	58:17
19. Gary Berg-Cross, 39, M	44:14	73. Alan Penn, 41, M	58:42
20. Joe Wasserman, 41, H	44:39	74. Larry Rutledge, 30, M	59:16
21. Steve Smith, 16, M	45:42	75. Mark O'Hara, 48, M	59:21
23. Frank Sanford, 39, M	46:08	76. Harvard Van Belois, 39, M	59:41
24. John Noble, 44, M	46:33	77. Peter Hui, 52, M	59:50
25. Joe Wagner, 36, H	46:55	78. Gary Klimen, 42, M	59:57
26. Warren Ohlrich, 44, H	47:00	79. Laura K. Smith*, 24, H	61:30
27. Larry Cox, 36, M	47:05	80. Frederick Cohen, 48, M	61:52
28. Kent Walker, 42, H	47:32	81. Herb Spicer, 55, M	62:07
29. Bert Moore, 48, H	48:01	82. Dick Hyde, 44, M	62:43
30. Betsy Schmid*, 16 M	48:05	83. Lydia Ross*, 35, H	62:44
31. Lee Stang, 30, M	48:27	84. Jennifer Haas*, 13, M	63:01
32. Fred Bruch, 23, M	48:31	85. Ed Colbert, 35, M	64:00
33. Richard Brockway, 37, H	48:38	86. Michele Kogstad*, 34, M	64:48
34. Ron Walters, 33, M	48:47	87. Arleen Kvech*, 40, H	64:54
35. Bob Vigorito, 35, H	49:15	88. Suzy Wenk*, 16, H	65:50
36. Richard deFreyre, 39, M	49:18	89. Amy Rukamp*, 15, H	65:50
37. Herbert Greenberg, 33, H	49:45	90. Bob Armstong, 51, M	66:21
38. Ron Olson, 34, M	49:53	91. Melvin Quick, 57, H	67:06
39. Clarence Wingate, 52, H	50:01	92. Bob Carels, 43, H	68:21
40. Lenore Gelb*, 33, M	50:07	93. Bob Antoniuc, 38, H	68:28
41. John Hughes, 26, M	50:11	94. Marsha Hartz*, 43, H	68:43
42. Gerry Gears, 39, H	50:14	95. John Winkert, 53, M	72:36
43. Scott Davidson, 48, H	50:31		
44. George Griffin, 54, M	50:39		
45. Richard Brooks, 40, M	51:10		
46. Warner, 40, M	51:11		
47. Helmut Roth, 30, H	51:13		
48. Vivi Provine*, 39, H	51:38		
49. Suzanne O'Hara*, 24, M	51:44		
50. Karl Yergey, 17, H	51:49		
51. Matt Coffey, 17, H	51:49		
52. Tom Barrett, 26, M	52:06		
53. Alex Padua, Jr., 44, M	52:26		
54. Dan Goodstein, 36, M	52:36		

Howard County Striders Race Results — PR's

Richard Ahearn	Annapolis Ten Miler	62:32
	Bacardi 10K	35:52
Shavaun Tidwell	Bacardi 10K	40:19
Chuck Gentry	Bacardi 10K	36:46
Herbie Greenberg	Philadelphia Distance Run	1:30:40
Paul Sobus	Philadelphia Half-marathon	1:11:40
Betty Bense	Civilian Welfare 5 Mile (1st in age group)	38:01
Phil Broughton	Philadelphia Half-marathon	1:15:45
Mike Niles	UMBC 10K	32:27

1983 HOWARD COUNTY STRIDER TRIATHLETES

Reg Hahne

Richmond, VA 4/83; 3rd place overall
(B35M; R10M; S1M)

Oxford, MD 6/83; 27th place overall (S2.4M;
R20M; B50M)

Lake Mahopac, N.Y. 7/83; U.S.T.S.; 14th place
overall; 2nd in age group; (S2K; B40K; R15K)

Sri Chimney-Rhode Island 8/83; 14th place over-
all; (S1.5M; B60M; R15M)

Cape Code, MA 8/83; U.S.T.S.; 11th place over-
all; (S2K; B40K; R15K)

Lite/Milk, Allentown, PA 8/83; 6th place over-
all; (S1M; B50M; R13M)

Wilmington, N.C. 9/83; 4th place overall;
(S2K; B40K; R15K)

Phil Wire

Charlotte, N.C. 7/83; 10th place overall; (S½M;
B15M; R10K)

Lake Mahopac, N.Y. 7/83; U.S.T.S.; 54th place
overall; (S2K, B40K; R15K)

Lite/Milk, Allentown, PA 8/83; 72nd place over-
all; (S1M; B50M; R13M)

World Championships, Nice, France 9/83; 61st
place overall; (S1.8M; B74.2M; R18M)

Steve Clark

Hamlin Beach, N.Y. 8/83; 52nd place overall;
(S1M; B50M; R13.1M)

Wyoming Valley Back Mountain, PA 8/83;
71st place overall (S1M; B37M; R10M)

Muddy Run, PA 9/83; (S2K; B40K; R15K)

Jeff Springer

Muddy Run, PA 9/83; (S2K; B40K; R15K)

Joe Wagner

Roanoke, VA 8/83; 10th place overall; (R20M;
S2M; B50M)

Honolulu, HA 10/83; 626th place overall;
(S2.4M; B112M; R26.2)

Helen Beyers

Wilmington, N.C. 9/83; 2nd place in age group;
(S2K; B40K; R15K)

Sam Levine

Richmond, VA 4/83; (B35M; R10M; S1M)

Bob Burns

Long Island, N.Y. 9/83; S1.5M; B25M; R10M)

Jerry Andrews

Muddy Run, PA 9/83; (S¼M; R5M; B15M)

Paul Bensel

Muddy Run, PA 9/83; (S¼M; R5M; B15M)

Betty Bensel

Muddy Run, PA 9/83; (S¼M; R5M; B15M)

Meredith Wagner

Westminster, MD 7/83; 3rd woman overall;
(S1/8M; R5M; B10M)

Steve Ruckert

Bud Lite, N.C. 6/83; 3rd place overall; (S½M;
B20M; R5M)

Deep Creek Lake, MD 7/83; 1st place overall;
(S¼M; B12M; R3M)

Westminster, MD 7/83; 1st place overall;
(S1/8; R5M; B10M)

Wilkes Barre, PA 8/83; 7th place overall;
(S1M; B38M; R10M)

Tinman, CN 9/83; 1st place overall (S½M;
R8M; B22M)

Muddy Run, PA; 9/83; 1st place overall; (S¼M;
R5M; B15M)

Vince Campagna

Hamlin Beach, N.Y. 8/83; 92nd place overall;
(S1M; B56M; R13.1M)

Wyoming Valley Back Mountain, PA 8/83;
123rd place overall; (S1M; B37M; R10M)

Muddy Run, PA 9/83; (S2K; B40K; R15K)

Robert Vigorito

Richmond, VA 4/83; (B35M; R10M; S1M)

Oxford, MD 6/83; (S2.4M; R20M; B50M)

Wyoming Valley Back Mountain, PA 9/83;
(S1M; B37M; R10M)

Abby Glassberg

Tennessee State, Nashville, TN 9/83; 3rd
woman overall; (S1.1M; B56M; R13.1M)

HOWARD COUNTY STRIDERS

The Howard County Striders is a recreational road-running club dedicated to promoting distance running as a participant sport in Howard County, Maryland. The club is a fully accredited chapter of the Road Runners Club of America (RRCA). Strider members become RRCA members and receive RRCA publications.

Recreational runs of 2 miles, 10 kilometers (6.21 miles), and 10 miles are conducted most weeks of the year by the Striders. Almost every competitive running level is represented from 5-minute-a-mile racers to 10-minute joggers. All runs are open to ANY interested runner and membership in the Striders is not necessary. The runs are rotated among several course locations. Each course has been measured and every run is officiated by Strider members who provide split times, turns and finish times.

If you are interested in more information on race schedules, locations, or directions call: FEET FIRST (992-5800).

If you are interested in becoming a member of the Howard County Strider club, fill out the attached application and mail to Bob Carels at the address listed.

Club dues cover a calendar year (1 January to 31 December), and are \$6.00 for an individual, \$10.00 for a family or \$4.00 for a student.

Dues for a partial year are prorated as follows:

1st quarter (Jan-Mar) 100%	3rd quarter (July-Sept) 50%
2nd quarter (Apr-Jun) 75%	4th quarter (Oct-Dec) 25%

There are a variety of club products (shirts, hats, etc.) at FEET FIRST in the Wilde Lake Village Green which members may purchase at cost.

Make all checks payable to: HOWARD COUNTY STRIDERS

Mail applications to:

Howard County Striders
Bob Carels
c/o Feet First
Wilde Lake Village Green
Columbia, Md. 21044