

HOWARD COUNTY  
**STRIDERS**  
NEWSLETTER

Vol. 5, No. 4

October 1985

MCRRC DEFEAT HCS IN SEPTEMBER CHALLENGE, 4022-4273; 24 RELAY - HCS  
ALL-STARS FINISH SECOND; 100 MILE RUN RESULTS; JUNIOR STRIDERS;  
BRING HOME THE CUPS IN 1986!

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 Bob Carels/Membership  
 Tom Webb/Racing Team  
 Al Yergey/Special Races  
 Bill Brandenstein/At Large  
 Martin Goode/At Large  
 Laura Smith/At Large

## HOWARD COUNTY STRIDERS NEWSLETTER STAFF

Herby Greenberg, chairman; George Ware, editor-in-chief; Jerry Frankenfield and Jane Hall, associate editors; and contributing writers Lydia Ross, Mary Brandenstein, Linda Yergey, Miles Weigold, Ray Plotecia, Dick Woods, and Martin Goode.

## STATEMENT OF STRIDER PHILOSOPHY

The Howard County Striders, Inc. (HCS) is a non-profit organization dedicated to promoting running 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 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.

## NEWSLETTER STAFF NEEDED

WE NEED WRITERS! WE NEED STORIES! Don't delay - act today and volunteer! Come forward with your ideas or proposed articles. We are interested in any Strider-related stories. Remember! This is YOUR newsletter. It reflects the collective interests of all Striders.

## PRESIDENT'S LETTER by Miles Meanderings

The Strider's new information phone number is 964-1998. With the unit now installed, you have the ability to learn the details about upcoming races, and leave a message of unlimited length. Now you can be sure to get race results into the paper/newsletter by leaving the information on the recorder. It is checked daily, and messages are updated at least weekly. The club spent \$150 for the machine (thanks Laura Smith and Tom Webb for the research), and spends \$12 monthly for the phone line. It's there, use it!

The 1985 Summer Race Series was HOT! For those of you who participated, you don't need to be told. We had 8 scheduled races; one was cancelled alto-

gether, and 3 others provided only participation, no bonus points. It was fun to run the Jeffers Hill course again, though there seems to be some disagreement among the membership.

We're now into the Fall Series. Jerry Andrews, as all of you know by now, has taken on the responsibility for this series. We're still looking for folks to take this job for the next several series of races (Winter/Spring), in addition to the necessary coordinators/helpers at each of the weekly races. Won't you help? Call 964-1998 and let me know what you will do.

September 1st saw the transfer of ownership of the Feet First store from Warren and Carol to Jeff Cohen. While we're all happy for Jeff, and looking forward to getting to know both him and Karen better, we're sad at the same time to see the end of another "Strider era." Warren has, in large part, been one of two or three pillars that built the club into what it is today, and for that we all owe him a large vote of thanks. I'm sure I'm speaking for all of you when I wish them well in their future endeavors. Aspen, Colorado will benefit from the loss of these two from Columbia. Stop by the store, introduce yourselves to Jeff and Karen, and show them your Strider support. A lot, yet very little, has changed at Feet First.

Kay and John Slocum had a daughter, Kacie Lynn, born on July 8 at 10:03. She weighed 8lbs 2oz and was 19 1/2" long (tall?). They're at their new address: 3448 Millie Way, Manchester, MD., 21102. Drop then a line of congratulations. I also got a card from Bob Antonuic in early July. Seems he went to Maine for military duty and they made him an offer he couldn't refuse. You can contact him as follows: Major R.P. Antonuic, HHC 3RD BN 16th INF, USARC, Scarborough, ME., 04074.

I know that with the marathon season upcoming, many of you are training for one or more of the long distance events. Good luck with the training, and with the running. Let us know on the recorder how you did, and consider writing an article for the newsletter on the experience. Warren is planning to run with Jim Greenfield to qualify for Boston. Why not join them, and make it a Striders "group finish"?

This summer saw the continuation of a fine tradition, and the start of another. Arleen Kvech, with the help of some of her neighbors, continued the Centennial Fun Runs on Tuesday nights. An average week saw over 100 participants in the one mile run, with all ages and all levels of ability participating. Arleen caters to the kids. The best rewards for her efforts were the ear-to-ear grins on the faces of the 5 and 6 year olds as they received their ribbons. A HUGE Strider thanks to you, Arleen, for another successful summer in Centennial.

Maggie Neal, after advice and counsel from Arleen, decided to set up a similar Fun Run event for "Howard County East," held on Thursday nights at Hammond Village Middle School. Though the participation wasn't as great as it might have been, the runs saw an average of 20-25 weekly runners. All had a lot of fun, regardless of their pace, which ranged from 4:45's to 16:00's. Thanks to you, Maggie, for all your efforts. John Neal, weekly helper and participant, best described these events as "Strider Outreach Events." There's no better way that we can spread the enthusiasm of runners and develop future Junior and Senior Striders than to provide this type of opportunity to participate in the sport.

Every Saturday morning a group leaves FEET FIRST at 7:00 for a training run of

12, 14, 16 or 20 miles. If you are interested in participating, just show up! Sure, the pace is fast if you want it, but many of the participants average 8:00 to 9:00 minutes per mile. Why not give it a try?

NOW is the time to begin your Fall running program in earnest. PLEASE include, as part of the program, your volunteer efforts to maintain/improve the club. Weekly races, Special races, Newsletter, Junior Striders, whatever, just pick an area of interest and volunteer your time. Without it, the quality of the club will deteriorate, and none of us wants that to happen. I look forward to the day/quarter when I don't have to start and finish a newsletter article by pleading for assistance to keep the club moving.

Have a great Fall 1985. May all your training runs be the best ever, and every event you enter result in a better performance than the last. See you on the bricks!

ATTENTION RUNNERS !

HELP WANTED AT FEET FIRST  
PART TIME  
PART TIME FLEXIBLE EVENING HOURS & SATURDAYS  
CALL 992-5800

FAREWELL PARTY  
FOR  
WARREN & CAROL OHLRICH

OCTOBER 25, 1985  
FROM 7:00 - 11:00 PM

AT  
THE OTHER BARN IN OAKLAND MILLS

R.S.V.P. NOT LATER THAN OCTOBER 20 TO  
LYDIA ROSS  
7941 JONNYCAKE ROAD  
BALTIMORE, MD 21207

(A SEPARATE LETTER CONTAINING ADDITIONAL INFORMATION  
WILL BE MAILED TO ALL STRIDERS)

### MONTGOMERY COUNTY TAKES CHALLENGE RACE! by Miles Weigold

The strategy paid off. The Montgomery County Road Runners (MCRR) won the Howard/Montgomery Challenge Race on Saturday, 12 September. For the first time in the four year history of the event, MCRR overtook a lead held by the Howard County Striders, and won with a total score of 4022 to 4273. There were 142 finishers.

The 7 mile road race is an out and back course going from the top of Brighton Dam 3 1/2 miles to Georgia Avenue and back. The heat and humidity made the course even more challenging than usual. The race was scored using cross country rules where the finishing position of each runner is added to those of the other finishers on his/her club, with the lowest score winning.

Montgomery County changed the scheduled date for the event at the last minute, thereby preventing many runners from participating (for example, George Ware, received the change of date postcard from the MCRR on Monday, 14 September). 65 runners from each club counted toward the total score. I warned the Montgomery County Club that the results would be different in 1986.

The top ten male, female, and master finishers and overall Strider times were as follows:

PLACE	MALE	CLUB	TIME	PLACE	WOMEN	CLUB	TIME
1.	Chris Samley	MCRR	38:46	43.	Maribeth Duffy	MCRR	47:59
2.	Jim Cooper	MCRR	39:20	59.	Linda Brennan	MCRR	50:21
3.	Dan Quinn	MCRR	39:35	62.	JoAnn Matisz-Sutch	HCS	51:07
4.	Dave Asaki	MCRR	39:48	68.	Vivi Provine	HCS	52:00
5.	Tim Gavin	MCRR	40:07	69.	Janet Siemer	HCS	52:08
6.	Dave Stein	HCS	40:15	76.	Anna Berdahl	MCRR	53:10
7.	Steve Smith	MCRR	40:30	77.	Sara Quinn	MCRR	53:15
8.	Jim Carbary	HCS	40:32	84.	Suzy O'Hara	MCRR	54:10
9.	Jon Howland	HCS	40:47	92.	Carole Rivera	MCRR	55:58
10.	Dave Michael	MCRR	41:58	99.	Cheryl Collins	MCRR	56:38

#### MASTERS FINISHERS

PLACE	MEN	CLUB	TIME	PLACE	MEN	CLUB	TIME
16.	Piriya Pinit	HCS	42:55	30.	Joe Wasserman	HCS	45:07
18.	Hubert Chadwick	HCS	43:13	33.	Leo Villano	MCRR	45:37
20.	Ben Mathews	HCS	43:50	34.	David Johnson	MCRR	45:50
23.	Warren Ohlrich	HCS	44:00	37.	Gary Berg-Cross	MCRR	46:41
25.	Tom Sheahen	MCRR	44:25	38.	Al Yergey	HCS	47:14

#### OVERALL STRIDER FINISHERS

PLACE	NAME	TIME	PLACE	NAME	TIME
6.	David Stein	40:11	47.	Tim Garrity	48:30
8.	Jim Carbary	40:32	49.	Marty Reid	48:41
9.	Jonathan Howland	40:47	51.	Clarence Wingate	49:15
11.	Martin Goode	42:05	53.	Tom Webb	49:19
12.	Nathan Hegdon	42:28	54.	John Kuehls	49:50
13.	Jerry Andrews	42:46	55.	Bill Brandenstein	49:58
16.	Piriya Pinit	42:55	56.	John Koerner	49:59
17.	Robert Sherrock	43:03	62.	JoAnn Matisz-Sutch	51:07
18.	Hubert Chadwick	43:13	63.	Dave Heizer	51:13
19.	Paul Sobus, Jr.	43:25	64.	Dick Weber	51:27
20.	Ben Mathews	43:50	65.	Bert Moore	51:27
22.	Bob Burns	44:10	66.	Ralph Olinger	51:41
23.	Warren Ohlrich	44:17	67.	Herbert Greenberg	51:43
26.	Jerry Warfield	44:40	68.	Vivi Provine	52:00
28.	Johnathan Hill	45:01	69.	Janet Siemer	52:08
30.	Joe Wasserman	45:07	70.	Jason Tripp	52:31
31.	Doug Billings	45:17	71.	Richard Wilson	52:48
38.	Al Yergey	47:14	72.	Tony Mikulka	52:52
41.	Phil Lang	47:46	75.	Todd Kane	53:03
44.	George Allmon	48:08	79.	Rob Vigorito	53:21
45.	E. Levri	48:15	80.	David Barrett	53:24

## OVERALL STRIDER FINISHERS CONT'D

PLACE	NAME	TIME	PLACE	NAME	TIME
82.	Ron Meservey	53:56	113.	Dave Goldberg	59:20
83.	George Ware	54:01	114.	Arman Harris	59:44
89.	Ken Barnes	55:03	121.	Dave Morrow	62:18
93.	Jim Bibb	55:59	122.	David Campbell	62:19
98.	Jean Chalk	56:34	123.	Lisa Lowe	63:03
102.	Tom Tremain	56:56	124.	T. Tremain	63:52
103.	Eric Katkow	57:17	126.	Suzanne Hartley	65:25
104.	J.B. Baonder	57:27	127.	Lydia Ross	66:00
105.	Janet Coffey	57:35	129.	Miles Weigold	66:23
109.	Steve Coffey	58:02	141.	Melvin Quick	73:43
110.	Bob Jenkins	58:10	142.	Martha Trimmer	79:14

### A PORTRAIT OF DAVE TRIPP by Herbert Greenberg

.....Second of a series of three articles dedicated to Warren Ohlrich, Dave Tripp, and Miles Weigold, three Striders whose contributions to our club are immeasurable.....

-----

Dave Tripp, a native New Englander, was born in Springfield, Massachusetts and then moved to Rome, New York where he received a public school education. Awarded a State Regent's Scholarship, Dave attended Hamilton College in up-state New York, a small institution of about 700 students. Until his junior year in college, Dave describes himself as being relatively non-athletic. He was a decent golfer, a good bridge player, the social director of his fraternity, a pudgy 230 lbs, and a three pack a day smoker of Camels.

Next stop for Dave was New York City where he worked for a bank, as well as Bristol Myers Co. While living in New York, the most significant happening for Dave was meeting Judy at a cocktail party. As many of us know, the Tripps are blessed with two wonderful sons - Jason, age thirteen, and Joshua, ten. It's very common in Columbia to see the Tripp family at least weekly, as they participate in just about every single Strider sponsored event when in town. In fact, to this day, there hasn't been a Strider race that Jason hasn't participated in when in Columbia. There also was a two year period when Jason didn't miss a race. These stats are truly remarkable.

Dave and Judy moved to Columbia in 1969. Judy became assistant editor of Smithsonian Magazine and Dave joined The Rouse Company where he is now Vice President and Director of Investor Relations.

It wasn't until 1977 that Dave ran in his first race, a three miler celebrating Columbia's 10th birthday. He was challenged by a friend at work. Dave showed from the start of his running career his competitiveness by edging his friend.

Realizing at the age of 36 that running had become a passion, Dave began to run seriously. He had some lofty dreams, to run ten miles in under one hour and to qualify for and run the Boston Marathon in under three hours. Dave's first marathon was the 1978 Marine Corps (3:20 with cramps), followed four weeks later by the Maryland (3:16-old course). While attending a RRCA

convention in Cleveland in May 1981, Dave turned in a 3:03 at the Cleveland-Revco Marathon which qualified him for Boston. In 1982, shortly after his 40th birthday, he blistered the Cherry Blossom Ten Miler in 59:21 followed two weeks later with a superb 2:59 in Boston. 1984 was especially fruitful for Dave. He established PRs at a range of distances: 1 mile - 5:11 (Meet of Miles), 10K - 35:59 (Constellation), and the National Capital Marathon in Ottawa in 2:50:37.

Dave, who often wakes up at 5:15 to run, follows a hard-easy schedule. His maximum weekly mileage for marathon training is 60 - 70 miles per week and he has averaged 2500 miles a year for the past five years. Dave suggests that long runs are the key to successful marathons and he has been a long time participant at the Saturday morning runs beginning at Feet First at 7:00 a.m.

Judy started running to keep an eye out on the boys and has a sub 50 minute Lady Equitable to her credit. Jason, a five year Junior Strider, is not only a fine runner, but fancies computers and likes to read. Joshua, who participates in and enjoys all sports, already has a sub 6 minute mile which he achieved before ten years of age. Both boys qualified for and ran in the National Cross Country Championships held in San Antonio last December. More of the exploits concerning the Tripp boys can be found in the Junior Strider articles in this edition of the newsletter.

It was 1979 when Dave became president of the HCS. He also was the state representative to the RRCA and took the lead in getting the Striders incorporated, joining the RRCA, obtaining liability insurance and non-profit standing. Believe it or not, Dave came to the Striders with no prior experience, but kept learning while the organization kept growing through the running boom. Throughout his four year tenure, Dave worked to enhance the community via the Striders and to serve the needs of the members of the club. His contributions are far too numerous to mention. Perhaps the greatest tribute that can be accorded to our Dave Tripp was the creation of a scholarship fund for the Junior Striders; a fund appropriately named the "Dave Tripp Fund." It's nice to know that Dave is still working hard for us and that he and his family represent the essence of Strider philosophy.

## 24 HOUR RELAY - HOWARD COUNTY STRIDER ALL-STARS FINISH SECOND; HCS OPEN TEAM FINISHES 15th by George Ware

Two Strider teams competed in the fifteenth annual D.C. Road Runners Club (DCRRC) 24 Hour Relay held on 3-4 August 1985 at Mullins Track at Fort Meade, Maryland. The 24 Hour Relay lasted from Noon Saturday until Noon Sunday and included a 50 Mile Run, 50 Mile Racewalk, 100 Mile Run, and 100 Mile Racewalk. The Strider All-Star Team finished second with 261 miles and 1321 yards, just three miles behind the winning Blue team from the Montgomery County Road Runners (MCRR). The MCRR fielded four teams, finishing 1st, 4th, 6th, and 19th. The HCS Open Team finished fifteenth with 216 miles and 226 yards. Team standings, mileage, and individual splits are listed below.

The HCS All Stars, ranging in age from 16-19, turned in a phenomenal performance. Four of the ten HCS All-Stars finished in the top fifteen individual categories. John Scherer was third overall with a 5:03:6 average, Gregg Gray was fourth overall in 5:07, Kyle Thomas was eighth overall in 5:15:2, and Paul Sturm was thirteenth overall in 5:21:8.

The HCS Open Team, ranging in age from 20-42, had several standouts. Ken McKeithan, a recent Strider, led the team with a 5:26:5 average. Laura Smith led the women with a 6:59:5, and Jim Greenfield turned in a spectacular 5:44:4 average, finishing as third leading Masters runner overall. Marsha Hartz, a Strider competing as a race walker with the Potomac Valley Walkers, finished first female in the 50 Mile Race Walk in 10:35:4.

Two Striders competed on the Beta Lambda Tau Team. Mathew Coffey, 19, had a mile average of 5:34:5, with a best mile of 5:17:0, and Karl Yergey, 19, had a mile average of 5:34:8, with a best mile of 5:15.

<u>1985 TEAMS-24 Hour Relay</u>		<u>MILES</u>	<u>YARDS</u>
1.	MONTGOMERY COUNTY ROAD RUNNERS - Blue (10 Man Team)	264	440
2.	HOWARD COUNTY STRIDERS - ALL STARS (10 Man Team)	261	1321
3.	NOSWOT (10 Man Team)	258	1331
4.	MONTGOMERY COUNTY ROAD RUNNERS - WHITE (10 Man Team)	241	3
5.	PRINCE GEORGES RUNNING CLUB - RACERS (10 Man Team)	240	985
6.	MONTGOMERY COUNTY ROAD RUNNERS - RED (9 Man Team)	234	887
7.	BETA LAMBDA TAU (10 Person Team)	232	881
8.	VANGELIS (9 Man Team)	1-AM 230	1367
9.	MOZART K-4 (10 Man Team)	226	1702
10.	SICK PUPS (10 Person Team)	226	305
11.	THRILLSEEKERS (10 Person Team)	223	1751
12.	NAVY ONE (10 Man Team)	223	1356
13.	TOO FAST TO LIVE (8 Person Team)	222	775
14.	ANNAPOLIS STRIDERS (10 Person Team)	217	1333
15.	HOWARD COUNTY STRIDERS - OPEN (10 Person Team)	216	226
16.	ARMY HARRIERS (10 Man Team)	2-AM 212	440
17.	PAX PACERS - GOLD (10 Man Team)	210	220
18.	HILL'S FEET BLUES II (10 Man Team)	209	891
19.	MONTGOMERY COUNTY ROAD RUNNERS - PINK (9 Woman Team)	1-WO 207	0
20.	THE VIRGINIA RUNS (10 Person Team)	202	440
21.	BLUE STREAKS (8 Man Team)	197	461
22.	WASHINGTON RUNNERS (10 Women Team)	2-WO 196	1005
23.	R. E. LEE & ALUMNI (9 Person Team)	195	0
24.	CHARIOTS (9 Person Team)	192	1367
25.	FANNIE'S FOOLS (10 Person Team)	190	0
26.	PRINCE GEORGES RUNNING CLUB - PACERS (9 Person Team)	189	395
27.	209th MP CO. (10 Person Team)	3-AM 182	636
28.	POTOMAC VALLEY WALKERS (8 Person Team)	1-RW 130	990

NOTE: AM is Active Military, WO is Woman, RW is Race Walk

### HOWARD COUNTY STRIDER ALL STARS

<u>NAME</u>	<u>AGE</u>	<u>SEX</u>	<u>AVERAGE PER MILE</u>	<u>BEST MILE</u>
1. John Scherer	18	M	5:03:6	4:50
2. Gregg Gray	18	M	5:07:0	4:50
3. Kyle Thomas	19	M	5:15:2	4:52

HOWARD COUNTY STRIDER ALL STARS (CONT'D)

	<u>NAME</u>	<u>AGE</u>	<u>SEX</u>	<u>AVERAGE PER MILE</u>	<u>BEST MILE</u>
4.	Paul Sturm	16	M	5:21:8	5:07
5.	Steve Caulk	19	M	5:25:5	4:59
6.	Philip Lang	18	M	5:31:4	5:09
7.	Jonathan Hill	16	M	5:31:8	5:07
8.	Kenneth Maddox	18	M	5:36:4	5:02
9.	Christopher May	18	M	5:46:2	5:21
10.	Rodney Sauter	17	M	5:52:1	5:16

HOWARD COUNTY STRIDER - OPEN TEAM

	<u>NAME</u>	<u>AGE</u>	<u>SEX</u>	<u>AVERAGE PER MILE</u>	<u>BEST MILE</u>
1.	Ken McKeithan	34	M	5:26:5	5:14
2.	Jim Greenfield	42	M	5:44:4	5:25
3.	Ed Trottier	42	M	5:58:6	5:29
4.	Robert Somers	35	M	6:24:0	5:47
5.	Tim Beaty	42	M	6:29:9	5:58
6.	Laura Smith	26	F	6:59:5	6:34
7.	Linda Buttner	37	F	7:07:0	6:34
8.	Amy Mathews	20	F	7:20:2	6:51
9.	George Ware	35	M	7:32:1	5:43
10.	Lydia Ross	37	F	7:39:9	7:20

INDIVIDUAL LEADERSOPEN

1.	Jack Peach (NOSWOT)	4:57:6
2.	Riyad Karny-Jones (MCRR-B)	5:03:2
3.	John Scherer (HCS)	5:03:6
4.	Gregg Gray (HCS)	5:07:0
5.	Dave Michael (MCRR-Blue)	5:07:2
6.	Steve Smith (MCRR-Blue)	5:08:7
7.	John Mornini (MCRR-Blue)	5:10:5
8.	Kyle Thomas (HCS)	5:15:2
9.	Bob Schmidt (MCRR-White)	5:17:2
10.	Dale Osborne (MCRR-Red)	5:19:1
11.	George Reasan (NOSWOT)	5:19:8
12.	Chuck Brady (NOSWOT)	5:20:6
13.	Paul Sturm (HCS)	5:21:8
14.	Nut Hall (NOSWOT)	5:22:4
15.	Tim Good (Too Fast To Live)	5:23:0

RACE WALK - MEN

1.	Richard Quinn (Pot Valley)	8:17:7
2.	Jim Lemert (Pot Valley)	9:08:5

RACE WALK - WOMEN

1.	Marsha Hartz (Pot Valley)	10:35:4
2.	Pat Willis (Pot Valley)	11:02:4

ACTIVE MILITARY - WOMEN

1.	Emma Stallings (209th MP)	7:03:6
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WOMEN

1.	Pat O'Brien (Annapolis St)	6:09:7
2.	Wendy Hagman (MCRR-Pink)	6:09:8
3.	Elvera Logie (Wash RunHers)	6:20:6
4.	Ashley Wisner (MCRR-Pink)	6:24:7
5.	Ellen Henneberry (Beta L T)	6:27:7

AGES 40-49

1.	Ron Lewis (Mozart K-4)	5:39:0
2.	John Cook (Thrillseekers)	5:42:7
3.	Jim Greenfield (HCS)	5:44:4
4.	Bill Norton (MCRR-Red)	5:52:7
5.	Rolland Elliott (Blue Str)	5:52:8

AGES 50 & OVER

1.	Milton Taylor (Mozart K-4)	6:21:2
2.	Brookes Hill (Hills Feet)	7:10:0
3.	Fred Cohen (MCRR-Red)	7:28:3
4.	Paul Russell (Fannies Fool)	7:45:4
5.	Bob Campbell (Hills Feet)	7:56:3

ACTIVE MILITARY - MEN

1.	Gabriel Karigey (Vangelis)	5:31:0
2.	Ron Shealy (Thrillseekers)	5:42:2
3.	John Cook (Thrillseekers)	5:42:7
4.	Dan Brazelton (Thrillsekr)	5:44:2
5.	Ellis Toy (Vangelis)	5:46:2

## RUN AROUND THE CLOCK OR 24 HOURS IN A LOUNGE CHAIR by George Ware

I remember telling my family and friends that I was entering a 24 Hour Relay with the Howard County Striders. My wife, Lucinda, was supportive, as always. My mother-in-law called it a Run for Podiatry; my father-in-law termed it a Run for Orthopedics. Co-workers were incredulous; why would a "grown man" submit his body to such torment? "You must be nuts," was a common response.

My team mates were a similar bunch of running nuts. The ten were: outgoing, effusive triathlete Ed "the Beast" Trottier; quiet but intense Linda Buttner, veteran of 15 marathons and running for the third time, "there's nothing else to do"; tall, talented Laura Smith who had heard of this event's "sordid past" and wanted to judge for herself; first timer amiable Bob Somers, who noted that he carried a good life insurance policy; Lydia Ross, running her third 24 hour relay, liked the personal challenge, the camaraderie, and "getting crazy once a year"; Tim Beaty, organizer extraordinaire and the logistical glue holding the two Strider teams together, running for the seventh time "cause there's nothing else to do the first weekend of August"; Amy Mathews, running this relay for the second time for "no special reason, nothing else to do this weekend"; Jim Greenfield running for the first time "cause Laura's here" and "I'd do anything to get away from my wife and kids"; and Ken McKeithan, newest Strider, running for the first time "cause it was here." In my case, I wanted a new challenge after finishing a marathon; the marathon was easier.

I arrived at Fort Meade's Mullins Track around 10:30 A.M. on Saturday, 3 August. The weather was a merciful 85 degrees, unlike years past when the temperature reached the upper 90s. As fellow team members arrived and gathered under the Strider tents, I noticed that the veterans of previous relays were offering each other general absolution for whatever they might say or do for the next 24 hours. Newcomers like myself quickly offered our apologies too. I was just beginning to find out that a first time 24 Hour Relay is like a blind date or your first room mate, you don't really know what to expect. As the hours ticked away, you rapidly became a family, relying on each other to survive-to make it to High Noon, Sunday.

I'd arrived prepared for almost anything. I brought a lounge chair for "sleep" time, a blanket, several changes of running gear, three pairs of running shoes, towels, soap, socks, orange juice, fruit, bagels, and tuna fish (yes, tuna fish). I even brought some cards, a chess set, a book, and Trivial Pursuit. I felt like I was going off to summer camp.

Throughout the entire 24 hours, the whole event had kind of a surreal atmosphere, like a Kurosawa or Fellini movie. Tents everywhere, all types of music (reggae, rock, classical, country) bellowing from radios and tape decks, conversations on all decibel levels all day and all the night on subjects from the Orioles to the Ottoman Empire, a veritable athletic Woodstock if you will. You never really sleep between your laps. You are constantly half awake, half asleep, dreaming a real sleep after High Noon on Sunday the 4th. 45-50 of minutes between four laps, clutching a baton, was insufficient time to really accomplish anything, except to say "why am I here"? Or the ever familiar refrain "I'll never, ever do this again." You lay there on your lounge chair, waiting for one of your team mates (in my case, Laura) to remind you that your turn is upcoming. My wife still reminds me that I wake up at night, muttering "just five more minutes, Laura" or "is it really my turn"? The only relief were the showers, Strider supporters, and the jokes, and they were legion, more morbid as the night progressed.

Certain things stick in your mind. I'll never forget coordinator Tim Beaty, "the Mad Hatter." Tim wore a different hat/wig for each mile; the crowd loved it. Striders visited throughout the day and night, offering encouragement, bringing coffee and donuts, etc. I remember Warren and Carol Ohlrich, the Tripp Family, the Beaty Family, and Rob Vigorito especially. Dr. Marc Chaiken, my wife's obstetrician, dropped by at 4:30 A.M. to visit his friend Jim Greenfield. Jim and I had our lounge chairs next to each other. I'll never forget sitting up, in a dreamlike state, and seeing Dr. Chaiken. I was sure my baby was on the way! Maybe, I was being reborn a la the movie 2001.

I originally had visions of a sub six minute mile average, say 5:50 per mile, for the entire event. This dream was rudely shattered when I became injured around 9:00 P.M. My times quickly slipped to 8-10 minute racewalks. Plantar fasciitis, a pulled soleus muscle in my right leg, and (later diagnosed) peroneous longus and anterior tibula strain (shin splints) turned the event into a 24 hour nightmare, a true run for podiatry/orthopedics. My team mates constantly kept my spirits up. Thoughts of dropping out, though never openly voiced, were dispelled by encouragements from fellow Striders, the sight of Tom Green and Joe Wagner each running 100 miles, and the fear of being lynched by my team mates; who wants to run extra miles to pick up the slack? Each lap I would hear Tim Beaty, Lydia Ross, Ken McKeithan, Laura Smith, Jim Greenfield, Bob Somers, etc. yell out, "come on George.." How could I disappoint them?

I kept a notebook, scrawling my times as follows:

	<u>TIME OF DAY</u>	<u>MILE TIME</u>	<u>COMMENTS</u>
1.	12:40 P.M.	5:43	Mile one.
2.	1:40 P.M.	6:10	Mile two.
3.	2:40 P.M.	5:52	Mile three.
4.	3:23 P.M.		Right soleus muscle tightening up.
5.	3:40 P.M.	5:54	Mile four.
6.	4:00 P.M.		Shower-Relief!
7.	4:40 P.M.	6:05	Mile five; plantar pain.
8.	5:50 P.M.	6:04	Mile six.
9.	6:45 P.M.	6:26	Mile seven.
10.	7:00 P.M.		Right soleus muscle painful.
11.	7:55 P.M.	6:21	Mile eight.
12.	9:00 P.M.	6:44	Mile nine; I'm injured. Ken McKeithan loans me his ben-gay; applied ice too.
13.	10:00 P.M.	7:01	Mile ten; plantar fasciitis acting up, and lower right leg hurts, esp. in soleus muscle area.
14.	11:10 P.M.	7:10	Mile eleven; another shower.
15.	12:05 A.M.	7:36	Mile twelve; running is now painful. Considering dropping out for the first time.
16.	1:30 A.M.	8:20	Mile thirteen; racewalking now, hobbling badly.
17.	2:35 A.M.	9:22	Mile Fourteen; wolfed down two cans of tuna fish.
18.	3:50 A.M.	9:34	Mile fifteen.

	<u>TIME OF DAY</u>	<u>MILE TIME</u>	<u>COMMENTS</u>
19.	4:55 A.M.	9:44	Mile sixteen; want to quit but Joe Wasserman and Tim Beaty encourage me.
20.	6:00 A.M.	10:12	Mile seventeen, right lower leg very painful, had to walk one lap; third shower.
21.	7:15 A.M.	9:36	Mile eighteen; sunrise encouraging; perhaps, I'll make it after all.
22.	8:05 A.M.	8:55	Mile nineteen; times improving as High Noon approaches.
23.	9:35 A.M.	8:23	Mile twenty.
24.	10:55 A.M.	8:00	Mile twenty-one.
25.	11:52 A.M.	6:25	Mile twenty-two.

By dawn, I knew I'd make it. Team spirits rose as the sun's rays brought new hope. As High Noon approached, we got more rowdy. Tim was eating donuts and drinking beer by 11:00 A.M. We were all silly, just one more mile, one more time to reach for the baton, and the ever present scream, "I'll never do this again."

When the clock struck twelve noon, a chorus of screams was heard around the track; it's over. Clutching my blue ribbon, promising myself never to do it again, I said goodbye to my team mates, my family for 24 hours. We couldn't have made it without the help and moral support of fellow Striders. My team mates and I thank you! Score keepers Jim Carbary, Al Yergey, Dave Tripp, Joe Wasserman, and the Beaty Bunch deserve a special thanks! Oh, by the way, Tim, I hated it so much, when can I sign up for 1986?

### AND A HUNDRED MILES TO GO BEFORE I SLEEP by George Ware

Two Strider ultrarunners finished the 100 Mile Run held in conjunction with the 24 Hour Relay on 3-4 August. Tom Green, 34, and Joe Wagner, 38, survived the grueling 400 laps around Mullins Track finishing in 21:30:00 and 22:19:57 respectively. Five runners attempted the 100 miler and four finished. Ray Krolewicz, 30, of Pontiac, South Carolina, won the event in a superb 15 hours, 23 minutes, and 9 seconds.

Tom Green, a carpenter/home repair specialist, joined the Striders in Fall 1984. He was born in a coal camp in Covell, West Virginia and moved to Columbia in search of more work. Tom has also lived in Illinois and Wisconsin. His wife Kay is very supportive and an experienced handler.

Tom has competed in four one hundred mile races, five fifty mile races, several marathons, and at least 70 10K races. Tom has run the Old Dominion 100 Miler three times. This race, held in Front Royal Virginia, is considered by many ultramarathoners to be the most difficult in the U.S.A., even more challenging than the better known Western States 100 Miler. Tom first tried the Old Dominion 100 Miler in 1983, his first ultra, finishing 60 miles. Tom had tried only a marathon before that, had no expectations to finish, and no idea what to expect.

In 1984, Tom attempted the Old Dominion again, finishing it in just under 23 hours. Tom made his wife Kay promise not to ask him to drop out. He lost 13 pounds after 60 miles (it was 96° in the shade) but gutted it out, finishing with weak legs. Tom ran the Old Dominion again this year, finishing 70 miles before dropping out.

Tom has run an assortment of fifty milers. He twice finished the Mountain Masochist in Lynchburg, Virginia. This race is aptly named, run all the way up the mountain, finishing 2000 feet higher than at the start. Another of Tom's exploits is the Pennsylvania "Rocky One." This is a fifty mile trail run over nothing but rocks on a railroad bed type course. Tom won this 1984 race in 9 hours and 10 minutes. In the Fall of 1984, Tom ran, in succession, the Rocky One, Mountain Masochist, the Marine Corps Marathon, the JFK 50 Miler, and the Maryland Marathon - all in a period of about two months.

Tom prepares for ultras like a marathon race. He only trains about 25-30 miles a week, with a long run of about 15-16 miles. His training in hilly West Virginia has aided him greatly.

The Fort Meade 100 Miler was Tom's second track ultra. He attempted the Fort Meade 50 Miler in 1984 but dropped out after 27 miles. It was his first track ultra and the 24 hour relay contestants buzzing by at 5-6 minute clips was disconcerting.

Tom was ready this time. His wife Kay was out of state for the event (and could not ask him to drop out if he looked bad), and he was mentally prepared. Tom's strategy was to run 3 laps and walk one lap, taking a break every 3-5 miles. Tom's diet consisted of water, Pepsi, Coke, Gatorade, orange juice, fruit cocktail, bananas, and one donut.

Tom deteriorated more quickly at the Fort Meade Hundred Miler than at the Old Dominion 100 Miler. He was fatigued after 15-20 miles, and the track was hot. He levelled off around 40 miles and got into a groove. He and Joe Wagner were basically neck and neck until 95 miles, when Tom edged ahead by a few laps, finishing in under 22 hours. Tom wishes to thank all his Strider supporters, particularly Mark Konodi and Paul Goldenberg, his lap counters.

The second Strider finisher, Joe Wagner, is no stranger to the ultra event. Joe, one of the Strider's first triathletes, finished the Hawaiian Ironman in October 1983 in 14 hours, 15 minutes, and 17 seconds. Joe has finished seven 50 milers (best time of 7:07), seven triathlons, thirteen marathons, and countless other races of all lengths. This was Joe's first one hundred miler. Joe, 38, is a salesman for a printing company. His flexible work schedule permits the necessary training time for his ultra endeavors.

Joe raised \$20,000.00 for the Ethiopian Relief Fund by finishing the Fort Meade 100 Miler. He noted that a December 1984 news article about the extreme famine in Ethiopia "really shook me up." That night, he sent off 25 letters to local representatives, the state senators, even the White House. Responses built up and a group of 30 people organized the HCUER - Howard County United for Ethiopian Relief. A press conference was held in Ellicott City at the County Council Building attended by local TV and newspapers. A goal of \$100,000.00 by Thanksgiving 1985 was established, with any money raised to be disbursed equally between the Red Cross, Church World Services, Catholic Relief Services, and American Jewish Joint Distribution, all earmarked solely for Ethiopian relief efforts.

Joe trained for the 100 Miler, relying on his 50 mile and triathlon experience. Joe also emphasizes the mental toughness and preparation necessary for a 50 or 100 miler. Set a game plan and stick to it. And walk before you have to. Otherwise, you're finished. Joe ran about 70 miles a week, swam eight miles a week, and biked nearly 200 miles per week in preparation. Like Tom Green, his weekly long run was about 15-16 miles. Joe is already training for his next ultra - the Old Dominion 100 Miler in 1986. His current program includes running, swimming, and biking, with a new emphasis on weight training for his legs and complete Nautilus workouts.

Joe planned to run about 6 miles, then walk a half mile during the event. However, as he noted, he ran the first twelve miles with Ray Krolewicz and got swept along with his fast time. The first 50 miles were easy, but by the 70 mile mark he was fatigued. It was a low point for Joe. The change of temperature and change from night to day "plays havoc with your mind." Still, he hung close to Tom Green. His diet during the race consisted of boiled potatoes, raw potatoes, M&Ms, water, and defizzed coke mixed with water. He stressed afterwards that this total combination "doesn't go well" on the stomach.

Joe finished the 100 miles in just over twenty-two hours. I'll never forget shaking his hand near the finish line, listening to a chorus of "We Are The World" in the background from his HCUER and Strider supporters.

Joe wishes to thank all the Striders who aided his effort. He singles out Dave Tripp - "who yelled out my name every time I passed by," and Carol Marty-Smith, his lap counter, who stayed the entire time. Joe noted that he and Tom Green developed a real camaraderie during the event. Joe called Tom a better runner than his time. Tom was just as impressed with Joe. Two Strider Supermen....

### A PORTRAIT OF MARTIN GOODE by Herby Greenberg

Those who run the Weekly Strider Races see a large number of familiar faces each week. One of those familiar faces belongs to long time Strider Martin Goode.

Martin, who works for the Maryland Cup Corporation, began running with the Striders in September 1977. Since then, he has amassed a large number of Strider seasonal points series trophies, most of them firsts.

This fairly tall, skinny blonde gentlemen ran cross country and track for Howard High School. He placed well in most events, but his senior year was by far the best and worst of his high school career. Martin finished fifth in his county cross country meet, tenth in his district meet, only to have a season nagging leg injury hinder his efforts at Hereford High for the Maryland State Cross Country Championships. He would have surely won a medal, awarded by placing in the top fifteen in the race, but settled for thirty-sixth.

With cross country season finished, Martin began to point his efforts toward indoor track. The season was cut short, only one month into the season, by a severe ankle injury, which lasted into the outdoor season. Martin finished his senior year on a very sour note.

Martin graduated from high school and the cross country trails and outdoor tracks to the roads where he has since raced. As a nineteen year old, Martin

established himself as one of the areas top junior category road racers but he was not quite as good as he could have been.

As the youngster began getting older, maturing more, he became more recognizable as a front runner in races around the area, placing high in races such as Clyde's, Columbia Chase, etc.

It wasn't until the beginning of this year that Martin began to turn in spectacular performances.

The 1985 Frostbite Race began what Martin would consider his best road racing season to date. He placed fourth in the 15K race.

Martin continued to run the weekly low-key Strider races to keep tuned up for the big Spring road races. In the process of his weekly "tuning up," Martin managed to hold all three course records at Clemons Crossing.

Martin turned in a 54:50 at the St. Patty's Day Ten Miler held in Oley, Pennsylvania in March, only to turn in a fantastic 53:04 at the Cherry Blossom, placing 64th overall.

Again, Martin continued to turn in good times at his weekly races, including the Preakness 10K Race held at Pimlico race course, where he placed fourth overall.

There are two races which Martin claims were his two best of the season, one being the Clyde's 10K. Though he only finished 22nd, his time of 32:48 and finishing a kick past Don Uphouse and Terry Baker were quite pleasing to him.

Probably the race he most likely will remember for some time is the Seaside 10 Mile Race held in Ocean City April 21st. Martin literally ran away from his good friend Paul Sobus and the rest of the field to finish first in 53:27. He finished nearly three minutes ahead of his nearest competitor, his friend Paul. He doesn't dwell on his victory, but the fact that he, along with Paul, could proudly display the Strider colors made the race all the more memorable.

Shortly after the Clyde's Race, Martin came down with a severe case of bronchitis, which hampered him for well over two months. His partial comeback included a 55:30 at the Annapolis 10 Miler and a 32:38 at the Bacardi Rum Run. We hope to see Martin regain his form and then some in future months.

Martin continues his training, while still being involved with the Junior Striders program. He enjoys helping youngsters improve themselves as people, as well as runners.

### A BEST TRAINING RUN by Lydia H. Ross

Such a run? To start with, there were no starting commands, no hundreds of running watches being "beeped" into action within a three second time frame, and definitely no P.R.s!

Please don't turn away...yet - this is a training run, of sorts, that should be shared with fellow Striders. So, sit back, relax, take OFF those Nikes, and prop up your feet (never mind about the black toenails).

Permit me, if you will, to take you along on a different training run; one of sights, sounds, and maybe even a few emotions. OK! OK! Enough intro - WHERE'S THE BEEF, you say? Two run-on paragraphs, and still we don't know where this woman is dragging us, right? (Just testing your patience and tolerance levels, as runners must have an unlimited supply of both - what with our bodies usually falling short of that "perfect performance" while our running goals remain up in the misty clouds, just out of reach). No wonder, running for the "fun of it," is of itself, almost an illusion.

So, here it is...Centennial Park was my favorite training run (kindly hold your applause until the completion of this story). Our "training course" yields approximately 5 miles, return trip included. This holds true only if there is no wind. Should there be, and there usually is, then one must be honest, and deduct a small amount of mileage due to a "drag coefficient;" that advantage is gained when soaring down hills behind the quacking ducks and scurrying rabbits. Could this concern over such triviality be just for our bicyclists involved in such events as our own Columbia Triathlon? Maybe someone more knowledgeable on such matters will straighten me out on this at some later date.

Centennial Park's brainchild seems to be the Howard County Department of Recreation and Parks, whose architectural renderings were prepared by Lord Design/Research, Inc., with H.A. Harris coordinating all, as the general contractor. I've actually had the pleasure of running twice at Centennial, and both times, the most vivid images were of an emotional, rather than a physical nature.

Gutting out 440's on the track at Mt. Hebron does help me to run faster, but I've for one never felt the "runner's high" afterwards. Could there be a lesson to observe from this? If we balance both running for the "fun of it" with running for the "thrill of it," i.e. for hitting our competitive goals, could such a balance help us to run for life and avoid burning out?

At the time, as most of you probably know, Centennial Park, with its modernistic theme and large recreational facilities, is still in infancy. Part of the intrigue is in the sensation of being in a new frontier, one that is being purposefully and lovingly guided, as a young child into the teenage years. It is a frontier, not yet marred by the intrusion of mobs of people. Maybe that special sense of peace and serenity will remain at least for a while. Such little treats, as the carved hieroglyphics, roughly translated into "Harry loves Susan," whose softened edges prove that time abides here. And, yet another treasure; the sound of leaves crunching under my running shoes, followed, in an instant, by the release of a wonderful spicy aroma.

Circling Centennial's lake area is a seven foot wide asphalt paved surface. Continuing around on it, traveling up and down and up and down (shades of Homewood Road), I approached a small wooden crossover. Various locations along my run, such as this one, have been marshy and full of natural spring water. They are natural environments for unusual and beautiful vegetation. As luck would have it, Centennial is also a haven for doves, crows, goldfinch, woodpeckers, mallard ducks, cardinals, chipmunks, squirrels, and a stunning pair of white heron. The only sounds that prevailed were those of the birds and the constant chirping of the crickets. How do they always manage to all "sing" in the same key anyway - we humans are always trying to maintain that perfect pitch, never flat and never sharp; nature, without even trying, seems to maintain its' own harmony, effortlessly.

Following around the lake, or to be more specific, around the series of islands surrounded by shallow flat areas of water, I felt overwhelmed to the point of tears, being in the midst of such natural beauty. Wildflowers of every color danced gently and silently in the soft ever-present breeze - daisies, blackeyed Susans, cosmos, and my favorite, the powder blue cornflower. At one point, I was Dorothy in the Wizard of Oz, completely captivated by the beauty of the poppy field, which led the way to the ethereal Emerald City and to my eventual journey back to my "home sweet home."

At the far end of the lake area, I crossed over a metal frame bridge with new wooden boards; as I trotted over them, they sang back their springboard response. It reminded me of a similar bridge on the return leg of the Hopewell Pool run. In time, when proper parking and additional safety features are completed, Centennial would be a great place to host the weekly series.

Passing around to the other side of the lake, closest to Rt. 108, the path ends, and to continue on, it is necessary to detour through the Park entrance-way, and wind around back towards the lake and the pathway, which starts up again for about 3/8 of a mile.

A little side note of interest, though the signs of construction are quite obvious, there are many park benches already in place. One such bench, however, was facing away from the lake unlike all of the others. It was a strange but funny sight indeed. There welled up a desire within me to attach a sign saying WET PAINT, PLEASE SIT: signed OSCAR THE GROUCH.

Having reached the dead end of the path, I turned and retraced my steps back to the real world, though much richer than before.

It is hoped that each Strider will take time to visit this lovely place. Reaction will vary greatly, but it is such variance in all of us, this ability to see through eyes that are uniquely our own, by which the seeds for growth can sprout. If we are lucky enough to be in touch with a few special individuals who are genuinely desirous of our spiritual growth, and who are capable of giving us a nurturing, loving, "earth-nest," in which we are permitted to become the best of whatever we are to be, then we will feel content to forever strive to be "in the key of life."

### A STRIDER TRIATHLON EXPERIENCE by Ray Plotecia

I'm standing knee deep in choppy bay water. It is 7:30 AM and I'm shivering slightly, surrounded by 100 or so others in orange caps and goggles, all shivering slightly. We're waiting for the gun to signal our age group start in what is to be my first triathlon.

There is a trace of fear. The pre-race announcements included: "you will swim out and around that large cabin cruiser, one half mile out and return, keeping the buoys on your left all the way." (But that cabin cruiser is so far out it looks like a rowboat. A half mile looks infinite when it is not broken up into 25-yard pool lengths...and this swim is a mile! Buoys to the left? I breathe on the right, how will I see them?)

My thoughts go back to 6 AM when I set my bike up in the transition area. Did I leave it in a low gear so that I can start up the first hill? Did I put my orthotics in my running shoes? What have I forgotten...

BOOM! The gun goes off and I'm surrounded by a school of pirahana...thrashing, kicking, swimming over top of me. This is not like the pool! I begin to freak out, to hyperventilate; I can't swim like this. I can't quit either so I begin to breaststroke just to get clear of this thrashing mess. Eventually I begin to calm down, get into my crawl--nice, smooth, rhythmic, fear changing to alpha wave athletic regularity. I begin to believe I'm going to survive the swim.

What seems like two hours later (actually 18 minutes) I round the cabin cruiser (it's huge) and head for shore, stroking evenly with a guy next to me. We make it a synchronized swim, building to a sprint to the beach.

My hand hits sand, I'm in...now I'm up and running to the transition area, legs wobbly because all of the blood is in my arms, wiping sand off my feet, jamming them into cycling shoes--helmet on...gloves, number...I'm off on leg 2, wobbly again, I go from barely 2 miles per hour to 22 MPH. Yelling begins all around me and I join in, "on your left, passing on the right, etc." I am passing many of the good swimmers who are not so good on the bike. Every instant of my conscious time is focused intensely on form, the correct gear, should I pass here, how can I take this turn? For a mile or so I ride side by side with a guy who is also a runner turned triathlete. We talk about how we love running, but this is just so much fun. How triathloning has improved our running. We've both had 10K PRs on less weekly mileage subsequent to becoming triathletes. Cross training really works! Then we get back to racing and I am alone again, thinking gears, cadence, elbows, and knees in, etc.

One more turn and it is transition time again. I forget my toe straps and almost fall over like the guy on "Laugh-in." Where's my transition bag? What's my number? I can't tie my shoes! I have gripped my handlebars so tightly for 25 miles that the last two fingers on each hand are numb. Somehow, small miracles are performed and I get my helmet off, Strider Singlet on, shoes tied, and I'm off.

Here is where I'm going to shine--I am a runner first and foremost. I'm a Strider. Here's where I'll show them who is awesome!

Only my first few strides are less than awesome. I feel like I have two 10lb. bags of flour strapped to the front of my legs, just above the knee. The hard cycling immediately before has made this a whole new sport. I can barely make it up this first hill.

After a quarter-mile or so the quads loosen up and I feel like the runner that I am. I pick up my pace and begin to pass the pure "bikes" who really can't run very well. After a poor showing in the swim, I shall have passed over 40 triathletes in the bike and run legs. Some, of course, will have passed me, but the net gain is 40 places!

All of a sudden I wake up to discover that I'm running. I'm in the third leg and I can barely remember the bike. It was so fast and so intense that its elapsed time has compressed itself to a few seconds in my mind. I vividly remember getting out of the water and now I'm running. Where did the last hour go?

I'm thinking that I must be three miles out when the first mile marker appears and brings me back to my senses. This time-compression phenomenon swings both ways in triathlons. Now I've got a grip on things and I'm back to the

familiar feelings associated with a 10k race. I keep picking up my pace, passing more people (what a rush!), feeling really good because I'm totally warmed up and super-loose and can feel nothing but the speed!

Approaching the finish line, I discover that I'm actually going to finish my first triathlon! I finish to discover I've run very near my 10k PR, after swimming a mile and biking 25.

The race is over and I'm doing some beers with guys who finished ahead of me. These are the truly awesome guys with names like Ruckert, Hahne, Andrews, etc. And I'm with them like I belong. They don't make me feel differently either. For the second time today I discover that this race was truly fun. It was hard work, scary, fast; I have burned as much energy as I do in a marathon, but for the whole time, I truly had FUN.

I have subsequently learned that everyone, even the super-awesome guys, think this stuff is pure fun. I found that a day after a triathlon, though I may have burned as much energy as in a marathon, it has taken almost as long, but I'm only tired and slightly sore, not beat up like after a marathon! This is great! Triathloning will probably keep me running longer. It has renewed my interest in running and the Striders. I can't do six marathons in a year, but I can surely do five triathlons and one marathon. And the marathon will be a PR as a result of the triathlon training! What more can you ask for?

### HOWARD COUNTY JUNIOR STRIDERS by Mary Brandenstein

Thirty youngsters participated either casually or competitively in the Howard County Junior Striders Track Team this Spring. Coach Martin Goode worked with the youngsters who preferred distance running. Mark Konodi volunteered his time to work with the sprinters. Mark was quite a hit with the younger set. The Junior Striders are appreciative of his efforts and hope that he will be back with us in the Spring.

Those who wished to compete participated in track meets in the Maryland area in preparation for the AAU/USA Association Meet, held at Howard High School on June 15. The first six in each event qualified for the Region II AAU/USA Championships.

<u>100 METERS</u>				<u>400 METERS</u>			
9-10	M	3. Jesse Marth	15:61	8&U	F	1. Mary K. Marland	1:19.67
<u>800 METERS</u>				<u>1500 METERS</u>			
9-10	M	1. Matthew Curtis	2:55	9-10	M	3. Matthew Curtis	5:36
13-14	F	1. Cathi Brandenstein	2:37			4. Joshua Tripp	5:37
13-14	M	1. Brain Marland	2:27	11-12	M	4. Scott Woods	5:30
				13-14	F	1. Cathi Brandenstein	5:22
				13-14	M	4. Brian Marland	4:40
<u>3000 METERS</u>				<u>1500 RACEWALK</u>			
9-10	M	1. Joshua Tripp	11:56	13-14	F	1. Cathi Brandenstein	11:37
		2. Matthew Curtis	11:58				
		3. Steve Baker	12:12				
11-12	M	1. Scott Woods	11:32				
13-14	F	1. Cathi Brandenstein	11:14				
		2. Tina Jenkins	12:18				
13-14	M	6. Jason Tripp	N/A				

Jesse Marth (9-10) qualified in the Shot Put and David Baker (11-12) qualified in the long jump.

With Coach Martin Goode's encouragement, Cathi Brandenstein captured the Outstanding Female Athlete Award for her first place finishes in the 800, 1500, and 3000 meter runs and another first place in the 1500 meter racewalk.

With the confusion prevalent at youth track and field events, it is often difficult to obtain results. We apologize to those for whom results were unavailable or inaccurate.

Nine members of the Howard County Junior Striders traveled to Ambler, PA, Sunday, June 30, for the Junior Olympics Mid-Atlantic AAU/USA Region II Track and Field Championships.

The Junior Striders started out strong in the first individual running event with Joshua Tripp winning the boys 9-10, 3,000-meter race in 11:44. Matthew Curtis was third in 11:53, and Stephen Baker finished sixth. Stephen Baker also participated in the long jump.

Mary Catherine Marland was fifth in the 8-and-under girls 400-meter race and also ran the 200-meter event. Other Junior Striders who participated in the meet included: Jesse Marth, 100 dash and shot put; Scott Woods, 3000 and 1500 runs; David Baker, long jump; Brian Marland, 800 and 1500; and Tina Jenkins, 3000 run. Jason Tripp and Catherine Brandenstein were unable to accompany their team mates to Philadelphia because of previous academic commitments.

### HOWARD COUNTY JUNIOR STRIDERS CROSS COUNTRY TEAM by Mary Brandenstein

Dependable Martin Goode returns as coach of the Junior Striders Cross Country Team. Dick Woods, father of the great Scott, has assumed the management responsibilities. Practice is held at Centennial High School Mondays, Tuesdays, and Thursdays from 5 p.m. to 6 p.m. (Come out and give Martin a hand at practice). It is not too late to sign up! If you are aware of any interested youth aged 14 or under who missed registration, call Dick at 964-9188.

Dave Tripp is coordinating our Home Meet which will be held at Centennial High School on October 26 (raindate-October 27) at 9 a.m. If you can help out at this meet, call Dave at 730-4499 (before 9 p.m.). If you can't help, perhaps you could come out and cheer on the Juniors. Expect to see some Juniors cheering you on at a water stop at the Columbus Chase on 13 October.

### JOGGING JUNIORS by Mary Brandenstein

Our warmest wishes for success in athletics and academics go to Shelly Kvech, Tina Jenkins, and Cathi Brandenstein as they enter their high school years. These young ladies have been Junior Striders for six years. Shelly, Tina, and Cathi have successfully combined competitive running with having fun.

### CAROL AND WARREN - THANKS FOR EVERYTHING!

Warren, the Junior Striders are grateful for all the support and kindness you have extended to us through the years. Best wishes to you and Carol. The Juniors will miss you.

Sincerely,  
All Former & Present Junior Striders

## HOWARD COUNTRY JUNIOR STRIDERS 1985 CROSS COUNTRY by Dick Woods

The Howard County Junior Striders began preparation for the 1985 cross country season during the last week of August. This year's team features some seasoned veterans such as Jason Tripp, Brian Marland, Brian Shadrick, E.J. McCaffry, Jeremy Kusnetz, and Nicholas Wasalewski, in addition to some promising newcomers such as Hans Breville, Jason Edwards, and Jennie Randall.

The season began on Sunday, September 22 in Frederick, Maryland and will culminate at the AAU Junior Olympic National Championships in Philadelphia, PA, on Saturday, December 7. The Junior Striders will conduct their 7th annual cross country invitational meet on Saturday, October 26 at Centennial High School. All age group runners are welcome.

Coach Martin Goode conducts practice Monday, Tuesday, and Thursday evenings from 5:00 PM to 6:00 PM at Centennial High School. Interested runners can join the team at any practice or by calling Dick Woods at 964-9188.

## JUMBO ELLIOTT TRACK AND FIELD INVITATIONAL by Martin Goode

The Jumbo Elliott Track and Field Invitational is one of the most prestigious track meets held on the East Coast. On June 9, 1985 Ken Fowler and I witnessed this great meet held at Villanova Stadium in Villanova, Pennsylvania.

This year's meet was the fifth of such meets held in honor of late distance track coach Jumbo Elliott, who coached many of the great runners from Villanova University.

The track meet included events ranging from the 100 meter dash to the 3000 meter run. Naturally, having the distance background that Ken and I have, we found the half mile and 3,000 meter runs more interesting than those runs of 100 and 200 meters.

The first event we patiently waited for was the men's 3,000 meters. Henry Maroh and John Treacy were no shows for a race that was fairly exciting. Charles Bevier won the event in 8:00.7.

Several other shorter events passed by before the women's mile was run. The race was quite interesting to us since two area track stars were participating. Suzanne Girard and Atholton's very own Carolyn Forde were to compete in the race which included New York's Michelle Bush and Sue Foster of Nike. Sue Girard took the lead going into the last lap, but was unable to hang on to victory as Sue Foster won in 4:33 followed by Chris Pfitzenger in 4:34, with Sue "coasting" in at 4:36. Carolyn finished in 4:46 and in seventh place. Despite her finishing place, I was quite proud of her accomplishment; there aren't too many women I know who run 4:46 and finish seventh in a race!

The event that Ken and I wanted to see most was the DuPont men's mile run. This event was to be the highlight of the meet, which it was actually meant to be. Jim Spivey, Marcus O'Sullivan, Frank O'Mara, Sydney Maree, John Keyworth, and Ray Flynn were only several of the many big names entered in the race. Sydney Maree held off Jim Spivey in 3:52.6 to Spivey's 3:53.8. I was thoroughly excited to have been fortunate to attend the meet.

I would suggest to anyone who has a chance to attend the Jumbo Elliott Track and Field Invitational, not to pass it up. The meet will certainly be entertaining.

### COMING ATTRACTIONS: MEDICAL EMERGENCY COURSE by Linda Yergey

The Strider sponsored course on CPR certification and medical emergencies commonly seen in races will be held again this fall - back by popular demand. The course will feature instructors from the American Heart Association teaching CPR and allowing time for practice of techniques on two successive evenings. A third night will feature injuries such as hyperthermia and hypothermia. The HCS are committed to having as many members as possible knowledgeable in emergency care. Details will follow in a separate mailing later this month.

### BRIAN MC CONE MEMORIAL RACE by Linda Yergey

Our regular Sunday race on November 10 at Thunder Hill Elementary has been designated the Brian Mc Cone Memorial Race. All money collected for entry fees at this race will go to the Mc Cone family. Striders are encouraged to contribute above the nominal entry fee.

Gary Mc Cone was a very active Strider and contributed much of his time to our club. His twin boys were born prematurely and remained hospitalized for many months. Brian Mc Cone died in March. The Striders extend their sympathy to the Mc Cone Family and wish to express gratitude to Gary for all his contributions to the HCS.

### ST. PATRICK'S TEN MILER by Martin Goode

Last March I had the fortunate opportunity to run with one of the U.S.'s top women's distance runner, Lisa Larsen, in Oley, Pennsylvania. First of all, I'd like to set everyone straight, I had to run with her. Embarrassing as it is for males to be beaten by females, this would be a day of embarrassment for me, but it was fun while it happened.

The morning of the race, it was sunny with a brisk wind blowing. Once the run started, I warmed up though. The race started off as most do, the front runners jockeying for position. A half-mile into the race I found myself passing some of the top women in the field that day. By the time I reached the two mile mark, I'd passed every woman but one, Lisa Larsen, who was about ten yards in front of me.

I noticed as I inched closer to her that the pace she was running was a bit faster than I wanted to do, but I was determined to stay with her. When I finally caught up even with her, she had several men running close to her, which most of the top women have happen to them during races. I stayed with the pack, which included Larsen, passed three and four miles, but something happened between four and five miles which left Lisa and I to fend off the wind by ourselves, namely the other men had fallen off the pace. She had defeated the spirits of these men, but I was determined to hang on.

As the race continued on, I noticed she was tucking in behind me and adjusting accordingly to which ever way the wind was blowing. The thought of this happening didn't perturb me in the least, in fact, I was quite pleased I could help her in such a manner.

My efforts from five miles to the finish would be pointed to running a great race and helping Lisa in any way I could. Occasionally she would say something to me; I would answer back quite briefly, for at this point, I realized I was definitely running faster than I wanted and fear of dying near the end was gnawing at my mind. Nonetheless, I continued with Lisa.

Around seven miles a most unfortunate occurrence happened, almost causing a chain reaction that could have eliminated both of us from the race. At that point, another male runner had caught us and was running almost on Lisa's heels. When the male runner clipped one of Lisa's feet, she immediately grabbed onto me, which almost knocked me to the ground. Fortunately for both of us, I maintained balance, keeping Lisa on her feet also. The man disappeared quickly after the incident, leaving Lisa and I to continue our trek to the finish.

At eight and one half miles, I felt a severe cramp coming on, probably caused by running too fast of a pace. I reached deep inside myself to keep from slowing up, otherwise I'd lose to Lisa, who seemed to be getting stronger as time went on. I give up on staying with her at nine and a quarter as the cramp was getting worse.

As she pulled away, I felt defeated, due to the effort I put into the run, only to come up short.

She finished thirty seconds ahead of me, and as I walked past her near the finish chutes, she graciously thanked me for running with her as I did.

I returned home from the race with at least a little sense of achievement. I had the fortunate opportunity to run with one of U.S.'s top women distance runners.

Whether it matters or not, I got a "rematch" two weeks later at the Nike Cherry Blossom. The results were somewhat different, as I maintained a pace well over thirty seconds ahead of her; at last, victory!

### STRIDER SHORTS by George Ware

Larry Hughes completed a 367 mile wheelchair marathon in Alaska in nine days (there were mandatory stops), finishing fourth overall in this ultra event. In the 1984 Marine Corps Marathron, Larry was named the race's Most Courageous Runner after finishing with broken hands...(More on Larry in the next newsletter).

Johnathan Howland finished fourth in 16:03 at the DCRRC 5K race held at Walter Johnson High School in Bethesda on 17 August 1985. Carolyn Ulrich ran a 12:22, finishing as third female, at the Sri Chimnoy Two Miler at the Reflecting Pool in Washington, D.C., on 10 August 1985. Carolyn ran a 33:58 at the Moonlighter 8K in Rockville, Maryland on 13 July, finishing as 19th female. She also ran a 42:05 at the Suburban Hospital 10K in Bethesda, finishing as 4th female.

Jim Clelland finished second in 32:19 at the Marlboro, Maryland Marlboro Country 10K run on May 11. Jeff Regelman ran a 26:23 at the Moolighter 8K on 13 July in Rockville, finishing 24th. Buffy Gavigan finished as second female at the 23 July Suburban Hospital 10K in 41:16. David Stein finished 4th in 33:10 at the Cuisine Course 10K held on 28 September 1985.

2 JUNE 1985 HECHTS TEN MILER - STRIDER FINISHERS

<u>MEN</u>			<u>WOMEN</u>		
<u>PLACE</u>	<u>NAME</u>	<u>TIME</u>	<u>PLACE</u>	<u>NAME</u>	<u>TIME</u>
9	Jonathan Howland	56:37	615	Kay D. Weeks	1:21:53
10	Jim Carbary	56:38	968	Martha S. Trimmer	1:43:46
12	Martin Goode	56:52	1002	Heather C. Trimmer	2:10:14
33	Paul Sobus, Jr.	59:12			
45	Bob Burns	1:00:12			
58	Ken McKeithan	1:01:22			
85	Jim Godville	1:03:01			
110	Ben Mathews	1:04:23			
193	John Koerner	1:08:13			
247	George Ware	1:09:57			
376	John Schnackenberg	1:14:17			
420	James Bibb	1:15:19			
652	Joseph Harrington	1:23:11			
866	Glenn Trimmer	1:33:01			

30 JUNE 1985 BUD LIGHT TRIATHLON - STRIDER FINISHERS

## A) MEN

<u>PLACE</u>	<u>NAME</u>	<u>TIME</u>
29	Reginald Hahne	2:09:41
88	John Kuehls	2:17:46
212	Ray Plotecia	2:29:07
213	Ed Trottier *	2:29:11
238	Jeff Regelman	2:30:46
425	James Ragus	2:40:50
439	Joe Cristaldi	2:41:32
459	Frank Neubauer	2:42:36

\* Ninth overall in his age group (40-44); qualified for 28 September 1985 Hilton Head Island, South Carolina national championship.

## B) WOMEN

<u>PLACE</u>	<u>NAME</u>	<u>TIME</u>
46	Gayle Baruth **	2:41:34

\*\* Third overall in her age group (35-39); qualified for 28 September 1985 Hilton Head Island, South Carolina National Championship.

19 JULY 1985 WOMEN'S DISTANCE FESTIVAL 5K - STRIDER FINISHERS

<u>PLACE</u>	<u>NAME</u>	<u>TIME</u>	<u>PLACE</u>	<u>NAME</u>	<u>TIME</u>
1	Buffy Gavigan	18:39	42	Mary Esfandiari	24:50
2	Steffi Rausch	19:00	43	Linda Twill	24:52
3	Joanne Matisz-Sutch	19:41	44	Lydia Ross	24:58
5	Carolyn Ulrich	19:51	52	Shirley Burrill	25:35

## 19 JULY 1985 WOMEN'S DISTANCE FESTIVAL 5K - STRIDER FINISHERS CONT'D

<u>PLACE</u>	<u>NAME</u>	<u>TIME</u>	<u>PLACE</u>	<u>NAME</u>	<u>TIME</u>
9	Vivi Provine	20:48	53	Dorothy Lennig	25:36
10	Catherine Brandenstein	20:52	54	Arlene Kvech	25:45
14	Linda Buttner	21:27	67	Becky Allmon	26:52
16	Susan Stiff	22:11	68	Kay Allmon	26:53
17	Kay Weeks	22:14	70	Carolyn Beaty	27:18
18	Linda Levy	22:15	71	Linda Berg	27:20
22	Judith Stiff	22:26	79	Judy Tripp	27:59
23	Laura Smith	22:32	82	Martha Trimmer	28:02
27	Michelle Kvech	23:02	100	Meg Friedman	29:45
32	Karen Kane	24:09	101	Betty Bensel	29:45
33	Nancy Quick	24:11	102	Julie McCallister	29:47
34	Suzanne Sedge	24:13	109	Diane Ragus	30:47
36	Mary Brandenstein	24:24	110	Caroline Finneran	31:01
37	Elizabeth Humphries	24:26	126	Marsha Hartz	32:49
38	Nadia Wasserman	24:33			

## HOWARD COUNTY JUNIOR STRIDERS 7th ANNUAL CROSS COUNTRY INVITATIONAL

**WHEN:** SATURDAY, OCTOBER 26, 1985  
(Rain date Sunday, October 27, 1985)

**WHERE:** CENTENNIAL HIGH SCHOOL, ELLICOTT CITY, MARYLAND  
(Centennial Lane between Maryland Routes 40 and 108, west of Route 29)

**TIME:** REGISTRATION AT 8:30 a.m.  
COURSE WALKS AT 9:00 a.m.  
FIRST RACE AT 10:00 a.m. Sharp

**FEE:** \$1.00 PER ENTRANT

### NINE EVENTS (boys and girls run separately)

Boys and Girls, 8 years and under .....	2 Kilometers
Boys and Girls, 9-10 years old .....	3 Kilometers
Boys and Girls, 11-12 years old .....	3 Kilometers
Boys and Girls, 13-14 years old .....	4 Kilometers
Parents and Coaches, all ages .....	2 Kilometers

Age groups based on child's age on December 31, 1985.

We reserve the right to disqualify any participant who cannot furnish satisfactory proof of age

- Trophies to first five places in each child's event
- Special participation ribbons to everyone else
- Competition open to public -- residency or team affiliation not required
- Refreshments and restrooms available
- Excellent courses and spectator visibility
- Adequate convenient parking

For further information call Dave or Judith Tripp, Meet Directors  
730-4499 or 992-6546

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 American (RRCA). Strider members become RRCA members and receive RRCA publications.

If you are interested in becoming a member of the Howard County Striders, fill out the attached application and mail to the address listed below.

Club dues cover a calendar year (1 January to 31 December) and are prorated as follows: 1st quarter (Jan-Mar) 100%, 2nd quarter (Apr-Jun) 75%, 3rd quarter (Jly-Sep) 50%, and 4th quarter (Oct-Dec) 25%. Make all checks payable to: HOWARD COUNTY STRIDERS and mail to:

HOWARD COUNTY STRIDERS  
% BOB CARELS  
9338 FAREWELL ROAD  
COLUMBIA, MD. 21045

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

HOWARD COUNTY STRIDERS

NAME LAST: \_\_\_\_\_ FIRST: \_\_\_\_\_ INITIAL: \_\_\_\_\_

SEX MALE:  FEMALE:  AGE: \_\_\_\_\_ BIRTHDATE: M \_\_\_ D \_\_\_ Y \_\_\_

I'd like to work on the following committee(s) as a volunteer.

P Weekly Race:  Special Race:  Publicity:   
L News Letter:  Membership:  Clinics/Training:   
E  
A Type of Membership: Family:  Individual:  Full Time Student:   
S DUES.....\$10.....\$ 6.....\$ 4

E Is this a Renewal? Yes  No

IF FAMILY, INCLUDE FIRST NAMES:

		INITIAL:	AGE:	M	D	Y
P	_____	_____	_____	___	___	___
R	_____	_____	_____	___	___	___
I	_____	_____	_____	___	___	___
N	_____	_____	_____	___	___	___
T	_____	_____	_____	___	___	___

ADDRESS: Street: \_\_\_\_\_ (include Apt. #)

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

PHONE: Home: (\_\_\_\_) - \_\_\_\_ - \_\_\_\_ Work: (\_\_\_\_) - \_\_\_\_ - \_\_\_\_

Return Address:  
Howard County Striders  
6327 Golden Hook  
Columbia, Maryland 21044

**Non-Profit Organization  
U. S. Postage**

**P A I D**

**Columbia, MD 21045  
Permit No. 129**

