

HOWARD COUNTY
STRIDERS
NEWSLETTER

Vol. 6, No. 3

July 1986

CHRIS FOX WINS CLYDE'S 10K;
TOM GREEN FINISHES SIXTH IN OLD DOMINION 100-MILER;
CLARENCE WINGATE FOURTH IN HIS AGE GROUP AT NIKE CHERRY BLOSSOM 10-MILER;
STRIDER TEAM PLACES SECOND IN BONNIE BELL 10K;
WOMEN'S DISTANCE FESTIVAL ON 19 JULY;
24 HOUR RELAY IS 2-3 AUGUST;
HCS vs. MCRR 7 MILE CHALLENGE IS 7 SEPTEMBER -
BRING HOME THE CUP!

TABLE OF CONTENTS

PRESIDENT'S LETTER.....	1
CLYDE'S AMERICAN 10K.....	4
RRCA CONVENTION.....	7
WOMEN'S NEWS.....	11
24 HOUR RELAY.....	11
24 HOUR RELAY.....	12
24 HOUR RELAY - WOMEN'S TEAM.....	12
BOARD OF DIRECTORS.....	13
CLUB CHAMPIONSHIP SERIES.....	14
EXERCISE AND WEIGHT CONTROL.....	16
FREE STRESS TEST.....	16
STRIDER SHORTS.....	17
COLUMBIA TRIATHLON RESULTS.....	22

HOWARD COUNTY STRIDERS OFFICERS AND DIRECTORS

Miles Weigold, President
Herby Greenberg, Vice President
Dave Tripp, Treasurer
Kay Allmon, Secretary
Paul Sobus, Weekly Races
Dick Woods, Youth
Nancy Quick, Women

Tim Beaty, Nominations & Selections
George Ware, Newsletter
Lydia Ross, Membership
Martin Goode, Racing Team
Tom Webb, Special Races
Jane Hall, At Large
Al Yergey, At Large

HOWARD COUNTY STRIDERS NEWSLETTER STAFF

George Ware, editor-in-chief; associate editor, Jane Hall; contributing writers Tom Webb, Lydia Ross, Linda Buttner, Tim Beaty, Joe Holland, Miles Weigold, and Nancy Quick.

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 Lydia Ross, 7941 Johnny Cake Road, Baltimore, Maryland 21207 (944-3562) 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 STILL NEED WRITERS! WE STILL 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. Call the Strider hotline (964-1998) to forward your stories or mail them to George Ware, 4980 Morning Star Drive, Dayton, Maryland 21036. The deadline for the October newsletter is 15 September.

PRESIDENT'S LETTER

by Miles Weigold

The insurance issue appears to be under control after a long period of confusion and frustration. Although the solution is certainly not what we experienced in the past, we do have coverage for both "timed events" (neighborhood runs/weekly races) as well as non-competitive club events such as meetings and Jr. Striders practices.

The RRCA has discontinued all efforts to secure a policy such as the one in force for all clubs until 4/1/86. Instead, all RRCA clubs are encouraged to take advantage of coverage provided to members of The Athletic's Congress (TAC). Since the Striders belong to TAC, we are covered under their blanket liability policy for all "non-competitive" events such as practices, meetings, booths at the Mall/Fair, etc. We still need to purchase separate medical coverage for competitive events. I've spent considerable time with Dixon Hemphill of the Fairfax Running Center and our local TAC contact working out the best arrangement. I won't bore you with the details, but we are purchasing one policy for each Series (Summer, Fall, Winter, Spring) which will cover all participants in every event held during that series. That includes the neighborhood fun runs such as those put on weekly by Arlene Kvech. It appears that the issue is at least quiet now, though we are paying a lot more money for less coverage.

We all owe a dept of gratitude to the RRCA insurance committee for their efforts in trying to secure a new RRCA policy, and to Dixon for his help and patience in working out details of the TAC coverage. Dixon, we're not done yet!

My first opportunity to participate in a RRCA annual meeting will not be my last. Both Lydia Ross and I represented the Striders at the 3 day weekend in Portland, ME in the middle of May. The Maine Track club, which is about 1/2 the size of the Striders, did an outstanding job of hosting the entire 3 1/2 days. Read Lydia's article in this newsletter for her impressions.

Highpoints for me were: the welcome dinner at the lovely home of Priscilla and Bob Jolicoeur overlooking the Maine seacoast; 2 days of 3 runs per day! (with a Maine Track Club volunteer leading the way on running tours of the city at 7, or 8, or 9 mins per mile); the LL Bean 5K started by the Mayor of Portland and Joan Benoit; certainly the shore dinner lobster bake cooked on the beach in the sand; the seminars available to all attendees on such subjects as using computers in scoring races, medical assistance to runners, race management, runners food/nutrition, and, of course, insurance; and the 10K national championship Sunday AM (7:30 first mile, 51:30 total - it was HOT).

We all had lots of opportunities to talk with many folks from all over the country who are dedicated to this sport. Don Kardong was the keynote speaker at the Awards banquet where the presidency of the RRCA was officially turned over from Harold Tinsley to RunHer Founder Henley Gible. Alan Field, former president of the BRRC, Strider member, and Columbia resident, assumed Henley's former job as RRCA VP East. We're certainly well represented on the national board. John Sissala of the MCRR was recognized as the outstanding state rep for 1985. About 325 attended the convention representing 34 states; by far the largest group to attend an RRCA meeting.

The 1987 convention bid was awarded to the Montgomery County Road Runners to be held in conjunction with the '87 Fritzbe's 10K. I've already pledged the Striders' support to them. They will need a lot of help in order to pull off this HUGE effort, and I know we'll be there. Why not think about running the water stops for the 10K and/or the splits? Give me a call with your thoughts and/or ideas. You should all plan NOW to attend as much of the convention as

possible. All members of the RRCA are welcome, and I can now guarantee from personal experience that you'll be glad you went.

I'll add my plea for participation in the Fall challenge with the MCRRC to be held September 7 at 8:30 AM at Brighton Dam. We have developed a trend recently in "giving away" first place to both Baltimore and Montgomery County in these challenge races which must be stopped. Please mark your calendars and plan now to support the club by participating in this club-wide effort. Results are tabulated using cross country rules; each participant earns points based upon his/her finishing position. Therefore, regardless of your pace, if you beat members of the other club, you earn fewer points than they do. Since the team with the lowest total wins, the club with the largest number of participants usually stands the best chance of winning. Come out and be a part of reversing the trend!

Alan Field, in his first official club visit since his election to the RRCA board, spent about 1 hour with the Striders Board in early June. He reviewed the "A Place For Your Pace" program which he put in place while with the Baltimore Road Runners. It has a lot of appeal, and should go a long way to provide an opportunity to those of you who are interested in a program to earn credit for miles logged but not timed. We may start a trial program with the Fall Series just to get your reaction. In order to do so, we'll need 2 - 3 people who are willing to coordinate. We would run the A Place For Your Pace miles in conjunction with the weekly races, so it wouldn't mean additional event coordination, just some publicity and record keeping. Basically, the program awards milestones attained (50, 100, 200 miles), and attendance, with no regard for times. The program will attract new members and renew running interest in some present members, but we need folks to put it on. Call me for more details if your interested.

Todd Kane deserves our thanks for all his work with Tom Webb, Paul Sobus, and Herby Greenberg in designing and measuring new weekly race courses. They've gotten a start, but there's a lot more we can do. Since my request in the last newsletter for new course ideas, I haven't heard from anyone! I hope that's not an indication of the # of you who get this "deep" into the President's Letter, but more an assumption that someone else will do it. Well, no one has, so call Todd, Paul, Herby, or me with your ideas - please.

Tom Webb has included an article about the Clyde's race elsewhere, so I won't be repetitive. However, I must add my thanks, and that of the rest of the Board to all of you who gave up the opportunity to run in order to help with the race. A special thanks to all of you for making the 1986 Clyde's the most successful yet. Yes, we did have an unfortunate problem with the results, but let's don't let that overshadow an otherwise flawless performance on the part of all of you. You made it work perfectly. THANKS!

The Howard County Police have asked us to help them for once! The HCPD is hosting a meeting of the county police officers at the end of July, and they have asked the Striders to organize a 5K fun run as part of the activities. The run is currently scheduled for July 31 at 7:30 AM at the new Centennial Park (will it be open?). If you could be part of a 20 - 25 person crew to help us put on a typical 1st class Striders event, call me soon. Without the support of the HCPD, especially Tim Porter and his traffic officers, we would be virtually out of business for all of our special races. This is our opportunity to say thanks, so let's do it right.

Have a good summer. Cool breezes, new trails, stronger muscles, and a lower pulse rate are there if you look and work for them. Write a note for the Fall newsletter about how you did.

**DATELINE: CLYDE'S 1986 AMERICAN 10K
SUNDAY, MAY 4, 1986**

by Tom Webb

"It was the best of times. It was the worst of times." (Charles Dickens said it first, you're right.) It just happens to sum up the feelings of the Special Race Committee members of your club about 2 hours after the awards ceremony. We were feeling great! We could not have been prouder of the effort we put in and of the way the whole race came off.

I was about to say that we were proud of the results of our efforts, but there's that word -- results. Ugh!.... Maybe we should start at the beginning.

The day was gorgeous. Made for running fast. The night before the gorgeous day was full of last minute preparations for the race director and his crew. Little problems were being solved by safety pin hunters, and telephone double-checkers, and sign painters, and AC generator retrievers. They weren't in it for the 10 bonus points for the Spring series, by the way. These folks were out to put on the best Clyde's the Striders had ever done. Months of preparation weren't going to be spoiled. Not if we could help it.

The race director's phone rang exactly 11 hours before the starting gun. How the caller managed to get through on that overheated line is a mystery. But so was the caller. "I've got someone who'd like to get in your race tomorrow," he said. "Fine. Just be there by 7:30. We've decided to take race-day entries. Ten dollars. Do you need directions?" "No. I've run a lot of your races. I'll pay. But the guy I'm bringing is really fast. Can you waive his fee?"

When I heard his pedigree, I said it would be worth 10 bucks to see a "sub 29" 10K runner push the pace. "Keep in mind he's actually a track man, not a road racer. He's only done a coupla road races," said the speedmonger, sounding like he wanted me to realize that running many miles in 440 yard circles at a sub 5 pace doesn't guarantee he can break 40 on LPP. Did he expect me to refuse to grant the "invited-runner status" to this gazelle? We were already inviting about 40 top guns from these parts, but when the caller heard the names, he said, "Well, Chris ought to win it, then."

Now names like Kipsang, Spence, Clapper, Sharkey, and Hage don't strike fear into most runner's hearts, it's true. That's because most of us don't expect to see their size 28 racing shorts for more than a hundred yards or so after the gun goes off. But those names are worthy of respect in a footrace. Yessirree, Bob. This guy on the phone was from Williamsport, MD, by gum, and his friend "ought to have no trouble" with those names above. Okay-fine. See you in the morning.

(Zipping ahead 11 hours and 29 minutes or so.)

He didn't. Didn't have trouble, that is. Chris Fox, a track coach at UNC,

came up here with his friend Greg Shank (the Williamsporter who incidentally won third place in his age group - with his arm in a cast!), and ran away from the field. Chris actually said later that he was thinking of surging the last mile in order to break 29 minutes, but he "didn't want to push it, since (he) wasn't really in shape for a race." Theorem: fast is fast. Corollary number one: running fast in circles and running fast on roads are not mutually exclusive talents. Corollary #2: Fast people hang out together.

Proof for Corollary #2 came about 5 and a half minutes after 17 year old Chris (who insists he's 26, but if you saw him, you know better, right?), shattered the course record. That's when Maria Pazarentzos crushed the women's course record. So, where's the proof? Maria lives in Williamsport, too, (is it the water?) and rode into Columbia with Greg and Chris. They also left together with a significant portion of John Mancuso's awards budget.

The top awards at Clyde's have always been great. Mancuso, the manager at Clyde's, has this idea that a high quality race with high quality prizes will get you some high quality runners. Seems to work. Five men broke 30:00 and the old course record of 29:48.

A trip to the Carribean for Chris, a 12-speed bike for Maria, a 35mm Nikon camera outfit chosen by Joe Kipsang, 2nd place man, and a set of luggage for Steve Spence, who took third. And the rest of the overall and age-group winners got beautiful silver and pewter bowls or platters for their efforts. The rest of the almost 1,300 runners were treated better than ever, too. No one was forced to make room in already stuffed drawers for another T-shirt; this year a handsome nylon sportsbag was the premium. And, of course, the post-race refreshments were plentiful, better than ever and open to everyone.

Well, if John is going all out with prizes and goodies for the runners, was the club ready to go all out to organize this event? You bet. That is what we are paid to do for this race.

More than 100 of you should be proud of the part you played in making this year's race the best Clyde's ever. Thank you for marshalling and lifting, planning and hollering, and handing out race forms, and running errands and mostly for giving up your chance to run in our biggest local race -- your club thanks you. How do we know it was the best race yet? It's hard to be objective, but here's the evidence.

Warren Ohlrich, of Aspen, Colorado, has been to every Clyde's and he said it was the best yet. (If I have to explain who Warren is and why he came 2,000 miles to run this race, then this newsletter is being read by mistake -- go back to TV Guide, you could not possibly be a Howard County Strider!) Harry Goodman, a top-flite Baltimore Roadrunner who wins a race every weekend or so, said that "you guys in Howard County really know how to put on a race. The courses, the organization, the food and the fun. You did the best at Clyde's this year." For the first time we had music and a great PA system, making the atmosphere and the communication superb. There were also about a thousand comments overheard by Striders on race day about the fantastic race. What a day!

There were some very good results from the race. For instance, times were better than ever. The club made over \$2,500., including the largest single personal donation ever - \$500. by Denise Underwood. (She donated from her "pay" as computer operator for the race. Seems she felt it was unfair because

lots of Striders were putting in as much time as she was.) Also, we established some good precedents for sharing equipment and data bases with other local running clubs, and we found some good new sources for music and a sound system. Those are definitely good outcomes.

But good results? As I said at the top, the Special Race Committee members were dealing with some conflicting emotions shortly after the awards ceremony. If you've already seen a copy of the Clyde's Results with its accompanying letter, you understand. Let me try to draw you a word picture.

There is a mountain of trash created by a couple of thousand hungry and thirsty runners and their friends after a race. Bottles and cans and goop and muck from the festivities and from the busy Friday and Saturday nights at Clyde's are the major components. (We are looking for a minor component.) This mountain is crushed into dumpsters by a huge compactor behind the restaurant into a few cubic yards of broken glass and glop and foul-smelling goop. The sun is beating down in the early afternoon. The smell is not nice. Ten people stand looking at three open dumpsters. No one is smiling.

Meanwhile, quarters are being shoved into a payphone as everyone who could possibly have been near the awards tables after the race is called.

WOULD YOU, BY ANY CHANCE, HAVE PICKED UP THE BOX WITH THE RACE RESULTS IN IT? NO? ARE YOU SURE? ... NO, WE'RE NOT SURE, THEY'RE LOST. BUT WE'RE STILL LOOKING ANYWAY.

In disbelief, we begin chipping away at the dumpsters' contents. With shovels and fingers and watering eyes we separated boxes from glass, paper from slop, looking for anything familiar... anything that looked like the number tags and chronomix tapes. You probably don't need to be told this: without the tags and chronomix tapes you don't really have a prayer of coming up with accurate results.

Why look in such a foul place for the race results? Because the only two pieces that showed up after the awards ceremony were found swirling in the breeze on the walkway behind Clyde's, by the dumpsters. So, look we did.

"It was the best of times. (We were so proud of the race we put on.) It was the worst of times." (We were crushed over the disappearance of the results.)

Two hours in the sun digging in trash will kill your desire for more of the same. We gave up after a good struggle. Rationalizing was next. No one should really care... after all, the race was so good, and who really HAS to have official results, anyway? But that rang hollow. We all went home feeling decidedly happy/sad and mad/glad.

There was Miles, tired from weeks of behind-the-scenes work, digging in although dressed up to go to a school event for his son; Laura Smith, publicist and master of immediate post-race results, chiming in with her unique, irony-laced style, making everyone feel better; Nadia Wasserman, organizer of packet-pickup and registration, trying (like Launcelot willing Sir Gwain back to life) to will those results from the heap; Linda Levy, volunteer coordinator, and Lydia Ross, who gave countless hours, poking through debris overflowing on the ground; young Paul Sobus and Nate Higdon, tireless workers, and Ralph Olinger, whose finish line crew did a flawless job, and Jerry Andrews, who

finally got a chance to run a Clyde's race after years of working them, and I (who should have latched onto the box of results when I had the chance!), straddling the dumpsters with shovels. No results.

Pride and a sense of duty carried us eventually to piece together a set of results from the backup sheets and from an audio tape of the number of each runner whose photo was taken at the 6.1 mile point (kindly provided by the Radiant Photographer). The results were sent out late and incomplete. But we did our best.

We'll learn from this. We won't let it happen again. What WILL happen again, we all hope, is a great Clyde's race in 1987!!

RRCA CONVENTION - PORTLAND, MAINE

by Lydia H. Ross

Conventions, so I've heard, can be dull at best, those who go, usually do little else but eat, sleep and drink their subject matter with insane intensity. Somehow though, the thought of the RRCA annual convention just didn't hit me that way. So, one day, I decided to ignore all that helpful advice and go anyway.

As a single mother, with two young children to care for, I was unaware that scheduling a 4 day getaway would be akin to organizing a summit meeting at the North Pole.

My determination paid off. Hearing the stewardess on Piedmont flight #394 giving the routine emergency landing instructions it really hit me. I was going to get my trip! Leaning my head back and looking out the window as we touched off the ground I took in the thrill of takeoff. I have flown before but each time, the feeling of being pulled from the earth and lifted into the sky has always managed to excite me.

Descending at Logan airport in Boston, my point of transfer, I rehearsed my moves: don't forget my carry-on, a Clyde's bag stuffed to capacity (just in case my 45 pound suitcase ends up in Libya). I was prepared with 1 of everything that a woman could possibly need. Off the plane in an instant and rounding the corner to hop on the bus heading to terminal B, it was time to change my accent and switch gears. The 19 passenger Cessna, known as the Bar Harbour Express (Baah Haabaah - using a New Englander's pronunciation) was fun except for the lack of leg room. The pleasant male traveler who was in the seat to my front was a patient sort because he didn't complain a bit about my futile attempts at jamming my Clyde's bag under his seat - finally giving up I sat half on it and half on my seat; smiled at Mr. Pleasant and thoroughly enjoyed my trip into Portland airport.

Standing now outside with my suitcase, Clyde's bag, coat, and a large bag of garbage, fondly called a woman's pocketbook, I waited. And there it was, a genuine taxi - I yelled HELP TAXI! Truly fitting don't you think? At the entrance to the Holiday Inn By The Bay we made a deal. I was to hold open the door while he carted everything in. He had earned his tip.

Miracle upon miracles I had made it. Sitting alone on my bed in room 810, I permitted a semi quiet squeal of glee to escape from my happy face. Just

about noon time and having completed unpacking, my sense of adventure took over. So, down the elevator I headed to see what the Maine Track Club folks might suggest. There they sat; a group of very pleasant members, in back of a 30 foot table filled with schedules and helpful literature. Having received the basic instructions for reaching Exchange Street I headed out to visit the shops and find FOOD. The smell of ocean air and sound of seagulls filled me with happiness.

By early evening, many guests had arrived. There were some familiar faces too; Miles Weigold, Doug Pond (Annapolis Striders), and Alan Field (past President of BRRC and new HCS member). All of us boarded an old school bus and headed out to the home of Bob Jolicoeur for what turned out to be a marvelous evening. His home was a beautifully built and furnished contemporary, with a lovely view from every window, of which there were many. He and his wife Priscilla, had, with the help of neighbors and Maine Track Club "chefs", laid before us a banquet of culinary delights. As if that was not enough to delight us all, a neighbor of the Jolicoeur's had installed a new light in his lighthouse so that we could be blessed with having seen the real thing. Doug Pond and I walked out to see the lighthouse and stood silently enjoying the sounds of crickets chirping and waves crashing against the big rocks at the base of the cliff on which we were standing. Inhaling the distinct smell of sealife and ocean spray we took in the magic of the moment, and rejoined the crowd as it was preparing to make the return trip to the hotel.

Next morning, following a fun run, our little group paid a visit to Alan's Incredible Edibles to wolf down huge tasty blueberry pancakes and lots of coffee. Then it was down to see where real live lobsters were brought in; weighed, graded and prepared for shipment to customers. Jake, as we had heard, knew lobsters: he took 45 minutes from his busy schedule to show us the various holding tanks and walked us through the procedures from the arrival of lobsters from fishermen's boats to the preparation for filling orders. How does \$2.50 per pound sound? Incidentally, one salt-of-the-earth type who, I assured everyone, was a lobster fisherman, turned out to be one of Jake's fork truck operators.

Back again on cobble stone streets and still looking for trouble, the pleasant aroma of freshly brewed coffee caught our attention. Into a little shop we waltzed and watched as our coffee mochas were created. Lots of chocolate, strong coffee, sugar, and whipped cream to top it off, a coffee mocha tastes similar to the Italian cappucino.

Shortly thereafter, I had changed into new running gear and awaited the arrival of Joan Benoit Samuelson. As she stood on the podium to receive her RRCA award I noticed how rather delicate a frame she had. Her winning personality and humble manner made us all appreciate what a gem of a role model she really was. I felt truly inspired by her presence. Almost as quickly as she had arrived, she was off, on her way to catch a flight to race in Bay to Breakers.

Standing now in place, waiting for the start of the 5K L.L. Bean Fun Race, I realized that we had already started. Somehow, the start was not heard by the back-of-the-pack. No matter, the 1st major running event was in progress, and with all of the streets lined with clapping, cheering crowds, I was uplifted. If only I hadn't drunk that coffee mocha so close to race time. Pulling up

the final hill, I knew that again I had made it through a tough situation, and found some reserve energy to give a good push through the finish. The afternoon was filled with hearing the first group of speakers at the convention, and a taste of personalities, working through their obvious differences of opinions. Looking as if he had swallowed a lobster sideways, shell and all, TAC's representative Joe Chris tried to tell us that TAC and RRCA had to work together and that TAC was "here to stay" as it has the "power of the government" behind it. By that time, the room was absolutely charged with emotion and I could here the sound of several of the "high muckimucks" twitching in their seats. (I wouldn't have missed this for the world!)

A quick trip to the exhibit center to catch the latest in hi-tech running shoes and to see the creator of "Runtime race results", Alan Jones, busily keying in the 5K results from earlier in the day, and then 5 minutes to run up to my room to put on every article of warm clothing that I could find.

Boarding the bus, heading for the lobster bake, I picked up on a variety of running related discussions: how challenging it was to organize the Bloomsday race as it had grown to a whopping field of 48,000; legal considerations of board members regarding the insurance coverage; and the one discussion in which everyone was involved at some time during the convention, that being where the future of road running and racing would lie within the next 2 years. All riders seemed to be rather optimistic, and because of the lively nature of the riders, I was hardly aware of how bumpy the ride had been. We finally landed at the lobster bake and peeled ourselves from the confines of our vehicle as quickly as possible; for excitement was in the air. PARTY TIME! There, under a huge tent, sat a great group of musicians playing their hearts out to Dixieland Jazz. Off towards the rear of the tent from the beach, lobsters, clams, mussels, potatoes and hot dogs were sending forth a cloud of fragrant smoke and steam as they sat buried beneath layers of seaweed near the water's edge. Though I was unable to discover the significance of hot dogs at a lobster bake I assumed it was all part of the scenery. Holding a beer in my hand, I stood elbow to elbow with a multitude of friendly folks and the music started my feet dancing. Somehow, there I was with a dancing partner, Ed Benham (a wonderful character of about 70 who is a top record holder) boogieing and loving it.

The announcement for which we had all waited finally came - lobsters are ready - come and get'em! Well we did and they were steamed to perfection. Stuffed to the gills (no pun intended) our next adventure was to visit L.L. Bean's 24 hour factory outlet. Nothing daunted our lively group - smelling like lobsters (having spilled my cup of clam juice on my jeans I smelled like both) in to Beans we crashed. The inside reminded me of a log cabin with rustic touches like the large open wooden staircase which rose majestically from a vast indoor fish pond stocked with foot long specimens. A true haven for all outdoor hobbyists; L.L. Bean offered just to name a few, equipment and supplies for fishing, boating, hiking, camping, and orienteering. My mouth watered. Do visit if you ever get to Maine - certainly a MUST SEE.

Saturday, May 16th; time for an early 7 a.m. 3 mile jog with a couple of folks who had arrived late Friday evening. We took our time chatting and viewing the waterfront scenery. By now, I had learned my way around so I took my chance at playing "tour guide". Then, it was back to the hotel to try their brand of blueberry pancakes. (This IS Maine). They were tastier than ones from home but not up to Alan's "incredible edibles".

Off we went, within about 30 minutes, to the convention hall to take part in the election of officers and more lively talks. As I could gather, the major thrust of RRCA would be to both convey and assist all member clubs with the following three points:

1. Increase size of running clubs and aim more to the recreational runner; not just the racer.
2. Communicate more with the state reps.: (ours being Alan Field).
3. Actively seek larger volunteer bases through innovative strategies and give deserved recognition and our show of appreciation. The point was aired that a strong volunteer base really in a club's backbone.

Then, suddenly without missing a beat, Harold Tinsley presented awards of appreciation to several very helpful members towards whom he felt especially grateful. With a crack in his voice and eyes quickly misting over, he looked out into the crowd and offered an award to his most precious teammate, who he claimed equally shared the office of President, his wife, Louise. The whole place stood up and clapped and cried with them both. We had all become acutely aware of their love and respect towards one another.

Later that evening, though at times a bit drawn out, the awards banquet went on without a hitch. Lots of good pasta, and salad, and again, great fun was had by all. One of the highlights of special interest to me was the humorous presentation given by a talented speaker and Olympian runner named Don Kardong. Don brought forth many a belly laugh as he described his unexpected rise to Olympic fame. No doubt Don will be monumental in his drive to get a RRCA circuit of races for T.V., similar to tennis and golf. His efforts to legalize financial assistance to athletes who wish to retain amateur status have been very successful.

Sunday morning we all arrived at the University of Southern Maine ready for the final test of our ability to put the "overuse syndrome" into action. Lovely morning it was - for Maine it was hot, with the thermometer touching the 70 degree mark, and all sun. One of about 500 runners, I stood in proper position, at the "back of the pack" ready to "go for it" - well my excuses are many: hot running tights (what a jerk); nearing exhaustion, not being trained for surviving on 4 hour nights of sleep, too much blood sugar, not enough - maybe you have a few pet excuses of your own. The truth was that I had enjoyed all facets of this convention and to race this day just wasn't in me, so I logged in at a 57 minute crawl for the 10K Maine Championship and had managed to locate one person less intelligent than I. There he was, puffing along in a complete sweatsuit; and SWEAT he did.

About 10 minutes after the race and following at least 2 cups of water I marched over to the tent housing the Osteopathic Hospital of Maine's testing facility, composure fully regained (HAH!). Surprised, I discovered I had excellent breathing capacity (FVC - forced vital capacity and FVC/FEV.: ratio that gives percent of how quickly and strongly I could blow out birthday candles). Now it made sense why I always could muster up a blood curdling yell when I had too. Blood pressure was O.K. though not great and my flexibility was average (no complaints as I know that I am not very consistent with my stretching). There it was - I was in need of training and it was as simple as that - no more excuses.

You can count on me being there to be a part of 1987 RRCA Convention to be hosted by Montgomery County Roadrunners and held in Rockville, Maryland. These are our events; highlighting both the people, and the sport that we love. I hope you will be there next year too.

WOMEN'S NEWS

by Nancy Quick

Women's Distance Festival

Win a night for two at the Columbia Inn! This is just one of the many random prizes that will be offered at the Women's Distance Festival 5K at midnight on July 19 (which is really Friday, July 18). The 3.1 mile race is one of 75 such races held nationally to support women's running and call attention to the fact that the 5K distance is still a much needed event for women who compete in the Olympics.

Fun Runs

Monthly fun runs for women will continue! All women are invited to attend our next run at Lake Elkhorn on August 9. Starting time is 8 a.m. and, following the run, we will enjoy a picnic style breakfast of croissants and fresh fruit from Michel's Baquette. Runners all ages and abilities are welcome. Cost: \$4.00. Call 997-0805 at least three days before to register.

Bonne Bell

The Striders sent two teams to the Bonne Bell 10K on May 18. Despite a very hot and humid morning, one of our teams placed second in the team category. Congratulations and thanks to all who participated.

The first Strider team of Steffi Rausch (15), Suzy Wenk (19), Janet Coffey (16), Cathi Brandenstein, and Vivi Provine (42) placed second overall. The second Strider team consisted of Becky Allman (15), Marion Brandenstein (17), Tina Jenkins (14), and Helen Byers.

24 HOUR RELAY

by Tim Beaty

The fantastic 24-Hour Relay is scheduled for August 2 and 3 on the track at Ft. Meade, Maryland. This is the sixteenth time the event has been held at Ft. Meade and this will be the ninth year in a row the Howard County Striders has fielded (tracked?) teams.

As in the past, all members of a Striders' team must be Striders' members, a detail that can even be taken care of on August 2. And, as in the past, the Board of Directors has voted to continue their policy of paying the team entry fees.

If you are interested in participating as a runner or as a lap timer, please call or contact Tim Beaty, 596-6453, for more information. Anyone who answers the phone at Tim's house will be able to sign you up. If you are not sure about doing it, just talk to him, he'll talk you into it.

24 HOUR RELAY

by Linda Buttner

Hi Striders,

Just wanted to drop a few lines to say "Hi," and let you know I think you're doing great. I may not be at many races physically lately, but I've been keeping track. OH, OH...track...track....who said track? You must excuse me, but I kinda lose it when I even think that word.

It all started way back in 1981 when Ed and Liz Humphries and I heard about this unusual event (let's be blunt, I feel we know each other well enough) CRAZY event called the 24 Hour Relay. I don't recall who egged who on, it's mostly a blur in my memory, but it was probably them. HA!

What you do is get 10 people of like mind together, preferably all with masochistic tendencies (although not a pre-requisite, it's helpful) and then you all alternate turns joyfully running four times around the you know what as fast as you can passing a dowel stick as you go. DCRRC sponsored it, happens annually at Fort Meade, MD. from noon Saturday to noon Sunday on what usually turns out to be the hottest weekend of the Summer. Then add about a zillion mosquitoes, the aroma of Icy Hot wafting over the field, and the sound of creaking knees and assorted other joints, and you've about caught the ambience of it all in a nutshell. (Another word I've often associated with this event!)

Well, we started with a team of 9 that year and it dwindled down to 4 of us the time race day came. Sanity set in for some it seems. That's the fateful day we met the Howard County Striders who were looking for 1/2 a team. Guess who they found.....the rest is history.

O.K., so who's up for the Relay? I can just see your blank stares as you look down and shuffle your feet and say "who me?" Come on, what's the matter? You got no guts, no stamina, no stick to it-ness? Are you gonna let an old lady beat you? (How am I doing? THAT always gets em). Come on out if you dare. It's quite an experience.

Seriously now, would I do five of these if it was so bad?....Probably. Hope to see you at the T----???

24 HOUR RELAY - WOMEN'S TEAM

by Lydia H. Ross

Calling all Strider women! That unique event known to many of us as the "slumber party of the year" will be here again on August 2nd and 3rd. Mark your calendar; give Lydia Ross a call at 964-3074 and be one of a team of 10 "special ladies." Run a mile about once an hour for 24 hours - join me as we travel into the twilight zone. From past experience with this event I can say that you probably will experience many different emotions but will certainly come through to the other side feeling triumphant from your own sense of accomplishment.

Many unusual situations will be there to lighten your load: Tim Beaty will appear in a different hat (I especially like the one I call the winged

victory) for each mile that he will run with his team; you can run with those attempting the 100 mile race which is also an event going on at the the same time; and best of all, hearing your Strider team mates cheering you on as you cross the finish line for each mile.

On those days when nothing quite goes right, you can draw from your inner sense of strength, thanks to having endured one tough but worthwhile race.



IMPORTANT ANNOUNCEMENT: BOARD OF DIRECTORS
by Tim Beaty

The year 1986 is about one-half over and it is not too soon to think about the continuing management of the Striders for 1987. All members who are interested in serving as an officer or as a member of the Bord of Directors of the Howard County Striders are encouraged to contact Tim Beaty, Director for Nominations and Selections, on 596-6453.

A slate of Officers and Directors is placed in nomination and an election is held at the Annual Meeting, in January of each year. All terms are for one year. The Officers elected each year are President, Vice President, Treasurer, and Secretary. Candidates for Director are largely designated for one of the following tasks or committee chairs: Women's Committee, Weekly Races, Newsletter Committee, Racing Team, Membership, Nominations and Selections, and Special Race Committee. The Parents Committee of the Junior Striders provides a candidate for Director as their representative on the Board. And, a limited number of At-Large Directors are proposed each year.

Your thoughtful consideration is requested. All Officers and Directors are volunteers who contribute time and energy to the Club. The pool of volunteers for these jobs has been very small for the last two years. Please review your priorities and try to evaluate the relative importance of your personal running and fitness program to you and the part the Striders play in that program. If the Striders are an integral part of your program, it is perhaps time to contribute a sizeable effort back to the Club. If the Striders are not an integral part of your program, it is perhaps time to help the Club address your needs and the needs of others in your situation who are not being touched by the Club in a meaningful way at this time. Either way, I hope you will consider ways you may be able to assist the Striders and its members; if serving on the Board is one of those ways, please give me a call.



HOWARD COUNTY STRIDERS' CLUB CHAMPIONSHIP SERIES (WOMEN)
HCS—CCS
by Tim Beaty

Following are standings in the HCS-CCS after two events, the 10-Mile and 2-Mile distances.

N A M E	KAY WEEKS	HELEN BEYERS	LAURA SMITH	NANCY QUICK	DENISE UNDERWOOD	LYDIA ROSS								
2-Mile Time	14:01	14:07	15:00	15:48	14:13	16:07								
2-Mile Place (and Points)	1	2	4	5	3	6								
Previous Series Points	1	3	2	4	6	5								
Total Series Points	2	5	6	9T	9T	11								
Overall Series Place	1	2	3	4T	4T	6								

Notes: A "T" by the points or place indicates a tie.
Remember, low total wins.

For more information, call Tim Beaty, 596-6453.

HOWARD COUNTY STRIDERS' CLUB CHAMPIONSHIP SERIES (MEN)
HCS—CCS
by Tim Beaty

Following are standings in the HCS-CCS after two events, the 10-Mile and 2-Mile distances.

N A M E	BEN MATHES	AL YERGEY	TIM GARRITY	JIM CARBARY	PHIL RIEHL	PAUL SOBUS, JR.	TIM BEATY	HERBERT GREENBERG	ARMAND HARRIS	BRUCE MARSHALL	ED TROTTIER	PAUL GOLDENBERG	JEAN CHALK	RICHARD DOPP	MARTIN GOODE
2-Mile Time	12:01	11:54	12:09	10:52	11:00	11:46	12:52	12:55	13:24	13:04	14:07	13:45	13:51	14:01	<i>DNP</i>
2-Mile Place (and Points)	5	4	6	1	2	3	7	8	10	9	14	11	12	13	15
Previous Series Points	1	3	2	11	11	11	8	7	5	6	4	9	10	11	11
Total Series Points	6	7	8	12	13	14	15T	15T	15T	15T	18	20	22	24	26
Overall Series Place	1	2	3	4	15	6	7T	7T	7T	7T	11	12	13	14	15

Notes: A "T" by the points or place indicates a tie.
Remember, low total wins.

For more information, call Tim Beaty, 596-6453.

EXERCISE & WEIGHT CONTROL

by Betty Morgan, R.D.

[Submitted by Joseph E. Holland]

If you are trying to lose weight for life, exercise is a necessity and here's why:

1. Drives up the metabolic rate - studies indicate that aerobic exercise can increase metabolic rate 25% above basal level for 15 hours after the exercise, and 10% for as long as 48 hours afterward.
2. Preserves lean muscle mass - 20-50% of weight lost by caloric restriction alone is lean muscle mass.
3. Reduces Calorie Absorption - When a person exercises, food passes through the intestinal tract much faster. As a result, a smaller percentage of the day's calories are absorbed.
4. Increases oxygen uptake - Exercise increases the body's capacity to use greater amounts of oxygen which is vital to overall health. Greater amounts of oxygen allow for greater expenditure of stored fat.
5. Suppresses Appetite - Levels of activity have a direct correlation to how many calories a person eats. When activity is low, studies show that calorie intake increases.
6. Improves Self-esteem/Discipline - The challenge is exercise - when confronted and overcome we get a sense of accomplishment, increased self-esteem, well-being, and self-control, and with that, the commitment required to stay on a diet.
7. Reduces Depression and Anxiety - 50-70% of all organic illnesses are either aggravated by or related to stress and emotions. For an overweight person living in a weight-conscious society, these problems are compounded. Exercise acts as a natural tranquilizer to calm the system. It will reduce heart rate and lower blood pressure while stimulating mental capacities.
8. Increases Calorie Expenditure - Movement requires energy. The more exercise the more energy demanded for it. Cutting calories only is not all that is needed to lose weight.
9. Improves Maintenance Success - Reports show that less than 5% of those who successfully lose weight are able to keep it off for one year. Studies report that 70% who lose weight by combining diet and exercise maintain their weight loss by continuing to exercise.

FREE STRESS TEST

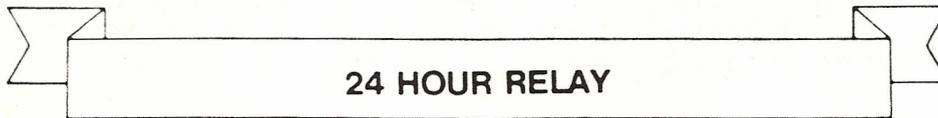
Sally Awalt McCoy, a graduate student in exercise physiology at the University of Maryland, College Park, is still seeking volunteers for participation in her thesis research on the effects of external added loads to

the hands and feet on a group of long distance runners. Subjects will engage in a free stress test which will measure oxygen uptake, blood pressure, heart rate, and perceived exertion. The testing will occur at the University of Maryland Exercise Science Lab.

She is again asking for volunteers from the Howard County Striders to participate in this study and receive free stress testing.

Interested Striders should contact her as noted below.

Sally Awalt McCoy
3355-C N. Chatham Road
Ellicott City, MD 21043
(301) 461-6176



The 16th Annual DCRRC 24 Hour Relay will be held on August 2-3 at Mullins Field at Fort Meade, Maryland. Last year the Striders fielded two teams, finishing second and fifteenth respectively among 28 teams. Call Tim Beaty (596-6453) to sign up as a runner, volunteer, moral supporter or groupie. Lydia Ross (964-3074) is fielding an all female team. See their articles elsewhere in this newsletter. You could choose the 50 Mile Run/Walk or 100 Mile Run/Walk, if the excitement of a 24 Hour Relay is not enough.

STRIDER SHORTS

by George Ware

Clarence Wingate placed fourth in his age group (55-59) at the Nike Cherry Blossom Ten Miler, finishing in 64:04. Martin Goode was the first overall Strider finisher with a time of 54:03, placing 104 in a field of 2,513 male finishers. Eight other Striders finished in sixty minutes or better: James E. Robinson, #113, in 54:35; Jonathan Howland, #138, in 55:25; James Carbary, #140, in 55:28; Ken McKeithan, #229, in 58:26; Piriya Pinit, #254, in 59:05; John Kuehls, #261, in 59:12; Jerry Warfield, #280, in 59:36; and Hubert Chadwick, #305, in 60:12. The first female Strider was Janet A. Yu-Yahiro in a time of 69:22. Janet placed 68th in a field of 678 women finishers.

Mark Konodi was the 35th finisher at the 13 April 1986 D.C. Marathon. Mark ran a 3:01:36. Other Strider D.C. Marathon finishers were Tim Beaty with a time of 3:25:11 and Jean Chalk in 3:38:17. Mark Konodi then joined fellow Striders Ed Trottier, Clarence Wingate, Bob Burns, and Ben Mathews to run the Boston Marathon on 21 April.

Tom (Ultra-Man) Green ran the April Massanutten Mountain Massacre (50 miler) in ten hours, thirty minutes. Tom then finished sixth in the June Old Dominion 100 Mile Endurance Run in Front Royal, Virginia. His time was 21:03:28. This eighth annual 100 miler had 27 finishers out of 57 starters.

Martin Goode ran a 33:50 at Fritzbe's 10K. Other finishers at the Rockville

race were Vivi Provine, Suzanne Hartley, and "most of the Allmon and Tripp families, " as the Howard County Times described it.

Jonathan Howland won the April 20 Laurel Spartan 5K in a time of 16:06. James Carbary finished fifth in his age group (30-39) at the June 20th Vincent Lombardi 10K with a time of 33:38.

CLYDE'S AMERICAN 10K

OPEN MEN

1.	Chris Fox, Canboro, NC	29:17
2.	Joseph Kipsang, Washington, D.C. (Kenya)	29:19
3.	Steve Spence, Fairfax	29:25
4.	Gerry Clapper, Columbia	29:35
5.	Dave McCormack, Falls Church	29:47
6.	Frank Sharkey, Salisbury	30:28
7.	Matt Wilson, Burke, VA	30:40
8.	Jim Hage, Lanham	30:50
9.	Jerry Jurick, Baltimore	30:55
10.	Henry Pheilan, Beltsville	31:03

MEN 19 & UNDER

1.	Greg Gray, Mt. Airy	32:38
2.	Steve Smith, Columbia	33:30
3.	Jeff Campbell, Randallstown	34:26

MEN 20-29

1.	Mike Monaghan, Baltimore	31:26
2.	Mike Deckert, Baltimore	31:47
3.	Bob Raisbeck, Laurel	31:58

MEN 30-34

1.	Harry Goodman, Baltimore	31:11
2.	Jack Kavanagh, Baltimore	31:23
3.	Joe Sullivan, Silver Spring	31:53

MEN 35-39

1.	Jeff Lears, New Freedom, PA	31:24
2.	Steve Ruckert, Westminster	33:08
3.	Greg Shank, Williamsport, MD	35:24

MEN 40-44

1.	Dick Stoler, Shrewsbury, PA	34:02
2.	Piriya Pinit, Columbia	35:13
3.	Hubert Chadwick, Columbia	35:30

MEN 45-49

1.	Warren Ohlrich, Aspen, CO	37:08
----	-------------------------------------	-------

CLYDE'S AMERICAN 10K (CONT'D)

MEN 45-49 (CONT'D)

2.	John Koerner, Dayton, MD	38:07
3.	Warren Pitts, Baltimore	38:28

MEN 50-59

1.	Steve Rosasco, Fallston, MD	38:10
2.	Tom Moniyama, Silver Spring	38:24
3.	Clarence Wingate, Laurel	39:31

MEN 60 AND OVER

1.	Joe Holland, Baltimore	47:00
2.	Claude Rowan, Hyattsville	N/A
3.	Paul Thomas, Ellicott City	N/A

OPEN WOMEN

1.	Maria Pazarentzos, Williamsport, MD.	34:49
2.	Patty Weldon, Kutztown, PA.	35:27
3.	Mary Alico, Washington, D.C.	35:40
4.	Marge Rosasco, Fallston, MD.	36:14
5.	Cheryl O'Keefe, Columbia	38:18
6.	Tammie Devoro, Silver Spring	38:38
7.	Steffie Rausch, Columbia	39:13
8.	Johanna Mansilla, College Park.	39:32
9.	Rita Twist, Linthicum, MD.	39:41
10.	Allyson McCormick, Annapolis.	39:51

WOMEN 19 AND UNDER

1.	Tammie Devoro, Silver Spring.	39:38
2.	Steffi Rausch, Columbia	39:13
3.	Johanna Mansilla, College Park.	39:32

WOMEN 20-29

1.	Cheryl O'Keefe, Columbia.	38:18
2.	Allyson McCormick, Annapolis.	39:51
3.	Lisa Thomaidis, Pasadena, MD.	40:18

WOMEN 30-39

1.	Marge Rosasco, Fallston	36:14
2.	Rita Twist, Linthicum, MD	39:41
3.	Gale Beliveau, Baltimore	40:04

WOMEN 40-49

1.	Cindy Dalrymple, Alexandria.	40:55
2.	Sharon Hamilton, Olney	41:44
3.	Vivi Provine, Columbia	43:27

CLYDE'S AMERICAN 10K (CONT'D)**WOMEN 50 AND OVER**

1.	Jean Malone, Ellicott City.	N/A
2.	Regina Lapetina, Baltimore.	N/A
3.	Joanne Schecter	N/A

HECHT'S TEN MILER

<u>Place</u>	<u>Name</u>	<u>Time</u>
14	James Carbary	56:05
16	Jonathan Howland	56:45
43	Ken McKeithan	59:56

NIKE CHERRY BLOSSOM TEN MILER

A) Men

<u>Place</u>	<u>Name</u>	<u>Time</u>
104	Martin Goode	54:03
113	James E. Robinson	54:35
138	Jonathan C. Howland	55:25
140	James Carbary	55:28
229	Ken P. McKeithan	58:26
254	Piriya Pinit	59:05
261	John Kuehls	59:12
280	Jerry N. Warfield	59:36
305	Hubert L. Chadwick	60:12
339	Corky Campbell	61:04
357	Ralph J. Olinger	61:29
369	Ben Mathews	61:40
391	Richard Rosen	61:58
480	David L. Tripp	63:42
483	Mark Konodi	63:48
492	John M. Koerner	63:57
501	James Cody	64:06
645	Tom Webb	66:13
828	William W. Brandenstein	68:37
905	George Ware	69:21
918	Richard H. Wilson	69:28
988	John H. Schnackenberg	70:14
1007	Tim Beaty	70:33
1055	George T. Allmon	71:14
1104	William T. Spencer	71:55
1152	Ken Barnes	72:27
1193	Bob Somers	72:54
1215	Skip F. Wenk	73:09
1248	Bill MacCormack	73:33
1281	Armand D. Harris	73:48

NIKE CHERRY BLOSSOM TEN MILER (CONTD)

<u>Place</u>	<u>Name</u>	<u>Time</u>
1290	Jean W. Chalk	73:56
1483	Paul Goldenberg	76:17
1518	Anthony G. Milulka	76:40
1587	John M. Robertson	77:23
1617	James P. Martin	77:42
1773	Scott Ramsey	79:31
1830	Stanley Kusnetz	80:19
2260	Miles Weigold	87:43
2354	Donald J. Campbell	90:19

B) Women

68	Janet A. Yu - Yahiro	69:22
111	Sally A. Awalt - McCoy	73:09
192	Kay D. Weeks	77:55
282	Karen S. Kane	82:27
296	Nadia L. Wasserman	83:01
386	Deirdre M. Lyons	86:19
429	Marion D. Brandenstein	87:58
588	Katherine S. Allmon	96:11

LADY EQUITABLE 10K

Two Striders broke forty minutes and Alyssa Terry finished eleventh overall at the 23 March 1986 Baltimore Lady Equitable 10K. Alyssa ran a 36:43 and Suzy Wenk set a PR in 39:58.

Alyssa Terry.	36:34
Suzy Wenk	39:58
Cheryl Anne O'Keefe	40:34
Valerie Guilfoyle	41:40
Janet Siemer.	42:36
Sally Awalt-McCoy	43:39
Vivi Provine.	43:49
Margaret Clark.	45:18
Jean Clark.	45:23
Kay Weeks	45:45
Joanne Matisz-Sutch	45:52
Becky Allmon.	46:21
Helen Beyers.	46:56
Marion Brandenstein	48:50
Karen Kane.	49:03
Nadia Wasserman	49:56
Cathi Brandenstein.	50:01
Mary Ann Esfandiari	50:06
Penny Wolkow.	51:12
Linda Levy.	51:43
Charlotte Travieso.	53:00
Susan Roberts	54:10
Heidi Cherry.	54:29

LADY EQUITABLE 10K (CONTD)

Kay Allmon.	54:45
Arleen Kvech.	55:02
Judith Tripp.	56:36
Carolyn Beaty	57:49
Martha Trimmer.	58:43
Kay Lent-Green.	63:23
Meg Friedman.	69:24
Betty Bensel.	69:24
Mindy Derrick	N/A

GOVERNOR'S BAY BRIDGE RUN

A) Men

<u>Place</u>	<u>Name</u>	<u>Time</u>
12	James Carbary	33:45
27	Jerry Andrews	35:06
131	Joe Wasserman	38:44
162	Richard Weber	39:12
309	Alan Miller	41:52
437	Albert Wenk	43:21
463	Bill MacCormack	43:37
1592	Alan Berg	55:02

B) Women

54	Kay Weeks	46:42
101	Nadia Wasserman	49:54
368	Lydia Ross	57:48

1986 COLUMBIA TRIATHLON RESULTS*by Miles Weigold*

June 15, 1986

SWIM 1.5K; RUN 10K; BIKE 40K

NOTE: Awards were presented to the top 3 finishers in each category.

OPEN - MEN

1.	14	Brad Larimore	Beltsville, MD	21	2:24:37
2.	2	John Kuehls	Columbia, MD	26	2:25:05
3.	32	Jeff Myers	Hagerstown, MD	37	2:26:25
4.	20	Scott Leish	Silver Spring, MD	31	2:30:14
5.	4	Phil Riehl	Columbia, MD	30	2:31:55
6.	9	Max Grimsley	Catonsville, MD	26	2:33:12
7.	26	Bill Feasley	Takoma Park, MD	30	2:33:23
8.	3	Ralph Olinger	Columbia, MD	36	2:36:41
9.	7	Greg Hafeman	Columbia, MD	27	2:38:04
10.	8	Keith McIntyre	Columbia, MD	27	2:38:11

1986 COLUMBIA TRIATHLON RESULTS (CONTD)MEN - AGES 15 - 24

1.	177	Joe Daly	Columbia, MD	24	2:27:47
2.	183	Jack Martin	Hershey, PA	24	2:32:59
3.	30	Brooks Truskett	Falls Church, VA	23	2:33:26

MEN - AGES 25 - 34

1.	223	Ed Maibach	Silver Spring, MD	28	2:35:54
2.	246	Jeff Labrec	Rockville, MD	32	2:40:55
3.	208	Martin Steigman	Falls Church, VA	25	2:42:42

MEN - AGES 35 - 44

1.	313	Mark Shaw	Laurel, MD	37	2:31:30
2.	319	Bill Ammon	Severna Park, MD	40	2:33:35
3.	346	Jorge Kuznetzoff	Baltimore, MD	43	2:40:44

MEN - AGES 45 AND OVER

1.	411	Bob Phillips	Bowie, MD	49	2:43:40
2.	401	Jim Worthington	Arlington, VA	45	2:53:58
3.	414	Joe Tischer	Hagerstown, MD	50	2:59:17

WOMEN - OPEN

1.	1	Jane Newell	Reston, VA	27	2:28:16
2.	11	Sandy Ford	Columbia, MD	24	2:38:39
3.	13	Jennifer Westfall	Arlington, VA	30	2:48:25

WOMEN - AGES 15 - 24

1.	23	Nina Wendling	Gaithersburg, MD	23	2:52:49
2.	107	Priscilla Botacchi	Columbia, MD	24	2:54:22
3.	109	Jeanne Reincke	Alexandria, VA	24	2:58:02

WOMEN - AGES 25 - 34

1.	115	Julie Billingsley	Washington, DC	27	2:40:56
2.	114	Teri Milwee	Alexandria, VA	25	2:56:45
3.	116	Gretchen Cohen	Hackensack, NJ	27	2:57:03

WOMEN - AGES 35 - 44

1.	133	Mary Ann Zuckerman	Cheverly, MD	39	2:55:23
2.	134	Dotty Escher	Laurel, MD	40	3:24:34
3.	132	Gail Turney	Laurel, MD	39	3:39:44

1986 COLUMBIA TRIATHLON RESULTS (CONTD)WOMEN - AGES 45 AND OVER

- | | | | | | |
|----|-----|--|--------------|----|---------|
| 1. | 135 | Helen Beyers | Columbia, MD | 47 | 3:17:04 |
| 2. | N/A | (only one female entry aged 45 and over) | | | |
| 3. | N/A | | | | |

Additionally, the top 10 men and women finishers, and the first place finishers in each age group qualified for the TriFed national championship to be held in September, 1986 in Hilton Head, North Carolina.

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
% LYDIA ROSS
7941 JOHNNY CAKE ROAD
BALTIMORE, MARYLAND 21207

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 Country Striders
6327 Golden Hook
Columbia, Maryland 21044

Non-Profit Organization
U. S. Postage

P A I D

Columbia, MD 21045
Permit No. 129

10