

# HOWARD COUNTY *STRIDERS*

HOWARD COUNTY STRIDERS NEWSLETTER  
VOLUME 9, NUMBER 2 -- SUMMER 1989  
J.F. CARBARY, EDITOR



## CLYDE'S '89

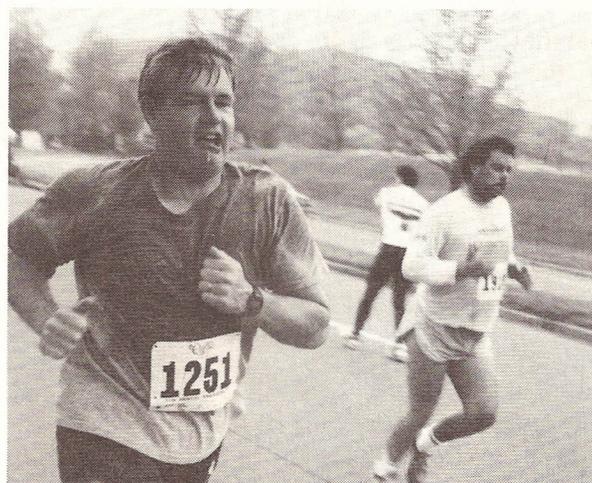
In spite of the clouds and the rain, over 1200 runners competed in this year's edition of the Clyde's 10K race. Don Norman led all runners with a sub-30 minute performance, while Patty McGovern won the women's race.

Norman, a national class runner from the Pittsburgh area, demolished a local field that included favorites such as Gerry Clapper and Dave Berardi. The lead pack of several runners stayed together through the first couple miles, as the course wound through the mall parking lot and started up the hill. At the Exxon station halfway up the hill, Norman applied a surge that separated him from the others and effectively dissolved the pack. From then on he cruised without challenge to a relatively easy 29:58 victory. Gerry Clapper, who had recently overcome a stomach virus, managed a respectable 30:13 to finish third overall, just behind Jim Hage.

The women's race proved more exciting, as Howard County's own Buffy Gavigan fought an intense duel with McGovern for 6 miles. The two women separated themselves from the rest of the women's field early in the race and ran neck and neck for the remainder of the way. Each tried to break the other several times on the hill but failed. On the final straightaway, with the finish line in sight, McGovern made a final, desperate surge and opened a lead of a few yards on Buffy. That proved to be enough to win. McGovern crossed the line in 37:28 while Gavigan hung on for a 37:39. Buffy came within seconds of

her 10k personal record as well as a trip to the Bahamas.

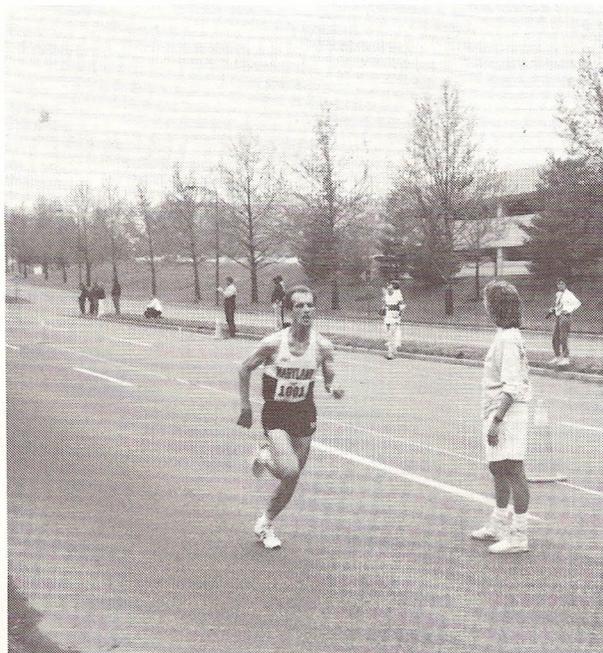
Several other Strider runners turned in exceptional performances and won age-group awards. In the men's field, Jerry Warfield held a sub-6 minute pace and wound up with a time of 36:58, good for second place in the men's 40-45 age group, while Craig Chasse's 34:20 placed him third in the 20-29 men's class. In the women's field, new Strider Robyn Doster legged a 38:30 for fourth place woman. Lisa Lowe's 41:50 broke her old 10k personal record by two minutes and won her fifth place in the women's 30-39 category. Kay Weeks overwhelmed the 50-59 women (and most of the 30-49 women, too!) with an outstanding 45:44. And Vivi Provine, fighting off nagging injuries, took second place in the 40-49 group with a 46:47. (continued next page)



Strider Dick Woods sees the finish line ahead. (Photo by Jim Carbary)



Race official Tom Webb (right) directs Howard County's Paul Sobus into the finish chute. Sobus ran a 35:23 and placed 25th overall. (Photo by Kirsten Gill)



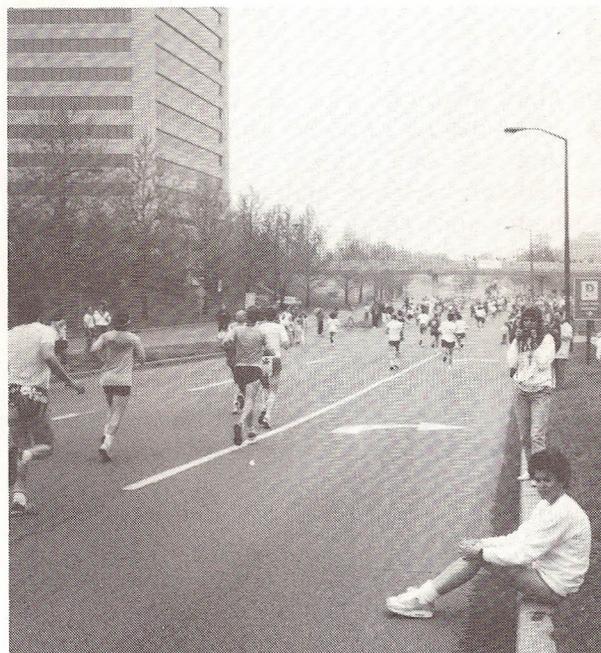
Gerry Clapper zooms into the chute, seconds behind nemesis Jim Hage but ahead of Dave Berardi, who can be glimpsed at the extreme left of the frame (Photo by Kirsten Gill)

(Clyde's '89, cont.)

The 1989 Clyde's field totalled 1285 registered runners, of which 278 were female and 1007 were male. Rainy conditions and overcast skies held down the number of last-minute registrants, so this year's Clyde's drew slightly fewer than in 1988. Fortunately, the rain stopped long enough to let the race proceed, and the streets had actually dried by the end of the race.

Race director Gerry Gears marshalled over 200 hundred volunteers in the effort of staging the race. The volunteers and race officials included local runners, friends of runners, the Howard County Police Department, and employees of Clyde's. The volunteers distributed 2000 cups of water, 1000 cups of chili, 25 gallons of beer, and policed several parking lots.

Although Clyde's serves as the principal sponsor of this race, the Howard County Striders wish to acknowledge the contributions of Feet First of Wilde Lake and Princeton Sports of Columbia, who contributed awards, promotions, and a dry place for packet pick-up.



Cheered on by enthusiastic crowds, eager runners stream toward the finish line along the last hundred meters. (Photo by Jim Carbary)

## QUESTIONNAIRE RESULTS

Jim Carbary & Dave Tripp

A small number (21) of members responded to last quarter's survey about the weekly running series. This number amounts to only about 4% of the total membership, so the survey may not be representative of the club as a whole. Nonetheless, the results provide some interesting insight into the desires of our weekly runners. Nearly every respondent offered comments, some of which were quite pointed. Let's go over the results question by question and see just what *they* came up with. We've included as many of the comments as we thought pertinent or interesting. The questions themselves appear in *italics*.

*What day of the week would you favor for the series ?* Friday: 5%, Saturday: 35%, Sunday 60%, Other: 0%. Strider runners want to do their racing on the weekends. Nobody picked any other days except for Wednesday in the summer.

*Given your response in question 1, what time of day do you favor ?* 8:00-10:00 am: 68%, 1:00-3:00 pm: 27%, 5:00-6:00 pm: 5%. Most races are held in the morning, so people can mow the lawn or watch football later in the day. Sunday morning series races, as advocated by the respondents, do have potential conflicts, however. First, most competitive runs are held on Sunday mornings. Second, many runners have religious obligations on Sunday mornings.

*What sort of series awards would you prefer ?* Trophies: 45%, medals: 10%, merchandise: 10%, gift certificates: 35%. The series has traditionally awarded trophies. A gift certificate is actually easier to procure, although it's peculiar to put one on the fireplace mantle.

*What type of courses do you prefer ?* Hilly, challenging: 16%, flat, fast: 16%, scenic: 28%, suburban: 12%, country:

23%, other: 5%. Most runners selected more than one of the options, and the majority preferred scenic, country courses. (Who *wouldn't* enjoy running out in the scenic countryside ?) The present series concentrates on the safe, familiar suburban routes, which rated somewhat lower than even the hilly courses.

*Where would you like new courses established ?* This question drew more response than any of the others. Everybody had their own favorite running route. Basically, though, the choices could be divided into three categories: Columbia area courses, non-Columbia area courses, and Centennial Park area courses. In Columbia, people advocated new routes in virtually every village where we don't presently run races: Oakland Mills, Lake Elkhorn, Owen Brown, Kings Contrivance, Wilde Lake, Clary's Forest. A number of people suggested the Striders run on the Columbia bike paths.

A certain group of runners also wanted courses in the Glenelg area or in areas north of Columbia. Some of these advocates were particularly inspired (see article, p. 4)

Finally, several runners suggested the Striders utilize Centennial Lake Park for the series runs. The park's 2.8 mile bikepath seemed to combine both the scenery and county aspects desired by most runners.

However, a key element in these responses seemed to be variety. Indeed, a portion of the runners indicated the weekly races needed more variety. More variety would necessitate a larger volunteer workforce.

*What type of awards structure would you prefer ?* Age group: 48%, total points: 41%, family participation: 7%, other: 4%. The series has usually given awards based on a point system. However, almost half the respondents felt that age group awards, such as those usually given at a race, would be fore desirable. (continued next page)

*How should race officials be selected ?*  
Volunteer: 50%, election by membership: 8%, selection from participants: 38%, other: 4%. The weekly series have traditionally relied on volunteers and selection from weekly race participants to put on the races, although the series director is elected. Runners seem to think the present selection methods are adequate.

*What incentives do you favor for encouraging participation in the weekly series ?* Better awards: 15%, more advertisement: 35%, more male/female runners: 10%, better scheduling: 35%, other: 5%. In the "other" category, people desired more course variety.

*Where should the weekly races be reported ?* Local newspapers: 85%, newsletter: 10%, Bagel Shop: 0%, other: 5%. The vast majority of runners favor the present system in which the results are reported in the *Columbia Flier* and the *Howard County Sun*. In the "other" category, one respondent suggested we post the results at Feet First.

The Strider Board of Directors considered the results of the survey at their May meeting. Club officials agreed that weekly races must, in the first place, satisfy an overriding criterion of safety. The Striders have discontinued some otherwise excellent courses because of unsafe traffic patterns, poor surfaces, or lack of road shoulders. In the second place, the race starting areas must have adequate parking facilities and respect private property rights.

The Strider board welcomes input from the membership. The survey indicates that many members have some interesting ideas, especially for new courses. Details of these new courses (for example, maps of courses, locations, facilities, etc) may be sent to the director of the weekly series (Ray Ramey, 4512 Alpine Rose, Ellicott City, MD, 21043) or to the president of the club (Paul Goldenberg, 4913 Canvasback Drive, Columbia, MD 21045).

## SCENIC COURSES TO RUN IN WESTERN HOWARD COUNTY

Tom Ratican

The Glenelg area offers some of the most scenic courses to run in Howard County. Traffic is relatively light and the scenery ranges from well-manicured estate homes with all kinds of mature trees to picturesque farmland. It is especially beautiful in spring and fall. Although Glenelg is in "western Howard County," it is only about a 15 to 20 minute drive from most areas of Columbia. The courses I will describe here are all ones I have run. None of the courses is flat; all are rolling with a few good hills. All the courses should be doable, however, by the average runner.

*Course 1.* Strider 10k and 10 mile courses. These have the advantage of being marked for Strider races. Start at Glenelg High School (parking lot in front of the school) and turn left onto Burnt Woods Road. Make the first right onto Sharp Road. Follow Sharp to Coopers Lane, then go left. Follow Coopers to dead end at Danmark Drive and go right. Take Danmark to dead end at Tall Ships Drive and go right. Take Tall Ships to first left at Rover Mill (be careful! Rover Mill is also what Tall Ships becomes if you go straight ahead. If you go right you end up on Old Rover Road, which is very confusing). Take Rover Mill as it goes down a good hill and veers to the left and up to McKendree Road. Go left on McKendree and follow until just before the road curves to the right. Watch for the Striders 5k marks on the left and right sides of the road as you get near the yellow sign before the road curves. Turn around and retrace the route back to Glenelg High.

To do the 10 mile course, do the 10k just described but when you get back to Glenelg High, run across the front parking lot [past the bell-- ed.] and then east and turn 180 degrees left back onto Burnt Woods Road. Stay on Burnt Woods and go past Sharp Road this time

and follow for about a mile to a sharp turn to the left as you pass a church on your left. Follow to Shady Lane; Burnt Woods veers off to the right. Take Shady Lane all the way back to Sharp Road (Shady Lane actually becomes Sharp Road). Go left as the road becomes Sharp Road and run up a fairly steep hill to your first left on- you guessed it- Sharp Road again (this can be confusing since Sharp Road also continues straight ahead !) Take the Sharp Road you just turned onto all the way back to Burnt Woods Road (about a mile and a quarter). Go right on Burnt Woods and back to Glenelg High on your right. Once again, this course is fairly well marked with arrows where turns are to be made. Some marks are fading, but most are still visible.

*Course 2.* Another 6-6 1/2 mile course. Start at Glenelg High and follow the directions to the Striders 10k. When you get to the 5k mark on McKendree Road, however, continue on and make a sharp right, continuing until you get to Hobbs Road, your first left. Go left onto Hobbs and continue about 2 miles (including a fairly substantial hill) to Burnt Woods Road. Go left on Burnt Woods all the way back to the school.

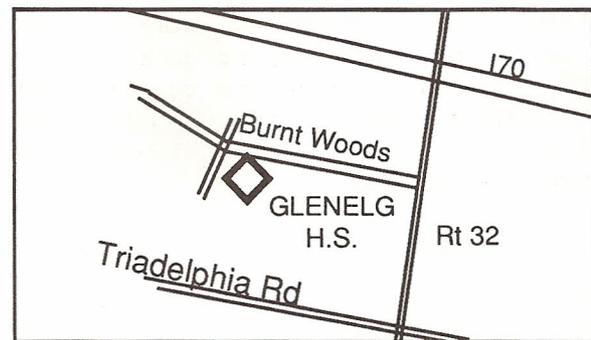
*Course 3.* Long training course (13-14 miles). Here's a course to use when you need to go long. Start at Glenelg High and go left on Burnt Woods. Follow Burnt Woods all the way to its end at MD Route 97. Go left on 97, staying on the shoulder and just a few feet to first left onto MacClintock Drive. Take MacClintock to dead end at Shady Lane. Go right on Shady Lane and follow to Sharp Road (which it becomes as it veers to the left). You'll go up a steep hill, then come to the leg of Sharp Road you turned on for the 10 miler. Go past this Sharp Road leg and continue onto Triadelphia Road. (Optional: you can get an extra mile or so if you run through the "Heritage" development across Triadelphia). Continue left on Triadelphia (be careful, there's traffic on this road sometimes) to a fork at Ivory Road. Go left onto Ivory Road and continue to Burnt Woods. Go right on

Burnt Woods, a few feet to MD Route 32, then go left onto the shoulder of Route 32 (be extremely careful here !). Go about a quarter mile to Pfefferkorn Road and go left. Continue on Pfefferkorn to Rover Mill Road (*not* Old Rover, which you'll pass first). Take Rover Mill to the first right, where it continues as Rover Mill Road (if you go straight ahead, it becomes Tall Ships). You are now on the Striders' 10k course. Continue on Rover Mill to McKendree. Go left on McKendree, all the way to Hobbs Road. Go left on Hobbs and take that to Burnt Woods. Go left on Burnt Woods and about a mile and a half back to Glenelg High.

All of the courses I have described offer great views and good workouts. For the most part, traffic is light. Be careful of occasional loose dogs, however. Some people in the more rural areas let their dogs run loose (there are a couple of pesky beagles on Rover Mill Road just as it veers to the left and goes up to McKendree. Also, there are occasionally dogs hanging around the house at the corner of McKendree and Hobbs).

I believe you'll find running in the Glenelg area to be a nice change of pace if you are used to running in Columbia. Give me a call if you need additional details (489-4679). To get to Glenelg High (where all the course begin), take Route 32 north to Burnt Woods Road. Turn left on Burnt Woods and proceed about 1 mile to the school, which will be on your left. Burnt Woods comes just before 32 turns sharply to the right; it's the street right after Ten Oaks as you go north.

Have a good run !



## MARATHON MADNESS

Several otherwise sane members compromised their spring seasons by running marathons in April. For instance, Ben Mathews, who once lived and ran in Columbia, dragged himself through Miami's Metro-Dade Marathon in 3:16. This April event started in brisk 76° temperatures but ended up in pleasant 85° temperatures and 90% humidity. Ben responded to these superlative race conditions by winning the 50-59 age group and finishing 16th out of about 200 other escapees. (And only a few weeks before, he had slogged wearily over the wind-blasted hills on Homewood Road and dreamed of kinder, gentler running in Florida.)

Four Striders could not resist the lure of the Boston Marathon, which still requires its entrants to post qualifying times. Piriya Pinit led the Howard Countians at the Beantown Fling with a 3:03, while Dave Tripp and Joe Wasserman ran together and urged themselves to a 3:16. Recognizing the madness of this pace (as well as the slope at Heartbreak), Chris Brown staggered sedately across the line in 3:24. All of these runners ran times considerably slower than those they needed to qualify, which seems to call into question the validity of the qualification process. The Massachusetts weather was intolerably hot this year, so nobody could approach their qualifying times.

Nonetheless, Boston otherwise treated our compatriots handsomely. Joe Wasserman won a pair of \$100.00 running shoes at a raffle at the runner's expo. The *Boston Herald* interviewed Dave Tripp about the peculiar running jacket he wore. (One is not certain whether the jacket holds the patches together or the patches hold the jacket together.) All of the runners remarked on the fine cuisine they sampled in Boston.

## LOVE, HATE, AND THE BOSTON MARATHON

Dave Tripp

When I first began running in 1977, I thought that qualifying for and running the Boston Marathon would be my personal equivalent of an Olympic Gold Medal. In 1982, I ran my first "Boston", sneaking in under the old persons' easier qualifying standard. Alberto Salazar edged Dick Bearsley in a course record, Charlotte Teske won for the women when Grete Waitz dropped out, and I vowed that my annual running goal would be to qualify for Boston each year. As I sat on the plane on Saturday, April 15, 1989, winging towards my fourth Boston (7 of 8 qualifications), I reflected on how silly it all was. I started listing all the reasons I hated the Boston Marathon:

1. Wrong time of year- difficult to train adequately during the winter.
2. Unpredictable weather- everything from 100° heat to cold driving rain to snow.
3. Incredible crowding- 5000 to 7000 people or roughly equal ability trying to race at the same pace on two lane country roads- only Bay to Breakers is worse.
4. Lousy logistics- a long bus ride from Boston to the start in Hopkinton; a long wait in the overcrowded Hopkinton school; a long walk to the starting line; infrequent aid stations (they used to skip water stations altogether because Boston officials thought water caused cramping, and, as recently as 1982, the first water was at 10k, and the stop was overwhelmed in the sunny, 85° weather); the finish/recovery in the dark, dank Prudential parking garage; an impossible baggage retrieval system; awful post-race refreshments that included beef stew.

5. Runner's expo- the runners get in free once, but re-entry or friends of the family cost \$7.00- for a running show trade show.

6. Brutal course- the first 16 miles is basically downhill, tearing up the quads, followed by four tough hills in a five mile stretch, some more downhill, and then flat, pot-holed and trolly-tracked streets.

7. Freebies- nothing (at least in 1982). No shirt, no medal, nada. [ed. note: "nada" is Spanish for "nothing"].

8. Spectators and marshals on the course- *really* on the course, everywhere. In some places, the crowds leave only enough room for one single file of runners.

9. Tough competition- when in shape, I can usually finish in the top 5 to 10 per cent of a race field. In Boston, if you're slightly off peak form, you're in the bottom half.

10. Frosting on the cake- Of the hundreds of races I participated in over the years, only twice have I required medical assistance- both times at Boston. I can tell you what it's like to have the IV needle in your arm.

As I sat in the airplane on Monday evening, April 17, 1989, winging my way home from Boston, I reflected on my 3:16:52 (slightly disappointing) effort, especially on eight miles of hamstring and quadricep cramps, and I began listing all the reasons I love Boston:

1. Time of year- It marks the end of winter. Sping is here !!!

2. Unpredictable weather- the day before the race, there was a classic Nor'easter, with cold rain and strong, swirling winds (our Red Sox-Orioles tickets for Fenway Park were useless). On race day it was 74° at noon in Hopkinton, and, jammed in with the

other runners under a hot sun, it felt like 100°. And yet, it was better than the previous day and the unpredictability of it all always adds some mystery.

3. Crowding- as always, it was a clean start, and Joe Wasserman and I easily ran together the whole 26.2 miles. There's also a tremendous camaraderie amongst all the runners. It's an electric feeling to be part of it.

4. Logistics- everything went incredibly smoothly. Hancock's takeover from Prudential has been a boon. There were plenty of buses to the starting line; the waiting time at Hopkinton and the walk to the start provided the opportunity to meet and talk with old and new friends; aid stations every 2 1/2 miles had Exceed, water and sponges, and great volunteers; the finish was in the open sunshine at Copley Square and had lovely, friendly, supportive personnel; post race refreshment included plenty of water, Exceed, yogurt, ice cream sundaes, KUDO bars, corn chips, etc; and baggage retrieval was quick, courteous, efficient.

5. Runners' expo- still expensive, but a lot to see and do. I met Frank Shorter, Bill Rogers, Pete Pfitzinger, Guiseppa Bourdin, got a great 1/2 hour massage, and bought a patch and hat.

6. Course- it's familiar, it's net downhill, it's still difficult-- but if you make the top of Heartbreak Hill you know you can finish.

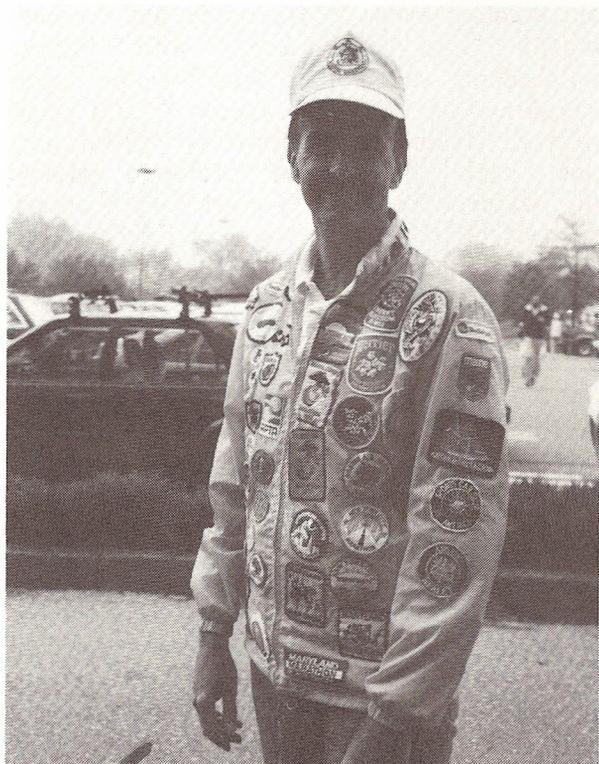
7. Freebies- high quality long sleeve, two-color shirt, medal and ribbon; great directions and information.

8. Spectators and marshals-- ASTOUNDING ! Largest crowds and most workers I've ever seen in any race. Spectators cheer for everyone, and they aren't all trying to get on TV themselves. I was able to see and holler at Karl Yergey and Alyssa Terry (two young adults who are Striders and were very successful high school runners), and I

successfully met my family at the 25 mile point. The cheering from the thousands at the finish line is like what it must be like to get the game-winning hit in a World Series game.

9. Tough competition- it's always tough, but it does put things in perspective, and you can measure yourself against the top quality, especially when a master's runner, Jack Campbell, finishes 5th overall in 2:14:19 (he did 2:11+ last year as a 39-year-old).

10. Frosting on the cake- I didn't need medical attention and the Red Sox beat the Orioles 6 to 4 ! [Ed note: Mr. Tripp is apparently *not* an Oriole fan.]



Author Dave Tripp sporting his running jacket before the Clyde's race (Photo by Jim Carbary)

## ANNOUNCEMENTS

Ben Mathews would like to hear from you. The former Columbia resident can be reached at:

General Off-Shore Corp.  
2605 Sterling Road  
Ft. Lauderdale, FL 33312  
Attn: Ben Mathews

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Tom Bowmaster ran a 31:49 at the Waterfront 10k in East Rutherford, NJ. He placed 15th overall in a national class field. The race took place on April 30, the same day as Clyde's.

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Beautiful new Howard County Strider t-shirts are available at Feet First in Wilde Lake Village Center. The dark-blue shirts feature the HCS logo in puffed-green lettering. The shirts cost \$6.00 apiece for adults; \$5.00 for children. Fashionable apparel at a reasonable price !

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## VOLUNTEERS NEEDED !

Don't forget the Women's Distance Festival 5k on Friday, July 14, at midnight at the Columbia Mall. Last year this race drew one of the largest women-only fields in the region. The race is conducted in the cool nighttime and is fully supported by the Howard County Strider men runners. A number of male volunteers are needed for traffic control, finish line, and so forth. Contact Lisa Lowe (968-2681) or Nadia Wasserman (381-6385) to see how you can help.

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## NIKE CHERRY BLOSSOM

The Nike Cherry Blossom 10 Mile Race traditionally marks the end of winter running. In the gloom of December, runners respectfully send out their requests for an entry form, dreaming that somehow they'll get to run the race of their lives along some fabulous, cherry-scented route at the brink of springtime. When April comes around, they usually find that a front came through the night before, flooded Hains Point, and produced a cold hurricane that blew away all the blossoms. But, to their great delight, many of these hopefuls actually fulfilled their fantasies at this year's Cherry Blossom.

This year the racers enjoyed exceptionally fine weather. Winds had not yet scattered the blossoms, the sun illumed a clear sky, and the air was crisp and cool. Indeed, many veterans of Hains Point could not recall finer racing conditions in West Potomac Park. The excellent running conditions inspired 16 out of 48 Howard County runners to set personal records. This represents an unusually high percentage, even considering the flat course. Among those setting personal records were:

Piriya Pinit	57:58
Jason Tripp	62:40
Tom Brown	64:17
Phil Nissen	64:29
Jack Wilkinson	69:33
Linda Cessar	69:50
Eric Kocay	71:28
Paul Goldenberg	71:59
Lisa Lowe	73:10
Duane St. Clair	73:15
John Wheatland	84:02
Arlene Kvech	85:00
Sheila Greenfield	86:33

Several other Striders produced notable performances. Gerry Clapper broke 50 minutes, although his 49:27 was the *slowest* time he's recorded in four previous Cherry Blossom. Debbie Kocay and Terri Silverman completed their

initial 10 mile efforts and are both anxious to come back next year. Lisa Lowe lowered her PR by 2 minutes, Arlene Kvech took 3 minutes off her PR, and Linda Cessar slashed nearly 5 minutes from her 10 mile best. And Mark Konodi celebrated his first victory over Jim Carbary, who was, admittedly, hobbled with an injury.



Nadia Wasserman (white shirt, right center) end-sprints the final meters in West Potomac Park (photo by Caskie Lewis-Clapper).



The Striders enjoy festive social intercourse after the 10 miler (Photo by Jim Carbary)

## WHAT TO DO BEFORE A BIG-TIME RACE

Jim Carbary

As the former racing team director of the Howard County Striders, I would like to advise the many of you who want to know exactly how to prepare for a Big-Time Race such as Clyde's, Annapolis, or the All-Fruit Relay. The running literature and training guides spend considerable effort instructing the prospective racer how to train and what to eat in the months and weeks leading up to a Big-Timer, and I intend this tract to instruct you on what to do in the Final Hours before the event. Altogether too little has been promulgated on this important aspect of long distance running.

Pre-race food represents a principal concern of the athlete. Forget all this nonsense about complex carbohydrates. Just before a race, a lot of Real Fast runners gorge themselves on steak, greasy pizza, and hot Mexican food. Martin Goode ate a 12 oz New York sirloin, medium rare, just 9 hours before he set his sub-72-minute PR at the Philadelphia Half Marathon in '82. Hubert Chadwick consumes two or three greasy carry-out pizzas before a race. One of our best runners, Kenny Fowler, has been known to quaff 8 or 9 pitchers at O'Toole's or Maggie's on the Saturday before a race. I myself have been known to eat such unforgivables as ice cream and cake before a race. Therefore, I generally recommend some heavy food (pizza or red meat) that will bloat you and make you sleep well on the night before a race.

On the other hand, the athlete must take care not to eat the *wrong* food before a race. Wrong food includes anything that could activate the bowels - and that means most health foods. Whole grain bread, seeds, juices, and most salads make the list of things not to eat. From personal experience, I can especially recommend against natural cereals, cinnamon bread, and oatmeal in any incarnation.

Another misconception about pre-race preparation is that you need to rest, or taper, in the day or two before a race. Bagel Shop runners have continually misproven this. Ben Mathews logged 18 hard ones on the Saturday before he ran the Grandfather Mountain Marathon and set the master's record there. Linda Lash ran 13 miles, including Mt. Albert, on the morning before she ran the Rockville Rotary Run, where she placed fourth in her age group. And how many of us have gone to wild, all-night parties the day before Marine Corps ? Indeed, the primary danger we face before a Big Time Race is resting too much and not getting any activity. Our bodies crave the extreme physical effort of running and we can't afford to let down because of some foolish race. So go out and run 10-16 miles on the day just before the Big Race.

Finally, I must discuss a subject of deep interest to the running community, namely, sex. Should an athlete have sex prior to a Big Race ? Will sex adversely affect his performance ? Because of social constraints, the running literature remains silent on this issue, and I have had to rely on hearsay and personal, if limited, experience for this part of the discussion.

Generally speaking, sexual activities themselves have only a minimal effect on athletic performance. However, attendant activities such as losing sleep, falling (or being kicked) out of bed, or unnecessary frustration can lead to a degradation in the athlete's readiness. Furthermore, sex often promotes a strong, almost irresistible, temptation for the runner to actually *not get up* in the morning to go to the race. No matter how much he's plunked down to register, or how desperately the team needs him, or even how well he's eaten the night before- the racer *still* feels some Primal Urge to stay in bed after the sacred hour of 6 am. After a night of Love, who wants to get warmed up again ?

We can summarize the main points of this article:

1. Eat lots of heavy food before a race; avoid "health foods" at all costs.
2. Don't rest before a race; continue training as usual.
3. Enjoy limited sex - if you absolutely must.

The careful application of these simple principles outlined here should help you in that Big One. I'll see you at the 'line.

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#### MESSAGE FROM AUSTRALIA

Joanna Whyte, who frequently ran with the Striders on Sunday afternoons in 1988 and early 1989, recently moved to the Continent Down Under. Before she departed, she left us a final note:

Dear Sunday Striders:

Thanks for all the great Sunday runs and the welcoming friendly attitude when I joined last February. I do look forward to next June/Feb when I return for the runs and to any visitors and **all letters**. Just let me know if you want to vacation Down Under ! Please write !

Joanna Whyte

Ms. Whyte left us her business address (as of 2/16/1989):

CSIRO Div of Human Nutrition  
Kintore Ave.  
Adelaide  
S.A. 5000  
Australia

#### REPORTING PERSONAL EFFORTS FOR NEWSPAPER ARTICLES

Jim Carbary

Many people believe that the information in news articles appears mysteriously because of special clairvoyant powers of reporters. In many instances, this is true, because otherwise how would the *Washington Post* know so much ? But the reporting of local sports events obviously cannot rely on such techniques and, consequently, our own particular adventures do not always show up in the weekly rag.

I confess that I usually write the weekly articles for the papers. I collect information by (1) going to races, (2) listening to Bagel Shop gossip, (3) picking up data at the weekly races, and (4) getting phone calls. My home phone number is 964-8375, but I won't answer the phone after 9:00 pm and you'll probably be late if you phone me at home anyway. Because of deadline constraints, I write the weekly newspaper article on Sunday afternoons at work. You can usually reach me at 953-5000, extension 8805, between 4 pm and 6 pm on Sunday afternoons. (Be sure to remember this extension.)

During the summer, of course, I have more time to write the article, and you can contact me at home.

I will accept information on all non-scholastic running in Howard County, *not* just the Howard County Striders. This usually means distance, time, place, awards, personal records, etc. But I'm always interested in any juicy story that can be compacted into a few sentences. I may even accept information on otherworldly events such as triathlons, ultra-marathons, etc. Also, if you particularly *do not* want your performance mentioned, let me know and I'll omit you or give you some colorful pseudo-name.

## TURNER TURNS 50

George Turner celebrated his 50th birthday at the Bagel Shop in April. The Bagel Shop Irregulars presented their compatriot with a myriad of gifts, which included cakes, cookies, cards, writing paper, and bagels. In the photo below, George displays the Fifty-Year Cookie as Vivi Provine and Dave Tripp look on. With some assistance from his friends, Turner proceeded to consume the entire cookie, the cake, and his egg bagel.



(Photo by Jim Carbary)

## SCHERER WINS NCAA'S

John Scherer, Pride of Howard County, blazed to a 28:38 victory in the Collegiate 10k at the prestigious Penn Relays in late April. Running for the University of Michigan, he beat the second place runner by 100 meters. The 10k heats took place at the University of Pennsylvania's Franklin Field late on a windy night. The track race featured an exceptionally crowded field of nearly 60 runners.

In early June, Scherer won the NCAA championship 10K at Brogham Young University. The Utah heat held his time down to 29:49, but he led for most of the last mile and beat his competition by several seconds.

Scherer won last year's NCAA 10K championship (by a closer margin) and also the 5K indoor championship in March. The victories have firmly established the former Glenelg star as the most successful distance runner in the history of the University of Michigan.

## RACING TEAMS !!

Sure, you know you're good. You've already lettered in track and cross country, won state, the NCAA finals. You can turn a 60 second quarter mile and own a sub-31 10K. But now you're looking for a different game, a new challenge. You're ready to run with the fast guys, go downtown, kick some butt. Then you're ready for the Howard County Strider Racing Teams- the same teams that won Hecht's ('86), Brighton Dam ('87), Annapolis ('88). The Teams are looking for a few good men and women to carry on the winning tradition and bring home some metal.

For more information on how you can be a part of the Howard County Racing Experience--

CONTACT LINDA LASH,  
RACING TEAMS DIRECTOR  
381-5783

## KONODI'S MARATHON

Mark Konodi and his wife Jillian will soon move from the friendly confines of Columbia, MD, to the wilds of Washington state. Mark wanted to be remembered by something more than a t-shirt and a handshake, so he held a marathon on Saturday, May 27. The Mark of Respect Masochist Marathon included all the infamous hills that Joe Wasserman had discovered on long bicycle rides through Howard County: Mt. Albert, Triadelphia Hill, Shepard Lane, Homewood Road, Route 108. Mr. Konodi scheduled the run for hot, humid weather which later sloughed off into raging thunderstorms.

Only seven intrepids set off that morning. In addition to Konodi, the field included Tom Brown, Phil Nissen, Paul Goldenberg, Elvio Levri, Tom Green, and Joe Wasserman. The group apparently stayed together for the initial miles. Near the end (in the thunderstorm) Mark pulled away from the pack to win his own marathon.

No awards were given although Jillian reportedly had beer available for the participants after they finished.

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## NIKE WOMEN'S RACE

On Mother's Day (May 14), nearly 30 women from the Howard County Striders participated in the Nike Women's Race in Potomac Park. Formerly the Bonnie Bell 10k, this year's 8k race featured some of the top women runners in the world, whom Nike had brought in to enhance its field.

The Striders sent two racing teams, although the masters team had to default because of an injury. Last year's team placed third overall in the Bonnie Bell 10k, but this year's teams faced overwhelming competition from world class athletes. As an example of the quality, Howard County's top finisher, the redoubtable Buffy Gavigan, ran a

personal best of 30:07 yet barely broke into the top 50 !

The soggy, overcast weather did allow for some fast, if not victorious, times. The up and coming Robyn Doster finished with her own PR of 30:28, hot on the heels of Gavigan. Kay Weeks led all Strider masters with a 35:27 personal record, while Lisa Lowe set her third PR in 30 days with a 33:05. Ellen Goldsborough and Debbie Kocay also nailed down personal bests. And Sandy Ford, forced to run without socks because of the wet conditions, cranked out a 32:02.



Kay Weeks bursts from a pack of pursuers near the half-way point in the 8k women's race (photo by Jim Carbary).



Lisa Lowe (3rd runner from right) couldn't quite make up the ground on Valerie Guilfoil (right) in the remaining yards of the race (photo by Jim Carbary).

## SUMMER SCHEDULE

The summer of '89 offers something for all of us. The Summer Series will be conducted in the cooler evening hours after work on Wednesdays. Special events include the Women's Distance Festival 5k at the Columbia Mall, the Meet of the Miles, the gruelling 24 Hour Relay, the Annapolis 10 miler, and the Brighton Dam Challenge race. Those of you who want to set a PR at 10k should check out the Provident race on Memorial Day weekend. *The course is all downhill.* You can often obtain entries for these extracurricular events by checking at Feet First or at the weekly races.

Also, don't forget Arlene Kvech's one mile fun runs (see page 15), which take place every Tuesday evening at 7:30 pm at Arlene's.

Note: you can earn points for the Summer Series only by running those races marked below as HCS Summer Series races. Race officials reserve the right to cancel bonus points or cancel the entire race if the weather is too hot or if a thunderstorm occurs.

		7/19	7:00pm	HCS Summer Series Oakland Mills MS
		7/22	8:00pm	Rockville Rotary 10k Rockville
		7/26	7:00pm	Meet of the Miles Wilde Lake HS Track
		8/2	7:00pm	HCS Summer Series Thunder Hill Elem.
		8/5	noon	24 Hour Relay Location TBD
		8/9	7:00pm	HCS Summer Series Longfellow Elem.
		8/16	6:30pm	HCS Summer Series Jeffers Hill NC
		8/23	6:30pm	HCS Summer Series Oakland Mills MS
		8/27	8:00am	Annapolis 10 miler NavyMarine Stadium Annapolis, MD
		8/30	6:30pm	HCS Summer Series Awards and Fun Run Thunder Hill Elem.
6/21	Summer Solstice	9/4	8:00am	Provident 10k Baltimore
6/25	2:00pm Spring Awards Jeffers Hill Neighborhood Center	9/8		Articles due for Fall Newsletter
6/28	7:00pm HCS Summer Series Thunder Hill Elem.	9/10	8:00am	Brighton Dam Challenge Race. HCS vs. MCRRC
7/4	8:00am Firecracker 10k Arbutus	9/17	8:00am	Philadelphia Half Marathon Philadelphia
7/5	7:00pm HCS Summer Series Longfellow Elem.	9/22		Autumn Equinox
7/12	7:00pm HCS Summer Series Jeffers Hill NC	10/8	8:00am	Columbia Columbus Chase 19K- Howard Community College
7/14	12:00pm Women's Distance Festival 5K Columbia Mall	12/3	TBD	Metric Marathon Downtown Columbia

## ONE MILE FUN RUNS AT ARLENE'S

Arlene Kvech will continue the popular summer fun runs this year. The course runs exactly one mile through the Centennial development, starting and ending at Arlene's house. The events are low-key fun runs open to everybody, especially young persons and beginners. Arlene has special awards every week, often donated by local sponsors. The runs serve as a pleasant, low-key introduction to running. Arlene has offered the one mile fun runs for several years.

The fun-runs will take place every Tuesday at 7:30 pm beginning on June 20th and continuing through August 15. (No run on the July 4 weekend.) The last run will be a two-mile, two-person relay starting at 7:00 pm. Series awards will also be given out at the last run.

Arlene's house is located in the development directly across from Centennial High School. Just look for the large number of cars parked on Colonial Drive. Her address is 10114 Colonial Drive, Ellicott City. Note: the runs are *not* held at Centennial Lake or Centennial High School. A small fee of 50 cents is charged to help pay for the awards.

For more information, call Arlene Kvech at 465-7735.

## JUNIOR STRIDERS TAKE ON THE COMPETITION

Bob Somers

The Junior Striders are well into their Spring track season. Forty-seven children registered this year, the largest number that we can recall having for Spring track. Coach Tony Mahon is doing a wonderful job teaching the children skills in the sprints, distance events (up to 3200 meters), and the long jump. Brian Marland, a former Junior Strider who ran for Glenelg High School this year, assists Tony in the coaching duties.

For the third consecutive year, the Junior Striders received a grant from Nike to promote children's running. This year's grant was \$600.00. The funds will be evenly shared between the Spring track and fall cross-country teams.

The Junior Striders have attended a number of Spring track meets and are doing quite well. A few children have qualified for the Junior TAC and Junior AAU region meets, which will be held in July.

The Junior Striders end-of-the-season picnic and awards ceremony was held on June 13 at Centennial Park.



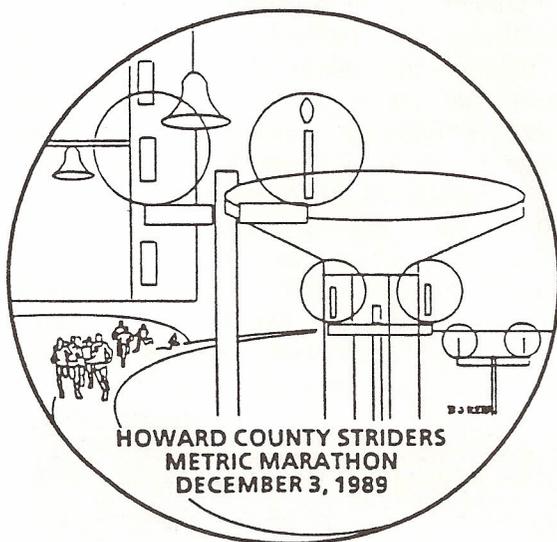
## WATERCOLOR ARTIST WINS T-SHIRT GRAPHIC DESIGN CONTEST

Joe Wasserman

Barbara Kerr, an accomplished water color artist from Arnold, Maryland, is used to seeing her work displayed prominently. But this will be the first time one of her illustrations will appear on a t-shirt. A member of the Annapolis Striders and a competitive runner, Kerr submitted the winning entry in the Howard County Striders' Graphic Design Contest to find a logo for the Metric Marathon, to be held on December 3. The design will be used on thousands of entry forms distributed throughout the Maryland, Washington, D.C., and Northern Virginia. The design will also appear on t-shirts given to hundreds of competitors.

Response to the Metric Marathon logo contest was incredible, and there were many outstanding entries. But Kerr's stood out and was selected at the Howard County Striders' Board of Director's Meeting on June 6.

The winning entry appears below. [You can get your copy by entering the race or volunteering to work the race. For more information, call me at 381-6385.]



The winning entry (reduced from the actual size) will be printed in 5 colors.

## PRESIDENT'S COLUMN

Paul Goldenberg

I recently returned from the 32nd Annual RRCA Convention held June 8-11 in Colorado Springs, Colorado.

After arriving on Thursday (June 8), we toured the U.S. Olympic Training Center. The facilities are excellent, if somewhat spartan. You get a definite feel for the intensity of focus which characterizes athletes at the top of their sports.

Friday and Saturday were filled with seminars on a wide range of topics, including running a running club, children's running, finish line management, and improving your newsletter. Saturday's business meeting was also informative. The leaders of our national organization seemed genuinely concerned with supporting the local clubs.

At Saturday's award banquet the big winners were our neighbors from the Montgomery County Road Runners. John Sissala won the Nike Rod Steele Award for outstanding club volunteer, while Denny Steinauer received the Scott Hamilton Award for outstanding club president. It was good to see two nice guys finish first!

By far the best part of the trip was the opportunity to meet lots of enthusiastic people who really care about running. It was particularly good to hear that Linda Andes-Georges is doing a super job as editor of the Badgerland Striders Newsletter. Both listening to people talk about their clubs and judging their reactions to my descriptions of our activities convinces me that we have a fine club. I hope some of the ideas I picked up in Colorado will help make the Striders an even better organization.

The only thing I regret about this trip was that I was the only Strider. I hope we can send a big contingent to next year's convention in Miami.

See you on the roads ---

# THE MIDNIGHT MADNESS IS BACK.

COME JOIN US FOR THE 1989



*moving  
comfort  
fit for women*

*Women's  
SPORTS & FITNESS*

SPONSORED BY:



ATHLETIC FOOTWEAR SPECIALISTS  
WILDE LAKE VILLAGE GREEN

- DISTANCE:** 5K (3.1 Miles)
- DATE:** Midnight, July 14, 1989 (Which is really July 15)
- COURSE:** FAST and FLAT!! On paved road around the perimeter of the Columbia Mall.
- AWARDS:** Medals and Quality Merchandise Awards to Top 3 Overall Finishers.  
Engraved Medals to Top 3 in each of the following age groups:
- 13 & Under 14 - 19 20 - 24 25 - 29 30 - 34  
35 - 39 40 - 44 45 - 49 50+  
Top Mother/Daughter Team
- T-SHIRTS:** A Fantastic T-Shirt - Guaranteed to each participant!! (If entry is received on/or before July 1)
- PACKET PICK-UP:** THE COLUMBIA MALL (In Front of the Bun Penny Entrance) Beginning at 11:00 p.m.
- CELEBRATE:** IMMEDIATELY FOLLOWING THE RACE with Music, Fresh Fruit, Beer, Pizza and More!!  
Many great random awards donated by ASICS TIGER, ADIDAS, NIKE and others Will be Given out.  
**\*\*Including\*\* a WEEKEND FOR TWO AT THE RADISSON ANNAPOLIS HOTEL in Historic Downtown Annapolis!!**  
(You must be present to win random awards.)
- ENTRY FEE:** \$7.00/w/ith T-Shirt, \$2.00/without T-Shirt

FOR DIRECTIONS

OR MORE INFORMATION CONTACT: Lisa Lowe, Race Director (301)964-2681

Send Check, Made payable to Howard County Striders, to Lisa Lowe, 11893 Blue February Way, Columbia, MD 21044

-----  
(Women Only)

NAME \_\_\_\_\_ AGE (On Race Day) \_\_\_\_\_

ADDRESS \_\_\_\_\_  
(Street) (City/State/Zip Code)

Mother/Daughter

Shirt Size:

S M L XL

On Condition of this entry being accepted, I hereby waive and release any and all rights and claims for damage I have against the sponsors/officials of the Women's Distance Festival 5K Race to be held by me in said event; I attest and verify that I am physically fit and sufficiently trained for this event.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_  
(Parent/Guardian Signature, if Under 18)

# Race the Chase

## THE 8TH ANNUAL COLUMBUS CHASE

9 a.m. Sunday, October 8, 1989 Columbia, Maryland

**AWARDS** Over 50 random prizes and trophies by category will be awarded during the post-race ceremony (must be present to win). Grand prizes to first, second and third male and female finishers.

**COURSE** Start/finish at Howard Community College's Physical Education Center. Paved roads, accurately measured and marked, moderately rolling hills. Water will be available along the course.

*Organized and conducted by the  
Howard County Striders*

*Endorsed by the  
Howard County Physical Fitness  
Commission*

### REGISTRATION

10K—Only \$10 (non-refundable)

Race Day Registration—\$15

Fun Run—\$2

Team Challenge—\$100 (for team of five; must be coed)

Corporate

Running Clubs

Public Agencies/Organizations

*Entry fees are deductible only to the extent provided by law.*

### Supported by

Maryland National Bank  
Bendix Field Engineering  
Feet First  
Old Milwaukee  
Dole  
Dragonade  
Reebok  
Princeton Sports

High quality, long-sleeved shirts  
to 10K entrants

Great food and drink for all  
following the race

*Benefits the  
Howard Community College  
Educational Foundation, Inc.*

### CATEGORIES

**MALE:** Top 10 open, first three in age groups 14 and under, 15-19, 20-29, 30-39, 40-49, 50 and up

**FEMALE:** Top five open, first three in age groups 14 and under, 15-19, 20-29, 30-39, 40-49, 50 and up

**FACILITIES** Parking, aid stations, locker and shower facilities (bring lock and towel)

### COLUMBUS CHASE TEAM CHALLENGE

Bring a team of five from your company, club or agency for the great Team Challenge. All teams must be coed and runners must be employees of the company or agency or members of the club. To enter submit team entries in same envelope—each person must complete an entry form. Please mark outside of envelope "Team Challenge."

*Spectacular Traveling Trophy  
for Winning Team*

The popular Columbus Chase 10K is run in the beautiful planned city of Columbia, Maryland. In Howard County, Maryland, halfway between Washington, D.C. and Baltimore, MD, Columbia is a model city welcoming thousands of new residents and tourists yearly. Bring the family and come race the Chase!

FOR MORE INFORMATION CALL HOWARD COMMUNITY COLLEGE (301) 992-4810.

## COLUMBUS CHASE 10K

9 a.m. Sunday, October 8, 1989 Columbia, Maryland

OFFICE USE ONLY

**REGISTRATION:** Make check payable to HCC Educational Foundation, Inc. Send stamped, addressed envelope and check to Columbus Chase, Feet First, Wilde Lake Village Center, Columbia, MD 21044. Confirmation by mail if entry received early enough. Send self-addressed, stamped envelope.

Name \_\_\_\_\_ Phone (home) \_\_\_\_\_ (office) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ Age (as of 10/8/89) \_\_\_\_\_ Best Recent 10K Time \_\_\_\_\_ Shirt Size S M L XL (circle one)

\_\_\_ COLUMBUS CHASE 10K \$10

\_\_\_ TEAM CHALLENGE \$100 (fee for five runners)

\_\_\_ ONE MILE FUN RUN/WALK \$2

Team Name \_\_\_\_\_



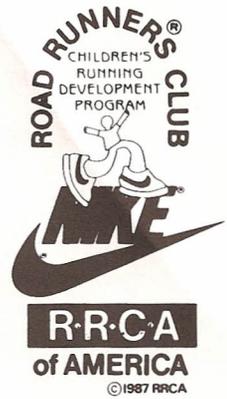
*On condition of this entry being accepted, I intend to be legally bound for myself, my heirs, executors and administrators, do hereby discharge the Howard County Striders, Howard Community College and any and all sponsors from any liability arising from illness, injuries and damage I may suffer as a result of my participation in this event. I attest and verify that I am physically fit and have sufficiently trained for this event. I further understand that no refunds will be granted for any reason.*

Signature of Runner \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent/Guardian if under 18 \_\_\_\_\_ Date \_\_\_\_\_



# Children's Running Tips



**H**enry Marsh has held the U.S. record in the steeplechase 4 times in the past ten years, including the current mark of 8:09.17. Marsh, an attorney from Bountiful, Utah, has been on 3 Olympic teams, 3 World Cup teams, and 2 World Championship teams for the U.S., and has been ranked #1 in the world 3 times. The steeplechase is a 3000 meter (not quite 2 miles) track race that includes barriers and a water jump, and Marsh has proven that a well-paced effort in the event can result in a top performance.

## pacing - the key to better running

Pacing means running in a steady, balanced way so you don't run out of energy. Proper pacing can help you get the most out of your training and racing.

Proper pacing begins in your overall running schedule. Don't try to run hard day after day. Instead, make sure you **pace** yourself by scheduling easy running days before and after your hard running days. This will help your body recover from the hard running, so you can avoid injuries, illnesses and "breaking down".

Proper pacing is also important during a race. I've won many races by running my own pace while others ran too fast at the start and then struggled to finish. Race at the speed **you** have prepared for in your training, even if kids around you are running faster. You'll find you'll run better, enjoy yourself more, and pass a lot of those other kids before you reach the finish line!



MEMBERSHIP APPLICATION

David L. Tripp  
Treasurer  
6175 Campfire  
Columbia, MD 21045

Circle membership desired:

Individual \$10.00

Family \$15.00

Student \$6.00

Name(s)	Age	Sex	Birthday

\_\_\_\_\_ street address

\_\_\_\_\_ city

\_\_\_\_\_ state zip

\_\_\_\_\_ home phone

\_\_\_\_\_ work phone

\_\_\_\_\_ favorite color

**Return Address:**  
Howard County Striders  
4913 Canvasback Drive  
Columbia, MD 21045

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U.S. Postage  
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Columbia, MD 21045  
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