

FOOTPRINTS



NEWSLETTER OF THE HOWARD COUNTY STRIDERS
VOLUME 12, NUMBER 1—SPRING, 1992

STRIDER ANNUAL MEETING A TREMENDOUS SUCCESS!

BERARDI, U—HANNAGAN TAKE TOP HONORS

A contingent of 103 Howard Countians assembled at Oakland Mills' Meeting Place on the night of January 14th to celebrate themselves and honor the county's top runners and volunteers of 1991. The event proved so popular this year that (according to reliable sources) members started lining up at the Meeting Place over an hour before the meeting started at 6:30 pm. The membership mingled and set out assorted dishes of authentic runnerfood until 7:00 pm, when the feeding frenzy began. Many runners went back for seconds and thirds and continued eating and drinking long after the meeting began. An unofficial survey placed Maggie Neal's English trifles slightly ahead of the taco pie, which made a strong showing for the third consecutive year.

Tim Beaty began the actual meeting at 7:30 by submitting the official slate for the 1992 Board of Directors. Mr. Beaty introduced the proposed Board members and had each of them stand for acknowledgement by the general membership. The members then voted and, as usual, unanimously elected the Board.

President Paul Goldenberg then took over the meeting. He explained the true meaning of RRCA (Road Runners Club of America), and indicated that all Striders were, in fact, also (continued on p. 7, column 2)

STRIDERS EDGE BALTIMORE TO WIN CHALLENGE

CLAPPER & HUMPHREY LEAD ASSAULT

On a mild Sunday morning in February, the Howard County Striders ran the Mother of All Races and, after a desperate struggle, emerged victorious by the narrowest margin in the history of the Challenge Race. The proud locals finally succeeded in beating Baltimore Road Runners and took home the World's Ugliest Trophy for the first time in five years. Howard County men topped the Baltimore men by a single runner (54 points), while the Strider women, for the first time *ever*, beat the Baltimore women by the margin of a single point. Although the battle may have come down to the Striders vs. the Baltimoreans, the Howard Countians also bested their arch-rivals from Montgomery County, as well as teams from the Frederick Steeple Chasers, the Annapolis Striders, and the Renaissance All-Sports Athletic Club.

RRCA 10-MILE CHALLENGE RESULTS

<u>MEN'S TEAMS</u>		<u>WOMEN'S TEAMS</u>	
HCS	820	HCS	22
BRRC	874	BRRC	23
MCRRC	1613	MCRRC	39
RASAC	2837	RASAC	80
FSC	3077	AS	115
AS	4281	FSC	131

(story continued on page 2)

GOODE TO THE RESCUE

Gerry Clapper, the first Strider to cross the line, almost didn't get into the race. In his haste to prepare for the impending battle, he locked his keys—and his racing flats—in his car. In desperation, he phoned home in hopes that his wife Caskie could get to the Community College to unlock the car. But time ran short and Caskie had still not arrived, even though race officials tarried. Seeing Gerry in his training shoes and the Striders in desperate need, Martin Goode made the supreme sacrifice and offered Gerry his spanking-new racing shoes. Luckily, both runners had the same shoe size (10 1/2), and, with the addition of an insole, Martin's racers fit Gerry's feet comfortably. The race began shortly after 8:00 am, and Gerry leapt away with the pack just as Caskie appeared with the spare key.

Bereft of his new shoes, Martin ran in his battered old training shoes, a pair of Asic Gel-Lite Speeds that date back to the Days of the Ancients. As if that wasn't enough, Martin also suffered from a severe case of bronchitis. Midway through the race he hurt his knee, probably from trying to race in the training shoes. And to make matters even worse, a massive cramp stifled him through the last mile. Martin nonetheless managed an average 5:40 per mile pace. He ran in the company of Paul Loebach, Jim Robinson, George Altieri, and Steve Smith—all of whom formed a "nice little pack" between miles 5 and 7. Martin distinguished himself and his old shoes by finishing 32nd overall in a respectable 57:23.

CLAPPER & BERARDI BATTLE FOR THE LEAD

Up ahead, the lead pack had not gone a mile before it ran into chaos. In his haste to blast the field, Montgomery County's Dominique DaLuz mistook a policeman's traffic signal as an indication of the course direction and turned right on Cedar Lane instead of crossing it. Lapping his heels, the rest of the pack dutifully followed the rabbit. The first ten or so runners went aimlessly off course and lost 10-20 seconds before recovering.

The pack reformed on the far side of Cedar Lane and plunged down the hills in Clary's Forest. After the mile mark, Baltimore's Doug

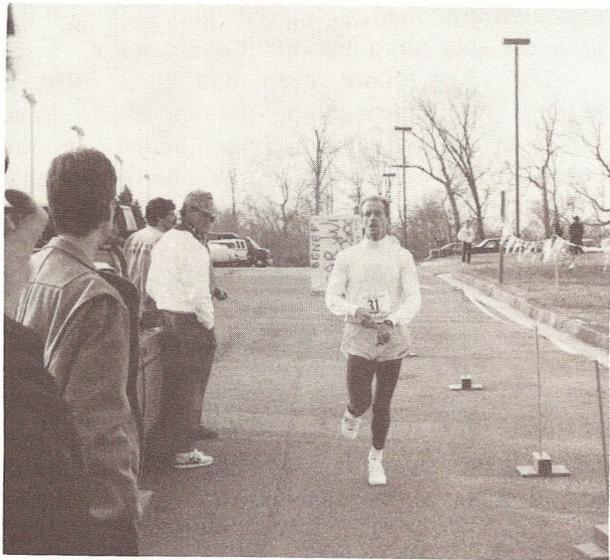


The lead pack shortly after entering the Clary's Forest subdivision. From right to left: Gerry Clapper, Stavros Rologas, Doug Mock, and Dave Berardi. (Photo by Paul Goldenberg)

Mock and Stavros Rologas and Howard County's Gerry Clapper and Dave Berardi began to separate themselves from the others. The borrowed shoes gave Gerry enough speed to challenge the lead, which see-sawed back and forth between the four. Rologas would surge on the hills, and the other three would reel him in on the flats and downhill.

About seven miles into the race, Mock threw in a surge that put him in the lead by a good 20 seconds. Berardi and Clapper fought the next mile against Rologas and, in the process, cut into the lead and almost caught up to Mock again. But when the group turned up the final hills near eight miles, Dave hit the wall and had to drop back. Berardi, the Strider's 1991 Male Runner of the Year, had run 20 miles the day before in training for an upcoming marathon. (After his sensational 2:21 last year, he was still hoping to qualify for the Olympic Trials at one last spring marathon.)

In the two miles that remained, Clapper fought a desperate, last-ditch battle against Rologas. The two ran together until almost the end, at which point Rologas "made a good move" and dashed in two seconds ahead of the streaking Clapper, who wound up in third place with a 51:28. Legs aching, Berardi pulled in 22 seconds later and secured fourth place for Howard County.



Third-place Gerry Clapper trotted into the finish chute as Howard County race officials look on. (Photo by Paul Goldenberg).

“LET’S GET SOME BALTIMORE GUYS”

When DaLuz made his blunder, Howard County’s Craig Chasse and Gary Anderson didn’t fall for it. They barely missed a step when they swept across Cedar Lane and gained perhaps 30 crucial seconds on the lead pack. Racing down into Clary’s Forest, the two suddenly found themselves near the front, where they remained for a brief time. The others eventually caught up, but Chasse and Anderson were with the clot that surged past the mile mark in 5:10.

The two ran with hardly any company but the hostile Baltimoreans. Gary led Craig from three miles through five miles. When Craig caught Gary near the turn-around, with no other Striders near, he suggested, “Let’s get some Baltimore guys!” Thus inspired, the two bore down on Baltimore guys like Harry Goodman, John Floyd, Jerry Jurick, and Neville Anderson, all of whom they dispatched in the final four miles. Craig had a cramp in the last mile or he might have gotten more. As it was, Gary and Craig wound up in 11th and 12th places overall, and *both* set a PRs.

Unfortunately, Gary and Craig were the last Striders to finish until Jim Clelland crossed the line in 20th (55:35). But *THEN* came the deluge of runners that swept Howard County to victory.

THE FEARSOME FOURSOME

The Strider women won the women’s competition for the first time in the history of the meet, but they couldn’t have won by a narrower margin— they edged the Baltimore women by only a single point. The victory hinged on the outstanding performances of the first four Strider women— Robyn Humphrey, Dolly Ginter, GeriAnn Bell, and Vicki Lang, all of whom enjoyed spectacular times. In the spirit of a team effort, this “fearsome four-some” ran fairly close together for much of the race and claimed the fourth through seventh places among women.

The women did not absent-mindedly veer off course as the men had done. Attesting to their speed, the lead women cruised through the first two miles in under 12 minutes, and at the end of the charge down the Clary’s Forest hills, Montgomery County’s Donna Moore was comfortably ahead. She went on to win the race in 1:01:19, a full minute ahead of Baltimore’s Marianne Jensen.

The redoubtable Robyn Humphrey spearheaded the Howard County attack with a 1:03:25 and fourth place overall finish. For much of the race, she shadowed Baltimore’s Marge Rosasco, who presented an always-elusive target on the hill ahead. Finally, however, Robyn had to give in to the very hills that had proven the downfall of so much of the rest of the field. Her 1:03:25 was about a minute behind Rosasco’s time.

The hills didn’t seem to bother triathlete Dolly Ginter, however, because she ran the fastest 10 miles of her life in the Challenge Race. Dolly dreaded the hills she remembered from last year’s Challenge Race but, with the encouragement of Joe Wasserman, had decided to run the race anyway, which turned out “better the second time around.” With the shouts of Strider course workers urging her on, she raced to a personal best 1:04:31 and finished fifth woman overall. Throughout the race, Dolly tracked Robyn and vowed to let no non-Strider woman run between them. More impressively, Dolly clobbered Baltimore’s Nancy Gugerty, a nationally-regarded triathlete who finished 8th overall. Dolly followed Mr. Wasserman’s Training Schedule for the Challenge race: the day before, she had tapered by running 4 miles, bicycling [hilly] 45 miles, and swimming an additional mile.



Vicki Lang was the fastest person in the race wearing a knee brace. (Photo by Paul Goldenberg)

The last of the fearsome foursome— GeriAnn Bell and Vicki Lang— ran most of the 10 miles together, although GeriAnn always seemed to be one cul-de-sac ahead of Vicki. After the pack separated in the early miles, the two held their places and allowed no other women to pass them. The hills didn't seem to bother GeriAnn, who set a personal record of 1:05:53, but she did admit that the *last* hill finished her off.

Vicki might have made up some ground on the hill, as she crossed the line in 1:06:01, only a few seconds behind her teammate. Vicki Lang ran the whole race with a knee brace, a remnant of last year's Boston Marathon.

COMPUTERS RESOLVE FINAL ISSUE

A look at the top 10 or even 20 runners would not convince a casual observer that Howard County had much of chance of winning the event. Half of the first 20 runners to finish were Baltimore Road Runners, while Howard County had only five in the same group. However, only Baltimore's fastest horses seemed to come out for the race. The Striders brought virtually everybody and dominated the race in the middle places above 20th. Because one lone runner— Dave Lowe— switched from the Westminster team to the Baltimore, the minimum team size became 24 men and 4 women (see box for in-depth

explanation), which turned out to be the optimum size for a Howard County upset.

The close score even had race officials hesitate before announcing the winners. When the ever-diligent Dave Tripp added up the points using pencil and paper, he found that Baltimore had edged Howard County for the championship. But race officials demurred and, while awarding individual trophies, let crack computer experts and their blazing IBM-PC's handle the calculation and — LO! — the amazing computers showed that the Striders had indeed won the battle. "Paul would have ex-communicated me if we had mistakenly awarded the trophy to the BRRRC," admitted a shaken Dave Tripp after the awards.

TOP 20 MEN

1. Doug Mock (BRRC)	51:13
2. Stavros Rologos (BRRC)	51:26
3. Gerry Clapper (HCS)	51:28
4. Dave Berardi (HCS)	51:50
5. Bradley Ullfelder (BRRC)	52:48
6. Robert Yara (BRRC)	52:58
7. James Pryde (RASAC)	53:15
8. Robert Punt (BRRC)	53:40
9. Dominique LaLuz (MCRRC)	53:41
10. Andy Passmore (BRRC)	54:23
11. Gary Anderson (HCS)	(PR) 54:46
12. Craig Chasse (HCS)	(PR) 54:50
13. Nathan Boyle (RASAC)	54:53
14. Harry Goodman (BRRC)	55:10
15. John Floyd (BRRC)	55:21
Jerry Jurick (BRRC)	55:21
17. Rusty Moore (FSC)	55:24
18. Neville Anderson (BRRC)	55:29
19. Chris Grecco (MCRRC)	55:32
20. Jim Clelland (HCS)	55:35

TOP 10 WOMEN

1. Donna Elliot-Moore (MCRRC)	1:01:19
2. Mariann Jensen (BRRC)	1:02:19
3. Marge Rosasco (BRRC)	1:02:31
4. Robyn Humphrey (HCS)	1:03:25
5. Dolly Ginter (HCS)	(PR) 1:04:31
6. GeriAnn Bell (HCS)	1:05:53
7. Vicki Lang (HCS)	1:06:01
8. Nancy Gugerty (BRRC)	1:07:34
9. Jenny Kaple (WRRC)	1:08:35
10. Margaret Conzer (RASAC)	1:09:13

THE REST OF THE STRIDERMEN—

22. Chris Nugent	55:42
23. Mike Buckley	(PR) 55:51
24. Chris Samley	55:54
25. Roger Howell	56:18
26. Steve Smith	57:05
Dan Knaul	57:05
32. Martin Goode	57:23
33. Paul Loebach	57:26
35. George Altieri	57:42
37. Jim Robinson	57:52
43. Phil Lang	58:38
46. John Kuehls	59:07
47. David Ramsey	59:04
54. David Brightwell	59:52
57. Piriya Pinit	1:00:27
62. David Hindle	1:01:22
63. Warren Ohlrich	1:01:32
64. Jim Discuillo	1:02:10
72. James O'Brien	1:02:13
78. Eric Smith	1:03:01
79. Timothy Bradley	1:03:13
80. Bobby Gessler	1:03:14
83. Randy Wykoff	1:03:27
91. Anthony Warner	1:04:12
92. Nelson Stritehoff	1:04:16
95. Ray Ramey	1:04:28
97. Rick Rosen	1:04:35
106. Jerry Warfield	1:05:21
111. Bobby Van Allen	1:05:42
113. Tom Brown	1:05:48
129. Geoff Baker	1:06:43
130. Jim Woods	1:06:52
138. Tom Holland	1:07:22
142. Zach Heidepriem	1:07:28
142. Heide Heidepriem	1:07:28
153. Stephen Olenick	1:08:21
158. Eric Kocay	1:08:51
160. Steven Feldstein	1:09:06
164. Joe Wasserman	1:09:37
169. Ed Trottier	1:10:14
172. Ed Silverman	1:10:28
173. Chip Peake	1:10:44
181. Duane St. Clair	1:11:31
183. Charles Shoemaker	1:11:39
186. David Austin	1:12:02
193. David Strzelecki	1:12:43
206. Richard Wilson	1:14:52
208. Don Majewski	1:15:01
212. Stepehn Thienel	1:15:26
213. Rusty Toler	1:15:27
222. Roger Calvert	1:16:32

224. William Spencer	1:16:40
226. Ralph Collinson	1:16:57
235. Richard Fox	1:19:37
247. Wayne Conway	1:22:21
264. Mike Kraus	1:26:20
280. Craig Lingdon	1:34:14



Denise Underwood-Hannagan, 1991 Female Runner of the Year, contributed a 70:03 to the Challenge Race.(Photo by Paul Goldenberg).

THE REST OF THE STRIDERWOMEN—

14. Denise Underwood-Hannagan	1:10:03
20. Linda Lash	1:11:55
22. Priscilla Botacchi	1:12:13
23. Jennifer Matthews	1:12:35
28. Deborah Chaney	1:13:22
30. Arlene Gamble	1:14:56
36. Valerie Rogers	1:18:09
44. Nadia Wasserman	1:21:40
45. Debra Kocay	1:21:41
51. Kathleen Gallasch	1:28:25

Do what you can with what
you have where you are.
—— T. Roosevelt

STRIDERS WIN! GOLDENBERG DROUGHT ENDS IN GLORY

Dave Tripp & Jim Carbary

In over three years as President of the Howard County Striders, Paul Goldenberg had never been able to accept the winner's trophy in an RRCA Challenge Race. On Sunday morning, February 23, 1992, the drought finally ended. In the team competition among ten RRCA chapters in the MD/DC area, the Striders won the men's, women's, and combined championships. The race took place under near-perfect conditions over a hilly 10-mile course that started and ended at Howard Community College.

The Striders' closest competitors were the defending champions from the Baltimore Road Runners Club (BRRC). In the men's competition, each team's first 24 finished counted toward its score, with the lowest total of finishing positions determining the winner. BRRC got off to a big lead early, with 10 of its runners placing in the top 18 overall. They were led by race winner Doug Mock (51:13) and Stavros Rologas (51:26), who edged the Striders' Gerry Clapper (51:28) for second place. Clapper almost didn't run because he misplaced his car key and locked his racing shoes inside. His borrowing Martin Goode's new racing shoes proved very fortuitous for the home team. With a strong showing from runners in the 55-58 minute range (11 Striders between 20th and 37th place), the finishing positions of the top 24 Striders added up to 820 compared to 874 for BRRC. Had Gerry not run, Howard County's team score would have increased by 66— more than enough to make BRRC the champions.

On the women's side, the competition was even closer. Montgomery County's Donna Moore won in 61:19, ahead of Marianne Jensen (62:19) and the ageless Marge Rosasco (62:31)— both from Baltimore. With only four runners counting in the women's scoring, Baltimore was well ahead at this point. Then came the Strider women. Robyn Doster-Humphrey (63:25), Dolly Ginter (64:31), GeriAnn Bell (65:53) and Vicki Lang (66:01) finished 4th through 7th places and racked up a total score of 22 points. When BRRC women placed 8th and 10th,

Baltimore tallied 23 points— and the Striderwomen had won by a single point! Since the overall championship was determined by adding the men's and women's totals, Goldenberg had his first victory.

At the awards ceremony after the race, Paul was emotionally overcome and could only say, "I owe it all to our Racing Team captain, Jim Carbary. He got the good runners out for the race, and then he took his wife skiing for the weekend. He's really the one who's been the 'hex' on the teams, not me. Without *him*, our luck turned!" In addition to Jim's efforts, Phil Lang proved very persuasive in bringing out some of Howard County's top athletes.

A total of 346 runners completed the race, which, as always, boasted a very high-quality field. Roughly 20 percent of the men broke one hour, and 20 percent of the women were under 70 minutes. First-time race director John Wheatland drew congratulations and praise for his efforts, and he himself had high praise for all the race volunteers, from race registration, to course marshalling (special thanks to the policeman who misdirected Dominique), to the water stoppers, to the finish liners, and to the refreshers.

Miles Weigold and Rick Hatfield deserve special credit for successfully implementing a computerized scoring system that utilized bar code scanning and accurate computations of scoring. The club had borrowed a bar-code reader to track the finishers. The bar-code numbers were loaded into the Strider IBM-PC computers, which ran the new "Run-Score" software package. The automated scoring saved "immense amounts of time" and marked the first time in Howard County that such a system was implemented for a foot race. Even Dave Tripp, ever skeptical of new-fangled contraptions, was quite impressed and more than a little thankful. After all, he had used pencil and paper to manually calculate the point totals and had Baltimore winning the Challenge. Dave had always performed these vital calculations before and had never made an error. But this time he made a near-fatal boo-boo.

The Striders intend to use the system at future races— and especially at the Challenge Race when Dave Tripp shows up with a pencil.

THE STORY BEHIND THE SCORING

Dave Tripp

Just how did the Howard County Striders beat the Baltimore County Road Runners and pull off the upset of the decade (so far)? The score for an event like this can depend critically on one seemingly innocuous decision that can dramatically change the outcome. The rules of engagement state that to be eligible each team must post at least 12 male runners for the men's competition and at least three female runners for the women's competition. However, if all the teams with at least 12 men (or 3 women) have more than 12 men (or 3 women), then the number who count in the scoring increases up to the number of males (females) on the team with the smallest number. [See, this really isn't any more complicated than the NFL playoff rules and not *nearly* as complicated as the income taxes you haven't finished yet— ed.] On race day, the Westminster Road Runners had only 11 males present, and thus were ineligible for the men's competition. The next smallest team was the Annapolis Striders with 24 male runners— so Annapolis determined how many counted for each of the eligible teams. Now, David Lowe, age 44, ran an excellent time of 59:48 and would have scored for any team he ran for. He ran for Baltimore and was, in fact, their 17th man. However, Lowe also belongs to the Westminster Road Runners. Had he chosen to run for them, they would have posted the necessary 12 person minimum team. All the teams would then have been able to count only their top 12 males. Had this tragedy occurred, Baltimore would have soundly trounced the Striders, 143 to 236.

**THE COLUMBIA
TRIATHLON
IS LOOKING FOR A FEW
GOOD VOLUNTEERS
CONTACT ROB VIGORITO
(730-3880)**

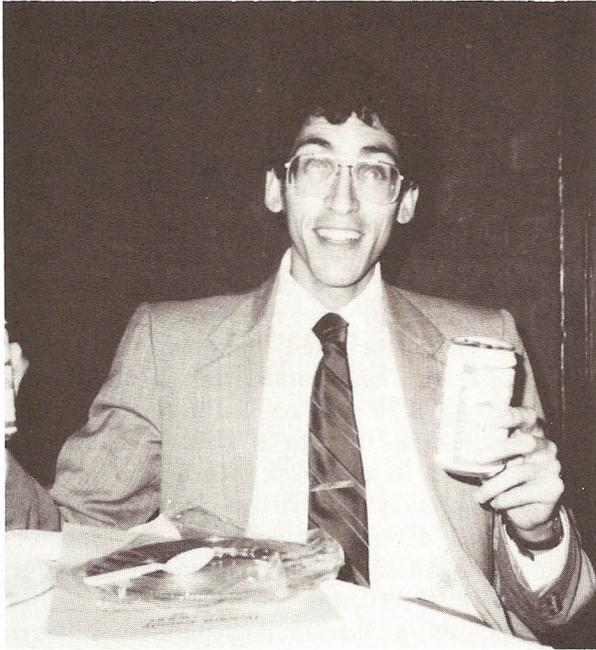
(Annual Meeting-- from p. 1)

members of RRCA. Big or small, fast or slow, Democrat or Republican— ALL Striders are bona-fide RRCA members.

Karen Ohlrich then made a special surprise presentation. One of the newest Striders, Karen reviewed her first year of running and detailed what she had learned from the experience. She had learned the excitement of waking up at 6:30 am on Sat-urday mornings and then running through a cold rainstorm at 7:00 am. She had learned that a few seconds have an enormous impact on a runner, often spelling the difference between his success and utter failure as a human being. She also discovered that distances are also a big deal— completion of a marathon separates a Real Runner from the Wimp and Dilettante. And she learned that ideal running requires chilly temperatures of 45-50°F rather than balmy temperatures of 75-80°F. Finally, Karen recognized the need for appropriate footwear and had herself purchased numerous pairs of running shoes— a pair for rain, a pair for snow, a pair for trails, a pair for roads, a pair for speedwork, a pair for racing, and so forth. She had, she concluded, made great strides toward becoming a runner but had not yet purchased a jar of Vasoline.

After Karen's jolly discourse, Rick Rosen presented awards for the Ultimate Runner competition, which took place last October. He handed out sweatshirts and trophies to all eight of the participants: Ed Trottier, Pat Brooks, Phil Lang, Helen Beyers, Bryan Townsend, Bobby Van Allen, Dave Campbell, and Jack Wilkinson (see article, Winter Newsletter 1991). To the applause of the membership, each runner went up to the podium and received their awards. Rick even gave t-shirts to those who volunteered to work the Ultimate Runner.

Dave Tripp then took the podium and gave the treasurer's report, which he called "the exciting part of the evening." He reported that 1991 "was pretty much on target." He urged everyone to sign up again for 1992 because of the significant contributions that membership makes to the treasury. He concluded by saying that he didn't really mind laying out so much money for the Strider Newsletter because of the "remarkable job" done by the editor.



Dave Berardi celebrated his runner of the year award; he immediately used the silver plate for desserts. (photo by Jim Carbary).

Paul Goldenberg then recognized all the 1991 Board members individually and awarded them each with awesome beige jackets that had zippers. Joe Wasserman, who will handle a new Public Relations position on the 1992 Board, distributed the jackets. The 1991 Board then posed at the front of the room for a group photograph.

Paul then presented the much-anticipated Annual Running Awards of 1991. The first awards went to Dave Berardi and Denise Underwood-Hannagan who took top honors as Male and Female Runners of the Year.

Paul cited only a few of Dave Berardi's outstanding racing accomplishments: first overall at the Metric Marathon (1:28:42), first overall at the Antietam 10k (31:26), and second overall at the Berwick 9-Miler (45:14). At the Fox Cities Marathon in Appleton, WI, Dave ran a phenomenal 2:21—the fastest 26.2 miles ever run by a Howard County Strider—and narrowly missed qualifying for the U.S. Olympic Trials. Dave also played a key role on the Strider racing teams. On a *very* hot day in May, he led the Strider A Team at the Constellation 10k, where he took fourth overall in 31:09 and where the Striders won the men's Open Division. Dave also won the Brighton Dam 7-Mile Challenge and, in the process, totally crushed Dominique Da Luz, ace runner for Montgomery County.



Denise Underwood-Hannagan, woman Strider of the Year, as she appeared before going back for a sixth helping of Strider-food. (photo by Jim Carbary).

Denise Underwood-Hannagan earned her championship by garnering no fewer than six personal records in 1991. She led off the season with a 10-mile PR of 70:01 at the RRCA Challenge Race right here in Columbia. Hardly satisfied, Denise followed up with a 68:44 PR for the 10 miles at Cherry Blossom. She set a 5k personal best of 20:20 on a sultry July night, when Priscilla Botacchi pushed her to the limit (see below). A few weeks later, she cracked the six-minute-per-mile barrier for the first time with a sterling 5:59 at the Strider Meet of the Miles. Later in the season, Denise attacked the longer distances. In September she hammered out a 2:25 PR at the DCRRC's 20-Miler, and in November she romped through the Marine Corps Marathon in a personal best 3:27:40. In other actions, she collected a 72:13 at the Annapolis 10 Miler and contributed a 49:39 at the Brighton Dam Seven Mile Challenge.

Mike Buckley and Priscilla Botacchi took awards for the most-improved runners of 1991. A quiet runner, Mike contributed superlative efforts to the Strider racing teams. He turned a 58:32 for the 10-Mile Challenge Race, a 35:10 for the winning Constellation 10k Team, and a 40:27 at 7-mile the Brighton Dam race, where he placed 11th overall. Mike seemed to thrive on the 10k distance. He ran a 34:22 at Clyde's and a 34:50 at the Columbus Chase (12th

overall). He cruised to a 20-mile personal best of 2:02 at the DCRRC 20-miler and came back in December to zip through the Metric Marathon (16.4 miles) in 1:40:41, good enough for 4th place in the 30-34 men.

Priscilla, who turned 30 in November, enjoyed her finest year of running ever, but she may remember 1991 for her battles against Denise. She and Denise fought to a 20:20 tie at the Women's Distance Festival 5k and shared 3rd in the 25-29 age group. At the Meet of the Miles, she ran an aggressive race and finished the mile in 6:01—two seconds behind Denise. Finally, at the Annapolis 10 Miler, Priscilla set a personal record of 72:15, but again fell two seconds behind Denise. But she may consider the Marine Corps Marathon (on her 30th birthday) her best and most memorable race of 1991. The race marked her first 26.2 miler and she resolved to break the 3:40 barrier necessary to qualify for Boston. She ran 3:37:28. Her parents celebrated with her at the finish. Priscilla will no doubt make a run at Denise in the 1992 Boston Marathon.

Newlyweds Jim and Judi Carbary won the Master Runner of the Year Awards. Inspired by her husband, Judi had the best racing season of her life and took home hardware in all but two of the races she competed in. She did not win an award at the Cherry Blossom 10 Miler, but she did set a PR of 70:27. And she did not win an award at the Marine Corps Marathon, but she also set a PR there of 3:36:04—and was pregnant! She placed first among the master's women at the Springburst 8k (35:51), the Annapolis YWCA 10k (a 41:25 PR), at Clyde's 10k (43:30) and at the Columbus Chase 10k (42:44). Judi should also be recognized as one of the foremost master's triathletes in Maryland. In 1991 she placed second overall at the Dundalk and Best-of-the-West Triathlons, third overall in the master's women at the Columbia and Baltimore Triathlons, and first overall woman at the Hawk Triathlon.

Judi's husband Jim turned 40 in June and overcame multiple injuries and marriage. Jim began his master's career 7000 feet above sea level with a 29:50 at the Aspen, CO, Buddy 5 Miler, where he was second in the over-40 group. The day after he completed the Hawk Triathlon, he ran a 41:13 in the Brighton Dam race (2nd masters). He won the 40-44 age group at the Columbus Chase (36:20) and at the



Mike Buckley and Priscilla Botacchi received their awards as Most Improved Runners of 1991; Mike tried to compensate for the slant in the floor. (photo by Jim Carbary).

Metric Marathon (1:42:50). With his third fastest marathon (2:52:21), he led a Strider masters' team to second place at Marine Corps. Jim ended the year by placing second among masters' runners (4th overall) at the Jingle Bell 8k (28:30).

The Striders recognized no fewer than three new Runners of the Year. Ray Brown won the men's award while Linda Ausfresser and Karen Ohlrich shared the women's award. Ray was cited for his dogged pursuit of personal goals through the Striders' weekly race series. Unfortunately, the flu had felled him and he was not present to receive his new runner award. Like Ray, Linda also participated avidly in the Strider weekly series and took and won awards in the long distance races. She also ran a 46:42 at the Columbus Chase. Karen also participated eagerly in the weekly series and became a Bagel Shoppe regular. And, as we see from her earlier presentation, she acquired the training habits, tastes and the accoutrements of a Real Runner during her first year as a Strider.

The Striders placed special emphasis on the volunteers of the year awards, which went to Dave Campbell and Karen Harvey. Paul noted that the Striders "couldn't put on a major race without Dave," who served in special capacity in organizing races at the Howard Community College. Karen works at every Strider race and directed the Women's Distance Festival 5k in July, making it one of the foremost all-women's races on the east coast.

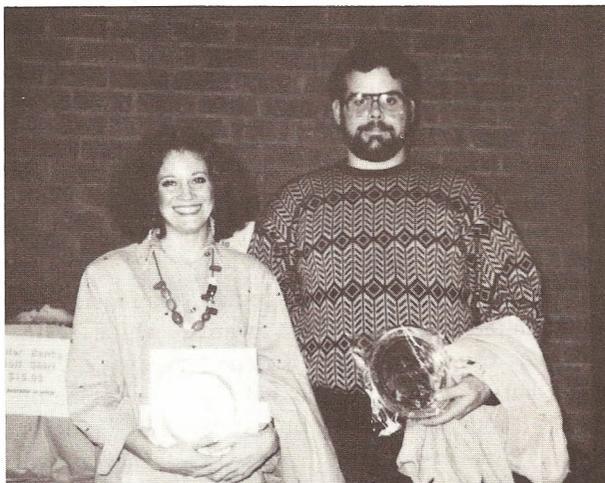
The club made two special awards for outstanding volunteer services. Ken Brake and his yellow pick-up truck won the Board of Directors Award for long-term contributions to the Striders. Ken has delivered water to all the water stops in all the Strider races for the past several years. Mild-mannered Rick Hatfield won the President's Award. According to Paul, Rick "came out of nowhere to take charge" of the Metric Marathon and ensure its success in 1991.

After Paul presented the annual awards, Heide Heidepriem made several comments about the Junior Striders and thanked the membership for providing moral support as well as money to the young runners of the county. He thanked Coach Craig Chasse for his outstanding efforts at recruiting, which, according to Heide, made 1991 "a year for participants." Heide cited the AAU Junior Olympics in which no fewer than 24 Howard County Junior Striders participated. [Heide's son, Zachary, placed first in the nationwide competition in the 1500 m race.]

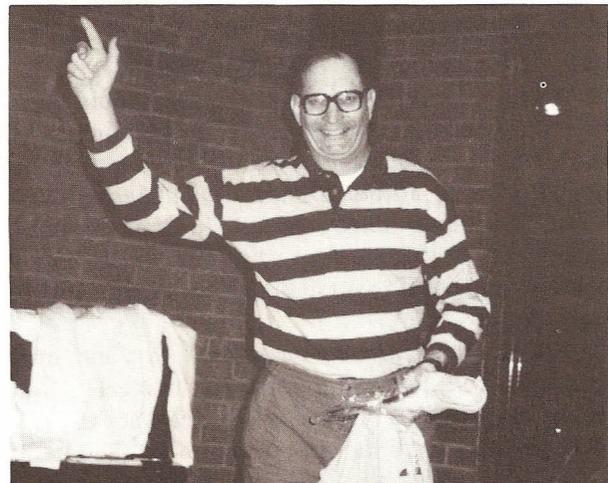
Concluding his part in the ceremonies, the president then handed out a zillion awards to Special Striders: Craig Chasse (for coaching the Junior Striders and setting a sterling example), Bill and Cheryl Tropf (for their strong, behind-the-scenes organization and support of the Juniors), and Carol McGinnis ("a water stop all by herself") won special recognition. Paul presented handsome commemorative t-shirts to Jack Wilkinson (for

computer support at the Strider races), to Karen and Jeff Cohen (for lending commercial support from Feet First, the Official Shoe Store of the Howard County Striders), to Wayne and Josh Conway (for finishing the weekly 10k race together), to Maggie O'Neil (for her outstanding trifles), to Caskie Lewis-Clapper (for her success as a track coach at Oakland Mills), to Alan Field (for persistent volunteer service during an injury), to Kay Green (for putting out drop-bags for Paul during the JFK 50-Miler), to Arleen Kvech ("what would the summer be without her fun runs?"), to Sherry Beaty (for putting up with the 24-Hour Relay), to Rob Vigorito (for the support of the Columbia Triathlon and all Triathletes in the World), to Eric Katkow ("the best back-up man in the business" and fastest dentist in Howard County), to Al Hannagan (who promises to fix the old clock), to Pat Brooks (for attending the Bagel Shoppe runs), and to Lissa George (a Strider family institution). Last, Paul announced an upcoming special 5k race on March 21 to benefit the Steve Duckworth Memorial Fund.

Before the meeting adjourned, Dave Tripp made a plea to the members to renew their memberships for 1992 so that he could continue funding the fine Strider newsletter. He then thanked Paul Goldenberg for being such a good president, and the membership agreed with a standing ovation. Finally, Tim Beaty officially adjourned the meeting at 9:02 pm.



Karen Harvey and Dave Campbell display their shiny new plates for volunteers of the year 1991. (photo by Jim Carbary)



Upon receiving his special award, Ken Brake demonstrated the proper method of signaling a left-hand turn from the passenger seat. (photo by Jim Carbary).



Forces behind the success of the Howard County Junior Striders: Bill and Cheryl Tropp and Coach Craig Chasse. All three pose in their new shirts. (photo by Jim Carbary).



Judi Carbary, Woman Masters Runner of the Year, samples a tray of brownies. (photo by Jim Carbary).

—NOTICE—

MEMBERS WHO HAVE NOT RENEWED THEIR MEMBERSHIPS BY 21 MARCH WILL BE PURGED FROM THE OFFICIAL LIST. TO PREVENT THIS CATASTROPHE, FILL OUT THE APPLICATION IN THESE PAGES AND SEND YOUR CHECK.

HOPELESSLY ADDICTED TO BAGELS

Bill MacCormack

It is a known scientific fact, at least in the local Howard County area, that bagels can have a dramatic effect on the performance of runners. In fact, simply anticipating the smell and taste of bagels can enable runners to run distances previously thought impossible and even prepare them to accomplish such feats as marathons and ultra-marathons.

This mysterious phenomenon can be witnessed each Saturday morning at 0700. Striders meet and run distances ranging from 6 to 20+ miles, non-competitively, and then assemble at the Bagel Shoppe for continued conversation, comraderie, and some culinary award.

Well, that's the good news. I guess I first realized my addiction to bagels one day last fall, during the running of the Masochist Marathon. Along with several others who had run a portion of the course, I was waiting for the finishers to arrive. Someone in the group had an open bag of warm, garlic bagels. The aroma was overpowering. Although I resisted the temptation to ask for one or to steal one, I dreamed of that smell for an entire week. I couldn't wait for next Saturday when I could run 20 miles, and then sneak into the Bagel Shoppe to satisfy my craving. I did just that, too, and it was a truly memorable experience. Since then, my habit has only gotten worse.

I know I am not alone. We have all seen bagel runners huddling around a single small table on Saturday mornings, crunching their "bags". They often take over most of the shoppe and even stand in corners or convene in small groups outside. This problem is definitely on the rise in Howard County. Bagel pushers can frequently be seen at Strider events, freely handing out their stuff and knowing that a few more of us will get hooked.

Without support from Federal or State to fight this problem, we are on our own. But with pure determination and resolve, we can prevail. This morning, for example, I just had a single plain bagel with a dash of cream cheese.... [However, I just saw something called a bagel cheese melt and it looked wonderful and I can't wait till next week. Is there a HOT LINE for addicts like me?]

ASK-A-NURSE

Judi Carbary, B.S.N., R.N., M.P.H.,

Dear Ask-A-Nurse,

I have been a runner for several years and have never been injured before but now I have a sore knee. I used to log 70-80 miles a week at 6 minute-per-mile pace or faster, even in the winter. What should I do?

signed,

Type A. Runner

Dear T.A. Runner,

First of all, number one, winter and early spring are the time for rest and recovery. So what are you doing out there at this time of year anyway? Huh? You could be skiing with your wife and kids. That gives you a real opportunity to wreck your knee.

First let me ask some questions. Do you kneed knew shews? Have you recently increased your mileage? Have you been properly warming up before running? Did you register as a Republican? Have you been doing too much hill work or have you increased the intensity of your running workouts? Your sexual workouts? For example, do you do the 16-mile Metric Marathon Course on Saturday with Joe Wasserman and then the 15k Strider race on Sunday with Gerry Clapper? Where's your sense, anyway? Are you sure you injured it running? I mean, you could have hurt it while skiing with your wife and kids. You always were pretty reckless on the black diamonds, weren't you? Or maybe you forgot about when you banged your knee on the car door. I'm sick and tired of people injuring themselves on golf courses and then blaming it on that easy 13-mile jog they did on Saturday morning.

If you do all these ridiculous training things, you might want to reconsider your training schedule and allow time for rest and recovery between workouts. For example, don't bother to take out the garbage on Monday. Don't carry that load of soiled clothes downstairs. If you have thoroughly examined your training regimen, equipment, your conscience, and have no previous history of this type of injury, and you still haven't recovered, then you may want to consult with a physician. Possibly an orthopedic specialist. Maybe a psychiatrist. As I said before, winter

and early spring should be a time for rest and relaxation— not the time for speedwork.

Also, consider alternate forms of exercise. Besides taking out the garbage, do cross-training such as swimming, biking, or weight-lifting. Do *fun* sports like basketball, volleyball, or racquetball. These sports may be mentally as well as physically refreshing. (Oh sure. Like zipping through 13 miles in an ice storm isn't refreshing.) And for heaven's sake STOP eating bagels and going to the Bagel Shoppe [see previous article-- *ed.*].

If you still experience swelling and persistent pain in your knee, you might consider a more drastic approach— the RICE treatment. RICE stands for Rest, Ice, Compression, and Elevation. We've already discussed the rest part. Ice means you should apply frozen water to the injured part. Compression means you wrap it with an Ace bandage or use a support. Elevation means you should visit the Himalayas.

Finally, if all else fails, think positive. KEEP RUNNING and hope the soreness in your knee will go away by itself. Remember, being a runner with a sore knee is better than being a couch potato with a sore knee.

HIT LIST OF REPORTED INJURIES

<u>Name</u>	<u>Injury</u>	<u>Self-Treatment</u>
Joe Wasserman	knee	continued running 16 miles
Nadia Wasserman	foot	continued running 13 miles
Vicki Lang	knee	rest— then con- tinued running 6-minute miles
Alan Fields	leg	swimming
Phil Riehl	back	swimming
Debbie Kocay	foot	short rest then continued run- ning
Dave Tripp	ankle	rest- then con- tinued running
Linda Lash	knee	long rest- then running
Jim Woods	knee	surgery, doing squats with 100 lb weights
Judi Carbary	pregnancy	swimming, biking, running

GRAND BAHAMA 5000

Vicki Lang

My husband Phil and I traveled to the Bahamas to run against the world's best in the Grand Bahama 5000. On Saturday, February 29, we competed with about 300 runners from all over the world. Twenty-five world-class men and women lead the field over a flat, fast out-and-back course. During our warm-ups, we saw Chris Fox, one of Maryland's fastest, who was training for the Olympic Marathon Trials on April 11. Somehow, we also met the Zoo Zoom Random Award Winner, who received a trip to the Bahamaa to compete in the race. Even though he lives in Towson, he was happy to hear that we, the Howard County Striders, BEAT THE BALTIMORE ROAD RUNNERS in the recent RRCA challenge race.

As the field assembled near the starting line, we lost all hope of bringing home an award. The field included William Musyoki, Greg Whiteley, John Halvorson, Gete Waitz, Teena Colebrook, Jody Dunston, Angela Chalmers, and Lesley Lehane. Those were just a few of the names that we could recall.

On that sunny, Saturday afternoon in the tropics, we wondered how the Bagel Run went that morning. The warm temperatures had no effect on the leaders—four men broke 14 minutes and four women broke 16 minutes. Chris Fox crossed the finish line in 5th place in 14:04. Behind 13 women, Phil finished 37th overall with a time of 17:30. Phil altered his usual goal, beating the first woman, to beating the first uninvited woman. He did accomplish this goal and went on to win his age group.

I completed the course in 19 minutes flat, finishing 17th in the women's field. While in the chute, I heard the announcer say that Grete Waitz just finished in 19:37. Even though she was just jogging, I was happy because this was my second consecutive victory over her.

The awards were broken down into those for invited runners and those for uninvited runners. I was surprised to hear my name announced as finishing second overall among the non-invited women. To Phil's surprise, the awards were not mugs, but instead were beautiful pieces of crystal. It was neat to see three Maryland runners win awards in a race far outside our County, and it was a great race to be part of.

WOMEN'S COMMITTEE REPORT

Barbara Calvert

The Howard County Striders Women's Committee consists of myself, Pat Brooks, Karen Harvey, Arleen Kvech, and Lissa George. Our primary objective is to encourage women to run.

We have four immediate goals for 1992. First, we will, as usual, sponsor a Women's Distance Race in such a way that it attracts new runners to the sport. Karen Harvey (461-1772) will once again serve as the director of this 5k race.

Second, we intend to develop a training class for new women runners. The class will be held in concert with the weekly Sunday races and will help prepare women for the Women's Distance Race. Arleen Kvech (465-7735) will coordinate this training, which will consist of an 8-week course meeting twice a week. One day will be devoted to a track session, the other will be a Strider race. We will recognize class participants at the Women's Distance Race.

Third, we will hold a seminar on issues related to women's running. Such issues might include, for example, safety (Henley Gible is an excellent source), involving children in running (Coach Craig Chasse), how to start or improve running (Karen Harvey), and Strider activities (Paul Goldenberg). The seminar is tentatively scheduled for June 10 at Slayton House; Pat Brooks (461-1197) is the coordinator.

Fourth, we intend to submit regular articles on women's running to the pages of this newsletter. The articles will provide information on issues and concerns such as those discussed above.



CALLING ALL VOLUNTEERS!

FOR THE

CLYDE'S AMERICAN 10K

26 April 1992

CONTACT NADIA (381-6385)

**[Remember~ only *you* can make sure
the porta-johns arrive!]**

RUNNING THROUGH THE STORM

Les Caplan

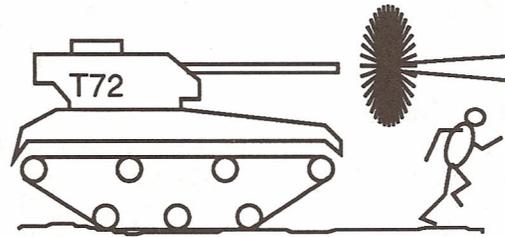
Since moving to Columbia in 1985, I have been regularly huffing and puffing along the local roads and trails, dashing through my 11 and 12 minute miles like a man with a mission. Actually, it was quite embarrassing. Sometimes passing drivers would stop to administer CPR. At other times, good samaritans would run up to take my pulse and, not finding any, would call 911. Occasionally, I would even dare to run the Striders' 2-mile weekly race, only to get lapped by the 15k people. Why did I do it? Because, for some strange reason, I loved it. Also, I was very stupid.

All that changed on New Years Eve, 1990, when the Deputy Commander of my Army Reserve unit called to say my country needed me. I reported two days later, and on January 6th was on my way with 16 other lost souls to Fort Bragg, NC, to prepare for deployment to Saudi Arabia.

I can honestly say the 13 days at Fort Bragg were the worst of my life. The Army was determined to whip us into fighting trim, and we were determined to avoid that at all costs. Running around the base at 0500 hours each morning shouting x-rated cadence calls with a bunch of similarly overweight and out-of-shape men and women was a real treat. Pitch black, freezing rain, hundreds of pot-holes filled with icy water, mud, exhaustion—you get the picture. Twenty years earlier, during basic training, it had seemed like fun. Now, as a field-grade officer, it was just wheezing, coughing, and a quick shot of Geritol instead of Gatorade.

But despite everything, the running got easier and the waistline smaller. I even had an advantage over the rest of our unit—none of them had been a hard-core runner, like me, who had finished dead last in the Columbus Chase for three years in a row! So when it came time to take the PT (physical training) test, I actually managed to set a sub-15 minute PR in the 2-mile run.

Before long we were on a C-5A heading for the beach, so to speak. I was assigned to the Theatre Army General Staff, about 25 km south of Riyadh. For the next three months, we



The author battled the Saudi heat and the Iraqi tanks.

worked nearly 18 hours a day, seven days a week. I had great plans to get back into running, between Scud attacks, but there was simply no time. When the ground war ended we thought things would ease up a bit, but the worsening refugee situation in southern Iraq and Kuwait meant just the opposite. That was a shame, because during the winter the daytime weather was terrific—sunny, low 70's, dry, etc.

Finally, by April we were getting some free time, and I started a serious running program. After getting off night shift each morning I would put on a pair of shorts, strap on my gas mask, and head out to pound sand (pardon the expression) for a few miles. Soon I was doing 35-plus miles per week. We won't mention speed. By May the daily temperatures were topping 115°, and the desert sun made me look like a moving prune.

Still, I was determined to go home looking like a fierce desert warrior. I assumed that everyone back in the World knew that I had personally won the war, and I wanted to look the part. Vanity dies hard. As I logged mile after sandy mile, leaping over camel droppings in scorching temperatures (and with gradually improving times) the trials back home seemed less imposing. I even had dreams of finishing the Sunday 2-milers in under 20 minutes.

By late May I was home, lacing on my running shoes for the first time and looking forward to setting several national age-group records. The temperature was almost 40° cooler than in Saudi, and I was 17 pounds lighter than before the war. This was going to be a breeze. The other local runners would be mere road dirt in my treads!

I started out fast, trying to figure out how to sign autographs without losing speed. But

after a mile something terrible happened. "Gas!" I shouted to alert others to the danger and reached for my mask. It wasn't there. I knew I would die a terrible death. Only after several minutes did I realize that the "gas" was actually something called humidity. In the desert, the humidity never got above three or four per cent. This humidity was awful.

Slowing to a crawl, I soon ran into a series of humongous mountains. Jagged, majestic peaks right here in Howard County! In fact, I had totally forgotten about hills. True, there was a "hill" that led to a bridge across a wadi (i.e., open sewer trench) on our base near Riyadh. The bridge rose at a nearly imperceptible incline for almost 100 meters. But that was it—the desert was a flat as a board for a zillion miles. There was no way I could make this local hill, so I turned back for home.

That's when I smelled it—smog, pollution, whatever. The odor was worse than a thousand burning oil wells, or even an Army mess tent. No one could run under these conditions. And along with the exhaust fumes came an endless convoy of speeding vehicles. Dozens of enemy cars and trucks all aiming at me! This was hell. Sadly, I gave up and walked slowly home, being careful to avoid the mine fields that I was certain would turn up next.

My homecoming dreams were shattered. I finally knew what MacArthur meant when he said, "Old soldiers don't die, they just hit the wall," or something to that effect. Anyway, I'd rather face a battalion of Iraqi T-72 tanks than continue running. Never, ever again... at least, as either Saddam or Little Orphan Annie once muttered, until tomorrow.

Author Les Caplan has been a Strider and a resident of Columbia for several years. In 1991, he was mobilized during Desert Storm and served several months in the Gulf. When the war officially ended, his unit had enough free time to start a fitness program in the desert. He began a "running regimen" in the desert for a few months and continued it a home. For the last year, he's planned to write the present article on "combat jogging" and finally got around to it.



NOTED IN BRIEF

- In mid-September of 1993 the Howard County Striders plan to celebrate the 26th anniversary of Columbia with a 26.2 mile race. The Club intends to raise \$26,000.00 to benefit the Columbia Foundation. We have already begun negotiations with various sponsors.

- Martin Goode and Denise Underwood-Hannagan have each won the coveted \$100.00 prizes that go to the fastest qualifiers who intend to run the Boston Marathon. Martin ran a 2:44 PR at the Marine Corps Marathon, and Denise ran a 3:26 in the same race

- Three Howard County Junior Striders were invited to run at the prestigious Youth Invitational Mile, which took place at the Mobile One Meet at Georgetown University in February. Dana Strickland, 13, ran the mile in 5:55 and placed second in the field. Zach Tropf, 13, roared through his mile in 5:22 and claimed third place overall. Finally, Zach Heidepriem, a 10-year-old AAU junior champion, flashed through the mile only six second behind Tropf to place fourth.

- The Howard County Junior Striders have finalized a preliminary track and field schedule. For more information, contact Heide Heidepriem (531-2792) or Cheryl Tropf (854-3719).

30 March	HCJS practices begin
18 April	Randallstown
2 May	Suitland
16 May	Olney
16 May	Henrico
23 May	Oxon Hill
30 May	Silver Spring
6 June	TAC preliminaries- Brunswick
13 June	AAU qualifiers- Ft. Meade
20-21 June	TAC qualifiers- TBA
27 June	Crossland
3-5 July	Nat'l Age Groups- Hampton, VA
3-5 July	TAC Nat'l Champ- Auburn, AL
11-12 July	AAU Regional- Amber, PA
11-13 July	TAC Regional- Clemson, SC
17-19 July	East Coast Inv- Towson, MD
27 July	TAC Nationals- Los Angeles, CA
3 August	AAU Nationals- Rochester, NY

SPRING SCHEDULE

At last, the warm south winds bring relief from the cold, and warm rains renew the green grasses and the flowers, and we anticipate some truly fine spring running.

If you managed to get into the 1992 Cherry Blossom, be sure check out the Strider pavilion, which we usually set up on the grass near the start of the race. Feel free to leave your baggage there, and stop by after the race to let us know your time.

The Clyde's 10k takes place on the last Sunday in April. This year the race takes a new surprise course that you won't want to miss. Race director Nadia Wasserman promises that the porta-johns will be available this time, although she cannot guarantee the weather. Dating back to the Days of the Ancients, Clyde's is the Striders' oldest race and our biggest of the year. Be sure to come out to race or volunteer.

On Memorial Day Weekend, the Striders resurrect the always-popular All-Fruit Relay. Bring a portable fruit (like a straw-berry, raisin, orange, watermelon) and sign up with a team of four individuals, each of whom runs one 1.5 mile loops around Jeffers Hill. The fastest team gets to eat the fruit. What a blast, huh?

Finally, the Striders will support the Columbia Triathlon, which will occur on the last Sunday in May. Triathlon director Rob Vigorito can use all the help he can get, and the Striders have always contributed ably by volunteering. And after you've watched your favorite triathletes swim, bike and run, you can enjoy the food festival for all volunteers and triathletes.

-
- 3/22 Spring Series #1
2:00p Thunder Hill Elementary School
- 3/29 Spring Series #2
2:00p Jeffers Hill Neighborhood Center
- 4/5 Northern Telecom Cherry Blossom
8:00a West Potomac Park, DC
- 4/12 Sallie Mae Cherry Blossom Chaser
8:00a West Potomac Park, DC
(202-728-6456)

- 4/12 Spring Series #3
2:00p Longfellow Elementary School
- 4/19 Spring Series #4 (Easter)
2:00p Thunder Hill Elementary School
- 4/20 Boston Marathon
10:00a Hopkinton, MA (508-435-6905)
- 4/26 **CLYDE'S 10K (NEW COURSE!)**
8:00a Columbia City Center
Nadia Wasserman (381-6385)
- 5/3 Governor's Bay Bridge 10k
8:00a Chesapeake Bay Bridge (974-2941)
- 5/3 Spring Series #5
2:00p Jeffers Hill Neighborhood Center
- 5/10 Nike Women's 8k (TEAM RACE)
8:00a West Potomac Park, DC
(703-780-3037)
- 5/10 Spring Series #6
2:00p Longfellow Elementary School
- 5/17 Spring Series #7
2:00p Thunder Hill Elementary School
- 5/24 Constellation 10k (NEW COURSE!)
8:00a Baltimore Inner Harbor
(410-882-5455)
- 5/25 **ALL FRUIT RELAY**
2:00p Jeffers Hill Neighborhood Center
Dick George (964-3657)
- 5/31 **COLUMBIA TRIATHLON**
7:00a Centennial Lake Park
Rob Vigorito (730-3880)
- 6/7 Antietam 10k
8:00a Antietam Battlefield, Sharpsburg, MD
- 6/7 Spring Series #8
2:00p Longfellow Elementary School
- 6/14 Spring Series #9
2:00p Thunder Hill Elementary School
- 6/21 Summer Solstice

PRESIDENT'S LETTER

Paul Goldenberg

Congratulations!

The Challenge Race trophy is back in its rightful home at Feet First, our unofficial headquarters. If you weren't there, the excitement at the awards ceremony was palpable. The crowd erupted as Dave Tripp announced the Striders' clean sweep of the men's, women's, and overall title. To all the Striders who ran and to those who volunteered—a heartfelt thanks. I especially want to thank John Wheatland, who, as a first-time race director, put on a first-rate event. Special thanks also go to both Jim Carbary and Phil Lang for helping round up all of you fast runners who made our victory possible. Let's continue to ride this wave with a win over Montgomery County at Brighton Dam in September. [The tentative race date is September 13— mark your calendars now.]

We just received word that the Striders are among the 64 nominees in six categories for the Howard County Volunteer of the Year Awards. This is quite an honor and it reflects well on all of you who contribute your time to make our county a better place to live. The final award selections will be announced on April 3.

By now you probably have seen an entry form for the Duckworth Relays 5k, which will be held March 21 at Glenelg High School. The event will begin at 8:30 am and will precede the regular high school track meet there. As many of you know, Steve Duckworth was the Howard County Supervisor of Education, a Howard County Strider, and an avid triathlete. It was Steve who first suggested that the Striders become Educational Partners with the Howard County Schools. In 1991, after Steve's untimely death, the annual Glenelg Relays were renamed in his memory. This year, a 5k run is being added to include participation by the wider running community. Proceeds will be contributed to the Steve Duckworth Scholarship Fund. The Striders are pleased to be able to help sponsor this event in Steve's memory. We hope to see you on Saturday, March 21.

April 26 is the Clyde's American 10k and 2 Mile Fun Run—and entry forms are now available. [An entry form appears in the latter

pages of this issue of the newsletter.] Nadia Wasserman, our race director, needs you to run or volunteer, or both. We are trying something new this year: we are combining our mailing of Clyde's entry forms with the forms for the Governor's Bay Bridge Run and the Constellation Race. This combined mailing will be sent to more than 28,000 runners in the Washington-Baltimore area. As a result, we expect a major increase in participation in the Clyde's event this year.

Two other events coming up this April have asked for our help. On April 5, the Multiple Sclerosis Walk will be held in Columbia. They need volunteers to patrol the course on bicycles and walkers to participate. On April 25, the day before Clyde's, the March of Dimes will hold their own walk in Columbia. This is part of a national event that is scheduled for April 26, but the local walk was rescheduled to accommodate us. I am grateful to the folks at the March of Dimes and have promised to help them make their event a success. I strongly encourage you and your families to participate or volunteer for either of these worthwhile events.

If you know any youngsters who like to run, let them know about the Howard County Junior Striders. The Spring track season is about to begin. Coach Craig Chasse and a great group of parent-volunteers put on a quality program for these young runners. Until next time— keep up the good work(s)!

HOWARD COUNTY STRIDERS 1992 BOARD OF DIRECTORS

Paul Goldenberg, <i>President</i>	730-3566
Nadia Wasserman, <i>Vice President</i>	381-6385
Phil Lang, <i>Secretary</i>	995-0135
Dave Tripp, <i>Treasurer</i>	730-4499
Joshua Tripp, <i>Membership</i>	730-4499
Dick George, <i>Weekly Series</i>	964-3657
Heide Heidepriem, <i>Jr Striders</i>	531-2792
Jim Carbary, <i>Newsletter</i>	964-8375
Warren Ohlrich, <i>Special Races</i>	381-0189
Barbara Calvert, <i>Women's Committee</i>	730-1805
Tim Beaty, <i>Nominations</i>	596-6453
Rick Rosen, <i>At Large</i>	381-3635
Bill MacCormack, <i>At Large</i>	461-2757
Pat Brooks, <i>At Large</i>	461-1197

LETTERS RECEIVED

February 19, 1992

Dear Mr. Goldenberg:

We would like to take this opportunity to thank the Howard County Striders for their generous donation of \$200.00 to the Howard County Police Youth Program "Bear Trax." The financial assistance of organizations such as yours makes Bear Trax programming a reality.

The youth nominated to attend Bear Trax activities are not delinquent, but certain elements of their environment have been identified as potential causes of later problems. Law enforcement officers provide a positive role model for the participating youth.

Once again, thank you for this worthwhile project. If you have any further questions concerning the Howard County Youth Program, please contact Sergeant Bo Haslup, Youth Services Section, at 313-6140.

Sincerely,

[signed]

James N. Robey
Chief of Police

February 28, 1992

TO: Dave Tripp
FROM: Don Disney
RE: Donation to Steve Duckworth Fund

On behalf of the Howard County Department of Education, I would like to thank the Howard County Striders for their generous donation to the Steve Duckworth Scholarship Fund.

Additionally, I would like to thank you for facilitating the Duckworth Relays—a 5k Run. I know it will be a success with your involvement.



EDITOR'S NOTICES

Jim Carbary

The more discerning readers among you will notice a subtle change in the print of this season's newsletter. Your editor has chosen to use 9-point New York type this time rather than the 10-point Palatino used in the past. A new Apple computer, purchased at his own expense, does not (at present) provide that font as an option. Therefore, the editor has settled on the New York type.

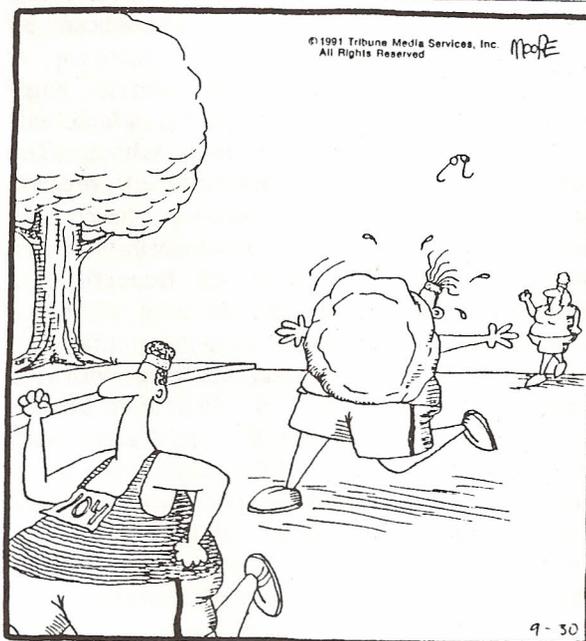
Additionally, the editor asks that you send contributions directly to his home, addressing them as follows:

James Carbary
Stupendous Editor
11668 Dark Fire Way
Columbia, MD 21044

This addressing will ensure that your contributions receive prompt attention.

Please note the deadline for submission of articles for the summer edition: Sunday, 7 June.

IN THE BLEACHERS



...and then, toward the end of the first mile, Andy's safety air bag suddenly and inexplicably inflates.

MEMBERSHIP APPLICATION

JOIN US AS A MEMBER OF THE HOWARD COUNTY STRIDERS

- QUARTERLY NEWSLETTER
- DISCOUNTS AT WEEKLY RACES
- SPECIAL RUNNING SEMINARS
- DISCOUNTS ON RUNNING GEAR

Send a check payable to the Howard County Striders and the form below (filled out) to: David L. Tripp, Treasurer, 6175 Campfire, Columbia, MD 21045.

Check: Individual- \$10.00 New member
 Family- \$15.00 Renewal
 Student- \$6.00

Name _____ Age _____ Sex _____ Birthday _____

Additional Family Members

Address

Street

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____

**Howard County
JUNIOR STRIDERS**

Invite you to join us for the upcoming Track and Field season!

Enjoy fresh air and invigorating exercise while developing strength, endurance and coordination. Participate in Track and Field Meets. Be part of the Team and enjoy the following benefits:

- Train with a Professional Coach
- Practice three times a week
- Wear our uniform and be part of our team
- Participate in local Track and Field Meets and, if you qualify, at National Championships

The HOWARD COUNTY JUNIOR STRIDERS is a Track and Field (Spring/Summer) and Cross Country (Fall) team that trains youth (through age 14) in running. The Spring Track and Field season begins on Monday, March 30, 1992. Training sessions are held 5:30 pm to 6:30 pm at Mt. Hebron High School on Mondays, Tuesdays and Thursdays. Our coach, Craig Chasse, in addition to being a prominent local runner, is a graduate of the University of Maryland and coaches at Mt. Hebron High School. He will conduct practice sessions and attend meets.

Meets are held on weekends beginning in late April. Boys and girls compete separately in age groups: 8-and-under, 9-10, 11-12, 13-14 (some meets have special 6-and-under beginner races). Track distances are 100, 200, 400, 800, 1500 and 3000 meters and include relays, race walks, and hurdles (older age groups). Field events are long jump, high lump, shot put, and discus. Typically, awards (ribbons or medals) are given to the top three (or six) finishers in each age category. In June, the Amateur Athletic Union (AAU) and The Athletic Congress (TAC) conduct Association (state) Championships. Those who qualify advance to regional (July) and national championships (early August).

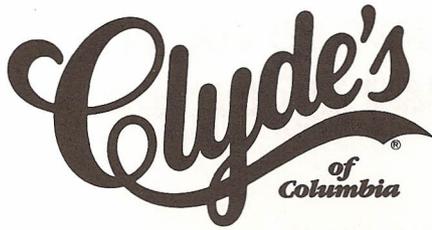
Registration is \$45. Each team member will receive a uniform, instruction, information on meets (participation is optional), annual membership in the Howard County Striders, and an end-of-the-season trophy at our annual picnic. A nominal fee, typically \$2, is charged at each meet. AAU and TAC meets require membership (about \$8 each). Transportation to and from practice and meets is a personal responsibility. For more information, contact Cheryl Trof, 854-3719.

HOWARD COUNTY JUNIOR STRIDERS MEMBERSHIP APPLICATION

Name _____ Date of Birth _____ Sex _____
Address _____ Home Telephone _____
_____ Mother's Name _____
_____ Work Telephone _____
School _____ Grade _____ Father's Name _____
Running Experience _____

Mail application with \$45 fee to: Howard County Junior Striders
c/o Cheryl Trof (854-3719)
P.O. Box 948
Columbia, MD 21044

(Please enclose a copy of birth certificate if not in file with the coach already)



A GREAT RACE! GREAT TIMES & GREAT FOOD

14th Annual
Clyde's American 10K Race, Fun Run & Celebration
Sunday, April 26, 1992

Clyde's of Columbia & the Howard County Striders once again team up to bring you one of the area's great races & celebrations complete with food, refreshments and fun at the Lakefront in Columbia, Md.

TIME & PLACE 8:00 a.m. in Downtown Columbia (near Clyde's) across from the Columbia Mall.

ENTRY FEE \$13.00 (non-refundable) through April 25. \$15.00 on Race Day.

REGISTRATION Mail entry form, self-addressed stamped business size envelope and \$12.00, (payable to Clyde Inc.) to: Clyde's American 10K, c/o Feet First, Wilde Lake Village Green, Columbia, MD 21044. A confirmation and course map will be returned to you. You may also register in person at Feet First.

ENTRY DEADLINE Early registration is encouraged. Entries will be accepted at Feet First through Saturday, April 25. Race Day registration will be at Start/Finish Area in Downtown Columbia.

RACE INFORMATION Nadia Wasserman (410) 381-6385; Feet First (410) 992-5800; Howard County Striders Hotline (410) 964-1998.

PACKET PICK-UP At Feet First, Wed.-Fri. April 22-24 (10 a.m. - 9 p.m.), Sat. April 25 (10 a.m. - 6 p.m.) or on Race Day at Start/Finish Area in Downtown Columbia until 7:45 a.m.

AWARDS Top three in open and age groups. Five Clydesdale weight divisions. Custom-designed, premium-quality T-shirts guaranteed to the first 1500 entrants. Random prizes galore!
Clydesdale divisions: Female 140 + lbs.; Male 185-199 lbs., 200 + lbs., both under and over age 40.

AGE GROUPS Male & Female: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & over.

AWARDS CEREMONY & CELEBRATION Immediately following the race. Join us at the Lakefront for the awards ceremony, food, refreshments, entertainment and festivities.

RESULTS A booklet with complete race results will be mailed to all race entrants.

FREE TWO-MILE FUN RUN FOR SPECTATORS SPONSORED BY FEET FIRST (Race Day sign-up)



CLYDE'S AMERICAN 10K • ENTRY FORM

Please Print First Last For Official Use Only

Name

Address

City State Zip Code

Sex M F Age (on race day) Predicted Time :

Phone () - Shirt Size M L XL

I know that running a road race is a potentially hazardous activity and I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Clyde Inc., Clyde's of Columbia, the City of Columbia, the Howard County Striders, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, or any other record of this event for any legitimate purpose.

Signature _____ Date _____

(if runner is under 18, parent or guardian must sign)

Entry not valid unless all information is filled out and entry is signed.



HOWARD COUNTY

DUCKWORTH RELAYS 5K
MARCH 21, 1992 - 8:30 A.M.



Sponsored by: Princeton Sports Administered by: Howard County Striders

Steve Duckworth was the Howard County Supervisor of Physical Education, a Howard County Strider, and an avid triathlete. In 1991, after Steve's untimely death, the annual Glenelg Relays were renamed in his honor. This year, we would like to expand the memorial to include a five kilometer road race preceding the start of the high school track meet. Proceeds from the race will be contributed to the Steve Duckworth Scholarship Fund.

TIME & PLACE 8:30 a.m. at Glenelg High School

ENTRY FEE \$10.00 (an additional contribution will be greatly appreciated). Make all checks payable to Steve Duckworth Scholarship Fund. For information, call: 313-6631.

RACE INFO. The school will be open at 7:30 a.m., and locker room and shower facilities will be available. The race will begin and finish on the high school track, although it will primarily be on public roads.

AWARDS Awards will be given in 12 male and 12 female five year age groups, beginning with 9 years and under. A Duckworth Relays 5K commemorative T-shirt will be given to the first 200 entrants. Refreshments will be provided after the race.

Mail to: Don Disney, Coordinator of Athletics, Howard County Dept. of Education
10910 Route 108, Ellicott City, MD 21042

Last Name		First Name		<input type="text"/>	
Street Address		City, State, Zip			
Sex	Age	Date of Birth	Home Phone	Work Phone	
M F	_____	_____	_____	_____	

Official Use



You must read, understand, and agree to the following statement and then sign and date below. *Unsigned* applications will be rejected.

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete the run safely. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Howard County Striders, Inc. The Howard County Dept. of Education, Princeton Sports, Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recording, or any other record of this event for legitimate purposes.

Runner's Signature

Parent/Guardian Signature

If applicant is under 18, form must be co-signed by parent or guardian.



Don't Forget the Strider Special Events this Spring:

Cherry Blossom 10 Miler
West Potomac Park, 5 April

Clyde's 10k
Columbia City-Center at the Pedestrian OverPass, April 26

All Fruit Relay
Jeffers Hill Neighborhood Center, May 25

Columbia Triathlon
Centennial Lake Park, May 31

Return Address:
Howard County Striders
4913 Canvasback Drive
Columbia, MD 21045
Permit No. 129

Non-Profit Organization
U.S. Postage
P A I D
Columbia, MD 21045