

FOOTPRINTS

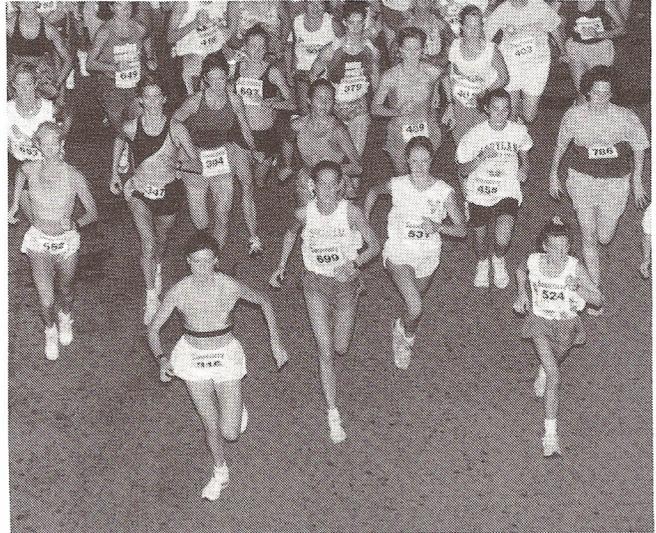
NEWSLETTER OF THE HOWARD COUNTY STRIDERS
VOLUME 13, NUMBER 3 — FALL, 1993

MIDNIGHT MADNESS DRAWS NEARLY 500 TO WOMEN'S DISTANCE FEST

A record field of 490 women celebrated women's running at the annual Women's Distance Festival 5k on the sweltering night of July 9 at the Columbia Mall. The thermometer had soared to over 100°F during the day, and race director Pat Brooks feared to even *look* at the temperature at the start time of midnight. Nevertheless, nearly all of the starters finished the 5k in the heat and humidity. Very few reported setting personal records.

Although the race drew some of the fleetest women in the area, Kimberly Saddic had relatively easy time dispatching them all. She took over first near mid-race and maintained a comfortable lead ahead of luminaries such as Cathy Stanmeyer, Donna Moore, and Karen Tossey—all of whom had won or finished close to winning in past editions of the Columbia race. Indeed, Saddic seemed to toy with the others, letting them catch up at various places and then unleashing strong surges to draw ahead by 10 to 15 yards. With a time of 17:10 (a decisive 15 seconds ahead of second place Cathy Stanmeyer), Saddic finished going away and proved *exactly* why *Washington Running Report* ranks her #1 in the Washington area.

Clyde's winner Bea Marie Fritsch, the first Strider to finish, claimed fourth place with a strong 17:33 (which would have won the race last year). Bea Marie bolted away with authority at the start of the race and quickly gained a 20-30 yard margin. But the pack, lead by Cathy Stanmeyer, caught (continued, p. 2)



Striders Bea Marie Fritsch (left center, #316) and Jamie Hilliard (right, #524) took the lead at the start of the WDF. Eventual winner Kim Saddic (#616) appears at extreme right. (photo by Geoff Baker)

STRIDER STORIES INSIDE:

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Bea Marie (back to camera) congratulates Kim Saddic on her victory. (photo by Geoff Baker)

up to her near the mile mark and ground her down. Bea Marie at least thumped last year's winner, Donna Moore (who finished a disappointing sixth), and gained some measure of satisfaction by surpassing Cindy Carpenter, who had beaten her only four days before at the Arbutus 10k.

Strider Vicki Lang found herself in fifth place near the mile, but she wasn't certain about the time because nobody had bothered to call a mile split. Vicki concentrated on Donna Moore's shadowy form just ahead of



Gary Anderson (right) steadies Linda Ausfresser as she enters the chutes. (photo by Geoff Baker)

her, but couldn't catch up. Near two miles, as Moore faded into the darkness, Cindy Carpenter chugged by and wound up just edging Vicki for seventh place overall. Ms. Lang turned an 18:52, which was actually a few seconds better than the year before, but she still felt disappointed. "Heck, I run the first 5k of a 10k race faster than that," she commented after the race.

One of the newest Striders, Cindy Carpenter finished just behind Moore and placed second in the 30-34 women with an 18:48. Cindy began her running career not much more than a year ago and has started challenging some of the top area runners. On the Monday before the WDF she shocked Ms. Fritsch at the Arbutus Firecracker 10k, where she placed second in 40:26 and took home some cash. Her times promise to get faster, too— she has started doing speedwork with Vicki and Bea Marie.

The Distance Festival marked the first time in many races that Strider Master's Runner of 1992 Linda Lash suffered defeat in her age group at a local event. Although she completed the 5k in 21:27— only 20 seconds slower than 1992— she couldn't quite handle the challenge of Eileen Telford. Telford had recently turned 40 and swept through the night in 21:03.

Helen Beyers and Mary Hinson rounded out the awards for the Strider women by (continued, p. 4)

STRIDER PHILOSOPHY

"The purpose of the [Striders] shall be to improve the physical fitness and mental well-being of its members through the promotion and encouragement of long-distance running... and the [Striders] may engage in any activity ... including but not limited to conducting road and track races, time trials, fun runs, and social runs; sponsoring lectures and demonstrations; publicizing the benefits of running and jogging; publishing books, magazines, and newsletters; hosting social events; making awards; and generally coordinating activities with any other agency or entity which shares or endorses this purpose"

— from Article II
By-Laws of the
Howard County Striders

STRIDERS at the WOMEN'S DISTANCE FESTIVAL

4. Bea Marie Fritsch (1st, 25-29)	17:33	169. Arleen Kvech	27:41
7. Cynthia Carpenter (2nd, 30-34)	18:48	181. Laura Daniels	27:52
8. Vicki Lang (1st, 20-24)	18:52	183. Kelly Hilliard (2nd, 1-10)	27:58
16. Robyn Humphrey	19:52	187. Lissa George	28:00
30. Angelika Kirkland	21:08	198. Elizabeth Augustin	28:31
31. Alicia Adams (2nd, 15-19)	21:11	199. Mary Ann Esfandiari	28:32
32. Denise Underwood-Hannagan	21:12	219. Marisa Burns (3rd, 1-10)	29:13
34. Linda Lash (2nd, 40-44)	21:27	229. Mary Augustin	29:24
35. Debbie McCracken	21:28	230. Karen Harvey	29:26
36. Jamie Hilliard (1st, 1-10)	21:29	234. Sara Fran Richman	29:41
38. Heide Splete	22:04	243. Nancy Burns	29:50
40. Christine Chappell	22:12	244. Karen Cohen	29:51
41. Jane Creech	22:16	249. Kathie Harris	30:00
46. Jennifer Matthews	22:37	255. Michelle Kocay	30:13
56. Debra Kocay	23:01	257. Kathy Modesitt	30:16
57. Lani Johnson (3rd, 40-44)	23:06	267. Gwen Peters	30:47
69. Rachel Drake (1st, 11-14)	23:47	274. Carol McGinnis	31:08
70. Linda Ausfresser	23:49	280. Mary Hinson (2nd, 55-59)	31:21
71. Lauren Drake (2nd, 11-14)	23:56	283. Lindsay Burns	31:31
75. Christine Hilliard	24:05	300. Julie Harris	32:21
79. Jane Penrod	24:16	321. Linda Adams	33:06
80. Sue Strickland	24:20	324. Erin Brooks	33:22
81. Lisa McIntire	24:23	337. Meg Friedman	34:03
87. Andrea Almand	24:46	344. Stacey Ausfresser	34:39
93. Nadia Wasserman	25:02	347. Barbara Commander	34:59
108. Linda Levy	25:38	356. Susan Thompson	36:00
111. Liz Humphries	25:41	368. Michelle Kvech	37:47
112. Helen Beyers (2nd, 50-54)	25:47	369. Dianne Kvech	37:54
114. Rachel Modesitt	25:51	374. Joan Hatfield	38:16
130. Karen Goertler	26:20	378. Traci Thompson	38:52
144. Barbara Calvert	26:50	381. Josephine Conway	39:32
161. Libby George	27:28	387. Dorothy Plantz	40:23
		403. Ann Augustin	45:32

STRIDER MOTHER-DAUGHTER TEAMS

<u>Place</u>	<u>Points</u>	<u>Place</u>	<u>Points</u>
1. Hilliards (Jamie, Christine, & Kelly Hilliard)	12	15. Burns (Marisa, Nancy, & Lindsay Burns)	59
7. M & M's (Debbie & Michelle Kocay)	36	16. The Sprinters (Linda & Stacey Ausfresser)	61
11. Running Elles (Libby & Lissa George)	44	19. Julie & Kathy (Julie & Kathy Harris)	71
12. Kamikaze Striders (Alicia & Linda Adams)	46	20. No Stopping: Toes Away Zone (Arleen, Michelle, & Dianne Kvech)	80
13. The Mod Squad (Rachel & Kathy Modesitt)	49	29. Southern Belles (Erin Brooks & Ethel Williams)	119
14. Sara Fran & Jodi (Sara Fran & Jodi Richman)	54	29. Team Thompson (Susan & Tracy Thompson)	119

taking second places in the 50-54 and 55-59 age groups. Helen had a hard time holding off Patty Deck, who came in only eight seconds behind in third place among the 50-54's.

Howard County Striders dominated the youngest age groups. Ten-year-old Jamie Hilliard and her sister Kelly (7) finished 1-2 in the under-10 group, and Marisa Burns (10) rounded out that group. Sisters Rachel and Lauren Drake, running virtually the whole race together, came in first and second in the 11-14 group. Of these young women, Jamie has received the most notoriety lately with consistent victories in the Centennial Fun Runs and the Strider weekly series, and her time of 21:29 (36th overall) represented a 5k personal best.

The WDF encouraged entries of mother-daughter teams and a total of 33 such teams entered. Realizing that age should not present a barrier to runners, director Pat Brooks also instituted teams for grandmother-mother-daughter and four such teams actually competed in the race. [Such grandmother-mother-daughter teams may represent a distinct Howard County innovation-- the editor is unaware of any other races that have such teams.] Although one of the grandmothers showed good sense and dropped out because of the heat, the three other G-M-D teams finished and won awards. Glamour Shots (who will make your wife alluringly beautiful and take her picture while she is in that state) provided the award for the winning G-M-D team.

Howard County accounted for 12 of the 33 teams. On the strength of Jamie's PR run, the Striders' own Team Hilliard (Jamie, Chris, and Kelley) won the team competition by edging the Cruising Chattertons (Kathy and Muffet) by a mere three points. Jamie was only the second-fastest team runner; Alicia Adams of the Mod Squad claimed the honor the fastest team runner with a 21:11.

The race began exactly at midnight on Friday, July 9. The narrow starting zone required the over-eager women to crowd together, and announcer Miles Weigold had to bellow at more than a few to maintain proper starting array. Once the race began, the women followed bikers Debbie

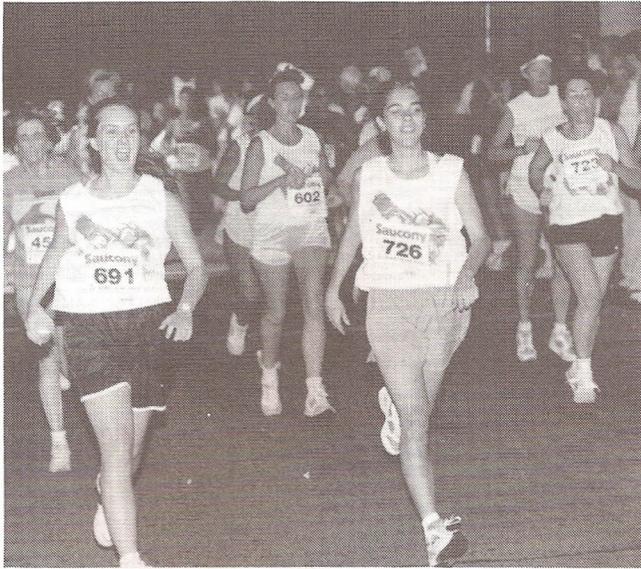


The 33 mother-daughter teams posed for this group pictures just before the race began. (photo by Al Sorrell)

Chaney and Eric Kocay along the serpentine course that weaves around the Columbia Mall parking lot. John Wheatland and his volunteers patrolled the periphery of the course and, with the help of the Howard County Police, sealed the parking lot from all traffic. [But there wasn't much traffic at midnight because no concert took place at the Merriweather Post Pavillion.] The women found the course well-lit by the Mall lighting, which remained on after the usual business hours, and they refreshed themselves at no fewer than three water stops. To overcome a finish-line snafu that had plagued previous WDF's, the Striders placed the finish-line cone chutes the whole length of the Mall, so the finishers had no trouble negotiating the end.

After racing, the women mingled and enjoyed themselves in a fabulous party in the under-parking area at the Mall. The celebrants feasted on huge trays of vegetables (broccoli, celery, carrots, onion dip, etc.) and fruit (apples, oranges, melons, etc.), which resulted from the efforts of Strider volunteer Debbie Chaney. The Gatorade did not show up this year, but a Energize representative donated enough fluid replacement mix at the last minute to satisfy demands of the heated runners. And several masseuses were available to soothe the aching muscles of the runners.

The party proved so popular that director Pat Brooks had a difficult time



Teenagers Sarah Youngblood (left) and Sarah Baker zoom through the darkness in happy competition— what a better way for young women to spend a late night? (photo by Geoff Baker).

handing out the awards. The top three runners won medals directly from the WDF Grand Prix Series, while age-group winners received medals courtesy of Feet First. The overall winner also won Moving Comfort and Saucony gift certificates. (The eventual winner of the WDF Series will also get to ride the Big Bus with the Elites at Cherry Blossom— IEEEEEE!!!! No word on sharing the Elites toilet facilities, however.)

The Women's Distance Festival served as *The Race* for the 106 women who trained in the Striders' Females In Training (FIT) program throughout the spring. The program was initiated last year and proved so popular that the Strider Women's Committee continued FIT in 1993. FIT encourages women of all ages and abilities to train together with the general goal of improving aerobic fitness and the specific goal of finishing the 5k race of the Women's Distance Festival. So successful were the 1993 FIT classes that several members went on to win age-group medals in the race. The Striders' Women's Committee will conduct a third FIT program in 1994 (check this newsletter and Feet First of Wilde Lake for more details).

In spite of the fearsome heat, not one of the women collapsed. The three water stops along the race course kept the women abundantly supplied with liquids, and Dr.

Bobby Gessler and a Howard County Fire & Rescue Worker stood ready near the finish line in case any emergencies should arise. Fortunately, none occurred, although some women reported feeling slightly woozy upon finishing. But these others joined their comrades at the post-race party and soon replenished themselves with fluids. Of the 490 women who registered, 422 finished.

The Howard County edition of the WDF has attained such fame that no fewer than two major newspapers sent reporters and photographers to record the event. In spite of the hour, the *Columbia Flier* and the *Baltimore Sun* each sent crack sports teams to cover the event. The *Flier* even produced a full-page story about one of the women, Mrs. Hann, who ran on the grandmother-mother-daughter team of Hann-Secrest-Cronin.

The Howard County Striders wish to thank over 75 volunteers — most of them males — who devoted themselves to the race on a hot, miserable night. The Striders especially want to thank the Columbia Mall, which provided not only the course, but also the lighting and clean restrooms for the women. Geoff Baker served as the official race photographer and Glamour Shots provided volunteer hats and special awards. Feet First, the Striders' Official RunningStore, donated age-group awards and hosted race registration.

The 1994 Women's Distance Festival 5k will take place at midnight on July 8, 1994. Mark your calendars now.



The winning grandmother-mother-daughter team: Mary Secrest (#441), Tiffany Cronin (#442), and Catherine Hann (#572), flanked by Karen Mays (left) and Pat Brooks. (photo by Al Sorrell)

TREMENDOUS BATTLE AT PATUXENT RIVER!!!

HOWARD COUNTY TRIUMPHS OVER MONTGOMERIANS FOR SECOND YEAR IN A ROW

The Howard County Striders met their arch-rivals the Montgomery County Road Runners on the hills at Patuxent River State Park on Sunday, September 6, at the annual Cross-County Challenge 7-Miler. For the second year in a row, the Howard Countians proved too much for the Montgomerians and beat them by a team score of 894 to 1001 (low score winning).

As he did last year, Strider Chris Nugent led the Howard County contingent, and once again he again found himself battling the dreaded Dominique Da Luz, Montgomery's top runner. Chris fell far behind at the start and, at five miles, still lagged Da Luz by a good 50 yards. But on the final hills, Mr. Nugent ran heroically and actually caught the Da Luz at six miles. Unfortunately, the chase expended his strength, and when Da Luz turned on his kick 200 yards from the finish Chris could not respond. He settled for second place in 37:42, which was only two seconds off Da Luz's winning time.

A steady procession of Howard Countians followed Nugent across the line. Jim Robinson, Craig Chasse, and Chris Samley finished 4-5-6, and Phil Lang rounded out the top ten. All of these Striders completed the arduous seven miles at a pace under six minutes per mile. Howard County placed 11 of its runners among the top 20.

"I didn't think the course was all that difficult," commented an ebullient Bea Marie Fritsch after she had overwhelmed all the Montgomery County women. With a time of 44:53, she blasted Montgomery's top woman, Susan Kinnecome, by three full minutes. Bea Marie attributed her easy win to strenuous training on the hills in Patapsco State Park, which closely resemble the Patuxent River hills. "I enjoy running the hills," she added.

Howard County also posted the top masters runners, as the core of the Strider masters racing team (fresh from a second-place team victory at the Annapolis 10-

Miler) finished 1-2-3-4 among the over-40 element. Jim Carbary, Bob Burns, Piriya Pinit, and Jim Discuillo finished 13th, 15th, 17th, and 18th overall. Strider Pam West, taped knees and all, was the second Strider woman (6th woman overall) and second master's woman.

"We won with the upper middle," Phil Lang (10th overall) said of the Strider race strategy. While Montgomery County fielded a far greater number of runners, Howard County brought all of its runners who compete in the "upper middle" of a typical race field. Indeed, the Striders clogged the top 30 places with above-average runners and left no points for the average Montgomery Countians. According to race scorer John Sissala, the top 30 men and the top 6 women counted in the scoring. Montgomery County did win the women's team race (34 points to 56), but the Strider men more than made up for the deficit (838 points to 1001 for the men's teams). The sum of the two scores determined the final score— 894 for Howard County, 1061 for Montgomery County.

The Cross-County Challenge race takes place annually on the first weekend in September. The Patuxent River course crosses the county line between Howard County and Montgomery County and includes some of the toughest hills in either county. Fortunately, the runners did not have to endure the traditionally hot weather of the Challenge Race. A cool front passed through the night before, so the runners enjoyed good weather. An 8 am start also guaranteed some shade.

The course runs from an obscure ranger station on Annapolis Rock Road in Patuxent River State Park, turns right on Hipplesley Mill Road, and goes uphill virtually until the turn-around at Damascus Road over two miles distant. The runners, intent on the battle, scarcely noticed the pleasant pastoral scenery through which they raced.

The Montgomery County Road Runners host the Challenge race each year in gratitude for the Striders' hosting the 10 Mile Challenge Race in February at Howard Community College. The Montgomerians not only managed the Challenge race, but also provided porta-pots and post-race refreshments.



Anxious runners bound away at the start of the seven-mile challenge. Chris Nugent (#1817) can be seen at the left of the frame and slightly in front of the pack, while Craig Chasse (#1827 in Strider singlet) can be seen at right. (photo by Vicki Lang).

STRIDERS AT THE CHALLENGE

2. Chris Nugent	37:42
4. Jim Robinson	40:15
5. Craig Chasse	40:30
6. Chris Samley	40:37
10. Phil Lang	41:43
12. Bobby Van Allen	42:35
13. Jim Carbary (1st master)	42:40
14. Bobby Gessler	42:49
15. Bob Burns (2nd master)	42:59
17. Piriya Pinit (3rd master)	43:12
18. Jim Discuillo	43:28
23. Steve Klose	44:16
28. Bea Marie Fritsch (1st woman)	44:53
30. Nelson Stritehoff	45:00
32. Randy Wykoff	46:33
33. Rich Brockway	46:49
34. Warren Ohlrich	47:10
35. Rick Rosen	47:21
45. Steve Bourg	48:40
51. David Feltwell	49:50
53. Eric Kocay	50:04
62. Pam West (2nd master)	50:57
85. Wayne Conway	55:03
101. Debbie Kocay	59:09
xxx. Nadia Wasserman	no time
xxx. Paul Goldenberg	no time

SPECIAL RECOGNITIONS

- Back in early August, Bob Burns and Mick Slonaker finished among the top-25 masters runners in the prestigious Asbury Park 10k. Both ran under 37 minutes in hot, humid weather. Mick also contributed to the Strider team at Annapolis and ran a 5:03 at the Meet of the Miles. See picture, p. 17.

- Ken Plantz (at 39, almost a master) started running in March of 1992 and met Mr. Slonaker at one of the Bagel runs in November of 1992. The two train together frequently, logging about 45 miles per week. Both plan to run the '94 Boston Marathon as masters. Ken ran a 22:10 at the Dundalk 6k this summer— as did nearly everyone else in the field. Ken's greatest success may not be his times— when he started running, he weighed 190 lbs, and now he weighs 150!

- Congratulations to GeriAnn Bell and her husband David who had a baby boy— Andrew David— on June 20, which was the summer solstice. One of the Striders' fastest women, GeriAnn reports that she plans to continue her racing career in the spring of '94.

- Fourteen-year-old Dana Strickland ran a 21:18 at the MCRRC Women's Distance Fest 5k (Rockville's version) on July 25. The time is faster than TACSTATS guidelines for her age group. Appropriately enough, Dana finished 14th overall in the field.

VOLUNTEERS NEEDED FOR RRCA CONVENTION

April 7—10, 1994, PENTAGON CITY

SPECIAL PERKS!!!!

Contact Nadia for more information
381-6385

CLAPPER WINS ANNAPOLIS RUN- CARPENTER SECOND WOMAN

Gerry Clapper overcame the heat and the hills and even Doug Mock to win the 18th Annapolis 10 Mile Race and RRCA state championship. But in the early going he certainly didn't seem like a winner as Steve Clarke bounded away from the field and opened a huge lead. Gerry hung back with the pack, which also included Striders Ken Fowler and Chris Nugent as well as Mock — who had often beaten Mr. Clapper in the final quarter mile of the race. The runners held a conservative pace because of the heat and humidity. Around five miles, the pack entered the hills as well as the shade, and Clapper and nemesis Mock pulled away from the pack. By that time, leader Clarke began to feel the effects of his suicidal pace and started to slow down. Soon thereafter, Mock wilted in the heat and suddenly Gerry found himself all alone and overhauling the leader. He took sole possession of first place around eight miles and went on to win in 52:01.

Except for a smile, Gerry didn't comment on his triumph over Mock, and wife Caskie commented, "Gerry's not a vengeful person." "But I'm sure he's eating it up," added friend and training partner Ken Fowler, who himself finished sixth overall.

On the women's side of the field, new sensation Cindy Carpenter almost duplicated Clapper's feat. Cindy followed training partner Bea Marie Fritsch for about three and a half miles, at which point some recent injuries began to bother Bea Marie. Feeling fine, Cindy increased her speed a little bit and pulled ahead of Bea Marie and then Cindy had sole possession of second place. Neither the heat nor the hills seemed to bother Cindy much (she'd been doing a lot of hill training) in the remaining miles. She finished second overall with a time of 62:02.

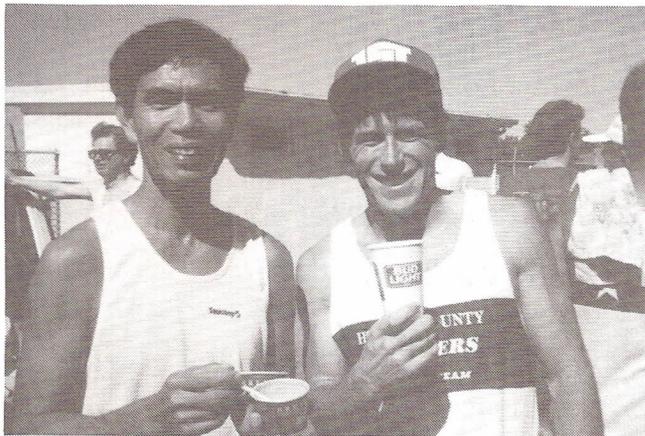
"I never saw Donna [Elliot, the women's winner]," Cindy commented after the race. Cindy's time was a personal best by seven minutes, but she had run only one other 10-mile race previous to Annapolis. Cindy enjoys the longer races and only smiled when asked if she thought she could go faster.



Cindy Carpenter, second overall woman at Annapolis, displays her glass sailboat after the race. Her son Joey (right) finished second in the one mile fun run. (photo by Jim Carbary).

The Striders sent two racing teams to Annapolis— a men's masters team and a women's open team. The Striderwomen knew they would have an uphill battle when captain Vicki Lang learned she had become pregnant and didn't run. The redoubtable Bea Marie led the contingent (4th woman overall, 1st 25-29) in 64:25, but Linda Lash and Denise Underwood-Hannagan wilted in the heat and couldn't even break 75 minutes. "I went out fast at seven minutes per mile," commented Denise, "and then the sevens became seven-thirties, and then the seven thirties became eights." Denise and Linda, the only Strider masters runner ever to run on an open team, wound up finishing together. To make matters even worse, the Annapolis scorers somehow missed Debbie Chaney's tag and didn't even post her fine time of 70:03! Tragically, neither Cindy Carpenter nor Robyn Humphrey (the first and third Strider-women to finish) were not even registered on the team.

The Strider mastersmen enjoyed a more pleasant experience, although they still could not overcome the Washington-based Gnats. In leading the Howard County team, Jim Carbary summoned up just enough speed to crack 60 minutes, although "some kid" pushed him for four miles. Mick Slonaker started with teammate Bob Burns, drew inspiration from Bobby Gessler's "Let's go at seven miles!" and wound up setting a personal record of 61:43— five minutes faster than he'd run the race last



Piriya Pinit (HCS Masters Team) and Phil Lang (1st Nat'l Bank Team) display their trophies—a cup of ice cream and a Bud Light. (photo by Jim Carbary)

year. Jim Discuillo and Piriya Pinit followed Cindy Carpenter for most of the race and both finished a few seconds behind her, with Jim outsprinting Piriya on the grass at the finish. The heat attenuated the performances of Bob Burns and Warren Ohlrich, both of whom ran much slower than expected. The Strider masters finished second to the Gnats, who also beat them at the Constellation 10k.

Nor did the heat bother Bill Elzinga, 55, who chalked up another age-group trophy in his age group. Bill coursed through the 10 miles in 68:24, finished third in his age group, and was the oldest Strider to win an award in the race. "It got better every mile," Bill said as he collected his award.

All the winners received handsome glass sailboats from the Annapolis organizers, who also had the foresight to provide free beer, pizza and popcorn for post-race refreshments.

Hosted by the Annapolis Striders, the 10 Miler represents the RRCA championship for the state of Maryland ("Maryland's Premiere 10 Mile Race"). The certified 10 mile course starts out on flat streets in the city of Annapolis and then winds through pleasantly rolling neighborhood hills beginning near 5 miles. Local citizens provided convenient lawn sprays for the runners. The Annapolis race registered a record field of 3500 runners and turned away about 800 who registered too late.

STRIDERS AT ANNAPOLIS 10 MILER

Gerry Clapper (1st overall)	52:01
Ken Fowler (6th)	54:10
Chris Nugent (7th)	54:22
Jim Carbary*	59:15
Jim Robinson	59:20
Phil Lang	59:42
Mike Buckley	60:38
Mick Slonaker*	(PR) 61:43
Bob Gessler	61:49
Cindy Carpenter (2nd woman)	(PR) 62:02
Jim Discuillo*	62:10
Piriya Pinit*	62:15
Steve Klose	63:46
Bob Burns*	63:59
Ken Plantz	64:08
Rich Brockway	64:24
Bea Marie Fritsch** (4th woman)	64:25
Jerry Andrews	64:58
Robyn Humphrey (11th woman)	66:14
Warren Ohlrich*	66:47
Kyle Thomas	66:48
James O'Brien	66:58
Al Hannagan	67:11
Bob McCubbin	67:35
Bill Elzinga (3rd, 55-59 men)	68:24
Bill Jenkins	68:25
Debbie Chaney**	70:03
Heide Heidepriem	71:30
Eric Kocay	74:25
Tom Brown	74:50
Patti Hecht	75:16
Bob Hecht	75:17
Linda Lash**	76:35
Denise Underwood-Hannagan**	76:36
Joe Wasserman	78:16
Chris Brown	79:20
Steve Haaser	81:17
Rich Fox	81:54
Jim Murphy	83:13
Bill MacCormack	83:40
Karen Mays	84:37
Linda Ausfresser	84:45
Pat Brooks	84:50
Bob Shulte	85:00
Debbie Kocay	85:06
Nadia Wasserman	(PW) 89:03
Miles Weigold	95:20
Rick Hatfield	no time
John Commander	no time
Barbara Calvert	same day

* Men's masters racing team

** Women's open racing team

MEET OF THE MILES

Dave Tripp

The Striders have a tradition of racing one-mile age-group heats on the Wednesday before the 24 Hour Relay. The tradition began in the late 1970's to test the raw leg speed of runners. The Annual Meet of Miles took place this year at Oakland Mills High School on Wednesday, August 4.

The main event—the men's open heat—featured Gerry Clapper, Jim Mattson, and Greg Gray, who ran the first two quarters together in just over two minutes. Then Mr. Clapper pulled a little ahead, and then a little more, and then suddenly finished in 4:25, six seconds ahead of Mattson.

In the women's open race, Cheryl Simonic took an early lead through two laps. Matching her pace, Debbie McCracken hung off her shoulder, passed her about half-way through the mile, and cruised to a 6:03 victory, which was the fastest women's time of the day.

Jamie Hilliard, in the 10-14 age group, posted the second-fastest women's time as she blitzed her field with an astonishing 6:10. She finished a minute ahead of her nearest competition and beat all but one of the men in her age group. Jamie's younger sister, Kelly, duplicated the feat by winning the under-9 group (and she *did* beat all the boys in her age group!).

MEET OF MILES RESULTS

9 and Under Women

1. Kelly Hilliard	7:43
2. Kelly Edwards	8:27
3. Katie Persons	13:12

9 and Under Men

1. Ricky McGinnis	7:58
2. Brian Harvey	8:27
3. Michael Persons	9:40
4. Patrick Harvey	10:15
5. Todd Schaffer	13:54

10-14 Women

1. Jamie Hilliard	6:10
2. Nicole Petro	7:09
3. Kerry Sokol	7:12
4. Libby George	7:43
5. Erin Brooks	8:44

10-14 Men

1. Steve Petro	5:20
2. Andy Buening	6:28

3. Tim George	6:47
4. David Holland	7:01
5. Joshua Conway	7:37
6. Adam Schaffer	13:37

15-19 Women

1. Erin Hemler	6:44
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15-19 Men

1. Bobby Van Allen	4:53
2. Edward Hogan	4:59
3. C.P. Krishnamurthy	5:21
4. Charlie Simms	5:30
5. Doug Jones	5:35
6. Matthew Arnold	5:41

Open and 20-29 Women

1. Debbie McCracken	6:03
2. Cheryl Simonic	6:10
3. Linda Ausfresser	6:37
4. Debbie Kocay	6:38
5. Christine Hilliard	6:49
6. Jennifer Feltwell	8:19
7. Leah Schestag	8:44
8. Elaine Persons	10:11
Cindy Petro	10:11

Open and 20-29 Men

1. Gerry Clapper	4:25
2. Jim Mattson	4:31
3. Greg Gray	4:38
4. Tim Bradley	5:10
5. Greg Cocco	5:22
6. Blain Wrench	5:24
7. Bruce Harvey	5:35
8. David Feltwell	5:37
9. Angelo Campini	5:49
10. Arthur Kaff	6:14
11. Dave Campbell	6:21

Masters Women

1. Pat Brooks	6:55
2. Lissa George	8:01
3. Carol McGinnis	8:06
4. Jody Conway	11:31

Masters Men

1. Mick Slonaker	5:03
2. Eric Kocay	5:53
3. Wayne Conway	5:55
4. John Distler	5:59
5. Joe Sokol	6:08
6. Bill Brandenstein	6:19
7. Peter Hughes	6:22
8. Chuck McGinnis	6:37
9. Lloyd Knowles	6:48
10. Greg Curtis	6:51
11. Doug Edwards	6:58
12. Bob Holland	7:34

EXCLUSIVE TO FOOTPRINTS— THE AIR MILLENIUM FROM NIKE

COMPLETE DESCRIPTION OF FABULOUS NEW FOOTWEAR!!!

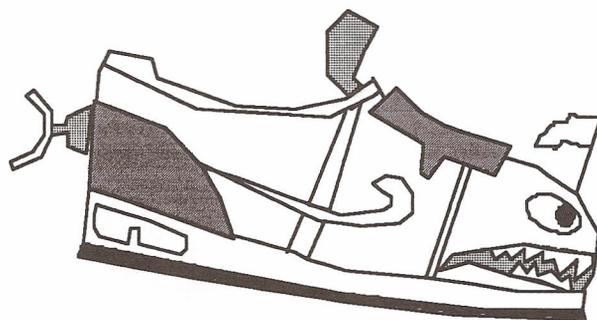
Jim Carbary, MR

Our contacts inside the billion-dollar running shoe industry have recently discovered that the Nike Athletics Company (formerly the Nike Shoe Company) soon plans to unveil a revolutionary new shoe technology that will carry the company and the industry into the 21st century, which we all know actually begins on January 1, 2001.

The new shoe offers the runner *everything* he/she could possibly desire: lightness, durability, stability, cushioning, and flexibility, motion control or road feel, fast running, slow running, hill running, flats running, for trail, track, or road. Only one way to put all these disparate qualities in a shoe—onboard programming. The miracle of the micro-electronics revolution has now reached the point at which a tiny microprocessor— one just like in your car, PC, or jet fighter— can receive and process data from dozens of tiny sensors located all over your shoe and then stimulate tiny actuators to make the shoe respond just like you want!

Here's how it works. Suppose your legs feel a little stiff and tired on Monday. Just program the shoe for cushioning and stability and the computer does the rest! Or suppose you want to do fartlek on Tuesday— just reset the computer for a stiff, road-responsive ride. For cross county running on Wednesday, program the CPU for stability. No problemo! Just punch it in, Sulu, and engage! And you tri-geeks can get off on this— the shoe has retractable TIME/LOOK compatible cleats. Imagine how that will improve your transitions!

While you're running, the shoe receives electronic messages from little sensors located all over the shoe. One sensor determines your stride length, another calculates the impact of a footfall, and yet another finds how much moisture your foot exudes. The CPU, a custom chip designed by Intel, weighs each of these inputs and then sends commands out to the shoe to adjust cushioning, flexibility, firmness, and so on.



Artist's conception of the Air Millennium, the shoe that will eat Beaverton, OR. Note the optional flag (front) and the satellite antenna (rear), which is for night or bad weather navigation. The computer resides in the air sole compartment in the heel.

The CPU adjusts the state of the shoe once every 0.1 seconds, so if you run a mile in 5 minutes (and who won't in these babies?), the computer will have commanded some 3000 shoe states.

All this ultra-tech doesn't come cheap, however. Initial versions of the Air Millennium will cost you \$1000.00 maybe, which almost as much as Dorothy's shoes went for at the Wizard-of-Oz auction. But Nike executives expect the price to come down as more are produced. And the prices will certainly plummet as soon as the Japanese and Korean clone-makers enter the market, right? Besides, every yuppie and triathlete on the planet will have to have one of these shoes, and a mere \$1000.00 is no problemo.

As if the shoe wasn't enough, Nike plans to market the footwear packaged with entries into several prestigious races. We've learned that purchase of the shoe will come with FREE entries to the New York City and Boston Marathons, the Nike Cherry Blossom 10 Miler, the Hawaii Ironman Triathlon, and the 24 Hour Relay Eastern Championships. Nike even throws in one of those "JUST DO IT" t-shirts that drive women wild.

WHOOA— you can't get these shoes, yet. Nike won't even *admit* they're making them (go ahead, just call Beaverton and ask them). Our inside source (code-named "Chuck") wouldn't give any indications of when or where Nike would begin releasing these babies. But he said we should check the feet of top U.S. runners at the '96 Olympics.

24 HOUR RELAYERS SURVIVE SHOWERS

The 23rd Annual 24 Hour Relay and Ultra took place at the Howard High School Track on the weekend of August 7-8 this year. Twelve relay teams and 15 ultra-runners gritted out long, long hours circling the quarter-mile track. Two thundershowers on Saturday evening punctuated the event but hardly phased the runners.

A Westminster Road Runners team, the Westminster Wonders, won the relay race with a total of 233 miles, 342 yards, and they only had nine members. The Wonders had control of the event almost from the start, as they snatched a quarter mile lead after the first two hours and steadily added mile after mile of distance on their nearest competitors, the Porch Dogs. By dawn on Sunday, the issue had been decided.

The Westminster runners almost didn't get to the start. They did not have a full team on the Friday evening before the race, so they phoned Tim Beaty who suggested some Howard Countians— Wayne Conway among them— who wanted to be on a team. As the race progressed, the Wonders lost one fellow who ran too fast, and thus they finished the show with only nine.

While some of the teams had seriously competitive runners, others seemed to compete only for the most unusual name. The Tick-Tock-Jocks consisted of local Howard Countians, many of whom had been on the Disco Zombies all-woman teams in 1991 and 1992. The Psychotic Armadillos made their second appearance in as many years, as did the Wild Banshee Lip Hairs. The Space Crazies from Ft. Meade (where the Relay was once held) won the military team award, although they faced minimal competition from the uninspired Navy-Marine Team, which dropped out from lack of a snappy name. Depeche Pied (Fast Feet) and Speed Racers failed to live up to their names and were the two slowest teams to finish. Finally, the Porch Dogs hounded the lead Westminster team all the way until dawn when they threw in the bone.

Several of the usual Howard County Teams failed to materialize. The Khyll coed team (organized by Kyle Thomas and Phil Lang) didn't appear and several of its old



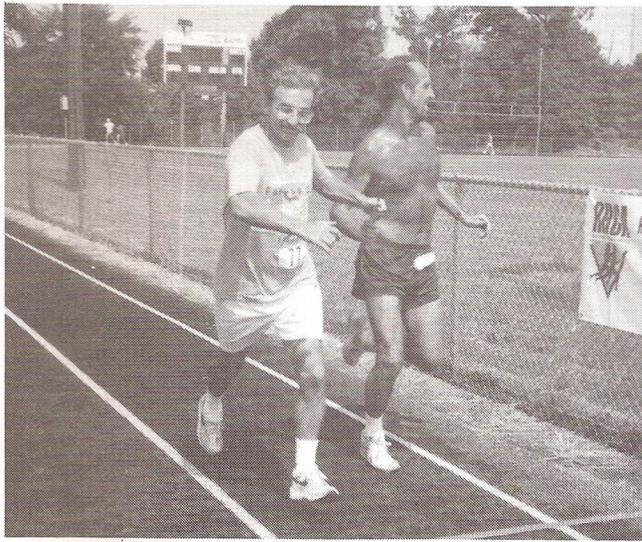
The Tick Tock Jocks pose near the end of the ordeal. (photo by Jim Carbary)

members gravitated to the Tick Tock Jocks, which itself was partially composed members of the old, all-woman Disco Zombies. "Some of them moved and some got married," commented Arleen Kvech, group therapist for the Zombies. The Silver Foxes, a Striders all-master team, couldn't compose itself either— although Westminster profitted by the addition of two former foxes.

The Space Crazies of Ft. Meade won the award for the best support facility at the Relay. While other teams contented themselves with a simple tent or shelter, the Crazies brought a fully-equipped trailer complete with two televisions and multiple generators— one of which failed during the race.

The Relay also featured 100-mile and 50-mile ultras. None of the three who entered the longer race finished, although Bruce Chitock did reach 70 miles in 15:51:49 before he folded. Six of the 12 who started the 50 miler finished. Chris Scott won the race in 7:04:31. Rebecca Moore was the only woman competitor, and she finished the 50 miler in 8:02:49. Dave Tripp entered the 50-miler as a marathon training event and ran 26.25 miles in 3:47:45.

Several other Striders distinguished themselves in the competition for fastest per-mile average. In the women's individual competition, Debbie McCracken had the fourth fastest average time per mile with 7:07, while Steve Bettis had the second



Westminster's Bob McCubbin (right) demonstrates the proper baton hand-off technique as he passes the stick to Strider Wayne Conway. (photo by Jim Carbary)

fastest per mile time— 5:20— for men. Ed Hogan (5:26) and Bobby Van Allen (5:28) also placed in the top ten among the fleetest men. Jodi Conway and Arleen Kvech won individual awards for masters' women.

For the second year in a row, the relayers enjoyed moderate weather for their race. The temperatures in the low 80s and overcast skies greeted the runners at the beginning of the race, and several evening showers cooled them off. The Relay continued without a pause although a passing thundershower in the late evening doused the participants. On Sunday, early morning fog gave way to pleasant sunshine. The Relays did not suffer the excruciating heat that has plagued the race in past years.

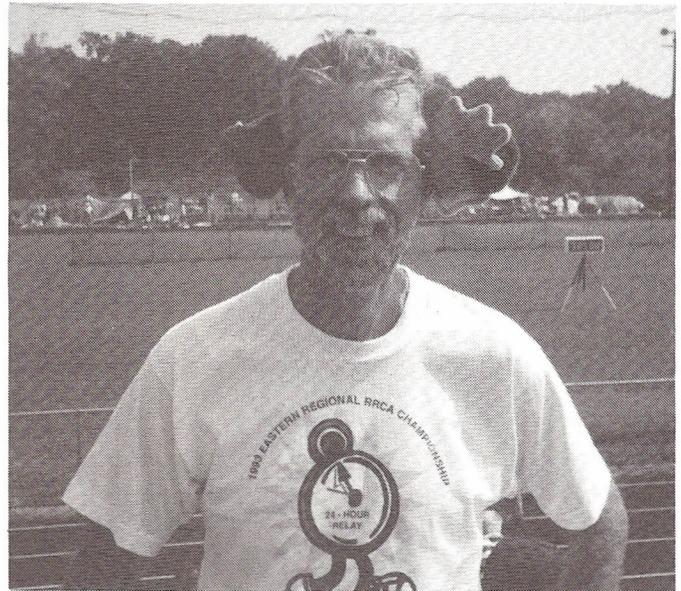
Tim Beaty (Mr. 24 Hour Relay) organized and directed the event. He enjoyed the sponsorship of Princeton Sports, which provided major funding, and PowerBar and Gatorade. The race would not have occurred without the cooperation of the Howard County School Board, who made possible the use of the Howard High School track and shower facilities. As he has in past years, Tim wore a different hat during each successive hour of the race.

The relay has been held at Howard High for the past several years since moving from its original home at Ft. Meade. The 24 Hour Relay serves as the RRCA Eastern

24 HOUR RELAY TEAM RESULTS

1. Westminster Wonders (9, RRCA) 233 mi, 342 yd
2. Porch Dogs (10, coed) 210 mi, 1320 yd
3. Dream Team II (10, RRCA) 207 mi, 911 yd
4. Space Crazyies (10, mil) 206mi, 456 yd
5. Fleet of Feet (10, open) 203 mi, 471 yd
6. Tooting Cranmies (9, open) 194 mi, 0 yd
7. Wild Banshee Lip Hairs (10, coed) 186 mi, 308 yd
8. Psychotic Armadillios II (9, open) 173 mi, 1343 yd
9. Tick Tock Jocks (10, coed) 162 mi, 43 yd
10. Depeche Pied (8, open) 151 mi, 0 yd
11. Speed Racers (8, coed) 144 mi, 0 yd
12. Navy-Marine (7, mil) DNF

Regional Championship. As such, it is the ONLY Howard County race that achieves the status as an RRCA championship event. For the past 23 years, the Relay has been held on the first full weekend in August.



Relay director Tim Beaty sports one of the special hats he wore during the event. (photo by Jim Carbary)



ULTRA-RUNNING, TASMANIAN STYLE

Mike Strzelecki

The race was not just downunder, not just down-downunder, but rather down-down-downunder. For off the coast of Australia is the island of Tasmania, and off Tasmania's south coast lies tiny Bruney Island. I recently joined nine other solo runners and several relay teams in the Bruney Island 40-Mile Ultra Run.

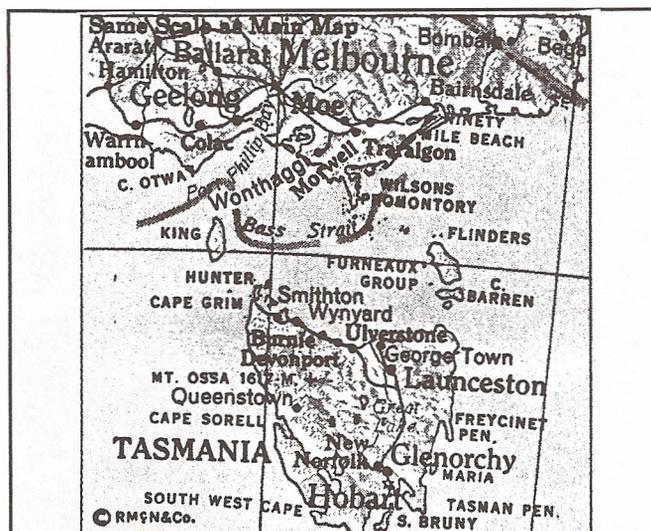
Bruney Island can be described as a sparkling jewel in a raging sea. The island is small, being only about 30 miles in diameter, and extremely remote. Only a few sheep-farmers live there. Although it is situated in the harsh Antarctic seas, the island still maintains a semi-tropical climate thanks to warm ocean currents.

The race ran over the island's only road, a rough dirt track, and offered glimpses of Bruney Island's diverse terrain. Over the 40 miles, I climbed rugged volcanic mountains, crossed idyllic pastureland, and sweated through dense rainforest.

Interesting wildlife diverted my attention throughout the day. Large herds of wallabies (kangaroos) greeted me near the starting line. At mile 5, I startled an overweight wombat sneaking in some daylight feeding even though it's a nocturnal creature. A bit later, a dead monitor lizard, halfway to its full-grown length of six feet, added a measure of pungency to the pure Antarctic air. Kookaberras, currawongs, parrots, and other birds were the only other spectators that day.

The one critter I failed to observe during the race was the Tasmanian Devil. Remarkably true to cartoon form, the Devil is the nastiest, most foul-tempered animal I have ever witnessed. Having incredible jaw strength, the Devil can cleanly remove a human arm with one chomp. I had the opportunity to hold a domesticated Tasmanian Devil at a wildlife refuge, but I relinquished it quickly after being at the receiving end of its ear-piercing screams, spitting, snarling, and resistance.

[Unfortunately, a tragic cycle is developing in Tasmania. The Devils, who are basically scavengers, feed on roadkill along the highways at night. Yet they are so protective of their finds that they will



Bruney (or Bruny) Island lies off the SE coast of Tasmania, which in turn lies off the SE coast of Australia. The island has a latitude of 44°S and a longitude of 148°E. Thus, Bruney is about as far south of the equator as Minneapolis, MN, is north, and as far west of the US as is Tokyo. The nearest town of consequence is Hobart, Tasmania, which as a population of 47,356.

literally attack the headlights of an oncoming car, which they think is trying to steal their dinners. Thus, the Devil, in turn, become roadkill.]

The most fascinating leg of the run was the sandy isthmus stretch. For three miles, Bruney Island narrows to a width of about 50 feet. In this place, I experienced the pounding Antarctic surf on my left foot and the gentle waves of Bruney Bay lapping on my right foot.

The isthmus is home to thousands of fairy penguins, which are diminutive cousins of the more regal emperor penguins. It was mating season and we were entertained with rather vicious courtship fights and lots of silly play from the penguins. Quite sadly, the week before the race, hundreds of these penguins had been found clubbed to death here—probably by callous fishermen looking for cheap bait.

Another interesting phenomenon revealed itself at the isthmus. I observed a flock of brilliantly-colored parrots (associated with tropical climates) feeding over the penguin rookeries (associated with Antarctic climates). Bruney Island may be

the only place in the world where two such divergent ecosystems can coexist.

Although each turn in the race course revealed yet another incredible view, mile 38 will forever remain etched in my mind. As I crested a high, barren mountain, I suddenly found myself at the top of the world. From my vantage 800 feet above the sea, I had to pause to fully appreciate what lay before me. To my left were several magnificent headlands, hundreds of feet high, jutting out and dropping sheer cliffs to the sea. To my right was a tremendous bay whose crystalline turquoise waters revealed impressive reefs and kelp beds as far as 40 feet below the surface. And straight ahead of me was a massive rock monolith emerging from the sea and connected to the mainland by a strip of land. Atop this monolith stood a simple white lighthouse.

The furious Antarctic seas engulfed all this incredible topography. Whitecaps raged far to the ocean's horizon, while surf pounded dramatically at the bases of the headlands and the monolith.

From almost a thousand feet above the sea, the thunder of the surf and the roar of the wind screamed a deafening chorus. The intensity of the elements made me feel incredibly vulnerable. I honestly felt as if all the power and energy of the world were focused on Cape Bruney. But, ironically, it all felt so peaceful.

The surroundings had so fully mesmerized me that I did not notice that the final half mile of the race went up the very steep incline to the lighthouse. When I finally touched the lighthouse door, which signified the end of the race, director Alan Rider jested, "Better stop now before you hit Antarctica!"

He immediately handed me a finisher's medal and certificate and added, seriously, "You know, you will probably never run through anything more beautiful in your life."

He's right.

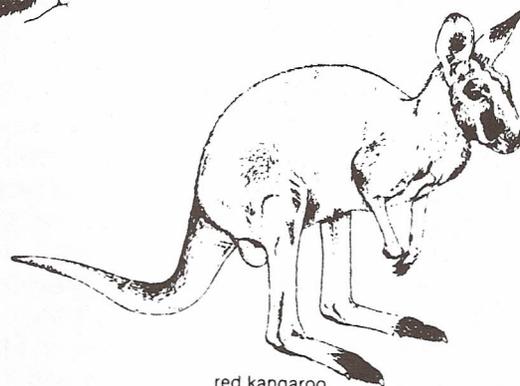
By the nature of the event, each endurance run is a journey into discovery—a discovery of one's own physical stamina, mental fortitude, and spirit. For me, the Bruney Island Ultra far exceeded this definition. Add to the discovery one of the Lord's most priceless creations—an island of rare confrontation between the placidity

of a tropical paradise and the anger of the Antarctic seas.

And although I was only the 9th fastest runner out of the 10 solo runners that day, I can say, somewhat embarrassingly, that I am now the official American record holder for the Bruney Island 40 Mile Ultra Run.

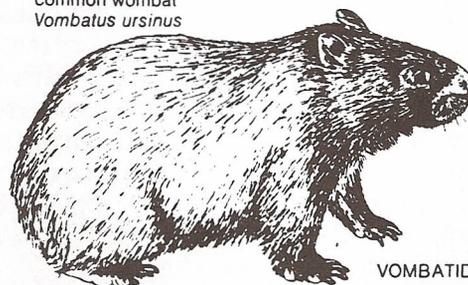


Tasmanian devil
Sarcophilus harrisii



red kangaroo
Megaleia rufa

common wombat
Vombatus ursinus



VOMBATIDAE

(Animal illustrations from *Encyclopedia Britannica*, 1988)

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who you gonna call?
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964-1998

AUTUMN SCHEDULE

The summer of 1993 has finally ended. The preliminary results indicate it was very hot. The month of July was *the hottest* on record for this area, with daily average temperatures of 86F (30C). The dissipation of upper-level clouds from the Mt. Pinitubo eruption and the stronger-than-usual El Niño warming of the South Pacific combined to produce high heat and humidity along the Atlantic sea coast. At least we can look forward to cooler, milder conditions in the fall.

The Strider Fall series really starts in the summer. You'll probably want to check out all the Sunday afternoon races, because the Redskins aren't going anywhere this year. All series races include the distances of 2 miles, 6.2 miles (10k), and 9.3 miles (15k). Many Striders use these weekly runs to tune up for the fall races. Contact Dick George (964-3657) for more information or check the sports section of the *Columbia Flier*.

The Striders offer two premiere races this season: the **Columbus Chase 10k** on October 10 and the **Metric Marathon 26.2k** on December 5. The Chase follows the same certified course as last year; volunteers for the Chase can earn bonus points for the Fall series. Call race director Bill MacCormack (461-2757) about the Chase. The Metric has a new race director, Phil Lang (995-8258), who absolutely guarantees a new awards structure (i.e., maybe baseball caps but no mugs). The Striders will also host the annual **Turkey-Trot Prediction 10k** on Thanksgiving; the most accurate runner will win the coveted Golden Turkey Award.

Finally, a large contingent of Striders usually runs the Marine Corps Marathon, which in recent years has moved from November to the last Sunday in October (so the Marines could go trick-or-treating on Halloween, you see). The USMC Marathon is a good 26.2-miler for first-timers or for anyone trying to set a personal record.



- 9/12 FALL Series officially begins (even through it's still summer)
2:00p Jeffers Hill Neighborhood Center
Dick George (964-3657)
- 9/19 **Columbia Marathon & Relay**
7:00a Columbia TownCenter
Paul Goldenberg (730-3566)
- 9/26 Fall Series #2
7:00p Thunder Hill Elementary School
- 10/3 Fall Series #3
8:00a Longfellow Elementary School
- 10/10 **Columbus Chase 10k**
8:00a Howard Community College
Bill MacCormack (461-2757)
- 10/17 Fall Series #4
2:00p Jeffers Hill Neighborhood Center
- 10/24 U.S. Marine Corps Marathon
9:00a Iwo Jima Memorial, Arlington,VA
703-640-2225 or 703-690-3431
- 10/31 Fall Series #5
2:00p Thunder Hill Elementary School
Halloween Special
- 11/7 Fall Series #6
2:00p Longfellow Elementary School
- 11/14 Fall Series #7
2:00p Jeffers Hill Neighborhood Center
- 11/21 Fall Series#8
2:00p Thunder Hill Elementary School
- 11/25 Turkey Trot 10k
9:30a Jeffers Hill Neighborhood Center
Dick George (964-3657)
- 12/5 **Metric Marathon**
8:00a Columbia Town Center
Phil Lang (995-8258)
- 12/12 Fall Series #9
2:00p Thunder Hill Elementary School
- 12/19 Fall Series concludes #10
2:00p Longfellow Elementary School
- 12/25 **Merry Christmas**

PRESIDENT'S LETTER

Nadia Wasserman & Warren Ohlrich

At the September meeting of the Board of Directors, Warren Ohlrich made a clever suggestion about how we runners could contribute to a worthy cause and rid ourselves of old shoes/t-shirts at the same time. I thought so much of the suggestion that I wanted to print it in the newsletter in my own column—

What do you do with your old running shoes when you replace them with new ones? Do you end up with more race t-shirts than you really need? The Howard County Striders have begun a program to send used running shoes and t-shirts to needy recipients in Africa, specifically in Liberia. Liberia has gone through a long civil war and many thousands of Liberians are now living in refugee camps with no clothes or shoes at all. Items that we might consider wornout or unneeded, such as used shoes or clothing, are necessities of life for these people. Of course, the Liberians have many other needs. They speak American English as their second language, so childrens' books are also valuable items. A group of Liberians in the Washington DC area is working hard to collect food, clothing, and educational materials to send back to their countrymen. As we get items to them, they will arrange for shipping to Africa and pay for it from their own pockets.

The Howard County Striders would like you to support this effort by dropping off used running shoes and t-shirts at Feet First in Wilde Lake Village Center. The t-shirts should be washed and, if possible, the shoes should be cleaned up a little. Other appropriate clothing and children's books will also be accepted. The items will be periodically picked up by the local association of Liberians for shipment to Africa. If you wish to help pay for shipping, please send a check made out to the Howard County Striders, c/o Dave Tripp, 6175 Campfire, Columbia, MD 21045 and indicate on the check that it is for the shipments to Liberia.

For more information on the program, or if you have suggestions or wish to help, please contact Warren Ohlrich at 410-389-0189.

Thanks.

HOWARD COUNTY STRIDERS 1993 BOARD OF DIRECTORS

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Al Hannagan, <i>At Large</i>	461-0827
Paul Goldenberg, <i>Immediate Past</i> <i>President</i>	730-3566



A parting photo of two of the Striders' outstanding masters runners. Bob Burns (36:19) and Mick Slonaker (36:30) display the medals they won for finishing in the top-25 masters at the Asbury Park 10k in August. Both runners served on the recent Annapolis racing team. Mick has only been running since August 1991 and he set a PR of 61:43 at Annapolis. (photo by Erin Slonaker).

Don't Forget the Special Events this Fall:

Columbus Chase

October 10, 8:00 am, Howard Community College

U.S. Marine Corps Marathon

October 24, 9:00 am, Iwo Jima War Memorial

Turkey Trot Prediction 10k

Thanksgiving Day, finish before 11:00 am, Jeffers Hill Neighborhood Center

Metric Marathon

December 5, 8:00 am, Columbia Town Center

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