

# Baltimore Road Runners Club

1363 Halstead Road - PRESIDENT Les Kinion - Baltimore, Maryland 21234 - (301) 668-3766

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The ROAD RUNNERS CLUB (RRC) OF AMERICA is a non-profit organization founded in 1957 to promote running as a sport and healthy exercise. The Baltimore chapter sponsors weekly running events for joggers and the more trained runner (open program). These weekly events offer everyone a chance to run, regardless of age, sex, or athletic ability. The RRC is a sponsoring group, and also a competing athletic team. You can represent any athletic club in our events and still be a member of the RRC.

Note about RRC races: Persons of all ability levels are encouraged to enter, and you do not have to be a potential Olympian to have fun. Many people jog through our races just for good company and ignore times and competition entirely. There's no requirement that you run hard, so join us even if you prefer a pleasant workout to racing.

To join the RRC: Everyone is encouraged to join, but anyone can run in most of our events. Note lower entry fees to RRC members. Annual dues are - \$9. family, \$5. regular, \$3. for full time students. Members are sent schedules, newsletters, and announcements of special events. Only RRC members can run in CLOSED events, and only club members can win awards in club championship races. See membership application.

For further information come to the next scheduled race or call Les Kinion at 668-3766.

Entry fees for Open runs except for occasional special events, are 50¢ for ALL RRC members, \$1. for ALL non-members, and 25¢ for FULL TIME student CLUB members.

AWARDS:- Awards not picked up on day of race will be held for 90 days.

Other area races are held by the Washington RRC. Contact Jeff Darman - 462-3245, also the Run for Your Life program held every Sunday at 2:30 p.m. - Towson YMCA. Contact John Paletar - 256-1088.

Saturday Morning Run:- Everyone is welcome to join the morning training run from Loch Raven Dam (small lot by bridge below Sander's). The group meets at 8 a.m. Get to know some of your club members better and join us EVERY Saturday, rain, snow or shine. A good way to get a long run in, at your own pace with friends.

E.R.G.:- The Club's E.R.G. sales will be taken care of by Dick Nair. Anyone interested in buying E.R.G. can call Dick at 665-7340 or pick up some at any of our weekly races. Runner's World do not sell E.R.G. any longer, so the savings being past onto our members are that much better.

Three flavors to pick from:- COMPETITION(Regular) - LEMONADE - FRUIT PUNCH also TWO sizes now - HALF GALLON and GALLON packs.

Price List:-

Half Gallon - 1 pack.....	.70¢	Gallon - 1 pack.....	\$1.25
3 packs.....	\$2.00	3 packs.....	\$3.50
Case(15 packs)...	\$8.75	Case(10 packs)...	\$11.00

1976 SPRING AND SUMMER SCHEDULE

You will note that some of the races this summer have a small entry fee but no prizes, the reason for this is to have ~~more money~~ for our prizes in the Fall Schedule.

Sunday - April 25 - John Roemer's 5 mile Family Picnic on the farm. Bring the family and a picnic lunch, beer and sodas provided. Last year the course was called the "Toughest course of all" by The Sunpapers, and believe me it is. So come on out and see some country - up and down. Take Rt. 83 (Harrisburg Expressway) thirteen miles north of Beltway to Exit 27 (Rt. 137-Mt. Carmel Rd.-Hereford) and turn left. Go 2.6 miles on Mt. Carmel Rd. to Evna Rd. Turn right on Evna and go 7/10 of a mile to farm on left with RRC sign on fence. John and Mary Roemer 472-4197. (Ribbons to first four finishers in age groups: under 13, 14-19, 20-29, 30-39, masters, women.)

Sunday - May 2 - Mt. Vernon 3 mile Minithon - Oldtime Neighborhood Pedestrian Festival - St. Paul & Monument Sts. Prizes to everyone - First 3 - Youngest - Oldest - Furthest away etc., etc. Come and see what you can win, course protected. Refreshments and Music at finish line. Lets get together and make this a big one. For those needing directions or other information call Chris Jeffrey 685-5142.

Saturday - May 8 - First Baltimore Road Runners Masters Championship - 10,000 meters-Lake Montebello. Age groups 30-40, 41-50, 51 and over. Certificates to first 3 in each group. Beltway Exit 30 (Perring Parkway) south to Hillen Road (same road). Straight to 33rd Street, sharp left into lake area - 1/4 mile to pump house on left. Bill Diegel 532-9845

Sunday - May 16 - 10-20 mile Loch Raven Dam Race. 25¢ entry fee - no prizes. Beltway Exit 29 (Cromwell Bridge Road) east to Loch Raven Dam Road, left at restaurant (Sander's) to parking area. Dick Nair 665-7340 or Mel Walton 821-8337.

Friday - May 21 - CLUB MEETING at Les's house. All members are welcome to join us. 7:30 p.m. Anyone needing directions - call Les Kinion 668-3766.

Sunday - May 23 - 5 mile Cross Country Race - Hereford High School. Notorious and beautiful has been said of this course. Come run "The Dip" and "The Maze". (Prizes) Take Rt. 83 (Harrisburg Expressway) thirteen miles north of Beltway to Exit 27 (Rt. 137-Mt. Carmel Rd.-Hereford) and turn right. Take Mt. Carmel Road half mile to stop sign at York Rd. and go one mile to Hereford High School on right. John and Mary Roemer 472-4197.

Saturday - May 29 - Meet of Miles - Catonsville Community College Track. Age Groups: 0-10, 11-13, 14-16, 17-19, 20-30, 31-40, 41-50, 51 and over. Medals to first 3 in each group. Beltway Exit 13 (Frederick Ave.) west to Bloomsburg Ave. Left on Bloomsburg to Rolling Road, left on Rolling Road to college on right. Track is behind college to left. Les Kinion 668-3766.

HOWARD COUNTY STRIDERS will hold a Development Series each Tuesday in June. For more information call Mike Ward 796-3023, Don Heinecke 465-2813, or Ken Denson 465-6971.

Saturday - June 5 - Edgewood Carnvial Run - See Flyer - 50-50 will be drawn at this race.

- Sunday - June 13 - Walter Korpman Memorial Run - 6 miles - Towson YMCA - Trophies to first 10 - \$1. entry fee with all money going to the Cancer Fund. Beltway Exit 27 (Dulaney Valley Rd.) south to Hutzler's, Right at light on Allegheny Ave., go 6 blocks to entrance on left. Randy Dabney 272-4074 or Steve Rosasco 877-7074.  
1:30 p.m.
- Sunday - June 20 - 10 miles - Perry Hall Sr. High School. \$1. entry fee with Merchandise awards. Beltway Exit 32 (Belair Road) north 4 miles to Perry Hall Shopping Center, right at 2nd light (Ebenezer Road). School is at the end of Ebenezer - about 1½ miles. Don Heimiller 256-6280.  
9 a.m.
- Sunday - June 27 - 4th Annual Tetrathon - 440 - 880 - 1 mile - 2 mile. Parkville Sr. High School Track. Computed times for all 4 events with lowest total times winning. Certificates to first 5 Open, first over 30, 40, 50, Beltway Exit 31 (Harford Road) south to first light (Putty Hill Road), right on Putty Hill to track ½ mile on left. Philmore Dryden 525-0319 or Mel Walton 821-8337.  
9 a.m.
- Tuesday - July 6 - 5.1 Loch Raven Fire Trail Race. Bill Schwartz's home. 25¢ - no prizes with refreshments for all. Take Beltway Exit 29 (Cromwell Bridge Road) east on Cromwell to stop sign. Left on Glen Arm Rd. to a left on Manor Road (about ½ mile). Go about 1 mile to Bill's driveway on left (11644) Brown mail box. Bill Schwartz 661-6586.  
7:00 p.m.
- Tuesday - July 13 - 2 man - 10 mile relay - Parkville Sr. High School Track. 50¢ entry fee per team - no prizes. Same directions as June 27th. Gus Jacobs 879-8862.  
7:00 p.m.
- Saturday - July 17 - Fireball - Clifton Sr. High School. FREE !!! All distances (sprint - relay - distance) Only for KIDS up to 18 years of age. 3 medals for each age group with Certificates to all runners. School is located in Clifton Park. Les Kinion 668-3766.  
9 a.m.
- Sunday - July 18 - 6 mile Constellation to Fort McHenry and back. Sponsored by Carling-National Beer. Trophies in Jr's - Open - Women - Master divisions also T-Shirts & Beer. \$1. entry fee. Race starts at Constellation Pier - Inner Harbor. Les Kinion 668-3766 or Mel Walton 821-8337.  
9 a.m.
- Tuesday - July 27 - 5,000 - 880 - 1 mile - Brooklyn Park High School. 25¢ entry fee - no prizes. Take Old Annapolis Road Exit of Beltway (left) to ¼ mile to light, right on Bell Grove Road for 2 miles to school on left. Dave Mahan 647-9396.  
7:00 p.m.
- Tuesday - August 3 - 2 man - 12 mile relay (hat drawing) Loch Raven Dam - from 2 mile mark in the "Pines". 50¢ per team. Gino Certificates to first 2 teams and 1 random. Was a great race last year, so lets make it great again. Same directions as May 16th except go past lot 2 miles. Alex Drabkowski 592-8774 or Jerry Bosse 592-7838.  
7:00 p.m.
- Sunday - August 8 - 3 mile run & 440 swim - Time and Location to be announced. Les Kinion 668-3766 or Jim Harrison 574-6420.
- Saturday - August 14 - 24 Hour Runner's World Eastern Championship Relays PLUS 50 Miler.  
Sunday - August 15 - For information and directions call Les Kinion 668-3766. (race will be held at Fort Meade, Maryland.)  
noon Saturday

Tuesday - August 24 - 10,000 meters - Lake Montebello - 25¢ entry fee - no prizes but everyone is welcome back after the race to Alex Medina's home for refreshments. Same directions as May 8th. Alex Medina 254-7578 or Sandy Shapiro 532-7130.  
7:00 p.m.

Sunday - August 29 - 5 - 10 - 20 mile Ken Denson's Family Day. A great race to end the summer with. For the new members of the club and even the old ones who have never been to this race, try to put it on the calendar as a date not to miss. \$1. entry fee. Bring the family and a lunch and Ken will provide the beer and sodas. Last year around 100 people enjoyed the day. Beltway Exit 15 (Rt. 40) west. Go out 40 for about 8 miles to Turf Valley Road, right on Turf Valley to last house on right. Ken Denson 465-6971.  
9 a.m.

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FROM THE PRESIDENTS DESK -

#### WOMENS 10,000 METER

Well, Congrats to the girls on their first try. They really showed us how to get the runners out. Almost 100 entries - making it the second largest womens race on the East Coast. Come on girls, show us how it's done.

#### STANDARDS

The R.R.C.A. have come out with new standards for women. Instead of putting us all in one bag we can now separate our times to really mean something.

#### A.A.U.

Be sure to read the News Release from Runner's World (World Publications) elsewhere in this newsletter. All of our races are now sanctioned by the R.R.C.A. and all U.S.T.A.F.F. Championships Co-Sanctioned with U.S.T.A.F.F.

#### MARYLAND MARATHON

W.B.A.L. will again sponsor our marathon which is fast becoming one of the best run races in the country. I have received calls and letters from all over the country commenting about how we take care of the runners. The runners first and everything for the runners. The only big problem we have had is finishing the race certificates and getting the final results printed and mailed out. We have done our share and are waiting for the printer to do his. Hang on it won't be to much longer.

#### R.R.C.A.

More and more clubs are joining our ranks. Thanks to South Vice President Nick Costes. The south is really getting into Road Running. Thanks to the never bending New England A.A.U. who suspended 15 of its members by running in a unsanctioned race. The R.R.C. is making headway into an area that the A.A.U. has owned since the beginning of the Boston Marathon. My ideas on the A.A.U. has been to ignore them and let them kill themselves. It seems to be working.

#### R.R.C.A. AWARDS

Each year at the R.R.C.A. Convention in Boston, the day before the B.A.A. Marathon. Awards are given in four categories: Best Male and Female Road Runner, Best club Worker and President who has done the most for the R.R.C. Our nominations were - Best Male - Jimmy Lears, Best Female - Marilyn Bevans, Worker - Mel Walton and the one and only President - Les Kinion.

#### 50 - 50 DRAWING

Our drawing seems to be going very good. Anyone who wants to sell some tickets, let me know and anyone who has tickets please turn them in as soon as sold. If you can't sell all please return the unsold and we'll get some other members working on them. The first pickup will be May 8, 1976 (Masters race-Lake Montebello) and all tickets sold or unsold have to be turned in by May 29th (Meet of Miles-Catonsville). The drawing will be at the Edgewood 10 miler on June 5, 1976. Buy one and sell some. The money will be used for Seminars, New Uniforms, Better Prizes at races etc., etc. Pitch in - this is YOUR club.

STEVE MAHIEU

Remember Steve Mahieu? Well, he's back in the area after spending four months in California. His running has been hampered by another achilles tendon injury. No longer in the teaching field, Steve has gone into the silver business and has opened a shop in Ocean City. His partner in this adventure is Bonnie Rosenbloom, and they have named their store "Bonnie and Clyde". They will be selling at very fair prices, all type of original handcrafted silver jewelry for both men and women, made by either Steve or Bonnie. The shop is located at 69th Street and Coastal Highway, and will be opening the end of May. Please stop by - even just to say "hi". If you would like to talk with Steve, he can be reached at 356-4692 (Owings Mills area).

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Letter received after our First Womens Race.

March 10, 1976

Dear Mr. Rosasco:

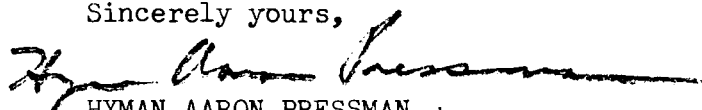
Thank you for your gracious letter.

It was my pleasure to participate in the ceremonies at the women's race. As you know, I have a sincere interest in these activities which help to build better health in mind and body.

Keep up the good work.

May you be blessed with the threefold biblical blessing, "The Lord bless thee, and keep thee; the Lord make His face to shine upon thee, and be gracious unto thee. The Lord turn His face unto thee, and give thee peace."

Sincerely yours,

  
HYMAN AARON PRESSMAN  
Comptroller

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NEWS FROM - WORLD PUBLICATIONS - MOUNTAIN VIEW, CALIF.

An amateur world record holder has asserted in a monthly runners' journal that rumbles of dissension are rapidly developing into the thunders of revolution among the distance-running members of the Amateur Athletic Union (AAU).

Hal Higdon, world record holder for the Masters (ages 40 and up) level in the 3,000-meter steeplechase event and believed to be the only runner in history to win championships on the AAU Junior, Senior and Masters levels, described in an exclusive article to "Runner's World" magazine why he is quitting the AAU after nearly 30 years of active membership as a club promoter and runner and why that organization is on the brink of internal revolution.

Higdon's charges come with about a month remaining before the start of the Olympic Trials for marathoners at Eugene, Oregon. No runner may compete in the trials without securing a membership from the AAU. The AAU is the only American organization which may certify competitors for international competition in long-distance running, track and field and numerous other sports.

In making his stand, the free-lance writer-runner from Michigan City, Ind., is not only giving up his membership but also a chance to defend his world title. His reasons for making the sacrifice include charges that AAU funds were not being spent properly, AAU bureaucratic tangles were interfering with the performances of runners and that unreasonable limitations were being imposed by the AAU on where and when athletes could compete.

Higdon's charges in the April issue of "Runner's World" are supported with endorsements from several notables in the Midwest and Rocky Mountain running circles including Jack Beasley, secretary of the Indiana Striders, Joe Arrazola, a prime mover for the establishment of road racing in the Rocky Mountains, and Garrett Tomczak and Keith Ottoson, co-editors of the "Minnesota Distance Runner" newsletter.

Higdon said that in a recent issue of the Minnesota newsletter, Tomczak and Ottoson allege the AAU is a "protection racket" where members pay the AAU for protection from the AAU "repression and coercion."

Numerous examples of alleged AAU malfunctions are cited by Higdon including the example of Ed Phillips of Los Altos, Calif. Phillips told Higdon he "had to sell my soul to get a sanction" for a race. Phillips, who has since quit the AAU, said the organization could "stick the whole mess in their collective ear."

In addition to the support from individuals, Higdon cites the secession of the Baltimore Road Runners Club and the Greater Pittsburgh Road Runners Club from the ranks of the Union as support for the "revolution." The Minnesota Distance Running Association, he said, has already "fired the first shots against Fort Sumter."

"Ironically, the radicals in the revolution against the AAU seem to be found not mainly in the young, but rather among those over 30 who the radicals of another public arena once professed you should not trust," Higdon said. "The real radicals of the anti-AAU movement are the group I once dubbed "grandfather jocks."

Bureaucratic red tape and misappropriations of funding are causing the ranks of the dissidents to swell, Higdon said. And yet, the AAU has not changed its ways, he said.

Higdon alleges the "AAU is about as likely to reform as will Mayor Richard Daley's Democratic organization in Chicago."

The Road Runners Club of America (RRCA) already is doing much of the race organizing around the country. Higdon recommends that it become the ruling unit for long-distance running, replacing the AAU in that capacity.

Although the RRCA maintains an official stand of cooperation and loose affiliation with the AAU, Higdon quotes at least one RRCA official who is less than pleased with the AAU antics.

"We runners are doing nearly everything ourselves, especially all the work associated with putting on the races. And that's where the action really is for 99 per cent of the running population. And the AAU shows, week in and week out, that it is not interested in helping us with the basic job of administering the running program. It is only interested in collecting our money and trying to make sure we follow its beloved rules. Beyond that, it doesn't care," the unidentified national RRCA official is quoted as saying.

WOMEN ON THE RUN  
By Elizabeth Sadoff

Lament To A Runner's Wife

A long distance runner  
has a lonely life  
With grief and woe aplenty  
But all of his aches and  
the sum of his strife  
Cannot compare with that  
of his wife's.

She suffers in silence  
doesn't dare to complain  
As he prepares to go out and train  
Surely the words  
of that poignant refrain  
One woman's loss is another man's gain  
Must run about in her troubled brain.

She graduated cum laude  
from the Cordon Bleu  
But all he wants is  
high carbohydrate stew  
Her art with the needle a wonder too  
His only interest,  
does the moleskin fit the shoe?  
Proust, Rembaud, familiar friends  
she once knew  
Replaced by Henderson's  
Runners World rag  
Intellectually, Oh how she grew!

And what of the children  
who ask so forlorn,  
Where's daddy gone this chilly morn?

The wind must be forty knots at least  
It's not fit out there for man or beast.

Ah, my children, will you never learn  
The story of our lives  
Daddy's gone running ---  
he'll soon return  
To join his loved ones  
where the home fires burn.

From the beginning there was a clue  
Theirs was no ordinary honeymoon  
Lying on the beach and  
sleeping till noon  
Instead crash courses  
on interval quarters  
Followed by lectures  
in Nurmi and Shorter  
Her new husband's body wracked  
by strange afflictions  
Chondromalacia, tendonitis,  
backache fictions  
Reduced his once proud gait  
to a waddle  
Is it any wonder she nips  
at the bottle?

She's found out and now  
it's too late  
That the price of success is  
often too great  
But she's resigned and  
accepted her fate---  
They also serve who sit and wait.



A LITTLE HELP GOES A LONG WAY ! ! !

## 1975 3rd ANNUAL MARYLAND MARATHON

72 men and 9 woman ran and finished the race. This is unreal to have all our members finish. If we missed anybody we are sorry.

9	Jimmy Lears	2.27:39 *	310	Alex Drabkowski	3.25:08
23	Scott Lutrey	2.36:05 *	311	Chuck Fields	3.25:19
30	Mike Hill	2.40:45 *	317	Bill Christian	3.25:48
33	Don Miller	2.41:19 *	320	George Webb	3.26:29
42	Earl Swartzendruber	2.43:37	322	Francis Chapelle	3.26:50
46	Don Marvel	2.44:11 *	329	Bill Greenough	3.27:18*
49	Charles Koester	2.44:42 *	332	Henry Freeman	3.27:25*
50	Steven Rosasco	2.44:50 *	336	Bill Fiege	3.27:41*
51	Alex Medina	2.44:52 *	341	Joe Lacetera	3.28:58*
53	Donn Layne	2.45:21 *	350	Rhody Holthaus	3.29:41*
54	Brad Mudge	2.45:26	354	Joe Shepard	3.30:14
70	Mike Ward	2.48:48	356	Jack Ward	3.30:39*
77	Walt Conrad	2.50:18 *	381	James Jenkins	3.34:36*
93	Craig Dorsh	2.53:17 *	386	George Adams	3.35:03
95	Bailey St.Clair	2.53:30	408	Gino Paciarelli	3.39:38
106	Joe Fleishman	2.54:08 *	425	James Motenson	3.44:04
116	Bobby Dryden	2.55:03	428	Bob McBrien	3.44:26
129	Park Barner	2.56:33	443	Steve Rosasco	3.48:00*
146	Larry Roberts	2.58:54 *	455	Tim Harner	3.50:33*
149	Don Wann	2.59:01 *	459	Pas Romagna	3.51:02*
161	Dick Nair	3.00:39 *	465	Ron LeClair	3.53:02*
163	Arnold Cummins	3.00:53 *	469	Louis Staman	3.54:14
179	Mel Walton	3.02:52 *	470	Bob Browning	3.54:21*
184	Al Filar	3.03:21	486	Steve Rohm	4.02:19
193	Tim Giles	3.05:11 *	498	Warren Haynie	4.10:03*
200	Bob Leatherman	3.05:57	504	Egon Kafka	4.11:24
209	Darrell Russell	3.07:55	515	Allan Lembitz	4.20:30
229	Frank Nowosielski	3.11:20 *	531	Bob Dupont	4.26:30*
230	Don Fischer	3.11:28 *	559	Ron Holcomb	5.00:51*
231	Fred Helms	3.11:32	562	Bill Jenkins	5.32:20*
233	Bill Jordon	3.12:39			
261	Hy Levasseur	3.17:28			
262	Joe Adams	3.17:29 *		Women	
265	Ben Goldstein	3.18:08 *	137	Marilyn Bevans	2.57:39
267	Dennis Suski	3.18:25	235	Marge Rosasco	3.12:56*
268	Herman Sykes	3.18:28	344	Kathy Smith	3.29:18
273	Don Heimiller	3.19:10*	394	Julie Magin	3.37:32*
274	Clarence Wilson	3.19:11*	407	Janine Paciarelli	3.39:36*
281	Walt Sherwin	3.20:00	434	Valerie Herwig	3.44:50*
282	Giles Fike	3.20:07	437	Cathy Kleeman	3.45:01*
299	Gus Jacobs	3.21:57	483	Sue Jacobs	3.58:57*
302	Carl Soderstrom	3.23:31	499	Sharon Rowland	4.10:05*

\* Personal Best

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## OTHER RACES:

HARFORD COUNTY:- Harford County R.R.C. Races:- Contact Joe Lacetera 877-0718

BALTIMORE OLYMPIC CLUB ALL COMERS MEETS:- 5 p.m. - Catonsville Community College  
Various distances - relays and field events.

Dates: April 25 - May 23 - June 6 - July 11 - 25 - August 8 - 22  
Contact Gene Williams 788-9046.



## 1976 WINTER RESULTS

December 28 - Sunday 10 a.m. - 6 & 12 miles USTAFF Open Championship - Loch Raven Dam.

34 starters and 31 finishers on a cold and damp day.

### 6 MILES

1. David Cornwell	31:44	11. Henry Freeman	37:57
2. Jeff Niner	32:57	12. Don Calder	39:14
3. Larry Blumenauer	34:56	13. Bill Lowman	39:55
4. Allan Brecher	35:04	14. Rob March	41:50
5. Gary Behrens	35:11	15. Jerry Martin	42:29
6. Bailey St. Clair	35:28	16. Ted Chernak	42:38
7. Michael McDermott	35:57	17. Bill Schwartz	42:40
8. Mark Rosasco	36:47	Herman Sykes	42:40
9. Marge Rosasco	36:53	19. Richard Schmidt	43:31
10. Marilyn Bevans	37:12	20. Reed Haynie	54:41

DNF - Steve Rosasco

### 12 MILES

1. Jeff Smith	65:31	7. Scott Lutrey	70:12
2. Charles Koester	65:49	8. Jim Harrison	73:34
3. Don Miller	67:21	9. Alex Drabkowski	83:17
4. M. Jones	67:33	10. Jim Burns	84:30
5. Tom Lowman	68:09	11. Warren Haynie	89:25
6. Steven Rosasco	68:19		

DNF - Walt Conrad, Pas Romagna

January 4 - Sunday 1 p.m. - First Annual challenge half-marathon with the District of Columbia Road Runners was a fine success and would have been better if the weather had. 73 ran the twisting hilly course, 26 from our club ran and 22 finished, so the first 22 finishers from DCRR counted in the scoring which ended up with the DCRR winning 428 to 584. Maybe next year we will have a better turnout and win the challenge.

1. Jack Mahurin	1.11:17	23. DENNIS SUSKI	1.27:04
2. WALT CONRAD	1.12:12	24. Ernie Strawn	1.27:23
3. TOM LOWMAN	1.13:32	25. BILL LOWMAN	1.28:08
4. SCOTT LUTREY	1.17:17	26. DICK NAIR	1.28:15
5. Craig Hayward	1.17:42	27. Kent Walker	1.29:10
6. Mark Baldino	1.18:36	28. MARGE ROSASCO	1.29:12
7. Bill Howard	1.18:44	29. Sandy Haley	1.29:19
8. Tony Diamond	1.19:17	30. Ellis Laitala	1.29:19
9. MIKE HILL	1.19:31	31. Allen Greenberg	1.29:49
10. Harry Danver	1.19:42	32. Gary Ceponis	1.30:06
11. LARRY BLUMENAUER	1.20:24	33. Tim Good	1.30:12
12. Mike Fleming	1.21:26	34. KEN KATZEN	1.30:21
13. Damien Howell	1.21:48	35. LES KINION	1.31:08
14. BAILEY St. CLAIR	1.21:57	36. Herb Chisolm	1.31:14
15. Chuck Johnson	1.22:23	37. Mike Rosenzweig	1.32:03
16. Kerry Baruth	1.22:40	38. HENRY FREEMAN	1.32:45
17. Bob Blakemore	1.23:44	39. DON HEIMILLER	1.33:06
18. DON WANN	1.24:55	40. TIM GILES	1.33:23
19. Larry Noel III	1.25:19	43. JOE SHEPHERD	1.35:07
20. Steve Clapp	1.25:39	46. WARREN HAYNIE	1.37:29
21. LARRY ROBERTS	1.26:12	51. BRIAN HARRIS	1.39:40
22. CLINTON BROOKS	1.26:20	52. JIM MORTENSON	1.41:22

January 11 - Sunday noon - 4-man Distance Medley Relay - Lake Montebello. Good turnout with 8 teams and good weather.

Team 1 - B.O.C.

Jim Harrison	6:55
Charles Koester	22:20
Mike Sabino	52:57
Jim Lears	98:32

Team 5 - B.R.R. (B)

Nitro	7:10
White Lightning	23:28
Braless Wonder	59:04
Steve Streak	121:38

Team 2 - B.R.R. (A)

Aron Whitcomb	7:43
Marty Nyman	23:23
Gus Loukas	53:15
Walt Conrad	101:30

Team 6 - R.A.S.A.C. (C)

Dom Corso	8:38
Mark Behrens	27:15
Gary Behrens	62:36
Fred Helms	122:49

Team 3 - P.C.C. VET.

Bill Lowman	7:03
Don Wann	23:14
Don Miller	55:01
Tom Lowman	101:52

Team 7 - R.A.S.A.C. (B)

Joe Lacetera	7:57
John Sullivan	25:10
Les Kinion	63:45
Brad Roberts	123:04

Team 4 - R.A.S.A.C. (A)

Mark Rosasco	7:01
Mike Aldrich	23:33
Ross Lushbogh	57:36
Steven Rosasco	107:39

Team 8 - B.R.R. (C)

Reed Haynie	10:23
Don Forgione	29:06
Earl Swartzendruber	63:34
Warren Haynie	128:40

January 18 - Sunday 2 p.m. - Don Heinecke's Annual Dinner Run - 12 miles - Mt. Hebron High School. Only 37 turnout for this great day that Don and his wife puts on. We are sorry that it was scheduled on Super Sunday and so many didn't show. Next year we will be more careful when we schedule the race. Come on club members lets have some good turnouts for this kind of race, we don't have many like this one and we would sure hate to lose them.

1. Mike Sabino	65:13	13. Larry Roberts	77:50
2. Walt Conrad	68:20	14. Marge Rosasco	78:42
3. Mike Bradley	71:00	15. Bill Lowman	79:55
4. Steven Rosasco	72:35	17. Mark Rosasco	81:53
5. Bailey St.Clair	72:45	21. Jim Burns	86:08
6. Mike Ward	73:16	22. Gordon English	87:55
7. Arnold Cummings	73:33	24. Joe Holland	89:05
8. Larry Noel III	74:05	25. Marilyn Bevans	89:06
9. Ken Brown	74:06	28. Warren Haynie	90:12
10. Clint Brooks	75:24	32. Jim Boone	94:31
11. Tim Good	76:39	33. Ted Chernak	95:12

January 25 - Sunday 9a.m. - 25 kilometers Falls Road Race. Small turnout on a very nice day. 16 of the 17 finished the tough course.

1. Jim Lears	1.23:25	9. Al Filar	1.48:05
2. Bob Dryden	1.28:10	10. Bill Jordan	1.51:08
3. Walt Conrad	1.28:22	11. Joe Shepherd	1.57:30
4. Charles Koester	1.30:31	12. Warren Haynie	1.59:16
5. Scott Lutrey	1.38:15	13. Jim Adams	1.59:27
6. Larry Blumenauer	1.41:56	14. Ben Goldstein	2.12:50
7. Don Wann	1.42:06	15. Jim Mortenson	2.12:57
8. Bill Lowman	1.45:37	16. Joe Holland	2.13:59

DNF - Jim Harrison

February 1 - Sunday 9 a.m. - 6-12-18 mile Loch Raven Dam races. Total of 31 ran in the three races. Weather was rainy and cold.

6 MILES

1. Mel Walton	36:00	11. Paul Buckley	42:00
2. Rick Baker	36:19	12. Ted Chernak	42:34
3. Gus Jacobs	36:58	13. Sue Jacobs	43:11
4. Bruce Golberg	37:58	14. Ed Nawroski	43:15
5. Ed Geisendaffer	38:19	15. Alex Drabkowski	44:05
6. Bill Lowman	39:07	16. Helen Alexander	48:38
7. Rick Kanitz	40:37	17. Dennis Gillispie	48:52
8. Tom Rouinski	40:58	18. Judy Arbour	51:19
9. Henry Freeman	41:17	19. Carolie Frazer	51:42
10. George Nash	41:36		

12 MILES

1. Jim Lears	64:19	3. Ben Goldstein	86:06
2. Alex Medina	85:04	4. Walt Conrad	88:33

18 MILES

1. Don Marvel	1.50:20	5. Dennis Suski	2.07:52
2. Harry Piotrowski	1.56:19	Dave Mahan	2.07:52
3. Dick Nair	2.04:17	7. Warren Haynie	2.17:20
4. Bailey St.Clair	2.05:07	8. Jim Adams	2.20:31

Did not receive any results for February 8th Winter Run 15 Kilometers.

February 15 - Sunday 11a.m. - 15th Washington Birthday Marathon-Beltsville, Md. Good day for a marathon with the Beltsville wind coming near the end of the race.

1. Bill O'Brian	N.Y.	2:26:40	68. Dave Mahan	2:55:40
2. Bernard Allen	Va.	2:27:55	85. Mel Walton	2:59:46
3. Raymond Swann	Bermuda	2:30:12	124. Harry Piotrowski	3:08:27
4. John Grabowski	Mich.	2:31:32	130. Lawrence Roberts	3:10:36
5. Brad Fawley	Ohio	2:33:09	149. Norman Lee	3:16:39
6. John Hurley	Pa.	2:33:28	157. Don Heimiller	3:18:27
7. Rory Summi	Conn.	2:34:19	162. Joe Shepherd	3:19:30
8. Mike Sabino	Md.	2:34:45	177. Tim Giles	3:25:05
9. Charles Koester	Md.	2:35:07	193. Warren Haynie(13)	3:29:40
10. Mark Stevenson	Md.	2:35:36	199. Henry Freeman	3:32:29
			223. John Ward	3:41:43
23. Scott Lutrey		2:41:53		
25. Steve Shaffer		2:42:23	Total of 406 started	
26. Chuck Johnson		2:43:02		
37. Frank Pflaging		2:47:24		
65. Park Barner		2:55:14		

February 22 - Sunday 1 p.m. - Washington's REAL Birthday 10 miler - Patterson Park. 29 starters and 26 finishers on a rainy day. Cherry Pies were enjoyed by all.

1. Scott Lutrey	55:11	10. Don Forgione	66:53	19. John Howell	72:19
2. Don Marvel	56:42	11. Bob MacKenzie	67:36	20. Graig Hartley	73:11
3. Jim Harrison	60:34	12. Don Heimiller	68:44	21. Jack Ward	73:56
4. Paul Gilmore	61:52	13. Joe Shepherd	69:04	22. Ron LeClair	76:04
5. Tim Good	62:40	14. Mel Walton	69:05	23. Bob DuPont	82:11
6. Don Wann	63:25	15. Herb Magin	69:18	Bill Vogenitz	82:11
7. Marilyn Bevans	64:20	16. Dick Nair	69:28	25. Dick Good	82:52
8. Lou Rojas	64:48	17. Alex Drabkowski	71:10	26. Gwen Good	97:33
9. Tim Giles	66:34	18. Bill Fiege	71:43		

February 28 - Saturday noon - 5th Annual Layne & Latshaw Realtors  $\frac{1}{2}$  Marathon - Lake Montebello. 67 starters and 61 finishers on a warm, windy day. Jack Mahurin broke the four year record of Mike Sabino's 68:35 by over a minute.

1. Jack Mahurin	N.C.T.C.	67:26	33. Al Filar	91:14
2. Jim Lears		69:43	34. Joe Lacetera	91:29
3. Bobby Dryden		74:59	35. Mark Behrens	91:50
4. Irv Zablocky		77:00	36. Ed Hewitt	92:57
5. Earl Swartzendruber		77:04	37. Bob Coyne	93:09
6. Chuck Johnson		78:40	38. Alex Drabkowski	93:22
7. Marty Nyman		79:09	39. Jim Harrison	94:09
8. Scott Lutrey		79:13	40. Dennis Snyder	94:46
9. Tim Good		82:52	Jim Burns	94:46
10. Chuck Blumley		82:57	42. Warren Haynie	95:05
11. Dick Nair		83:07	43. Andy Yersin	95:09
12. Mel Walton		83:51	44. Craig Hartly	97:57
13. Dave Mahan		83:57	45. Joe Huffman	98:53
14. Marilyn Bevans		84:31	46. Larry Whetzel	99:37
15. Lou Rojas		84:19	47. Les Kinion	99:38
16. Mike Aldrich		85:59	48. Bob DuPont	99:53
17. Steve Reid		86:22	49. Robert Kier	100:27
18. Harry Piotrowski		86:38	50. Martin Fuller	100:49
19. Dennis Suski		86:52	51. Jim Mortenson	102:40
20. Jack Randolph		87:02	52. Randy Dabney	102:45
21. Mark Muller		87:25	53. Bruz Jory	103:13
22. Mark Norton		87:40	54. Gene Reabe	103:40
23. Don Wann		88:10	55. Ron LeClair	105:15
24. Gus Jacobs		88:31	56. Jerry Mion	107:13
25. Tim Giles		88:42	57. Bill Vogenitz	108:40
26. George Adams		88:59	58. Valerie Herwig	109:13
27. John Wall		89:18	59. Dick Good	no time
28. Chris Canoles		89:32	60. Clark Burns	no time
29. Don Forgione		90:12	61. Dave Boyer	no time
30. Don Heimiller		90:55		
31. Herman Sykes		91:00		
Marge Rosasco		91:00		

The last 30 finishers time may be wrong due to a mix up at finish line - sorry!!

MOVE OVER MEN —

THE WOMEN ARE HERE TO STAY ! ! !



March 7 - Sunday 1 p.m. - Women's 10,000 meter race. Lake Montebello and Herring Run Park. 91 women started this race and 88 finished on sunny, windy day. Thanks to Marge for really putting this race together and getting the turnout we did. Also our thanks to Sue. ( ) means place finished over all

OPEN

1. Aileen O'Connor	(1)	37:23	9. Mary Oster	(15)	42:33
2. Marilyn Bevans	(2)	38:02	10. Christine Allison	(16)	42:54
3. Jill Haworth	(3)	38:19	11. Kathy Smith	(17)	43:30
4. Donna Gardner	(4)	38:21	12. Janette Chapman	(18)	45:06
5. Marge Rosasco	(5)	39:04	13. Jannie Cormier	(22)	46:10
6. Kathy Conroy	(6)	39:23	14. Tweet Faucett	(23)	46:11
7. Dottie Rowe	(7)	39:58	15. Sue Jacobs	(24)	46:18
8. Ronnie Kell	(10)	41:38			

15 and under

1. Hannah Rowe	(8)	41:06	19. Lisa Williams	(t-42)	49:36
2. Tracy Grant	(9)	41:34	20. Cheryl Bascomb	(t-42)	49:36
3. Davida Jackson	(t-12)	42:06	21. Cheryl McCann	(t-42)	49:36
4. Valarie Anderson	(t-12)	42:06	22. Kim Wiley	(45)	49:48
5. Maureen Conroy	(14)	42:10	23. Joyce Kingsbury	(46)	50:00
6. Marisa Wisniewski	(19)	45:20	24. Jenny Marindin	(48)	50:08
7. Teri Wilson	(20)	45:28	25. Debbie Simpson	(50)	51:29
8. Carolyn Hughes	(26)	46:28	26. Lori Kold	(55)	52:54
9. Vicky Palfi	(28)	46:55	27. Trisha Wilson	(t-56)	53:14
10. Helen Alexander	(29)	46:57	28. Amy Knodle	(t-56)	53:14
11. Virginia Forehand	(31)	47:15	29. Gwen Good	(63)	54:20
12. Vicki Anderson	(32)	47:22	30. Andrea Palermo	(64)	54:43
13. Mary Davin	(t-33)	47:30	31. Judy Wisniewski	(66)	55:29
14. Val Fisher	(t-33)	47:30	32. Darlene Wilson	(73)	58:42
15. Sue Eikenberg	(35)	47:46	33. Colleen Ward	(75)	60:58
16. Susan Hughes	(37)	48:07	34. Donna Miller	(80)	62:00
17. Maggie Caffery	(40)	48:47	35. Leslie Derus	(83)	63:22
18. Patricia Palermo	(41)	49:16	36. Louise Hartman	(t-87)	70:48

DNF - Mary Beth Evans, Karen Caldwell

16 to 29

1. Lois Stevenson	(21)	45:55	13. Arlene Rabunsky	(65)	55:25
2. Diane Godack	(25)	46:26	14. Ellen Darman	(67)	56:00
3. Erika Wiemann	(27)	46:36	15. Denise Gillispie	(68)	56:29
4. Sallie Stewart	(30)	47:05	16. Gay Plungas	(t-70)	57:18
5. Pat Sullivan	(38)	48:16	17. Lynette Anderson	(72)	57:55
6. Carolie Frazer	(49)	50:25	18. Lori Ingersoll	(74)	60:24
7. Cindy Palmer	(54)	52:46	19. Leslie Kaplan	(76)	61:56
8. Becky Reeve	(58)	53:18	20. Terry Fuller	(81)	62:05
9. Linda Coons	(t-59)	53:48	21. Sue Swedenborg	(84)	63:40
10. Fran Ingalsbe	(t-59)	53:48	22. Jennifer Ghinger	(86)	68:19
11. Kathy Rooney	(61)	54:07	23. Hollis Seidell	(t-87)	70:48
12. Moira Cameron	(62)	54:12			

30 and over

1. Sue Williams	(11)	41:41	8. Joan Weyers	(69)	56:55
2. Valerie Herwig	(36)	47:56	9. Janet Lacetera	(t-70)	57:18
3. Sharon Rowland	(39)	48:46	10. Brenda McCaughey	(t-77)	61:58
4. Darlene Jory	(47)	50:06	11. Lu Grossman	(t-77)	61:58
5. Valerie Nye	(51)	51:57	12. Kay Deitz	(t-77)	61:58
6. Ingrid Foland	(52)	52:18	13. Frances Ghinger	(82)	62:39
7. Brenda Sabino	(53)	52:39	14. Jenia Brown	(85)	64:04

DNF - Ruth Traznik

March 14 - Sunday 9 a.m. - 7-14-21 mile Loch Raven Dam races. 70 turned out for the three races on a cold and windy day. Due to the mess up in time and number taking, we are sorry if your time or place is not correct. Too many running unoffical and fouled up the works. sorry!!!

7 MILES

1. Earl Swartzendruber	40:20	15. Jerry Bosse	47:35	29. Ted Chernak	51:46
2. Jim Kennedy	41:30	16. Jerry Lynch	47:44	30. Robert Greenspun	52:23
3. Kevin Kennedy	41:53	17. Mike Aldrich	47:17	31. Bill Vogenitz	53:11
4. Dick Nair	42:10	18. Alex Drabkowski	48:07	32. John Paletar	53:13
5. Dick Dougns	42:33	19. Gus Jacobs	48:15	33. Sallie Stewart	53:15
Lave Williams	42:33	20. Chuck Fields	49:00	34. Tom Robbins	53:30
7. Chuck Brumley	43:15	Joe Adams	49:00	35. Sue Jacobs	53:50
8. Sean O'Connor	43:55	22. Jerry Mion	49:35	36. Gene Reabe	54:30
9. Larry Blumenauer	45:18	23. Warren Haynie	49:45	Clarence Wilson	54:30
10. John Roemer	46:05	Morris Curtis	49:45	38. Dan Johnson	55:20
11. Herman Sykes	46:10	25. Bob Brown	49:50	39. Pas Romagna	55:23
12. Mark Pehreny	46:40	26. Robert Kier	50:20	40. Reed Haynie	58:57
13. Jerry Groeninger	47:00	27. Dave Boyer	51:33	41. Jack Coburn	59:44
14. Jim Burns	47:25	Doug Davis	51:33	42. Bill Jenkins	63:59

14 MILES

1. Jeff Smith	81:14	9. Kathy Smith	103:40
2. Lynn Davis	90:58	10. Bob DuPont	105:59
3. Jim Harrison	91:14	11. Jim Mortenson	107:23
4. Don Wann	95:52	12. Brad Roberts	107:33
5. Frank Nowosielski	97:18	13. George Adams	107:40
6. Scott Sheppard	102:25	14. Mariyln Bevans	113:04
Gordon English	102:25	15. Alex Medina	113:17
8. Craig Hartly	103:10		

21 MILES

1. Mike Sabino	117:52	8. Dave Mahan	140:16
2. Martin Smith	125:38	9. Dennis Suski	143:56
Bernie Allen	125:38	10. Buck Greenough	151:16
Bruce Robinson	125:38	11. Ben Goldstein	152:40
Wayne Roe	125:38	12. Angle Gonzalez	154:25
6. Arnie Cummins	133:04	13. Ed Hewitt	156:59
7. Don Marvel	135:43		

March 21 - Sunday 9 a.m. - Satyr Hill 10 mile Hamburger, Coke and French Fries race. 38 started and 37 finished on a windy but beautiful day. Prizes were devoured by all. Due to a mix up at the turn-a-round point, the 10 miles ended up being 9.6. SORRY!!

1. Don Marvel	56:35	14. Chris Canoles	69:01	27. Warren Haynie	73:38
2. Jim Harrison	60:31	15. Jerry Groeninger	70:23	28. Kathy Smith	73:55
3. Mark Strychacz	61:53	16. Allan Brecker	70:38	Bill Douglas	73:55
4. Mark Muller	62:20	17. Ted Klus	70:47	30. George Spicer	74:55
5. Don Wann	64:02	18. Jerry Lynch	71:15	31. Bill Fiege	75:09
6. Don Miller	64:57	19. Alex Drabkowski	71:17	32. Clarence Wilson	78:17
7. Dick Nair	66:17	20. Steve Harper	71:26	33. Ron LeClair	78:23
Bailey StClair	66:17	21. Doug Davis	71:30	34. Ted Chernak	79:09
9. Martin Fuller	66:54	22. Mel Walton	71:50	35. John Paletar	82:37
10. Andy Yersin	67:09	23. Alex Medina	71:55	36. Robert Kier	83:40
11. Ben Goldstein	67:16	24. Bill Vogenitz	72:20	37. Dick Good	86:55
12. Marilyn Bevans	67:48	25. Tom Schule	72:46		
13. Herman Sykes	68:24	26. Bob DuPont	73:18	DNF-Kathy Good	

March 28 - Sunday 9 a.m. - Hunt Valley 20 kilometers. Boy when I said most of the club members didn't know what they were missing by not running this race, sure got a surprize when they had to run the first 6.2 miles of the race into about 20-30 mile an hour wind. We thank the 35 runners who came out (twice the size of the last three years) and hope the wind didn't scare you off. One good note was it sure felt great with the wind at the back for the last 6.2.

1. Jim Lears	68:59	19. Les Kinion	91:32
Mike Sabino	68:59	20. Alex Medina	93:13
3. Charlie Koester	71:39	21. Bob DuPont	96:42
4. Scott Lutrey	72:58	22. Bill Vogenitz	97:25
5. Don Marvel	73:00	23. Herman Sykes	99:08
6. Arnie Cummins	74:45	24. Marilyn Bevans	99:09
7. Don Miller	76:40	25. Kathy Smith	99:13
8. Steve Reid	80:18	26. Al Scanlan	100:04
9. Chuck Brumley	81:05	27. John Henderson	100:05
10. Bailey StClair	81:13	28. Mel Walton	100:23
11. Harry Piotrowski	82:10	29. John Paletar	101:48
12. Marge Rosasco	83:28	30. Steve Rosasco	104:04
13. Ben Goldstein	86:06	31. Valerie Herwig	106:21
Don Forgione	86:06	32. Cathy Kleeman	107:03
15. Bill Jordan	87:07	33. Pas Romagna	107:44
16. Ted Klus	88:28	34. Vernon Davies	137:36
17. Jerry Groeninger	90:44		
18. Alex Drabkowski	90:52	DNF - Warren Haynie	

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Results from YMCA 5 miler will appear in next newsletter

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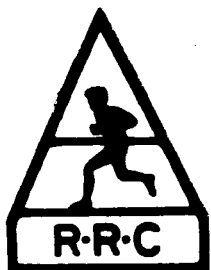
#### APPLICATION FOR MEMBERSHIP TO THE BALTIMORE ROAD RUNNERS CLUB

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Sex: Male \_\_\_\_\_  
 Female \_\_\_\_\_

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

Age \_\_\_\_\_ Club, organization, or school \_\_\_\_\_ Occupation \_\_\_\_\_

Date of Birth \_\_\_\_\_ Tele. No. \_\_\_\_\_ Renewal \_\_\_\_\_ New Member \_\_\_\_\_ Signature \_\_\_\_\_



REGULAR MEMBERSHIP.....	\$ 5.00	.....	\$ _____
FULL TIME STUDENT.....	\$ 3.00	.....	\$ _____
FAMILY MEMBERSHIP.....	\$ 9.00	.....	\$ _____
SPONSOR MEMBERSHIP.....	\$10.00	.....	\$ _____
"ANGEL" MEMBERSHIP.....	\$25.00	.....	\$ _____
R.R.C. TEE SHIRTS(s-m-l).....	\$ 3.50	.....	\$ _____
R.R.C. SHORTS(s-m-l).....	\$ 3.50	.....	\$ _____
R.R.C. PATCHES.....	\$ 1.00	.....	\$ _____
DECALS.....	\$ .25	.....	\$ _____
POSTAGE FOR TEE SHIRTS & SHORTS.	\$ .50 each.....		\$ _____

MAIL TO: LES KINION - 1363 HALSTEAD ROAD - BALTIMORE, MARYLAND 21234 - 668-3766

# MARYLAND MARATHON!

## ENTRY FORM

NO ENTRY WILL BE ACCEPTED UNLESS THIS FORM IS COMPLETED AND ENTRY FEE ATTACHED. ALL ENTRIES SHOULD BE MAILED WITH \$5.00 FEE PRIOR TO MIDNIGHT, NOVEMBER 19, 1977 to:

Mr. Joseph Holland or Mr. Les Kinion  
Maryland Marathon Commission  
P.O. Box 11394  
Baltimore, Maryland 21239  
Tel: (301) 882-5455

POST ENTRIES ARE \$10.00 AND MUST BE RECEIVED PRIOR TO 10:00 A.M. ON RACE DAY.

**PLEASE PRINT (CLEARLY)**

Full Name (No Nicknames) \_\_\_\_\_

Address (Street) \_\_\_\_\_

(City) \_\_\_\_\_ (State) \_\_\_\_\_ (Zip) \_\_\_\_\_

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

Date/Place of Birth \_\_\_\_\_ Age as of 12-4-77 \_\_\_\_\_

Club or College \_\_\_\_\_

Occupation \_\_\_\_\_

Check if member:

R.R.C.A. \_\_\_\_\_ U.S.T.A.F.F. \_\_\_\_\_ A.A.U. \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_

Enter all teams on a separate piece of paper.

Best Marathon Time \_\_\_\_\_

Major Honors Won \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_

Early Entries will be included  
in Pre-Race Journal if form  
is received by November 1, 1977

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, waive any and all rights and claims for damages I may have against the Maryland Marathon Commission, The Baltimore Road Runners Club, United States Track and Field Federation, or the City of Baltimore, Baltimore County and State of Maryland, their representatives, successors and assigns for any and all injuries suffered by me in said event. I also give permission for the free use of my name and picture in any broadcast, telecast or other account of the event. In filling out this form, I acknowledge that I am a registered or certified amateur.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

If under age 18, signature of Parent or Legal Guardian \_\_\_\_\_





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