

Baltimore Road Runners Club

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

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 fee 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 at 462-3245) and the Run For Your Life program held every Sunday 2:30 p.m. Towson YMCA (contact John Paletar at 256-1088).

Saturday Morning Run: Everyone is welcome to join the morning training run from Loch Raven Dam (lot by lower dam). 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 handled 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 does not sell E.R.G. any longer, so the savings being passed on to our members are that much better. E.R.G. comes in COMPETITION (regular), LEMONADE, and FRUIT PUNCH flavors in half-gallon and gallon packets at the following prices:

	<u>HALF-GALLON</u>	<u>GALLON</u>
1 pack	.70	\$ 1.25
3 packs	2.00	3.50
Case	8.25 (15 packs)	11.00 (10 packs)

1976 FALL SCHEDULE

EVERY Saturday Morning at 8:00 a.m. there will be a marathon training run, starting from lower dam parking lot in Loch Raven, one-third of a mile off Cromwell Bridge Rd. Run any distance from 2 miles to 22 miles.

Persons in charge of a race should have a check list to be sure they are fully prepared to handle the race.

- Know the course (can call Les or Mel).
- Line up enough help to handle the race easily.
- Have a system of recording (numbers, cards, sticks etc.).
- Have paper, pens, table etc.
- Have at least 2 watches (Les has club watch).
- Be at race at least 1 hour before.
- Have water and cups for races over 10 miles (Mel has container and cups).
- Get prizes (Les has).
- Have schedules and membership applications on hand (Les has).
- Have change on hand.
- Log all entry fees received.
- At starting line describe course and upcoming B.R.R.C. races.
- If Mel is not at race call top 10 finishers to the Sunpapers around 4:30 p.m. 332-6200. Include a brief description of the race (distance, location, sponsor etc.).
- Neatly hand print results and send along with entry fees and log to:
Mel Walton
943 Starbit Road
Towson, Maryland 21204

Remember this is your club, so let's all help out a little. If each member would help some, all the work wouldn't fall on the same 2 or 3. WE NEED MORE HELP!!! Call Les 668-3766 or Mel Walton 821-8337 and offer yours.

Sunday - September 5 - 4 man - 12 mile relay. Starting from Memorial Stadium (using the marathon course) and ending at the 12 mile mark in the "pines" 200 yds. from Morgan Mill Rd. 5 team medals will be awarded plus all the runners will be picked up on the course and after the race taken back to the stadium. Steve Rosasco 877-7074.

Monday - September 6 - 9 mile FUN run-picnic & swim party. Course will be through beautiful Pretty Boy Dam, from John Roemer's to Carl Party's home. NOT A RACE!!! Easy 8:30 pace, scenic country road with 4 hills. 50¢ entry fee for cost of hot dogs & sodas. Bring any other food you may want. Swimming in Carl's pool. John Roemer 472-4197 or Carl Party 472-4712.

Sunday - September 12 - 3rd Annual Athletes Foot 25 Kilometers (15.5 miles). Bailey
8:30 a.m. StClair 252-5903 - SEE FLYER.

Sunday - September 19 - 9 & 18 mile races from Jerry Bosse's Home. We will try the
10 a.m. Division method on these races (A-B-C). The race comes from
the country and enters Loch Raven Dam from the North, to the
dam and back for the first 9 miles, then repeats. Bring the
family and a lunch - beer & soda will be on hand. Prizes will
be awarded. From Pearce's Plantation go $\frac{1}{4}$ mile out Dulaney
Valley Rd. to first road on right, Windemere Pkwy. Take second
street on right, Glen Alpine Rd., go about 100 yds. to a right
on Siesta Garth Cr. to 7 Siesta Garth. Jerry Bosse 592-7838.

Sunday - September 26 - Baltimore Road Runners Club Eastern Regional 50 mile
7 a.m. Championship - Lake Montebello. Medallions will be awarded to
the top 10 (1 gold - 1 silver - 8 bronze) plus 50 cold bottles
of beer to the winner. From Beltway - Exit 30 (Perring Pkwy.)
south to Hillen Road (same Rd.) straight to 33rd Street, sharp
left onto lake area, $\frac{1}{4}$ mile to Pump house on left. Alex Medina
254-7578.

Sunday - October 3 - 7-14-21 mile Loch Raven Dam Races. Come on out and pick your
9 a.m. race. These three races draw one of our largest crowds each
year (72 out in 75). Road Runner Club glasses to all finishers.
Beltway Exit 29 - Cromwell Bridge Rd., east to Loch Raven Dam
Road, left at restaurant (Sander's) to lower dam's parking lot.
Bill Diegel 532-9845.

Tuesday - October 5 - Club Meeting - Loch Raven Branch County Library. Across from
7 p.m. Hillendale Movie on Taylor Ave. Refreshments at Les's Home
after meeting. Call Les Kinion if you need directions 668-3766
or Mel Walton 821-8337.

Saturday - October 9 - Hunt Valley 20 Kilometers (12.4 miles). Co-sponsored with the
9 a.m. American Heart Association in conjunction with appearance of
speaker Dr. George Sheehan (Medical Adviser of Runner's World
Magazine). SEE FLYER for luncheon. There will be 5 categories
in the race (Jr., Open, Women, 40-49, 50 and over). In each of
the 5 - 1st receives Tickets to the luncheon, 2nd and 3rd
T-Shirts. Get tickets to the luncheon early - limited seating
capacity. I-83 North (Harrisburg Expwy) to Shawar. Rd., right
to Hunt Valley Inns parking lot. Les Kinion 668-3766.

Sunday - October 10 - R.R.C. Eastern Regional Women's 10 Kilometers (6.2 miles)
10 a.m. Road Race Championship - Washington, D.C. - East Potomac Park
(golf Clubhouse) Hains Point. Any further information call
Marge Rosasco 877-7074 or Sue Jacobs 879-8862.

Saturday - October 16 - U.S.T.A.F.F. Cross Country 5 miler - 2 mile Cross Country Age
noon Group 11 and under, 12 to 14 - 2 mile Cross Country High School
1 p.m. Girls. Catonsville Community College. Awards will be Medals &
2 p.m. Ribbons. Time of races as follows: 2 mile Age Group - Noon,
5 miler - 1 p.m., 2 mile H.S. Girls - 2 p.m. Beltway Exit 13
(Frederick Ave.) west to Bloomsburg Ave. Left on Bloomsburg to
Rolling Rd., Left on Rolling to college on right. Meet at track
behind school to left. Gene Williams 788-9046.

Sunday - October 24 - 6 & 12 mile races - Constellation to Port McHenry and back.
9 a.m. Constellation Coins to first 5 in each race. Race will start
from Constellation Dock. John Roemer 472-4197.

Sunday - October 24 - Twin Bridges 36 mile race, Alexandria, Va. anyone interested
in this race and needing more information call Les Kinion
668-3766.

Saturday - October 30 - 6 mile U.S.T.A.F.F. Cross Country Race-Herring Run Park. Ribbons awarded to first 10. Directions are same as Sept. 26th noon except you turn (one mile before 33rd St.) left onto Argonne Dr. and go to first light (Harford Rd.) and make a very sharp right into Herring Run Park. Go ¼ mile and meet under bridge. Jay Dunn 467-2360.

Sunday - November 7 - 12 mile Satyr Hill Race. This will be a challenge race between the Baltimore Road Runners and R.A.S.A.C. Road Runners. 1st prize is a Desk Set with 2nd and 3rd winning Plaques, plus T-Shirts to all finishers. Beltway Exit 30 Perring Parkway North to Korvetts parking lot. Joe Lacetera 877-0718.

Saturday - November 13 - 6 mile Handicap U.S.T.A.F.F. Cross Country Race - Herring Run Park. Ribbons to top 10. Directions same as Oct. 30. Jay Dunn 467-2360.

Sunday - November 21 - 18 mile Club Championship - Lake Montebello. 3 Plaques will be given out in 5 categories (Jr., Open, Women, 40-49, 50 and over). 10 a.m. Directions same as Sept. 26th. Gus Jacobs 879-8862.

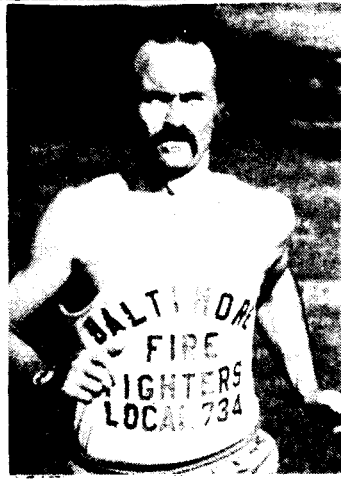
Saturday - November 27 - 6 mile Baltimore Road Runners Club & U.S.T.A.F.F. Cross Country Championship. Herring Run Park. Awards to first 3 finishers of Jr., Open, Women, and 5 man team. Directions same as October 30th. Jay Dunn 467-2360.

Sunday - December 7 - 4th Annual Maryland Marathon. (SEE FLYER) 10 a.m.



Baltimore Road Runners Club Photo—Bill Diegel.

Henry Freeman(right) seller of winning ticket, presents check to winner John Stosnider(left) with Lest(center) looking on.



LES KINION
President of the
Baltimore
Road Runners Club

From the President's Desk . . .

What a spring and summer. Starting with the 110 degrees in the sun at Boston, to the 345 starters at the Carling-National sponsored Constellation to Fort McHenry Race. Its been unbelievable, and good things are happening, with your club still growing bigger and better.

—0—

The winner for the first 50-50 was John Strosnider, and the seller of the winning ticket (No. 263) was Henry Freeman who works at the Morning Sun with John. The amount was \$380.00, half of the 760 tickets sold. The big sellers in the club were Bill Schwartz with close to 100 and Bill Jenkins not far behind. We would like to thank everyone who sold tickets for the club, and those who didn't—we will see you next year.

—0—

Well now that our races are getting bigger and better we can see one of our short comings, which is the lack of help at most of our races. Over an over this job is falling on the same 3 or 4 people. We need more help. **CALL MEL WALTON AT 821-8337 BEFORE 5 P.M. AND ALSO TUESDAY AND WEDNESDAY EVENINGS AND VOLUNTEER YOUR SERVICES!! Can't express too strongly, HELP YOUR CLUB!!!**

—0—

Are any of our members running out of town and not letting the members know the results? Don Heimiller has volunteered to put together a column for this newsletter on your out of town races. Time, place, conditions etc. call Don at 256-6280 and let him know. **You do not have to win to be included, everyone is welcome.**

—0—

Inter—Road Runners Club meets are to be included during the year. As we did in January at Columbia against the D.C.R.R.C. We will be inaugurating some more R.R.C. challenge races against such clubs as the D.C. group, R.A.S.A.C., N.Y.R.R.C., Greater Pittsburg etc

—0—

July 17, 1976 -The 2nd Fireballs -B.R.R.C. Track Championship with over 300 boys and girls between 7 and 18 years old having a good time on a perfect running day. I would like to thank the members who helped from 9 a.m. to 5:30 p.m. — John Røemer, Herb Driscoll, Tony Czepix, Thornton Daniels, John Paletar, Gerry Groninger and Jeff and Scott Lutrey. **THANKS GANG!**

—0—

July 18, 1976 -9 a.m. -1st Annual 6 mile race from Constellation Pier to Fort McHenry and back. Two days in a row of over 300 runners. This is whats happening to this club and I think we better be ready for some more races life this. We are moving and better learn as we go along, if not we will not be able to handle races like this.

Carling-National Beer sponsored this race with Trophies, Tank Shirts and Beer. I would personally like to thank Alan Lembitz and Rodger Goss for all that they have done for the B.R.R.C. Let's all, the members and their families continue to buy the fine National Products which include National Boh, National Premium, Van Lauter, Malt Duck, Red Cap Ale, Black Label, Tuborg, Carlsberg, and last but not least Colt 45 Malt Liquor.

THE PEACHTREE EXPERIENCE

by Mike Hill

In 1975, just under 1,000 people finished the July 4, 10,000 meter road race down Atlanta's famous Peachtree street. This year's promoters figured they were safe ordering 1,200 T-shirts.

They knew they were wrong before the early entries closed a week before. By the time the Bicentennial Birthday rolled around, runners were sprouting up like new buildings do in this growing town.

There probably hadn't been this many people ready to move through the streets of Atlanta since Sherman's troops marched through. And with the pace some of the stars were going to set, things could be just as scorching.

Over 2,300 gathered in a parking lot in an area of town known as Buckhead. When we lined up for the start, the six lanes of the street were jammed.

There were some names: Jeff Galloway, an Atlanta native, was running. Out at the Olympic trials, he had talked Don Kardong and Bill Rodgers into coming down. Defending champ Ed Leddy, an Irish Olympian, was also in the field.

But that wasn't what the race was all about. It was the other 2,296 folks. The majority of them weren't competitive runners. They were good Joggers. The idea of running and finishing a 6.2 mile race was a challenge to them, and they were willing to extend their daily run, up to 2 or 3 miles, to get ready for this test.

There were people talking about finishing in less than an hour, many shooting for an 8-minute pace. And the whole town was excited about it. It seemed like everybody knew somebody who was getting ready for the race down Peachtree.

The course headed downhill for the first mile and three-quarters and then made up all that altitude in a series of hills over the next four and a half miles.

The combination of the downhill start and the pursuing crowds made for a blistering pace. The leaders went by the first mile in 4:15. I could scarcely believe my ears when I heard a 4:41. That was over 10 seconds better than I had ever run a mile.

Kardong and Rodgers broke away from the pack fairly soon. Kardong led most of the way with Rodgers on his heels. The hills would climb and then go down for a short way and then climb again. Growing up in Atlanta, I had driven down Peachtree street hundreds and hundreds of times. But, somehow, I had never seen these hills before. I couldn't believe it everytime I would crest one and see yet another rising before me.

The last crest is about a quarter mile from the finish in front of a small park in the center of town, known as Five Points. Kardong had pulled away from Rodgers going down this last hill to win by two seconds in 29:14. Leddy was well back in third and Galloway fourth.

Then the stream began. It was still moving quickly when I crossed 59th in 34:27, but around 40 minutes, it began jamming up. The organizers couldn't be blamed, there was no way to anticipate such a mob and things just don't get that spread out over 10,000 meters.

Additionally, the large number of special prizes (mother-son teams, youngest finisher, etc.) meant that they needed a lot of information from each finisher. You were handed a card to fill out as you crossed the line, but things just couldn't move fast enough. People running about 8 minute miles ran only about 6 miles, walking in line for the last quarter. That was upsetting to some.

But the race was still a rousing success. It was a tremendous boost to running in Atlanta and will undoubtedly start many of those joggers on the road(s) to being runners. Over 2,000 finished.

The Peachtree Experience - continue

Our Constellation to Fort McHenry race has similar potential. With proper Publicity and encouragement of every jogger by members of the club, we can get this type of turnout. Nearly 350 showed up this year, and we were only expecting 100.

Sometimes, we tend to think too much in terms of the marathon as being the only race worthy of attention. We mustn't forget that it probably wasn't that long ago that running 6 miles seemed as hard as running 26 does today.

NOTE:- Mike would also like to join Don Heimiller in having a feature in this newsletter about how our runners do in out-of-town races, as well as news on what various club members are doing: workouts, injuries etc. Mike would also like to be put on the phone list for people to call.

Mike Hill - Home- 467-2242 - Work- 332-6433(Sunpapers)

WOMEN'S CORNER

by Sue Jacobs
879-8862

This will be a section set aside for the women of the club and the things they may be doing during the course of the year. If you are running races outside or any information which you think the girls of the club would be interested in, call Sue.

The 5th Annual Mini Marathon in New York's Central Park on May 8th this year saw a record 408 women cross the finish line. Included in this field and representing the B.R.R.C. was Marge Rosasco (6th 37:00), Marilyn Bevans (14th 38:03), and Sue Jacobs (55th 43:28). These efforts captured the 3rd place team trophy for the club. Also representing the club over the 10,000 meter course which winds through the rolling hills of Central Park, were Kathy Smith (70th 44:33), Cathy Kleeman (75th 44:43) and Sharon Rowland (47:46).

First place trophy went to 16 year-old Julie Shea of North Carolina, who turned in a record breaking performance of 35:04, bettering the old record by more than 50 sec. She was followed by Nadia Garcia (35:58), and Jackie Hansen (36:02).

- o -

Kathy Smith is headed for Kansas State University this fall hoping to be a member of their womens cross country team.

- o -

Marilyn Bevans was named the 1975 National Marathon Postal Champion. Congratulations Marilyn.

- o -

Remember October 10th - Women's Eastern Regional 10,000 meter Championship - East Potomac Park (golf clubhouse) Hains Point - Washington, D.C. (NO ENTRY FEES). October 3rd is when registration closes with NO late entries. If you did not receive an entry form with this newsletter call Sue.

COME ON LADIES LETS HEAR FROM YOU ! ! !

1976 SPRING & SUMMER RESULTS

Boston Marthon Results

The 80th running of the Boston Marthon was run in 100+ degrees, and thanks for the many friendly people along the course giving out water and using garden hoses to wet the runners down, most of the runners finished. 1942 started and 1161 finished under 3 hr. 30 min. 414 finished under 3 hr. compared to over 900 in '75.

97 Jim Lears	2.40:46	904 Brad Roberts	3.19:36
245 Bradford Mudge	2.52:11	1076 Don Heimiller	3.27:08
490 Dave Mahan	3.03:12	1083 Mel Walton	3.27:29
513 Don Marvel	3.04:19		
541 Larry Roberts	3.05:00	WOMEN	
614 Les Kinion	3.07:58	4 Marilyn Bevans	3.01:22
653 Bailey StClair	3.09:24		

The following runners finished the marathon but were over the 3 hr. 30 min. cut off.

Bob Brown, Gordon English, Don Heinecke, Alex Drabkowski, Buck Greenough, Don Wann, Herb Magin, Jack Ward, Bill Fiege, and Dave Pusey.

April 25 - Sunday 10 a.m. - The famous John Roemer's 5 mile mountain climbing race was held with 31 *@+!@* runners. The weather was cool and over-cast at 58 degrees.

1. B. Denson	32:32	17. Jim Adams	40:50
2. I. Zablocky	32:51	18. W. Haynie	41:47
3. J. Harrison	34:03	19. A. Drabkowski	41:51
4. D. Nair	34:17	20. G. Spicer	41:53
5. C. Brumley	35:48	21. A. Scanlan	44:08
6. L. Party	36:34	22. J. Burns	44:18
7. S. O'Brien	37:02	23. C. Party	45:15
8. B. StClair	37:05	24. S. Stewart	46:41
9. J. Roemer IV	37:15	25. B. Vogenitz	46:45
10. L. Roberts	37:51	26. J. Holland	46:47
11. S. Shapiro	38:16	27. M. Drabkowski	48:58
12. J. Hefner	39:03	28. T. Scanlan	51:46
13. C. Fields	39:22	29. R. Haynie	52:16
14. Joe Adams	39:48	30. K. Denson	53:58
15. D. Heimiller	40:04	31. B. Carey	61:02
16. C. Hartley	40:39		

May 2 - Sunday 2 p.m. - Mt. Vernon 3 mile minithon was held on a beauty of a day with 47 runners turning out. A few runners got lost on the 20 different turns we took, but everybody had a great time and we thank Chris Jeffrey.

1. Jim Lears	15:31	16. Sylvester Coleman	19:50	30. Skip Barthold	21:41
2. Bobby Dryden	17:50	17. Craig Hartley	19:53	31. Phil Hersh	21:44
3. Aaron Whitcomb	18:01	18. Bob DuPont	19:54	32. Roger Price	21:49
4. Bruce Richardson	18:04	19. Bill Fiege	20:01	33. Yves Alloucherie	21:50
5. Mike Hill	18:07	20. Don Fischer	20:15	34. Philip Easter	22:17
6. David Nickel	18:11	21. Tom Van Wagner	20:30	35. John Swann, III	22:30
7. Bobby Powell	18:14	22. Jerry Bosse	20:34	36. Sam Longstreet	23:02
8. Mel Walton	18:24	23. Jeff Mardy	20:35	37. Mark Rainey	23:39
9. John Roemer	18:27	24. James Wylie	21:03	38. Reed Haynie	23:43
10. Sandy Shapiro	18:31	Mark Drabkowski	21:03	Wendell Leimbach	23:43
11. John Poole	19:06	26. Tony Gamble	21:08	40. Susan Linde	25:50
12. Don Heimiller	19:12	Leroy Wangenheine	21:08	41. Julie Jeffrey	25:56
13. John Sullivan	19:39	28. Joe Holland	21:19	42. Brian Longstreet	27:12
14. Ed Crutchfield, Jr	19:47	29. Bill Vogenitz	21:22	43. Richard Cole	29:
15. Alex Drabkowski	19:48				

DNF - Lizann Longstreet, Thomas Longstreet, Anthony Jordan, Warren Haynie, III

May 23 - 5 mile Cross Country race - continue

7. Steve Kelly	31:20	18. Jim Heffner	34:47	29. Alan Jones	37:48
Bryan Denson	31:20	19. Herman Sykes	35:21	30. Ron LeClair	38:43
9. Bailey StClair	31:31	20. Craig Hartly	35:56	31. Carl Party	40:31
10. John Sullivan	31:50	21. Jerry Groeninger	36:21	32. Lance Woodward	43:34
11. Guy Leader	32:04	22. Bruce Carter	36:22	33. Mike Gladden	43:35

DNF - Ken Denson, Susan Lindy

May 29 - Meet of Miles - Catonsville Community College Track. 35 ran this yearly event under clear skies.

under 10

1. Eric Huss	(8)	6:01.7	4. Chris Palfi	(6)	7:42.0
2. Paul Palfi	(10)	6:22.9	5. Chris Marve	(8)	7:45.7
3. Richard Nair Jr.	(8)	7:15.8			

11 - 13

1. Chris Sherwin	(13)	5:09.1	5. Mark Landry	(12)	6:02.0
2. Eric Anderson	(11)	5:25.3	6. Walt Cole Jr.	(13)	6:05.2
3. Coleman Goldsbough	(13)	5:40.2	7. Vicki Palfi	(11)	6:35.7
4. Chip Landry	(13)	6:01.9			

17 - 19

1. Dave Cornwell	(19)	4:29.4	5. John Golliatti	(17)	5:07.5
2. Tom Yendall	(18)	4:30.8	6. John Holden	(17)	5:08.6
3. Bruce Goldsbough	(17)	4:51.3	7. Jannie Cormier	(17)	5:49.8
4. Doug Davis	(18)	4:57.5			

The only 14-16 was Marty Fuller (16) 5:00.5

20 - 29

1. Scott Lutrey	(22)	4:38.2	5. Jim Patton	(25)	5:46.0
2. Dwight Hood	(26)	5:10.6	6. Tom Zibron	(28)	5:50.8
3. Ed Barnhauser	(21)	5:15.0	7. Al Jones	(29)	5:50.9
4. Bill Vogenitz	(28)	5:20.0			

30 - 39

1. Wayne Vaughn	(30)	4:27.3	5. Dick Nair	(37)	4:58.4
2. Mike Sabino	(37)	4:38.7	6. Walter Cole Sr.	(37)	5:18.3
3. Charlie Koester	(31)	4:42.3	7. John Roemer	(37)	5:23.6
4. Don Marvel	(33)	4:49.9			

The only 50 and over was Bruce Burnside (53) 5:47.0

June 5 - Saturday 8:30 a.m. - Gunpowder Neck 10 miler-Edgewood. 138 finishers of 160+ runners.

1. Bill Blewett	51:47	15. Dick Nair	59:23
2. Wayne Vaughn	53:17	20. Harry Piotrowski	60:11
3. Mike Sabino	53:27	23. Tony Czepik	60:34
4. Scott Lutrey	55:20	24. Don Spicer	61:00
5. Dave Cornwell	55:56	26. Les Kinion	61:21
6. Dick Hipp	56:11	27. Clint Brooks	61:29
7. Tom Lowman	56:18	31. Ed Geisendaffer	62:08
8. Don Marvel	56:27	37. George Adams	62:54
9. Earl Swartzendruber	57:07	38. Marge Rosasco	62:54
10. Irwin Zablocky	57:25	42. Gus Jacobs	63:51
11. Jim Harrison	57:37	43. Bill Lowman	63:56
12. Mike Hill	58:00	44. Chuck Fields	64:00

continue on next page

June 5 - Gunpowder Neck 10 miler (continue)

45. Joe Adams	64:01	89. George Spicer	73:01
48. Don Forgione	64:34	90. Walter Cole	73:11
53. Randy Dabney	65:23	93. Steve Rosasco Sr.	73:25
60. Steve Rosasco Jr.	67:05	95. Jim Mortenson	73:54
61. Brad Roberts	67:06	96. Sue Jacobs	74:06
63. Don Heimiller	67:28	98. Kathy Kleeman	74:46
64. Frank Nowosielski	67:33	99. Ray Kiddy	74:59
66. Ed Hewitt	67:55	105. James Jenkins	76:39
70. Jerry Mion	68:54	109. Valerie Herwig	77:23
73. Bill Fiege	69:32	111. Bob Browning	77:52
79. Craig Hartley	70:19	124. Sharon Rowland	82:35
82. Jim Adams	70:47	126. Diane Godack	82:54
86. Joe Holland	71:44	128. Pas Romagna	83:51
88. Joe Sheppard	72:48	130. Vern Davies	84:32

June 13 - Sunday 1:30 p.m. - 6 mile Walter Korpman Memorial Run - Towson YMCA. 37 started and 35 finished on a overcast day, with temp. in the 70's. All proceeds going to the Cancer Fund.

1. Frank Pflaging	32:20	13. Mark Kotapka	38:17	25. Duffy Fogle	41:39
2. Don Marvel	33:07	14. Steve Kreseski	39:04	Marty Nyman	41:39
3. Arnie Cummings	33:33	15. Mike Cross	39:16	27. Craig Hartley	41:59
4. Don Miller	34:20	16. Charles Owens	39:36	28. Steve Rosasco Sr.	42:06
5. Brian Harris	34:25	17. John Poole	39:51	29. Debbie Pavik	43:54
6. Dick Nair	34:57	18. Bruce Carter	40:07	30. Janine Cormier	44:27
7. Jeff Chernak	35:57	19. Don Heimiller	40:23	31. Bill Vogenitz	47:47
8. Layne Party	36:49	20. Tim Harner	40:32	32. Pas Romagna	47:57
9. Bill Lowman	37:01	21. Walter Cole	40:39	33. Larry O'Neill	48:00
10. Marge Rosasco	37:05	22. Jerry Groeninger	40:52	34. Vern Davies	49:18
11. Jerry Kramer	37:38	23. Joe Holland	41:04	35. John Beares	49:25
12. Don Forgione	37:53	24. Ted Chernak	41:35		

DNF - Carl Party, Heidi Reed

June 20 - Sunday 9 a.m. - Perry Hall 10 miler. 47 started and 44 finished on a hot muggy day, with overcast sky.

1. Tom Lowman	59:10	23. Jack Randolph	73:01
2. Earl Swartzendruber	60:02	24. Rob March	73:23
3. Brian Harris	60:05	25. Joe Holland	73:33
4. Walt Conrad	60:15	26. Gus Jacobs	74:02
5. Don Marvel	60:34	27. John Roemer	74:32
6. Jim Harrison	62:50	28. Bill Fiege	75:41
7. Mike Hill	63:33	29. Ed Hewitt	75:50
8. Don Putnam	64:07	30. Jerry Groeninger	75:59
9. Don Spicer	64:32	31. Ron LeClair	76:14
10. Larry Blumenauer	65:13	32. Tom Zibron	76:39
11. Lynn Davis	65:31	33. George Spicer	77:08
12. Harry Piotrowski	65:54	34. Sharon Rowland	77:37
13. Dick Nair	66:22	35. Bill Vogenitz	79:03
14. Bill Lowman	66:25	36. Steve Rosasco Sr.	80:59
15. Jeff Chernak	66:54	37. Alex Medina	81:21
16. Paul Gilmore	67:15	Don Fischer	81:21
17. Les Kinion	67:32	39. Tom Oglesbi	81:46
18. Ed Geisendaffer	67:39	40. Geno Sullivan	87:50
19. Doug Davis	69:50	41. John Palator	88:09
20. Marge Rosasco	70:56	42. Sallie Stewart	90:15
21. Dwight Hood	71:36	43. Diane Godack	99:44
22. Frank Fitzpatrick	72:15	Vernon Davies	99:44

DNF - Mark Rosasco, Sue Jacobs, Mark Coe

All in the family.



301-296-3400

301-235-2732

Donn W. Layne
REALTOR

LAYNE & LATSHAW, INC.
114 RUXTON TOWERS, TOWSON MARYLAND 21204
RESIDENTIAL, COMMERCIAL, INVESTMENT REAL ESTATE

Specialist in
North Baltimore City
and County Properties.



MR. BUSINESSMAN
LET US HELP YOU
INCREASE YOUR BUSINESS

**LOW PRICE ADVERTISING
DIRECT TO CONSUMER**

AS LOW AS 2 1/2¢ PER HOME
Includes: Printing, Artwork, Layout & Postage

CALL US NOW 825-1990

Val - Pak BALTIMORE

305 W. Chesapeake Ave., Towson, Md. 21284

"ONLY A MINT MAKES MONEY WITHOUT ADVERTISING"

May 8 - Saturday 12 a.m. - First Baltimore Road Runners Masters Championship - 10,000 meters - Lake Montebello. 27 ran and finished on a long course (sorry). It was actually 10,000 meters +667 yds., so depending on the pace of the runner his time could change 2 mins. to 2½ mins. The following times are not corrected.

30 - 39

1. Mike Sabino	34:24	10. John Roemer	40:35
2. Jim Harrison	36:43	11. Larry Roberts	40:51
3. Arnie Cummins	37:20	12. Gus Jacobs	41:31
4. Dick Nair	38:35	13. Joe Adams	42:01
5. Jean O'Conor	39:15	Chuck Fields	42:01
6. Harry Piotrowski	39:26	15. Les Kinion	42:43
7. Dennis Suski	40:19	16. Ed Hewitt	42:45
8. Mel Walton	40:21	17. Tim Giles	42:49
9. Ed Geisendaffer	40:34	18. Jim Burns	47:35

40 - 49

1. Dick Douglas	38:42	5. Buck Greenough	43:00
2. Bob Brown	41:07	6. Don Heimiller	43:17
3. Al Filar	41:46	7. Vern Davies	57:59
4. Chris Jeffrey	42:38		

50 & over

1. Joe Holland	46:44	2. Pas Romagna	57:59
----------------	-------	----------------	-------

May 16 - Sunday 8 a.m. - 10 & 20 mile Loch Raven Dam race. 40 started and finished on a hot and humid day.

20 Miles

1. Earl Swartzendruber	2.03:08	4. Les Kinion	2.25:56
2. Don Marvel	2.07:02	Mike Hill	2.25:56
3. Harry Piotrowski	2.13:15	6. Duffy Fogle	2.52:28

10 Miles

1. Jim Lears	53:32	18. Herman Sykes	72:30
2. Frank Pflaging	56:47	19. Jack Ward	74:27
3. Mike Ward	57:39	20. Ron LeClair	74:46
4. Arnie Cummins	58:02	21. Rob March	75:15
5. Craig Dorsch	59:54	22. Bill Fiege	75:18
6. Lynn Davis	63:23	23. Jerry Mion	76:21
7. Gus Jacobs	64:17	24. Joe Holland	76:28
8. Shawn O'Brian	65:03	25. Sue Jacobs	77:31
9. Sandy Shapiro	66:14	26. Jerry Bosse	77:32
10. Frank Nowosielski	68:17	27. Bob Brown	78:51
11. Brad Roberts	68:23	28. Dennis Shepherd	81:51
12. John Roemer	70:00	Joe Shepherd	81:51
Jim Harrison	70:00	30. Don Forgione	85:00
14. Alex Drabkowski	70:23	31. Bill Vogenitz	88:55
15. Alex Medina	71:02	32. Walter Rosenstrom	90:47
16. Joe Lacetera	71:24	33. Vernon Davies	92:14
17. Jerry Groeninger	72:15	34. Janet Lacetera	101:15

May 23 - Sunday 10 a.m. - 5 mile Cross Country race from Hereford High School. 35 started and 33 finished this beautiful course. Cool, clear & a beautiful day for a race.

1. Jim Lears	26:19	12. Jeff Niner	32:18	23. Bill Fiege	36:31
2. Steve Reid	28:00	13. Doug Davis	32:53	24. Jim Burns	36:37
3. Don Marvel	29:05	14. Les Kinion	32:57	25. Ted Klus	37:03
4. Irv Zablocky	29:29	15. Dwight Hood	33:23	26. Tom Zehon	37:04
5. Layne Party	30:37	16. Don Forgione	33:33	27. Duffy Fogle	37:10
6. Dallas Hurley	31:20	17. Chris Jeffrey	34:24	28. Clarks Burns	37:33

June 27 - Sunday 9 a.m. - 4th Annual Tetrathon - 440 - 880 - 1 mile - 2 miles. Held at Parkville Sr. High track. 36 ran on just a beautiful day. We used a point system this year instead of total time. Checking the top 10 finishers, 3 would have been higher with the total time system. Next year we hope to have points by age groups.

	440 - Points	880 - Points	Mile - Points	2 Miles - P	Total
1. Jeff Smith	57.2 - 600	2:08.6 - 660	<u>4:43.0</u> - 690	<u>9:56.7</u> - 740	2690
2. Scott Lutrey	56.4 - 620	2:08.7 - 660	4:44.0 - 690	10:18.0 - 690	2660
3. Rick Gildard	56.1 - 630	<u>2:07.0</u> - 680	4:49.6 - 660	10:29.0 - 660	2630
4. Brian Harris	58.1 - 570	<u>2:08.5</u> - 660	5:06.1 - 580	10:38.4 - 640	2420
5. Tom Lowman	63.2 - 450	2:19.0 - 540	4:54.0 - 640	9:58.0 - 730	2360
6. Mark Henner	56.4 - 620	2:14.0 - 590	5:09.0 - 570	11:19.0 - 560	2340
7. Robert Hall	58.0 - 580	2:18.0 - 550	5:00.0 - 610	11:07.0 - 580	2320
8. Doug Davis	<u>53.8</u> - 700	2:18.3 - 550	5:21.6 - 510	11:42.0 - 510	2270
9. Don Miller	62.7 - 460	2:17.4 - 560	4:57.0 - 620	10:49.0 - 620	2260
10. Bruce Goldsborough	61.1 - 500	2:20.1 - 530	5:01.0 - 600	11:18.0 - 560	2190
11. Dick Nair	61.5 - 490	2:20.9 - 530	5:11.0 - 560	11:00.0 - 590	2170
12. Layne Party	59.0 - 550	2:19.0 - 540	5:17.2 - 530	11:30.0 - 530	2150
13. Martin Fuller	58.4 - 570	2:25.0 - 480	5:30.3 - 480	11:58.0 - 480	2010
14. George Smith	54.0 - 700	2:27.0 - 460	5:40.4 - 440	13:50.0 - 320	1920
15. Don Marvel	64.3 - 420	2:31.4 - 430	4:47.0 - 670	13:06.0 - 380	1900
16. Bill Lowman	66.1 - 380	2:33.0 - 410	5:23.2 - 510	11:22.0 - 550	1850
17. Bill Vogenitz	60.0 - 520	2:29.5 - 440	5:33.3 - 470	12:44.7 - 410	1840
18. Chris Jeffrey	62.2 - 470	2:33.1 - 410	5:41.7 - 440	12:28.0 - 430	1750
19. Debbie Pavik	62.1 - 470	2:31.0 - 430	5:37.9 - 450	12:59.0 - 390	1740
20. Ted Chernak	63.1 - 450	2:35.0 - 390	5:47.0 - 420	12:45.0 - 410	1670
21. Marilyn Bevans	66.3 - 380	2:34.4 - 400	5:41.9 - 440	12:27.0 - 440	1660
22. Jerry Lynch	68.9 - 320	2:39.0 - 360	5:31.0 - 470	12:09.0 - 460	1610
23. Bob Fischer	65.2 - 400	2:39.6 - 360	5:51.6 - 400	12:23.0 - 440	1600
24. Scott Shepherd(12)	63.2 - 450	2:38.0 - 370	5:45.8 - 420	13:23.0 - 350	1590
Mark Drabkowski	63.3 - 440	2:31.0 - 430	5:47.2 - 420	14:05.0 - 300	1590
26. Ron LeClair	65.3 - 400	2:39.7 - 360	5:48.7 - 410	12:54.0 - 390	1560
27. Jerry Groeniger	70.8 - 300	2:49.1 - 290	5:52.3 - 400	12:49.0 - 400	1390
28. Carl Party	61.8 - 480	2:29.8 - 440	6:15.0 - 320	- -	1240
29. Dave Williams	63.2 - 450	2:41.2 - 350	5:59.4 - 370	- -	1170
30. Sallie Stewart	66.2 - 380	2:46.0 - 310	6:04.9 - 360	- -	1050
31. Don Spicer	65.1 - 400	2:12.3 - 620	- -	- -	1020
32. Paul Robertson	78.2 - 160	2:56.7 - 240	6:24.0 - 300	14:07.0 - 290	990
33. Dan Johnson	76.0 - 200	2:58.0 - 230	6:22.7 - 300	- -	730
34. Joel Holman	56.1 - 630	- -	- -	- -	630
35. Vern Davies	83.0 - 90	4:02.9 - 50	7:31.5 - 130	15:59.0 - 170	440
36. Jean Kehl	89.4 - 10	3:20.0 - 110	7:59.0 - 80	17:00.0 - 110	310

Debbie Pavik (first Women) - Dick Nair (first over 30) - Chris Jeffrey (first over 40)

July 6 - Tuesday 7 p.m. - 5.1 Fire Trail race in Loch Raven water shed - race started from Bill Schwartz's home. 54 started and finished this beautiful but rough course.

1. Bob Cartwright	31:02	13. Jim Zucco	36:05	25. Frank Schaeffer	38:42
2. Walt Conrad	31:19	14. Dave Starnes	36:12	26. Scott Shepherd	38:47
3. Scott Lutrey	33:55	15. Bill Lowman	36:24	27. John Poole	39:01
4. Don Marvel	33:56	16. Chris Canoles	36:43	28. Don Heimiller	39:06
5. Matt Wilson	34:00	17. Steve Yeagle	36:48	29. Don Fischer	39:18
6. Jeff Chernak	34:06	18. Chuck Fields	37:11	30. Gary Behrens	39:30
7. Brad Mudge	34:11	19. Dave Wright	37:43	31. Charles Owens	39:42
8. Jim Kennedy	34:12	20. Chris Jeffrey	37:48	32. Bruce Carter	39:49
9. Brian Harris	34:17	21. Dwight Hood	38:14	33. Randy Dabney	40:11
10. Paul Gilmore	34:51	22. Richard Smith	38:19	34. Tom Zibron	40:17
11. Harry Piotrowski	35:35	23. Sean O'Brien	38:26	35. Duffy Fogle	40:19
12. Lynn Davis	35:59	24. Craig Hartley	38:31	36. Paul Kappes	40:39

(continue on next page)

July 6 - 5.1 Fire Trail race (continue)

37. Buck Greenough	40:53	43. Jerry Bosse	42:36	49. Tim Johnson	44:17
38. Bill Fiege	41:00	44. Alan Jones	43:03	50. Joe Dangleis	45:10
39. Mike Drabkowski	41:10	45. Bob Browning	43:04	51. Clarence Wilson	48:42
40. Jerry Mion	41:51	46. Tom Oglesby	43:13	52. Sue Jacobs	49:39
41. Alex Drabkowski	42:18	47. Tom Bateman	43:21	53. John Baumann	52:10
42. Walter Cole	42:26	48. Mark Drabkowski	44:00	54. Dan Johnson	53:10

July 13 - Tuesday 7 p.m. - 2 man - 10 mile relay - Parkville Sr. High track. 20 teams ran our yearly event, which has grown and grown.

1. Walt Conrad	49:11	8. Dave Starnes	54:11	15. Bill Vogenitz	58:50
Bob Cartwright		Harry Piotrowski		Lance Woodward	
2. Jack Langford	49:30	9. Doug Davis	54:30	16. Paul Kappes	60:07
Scott Lutrey		Scott Mason		Duffy Fogle	
3. Gus Lucas	50:49	10. Martin Fuller	55:18	17. Kenneth Abraham	60:21
Brian Harris		Andy Yersin		Michael Millemans	
4. Rob Heinback	51:49	11. Mark Muller	55:17	18. Alex Drabkowski	61:11
Jeff Chernak		Chris Canoles		Mark Drabkowski	
5. Gary Wright	52:08	12. Chuck Brumley	56:02	19. Jerry Groeninge	63:51
Don Marvel		John Roemer		John Paletar	
6. Don Miller	52:30	13. Les Kinion	57:12	20. Charles Owens	66:14
Bill Lowman		John Poole		Carey Martien	
7. Dennis McDougall	53:20	14. Dave Wright	58:18		
Larry Lepus		Don Heimiller			

July 17 - Saturday 9 a.m. - Fireball - Clifton Sr. High. Over 300 kids under 18 showed for a day of sprints and relays. Les and eight helpers handled all the work, which took the entire day. Also our many thanks to the Baltimore City Fire Dept. for their support through the years.

July 18 - Sunday 9 a.m. - 6 mile Constellation to Fort McHenry and back. Our many thanks to Carling-National Beer for the sponsoring of this race and the 200+ T-shirts which were given out after the race. We are very sorry to the many runners who did not receive a T-shirt. We had no hint this race would draw over 340 runners, and also that the tall ships would be in the harbor. We will be prepared next year, so please come back.

Do to the many cards not turned in and cards turned in with no name, there will be many open spaces. If your name does not appear this will be the reason. Also this may cause some times for the wrong people, and we are sorry for this.

1. Dan Drechsel	30:31	21. Don Marvel	34:15	41. Steve Vaughan	35:55
2. Tom Lowman	30:44	22. Ron Browning	34:21	42. John Sullivan	35:56
3. Mike Sabino	30:54	23. Steve Kelly	34:34	43. Doug Davis	36:23
4. Steve Mahieu	30:54	24. Ray Morrison	34:42	44. Tyrone Walker	36:23
5. Bobby Dryden	31:12	25. Kerry Baruth	34:42	45. Tim Nelson	36:27
6. Gus Loukas	31:31	26. Mike Menitt	34:45	46. Mark Hennen	36:27
7. Ricky Gildard	31:32	27. Bill Lowman	34:48	47. Craig Dorsch	36:27
8. Walt Conrad	31:37	28. Tony Czepik	34:53	48. George Adams	36:29
9. Charles Koester	31:44	29. ?	34:57	49. Dick Burrows	36:30
10. Courtland Howard	32:20	30. Larry Blumenauer	34:58	50. Scott Mason	36:33
11. Mike Hill	32:47	31. Dick Nair	35:01	51. Anthony McMurtray	36:38
12. Scott Lutrey	32:52	32. Lenny Patterson	35:07	52. Jim Harrison	36:40
13. Lt. John Welch	32:59	33. Dave Starnes	35:11	53. Don Wann	36:42
14. Earl Swartzendruber	33:04	34. Lynn Davis	35:13	54. Shannon Steele	36:43
15. Jay Romasco	33:18	35. John Hammond	35:21	55. Jim Zucco	36:47
16. Mike Sheely	33:21	36. Mike Aldich	35:28	56. Randy Howard	36:51
17. Dick Hipp	33:22	37. Marge Rosasco	35:32	57. Chris Jeffrey	36:53
18. Jim Kennedy	33:29	38. Harry Piotrowski	35:33	58. Don Forgione	36:54
19. Don Miller	33:50	39. Paul Gilmore	35:37	59. Mark Kotadica	36:58
20. Brad Mudge	34:04	40. Ed Hart	35:52	60. Mike Millemann	37:00

Constellation to Fort McHenry Race - continue



This was the start of the Constellation to Fort McHenry and back with 345 starters.

1. Alex Medina	37:04	84. Ken Katzen	37:52	107. Al Filar	39:27
2. Frank Fitzpatrick	37:09	85. Bruce Carter	38:00	108. Dave Lekites	39:28
3. Chris Canoles	37:06	86. Michael Hoffberger	38:02	109. Gordon English	39:34
4. John Roemer	37:07	87. Jerry Lynch	38:05	110. Dwight Hood	39:37
5. George Nash	37:12	88. Rob March	38:08	111. Charles Owens	39:43
6. John Dockstader	37:13	89. Marty Nyman	38:18	112. Herman Sykes	39:45
7. ?	37:16	90. John Dillon	38:20	113. Alex Drabkowski	39:46
8. Gus Jacobs	37:18	91. Tim Reeves	38:22	114. Scott Sheppard	39:47
9. Chuck Fields	37:19	92. Larry Roberts	38:24	115. Ronald LeClair	39:48
10. Jim Voshell	37:21	93. Eric Nielsen	38:24	116. Buck Greenough	39:50
11. Steve Yeagle	37:22	94. John Poole	38:28	117. Joe Holland	39:53
12. ?	37:23	95. Mark Behrens	38:34	118. Larry Lepus	39:54
13. Ed Hewitt	37:24	96. Herb Magin	38:38	119. Bill Fiege	39:55
14. Lou Rojas	37:25	97. Dennis Snyder	38:40	120. Ed Sharp	39:57
15. Ron Engle	37:25	98. Frank Schaeffer	38:43	121. Jack Beam	40:05
16. Tom Fox	37:27	99. ?	38:50	122. Scott Dempsey	40:05
17. Keith Poole	37:33	100. Layne Party	38:59	123. Morris Curtis	40:16
18. Dick Hoffman	37:33	101. Robert Brown	39:02	124. Gene Gerber	40:22
19. Harry Bratt	37:37	102. Bob James	39:10	125. Bobby Fischer	40:29
20. John Vaughan	37:40	103. Jerry Mion	39:14	126. Joe Fleischmann	40:33
21. Don Richardson	37:46	104. George Spicer	39:19	127. John Henderson	40:36
22. Jeff Bolander	37:47	105. Robert Gehring	39:21	128. Christian Eckhardt	40:37
23. Loren Kruse	37:51	106. Don Heimiller	39:26	129. Jerry Groeninger	40:38

continue on next page

Constellation to Fort McHenry Race - continue

130. Walt Washburn	40:40	189. James Boone	43:28	248. ?	48:10
131. John Howell	40:41	190. John Waterman	43:36	249. ?	48:32
132. Charles Stella	40:42	191. James Jenkins	43:42	250. John Huegelmeier	48:46
133. Chuck Chesnavage	40:43	192. ?	43:47	251. John Baumann	48:47
134. Thomas Oglesby	40:49	193. Greg Geppi	43:49	252. Pas Romagna	48:48
135. John Dorsh	40:53	194. Travov Thomas	43:49	253. Chuck Wright	48:49
136. Drew Larkin	40:55	195. ?	43:52	254. ?	48:51
137. Charles Finch	40:56	196. Sallie Stewart	43:56	255. Andy Sheppard	48:53
138. ?	40:57	197. Leroy Wangenheim	43:56	256. ?	48:55
139. Paul Buckley	40:59	198. John Eidleman	44:09	257. Tom Huegelmeier	49:00
140. Tom Zibron	40:59	199. Mark Manzione	44:10	258. ?	50:09
141. Bill Vogenitz	41:00	200. ?	44:11	259. Joseph Bierman	50:27
142. Sandy Allen	42:01	201. Dixon Hills	44:11	260. Lex Smith	50:48
143. Cathy Kleeman	41:09	202. Barry Stimmel	44:13	261. Larry O'neill	50:54
144. Bill Forehand	41:12	203. Valerie Herwig	44:18	262. Denise Gillispie	50:55
145. Duffy Fogle	41:15	204. Phil Jackman	44:19	263. Dick Berkow	51:11
146. Robert Mackenzie	41:25	205. ?	44:24	264. ?	51:26
147. Steve Beato	41:28	206. Ralph Rothwell	44:44	265. ?	51:37
148. Craig Hartley	41:31	207. John Foerster	44:48	266. Rob Goldberg	51:40
149. Bob Moss	41:32	208. David Kelly	44:49	267. Bernie Dieter	51:44
150. Charles Springer	41:33	209. Brian Iwatake	44:52	268. Mary Naugle	51:51
151. Gavin Youngquist	41:35	210. ?	44:53	269. ?	51:55
152. Chris Wood	41:42	211. Warren Seipp	44:56	270. David Kittel	52:33
153. Dale Saylor	41:42	212. Yves Allowcherie	44:58	271. Al Howarth	52:43
154. Roger Burkhart	41:43	213. Carroll Sudbrook	44:59	272. Gaylord Holmes	52:47
155. Jerry Martin	41:47	214. Janine Cormier	45:02	273. Chris Mortenson	52:48
156. Steve Rosasco sr.	41:53	215. Sharon Rowland	45:05	274. Jim Mortenson	52:48
157. Bob Downs	42:00	216. Mike Naugle	45:13	275. Bob Bratt	53:07
158. Billy Russell	42:09	217. Dave Hurdis	45:26	276. Douglas Davies	53:16
159. Bill O'Connor	42:10	218. Robert Cormier	45:43	277. Jack Dieter	53:18
160. Donald Ethington	42:11	219. Pat Cook	45:43	278. ?	53:24
161. Kevin Devine	42:15	220. Allen Gentle	45:56	279. George Trageser	53:27
162. Tim Harner	42:16	221. Thomas Day	45:57	280. Will Miner	53:29
163. Mark Rosasco	42:18	222. Joe Ryan	46:11	281. Neil Marquard	53:45
164. Jim Miller	42:19	223. Debbie Pavik	46:22	282. Bill Kalzon	54:02
165. Steve Rosasco jr.	42:21	224. Herman Blinchikoff	46:23	283. Brigid Meagher	54:02
166. Howard Shannon	42:22	225. Robin Deskin	46:24	284. Debra Sass	54:22
167. Jack Ward	42:23	226. Helen Alexander	46:27	285. C. E. Valentine	54:29
168. Ted Klus	42:25	227. Deno Kontos	46:35	286. Phil Lauine	54:33
169. ?	42:26	228. Walter Cole	46:39	287. Edward Copes	55:24
170. S. Jawks	42:27	229. ?	46:48	288. Darrel Gonano	55:40
171. Robert Buck	42:35	230. ?	46:49	289. James Redding	55:45
172. Steve Rothwell	42:41	231. Jerry Kearns	46:54	290. Charles Ferree	55:49
173. Howard Stainer	42:41	232. Dennis Beverle	47:04	291. John Larney	56:00
174. John Bashaar	42:42	233. ?	47:06	292. Brent Wolff	56:01
175. Julie Magin	42:48	234. John Witkowski	47:06	293. Patrick Russell	56:55
176. Joe Dangleis	42:50	235. Howard Heiss jr.	47:20	294. Janet Lacetera	56:56
177. Jack Brown	42:51	236. John Oneal	47:27	295. Frances Ghingher	57:59
178. Steve Klus	42:52	237. ?	47:34	296. Micki Kurt	58:00
179. ?	42:58	238. Bruce Sudbrook	47:34	297. John Kurt	58:19
180. Steve Rann	43:00	239. Tim Johnson	47:40	298. Rudolph Mannarino	58:20
181. Michael Colbert	43:01	240. ?	47:42	299. Eric Walsh	58:25
182. Steve Shimko	43:02	241. William Rosen	47:43	300. Gary Miconi	60:53
183. Robert Greenspun	43:03	242. ?	47:46	301. Mike Buchanan	60:54
184. Gary Dulon	43:22	243. ?	47:48	302. Leigh Hudson	60:58
185. Jeff Lutrey	43:22	244. Greg Koch	47:51	303. Vernon Davies	61:06
186. Todd Howard	43:25	245. Tom Vaughan	47:56	304. Wendy Foerster	61:10
187. Charles Gresham III	43:27	246. Debbie Guthridge	48:00	305. Mary Hammond	61:13
188. Charles Gresham sr.	43:27	247. Diane Godack	48:07	306. Glenn Pencllilton	61:40

continue on next page

Continuation to Fort McHenry Race - continue

Miles Murphy	61:48	311. Joe Boyle	69:07	315. Marilyn Kurt	74:00
Roger Dunn	62:41	312. Linda Wright	69:27	316. Alan Glick	74:19
Jan Zucco	62:49	313. Linda Hipp	69:27	317. ?	74:20
Audrey Pendleton	62:49	314. Kelly Stauffer	69:27	318. Danny Mortenson	97:00

I'm sorry for any missed spelled names.

7 - Tuesday 7 p.m. - 5,000 meters - 880 yd. run - 1 mile run - Brooklin Park High School. 13 ran in our first meet in this area.

880 yd.					
1. Larry Behrens	2:06	3. David Bower	2:11	5. Mike Ball	2:28
2. Doug Davis	2:10	4. Scott Mason	2:21	6. Les Kinion	2:35

7 - Thornton Daniels

1 mile					
1. Larry Behrens	4:59.5	4. Mike Ball	5:48.2	7. Les Kinion	6:55
2. Martin Fuller	4:59.9	5. Dave Mahan	5:53	8. Thornton Daniels	6:57
3. Scott Mason	5:17.5	6. Leroy Harvey	6:54		

5,000 meters					
1. Larry Dorsch	16:53	4. Andy Yersin	17:53	7. Doug Davis	18:52
2. Leroy Harvey	16:54	5. Dave Mahan	18:10	8. John Dorsch	19:43
3. Les Kinion	17:52	6. Les Kinion	18:13		

3 - Tuesday 7 p.m. - 2 man - 12 mile relay (hat drawing) Loch Raven Dam. 66 runners showed for this very interesting race.

1. Larry Blumenaur		12. Scott Woodell		23. Bill Vogenitz	
2. Cliff Clark	63:14	13. Lou Rojas	73:00	24. Andy Yersin	78:21
3. Steve Mahieu		14. Kim Doyle		25. Gary Behrens	
4. John McAlister	64:36	15. Brian Harris	74:15	26. Mark Manzione	78:55
5. Charles Messenger		16. Paul Gilmore		27. Gerald Adams	
6. Mike Jones	64:57	17. Jerry Groeninger	75:09	28. Kenny Bassett	79:45
7. Charles Koester		18. Bill Andrews		29. John Paletar	
8. Craig Dorsch	66:06	19. Mel Walton	75:25	30. Scott Belanger	80:17
9. Jeff Niner		20. Mick Curtis		31. George Nash	
10. Tom Cummins	66:09	21. Mark Muller	76:00	32. Bill O'Connor	80:28
11. Mike Hill		22. Paul Buckley		33. Rusty Reno	
12. George Bernier	68:10	23. Dwight Hood	76:08	34. Steve Brannan	81:37
13. Mike Monahan		24. Chuck Fields		35. Mark Rodriguez	
14. Chris Canoles	68:43	25. Tom Ronnski	76:37	36. Sue Jacobs	83:05
15. John Heimiller		26. Tyrone Walker		37. Arlene Rabunsky	
16. Larry Jones	70:18	27. Randy Smith	77:00	38. Mike Kearney	84:00
17. Warren Haynie		28. Bob Browning		39. Pierce Flanagan	
18. Tom Lowman	71:33	29. Bill Lowman	77:35	40. Larry Gerard	85:50
19. John Zibron		30. Cindy Soth		41. Joe Hemler	
20. George Guthridge	72:50	31. Gary Nodine	77:36	42. Chick Owens	87:36
21. Doug Davis		32. Jeff Chernak		43. Don Fischer	
22. Barnhouser	73:00	33. Debbie Guthridge	77:37	44. Dennis Gillispie	89:33

8 - Sunday 10 a.m. - 4 mile run and 400 yd. swim - Friendship International Airport Hotel. 25 runners and swimmers showed and competed in two heats on a 75 degree, rainy, overcast day.

	Total	4 miles	400 meters
1. Les Hautau	28:54	21:18 (3)	7:36 (1)
2. Steve Mahieu	29:08	20:00 (1)	9:08 (7)
3. Harrison	31:18	22:50 (4)	8:28 (2)
4. Les Brumley	32:49	24:08 (9)	8:41 (4)
5. Kotapka	33:15	24:30 (12)	8:45 (5)
6. Sullivan	33:25	24:51 (14)	8:34 (3)
7. Les Koester	33:38	21:16 (2)	12:22 (18)

continue on next page

4 mile run - 400 meter swim - continue

		Run	Swim
8. Ed Geisendaffer	33:54	24:14 (10)	9:40 (9)
9. Bill Lowman	34:26	23:18 (6)	11:08 (16)
10. Lou Rojas	34:50	24:25 (11)	10:25 (10)
11. Darryl Russell	34:54	25:56 (18)	8:58 (6)
12. Bailey StClair	34:55	25:39 (16)	9:16 (8)
13. Don Spicer	35:09	24:32 (13)	10:37 (13)
14. Frank Pflaging	35:30	22:55 (5)	12:35 (19)
15. Mike Millemann	35:50	23:46 (8)	12:04 (17)
16. Les Kinion	36:05	25:20 (15)	10:45 (15)
17. Mick Curtis	36:16	25:45 (17)	10:31 (11)
18. Jerry Bosse	37:40	27:00 (20)	10:40 (14)
19. Sallie Stewart	38:03	27:30 (21)	10:33 (12)
20. Bill Andrews	39:45	23:45 (7)	16:00 (23)
21. Tim Harner	40:08	25:57 (19)	14:11 (21)
22. Cindy Soth	42:00	28:07 (22)	13:53 (20)
23. Susan Linde	51:56	36:05 (24)	15:51 (22)
24. Jason Snyder	53:44	36:18 (25)	17:26 (24)
25. Jerry Snyder	DNF	35:05 (23)	DNF (25)

August 14-15 - Saturday-Sunday - This year brought 280 starters (the largest ever).
 With all the thunder storms and lightning we still managed to get the two days in. There was even a world record set with our own members.

6 man relay team - made up of (Parkville CC Vets) Walt Conrad, Scott Lutrey, Tom Lowman, Don Miller, Mike Jones, Mike Monahan set the 6 man world record of 259 miles 712 yds.

10 man relay team was - Just enough guys (Bethesda, Md.) 271 miles.

50 mile walk - Tom Hamilton, Arlington, Va. - 9 hrs. 51 min. 36 sec.

50 mile run - Nick Marshall, Camp Hill, Pa. - 5 hrs. 54 min. 08 sec.

Don Marvel, Easton, Md. - 6 hrs. 00 min. 23 sec.

Sean McCracken, Attleboro, Pa. - Fastest mile ave. (male)

Barbara Jones, Rosslyn, Va. - Fastest mile ave. (female)

Larry Jarner - first person to run 50 mile and 24 hour relay together.

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. _____ Signature _____

Renewal _____ New Member _____

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. TANK SHIRTS(s-m-l).....	\$ 4.50	\$ _____
R.R.C. SHORTS(s-m-l).....	\$ 3.50	\$ _____
R.R.C. PATCHES.....	\$ 1.00	\$ _____
DECALS	\$.25	\$ _____
POSTAGE FOR TEE SHIRTS & SHORTS.....	\$.50 each	\$ _____



We would like every club member to fill out the form below and mail it to Sandy Shapiro. Sandy will collect all the information we send him and we will publish it in a up coming newsletter.

Sandy Shapiro - 206 St. Dunstans Road - Baltimore, Maryland 21212

Name _____

Age _____ Occupation _____ Sedentary _____ Active _____

Training schedule-miles per week _____ Type _____

Quality _____ LSD _____ Mixed _____

Fastest time (10 miles) _____ Marathon _____

No. Days of training per week _____ Train Mornings _____ Evenings _____

Injuries - no lost time within year

Type - was injury or ailment running induced? _____

Cause if known _____

Treatment _____

Period of discc.afort _____

Injuries - time lost

Type - was injury or ailment running induced? _____

Cause if known _____

Treatment _____

Total number of days lost _____

any modifications in training both perscribed professionally or self-deduced which
ave noticably lessened injuries or ailments. Note those suggestions which have been
professionally perscribed and what type of doctor.

Make any other notes or comments and send to Sandy



**Announcing
the first shoe
made for
your knees**



\$38.99

The revolutionary new Nike LD-1000 Trainer. The first training shoe designed to improve your foot placement. Because the wider the sole, the less chance of twisting an ankle.

YOUR KNEES

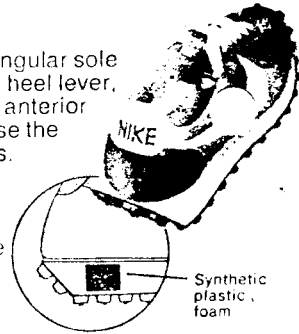
More important, Nike research and development has found that the flatter your feet touch down, the better for your knees and hips. Sideways twisting, or torquing, can cause medial lateral wear in the knee, as well as other foot, leg and hip problems. Although the LD-1000 can't solve all difficulties, it can help cut the chances of wear or injury.

MORE THAN A WIDE SOLE

But there's more to the LD-1000 Trainer than just a wide sole. It features things like pockets of closed cell synthetic plastic foam at critical points to absorb complex



kinds of shock. The new angular sole flair is designed to reduce heel lever, causing less stress on the anterior tibial muscle. And of course the other proven Nike features. Patented waffle sole to allow natural leg torque, yet absorb maximum shock. Spenco™ innersole and fitted ankle collar to prevent slippage. Tough nylon mesh upper.



STOP BY

No matter what kind of running you do, we'd like to help you train safely. Your Nike dealer will have a limited quantity of the new LD-1000 Trainer soon. So come in and try on something really revolutionary—the first training shoe made for your knees.



LUTHERVILLE
1520 York Rd.
321-7333

EASTPOINT MALL
284-7500

RANDALLSTOWN
Off 8700 Liberty Rd.
922-2733

NAC • BankAmericard • Master Charge

Baltimore Road Runners Club
1363 Halstead Road
Baltimore, Md. 21234