

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 sleet. 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 Doug Nair. Anyone interested in buying E.R.G. can call Doug at 665-7340 or pick up E.R.G. 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 COMPEL (regular), LEMONADE, and FRUIT PUNCH flavors in half-gallon and gallon packages at the following prices:

	<u>HALF-GALLON</u>	<u>GALLON</u>
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Every Saturday Morning at 8:00 a.m. there will be a marathon training run, starting from the lower dam parking lot in Loch Raven, one-third of a mile off Cromwell Bridge Road. Run any distance from 2 to 22 miles.
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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 up coming 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 lets 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.

1977 WINTER SCHEDULE

February 13th will be a 6 man relay from Washington Monument-Baltimore to Washington Monument-Frederick. Teams must be entered by February 6th.

Sunday — January 2 — 2nd Annual B.R.R.C. vs D.C.R.R.C. in a half-marathon challenge race—Columbia, Md. The cross country point system will be used. The D.C.R.R.C. won last years event 428/584. Our club only had 26 last year, compared to 47 for D.C.. I hope we can have a good turn out this year. We are trying to have the race on a different course. Trophies to both teams. Also, there will be a 2 mile Run for Your Life challenge race between the two clubs. Route 29-south to Columbia's north entrance (Little Patuxent Pkwy). Go ½ mile and bear right to Gov. Warfield Pkwy., past 1st light, 1 block-right onto Twin Rivers Rd., to next light which is Faulkner Ridge Cir. Right and quick left onto lot. Dick Hipp 730-8571 or Bob Brown 997-4693.

Sunday — January 9 — 4 man-Half Marathon relay — Lake Montebello — This year we are trying a half marathon relay instead of the Distance Medley relay. The first runner will only run $\frac{3}{4}$ of the lake with the other 3 runners running 3 laps apiece (1 mile 162 feet — 4 miles 138 feet — 4 miles 138 feet — 4 miles 138 feet). Trophies to winning team, with medals to next 2 teams. Beltway Exit 30 (Perring Pkwy.) south to Hillen Rd. (same Rd.) straight to 33rd Street, sharp left onto lake area, $\frac{1}{4}$ mile passed the pump house to start. Steve Rosasco 877-7074 — Don Forgione and Pas Romagna.

Sunday — January 16 — 4-8 mile Loch Raven Dam race. Starting at 9 mile mark (lower dam) the 4 milers will turn at the 11 mile mark and the 8 milers at the 13 mile mark. E.R.G. to all finishers. Beltway Exit 29 — Cromwell Bridge Rd., east to Loch Raven Dam Drive, left at restaurant (Sanders) to lower dam's parking lot. Dick Nair 665-7340 — Mike Hill and Mel Walton.

Sunday — January 23 — 20 Kilo Open — Start and finish at O'Donnell Pontiac. Twenty merchandise prizes (1st 10 finishers and 10 random drawings) awarded. The race is sponsored by O'Donnell Pontiac and Howard County Striders. Heated dressing area and rest rooms available, but no showers. NO ENTRY FEE! Route 29 and 40, Ellicott City, Md. (opposite Golden Triangle Shopping Center). Don Heinecke 465-2813 or Ken Denson 465-6971.

Remember to enter your team by next sunday for 6 man relay February 13th!

Sunday — January 30 — 2nd Annual Gino's 10 mile Satyr Hill run. Hamburger-Fries and a Coke certificates to all finishers. Exit 30 (Perring Parkway-north) to Korvetts parking lot. Don Heimiller 256-6280 — Jerry Bosse and Alex Medina.

Sunday — February 6 — 6-12-18 mile Loch Raven run. We will try again to give out B.R.R.C. glasses to all finishers. 3 races to pick from, so come on out. Same directions as January 16th. Bill Diegel 532-9845 — Randy Dabney, Joe Adams and Henry Freeman.

Tuesday — February 8 — B.R.R.C. meeting and Election of Officers — Loch Raven Branch County Library. Across from Hillendale Movie on Taylor Ave. Refreshments afterward. If you need more directions call Les Kinion 668-3766 or Mel Walton 821-8337.

Sunday — February 13 — 6 man relay from Washington Monument Baltimore — Washington Monument Frederick (Approximately 65 miles). Each team must provide own transportation and water refreshments. ALL teams must be pre-entered by February 6th. Call John Roemer 472-4197. NO ENTRY FEE! Plaques to first 3 teams.

Sunday — February 20 — Washington Birthday Marathon — Beltsville, Md. — for applications send to Bob Rothenberg — 13-g Ridge Rd. — Greenbelt, Md. 20770 — 1-474-6759.

Sunday — February 27 — 10 mile Cherry Pie race — Patterson Park. Cherry Pies to the first 20 finishers and 10 random drawing. Meet near bath house on Linwood Ave. side. Ed Hewitt 661-6013 — Herman Sykes.

- Saturday — March 5 — 6th Annual Layne & Latshaw half-marathon — Lake Montebello. T-shirts noon to top 33 finishers. Directions the same as January 9th Don Layne 235-2732 — Joe Holland.**
- Sunday — March 13 — 6-12 mile Patapsco State Park races. Club glasses to all finishers. Beltway 10 a.m. Exit 12-A (Route 1) south through Relay to a right turn on Ridge Rd., ½ mile to Aqueduct (railroad bridge). Dave Mahan 647-9396 — Bill Vogenitz.**
- Sunday — March 20 — 20 miles Baltimore Road Runners Club Championship — Loch Raven Dam. 9 a.m. Medallions to first 4 in each division (A-B-C-D). Remember, anybody can run, but only club members can win prizes in a club championship race. Directions same as January 16th. Gus Jacobs 879-8862 — Alex Drabkowski and Harry Piotrowski.**
- Sunday — March 27 — 5 mile Towson YMCA race and 3 mile Husband and Wife relay. Wife runs 12:30 a.m. 1 mile — Husband 2 miles. Prizes will be awarded in both races. 2 blocks west of new court house in Towson or 5 blocks west of York Road and Dulaney Valley Road. Bailey StClair 252-5903 — Marilyn Bevans and Sandy Shapiro.**
- Sunday — April 3 — Cherry Blossom Classic 10 miler — Washington, D.C. — Ellen Darman — 9 a.m. 2737 Devonshire Place N.W. — Apt. 119 — Washington, D.C. 20008 — 202-462-3245.**
- Sunday — April 10 — 2nd Annual Women's 10,000 meters — Hunt Valley Industrial Park — 1 p.m. Cockeysville, Md. Hopefully when this race is run, we will have one or more sponsors. We will have more information and applications available after the first of the year. Les Kinion 668-3766 — John Roemer 472-4197 — Steve Rosasco 877-7074 — Mel Walton 821-8337.**
- Monday — April 18 — 81st running of the Boston Marathon. A great trip to all, and also a great noon marathon. For applications write: Will Cloney — Keystone Funds — 99 High Street — Boston, Mass. 02104.**

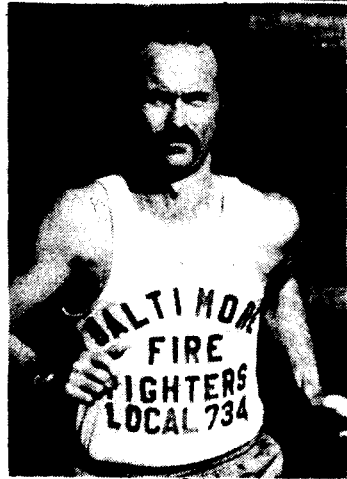


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DUES are due !!!

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LES KINION
 President of the
 Baltimore
 Road Runners Club

From the President's Desk . . .

Only a few of the over 400 members of the B.R.R.C. were with me, Joe Holland, Tim Giles, and Merle Hamerick when we organized the B.R.R.C. The first year we had under 50 members, about 20 races and 4 members that took care of all the races. Now we have over 400 members, over 40 races a year, and it takes 4 members to take care of our average race. There was no newsletter, now thanks to Mel Walton we have one of the best and professional looking newsletters in the country. This club is moving forward, and I hope the last couple of years have helped mold what we can do in the future. With the help of the members, "the members are the club", I think the B.R.R.C. has moved into the ranks of clubs like N.Y. and D.C., if not in members, certainly in enthusiasm.

On February 8, 1977 a new president will take over the reins of the B.R.R.C. For me it has been a lot of hard work, but also a lot of pleasure. I hope the new president and his/her staff a lot of luck, and to feel free to call on me for any help. Finally, I would like to thank my wife Joyce, for putting up with me, when at times I'm sure she felt I was giving more of my time to the club than to her.

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December 31, 1976 — DUES are due! — Everyone should be sending their dues in except the new members who joined up just for the Maryland Marathon. Check your membership card, it tells you when your membership expires.

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The club has branched out so we can help our members more. We first got into the E.R.G. in large amounts so we could save our members some money. Now we are on the ground level with World Publications so we can bring their magazines to you at a lower cost.

List of books available — (new or renewal — one year)

	Their Price	Our Price		Fill out order form available and mail with check to:
Runner's World	\$9.50	\$7.00	Save \$2.50	Melvyn Walton 943 Starbit Rd. Towson, Maryland 21204
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Conquering the Big Apple

By MIKE HILL

New York took advantage of the one thing that Baltimore can't offer when they staged their marathon this year—New York.

There it was, the Big Apple, East side, West side, all around the town, five boroughs worth, just waiting for runners. And they came, nearly 2,000 on October 24, a cloudy, rainy day perfect for running.

It was one of those ideas that seemed like a pipe dream until somebody took it seriously and began turning it into reality. New York city is a city with a large representation of every minority group, including runners. It towers over the east coast, and the country, in almost every field—the arts, music, business and commerce.

But its marathon, born in 1970, had never risen to such heights. Boston was, of course, the class of that field, but even a young upstart like Maryland had outdrawn the New York version.

The problem is the same problem that New York's runners face—where do you run it? The answer was the same one that most runners end up with—Central Park.

Now Central Park is one of the great monuments of urban greenery, but five laps is a little much for marathoners. You can imagine what getting 100 miles a week in could do to your mind.

But where else could you go in this city of asphalt and taxi-cabs? The answer was everywhere. The idea was to run the marathon through all five boroughs of the city. It seemed impossible when suggested, but it came off without a hitch.

It didn't exactly go through all five boroughs, but it did at least touch them. The start was the point where we got to check off Staten Island.

At least five Baltimore Road Runners were among the 1800 or so that lined up on the south side of the Verrazano Narrows bridge. Ed Hewitt doesn't like any bridges and wasn't all that happy about starting out over that two mile long span.

But he did just fine, not looking down, looking up at the helicopters that surrounded us. It was a great feeling, the entire top level of the bridge, just for runners, two miles of it, our goal of Manhattan peeking through the mist in the distance.

Then it was through Brooklyn. There must be something about running that brings out only the best. Some were concerned that the rowdiness that New York fans had demonstrated in the World Series the week before might be evident in the marathon crowds.

But it was only smiling faces and encouragement as we ran down fourth avenue in Brooklyn. Block after block of three or four story buildings, apartments on top, a store on the street level, and crowds all around, even a Lutheran church minister and choir that stepped out of a Sunday service for some inspiration.

Les Kinion got his thrill running through the old Brooklyn neighborhood, pointing out his alma mater junior high, and hoping that there would be someone in the crowd that would remember him. There wasn't.

A somewhat unpleasant industrial area by the Brooklyn waterfront took us to Queens. The crowds were sparse in this warehouse area, though it was inspiring to run by the Schaefer brewery.

We just touched the corner of Queens and turned to head for the 59th street bridge. It was getting around 15 miles now and a lot of people were taking the advice of the song that bridge named—"Slow down, you're moving too fast..."

That was especially true if you looked down and noticed the East river flowing under the metal mesh that provided uncertain footing over the couple miles of the bridge.

But on the other side was the real Big Apple—Manhattan. The crowds were really out here as we circled around under the bridge and headed through a few city neighborhoods.

Then it was onto the footpath along the East River drive. The busy road separated us from pedestrians and made the very tough miles between 17 and 20 a lonely stretch along a dirty waterfront.

At 20, we were on the Willis avenue bridge, going over to touch the Bronx and head back. It was single file along here, as two lanes of runners heading in opposite directions shared the sidewalk.

21 miles was just as you left the bridge and then it was a few miles through Spanish Harlem where kids were holding out there hands for you to slap as you ran by. One old lady stood on the corner as said "All you people are wonderful."

The last few miles were in Central Park. It looked a lot better than it would have after four laps. Instead it was now the haven of greenery that it always has been to New Yorkers.

Les and I finished together around 2.56. Ed followed in 3.04. Alex Medina ran about a 3.15 and Alex Drabkowsky came in at 3.29.

The buildings tower around the park and the taxis soon reclaimed the streets. But for a few hours, the Big Apple had been ours.



RESULTS OF OUT-OF-TOWN RACES

By DON HEIMILLER

256-6280

October 2 — 2nd Annual Johnstown Marathon — 159 started, 109 finished, 58 degrees and overcast, slightly humid. Winning time 1:29. Dick Nair ran 3.04 with no loading and finished in a stadium with spectators applauding each finisher. Imagine Dick's surprise when a girl runs up to him as he finishes and puts a ribbon with a medallion around his neck. They did this for EVERYONE!

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October 9 — Fort Monroe, Va. — 10,000 — 5,000 — 2 miles — with 150 running in the 10,000, Lenny Patterson finished 20th 35.10, and Henry Freeman 45th 42.13. In the 5,000 — 70 ran with Lenny finishing 8th 17.22 and Henry 13th 19.20. The 2 miles had 55 runners — Henry 11th 11.30 and his son Harry(8) 52nd 20.13.

(continue on next page)

Out-of-Town-Races—continue

October 10 — Super Sunday Marathon, Phila., Pa. 52 degrees, sunny. 318 starters, 191 finishers. Times — Frank Pflaging 2.48, Les Kinion 2.59, John Wall 3.18, and Alex Drabkowski 3.21. Winning time was 2.23.

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October 16 — Skylon Marathon, Buffalo, N.Y. — Times — John Palatar 4.01 (congratulations on your first marathon), Don Heinicke 3.24, Jack Ward 3.16, Gordon English 3.31.

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October 23 — My attempt at 100 kms met with miles of mud and then disaster — the trail disappeared into the Potomac next to a high bluff. We quit at 50 kms. This was a AAU 50 km Championship race on Fri., Sat. or Sun., 1st or 2nd half of each 100 km leg, take your choice. If it's held again next year, it'll be a great place to get a fast 50 km time. Park Barner ran the entire 300 km C & O Canal, Washington, D.C. to Cumberland in just under 37 hrs. running with a 4 hr. break.

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October 24 — New York Marathon — Joe Holland's 3.24 and Doug Drabkowski's 3.40 were left out of Mike's story for Baltimore finishers.

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October 31 — 4th Annual National Pike 26 mile run — Frederick, Md. — John Wall 2nd 3.35, and Don Heimiller 3rd 3.37. Cool and cloudy weather for this tough course over South Mountain and Braddock Hgths.

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November 7 — Approx 1,220 started the Marine Res. Marathon on a beautiful day, flat, fast course with a small portion on a gravel path. Plenty of gatoraide and water to about 20 miles, but poor cx points after 16. Also, good directions at every turn, no traffic problems, although winner Kenny Moore was allowed to run off course once. Gatoraide at finish ran out after 3½ hours and the chicken broth was not popular. Parking was a real problem with just 2 shuttle buses to Pentagon and drivers unconcerned. Patches, key chains, certificates, and T-shirts awarded all. Times — H. Piotrowski 2.52, D. Heimiller 3.06, M. Sniegowski and B. Greenough 3.12, C. Hartley 3.17 and J. Kiehl 3.58 (congratulations to Jean on his first marathon).

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November 7 — Harrisburg Marathon — 350 ran with the winning time of 2.22 by Jeff Bradley of Reding, Pa. Marge Rosasco was the first woman finisher and 93rd over all, in 3.08, Gus Jacobs 102nd 3.12, and Sue Jacobs 202nd 3.45.

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Great Bonnie Bell Run-In — Cleveland, Ohio — 1,500 ran a 7.8 mile course with Frank Shorter winning (no time available). Bruce and Darlene Jory finished somewhere in the top one-third. They said it was a great day with the crowds and bands all along the course.

Don't forget to call in your results with as much info as possible to me (Don Heimiller) at 666-6539 or 256-6280.

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DUES are due !!!

DUES are due !!!

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WOMEN'S CORNER

By SUE JACOBS
879-8862

September 5 — Kipona Riverfront 10,000 meter run — Harrisburg, Pa. Marge Rosasco was the 1st woman finisher (27th overall) with a time of 38.17. 147 ran in the race.

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October 2 — Third International Womans Marathon Championship — Germany. Marilyn Bevans was 16th in a time of 3.10. There were 60 starters and the U.S.A. teams finished 1st and 2nd. The winner was Christa Vahlensieck 2.42, 2nd was Kim Merritt 2.45, and 3rd was Gayle Barron 2.47.

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October 10 — Road Runners Club Eastern Regional Womans 10,000 meter road race — Washington, D.C. 112 starters with the Baltimore Road Runners Club team coming in 2nd. The team members were Marge Rosasco 5th 36.59, Sue Jacobs 16th 41.49, and Robin Stryker 27th 42.58. Other women who competed for the club were Sallie Stewart 18th 42.04, Sharon Rowland 32nd 45.57, and Jean Nair 92nd 56.43. Also, Marilyn Bevans who was running for her club "The Baltimore Suns" finished 8th in 38.32. Julie Shea of Raleigh, N.C. set a American Womans Road Runner record in a time of 34.51.

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October 31 — Valley Forge, Pa. — 3.1 Cross Country race — Marilyn Bevans 4th 18.57, and Robin Stryker 9th 21.43.

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Sue has had to do all the work so far. Come on girls, call Sue and let her know when you run those races. We don't care where the race was, or how far back you finished, all are welcome. — 879-8862.

DUES are due !!!

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Athlete's Foot race—continue

17. Mel Walton (52)	1.53.53	32. Garland Ray Green (82)	2.11.54	7. Alex Drabkowski (49)	1.53.09
18. Dave Mahan (54)	1.54.43	33. Ron LeClair (84)	2.14.32	8. Louis Staman (59)	1.58.05
19. Herman Sykes Jr. (55)	1.55.00	34. John Hasler (89)	2.22.44	9. Buck Greenough (61)	1.59.17
20. Bill Schwartz (57)	1.55.34	35. Charles Woodbury (92)	2.27.32	10. Bill Law (70)	2.03.51
21. Larry Roberts (58)	1.55.35			11. Steve Rosasco (71)	2.04.05
22. Maurice Flynn (62)	1.59.41			12. Ted Chernak (72)	2.05.41
23. Jim Mortenson (63)	1.59.59			13. Jack Ward (74)	2.06.31
24. Bill Reeder (64)	2.00.22			14. Charles Springer (80)	2.10.48
25. Art StMartin (65)	2.00.27			15. Allan Lembitz (93)	2.27.36
26. Joe Lacetera (66)	2.01.28			16. Vernon Davies (95)	2.30.46
27. Russell Tyldesley (67)	2.01.40			17. George Trageser (96)	2.34.48
28. Bob O'Connor (73)	2.05.53				
29. Frederick Barron (76)	2.07.20				
30. Donald Harrington (77)	2.07.47				
31. Ward Coe III (78)	2.09.53				

40-49	
1. Frank Pflaging (13)	1.33.43
2. Les Kinion (28)	1.43.14
3. Bill Jackson (31)	1.46.31
4. Al Filar (33)	1.47.06
5. Don Heimiller (41)	1.51.06
6. Ed Rinehart (48)	1.53.04

50 and Over	
1. Gordon English (53)	1.54.20
2. Joe Holland (56)	1.55.21
D.N.F. Don Heinicke	

September 19 — Sunday 10 a.m. — Jerry Bosse's 9 and 18 miles. Here in 2 weeks I'm saying the same thing, what a job someone did, this time its Jerry. 86 ran the 2 races under a division method of A-B-C. We did not really get into this method, but for those who are interested, the final results are in the divisions you signed up in. The number in the () is your over all finish in the 9 or 18. Our many thanks to Jerry and Linda for the use of their home and grounds, and the many prizes that Jerry had for everyone. Aquality effort appreciated.

9 miles					
(A)					
1. Mark Johnson (1)	49.15	12. Jim Burns (23)	61.20	Bob Glickstein (31)	63.21
2. Marty Nyman (2)	50.45	13. Joe Adams (24)	61.25	5. Bill Fiege (33)	63.22
3. Jim Kennedy (3)	51.20	14. Jerry Martin (25)	61.26	6. Ted Chernak (38)	64.36
4. Brad Mudge (4)	53.44	15. Craig Hartley (26)	61.47	7. Sue Jacobs (39)	64.37
5. Bob Alworth (5)	55.00	16. Bob Fischer (27)	61.50	8. Lance Woodward (41)	65.15
6. Scott Mason (6)	55.55	17. Russ Tyldesley (28)	62.22	9. Dave Symmonds (44)	67.15
7. Tom Donnals (7)	56.06	18. Don Forgione (30)	62.40	10. Gene O'Reabe (49)	70.38
8. Chris Canoles (9)	56.36	19. Jerry Groeninge (34)	63.42	11. Mike Haire (50)	71.20
9. Marilyn Bevans (18)	60.33	20. Dan Berlowitz (35)	63.50	12. Herman Blinichkoff (51)	71.52
10. Les Kinion (19)	61.00	21. Tim Whitecomb (36)	64.00	13. Sharon Rowland (53)	72.08
(B)		22. Tim Harner (37)	64.05	14. John Hasler (54)	72.20
1. Tom Kepple (8)	56.15	23. Randall Safier (40)	64.45	15. Jerry Kerns (55)	72.45
2. Randy Dabney (10)	58.20	24. Milt Sniegowski (42)	65.31	16. Phillip Easter (56)	73.00
Mel Walton (10)	58.20	25. Tom Van Wagner (43)	66.59	17. Allan Lembitz (59)	73.57
4. Max Ots (12)	59.15	26. Doug Markland (45)	67.28	18. Pas Romagna (60)	74.02
5. Dick Hoffman (13)	59.21	27. Warren Haynie (46)	68.00	19. Bob Freeze (61)	76.20
6. Herman Sykes Jr. (14)	59.43	28. Spike Shannon (47)	69.26	20. Cathy Kleeman (62)	78.14
7. Tom Mella (15)	59.52	29. Brian Rowland (48)	69.32	21. Judy Hasler (63)	79.26
8. Darrell Russell (16)	60.00	30. Walter Cole (52)	72.05		
9. Rob March (17)	60.25	31. Robin Stryker (57)	73.14		
10. John Roemer (19)	61.00	32. Charles Woodbury (58)	73.18		
11. Tony Nesar (22)	61.12				
(C)					
		1. Gus Jacobs (21)	61.10		
		2. Jerry Mion (29)	62.24		
		3. Michael Parsons (31)	63.21		

5. Harry Piotrowski (5)	1.56.34
6. Chuck Fields (10)	2.04.42
7. Steve Yeagle (11)	2.04.54
8. Joe Lacetera (17)	2.19.17
D.N.F.	
Jim Harrison stopped at 9 miles with 58.00	
(B)	
1. Dave Mahan (6)	1.56.53
2. Bailey StClair (7)	1.59.45
3. Don Wann (8)	2.00.00
4. Dennis Suski (9)	2.02.14
5. Al Filar (12)	2.07.48
6. Bob Letherman (13)	2.10.16
7. Don Helmiller (14)	2.13.04
8. Rich Schmidt (15)	2.13.50
9. Don Fischer (16)	2.15.55
10. Ted Klus (18)	2.20.08
11. George Spicer (19)	2.23.33
12. Alex Drabkowski (20)	2.25.03
13. Steve Klus (21)	2.25.20
14. Dwight Hood (22)	2.29.59
No entries in the (C) class.	

September 26 — Sunday 7 a.m. — B.R.R.C. Eastern Regional 50 mile Championship — Lake Montebello. 10 started with 6 finishing. Mike Hill set a club record in finishing with 6 hr. 14 min. 30 sec., 20.40 ahead of the 2nd place finisher. One note I would like to make is that Park Barner from Harrisburg, Pa. (who is one of the best, if not the best multi-marathon runners in the country) ran from Harrisburg to Baltimore on the day before the 50 miler. Some kind of runner to run 120 plus miles in less than 2 days.

	3 1/2	6 1/2	9 1/2	12 1/4	15 1/4	18	21	23 3/4	26 3/4	29 3/4	32 1/2	35 1/2	38 1/4	41 1/4	44	47	50
1. Mike Hill	26.30	47.00	1.07.30	1.27.35	1.47.10	2.06.50	2.27.00	2.46.50	3.06.45	3.27.25	3.49.30	4.10.15	4.32.15	4.55.40	5.19.30	5.45.00	6.14.30
2. Bob Harper	27.00	47.45	1.08.20	1.28.00	1.47.25	2.06.50	2.27.00	2.46.50	3.06.45	3.27.15	3.48.15	4.10.35	4.36.25	5.04.15	5.34.35	5.59.30	6.35.10
3. Tom Osler	28.20	49.55	1.11.15	1.32.40	1.54.25	2.16.15	2.38.20	3.01.10	3.25.25	3.49.10	4.15.45	4.39.55	5.08.15	5.34.45	6.01.00	6.28.20	6.57.30
4. Park Barner	30.10	53.45	1.18.25	1.43.25	2.08.15	2.32.40	2.58.00	3.24.20	3.48.45	4.14.20	4.39.10	5.04.45	5.30.10	5.54.40	6.19.50	6.44.45	7.07.40
5. Harry Richards	34.30	57.50	1.23.30	1.49.50	2.15.00	2.40.40	3.07.10	3.34.20	4.01.40	4.30.05	4.59.45	5.30.05	5.57.15	6.27.35	6.58.15	7.29.35	7.58.10
6. Elvio Levri	31.35	57.15	1.24.00	1.53.30	2.21.30	2.52.00	3.27.30	4.04.20	4.36.25	5.02.15	5.36.10	6.11.26	6.50.35	7.27.15	7.59.40	8.27.31	8.57.10
7. Mike Sabino	30.00	52.35	1.15.45	1.38.05	2.00.00	2.21.40	2.42.40	3.03.24	3.25.01	3.47.20	4.08.25	4.30.45	4.56.05	5.23.30			
8. Alan Sommerville	26.30	47.45	1.08.20	1.32.40	1.54.25	2.16.15	2.37.50	3.01.15	3.23.05	3.45.10	4.06.20	4.28.20					
9. Don Heimiller	30.00	53.25	1.16.15	1.38.50	2.01.15	2.23.35	2.47.20	3.12.10	3.38.10	4.07.25	4.38.00	5.18.30					
10. Les Kinion	26.30	47.00	1.07.30	1.27.35	1.47.10	2.06.50	2.27.00	2.47.40	3.09.20								

DUES are due !!!

October 3 — Sunday 9 a.m. — 7-14-21 mile races — Loch Raven Dam — Still one of our biggest drawing cards. 78 finishing out of 85 runners on a rainy, humid morning. We were sorry about the club glasses but the order didn't come in, and we are still waiting on them!

7 miles								
1. Marty Nyman	39.07	22. Jerry Mikulski	52.07	13. Jerry Martin	1.41.16	4. Bailey StClair	2.16.40	
2. Tom Bolan	41.01	23. Joe Currie	52.48	14. Tom Caskey	1.44.11	5. Chuck Fields	2.17.07	
3. Ed Geisendaffer	42.47	Mike Wilsman	52.48	15. Bob Glickstein	1.44.23	6. Bob Sermier	2.17.29	
4. Richard Bolan	43.16	25. Brad Roberts	53.46	Michael Parsons	1.44.23	7. Ed Hewitt	2.27.49	
5. Mel Walton	43.31	26. Andy Sheppard(10)	58.01	17. Wm. Fornoff	1.45.34	8. Alex Medina	2.29.28	
6. Darrell Russell	43.50	27. Jim Bourke	63.12	18. Tom Kepple	1.46.21	Don Marvel	2.29.28	
7. Bob Holchkiss	44.46	28. Bill Jenkins	66.10	19. David Symmonds	1.46.31	10. Joe Lacetera	2.32.59	
8. Paul Resignato	44.50	29. Janet Lacetera	70.13	21. Jim Mortenson	1.47.01	11. Joe Adams	2.34.06	
9. Scott Sheppard(13)	45.15			22. Jerry Groeninger	1.47.06	12. Buck Greenough	2.34.12	
10. Herman Sykes Jr.	45.30	14 miles			23. Richard Osborne	1.47.07	13. Sandy Shapiro	2.35.48
11. Joe Fleischmann	45.42	1. Mark Johnson	1.20.30	24. Al Scanlon	1.50.16	14. Marge Rosasco	2.37.36	
12. Frank Horstman	45.51	2. Scott Lutrey	1.24.52	John Henderson	1.50.16	15. Dennis Snyder	2.38.29	
13. Doug Davis	46.16	3. Bill Caldwell	1.26.22	26. Don Harrington	1.53.16	16. Don Fischer	2.42.05	
14. Frank Nowosielski	46.19	4. Jim Kennedy	1.28.28	Milt Sniegowski	1.53.16	17. Tim Whitcombe	2.44.31	
15. Chris Legg	47.22	5. Bob Alworth	1.28.28	28. Alan Tapper	1.59.44	18. Gene O'Reabe	2.50.16	
16. Jerry Mion	48.10	6. David Starnes	1.29.14	29. Allan Lembitz	2.00.23	19. Ted Klus	3.10.49	
17. Steve Reid	48.26	7. Dwight Hood	1.33.56	30. Vernon Davies	2.04.48			
18. Gus Jacobs	48.40	8. Don Heimiller	1.38.31					
19. Sue Jacobs	49.30	9. Rob March	1.39.07	D.N.F.				
20. Robin Stryker	50.22	10. Roger Burrow	1.39.48	Tom Melia				
21. Ron LeClair	50.47	11. Bill O'Connor	1.40.12	21 miles				
		12. Jim Hefner	1.40.43	1. Mike Sabino	2.01.29	D.N.F.		
				2. Steve Mahieu	2.07.04	Jim Burns		
				3. Harry Piotrowski	2.15.07	Thomas Dannals		
						Bob Browning		
						Tony Nesper		
						Steve Yeagle		
						Don Wann		



The start of the 20 kilometer Hunt Valley race. Dan Rincon 3rd from left from Delaware Sports Club was the eventual winner.



DR. GEORGE SHEEHAN
... runners best friend

October 9 — Saturday 9 a.m. — Hunt Valley 20 kilometers race in conjunction with Dr. George Sheehan speaking at a luncheon for the Heart Association. With about 40 m.p.h. winds and heavy, heavy rain, 26 ran and finished the 12.4 mile course. My hat is off to all who ran, and Dr. George Sheehan for his great speech and film.

1. Dan Rincon	1.06.21	14. George Spicer	1.29.55
2. Jim Lears	1.07.52	15. Herman Sykes Jr.	1.30.20
3. Bruce Robinson	1.10.15	16. Jim Heffner	1.30.57
4. Phil Stewart	1.10.15	17. Jerry Lynch	1.32.43
5. Scott Lutrey	1.19.21	18. Joe Fleishmann	1.32.55
6. Mike Hill	1.19.34	19. Herb Magin	1.33.10
7. Don Marvel	1.22.03	20. Al Scanton	1.33.50
8. John Roemer	1.23.00	21. Walter Cole	1.34.04
9. Bailey StClair	1.23.17	22. Ted Klus	1.34.14
10. Richard Bolan	1.24.09	23. Bill O'Connor	1.35.05
11. Chris Jeffrey	1.26.27	24. Bob Fischer	1.35.48
12. Dwight Hood	1.26.50	25. Mike Millsman	1.42.45
13. Sandy Shapiro	1.29.25	26. Ralph Rothwell	1.48.32

October 10 — Sunday noon — Women's 10,000 meters Championship in Washington, D.C. — Results are in the Women's Corner.

October 16 — Saturday noon — U.S.T.A.F.F. Cross Country 5 miler and 1.85 miles for age group (children) — Catonsville Community College. Scott Sheppard won the 1.85 mile race in 10.06 after finishing the 5 miles in 33.24. Two great races for a boy only 13. Jim Lears won the 5 miles in 26.07.

5 miles		1.85 miles	
1. Jim Lears	26.07	1. Scott Sheppard(13)	10.06
2. Dave Goucher	27.30	2. Dan Garkink(9)	11.12
3. Jack Kavanaugh	27.43	3. Bill Scardina(13)	11.23
4. Bob Weinreich	28.23	4. Vince Scardina(13)	11.24
5. Steve Kelly	28.38	5. Danny Sheppard(10)	11.53
6. John Malone	28.49	6. Andy Sheppard(10)	12.08
7. Mike Merritt	28.55	7. Darin Farina(11)	12.23
8. Brian Harris	29.24	8. Richie Nair(8)	13.24
9. Milt Hines	29.30	9. Chris Mortenson(8)	13.52
10. Craig Dorsch	29.49	10. Doug Nair(10)	14.06
11. Bob French	30.27	11. Harry Freeman(8)	14.24
12. Jack Chisley	30.59	12. Darcy Nair(10)	14.33
13. Doug Davis	31.45	13. Danny Mortenson(9)	14.45
14. Lenny Patterson	32.13		
15. Dan Coe Field	32.50		
16. Scott Sheppard	33.24		
17. Henry Freeman	33.33		
18. Bob Leatherman	33.47		
19. Warren Haynie	33.55		
20. Rick Smith	34.16		
21. Mark Reedy	34.37		
22. Walter Cole	34.50		
23. Jim Mortenson	36.01		

October 24 — Sunday 9 a.m. — 6 and 12 mile Constellation to Fort McHenry and back. 96 ran in the 2 races and John Roemer had his hands full again with hardly any help. You will see that some names are missing, and this is because some people couldn't take time out to sign their card, and turn it in.

6 miles		12 miles	
1. Jim Cheever	30.25	1. Jim Lears	61.35
2. Tom Dudley	30.40	2. Charlie Koester	61.46
3. Steve Reid	30.44	3. Mike Sabino	62.29
4. Frank Pflaging	30.47	4. Chuck Wright	66.20
5. Scott Whitney	31.52	5. Jim Kennedy	66.20
6. Jeff Niner	32.00	6. Scott Lutrey	67.56
7. Randy Scanlon	33.05	7. Bill Caldwell	68.51
8. Scott Belanger	33.09	8. Steve Yeagle	69.07
9. Tyrone Walker	33.23	9. Bob Alworth	69.47
10. Dan Holloway	33.36	10. Don Marvel	69.57
11. —	33.56		
12. Tom Skillman	34.25		
13. —	34.32		
14. —	34.35		
15. —	34.39		
16. Chris Legg	34.44		
17. Harry Bratt	34.52		
18. Don Forgione	34.53		
19. Gary Behrens	36.01		
20. Russell Wolf	36.15		
21. Tim Harner	36.24		
22. Richard Benicewicz	36.33		
23. Richard Osborne	36.41		
24. Gavin Youngquist	36.46		
25. Warren Haynie	37.07		
26. Herman Sykes Jr.	37.24		
27. Paul Riekenberg	38.17		
28. Frank Schaeffer	38.19		
29. Dana Allen	38.22		
30. Chip Edwards	38.24		
31. Lee Phelps	38.30		
32. Jim Zucco	38.31		
33. Ted Chernak	38.36		
34. Ben Goldstein	38.36		
35. Tom Dillon	39.00		
36. Phil Kirby	39.37		
37. Steve Rosasco Sr	40.04		
38. Brad Roberts	40.40		
39. Bob Bratt	40.42		
40. Bill Fiege	40.45		
41. Luke Sader	40.58		
42. Phil Jackman	41.35		
43. Carroll Sudbrook	41.35		
44. Bob Annen	41.47		
45. Robin Stryker	41.49		
46. Warren Seipp	43.00		
47. Mike Dore	43.04		
48. Glenn Pendleton	43.54		
49. John Hasler	43.58		
50. Leigh Hudson	45.02		
51. Pas Romagna	45.58		
52. Reggie Griffin	47.02		
Leroy Wagenheim	47.02		
54. Robert Fabian	48.01		
55. Judy Hasler	49.39		
56. Bill Jenkins	50.52		
57. Nancy Breede	51.23		
58. Jan Zucco	51.24		
59. Audrey Pendleton	51.24		
60. Richie Nair	54.09		
Jean Nair	54.09		
11. Don Wann	71.24		
12. Tom Mella	73.58		
13. Dwight Hood	74.25		
14. Tom Skillman	74.56		
15. Jim Young	75.24		
16. Ed Geisendaffer	75.51		
17. Marge Rosasco	76.21		
18. Dennis Snyder	76.39		
19. Don Fischer	76.56		
20. George Spicer	77.56		
21. Charles Owens	78.35		
22. Ted Klus	78.45		
23. Dick Hoffman	79.22		
24. Larry Kurlandsky	79.45		
25. Roger Burrow	80.04		
26. Jean Kiehl	80.27		
27. Walter Cole	80.47		
28. Rob March	81.07		
29. Henry Freeman	81.28		
30. James Mortenson	81.54		
31. Jerry Groeninger	85.15		
32. Mike Wilsman	85.52		
33. Ron LeClair	86.55		
Gene Reabe	86.55		
35. Vern Davies	99.45		

October 30 — Saturday noon — 6 mile U.S.T.A.F.F. Cross Country race — Herring Run. 16 ran on a dry and fast course with Gus-Loukas setting a record in 30.49.

1. Gus Loukas	30.49	6. Scott Lutrey	34.41	9. Jack Watts	39.08	13. Ward Coe	41.30
2. Charles Koester	32.16	6. Earl Swartzendruber	34.59	Bob Leatherman	39.08	14. John Dorsch	44.06
3. Dave Goucher	32.30	7. Rich Bolan	38.11	11. Jerry Lynch	40.14	15. Mark Drabkowski	46.19
4. Marty Nyman	34.04	8. Doug Davis	39.06	12. Dwight Hood	40.49	16. Bob Annon	46.21

The 12 mile Satyr Hill — 6 mile U.S.T.A.F.F. Handicap — 18 mile B.R.R.C. Championship — 6 mile U.S.T.A.F.F. Championship and the 4th Annual Maryland Marathon results will appear in our spring & summer newsletter. We had to cut early to get this newsletter out before the Maryland Marathon.

DUES are due!!

— 15 —

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 _____



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FAMILY MEMBERSHIP.....	\$ 9.00	\$ _____
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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	\$ _____

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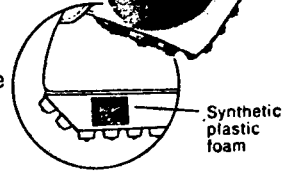
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