

**1977**  
**SPRING and SUMMER**



**NEWSLETTER**

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# Baltimore Road Runners Club

Route 1, Box 246 Evna

PRESIDENT JOHN ROEMER  
Parkton, Maryland 21120

(301) 472-4197

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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 fee to RRC members. Annual dues are — \$9 family, \$5 regular, \$3 for full-time students. Members are sent schedules, newsletters with results of all our races, 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 John Roemer at 472-4197.

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).

E.R.G.: The Club's E.R.G. sales are handled by Dick Nair. Anyone interested in buying E.R.G. can call Dick at 665-7340 or pick up some at most 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 1 gallon packets at the following prices:

	HALF-GALLON	GALLON
1 pack	\$ .70	\$ 1.25
3 packs	2.00	3.50
Case	8.75 (15 packs)	11.00 (10 packs)

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 John 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 (John 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 (John has).
- Have schedules and membership applications on hand (John 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 HELP!!! Call John 472-4197 or Mel Walton 821-8337 and offer yours.

## Are your Dues payed for the year?

### 1977 SPRING AND SUMMER SCHEDULE

Sunday — April 24 — 3rd Annual John Roemer's family picnic on the farm. This year John has taken the race off the grass and put it on the roads (or at least he calls them roads), and the race will be 8 miles instead of 5. \$1 entry fee or \$2 per family to help cover the beer and sodas. This year we won't have any prizes, just a nice family get together. 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  $\frac{3}{4}$  of a mile to farm on left with RRC sign on fence. John and Mary Roemer 472-4197.

- Sunday — May 1 — 11 a.m. — Annual Meet of Miles — Loch Raven Sr. High School Track. Medals to top 3 in each age group (0-10, 11-13, 14-16, 17-19, 20-30, 31-40, 41-50, 51 and over). Beltway Exit 29 (Cromwell Bridge Rd.) east ¼ mile to parking lot. Track is on lowest field. Dick Nair 665-7340, Jerry Groeninger, Pas Romagna.**
- Sunday — May 8 — 9 a.m. — 10,000 & 20,000 meters — Loch Raven Dam. Club glasses to all finishers. Beltway Exit 29 (Cromwell Bridge Rd.) east to Loch Raven Dam road, left at restaurant (Sander's) to parking lot area. Steve Rosasco 877-7074, Ed Giesendaffer.**
- Saturday — May 14 — 9 a.m. — 2nd Annual Minithon — 3 mile race on the downtown streets of Mt. Vernon. This years race has been straighten out so as not to take so many turns. The course will be police protected from traffic. Sponsored by Mt. Vernon — Belvedere Improvement Association and the University of Baltimore. T-Shirts to all finishers plus Age Group Awards. \$1 entry fee. Meet at St. Paul St. and Monument St. in the park. Chris Jeffrey 685-5142.**
- Sunday — May 22 — 9 a.m. — 6 mile Constellation to Fort McHenry and back. T-Shirts to first 400 finishers. \$2 entry fee. Race starts at Constellation Pier — Inner Harbor. Les Kinion 668-3766.**
- Sunday — May 29 — 10 a.m. — 5 mile Cross Country — Hereford High School. Gator Ade to all finishers. Same directions as April 24 but you turn right from I-83 onto Mt. Carmel Road, half mile to stop sign at York Rd. Turn left, one mile to school on right. John Roemer 472-4197.**
- Saturday — June 4 — 10 a.m. — 5 mile — Catonsville Community College — 25¢ entry fee — no prizes. Beltway Exit 13 (Frederick Ave.) west to Bloomsburg Ave. Left on Bloomsburg to Rolling Rd., left on Rolling Rd. to college on right. Meet near track behind college to left. Don Forgione 433-7289.**
- Sunday — June 5 — 9 a.m. — 5th Annual Tetrathon — 440-880-Mile-2 Miles. Parkville Sr. High School Track. The point system will be used to try to make it more interesting. Gift certificates will be given out to first place over all — first two under 19, over 20, 30, 40, 50 and women. Beltway Exit 31 (Harford Rd.) south to first light (Putty Hill Rd.) right on Putty Hill to track, ½ mile on left. Don Wann 882-9590, Jerry Martin 823-8267, Dwight Hood 730-3035.**
- Saturday — June 11 — 9 a.m. — 10,000 meters — European Style Cross Country Invitational Team Championship — Herring Run Park. Each team must have 5 men and 1 woman — entry fee \$2.50 per person. Trophy to winning team and plaques to each member of first 3 teams — T-Shirts to all finishers. Beltway Exit 30 (Perring Pkwy.) south to Hillen Rd. (same Rd.) straight to Argonne Drive (Northwood Shopping Center), left on Argonne to first light (Harford Rd.) and make a very sharp right into Herring Run Park. Go ¼ mile and meet under bridge. Don Forgione 433-7389.**
- Sunday — June 12 — 11 a.m. — 4 mile fun run and 8 mile Mason-Dixon Challenge Race. The Baltimore Road Runners and the York R.R. are having this challenge for the first time. \$1 entry fee to help cover some of picnic cost — bring lunch. Race will be run just over Pa. line, but our club members will meet John Roe-**

mer at 9:30 a.m. at the 1st National Bank (Mt. Carmel Rd. and I-83 — Exit 27). Directions same as April 24. John Roemer 472-4197.

- Monday — June 13 — 7 p.m.** — Club meeting — Loch Raven Branch County Library. Across from Hillendale Movie on Taylor Ave. Refreshments afterward. Heniz Wiegand will have a slide and talk show covering his coast to coast run, which I hear is very interesting. If you need more directions call John Roemer 472-4197.
- Sunday — June 19 — 10 a.m.** — 6 and 12 mile Patapsco State Park Race. Club glasses to all finishers. This is our 2nd race on this course and I hope our directions are better this time. From Beltway take I-95 south to Rt. 1 Exit (Rt. 166) south to Rt. 1, right to light (Levering Rd. — Gulf station on corner). Take Levering Rd. to the right and go to parking area under bridge. Jack Ward 796-3023, Joe Fleishmann.
- Sunday — June 26 — 2 p.m.** — 26 Kilometer (about 16 miles) sponsored by Howard County Times and Howard County Striders. They are celebrating the Columbia's 10th Anniversary with this Metric Marathon, racing between the new city of Columbia and the county seat of Ellicott City. Awards in age groups and women. Meet at Columbia Mall, Columbia, Md. Don Heinecke 465-2813, Rick Belz 465-3333.
- Tuesday — July 5 — 7 p.m.** — 2 man — 10 mile relay — Parkville Sr. High School Track. entry fees \$1.00 per team. Gino's Certificates to top 10 teams and 3 random. Directions same as June 5th. Gus Jacobs 879-8862, Harry Piotrowski.
- Saturday — July 9 — 8:30 a.m.** — Edgewood Area Aberdeen Proving Grounds 10 miler — Sponsored by Edgewood Youth Activity Carnival. \$2.00 entry fee before July 1 — \$3.00 post entry fee. T-shirts all finishers — Merchandise awards — Age Group Awards. For more information contact Janet Lacetera. 877-0718.
- Sunday — July 17 — 10 a.m.** — 3rd Annual 5.1 Fire Trail Race — From Bill Schwartz's home. \$1.00 entry fee. Race runs on the fire trails of Loch Raven Dam. Beer and Refreshments for all. Beltway Exit 29 (Cromwell Bridge Rd.) east on Cromwell to stop sign. left on Glen Arm Rd. to a left on Manor Rd. (about ½ mile). Go about 1 mile to Bill's driveway on left (11644) Brown mail box. Bill Schwartz 661-6586, Mel Walton 821-8337, Bailey St.Clair 252-5903.
- Sunday — July 24 — 11 a.m.** — 2nd Annual 9 mile fun run — picnic — swimming. We had a great time last year running from John Roemer's to Carl Party's through Pretty Boy Dam. Hopefully this year will be a little warmer in July than we had in September last year. \$1.00 per person or \$2.00 per family to help cover some of the food cost and drinks. Meet at John Roemer's — same directions as April 24th. John Roemer 472-4197.
- Tuesday — July 26 — 7 p.m.** — 4 mile Ocean City Run. T-Shirts to top 12 finishers and 12 random. Race will be run on the beach near the ocean. Meet 52nd and Ocean Highway (on ocean side). Look for RRC sign near the Cra-Shel apartments. Lots of parking in area. \$1.00 entry fee. Bailey St.Clair 252-5903.

Tuesday — August 2 — 10,000 meters — Lake Montebello — 50¢ entry fee — no prizes. Beer afterwards at Alex Medina's home. Beltway Exit 30 (Perring Parkway) south to Hillen Rd. (same road). Straight to 33rd street, sharp left into lake area — ¼ mile to pump house on left. Alex Medina 254-7578, Sandy Shapiro 532-7130.

Saturday — August 6 — 24 Hour Runner's World Eastern Championship Relay — Plus 50 mile run. 50 milers start at 7 p.m. on Saturday and must bring someone to count laps. For any other information and directions call Les Kinion 668-3766 (race will be held at Fort Meade, Maryland).

Tuesday — August 9 — 3 man — 12 mile (hat drawing) relay. 9 mile mark Loch Raven Dam (Lower Dam). This years event will be run a little different, using 3 on a team instead of 2, and there will be on each team — 1 under 19, 1 over 20, 1 over 30. Prizes will be awarded. Club members free — non-members 50¢. Directions same as May 8th. Mel Walton 821-8337, Bill Diegel 532-9845, Randy Dabney.

Tuesday — August 16 — 1 Hour Track Run — Loch Raven Sr. High School Track — Cromwell Bridge Rd. and the Beltway (Exit 29). Track is behind school on lowest field. It's been 2 years since we have done this, so come on out and see how far you can run in one hour (if you can bring someone to count laps for you it would be a great help). Medals to first 10 finishers — 25¢ entry fees. Scott Lutrey 284-6673, Tom & Bill Lowman.

Sunday — August 21 — 2nd Annual Swim—Run. 3 mile run and a ¼ mile swim. Details are not finished as of this newsletter printing. We will get details out when we get them. John Roemer 472-4197, Les Kinion 668-3766.

Sunday — August 28 — 5—10—20 mile Ken Denson's Family day. A great day is had by everyone at Ken's, which is sponsored by The Howard County Striders. Try to come out and end the summer schedule with a great family picnic. Bring a lunch and the refreshments will be on hand. The last 2 years we have had over 100 at the three races. \$1.00 entry fee. Beltway Exit 15 (Rt. 40) West. Go out 40 for about 8 to 9 miles to Turf Valley Rd., right on Turf Valley to last house on right. 20 milers have to sign up 8:15 to 8:55, race goes at 9 sharp. 10 milers sign up 9:05 to 9:25, race goes at 9:30, 5 milers sign up 9:05 to 9:30, race (European Style Cross Country) goes at 9:40. Ken Denson 465-6971.



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**JOHN ROEMER**  
President of the  
Baltimore  
Road Runners Club

## *From the President's Desk . . .*

Some random notes, while waiting for warm weather to bring on the club's serious business-picnics (of which there are 4 in the spring/summer schedule):

The BRRC's races are for everybody, not just the speedy (or I wouldn't be here). If you don't want to run hard, our races can be pleasant training runs and social occasions, and race timers stay on the courses until the last persons have finished. Join us each week, whether you're a four or twelve minute miler, and bring your friends with you.

— 0 —

Have you bought a pair of shoes and found after one or two runs that they're the wrong size? If you'd like to sell them, let me know the make, model, size and asking price and we'll advertise them in the newsletter and at races. We'll do the same for used stop watches and equipment bags.

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Any BRRC member who has a pet course on which he'd like to sponsor a race should contact us. We can take care of the prizes (unless you're rich or can talk local merchants into supporting the race) or even go without prizes, if you'll be responsible for marking the course and/or getting people to work the turns and finish line.

We'll also let people know about your no-race, fun-run courses, if you're looking for company on your runs.

If you've got a good training course downtown or near suburban motels, send us a clear map with the total mileage marked on it and we'll make copies of it for out-of-towners who come to the area on business and want to escape for a run. The maps can be placed with the Baltimore Promotion Council and in local hotels and made available through Runner's World.

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**Quickie Shoe Review** (additions and dissents are welcome):

**ROAD RACING—Tiger Jayhawks** (gold nylon, blue stripes): 9 oz. per shoe in size 11. The toe is wider and more comfortable than in earlier models. Good heel counter. Hard heel strike—heel is two-piece, without the desirable shock-absorbing soft wedge many shoes now have. \$24.95 list.

**Nike Sting** (brown suede in front, green nylon in back, white stripe): 9 oz. in size 11. Spacious, soft upper around toe; almost no heel counter; widest heel flare of all racing models; three-piece heel for shock absorption. Expensive, but many will find it the best road-racing shoe. One drawback—the arch support is located too far under the foot and may not be tolerable for a number of runners. \$33.95 list.

**Tiger Obhori** (blue nylon, yellow stripes): 9 oz. in size 11. Thin, flexible sole; narrow heel; good heel counter; upper very tight across widest part of foot. I couldn't find any size wide enough for my normal width foot. May be better for indoor track than for roads. \$27.95 list.

**TRAINING—Brooks Villanova II** (blue nylon upper, orange stripe): 14½ oxs. in size 11. The Villanova II is a quantum leap forward for Brooks, whose earlier models were stiff, uncomfortable and poorly made. Excellent heel counter, three piece shock-absorbing heel, very wide heel flare (in the latest models the heel is as wide as that of the Nike LD1000). Available in three widths. Weak points—a bit stiff and boxy; some complaints about sole wear. Mine are still in good shape after 700 miles, thanks to judicious application of Shoe Goo. Uppers wear better than others I've had and have not sagged to the side. Fewer knee problems since buying them, but unaccustomed heel strain. \$19.90 list—the best buy in running shoes.

(continue on next page)



**New Balance 320** (blue nylon upper, blue suede stripes; white stripes on latest model): 12½ oz. in size 11. Heel counter proper size but a bit soft; three-piece, shock-absorbing, wide-flared heel. Available in all widths. Uppers very soft. The most comfortable, lightest-feeling training shoe. Very cushiony, transmits little road shock. Some complaints about uppers separating from sole, but New Balance will make good on the shoes. Also a few complaints about shoe warping over to the inside or outside. For most people, the NB 320 well merits its number one ranking by Runner's World. \$26.95 list.

**Nike Waffle Trainer** (blue or red nylon upper, yellow or white stripe); 11½ oz. in size 11. Adequate heel counter, three piece shock-absorbing heel, wide heel flare, good toe space. Waffle tips provide substantial cushioning but wear down quickly; grip well on dirt and grass. Sole is very stiff and unbending. Best shoe for combination training and racing. People who don't wear it criticize its unique design; wearers love it. \$28.95 list.

**HOW  
MANY  
COLD  
WINTER  
RUNS  
DID  
YOU  
MISS ?**



**Bailey St.Clair (left) and Dick Nair (right) on their daily Saturday morning work-out in the pines of Loch Raven Reservoir.**

Photo—Bill Diegel

## **WOMEN'S CORNER**

By SUE JACOBS  
879-8862

November 21 — Club member Barbara Brumley recently ran her first longer race. She ran the hilly, windy Millersville, Pa. turkey Trot 10 miler in 97.45. This was the first time she has ever run 10 miles. On November 28 she ran a six miler at Springettsbury Park, Pa. in 56.00. CONGRATULATIONS!!!

— 0 —

January 30 — Maryland RRCA 10 Kilo State Championship—Mt. Aetna, Md. 65 starters ran an out and hack course on a windy and cold Sunday. The terrain was rolling, no major hills with trees shielding 90% of the wind. First women—Marge Rosasco 37.56, Second Marilyn Bevans 39.30. Sue Jacobs 44.48 and Janet Lacetera 58.43.

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February 20 — Beltsville Marathon — Sue Jacobs 3.32.19

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March 6 — Athletic Box Half Marathon—Sandy Spring, Md. 350 starters—out and back, very hilly course. Marge Rosasco 4th woman 89.15

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UPCOMING EVENTS:— Mini Marathon—Central Park, New York City—June 4th—12:00 p.m. — 6.2 miles. T-Shirts to all entrants and medals to all finishers.

National A.A.U. Woman's 10,000 Championship—September -?-Central Park, New York City.

Letter received from a fellow member:

Dear Les,

I'm finally getting around to joining up. I've been running one or two BRRC races a season for the last couple years and I know how enjoyable it is. Lately, I haven't been able to cut it on the track so I'm going to run more road races. Thanks for the opportunities your club has presented so far. I hope to see you and other runners that I already know at future races.

See you then,  
Jeff Niner

\*\*\*\*\*

An open letter to the BRRC

Dear Les,

The Md./DC USTAFF cross-country race season has concluded and I can only express my disappointment. The three races prior to the championships drew as few as 6 and a maximum of 15 competitors. The championships (2 races) drew only 39 runners. There were no entrants in the women's race.

The lack of support is evident and one wonders why. The championship race is perfectly timed for Maryland Marathon competitors to get in some speed work prior to the 26 miler. I should have thought a field of 75 in the cross-country championship would be the minimum expected.

Inasmuch as there seems to be such limited interest in cross-country, I abdicate further meet director responsibilities in this area and, concurrently, resign as USTAFF Director. This last action is a result of changes in my personal circumstances and in no way reflects on the cross-country season situation just outlined.

Your in sport,  
Jay Dunn

\*\*\*\*\*

## Last words from Les:

Boy, February 8, 1977 will be a day in my life that I won't soon forget. I would like to thank everyone who helped plan and work on my retirement party. Especially the wives who decorated the hall, baked the cakes and prepared the food that was enjoyed by everyone. There was plenty for all.

The plaque that was given to my wife, Joyce, was great. I think her getting that plaque thanking her for putting up with the Baltimore Road Runners Club 24 hours a day for the last 5 years was as nice to me, as receiving my own from the club. I alone really know how much she has really put up with. I've thanked her before and I would like to once again. Thanks for everything Joyce and I love you.

I also would like to thank everyone who came to the party and everyone who contributed their hard earned dollars to make the affair possible. To those who could not attend, all contributions were put together from which the rental of the hall, cost of the beer and sodas, plaques, and my Microma Stop Digital Watch with a check for the remainder of the money. The wives all got together and brought the food. It's really great to have so many people I can call—friend.

— 0 —

At the meeting before the party, the 1977-78 slate of officers were nominated and elected by those present.

President — John Roemer  
Vice-President — Steve Rosasco  
Treasurer — Alex Medina  
Secretary — Mary Roemer

I think these people will do a great job for the club and keep it moving in the right direction. Good luck.

Also at the meeting a milestone was achieved when Bailey StClair introduced a resolution to send the president or his appointee to the Road Runners Club of America's National Convention held this year in St. Louis on February 26. As John could not attend, he appointed me as the B.R.R.C. representative. At the meeting I was also doing my job as Secretary of the R.R.C.A. Some of the important things that were passed at the convention was the purging of our constitution about reference to the A.A.U. No longer will the R.R.C.A. sit in the background and let the A.A.U. sanction races and then sign up members for \$3, 3.50, 4, or \$5.00

(continue on next page)

and not see them again until the following year at the same race and/or put up a sign saying you have to join the A.A.U. or you can't run in the race. These are some of the things that have been happening here and in other areas of the country. These things have to stop.

In the next issue of Footnotes everything that took place at the convention will be published. At this time all members names and addresses are being checked to make sure they are receiving their issue of Footnotes. If you are not, contact the new secretary and she will make sure you are put on the list. The list of officers for 1977-1978 are, President-Jeff Darman, Eastern Vice-President-Chuck Leshner, Treasurer-Marge Rosasco, Secretary-Les Kinion. I think I've said enough for now. Except — Thanks to everyone one more time.

Les

.....  
Just a few cards and letters that came in for Les's retirement party of thanks and appreciation.

From JOYCE — Thanks for filling the car, the living room, the dining room, and the basement with newsletters, prizes, race results, applications and beer, and a chance to see the U.S. next to a man in a sweat suit.

From MEL — Thanks for the opportunity to have a second full-time job converting the world's simplest sport into a computerized, measured, calibrated, charted, financed science.

From PAT WALTON — A \$50,000 law suit for alienation of affections by keeping her husband away from home.

From SUE JACOBS — An offer of \$50,000 bonus for keeping her husband away from home.

From MARGE ROSASCO — Thanks for the opportunity to run around on her husband every weekend — and to become Runners Worlds first center fold.

From STEVE ROSASCO — For the opportunity of having 75% of the family become top runners.

From JOE ADAMS — For arranging for him to trade 30 pounds of stomach for 30 pounds of tee shirts.

From MARY ROEMER — For those moments together in the sunrise of Loch Raven — at the finish line in a howling wind holding a GD stopwatch.

From NATIONAL BEER — For convincing Baltimore that hops are a health food and boosting National Boh sales past Gatorade among local athletes.

From LANCE of ATHLETES FOOT — Thanks for all those R.R.C. checks for size 9 running shoes.

From JIMMY LEARS and MIKE SABINO — For filling our trophy rooms.

From BAILEY — For pneumonia, a back brace, podiatrists fees and a heart murmur.

From JOE LACETERA — For all the help in building the South Atlantic AAU.

And from all of us, — For the torn tendons and useless knees; for 105 degrees temperatures at the 24 hour relay and a wind chill index of 20 degrees below at the 6-12-18 in February; for the laughter of our neighbors as we parade through the community in our underwear; for the broken marriages and fatherless children; and for the hundreds of hours thrown away to get 30 seconds off a ten mile time — when we could have been making money, making love or making something of ourselves.

For all of this, we say — Why in the hell don't you take up ping pong?



Photos—Bill Diegel

Top left and right — John presenting Les with a plaque. Bottom left — Mel presenting Les with a remembrance of the party. Bottom right — John presenting Mel with a plaque.

\*\*\* \* \*\*\*

### ... one more time

I would like to take a few lines to thank the club for the plaque they surprised me with the night of Les's party. The party and club business took up so much of my time, that I was left speechless when they presented it to me, and for those who know me that is quite an accomplishment, just ask Bailey or Dick who I do most of my workouts with. For those who were not there, the plaque was given for club worker of the year. I know I've done a lot of work for the club, but it is because I want to see everything work right and the club move in the right direction. I can't say it enough that the club has come a long way and it is taking a lot of work and time to put out the newsletter that has been called "The BEST club newsletter in the country", and I am proud of that. We do need more help at our weekly races, so the same half-dozen people don't work all the races. They like to run too! Call me and let me know you care about our club and where it is going (821-8337). Thanks again for the honor you gave me.

As you read in Les's letter, the party was a great success. After we paid for the rental of the hall, the watch, plaques, beer and sodas and the little things that went into the party, we were still able to present Les with a check for \$125.00. We thank everyone who help make it work, and to Les for making the Baltimore Road Runners Club and Maryland Marathon a reality.

Mel

**MARYLAND MARATHON  
SOUVENIER T-SHIRTS  
ARE AVAILABLE  
AGAIN!!!**



We sold out on race day, but a new order has come in. For just \$4.00 you can recall the agony and the ecstasy of the marathon — and let everyone know that you ran with the best on the toughest course of them all.

The shirts are gold with blue lettering — “Maryland Marathon” and three runners (John Vitale, Neil Cusack and Ron Hill running in the Maryland Marathon) on the front and “Baltimore Road Runners Club” on the back.

Order your shirts on the form below. Allow four weeks for delivery.

Maryland Marathon Commemorative Patches are also available for \$1.00 (black and gold weave — 3” x 3”).

Send shirt/patch order to: Baltimore Road Runners Club, 1363 Halstead Rd., Balto., Md. 21234

\* Maryland Marathon Souvenir T-Shirts (\$4.00 each)  
circle size: small - medium - large - extra-large

Quantity

\* Maryland Marathon Commemorative Patches (\$1.00 each)

Enclosed is my check for \_\_\_\_\_ (amount). Add 25¢ postage for each shirt.  
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Bike World	\$8.50	\$6.50	Save \$2.00	
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We have had some problems with the early stages of this program with people having to wait a long time to receive their subscription. We have called the home office in California, and with our call and their checking have straightened out the trouble (all at World Publication). They tell us that normally it takes about a month to do the complete process of a subscription. We only hold your subscription here (Baltimore) a week at the most. We mail once a week to the home office. If you are renewing a subscription, it would help a great deal if you sent us one of your labels for a quicker identification in California.

# Scenery is beautiful; but Asphalt is just fine

By MIKE HILL

Never did I think asphalt would look so good. I've always been the type who preferred rivers and trees and mountains over pavement and civilization. What could have been better than the Potomac flowing gently on one side and a wooden bank rising on the other as I ran along a flat trail?

A nice smooth road, that's what! It was my feet that first got tired of the back-to-nature bit during my initial attempt at the John F. Kennedy 50-mile torture test that the folks in Hagerstown put on every year. There were only three miles of nice smooth roads to get me warmed up for what was to come, and they climbed up the side of a mountain.

I had already blown my one chance at being a seeded runner and getting to start in front of the crowd by lingering too long in the bathroom. The start for me was a struggle with sweat clothes and an elbows-out dash through the 570 hikers and runners that clogged the main street of Boonsboro.

Soon enough, I was at the front and even took the lead for a while, just to find out what it felt like to run behind a police escort. Another runner came up alongside and we talked as we climbed up to the top of the ridge of mountains east of town.

This was his fourth J.F.K., he told me. He didn't tell me that he finished second last year. When we left the smooth surface after three miles and turned onto the Appalachian trail at the top of the mountain, he was skipping across the stones like a veteran. I slowed down in deference to my ankles, and it seemed like scores of people streamed past.

Actually it was only about five that passed me and stayed there, but I thought I was running as fast as humanly possible over the irregular trail, dotted with sharp rocks, covered with leaves, gutted by erosion. It was twisted ankle country, but folks went by like it was a tartan track.

It took me 2 hours and 11 minutes to cover the first 16 miles that got me off of the trail. I was eight minutes behind the leader, but now the mountain climbing was over and it was time for some real running on the smooth, soft C&O canal towpath that runs between the old canal and the Potomac. We'd stayed on it for the next 26 miles.

I moved up to second place over the next few miles, running strong, looking around every corner for the leader whom I knew I had to be gaining on. Finally, about the marathon distance, there was an official checkpoint. "You're only 11 minutes behind," I was told. Here I was running as hard as I could and this guy is gaining on me.

Forget it. I ain't going to win this one. The great fade started. First the 1975 winner, Angelo Giososa came by. We talked a bit—he did most of it—then he plodded on. I didn't know who he was. It just seemed that he ran so heavy—plop, plop, plop in these big Adidas—that he had to fall apart. He didn't.

Then this guy named Bruce Nystrom comes by. He's bleeding from the knee on his right leg and limping on his left. Now, he's got to fall apart. He didn't. In fact, he passed Giososa for second.

I managed to hold onto fourth with the help of Ed Hewitt who gave up a beautiful Saturday in November to drive around and follow me with ERG and aid. The back seat of his station wagon looked awfully inviting at about 36 miles. The Potomac had looked the same for the last 15 miles. The soft towpath kept turning into a rocky, rutted mess. My feet were killing me. The mileposts were coming slower and slower.

Finally, 42 miles, and beautiful macadam. I didn't care if I had to climb this steep hill to get up out of the river valley. I could have danced up that hill just to rejoice getting off of that towpath. They ought to pave the whole thing!

The last eight miles, it was just a question of hanging on. No real pressure to hold fourth or real chance of catching third. Just me and Ed out on the country roads—me staggering, Ed driving. I wanted to get in under 7 hours. I knew what sort of shape I was in when I had 4½ miles to go and 42 minutes to do it in and Ed told me I'd better pick it up. He timed one of my half miles in 5½ minutes, he told me later.

I did manage to pick it up and came in in 6.54, as tired as I have ever been after anything. The guy that I ran up that first hill with was named Pat Gill. He had won, running a 5.59. I firmly believe that that is impossible. He must have had a boat on the Potomac.

Two other Road Runners finished under the 14 hour cutoff—Herman Blinchikoff, 13:50 and Jerry Kearns, 12:50.

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## RESULTS OF OUT-OF-TOWN RACES

By DON HEIMILLER

256-6280

November 7 — Marine Res. Marathon. A late result but a fine 3.17 effort for Jim Mortenson.

— 0 —

November 20 — 14th JFK 50 mile Hike and Run, over Appalachian Trail & C&O Canal with 1200 ft. between miles 1 and 6 and 1,000 ft. drop at 15-16. 23 degrees at start, mostly sunny, slight breeze, 565 started, 370 finished.

4th Mike Hill, 5 hours 54 minutes (his 1st JFK), 8th Park Barner, 7.11 (77th off Weaverton Cliffs), 29th Don Heimiller, 8.24 (51st off Weaverton Cliffs), 85th Rick Claus, 9.25, 131st Jim Mortenson, 10.12 (3rd completed JFK), 187th Larry O'Neill, 11.11  
Park sprained his ankle at about 5, but came back strong although he said he'd probably not run the JFK again. And Mike said 50's—maybe, but definitely not this one! Where have we heard that before?

(continue on next page)

— 0 —

November 21 — Millersville, Pa. Turkey Trot. 500 starters, T-shirts and certificates to all finishers, medals and trophies, windy, rolling one lap course, water and orange slices plus coke and pretzels at end, indoor dressing and awards ceremony, well policed race. Chuck Brumley 31st (2nd 30-39) 58.43, John Roemer 51st 6th 30-39) 60.36.

— 0 —

November 27 — National A.A.U. 10 Kilo Cross Country Championships, Phila., Pa. Plenty of our guys went, but no results!?

— 0 —

November 28 — Phila., Pa. Marathon. Don Heimiller 3.47. No other info available other than there was hot food, beer, etc. at end of this race this time, but this was not a well known fact.

— 0 —

December 26 — Toledo Univ. RRC 50 miler. 4 mile lap course, temp. 20 degrees, snowed during last lap. Park Barner 2nd (6.33) to winner's 6.01. Barner's 9th 50 miler of the year.

— 0 —

January 30 — 1st Maryland RRCA 10 Kilo Championship, Mt. Etna, Md., 20 degrees and windy on a nice rolling out and back course. Winning time—33.35.

4—Walt Conrad 34.14, 12—John Roemer 36.59, 15—Mark Rosasco 37.37, 18—Marge Rosasco 37.56, 23—Marilyn Bevans 39.30, 25—Gus Jacobs 39.44, 26—Joe Lacetra 39.48, 29—Warren Haynie 40.31, 35—Steve Rosasco 41.57, 47—Sue Jacobs 44.48, 48—Don Heimiller 44.50, 64—Janet Lacatera 58.43. A well run race with nice refreshments and awards.

— 0 —

February 20 — Washington's Birthday Marathon — Beltsville, Md. 478 started with 338 finishing on a cool, windy afternoon. Max White took top honors with a 2.27.21. Jim Lears was 2nd in 2.28.37. Other club members were — 5th Mike Sabino 2.34.31, 8th Don Miller 2.35.25, 17th Frank Pflaging 2.41.25, 27th Earl Swartzendruber 2.44.44, 51st Jeff Niner 2.52.52, 63rd Bailey St.Clair 2.55.45, 79th Mel Walton 2.58.33, 83rd Brian Cronyn 2.59.16, 88th Dave Mahan 3.01.22, 107th Don Marvel 3.06.44, 122nd Dennis Suski 3.11.16, 124th Dave Symmonds 3.11.21, 153rd Lenny Patterson 3.18.31, 158th Henry Freeman 3.19.15, 170th Bill Fornoff 3.21.01, 173rd Al Scanlan Jr. 3.21.44, 177th Jerry Lynch 3.23.42, 211th James Mortenson 3.32.18, 221st Jim Gordon 3.33.32, 224th Jim Burns 3.34.46, 228th Larry Roberts 3.37.14, 230th Paul Buckley 3.37.37, 277th James Jenkins 3.54.03, 281st Phil Kirby 3.55.23, 291st Thomas Law 3.58.57, 302nd John Arizaga 4.12.29, 317th Yues Alloucherie 4.26.19, 322nd Jose Arizaga 4.33.01.

If we missed any other club members that ran we are very sorry.

— 0 —

February 27 — RRCA National Championship Marathon, St. Louis, Mo. 410 started with 250 finishers, snow on ground and some fell during race which was run on the 1904 Olympic course where the winner walked in the last 2 miles! Les Kinion 3.13 and Joe Holland 3rd in the 50-up group with a P.R. of 3.16.57. Congratulations Joe!

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March 5 — Edgewood Marathon results—next issue.

Don't forget to call with stats and bits of interesting info from your races.

In 1904—Olympic Marathon—Two miles from the finish, and five hills in front of him, Hicks stops running and walks to the finish. Fred Lorz (Boston Marathon winner 1905) ran the course halfway, became tired, and stopped to rest. A car came along and picked him up; however, broke down five miles from the finish. Lorz was rested by this time and decided to jog to the finish line as a gag. The people at the finish line applauded him as the winner. When Theodore Roosevelt's daughter started to present him with the award, he said it was a gag and he had not run the full distance. The AAU suspended him for life; however, reinstated him the following year, and he won the Boston Marathon.

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**Are your Dues payed for the year?**



## Age Group Standards

We are in the process of getting standards for age groups from Ken Young (Institute of Atmosphere Physics — University of Arizona). Ken is in the revising stage of his old standards and will hope to have them ready in the fall. When we receive the four volumes he is working on we plan to have 10 to 12 races a year with this system. This will be a whole new ball game for distribution of prizes. Some of us old guys might even get lucky.

## Charting Bio-Rhythms

Maybe some of you have heard or read about BIO-RHYTHMS. If you haven't, well there is great interest in the subject. I (Mel Walton) have been studying the subject for about a year, and now would like anyone interested in or would like to know more about it, they can. I have had good results so far with it and hope to find out more with club members checking their own to their work-outs and races. Bio-rhythms have three cycles (Physical—Emotional—Intellectual) ranging from 23 to 33 day cycles. Each cycle has 2 critical days, which is the middle of the cycle when it crosses the center line from plus to minus, and the last day of the cycle when it goes back across the center line from minus to plus. So far I have only worked with the physical & emotional cycles. The intellectual cycle so far has not played a big role in my running field. I have had special charts made up with an entire year on it, measuring  $19\frac{1}{2}'' \times 17\frac{1}{2}''$ . I can chart anyone's bio-rhythms if they would like to experiment with it, and let me know the results. A complete year can be charted for \$2 and if it has to be mailed a \$3 charge will have to accompany your order to cover the cylinder and postage. Anyone interested can contact me.

Melvyn Walton  
943 Starbit Road  
Towson, Maryland 21204  
821-8337

I need the DAY—MONTH—YEAR you were born, and the rest I will take care of. If you keep daily records, and most runners do of their work-outs. I will do past years at only \$1 a chart with a present year order for \$2 or \$3. I hope this will work for you as it has for me.

## Leg and Feet problems?

Anyone having problems with their legs or feet, and can't get any good results from local doctors should consider trying to get an appointment with the following doctor. He may be in New York, but if you are having real trouble like some of the members of the club have had, you will not be sorry. Bill Schwartz said of Dr. Schuster when he returned from New York, "He's not god—but he's not human either". I (Mel Walton) had heel trouble for over 13 months and didn't run for about 10 of those months. Having very little results with good doctors in Baltimore (but not RUNNING doctors), I went to Dr. Schuster on the advice from Dr. Sheehan. Dr. Schuster corrected the trouble in one visit with a special made pair of supports (he make their) for my shoes. He did in one visit what other doctors couldn't do in a year with the cortisone shots and the pills they pour down you, plus all the x-rays. I've never had the pain come back in the last 2 years, and have 6 marathons behind me, and ave. 65 to 75 miles a week—every week!

Dr. Richard O. Schuster Laboratory  
14-20 130th Street  
College Point, New York 11356  
1-212-358-8607

## Club Stats

In doing some rearch on the club, I found that in 1973 taking all of the club races, and multiplying the number of runners to the miles run — we as a club ran 7,023 miles for the year, and with the study that says we have 1,600 heel strikes to the mile — we had 11,236,800 running foot steps for that year. Compare this to the year (1976) just past and you will see the way we as a club have grown. In 1976 we covered 45,245 miles and 72,392,000 foot steps.

A chap named Dimitri Iordanidis completed a marathon in Athens recently at age 98. Asked for his secret, he replied: "No smoking, no meat, no butter and lots of walking. And you have to give up sex." And when did Dimitri give up the latter? "At 85."

Athletes should drink more beer! Expecially after strenous games like basketball, football and marathons, says Dr. Hans-Deiter Bastian, a Bonn, Germany urologist. "Beer is high in carbohydrates and vitamin B. The sugar deficiency which occurs after strenous athletics is compensated for by the malt contained in the beet." He said.



## 1977 WINTER RESULTS

January 2—Sunday 1 p.m.—2nd Annual half-marathon challenge race from Columbia, between the Washington RRC and the Baltimore RRC. This year we came out on top to even the series at 1 a-piece. DC had 37 run with 36 finishing, and we had 51 start with 50 finishing. With their 36 finishers and our first 36 finishers counting in the scoring, the final totals were BRRC 1,110 points to 1,475 for DC. DC won the Run for Your Life 2 mile challenge by 8 points (98-106).

1. Bruce Robinson (DC)	70.54	15. Bill Lowman	82.33	42. Don Forgione	93.10	68. Paul Rovinski	104.35
2. Tom Lowman (BRR)	73.28	17. Bailey StClair	83.59	43. Mark Strychacz	93.22	69. Jim Mortenson	105.12
3. Walt Conrad (BRR)	75.00	19. Chris Legg	85.35	47. Steve Rosasco	94.41	76. — Hargrove	110.55
4. Mike Ward (BRR)	75.00	20. Marilyn Bevans	86.04	48. — Katzen	95.32	77. — Kingsbury	110.56
5. Ray Morrison (DC)	78.38	21. Chuck Brumley	86.08	49. Keith Barton	95.38	78. Darryl Sanchez	110.57
6. Bryan Denson (BRR)	79.31	22. Randall Safier	86.26	52. Craig Hartlev	95.56	80. Joe Arizaga	112.58
7. C. Brooks (BRR)	79.37	23. Frank Fitzpatrick	86.38	53. Steve Harper	99.21	81. Jim Boone	117.16
8. Topper Powers (DC)	79.48	25. Marge Rosasco	86.54	54. Karen Cassidy	99.33	82. Bruce Smith	118.22
9. Scott Lutrey (BRR)	79.50	27. Henry Freeman	87.21	56. Jerry Wade	100.10	83. Jose Arizaga	118.58
10. Mike Bradley (BRR)	80.19	30. Roger Burrow	89.22	57. J. Henderson	100.12	85. — Allen	127.24
		33. Dwight Hood	90.03	58. — Scanlan	100.12	86. Joe Hemmler	129.38
		34. Joe Holland	90.16	59. Paul Buckley	100.28	87. Phil Easter	132.23
		39. Larry Roberts	92.16	65. Chris Hall	103.24	88. DeDe Moore	132.26
		40. Bill Hott	92.38	67. C. Boone	104.08		

16 of first 25 were BRR

January 9—Sunday 11 a.m.—4-man half-marathon relay—Lake Montebello. Six teams ran on a cold and windy day with most of the lake area frozen. First man ran  $\frac{3}{4}$  of the lake (1 mile—162 feet), next 3 men ran 3 laps (4 miles—138 feet).

B. O. C.		JOHNS HOPKINS MEDICAL SCHOOL		GILMAN ROAD RUNNERS	
1. Paul Resignato	4.59	3. Bruce Barton	6.42	5. Alan Gaby	6.28
Earl Swartzendruber	22.34 — 27.33	John Wolff	29.50 — 36.32	Reg. Tickner	26.57 — 33.25
Marty Nyman	23.04 — 50.37	Bob Hotchkiss	25.01 — 61.33	Bob Tickner	27.52 — 61.17
Scott Lutrey	22.10 — 72.47	Bill Caldwell	21.27 — 83.00	Chris Legg	23.02 — 84.19

FREEMAN'S DEMONS		BALTIMORE ROAD RUNNERS		HEREFORD FACULTY "SLUGS"	
2. Henry Freeman	5.35	4. Ken Hammann	6.03	6. John Sherman	7.04
Dick Nair	23.35 — 29.10	Randy Safier	24.43 — 30.46	Lance Woodward	25.55 — 32.59
Roger Burrow	25.02 — 54.12	Bill Jordan	27.16 — 58.02	Dave Pabst	28.12 — 61.11
Lenny Patterson	24.18 — 78.30	Les Kinion	25.23 — 83.25	Jim Heffner	25.29 — 86.40

January 16—Sunday 10 a.m.—4 and 8 mile Loch Raven Dam race. 48 ran and finished on a cold morning with icy roads and a lite snow falling. E.R.G. was given out to all finishers.

4 Miles		8 Miles			
1. Mel Walton	23.34	13. Cavan Denson	38.17	5. Dave Wilson	49.26
2. Lance Woodward	25.53	14. Darlene Bethea	38.55	6. Don Wann	51.34
3. Phil Amerine	25.54	15. Ken Denson	39.26	Don Forgione	51.34
4. George Spicer	25.55	16. Dale DuPont	40.05	8. Les Kinion	52.41
5. Randie Arnold	26.15	17. Darcy Nair	45.12	9. Herman Sykes	52.57
6. Phil Kerby	26.18	Doug Nair	45.12	10. Rob March	53.27
7. John Spicer	26.42			11. Bill Hott	53.31
8. Kenneth Hammann	26.52			12. Jerry Lynch	54.42
9. Bob Fischer	26.55	1. Steve Mahieu	44.35	13. Ted Chernak	55.08
10. Dave Pabst	28.38	2. Chuck Wright	46.20	14. Bob DuPont	55.24
11. Ritchie Nair	35.59	3. Scott Lutrey	47.03	15. Bill Jordan	55.29
12. Jean Nair	36.02	4. Chris Legg	47.42	16. Ward Coe	55.43
				17. Craig Hartley	56.08
				18. Jerry Mion	56.20
				19. Dwight Hood	57.06
				20. Paul Buckley	57.17
				21. Harold Beber	57.18
				22. Tom Zibron	57.28
				23. Jerry Groeninger	57.49
				24. Jim Mortenson	58.34
				25. Bill Fornoff	58.43
				26. Robin Styker	58.53
				27. Alex Medina	59.32
				28. Al Helbig	60.04
				29. Phil Ades	60.36
				30. Michael Coe	61.10

January 23—Sunday 2 p.m.—20 Kilometer (12.4 miles) road race sponsored completely by O'Donnell Pontiac. What a race to be at, and even better to run in. Most of the best runners in the Baltimore-Washington area showed up and really put on a show. The first 7 finishers were within 2 min. 11 sec. of each other. This was the toughest course I've seen in some time, and would like to thank Don Heinecke for it and also for handling a nice smooth race. Thanks again O'Donnell Pontiac.

1. Dan Rincon	1.06.33	22. Mike Hill	1.16.57	43. Dick Nair	1.24.01	64. Sally Stewart	1.30.07
2. Bruce Robinson	1.07.12	23. Heinz Wiegand	1.17.06	44. Tom Skillman	1.24.22	65. Jerry Lynch	1.30.31
3. Max White	1.08.07	24. Jim Isenberg	1.17.14	45. Clinton Brooks	1.25.35	66. Mark Rosasco	1.30.45
4. Peter Gleason	1.08.20	25. G. Robbins	1.17.21	46. Frank Fitzpatrick	1.25.43	67. Steve Rosasco Sr.	1.30.48
5. Phil Stewart	1.08.26	26. Rich Englehat	1.17.48	47. Joe Lacetera	1.25.51	68. Ellen Wessel	1.32.21
6. Jim Lears	1.08.28	27. Steve Jones	1.18.44	48. John Roemer	1.26.00	69. Don Franz	1.32.45
7. Steve Mahieu	1.08.44	28. — Gilloore	1.19.01	49. Al Morris	1.26.10	70. Ted Chernak	1.33.26
8. Mike Sabino	1.10.24	29. Dick Hipp	1.19.20	50. Dwight Hood	1.26.25	71. Jim Harrison	1.34.19
9. Mark Johnson	1.11.22	30. Lenny Patterson	1.19.59	51. Larry Roberts	1.26.35	Alex Medina	1.34.19
10. Mike Ward	1.11.54	31. Mel Walton	1.19.59	52. Don Graham	1.27.00	73. Joe Evans	1.34.34
11. Don Miller	1.12.53	32. Bryan Denson	1.20.14	53. Joe Holland	1.27.15	74. John Woods	1.34.36
12. Steve Kelly	1.13.13	33. John Nalora	1.20.23	54. Tom Webb	1.27.39	75. Janie Cardenas	1.35.39
13. Vayne Roe	1.13.17	34. Les Kinion	1.20.26	55. John Wall	1.27.45	76. Howard Stainer	1.36.25
14. Peter Nye	1.13.24	35. Bailey StClair	1.20.34	56. Arnie Cummins	1.28.10	77. Jim Mortenson	1.37.14
15. Allen Naylor	1.13.33	36. Jim Shapiro	1.20.42	57. Bob Brown	1.28.17	78. R. Jarboe	1.37.35
16. Dave Buzzell	1.13.58	37. Steve Six	1.21.08	58. Ricky Biniak	1.28.27	79. Jerry Groeninger	1.37.46
17. Jeff Good	1.14.11	38. Brad Mudge	1.21.16	59. Brad Roberts	1.29.14	80. Valerie Nye	1.40.24
18. Frank Pflaying	1.14.15	39. Marge Rosasco	1.22.05	60. Pedro Albrecht	1.29.19	81. Michael Coe	1.41.53
19. Ray Morrison	1.14.38	40. Randy Safier	1.22.28	61. Dave Fields	1.29.37	82. Guy Childs	1.43.04
20. Bill Caldwell	1.15.07	41. Marilyn Bevans	1.23.28	Scott Paris	1.29.37	83. Harold Beber	1.48.38
21. Earl Swartzendruber	1.16.06	Robert Mitchell	1.23.28	63. Brian Tark	1.29.58		

January 30—Sunday 10 a.m.—Gino's 10 miler—Thanks again to Gino's we had our annual 10 mile race down Satyr Hill into Loch Raven Dam area and back. We had 40 turn out with 38 finishing the tough course on a bitter cold 20 degree day with very little wind.

1. Jim Lears	54.15	12. Bernard Weber	68.30	23. Jerry Mion	73.53	34. John Dillon	80.19
2. David Starns	58.35	13. Jim Voshell	69.20	24. Dwight Hood	74.48	35. Mauritz Stetson	80.36
3. Dennis Herman	61.45	14. Brad Roberts	69.35	25. Jerry Groeninger	75.05	36. Harold Beber	82.41
4. Mike Donofrio	62.25	15. Tom Buck	70.30	26. Harry Piotrowski	75.21	37. Tim Slagle	86.03
5. Randall Safier	63.53	16. Roger Burrow	70.42	27. Tom Newman	75.28	38. Jim Mann	86.10
6. Steve Mahieu	65.55	17. Jerry Lynch	70.43	28. Tom Zibron	75.41		
7. Chris Legg	67.05	18. Herman Sykes	70.58	29. Bernard Robier	75.50		
8. Don Forgione	67.07	19. Bill Jordan	71.27	30. Rob March	76.04		
Bill Lowman	67.07	20. Jim Mortenson	72.27	31. John Henderson	77.40		D.N.F.
10. Al Filar	67.53	21. Lance Woodward	72.55	Al Scanlan	77.40		Pas Romagna
11. Gerry Kramer	67.55	22. Ted Chernak	73.40	33. Alex Drabkowski	78.40		Peter Cusumano

February 6—Sunday 9 a.m.—6-12-18 mile Loch Raven Dam road race. 88 started with 77 finishing on a bitter cold windy morning, with temp. in the low teens and a wind chill below zero. Bring on the summer races!!!

6 miles						18 miles	
1. Mike Donofrio	35.00	24. John Spicer	42.25	11. Carl Muller	81.16	1. Frank Pflaging	1.50.14
2. Mel Walton	36.17	25. Bob Annen	43.40	12. Dwight Hood	83.21	2. Scott Lutrey	1.50.14
3. Jim Voshell	36.35	26. Bob Jarboe	44.06	13. Bill Jordan	84.04	3. James Miner	1.59.10
4. Lonnie Coe	37.00	27. Robin Stryker	44.44	14. Jim Adams	84.47	4. Les Kinion	2.04.02
5. Dick Nair	37.15	28. Nancy Breede	50.55	Joe Adams	84.47	5. Gerry Kramer	2.04.22
6. Ed Geisendaffer	37.24	29. Brian Hendricks	51.31	16. Jerry Wade	84.55	6. Joe Holland	2.07.33
7. Rob March	37.40	30. Ruth Buckley	52.25	17. George Spicer	85.13	7. Jim Gordon	2.08.09
8. Joe Lacelera	38.20	31. Kerris Gordon	54.10	18. Steve Rosasco	85.15	8. John Roemer	2.08.17
9. R. C. Hoffman	38.26	32. Janel Lacelera	54.22	19. Jim Mortenson	85.48	9. Brad Roberts	2.09.12
10. Gary Behrens	38.50	33. Jean Nair	54.47	20. Jerry Lynch	88.15	10. Bernard Webber	2.09.52
11. Stuart Tarlton	38.55	Richie Nair	54.47	21. Al Scanlan	89.00	11. Dennis Suski	2.16.20
12. John Poole	39.14	35. Sharon Mark	51.12	22. Paul Buckley	90.49	12. Dave Mahan	2.16.20
13. Frank Nowosielski	39.17			Alex Medina	90.49	13. Marilyn Bevans	2.17.21
14. Lance Woodward	39.22			24. Chris Hall	94.39	14. Henry Freeman	2.21.57
15. Mark Rosasco	39.29			25. Harold Berber	97.50		
16. Gus Jacobs	39.55			Bob Stearns	97.50		
17. Jerry Mion	39.57			27. Herman Sykes	100.29		
18. Greg Geppi	40.35			28. Michael Coe	106.23		
19. Phil Kirby	41.17						
20. Dave Pabst	41.45						
21. John Servelle	42.05						
Sue Jacobs	42.05						
23. Don Heimiller	42.10						

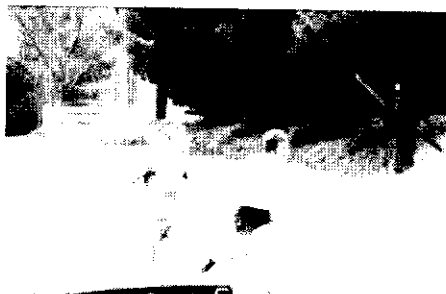
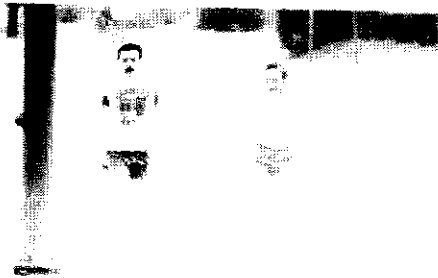
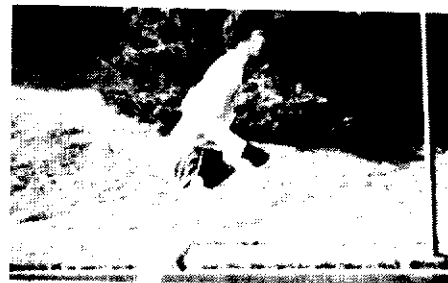
February 13—Sunday 8 a.m.—61.6 mile relay—from Baltimore's Washington Monument along Liberty Road to the Boonsboro Washington Monument on the Appalachian Trail. 37 degrees, windy, a brief snow flurry in Frederick County. First four legs, 11 miles each; 5th leg, 10 miles; last leg, 7.6. A festive occasion, with considerable socializing at the hand-off points. Plaques were awarded to all members of the first three teams, and patches will be sent to every participant. Despite the wind and hills (and mountains), everybody had a grand time, and the race will become an annual event. The Washington Running Club, leading by 4:30 with only thirteen miles to go, made a wrong turn and lost three minutes in Frederick. A ferocious struggle ensued up the mountainside; in second place, the Naval Academy's Mark Stevenson cut the margin to only 45 seconds on South Mountain (an unrelieved three-mile grade), but Washington's Mark Baldino held on to win. BRRC member Mike Hill, running for the Monumental City Striders, put his team within 1:20 of the Naval Academy on the hills up to Braddock Heights and made a three team race of it for awhile. If Jimmy Harrison hadn't lost a month's training with a broken ankle in December and January, the Striders would have challenged to the end. (South Mountain, Jimmy, is not the place to get back into hard racing.)

<p><b>1. Washington Running Club</b> 6 hrs 24 min 57 sec</p> <p>Steve Mahieu Ray Morrison Mike Bradley Mark Johnson Bill Delano Mark Baldino</p>	<p><b>3. Monumental City Striders</b> 6 hrs 32 min 20 sec</p> <p>Jim Lears Scott Lutrey Don Forgione Mike Sabino Mike Hill Jim Harrison</p>	<p><b>5. The Conglomerate</b> 7 hrs 29 min 49 sec</p> <p>Tom Lowman Tim Whitcomb Randy Safier Brian Harris Bill Lowman Mark Bulla</p>	<p><b>7. The Apocryphals</b> 8 hrs 05 min 36 sec</p> <p>Jack Thompson Reginald Tichenor Tom Caskey Ward Coe Brent Whelan Tom Buck</p>
<p><b>2. Naval Academy</b> 6 hrs 25 min 42 sec</p> <p>Chuck Wright Randy Stafford Jeff Niner Scott Whitney Dave Wilson Mark Stevenson</p>	<p><b>4. Freeman's Demons</b> 7 hrs 14 min 15 sec</p> <p>Dick Nair Chris Legg Tyrone Walker Lenny Patterson Roger Burrow Henry Freeman</p>	<p><b>6. Road Apples</b> 7 hrs 43 min 04 sec</p> <p>John Roemer Don Wann Milt Sniegowski John Poole Chris Jeffrey Chuck Brumley</p>	<p><b>8. Chicken Chests</b> 9 hrs 38 min 47 sec</p> <p>Gary — Larry O'Neill Fred Taylor Cliff Harrison Bill Epling Liz Bulla</p>

GEORGE WASHINGTON'S MARATHON—Club results can be found in Out-of-Town-Races.

# 61.6 mile Monument to Monument Relay

Just a few of the highlights of the race



February 27—Sunday 1 p.m.—2nd Annual Washington's Birthday Cherry Pie 10 miler—Patterson Park. 47 of 55 starters finished the slightly changed course due to constructions work. The rain came 2 minutes after the last man finished. 30 pies were given out (first 20 and 10 course).

1. Tom Duffy	53.37	15. Don Forgione	64.09	Ward Coe	69.50	43. Ken Hammann	77.08
2. Steve Shaffer	53.54	16. Randy Safier	64.17	30. Bob DuPont	69.58	44. Robin Stryker	81.47
3. Mark Stevenson	54.52	17. Marge Rosasco	64.55	31. Ben Goldstein	70.40	45. Bill Norton	82.44
4. Bruce Richardson	57.27	18. Alex Gerry	65.06	32. Scott Paris	71.46	46. Ray Helbig	84.58
5. George Lucas III	58.14	19. Ed Sharp	66.25	33. Greg Cocco	71.50	47. Vernon Davies	88.35
6. Chuck Wright	58.18	20. Herb Magin	67.44	34. James Mortenson	72.20	D.N.F.	
7. Lenny Patterson	59.10	21. Jim Heffner	68.18	35. Steve Rosasco	74.07	Tom Buck	
8. Scott Lutrey	59.21	22. John Poole	68.25	36. Don Heimiller	74.33	Glenn Mitchell	
9. Dave Raunig	60.38	23. Jerry Lynch	68.39	37. Mike Coe	74.46	Steve Gossman	
10. Dave Wilson	60.44	24. George Spicer	69.00	38. Herman Kensky	74.58	Larry Nowell	
11. Don Wann	62.14	25. Lance Woodward	69.15	Philip Ades	74.58	Ron LeClair	
12. Tom Skillman	62.25	26. Mark Bulla	69.23	40. Charles Koester	75.07	Ron Meek	
13. Tyrone Walker	62.37	27. Carson Rutherford	69.39	41. John Servelle	76.04	Bob Powell	
14. Calvin Richardson	63.38	28. Milt Sniogowski	69.50	42. Rhody Holthaus	76.42	Al Lewis	

Saturday—March 6—Noon—Layne & Latshaw's 5th Annual Half-marathon—Lake Montebello. 47 of 60 starters finished the 13.1 (9-plus loops) on a very warm-sunny day. I know everybody enjoyed running around and around and around the lake etc. Thanks Don for all the hard work you put in!

1. Jim Lears	70.08	16. Dave Mahan	84.07	31. Charles Koester	94.37	46. Tom Malooly	117.33
2. Scott Lutrey	75.59	17. Ed Silversmith	84.50	32. Rich Patro	95.27	47. Phil Moss	117.55
3. Marly Nyman	76.41	18. Dennis Suski	85.51	33. Henry Freeman	96.00	Charles Bray	
4. Earl Swartzendruber	76.49	19. Mark Wilsnack	85.54	34. Lenny Patterson	96.00	Don Miller	
5. Jim Kennedy	78.46	20. Ed Hewitt	86.15	35. Greg Cocco	96.33	Rich Schmidt	
6. Brian Harris	79.14	21. Chris Jeffrey	86.26	36. Tom Zibron	96.44	Dave Fischer	
7. Dick Nair	79.45	22. Dwight Hood	87.21	37. Les Kinion	96.45	Bob Stearns	
8. Don Marvel	79.55	23. Jim Harrison	88.30	38. Jack Ward	99.26	Alex Gerry	
9. Bailey St.Clair	79.59	24. Gus Jacobs	89.22	39. Clifton Gross	101.34	Michael Alexander	
10. Tyrone Walker	80.55	25. Michael Kearney	89.44	40. Sue Jacobs	101.39	Gregory Townes	
11. Mel Walton	81.14	26. Bill Jordan	89.51	41. Eric Gunzelman	106.12	Joe Rohr	
12. David Engberg	81.40	27. Al Filar	90.20	42. Phil Easter	111.20	Phil Hersh	
13. Chuck Brumley	82.16	28. Martin Fuller	91.27	43. Frank Kaminski	112.30	Mike Coe	
14. Don Wann	82.46	29. Rodger Knight	92.42	44. — Dorsey	113.35	Chuck Griffin	
15. Mike Hill	83.13	30. Alex Drabkowski	92.51	45. Vern Davies	117.33	Carson Rutherford	

March 13—Sunday 10 a.m.—6 and 12 Patapsco State Park race. Sorry to those who could not find the course with the directions in the newsletter. Information was just not there for this race. This has been corrected for the future. 52 ran and finished the two races in a down pour which lasted for about 3 miles, than a light mist for 2 miles, than nothing. 2 minutes after the last person finished the 12 miler, the sun came out.

6 miles			12 miles				
1. Mike Ward	32.46	14. John Howell	40.42	1. Mark Stevenson	68.10	14. Les Kinion	80.15
2. Doug Wood	34.49	15. Jerry Wade	41.31	2. Brian Harris	70.00	15. Bailey St.Clair	84.40
3. Chris Legg	34.56	16. Paul Buckley	41.31	3. Chuck Johnson	70.50	16. Dwight Hood	87.10
4. Bruce Talawaymo	35.10	17. Ted Klus	42.41	4. Jeff Niner	71.08	17. Don Fischer	89.03
5. Don Forgione	36.03	18. Jim Schleggle	42.51	5. Ray Morrison	71.17	18. Mike Pierre	90.20
6. Dave Sheall	36.46	19. John Roemer	44.00	6. Dan Raunig	71.18	19. Rhody Holthaus	90.24
7. J. Harvey	37.10	20. Ted Chernak	44.40	7. Dave Wilson	73.05	20. Alex Gerry	91.10
8. Tyrone Walker	37.15	21. Jim Mortenson	45.38	8. Mike Griffith	73.33	21. Jack Ward	92.25
9. Randy Safier	37.33	22. Chris Hall	45.52	9. Mike Hill	74.33	22. Mike Coe	94.06
10. Phil Ameriner	37.55	23. Ward Coe	46.08	10. Don Wann	75.10	23. Mel Walton	95.20
11. Ed Sharp	38.05	24. Jim Burke	47.05	11. Dave Engberg	78.36	24. Alex Medina	95.25
12. George Spicer	40.25	25. Joe Hemler	47.58	12. Bill Caldwell	80.07	25. Henry Freeman	95.25
13. John Spicer	40.25	26. Don Clement	50.50	13. Bob Holchkiss	80.07	26. Lenny Patterson	95.25

March 20—Sunday 9 a.m.—24 Of 32 starters, finished the club 20 mile championship at Loch Raven Dam in a down pour with the temperature at 43 and heavy winds. Has anyone ever thought of having a race on a sunny day.

1. Jim Lears	1.51.45	10. Marge Rosasco	2.12.10	19. Rhody Holtzhaus	2.34.24	D.N.F.	
2. Brian Harris	1.57.08	11. Marilyn Bevans	2.13.59	20. Steve Rosasco	2.34.35	Don Marvel	
3. Chuck Johnson	1.58.51	12. Carl Muller	2.15.24	21. Alex Medina	2.34.45	Dick Nair	
4. Mike Hill	1.59.07	13. Dennis Suski	2.15.42	22. Mike Pierre	2.44.38	Jerry Mion	
5. Earl Swartzendruber	2.03.08	14. Bill O'Connor	2.19.00	23. Al Scanlan	2.50.13	John Roemer	
6. Bob Sermler	2.04.46	15. Joe Holland	2.20.55	24. Vern Davies	3.03.04	Phil Easter	
7. Dave Mahan	2.05.52	16. Ernis Lareau	2.25.40			Harry Plotrowski	
8. Sean O'Connor	2.08.37	17. Bernard Webber	2.31.38			Steve Matthews	
9. Delroy Matthews	2.10.39	18. Scott Paris	2.34.09			Bill Fornoff	

March 27—Sunday 12:30 p.m.—A good turnout for both the Husband & Wife relay and the 5 mile run at the Towson YMCA. The weather man finally gave us a beautiful day and the runners did the rest. Looks like a big spring and summer ahead.

5 Miles							
1. Jim Lears	25.22	18. Jerry Lynch	31.48	36. Ricky Willis	36.35	54. John Beares	43.23
2. Gus Loukas	26.53	19. Lance Woodward	32.03	37. Reed Haynie	36.39	55. Herman Blinchkoff	44.26
3. Marly Nyman	26.59	20. Ward Coe	32.37	38. Mark Vondembach	36.57	56. Kevin Beares	44.32
4. Allen Brecher	27.56	21. Don Fischer	32.56	39. Gerald Adams	36.58		
5. Chris Lepp	28.12	22. Dave Pabsi	33.22	40. Vern Davies	37.09		
6. Lenny Patterson	29.17	23. Lee Rinehart	33.49	41. Joe Nea	37.36	<b>Husband &amp; Wife Relay</b>	
7. Steve Yeagle	29.18	24. Tom Zibron	33.53	42. John Sherman	37.38	1. The Fraidley's	16.05
8. Warren Haynie	29.20	25. Jerry Groeninger	33.59	43. Tom Malooly	37.40	2. The Rosasco's	16.54
9. Carol Fraidley	29.21	26. David Williams	34.02	44. Larry O'Neill	37.54	3. The Nair's	17.22
10. Scott Litch	29.51	27. Jim Mortenson	34.07	45. Jim Dorsey	38.02	4. The Webb's	17.47
11. Marge Rosasco	30.20	28. Michael Coe	34.13	46. Lee Hudson	38.21	5. The Brumley's	18.44
12. Bill Gaa	30.23	29. Henry Coe	34.17	47. Doug Davies	39.13	6. The Heffner's	18.57
13. Les Kinlon	30.35	30. Bob Rosscoe	34.31	48. Phil Easter	39.39	7. The Hammann's	19.26
14. Dick Hoffman	30.42	31. Mike Cross	34.54	49. Mark Shimonkesinz	40.01	8. The Roemer's	19.26
15. Dwight Hood	31.10	32. Robert McCubbin	34.55	50. Cathy Kleeman	40.09	9. The Pierre's	19.52
16. Rob March	31.21	33. Ronald Harmon	35.47	51. Nancy Breede	41.09	10. The Hasler's	20.22
17. Henry Freeman	31.29	34. Bob Burdorf	35.58	52. John Hasler	41.47	11. The Blinchkoff's	20.34
		35. Ron LeClair	36.29	53. Judy Hasler	42.09	12. The St. Martin's	20.41
						13. The Willisman's	21.50

We only had the result sheet for the relay, so we did not know all the first names, so we just went with the last name—sorry.

The 2nd Annual Women's 10,000 meters — 81st Boston Marathon results will appear in fall issue.

## Are your Dues payed for the year?

### 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 .....	\$ _____

MAIL TO: JOHN ROEMER — ROUTE 1, BOX 246 EVNA RD. — PARKTON, MARYLAND 21120 — 301-472-4197