

**1977  
FALL**



**NEWSLETTER**

# 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 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.

## MARATHON DEVELOPMENT

Our fall schedule lists twelve Saturday 8:00 a.m. training runs for novices (and others) who want to get ready for the Maryland Marathon. These Saturday runs are NOT races. They should be run slowly, at a conversational pace. Novices may wish to use them as their long run for each week.

We have permission from the police and water shed authorities to park in the dirt area near Sander's, beside the river and just behind the intersection of Loch Raven & Cromwell Bridge Roads. You may be ticketed by the police if you park anywhere else in the reservoir area for more than twenty minutes.

Run facing traffic; the hot rod set does not share our commitment to foot power, and you should make yourself inconspicuous if challenged by 3,000 pounders.

Use the official Marathon mile markers as guides. They're orange numbers in white squares painted on the road. The first one is mile 9, about a 1/4 mile from the parking area near Sander's, on a curve just before a dirt parking lot on your left as you run toward the dam. The Marathon turn-around point is just before Peerce's Restaurant on Dulany Valley Rd. From Sander's to Peerce's and back is about 9 miles.

Some marathon pointers for beginners:

- (1) Don't run a marathon on grossly inadequate training. You either won't finish, will feel as though you had died and gone to hell and/or may receive serious leg or foot injuries which could curtail future running. But remember: Overtraining (toomany miles, race or intervals for your body) is the most common mistake of distance runners.
- (2) Don't ignore persistent pain in training. If leg or foot pains increase after a mile or two, they're probably warning you about something. Call John Roemer, Mel Walton, Les Kinion, Bill Schwartz or someone else in the club for advice.

(3) Drink plenty of fluids before and during long runs, particularly in warm weather. Beverages high in sugar content are not as readily absorbed by the body as water, E.R.G. or Body Punch.

(4) Decent shoes are essential—cushioning, three-piece sole construction, strong heel cups, flexibility under the ball of the foot, roominess around the toes. Don't let the heels wear down. Shoe Goo (\$2.95 a tube; good for six months) is easy to apply and will keep heels built up to level.

(5) Never run if you have a fever. Serious, even fatal medical complications, may be your reward.

(6) Eat what agrees with you. Don't eat it before a run.

(7) The Marathon Training Formula — Your "collapse point" (how far you can run before you wish you had taken up table tennis) is roughly three times your daily mileage average for the two months preceeding the marathon. That is, a nine mile a day average ought to get you to the finish line in a vertical posture. You can perform adequately on ten miles a week less. In fact, Dr. George Sheehan claims that you can make it on thirty miles a week. Ignore that strategy unless you don't mind being very late for the awards ceremony on December 4th.

During the two months before the marathon, beginners should probably aim for seven or eight miles a day, five days a week, with three or four weeks containing a fifteen miler and, if possible, two weeks including a twenty miler. Take one day a week off after your long run. Again; it's better to train too little than to overdo it.

(8) Carbohydrate loading works for most marathoners, they go faster, further with less pain. There are exceptions, who discover themselves only through sad experience.

Loading can be done in two ways. Both are used only during the week immediately preceeding the marathon.

First way: Take a long run (12 to 15 miles; avoid 20 milers this week) on Nov. 26 or 27. For the next three days eat mostly protein — meat, fish, cheese and leafy, low carbohydrate vegetables. Avoid fruit, bread, sweets. Drink lots of water to avoid internal complications. Some carbohydrate (up to 60 grams a day) will keep you healthy and nice to be near. (This diet is gruesomely dull, and it makes many people weak and irritable). Don't run more than eight miles a day.

Then, for the four days immediately prior to the Marathon, enjoy! Overeating is counter-productive, but focus on carbohydrates — fruits, breads, cereals, spaghetti. Your muscles will store up to three times the normal amount of energy-producing material. Don't run more than a few miles a day, if at all.

The second way to load, works almost as well, with less grief. Skip the protein-heavy phase above. Take a 10 to 12 mile run on Nov. 29 or 30. Then fill up on carbohydrates until the Marathon. Again, after the 29th or 30th, don't run more than a few miles a day, if at all.

Incidentally, loading is of little value for races under 20 miles.

## 1977 FALL SCHEDULE

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*All races you find in italic are races outside of BRRC races. We add these races to our schedule to give our club members the greatest amount of variety. Due to our own large schedule we are unable to reprint results of these races.*

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Saturday — September 10 — 6 miles (1st) Marathon Training Run — Loch Raven Dam.  
8 a.m.

Sunday — September 11 — 4 man-12 mile relay — Memorial Stadium. 33rd Street. Using first 6 miles of marathon course (out 6-back 6). Prizes to members of first 6 teams. Tom Zibron 661-5567 — Harry Piotrowski, Jerry Lynch, Jean-Claude Kiehl.

Saturday — September 17 — 6 miles (2nd) Marathon Training Run — Loch Raven Dam.  
8 a.m.

Saturday — September 17 — 5 mile Maryland U.S.T.A.F.F. Open Cross Country race. Catonsville Community College — meet at track to the left of and behind college. 50¢ entry fee — no prizes. Don Forgione 433-7289.  
Noon

**PICTURES NEEDED** — We need some pictures for the newsletter. Anyone can turn in pictures they take at our races. All pictures will be welcome and if we can't or do not use them, they will be returned.

Sunday — September 18 — 5-10 mile races from Jerry Bosse's home. For those who do not know Jerry, he had a very serious back operation last year, removing two discs. Jerry has made great progress but there is so much more to do. We are having only 5 & 10 miles this year so Jerry won't be out there giving times out too long. Regular fees — no prizes. From Pearce's Plantation go ¼ mile out Dulaney Valley Rd. to first road on the right (Windemere Pkwy.). Go right on Windemere to the second right (Glen Alpine Rd.) go 100 yards to right on Siesta Garth Cr. — 7 Siesta Garth. John Roemer 472-4197 — Carl Muller, Randy Dabney.

Saturday — September 24 — 8 miles (3rd) Marathon Training Run — Loch Raven Dam.  
8 a.m.

Sunday — September 25 — Baltimore Road Runners Club Eastern Regional 50 mile Championship — Lake Montebello. Championship Medallions will be awarded to top 10 finishers. The big loop will be used for this race starting at 7 a.m. Regular entry fees. John Roemer — 472-4197

(7:00-8:30) Alex Medina, Alex Drabkowski, Gerry Groeninger  
(8:30-10:00) Joe Adams, Chuck Fields, Ted Chernak  
(10:00-11:30) Marilyn Bevans, Don Fischer, Joe Holland  
(11:30-finish) Jim Harrision, Jerry Mion, Jim Burns

At 9 a.m. we will have a 10 miler around the lake with shorts going to the top 250 — entry fee \$2.50. Earl Swartzendruber 821-7564 — Frank Nowosielski, Pas Romagna. When coming for the 10 miler please remember there is a 50 mile race going on, and these runners are going to be very tired by this time so please give them the right-of-way. Beltway Exit (30) Perring Pkwy. (south) to Hillen Rd. (same rd.) to 33rd. Street, hang a sharp left onto lake area — go ¼ mile to pump house.

Saturday — October 1 — 8 miles (4th) Marathon Training Run — Loch Raven Dam.  
8 a.m.

Saturday — October 1 — Heart Association Relay — 4 man-20 mile relay. T-shirts to all finishing teams and medals to top teams. 3 locations to start from — all finishing at Lake Montebello. Columbia — Bob Brown 997-4693, Cockeysville — John Roemer 472-4197, & Bel Air — Joe Lacetera 877-0718.

Clinic — Mervo Tech. High School — We will have a running doctor as guess speaker to give a clinic on running injuries and diets. He will have a period to answer any questions anyone may have on their own problems. Should be a very interesting afternoon.

Run for Novices — T-shirts to everyone, run as far as you want. 4 locations to run — Annapolis — Columbia — Cockeysville — Bel Air (use the same people to call for information as the relay) Annapolis — Norm Lee 798-4645. \$3.00 entry fee per runner (one or all events). Money received from 3 events will go to the Heart Fund.

Tuesday — October 4 — Club Meeting and Film — "Marathon". Joe Henderson of *Runner's World* says: "The movie moved me as no other running film has. It said in 28 minutes what I'd been trying to write about running for more than 10 years." Those of you who saw it at the Boston Marathon know that "Marathon" captures the joys and agonies of running in a uniquely sensitive way. Admission free; bring friends and family. The film will be shown in the Lecture Hall, Administration Building, Essex Community College. Take Beltway to Route 7 (Exit 34 — Golden Ring Mall). Turn left (north) on Route 7, go about a half-mile to Rossville Blvd. Turn left (west) on Rossville Blvd., go about one mile to Essex Community College. (college is on right, past hospital) John Roemer 472-4197.

Saturday — October 8 — 10 miles (5th) Marathon Training Run — Loch Raven Dam.  
8 a.m.

**Saturday — October 8 — 10,000 meter Maryland U.S.T.A.F.F. Open Cross Country Race — Herring Run. 50¢ entry fee — no prizes. From Hillen Rd. and Argonne Drive—take Argonne to Harford Rd., sharp right into park and meet under bridge. Don Forgione 433-7289.**

**Sunday — October 9 — Five races at Montebello — Walter Korpman Memorial Day. \$1.00 entry fee for each event. All entry fee money goes to the Cancer Fund in Walter Korpman's name.**

9:00 a.m. (1)

10:30 a.m. (2)

11:00 a.m. (3-4)

11:30 a.m. (5)

(1) 10,000 meters. Seniors (50 and over), Masters (40 and over) and Sub-Masters (30-34, 35-39) Trophies to top four men and women in each category. John Roemer 472-4197 — Michael & Colleen Pierre, Bob DuPont.

(2) Novice Race — 2 small loops around lake (2.7 mile total) for men and women 20 and over who have not run more than one race since high school or college. Special RRC Fun Run patches to first 40 finishers, plus 10 patches guaranteed to women. Jim Lears 296-2876 — Don Miller, John Hasler, Jim Mortenson.

(3-4) Run For Your Life — 1 and 2 loops around lake (1.35 & 2.7 miles) Trophies awarded in each race. John Paletar 256-1088 — Henry Freeman 624-3086.

(5) Family Relay — 2 person teams in eight categories: Father/Son, Father/Daughter; Mother/Son; Mother/Daughter; Brother/Sister; Sister/Sister; Brother/Brother; Boy Friend/Girl Friend. Special RRC Fun Run patches to first three teams in each category. Each person on a team will run one small loop around lake (1.35 miles). Steve Mahieu 679-8623 — Dennis Suski, Bob Rosscoe.

Directions same as (Sept. 25th).

**Saturday — October 15 — 10 miles (6th) Marathon Training Run — Loch Raven Dam.**  
8 a.m.

**Sunday — October 16 — Fourth Annual Athlete's Foot 25 Kilometer race (15.5 miles). See Flyer — Bailey St. Clair 252-5903.**

**Saturday — October 22 — 12 miles (7th) Marathon Training Run — Loch Raven Dam.**  
8 a.m.

**Saturday — October 22 — Maryland Minithon I — 7 miles (starting & finishing at Memorial Stadium) on Maryland Marathon course. Sign-up time 8:30-9:00 a.m. — 8 divisions: Handicap children 17 and under, 8 and under, 9-11, 12-14, 15-17. Trophies to winner in each division — 1 team trophy (lowest scoring 3 man team). Certificates to all finishers. Entry fee \$1.00. For entry blanks send self-address envelope to:**

**Leith Walk Recreation Center  
c/o Cliff Benser  
Leith Walk Road & Sherwood Ave.  
Baltimore, Maryland 21239**

**Saturday — October 22 — Catonsville Community College 10th Anniversary Day.**  
Noon  
10,000 meters (6.2 miles) — open masters (40 and over)  
5,000 meters (3.1 miles) — women  
3,000 meters (1.9 miles) — under 14  
\$1.00 entry fee — college is across from Sr. High School on Rolling Rd., meet by track. Jack Manley 455-4197.

**Sunday — October 23 — 6-12-18 mile races at Patapsco State Park — 50¢ entry fee — no prizes. This is our 3rd race on this course to get people out in different locations. We hope at this time of year the course will really show its beauty. 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 right and go to parking area under bridge. Dave Mahan 647-9396 — Chris Legg, Delroy Matthews.**  
9 a.m.

- Saturday — October 29 — 12 miles (8th) Marathon Training Run — Loch Raven Dam.**  
8 a.m.
- Sunday — October 30 — 6-12 mile races — Eldersburg, Md. (Carroll County).** Co-sponsored by Fran Nason's Sports World — PJ's Family Restaurant, Carrolltowne Shopping Center and the BRRC. Scenic, hilly course. T-shirts to first 100 finishers in each race and first 5 women in each. Steak dinner at PJ's to first male and female finisher in the following categories in each race: 14 and under, 20-29, 30-39, 40 and over. Soup from PJ's to all finishers (PJ's is a fine pizza and beer spot; you may want to have lunch there). Directions: From Beltway take Liberty Road (Exit 18—Rte. 26) west 2 miles past Liberty Reservoir bridge to Carrolltown Shopping Center on left at Liberty and Ridge Rds. (just before Rte. 32). Entry fee \$2.00. John Roemer 472-4197
- Monday — October 31 — Costume run for best outfit — gag prizes to be awarded. No entry fee — just wear your best outfit and come down to Constellation Dock. Have to be able to run to Science Center and back. Alex Medina 254-7578.**  
7:30 p.m.
- Saturday — November 5 — 14 miles (9th) Marathon Training Run — Loch Raven Dam.**  
8 a.m.
- Saturday — November 5 — 5 miler Maryland U.S.T.A.F.F. Cross Country race — Salisbury State College.**  
1 p.m.  
50¢ entry fee — women prizes and 5 for men. Meet in front of burned out Civic Center next to Salisbury Mall. Lloyd Sigler (301) 546-3261-Ext. 402
- Sunday — November 6 — 18 mile BRRC Championship — Lake Montebello. Plaques to first 5 open; 3 women; 3 over 40 & 50. Only paid up club members will receive awards. Directions same as (Sept. 25th). Bill Diegel 532-9845 — Bill Fiege, Don Heimiller, Bill Vogenitz.**  
9 a.m.
- Saturday — November 12 — 16 miles (10th) Marathon Training Run — Loch Raven Dam.**  
8 a.m.
- Sunday — November 13 — Fourth Annual Satyr Hill 12 miler — Middle miles of Maryland Marathon course. Meet at Corvette's parking lot (Joppa Rd. and Perring Pkwy.) Pre-  
enter by sending \$2.00 to:  
Janet Lacetera  
1006 Whittaker Mill Rd.  
Joppa, Maryland 21085  
Post entry \$2.50. First 200 pre-entrants will receive T-shirts day of the race; other entrants will receive T-shirts by mail. Awards to first three open, first woman, master and junior. Sponsored by RASAC. Janet Lacetera 877-0718**  
9 a.m.
- Sunday — November 13 — Eastern Regional U.S.T.A.F.F. Cross Country Championship — Penn State**  
9 a.m.  
— Harry Groves (814) 863-0237.
- Saturday — November 19 — 18 miles (11th) Marathon Training Run — Loch Raven Dam.**  
8 a.m.
- Saturday — November 19 — Maryland U.S.T.A.F.F. Cross Country Championship — Herring Run. (1) 10,-  
000 meter (Teams only) maximum of 12 on a team (5 scoring and 2 push-  
ers). (2) 7,000 meter women race. (3) 7,000 meter under 18 race. Team and in-  
dividual prizes. Prizes only to USTAFF members (BRRC members are mem-  
bers of USTAFF). \$2.00 entry fee — only one team from a club may win a  
prize (no A and B teams winning). Gene Williams 788-9046.**  
Noon

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**Remember that MARYLAND MARATHON deadline for entries !!!**

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- Sunday — November 20 — 7-14-21 mile races — Loch Raven Dam. Dud box drawing — over the past 4 years the club has collected items such as T-shirts which when Les & Mel were printing were bad for one reason or another and could not be sold, also club jackets etc. Prizes will be divided evenly over the three races until the box is empty. This race always draws a lot of runners, so if you know another runner coming, double up and drive together and this will cut down on the parking problem. Beltway Exit 29 (Cromwell Bridge Rd.) east to Loch Raven Drive (Sander's restaurant on corner) left on Loch Raven Drive to parking lot at lower dam. Steve & Marge Rosasco 877-7074 — Mike Hill, Vernon Davies, Dave Pabst.
- Saturday — November 26 — 6 miler — Loch Raven Dam. Everyone will be given a blue or a red sweat band, this will put you on a team. The two teams will be evenly divided between the fast — slow runners. This is a tune-up race for next weeks Maryland Marathon. Directions same as (Nov.20th). Dick Nair 665-7340 — Ron LeClair, Bill O'Connor, Phil Moss.
- Saturday — November 26 — 10,000 meter Mason-Dixon Invitational Cup Championship — Herring Run. Open to U.S.T.A.F.F. Teams, maximum of 12 per team. \$10.00 a team. Cup awards. No entry after November 19th deadline. Don Forgiore 433-7289.
- Sunday — November 27 — 14 miles (12th) Pre-Marathon Pace/Depletion Run — Hunt Valley/Western Run Road. NOT A RACE, but a last long paced training run before the Maryland Marathon. Runners will receive times at every mile point out and back while running in predicted-time groups. Run at a six, seven, eight, nine, ten, eleven or twelve per mile pace. There will be groups running at each pace. Meet at Cockeysville Industrial Park on Shawan Rd. between Rte. 83 and York Rd. Park in front of Executive Plaza (tall gray building). Starting line is at stop light on Shawan Rd. Take Rte. 83 (York/Harrisburg Exwy) north from Beltway to Shawan Rd. exit. Take Shawan Rd. east to parking lot past Hunt Valley Inn. No prizes, no entry fee. John Roemer 472-4197.

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Sunday — December 4 — 5th Annual Maryland Marathon. Fill out that application early so you don't have to pay that late fee, remember that the closing deadline is a lot earlier this year, so don't wait! Hope to see a lot of the club members on the starting line. Les Kinion 668-3766

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Letter received from the Mayors office:

July 8, 1977

Dear Mr. Roemer:

Thank you for the Constellation T-shirt and your letter concerning the six mile race between the USF Constellation and Fort McHenry. It was a major attraction drawing many people to the Inner Harbor area. As this was the second year of the race I hope it will remain an annual occurrence for our All-America City.

The Road Runners race is a most positive means of utilizing our downtown area. What better way is there to see our Harbor as well as Fort McHenry while keeping physically fit? I am pleased to know of the cooperative services you received from the Police Department as well as Messrs. Beek and Wasserman. Your complimentary remarks will certainly be conveyed to them.

I look forward to wearing my Constellation T-shirt and greatly appreciate your thoughtfulness in sending it to me.

Best wishes for your continued success in future Road Runners races.

Sincerely,

Donald Schaefer  
Mayor of Baltimore



Letter received from John Wall:

June 17, 1977

Dear President John Roemer &  
all my friends from the  
Baltimore Road Runners Club:

Mere words cannot express my appreciation for the thoughtfulness you all have shown in sending the basket of fruit & goodies which I received yesterday. It will help build up my strength and hasten my recovery.

I have received so many lovely cards & letters from all of you which has given me the incentive to get well again. I am well on the road to recovery thanks to everyone who was praying for me. Started in the rehabilitation program last Tuesday at the hospital and will participate twice a week for the next several months working out on the stationary unicycle and tread mill going no where in a hurry.

Hoping to see all of you shortly and please stop by 3216 Juneau Place real soon. Best wishes to everyone for a successful racing season this summer and fall.

Many thanks again. I remain,

Yours in Sports  
John

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**235-2732**

December 23, 1976

Dear Mrs. Korpman:

On behalf of the Baltimore County Unit of the American Cancer Society, I take this opportunity to thank the Baltimore Road Runner's Club, the Run For Your Life Group, and yourself for your generous consideration and contribution in 1976. Such concern will most assuredly assist us in the continuation of our programs in research, education, and patient assistance.

Thank you again for your thoughtfulness.

Sincerely,

Paxton Insley  
President  
Baltimore County Unit

This letter was sent for the race that is put on each year for a fund raising race in the name of Walter Korpman, who started the Run For Your Life Program. Without Walter there most likely would not be a BRRC today, for Les Kinion started out in the RFYL program.

## Lady Equitable's Women Race

The Equitable Trust Company has agreed to again sponsor a 10,000 meter race for women in the spring of 1978. This race will also decide the Road Runners Club of America State Womens Championship. Tentatively the course will start at the Constellation in Baltimore City and run past numerous historic spots. The race will be even larger than last years and will be heavily promoted so as to make it one of the areas outstanding events.

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# RESULTS OF OUT-OF-TOWN RACES

By DON HEIMILLER  
258-6280

- January 30—20 Km, E. Potomac Pk., D.C. Dan Rincon 2nd (65.09) lost tough battle to Bruce Robinson by 51 sec.  
— 0 —
- March 5—Edgewood, Md.—“Last Train to Boston” marathon; 52 starters, 19 finishers (low number due to those not being able to make the 3 or 3½ hr. cut-off for Boston). 3. John Roemer III 2.54.30; 4. Frank Fitzpatrick 3.01.15; 7. Ed Geindaffer 3.10.47.  
— 0 —
- March 6—Athletic Shoe Box ½ marathon, Sandy Spring, Md.—1st Dan Rincon 65 min.  
— 0 —
- March 19—Va. Beach Marathon—Ed Hewitt 3.00.04; Henry Freeman 3.12.00; Jim Mortenson 3.21.22. Approximately 500 starters.  
— 0 —
- March 19—Mechanicsburg, Pa. 100 Km, Park Barner 1st & new American record of 7.11.44.  
— 0 —
- April 3—Caesar Rodney ½ marathon—69 degrees, humid, windy, 521 starters, 514 finishers. 4. Tom Lowman 1.12.12 to winner Jack Fultz's 1.08.20; 136. Alex Drabkowski 1.32.00 (2nd Golden Master); 151. Gus Jacobs 1.33.00; 254. Sue Jacobs 1.42.00; James Jenkins 1.43.00 (1st Vet.); 469. Nat Savage 2.08.00.  
— 0 —
- April 3—4th Annual Cherry Blossom Classic 10 miler—1700 plus starters, 1609 finishers. 1. Dan Rincon 49.44; 7. Steve Mahieu 51.09; 16. Mike Sabino 52.40; 115. D. Forgione 58.32; 177. H. Plotrowski 60.39; 181. M. Rosasco 60.44; 237. Les Kinion 61.55; 238. J. Roemer III 61.56; 239. M. Bevans; 306. A. Medina 63.30; 324. G. Adams 63.56; 340. C. Brumley 64.08; 369. C. Hartley 64.46; 377. J. Adams 64.52; 480. L. Roberts 66.36; 489. J. Lacetera 66.42; S. Rosasco 68.12; 691. J. Adams; 724. R. March; 816. D. Heimiller 71.06; 861. B. Roberts; 873. J. Ward; 1119. Jean-Claude Kiehl and 1294. S. Rowland.  
— 0 —
- April 26—The Penn Relays Marathon—Tom Lowman finished 3rd in a field of about 250 with a time of 2.24.00; Harry Piotrowski ran a 3.02.00 just 8 days after running Boston in 3.05.00. Craig Hartley and Don Forgione ran together for 22 miles when Don pulled his usual el foldo and hitch-hiked the last 1¼ miles. Craig slowed up and came in with a 3.00.30.  
— 0 —
- May 15—C & O Canal at Weaverton, Frederick Steeplechasers ½ marathon, 80 degrees, sunny, 45 starters, 43 finishers; Don Heimiller 24th 1.40.00.  
— 0 —
- May 28—1st annual Wheeling Distance Run (20K) Craig Hartley and Don Forgione placed well in a field of 750 plus starters. Don (33rd) 75.30; Craig (126th) 83.04, he was 19th in the 30-39 age group. Very hilly course with one hill over two miles long.  
— 0 —
- June 11—Frederickburg, Va.—9 miler—Jim Kennedy (1st)46.20; Mike Hill (8th)49.50.  
— 0 —
- June 12—God's Country marathon, Pa. 233 starters, 183 finishers, warm & humid, winning time—new course record of 2.30.00. Jim Mortenson (103) 3.39.00.  
— 0 —
- July 2—Jersey Shore 10K—craig Hartley 40.02 in 95 degrees.  
— 0 —
- July 4—Pagoda Classic, Reading, Pa.—high 80's, overcast & humid with a 1080 ft. rise at mile ¼ to 5½, a 40-50 dip just before half way point and return back down the mountain in this tough ½ marathon—(124) Joe Holland 1.32.30; (129) Jim Mortenson 1.32.50; (175) Don Heimiller 1.37.00. Also 9 yr. old Chris Mortenson was 1st in the 9 & under group for the 1 mile race.  
— 0 —
- July 4—Peachtree 10K—Atlanta, Ga.—Jim Kennedy (30th) 32.08; Mike Hill (85th) 34.17; Alan Brecker (89th) 34.28. 6,000 ran in this event.  
— 0 —
- July 9—International Friendship Games—Williamsburg, Va.—10K on a hilly course with numerous jumps and a lot of sandy footing. Don Forgione ran 37.12 and Craig Hartley ran 39.47.

## WOMEN'S CORNER

By SUE JACOBS  
879-8862

Complete Minithon results will be in our Winter Newsletter.

Eastern Regional 10,000 meters will be held September 25th in Washington, D.C. For more information call me: Sue Jacobs 879-8862.

Remember — Lady Equitable — Spring of '78

Come on ladies — were not getting any news of your races.

# "The Way We Were"

By JOE HOLLAND

On Sunday, September 7, 1969, Jared R. Beads was busy setting a world's non-stop record on the track at Dulaney High in Timonium. He ran 121 miles, 440 yards non-stop in 20 hours and 27 minutes. Jared beat the previous record in the Guinness Book set in 1882 by S. Saunders, a Briton who covered 120 miles in 22 hours 49 minutes. All history now, since Jared's record has been beaten in recent years.

The big thing for me about the Beads' track run was that I met for the first time Ruth and Walter Korpman, Chuck Brumley, John and Mary Roemer, the Roberts Brothers, and Les Kinion. Walter Korpman (deceased 1971) was the founder of the "Run For Your Life Program" with Gabe Merkin during the early 60's in Baltimore.

I ran later that month at Middle River Junior High School with Les in the "Run For Your Life" program. This was a special events day and we struggled through the six-mile race. Les was in his early 30's and me in my late 40's with no experience in road running.

We continued to stay in the "Run For Your Life" program, and agreed to fly to Boston with a group of fifteen in April of 1970—Les ran 3.02 in a driving rain storm and the rest finished behind him. We also (by accident) attended the National Road Runners meeting on Sunday before the race. No one was saying, "Hi, Les. Hi, Joe". We knew absolutely no one except the Baltimore runners and a couple from D.C.

After Boston we felt we needed more training and wanted longer races. The AAU was also brought to our attention and Les—oh, well—We also wanted to become affiliated with the Road Runners and form a club. Les, along with Harry Kaufman—a local attorney—were also talking up the Maryland Marathon, and Harry was going to see the Governor, to set up a Planning Commission.

In September of 1972 Les Kinion invited Joe Holland, Merel Hamrick and Tim Giles to attend a meeting at his home to form the Baltimore Road Runners, and we respectfully voted ourselves President, Vice-President, Secretary and Treasurer. By now Les had been to three Road Runners meetings in Boston, so we had some ideas in regard to getting a club charter.

At this now memorable small meeting I made this remark, "We may be small but, after all, the NFL was formed by a few people sitting on some automobile running boards in a new car showroom in Canton, Ohio, 1920." They also franchised the Canton Bull Dogs and it went on from there.

Since this meeting our club has advanced to over 600 members. Some members drive over 75 miles each week to take part in our races. Two other groups close by have been so inspired by our efforts that they have established their own clubs and have active programs.

Other clubs may be larger, but no other club that I have encountered show so much enthusiasm nor do they print a program like ours or do they put out an extra amount of personal effort to make each and every race a success. This is not only singles or head of family; this is wives, children and people who don't even belong to the club.

Above all, we strive to improve each year but without the early effort of Les Kinion, I would not be writing this epistle for the Fall Newsletter.

## Shoe Corner

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Nike Trainer or 8½ NB 320.

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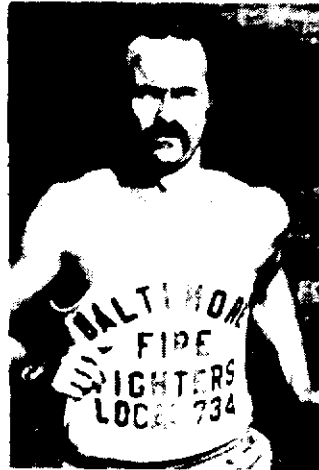
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Running Times**

**Look for me at each race or call 668-3766**

# INDEPENDENT.

# TOLERANT...

...Say various studies about runners, reviewed in Runners World.

There's another group of people who are tolerant and independent-minded - the 250,000 members of the American Civil Liberties Union.

What is the ACLU?

It's the only nationwide, non-partisan organization dedicated solely to preserving and extending the precious safeguards of personal freedom set out in the Bill of Rights. We do our work through education, legislation and court action.

The ACLU plays no favorites. It defends the rights of children, Communists, Democrats, Christians and atheists. Homosexuals, Klansmen, members of Hare Krishna and the Jewish Defense League. Priests, prisoners, police, soldiers, teachers and women. Anyone and everyone whose civil liberties are invaded.

"It is difficult to appreciate how far our freedoms might have eroded," stated former Chief Justice Earl Warren, "had it not been for the ACLU's valiant representation in the courts of the constitutional rights of people of all persuasions, no matter how unpopular or even despised by the majority they were at the time."

The ACLU is not a political movement. It is not of the right, the left, or the center. Its only loyalty is to the Constitution - to freedom of inquiry and expression, the right to privacy, due process, and equal protection of the laws.

Perhaps you have wanted to join us, but didn't know how. Or maybe you thought ACLU was just for lawyers. That's not true. (93% of our members aren't lawyers.) The American Civil Liberties Union is for everyone who shares the American principles of tolerance and independence. If joining ACLU has been on your mind, we hope you will take a minute and do it now. If you haven't considered it before, please give it some thought today. We'll be happy to send you more information.

American Civil Liberties Union  
1231 N. Calvert St., Balto., Md. 21202

Enclosed is my contribution of \$ \_\_\_\_.  
I want to join ACLU. Credit my contribution towards membership.  
\$20 Individual    \$30 Joint    More

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

My membership dues make me a member of the county, state and national ACLU.



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

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

We need volunteers to help at races, in addition to the persons listed as in charge of each race. If you're interested please fill in the form and return it to me. Don't worry if you aren't familiar with race administration. Most of it is idiot work (as is obvious from past and present club leadership), and we'll be happy to show you what to do.

Maryland Marathon volunteers are especially needed. We want to have a dozen people at the registration tables alone.

I'd be happy to help with the race(s) on the following dates:

\_\_\_\_\_

I would like to help at the Maryland Marathon  
(please check):

\_\_\_\_ Registration (8:00-11:00)

\_\_\_\_ Refreshment stations on the course (10:30-3:00)

\_\_\_\_ Post-race results, etc. (12:00-4:00)

Name \_\_\_\_\_

Telephone No. \_\_\_\_\_

If you have an idea for a running event, course, race sponsor or prizes, please call or write. We won't guarantee that your idea will be used, but variety is the spice of running.

Special donations to the club are now tax deductible (Regular membership dues are NOT deductible). If you want to contribute beyond your dues, let me know. We'll send you a receipt for IRS purposes. Incidentally, our new tax status has drastically reduced our bulk mailing costs, so more money can go into running events, clinics and etc.

## **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!

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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 straighten 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.

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

	Their Price	Our Price	
<u>Runner's World</u>	<u>\$9.50</u>	<u>\$7.00</u>	<u>Save \$2.50</u>
<u>Bike World</u>	<u>\$8.50</u>	<u>\$6.50</u>	<u>Save \$2.00</u>
<u>Soccer World</u>	<u>\$8.00</u>	<u>\$6.00</u>	<u>Save \$2.00</u>
<u>Down River</u>	<u>\$8.00</u>	<u>\$6.00</u>	<u>Save \$2.00</u>
<u>Nordic World</u>	<u>\$6.50</u>	<u>\$5.00</u>	<u>Save \$1.50</u>

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# Runner vows to stop but "can't imagine doing anything else"

By BOB DuPONT

It hits me as it usually does, about half a mile into the run. I vow never to run again and wonder why I do such silly things. Breaths were coming hard; no matter how slowly I go those first few minutes are hard. Early morning hip aches and back aches, marginally eased by stretching, make me feel more like a candidate for an arthritis clinic than a runner.

Slowly, going up the esplanade on Charles street (I once hated that hill, shallow as it is, with a passion) the aches and labored breathing fade before the rush of the juices beginning to flow. By the time the run is over an hour or two later, the day (no matter how gloomy the weather) is bright and I wonder why everyone doesn't run.

Such wondering is common among runners, if the growing number of books and magazines by, for and about runners is any indication. Running often is presented almost as a religion; the one true way. But as George Sheehan, the ever-enlightning Dr. Sheehan, constantly reminds us, not everyone is built physically or mentally to run. Each person has his or her own truth and as long as that truth is not self-destructive who are we to say, "Follow us. We know the only path."

Good health be hanged, I run because it reinforces all the good feelings I have about myself. Another person plays darts or sails or does yoga or lifts weights or bird watches or raises racing pigeons or sky dives or plays chess or plays softball or takes his bird dog to field trials for much the same reason.

"When I'm out here," one man with his dog at a field trial for Vizslas, a breed of Hungarian hunting dogs told me, "nothing else matters. All the bills, the problems don't mean anything." Exactly! He could have been ice boating on the Bay last winter or playing checkers in a tavern tournament—or running. It's the natural high from leisure time spent the best way, and I've heard similar things were said by happy people who used their free time differently. "I'm so happy doing what I'm doing," they say, "I can't imagine doing anything else."

The point to all of this is whether to proselytize. Several months ago I felt that anyone who should be a runner will discover it, and to attempt to convert someone is being a bit pushy. Then, I found that merely by talking about running to a non-runner I had an overabundance of zeal that persuaded him to run—for three weeks. After that trial he dropped it in favor of riding a bicycle to work (a 4-mile trek) and of playing softball. Running was too boring, he said, and was too hard to do, either just after getting up in the morning or before going to bed at night.

So, I agreed with him that bicycling just might be the thing for him—besides, it saved gasoline money. He is a cycle commuter now and I am glad he tried running, sorry it wasn't for him, but happy for him that he found something in which to revel. The idea, I suppose, is to speak frankly on our feelings about running, but not to feel rejected when a friend finds a truth other than our own.

Bob DuPont has covered participatory sports, such as running, for The Sun.

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# BIO-RHYTHMS and RUNNING

Know what kind of day you will have for that big race

Know when you can work-out hard — and when to take it easy  
— Bio-rhythms will not make you a star or do great things,  
but they will help you understand those good days and  
the bad ones a little better.

Three rhythms (physical-emotional-intellectual) are all different in length,  
so they are always changing.

## PHYSICAL:

In your high phase you can perform better, more energy compared to  
the low phase when you tire easily and have a hard time holding a peak  
performance. Remembering that the center line or beginning & middle of the  
cycle is the danger area. This is the time to ease off your hard runs  
for you are in a bad position for injuries.

## EMOTIONAL:

Your high phase you enjoy everything you do and are very optimistic. You get  
moody and negative during the low phase. The danger area or critical zones  
are when you are accident prone.

## INTELLECTUAL:

Your highs or lows do not make you smart or dumb. The high phase you solve problems  
easier and your mind is clear. Your low phase you are less inclined to deal  
openly with new subjects. You have a hard time concentrating and trouble to  
think things through clearly. Your critical zone you should not make important  
decisions for your misjudgments.

## A few cases to look at:

Bailey St. Clair: (club member) ran his best marathon in three years—just by knowing when  
his best peak was for the year.

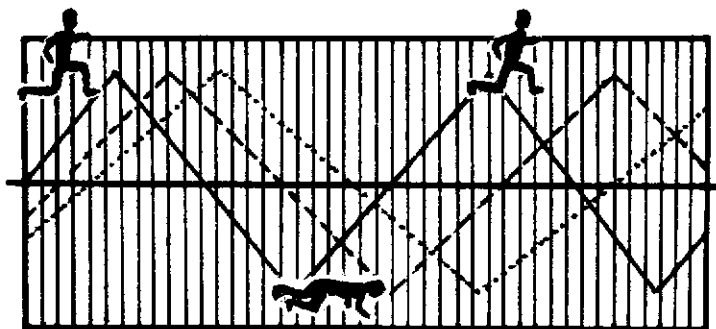
Donn Layne: (club member) had charts made up for the last few years and found that in 1975  
he ran his best marathon on a triple high (only happens once a year).

Joe Holland: (club member) has had great success with his chart and said, "You can  
really follow the ups and downs".

The following are notations taken from "Bio-Rhythm" by Bernard Gittelson.  
Charts made on Clark Gable showed he suffered his first heart attack on a physical critical  
day and died 11 days later on his next physical critical day. Charts on Marilyn Monroe and  
Judy Garland turned up the same kind of information. Mark Spitz was on physical and  
emotional highs when winning 7 gold medals.

Charts made from month received (1 year)  
Print Clearly

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# No talent, only determination Major Need for Marathoners

By MIKE HILL

One mile and 26 miles. The classic distances for the English-speaking world. Most of us have left our hopes of glory in the single mile back with our fast-twitch fibers and have concentrated on piling 26 of them on top of each other.

No talent required, just determination and you've got a marathon and bragging rights around the neighborhood. The marathon has taken on mythic proportions as a race that strains endurance to the breaking point. We design our training schedules around it, and aim our diets for it.

Left in the wake are various other races—the 10 and 12 milers that we just use for training. And those 6 milers that we don't even bother to drive out to. Better to get in 15 or 20 this morning than waste time just running 6 miles. Anybody can run 6 miles.

But before we get our noses too high in the air snubbing such races, we ought to realize their value. The 6 mile distance, or even better 10,000 meters, is a classic distance in most of the rest of the world.

It is the standard cross country distance, and, of course, is an Olympic distance, the longest run on the track. Most people that snub their noses at it as some race for kids and trot off secure in their marathoner identity have probably never tried to run it.

Oh, they might have run through a couple of races, but have they ever really put out for 10 kilometers? Once you do it, it is hard to have anything but respect for the race. For road runners coming down to the distance, it requires speed, real speed, more than we're used to.

But it is long enough so that it doesn't require more speed than we can possibly put out (like the mile). And it still takes advantage of our endurance training because it requires sustaining that speed for quite a while. 10,000 meter men were the first to start putting in really high mileage training when they added endurance road work to their track workouts. Marathoners took note and followed.

The trade offs between speed and endurance are more precise than in the marathon. Relax for one mile and you've ruined your race. You have to push all the time, constantly, but not too hard, because you've still got a ways to go. There's never any relaxation, never any gazing over at Loch Raven once you've locked yourself into the proper pace. Start gazing around and you'll start slowing down. You've got to keep pushing.

For a well-trained marathoner, the first 20 miles is usually a pretty pleasant run. It's those last six that are the killers. In the 10,000, all you get is those last six.

So, perhaps it's not fun, but none of these things are meant to be fun. The point is that it is a test, a real test of speed endured over a distance. It is a challenge that we should meet and those that do it well deserve our admiration, even if they happen to slow down when they move up to the marathon.

Moreover, the 10,000 has one other important thing going for it. For the same reason that too many marathoners snub the distance, it can be attractive to the jogger down the street. Six miles just isn't that imposing. He's probably tired of hearing you tell about your latest marathon at every neighborhood gathering. He figures he can never run 26 miles, that's just too far. But 6 miles, he might be able to manage.

In Baltimore, we've been somewhat successful in getting these runners out to the Constellation-to-Fort McHenry 6 miler. But even our close to 400 turnout this summer only represents the tip of the running iceberg here.

Look at Atlanta. The town isn't that much bigger, although it may have a larger running population. But their big 10,000 run every July 4 attracted 6,000 this year. That's right, 6,000.

The vast majority of those were joggers. They just wanted to be able to say that they had run the 6.2 miles down Peachtree street. The t-shirts, given to all that finished under 55 minutes, are status symbols in the jogging community.

So the distance bridges the gap between the runners and the joggers, lets them compete together, one trying to sustain speed over a distance, the other just trying to sustain himself over the distance. But maybe a few of those joggers will understand that great feeling of accomplishment after finishing a 10,000.

Maybe they'll figure it will be even better after 10 miles or 15. Maybe they will end up adding a few miles every day, and one day they will run a marathon. But even if they do, if that first race gets them into the sport and they become one of us, they probably will never turn their noses up at a 6 miler.

## COMING !!!

### ROAD RUNNERS CLUB of AMERICA ANNUAL CONVENTION

WHEN: Late February Early March

PLACE: Downtown Baltimore City

**Business Meeting — Clinic — National 20K Championship (T-shirts to first 2,000 finishers). 500 attended the business meeting in St. Louis in 1976. Helpers will be needed — anyone interested in helping contact John Roemer 472-4197.**

More details to come in Winter Newsletter.

**YOUR AD  
COULD BE  
IN THIS SPACE !**



**REACHING OVER 4,000 PEOPLE**

**See ad sizes and prices on page 39**

# 4th Annual ATHLETE'S FOOT 25 — KILOMETERS RACE

In: Cooperation with the Baltimore Road Runners Club

Date: Sunday, October 16, 1977

Place: STATE HIGHWAY AUTHORITY BLDG.  
Falls Road and Joppa Road  
Baltimore County, Lutherville, Maryland

Time: 8:30 a.m. (sharp)

**DIRECTIONS:** East or West on Baltimore Beltway to Exit 23. North-Falls Road. Go North 400 yards to traffic light at Joppa Road, Right hand turn on Joppa Road — 150 yards to State Highway Authority Building. Parking on S.H.A. Lot.

Winner's name and time engraved on Athlete's Foot Cup on display at Athlete's Foot Store — Lutherville, Maryland.

1974 Winner — Bobby Drydan N.B.T.C.

Time: 1.26.06

1975 Winner — Jack Mahurin N.C.T.C.

Time: 1.22.58

1976 Winner — Bruce Robinson W.S.C.

Time: 1.22.53

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30 - 39

1. \$25 Gift Certificate
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40 & OVER

1. \$25 Gift Certificate
2. Nylon Mesh Shirt & Shorts
3. Nylon Shorts

Additional Merchandise Prizes Awarded plus 2 pair of shoes — all drawn by random (no one can win 2 prizes)

Registration Fee \$2.00 (mail entry deadline must be in by October 11th — no exceptions) — Post Registration \$3.00 day of race.

Make checks payable to: BALTIMORE ROAD RUNNERS CLUB

Tear Here

Mail to:  
Bailey J. St. Clair  
1611 Treber Court  
Lutherville, Maryland 21083  
(301) 252-5803

Please Print

Name \_\_\_\_\_

Age \_\_\_\_\_ Club \_\_\_\_\_

Remember to enclose \$2.00 — No Refunds  
October 11th — Mail entry deadline

Signature \_\_\_\_\_ Date \_\_\_\_\_

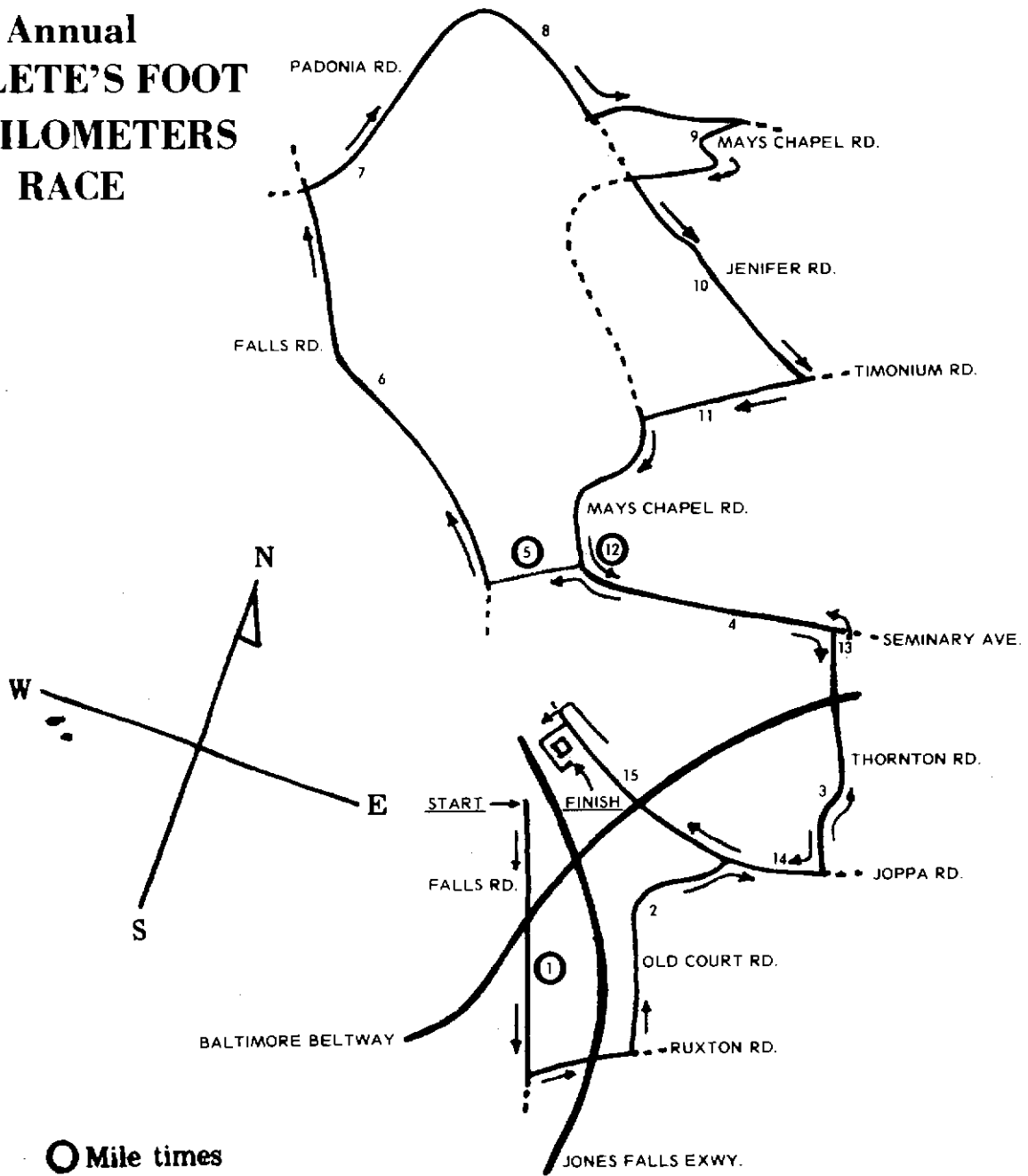
Check — Group you will compete in  
Open( ) Jr( ) Women( ) 30-39( ) 40 & over( )

No entries accepted after 8:15 a.m. day of race.

In consideration of your accepting this entry, I hereby for myself, my Heirs, executors and administrators waive any and all rights and claims for damages I may have against the Athlete's Foot Company, the Baltimore Road Runners Club, Baltimore County & State of Maryland, their representatives, successors and assign for any and all injuries suffered by me in this said event. I attest and verify that I am physically fit and sufficiently trained for completion of this 25 kilometers race.

(over)

# Annual ATHLETE'S FOOT 25 KILOMETERS RACE



○ Mile times

MHW

# First Husband & Wife Relay

13 teams ran this race held at Towson YMCA — Here are some highlights of the race



Photos—Linda Moore

## FROM THE WINTER SCHEDULE

The following were too late to get in the Spring and Summer Newsletter



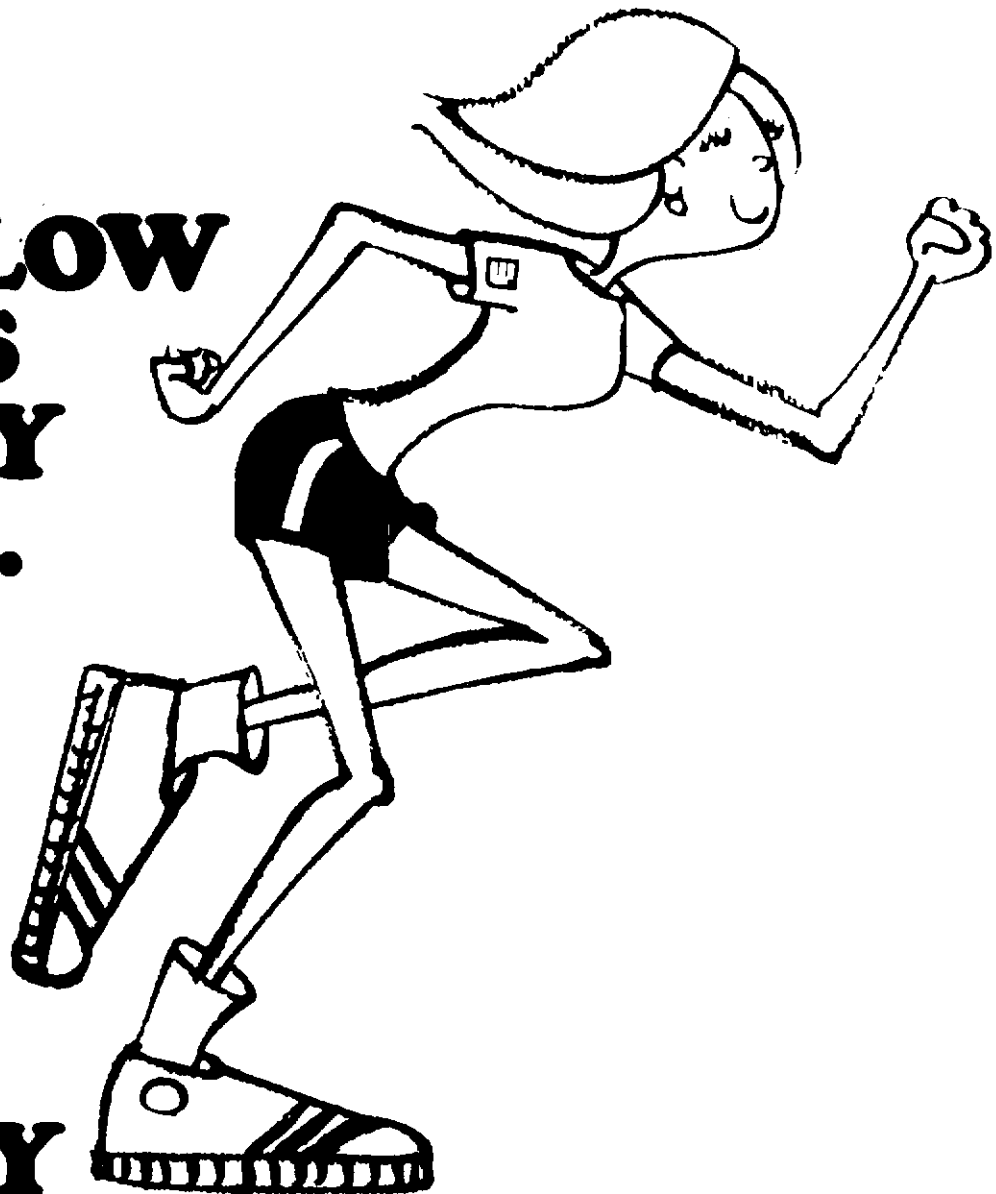
85 women start the 1st Lady Equitable 10,000 meter race at Hunt Valley. Carol Fridley (868) was the overall winner with a time of 35.43, and Marge Rosasco (862) finishing 2nd in 36.24.

April 10 — Sunday 1 p.m. — The Lady Equitable 10,000 meter road race was really a great race to have 85 women give up their Easter to run. What a mistake we made putting a race on Easter Sunday (was completely over looked). Our many thanks to the Equitable Trust Company for stepping in at the last minute to make it a great race, and to Marge Rosasco for the many hours she and Steve put in on the race. Equitable Trust indicated they would be willing to sponsor the race again next year. Everyone receiving T-shirts and hand bags, and age group winners getting silver bowls—they sure will have a hard time matching that next year. So come on girls—lets get those legs working this year and lets have over 200 women next year. Get your friends and neighbors out running. Pass the word "Lady Equitable — Spring '78. Thanks again to the Equitable Trust Company and all who had a part in the race.

1. Carol Fridley	35.43	22. Patricia Palermo	47.59	43. Jean Dwyer	52.19	64. Cleo Brauer	58.19
2. Marge Rosasco	36.24	23. Pat Sullivan	48.28	44. Dorothy Proctor	52.28	65. Carole Andrews	58.39
3. Lynn Brooks	38.46	24. Ceresse Muir	48.43	45. Ruth Buckley	52.38	66. Colleen Ward	59.36
4. Lise Dumais	39.52	25. Linda Coons	48.49	46. Jean Nair	52.42	Patly Long	59.36
5. Sallie Stewart	41.59	26. Judy Hasler	48.53	47. Beverly Harvey	52.56	68. Darlene Bethea	59.49
6. Jill Heller	42.49	27. Leil Garner	48.59	48. Given Good	53.12	Julia Tait	59.49
7. Sue Jacobs	42.54	28. Katherine McGlynn	49.00	49. Miriam Pratt	53.19	70. Noelle Stills	60.00
8. Robin Stryker	43.02	29. Patricia Zerhusen	49.10	50. Marie Johnson	53.25	71. Carolyn Lareau	60.04
9. Patricia Walker	43.05	30. Julie Vaughn	49.46	51. Cathy Bledsoe	53.47	72. Judy Motter	60.14
10. Bernadette Collins	43.08	31. Diane Batson	49.50	52. Joan Entriker	54.21	73. Iveagh Goff	60.19
11. Cynthia Railey	43.16	32. Bobbie Geisendaffer	49.54	53. Anne Palermo	54.28	74. Grace Brush	61.09
12. Donna Myers	43.52	33. Violet Leonard	50.14	54. Sam Marvin	54.30	75. Maura McMahon	63.16
13. Ellen Milburn	44.32	34. Donna Davis	51.00	55. Ellen Darman	54.50	76. Anna Wilsman	64.13
14. Cheryl McCann	45.03	35. Margaret Caffo	51.07	56. Patricia Laitala	54.53	77. Louise Hartman	65.08
15. Marie Baumann	45.36	36. Marika McVey	51.08	57. Bobbie Brumley	55.30	78. Kim Hartman	65.17
16. Sharon Rowland	45.52	Karen Hegstad	51.08	58. Jane Kestner	56.11	79. Karen Hartman	65.46
17. Cathy Kleeman	45.57	38. Jenia Brown	51.28	59. Janet Lacetera	56.23	80. Erlon Hughes	65.47
18. Andrea Palermo	46.12	39. Jill Motters	51.35	60. Judy Bechtel	56.50	81. Colleen Butler	65.55
19. Linda Whitney	46.20	40. Susan Wigutoff	51.45	61. Eileen Goldgeier	57.06	82. Mary Roemer	66.00
20. Debra Myers	46.55	41. Ayne Furman	51.56	62. Barbara Kimball	57.08	83. Jean Motter	66.36
21. Nancy Downer	47.52	42. Colleen Pierre	51.47	63. Monica Palermo	57.53	84. Susan Scott	75.51



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*Date:* Spring, 1978

*Place:* Baltimore, Maryland

*Course:* 10,000 meters through Baltimore's Inner Harbor and downtown area

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# 1977 SPRING and SUMMER RESULTS

April 24 — Sunday 11 a.m. — The 3rd annual John Roemer 8 mile family picnic on the farm was hampered by bad weather, but it still brought out 33 runners to challenge the mountains of northern Maryland. I always knew John was a jack rabbit with that blue sweat suit and ears, cause that is the only way he can get over these "hills".

1. John Cornwell	47.53	10. Charles Covington	53.42	19. Tom Zibron	60.11	28. Mark Drabkowski	67.27
2. Scott Lutrey	48.57	11. Layne Parly	54.00	20. Don Forgione	60.53	29. Alan Jones	72.10
3. Jim Harrison	49.14	12. Les Kinion	55.10	21. Lee Castleman	60.57	30. Carl Parly	74.06
4. Bryan Denson	51.00	13. Jay Bright	56.05	22. Tom Oglesbey	62.00	31. John Hasler	75.20
5. Jeff Fowble	51.10	14. Joe Adams	56.05	23. Don Fischer	62.07	32. Judy Hasler	76.54
6. Chuck Brumley	51.17	15. Lance Woodward	57.04	24. Henry Coe	62.15	33. Bobbie Brumley	81.45
7. Don Wann	51.43	16. Joe Holland	59.04	25. Michael Coe	63.04		
8. Bailey StClair	52.02	17. Dave Pabst	59.17	26. Jim Mortenson	63.13		
9. Andy Passmore	52.57	18. Don Heimiller	59.53	27. Bobby Kershaw	64.50		

May 1 — Sunday 11 a.m. — The Annual Meet of Miles was a real success this year at the Loch Raven Sr. High School track. We had 68 runners, and quite a few girls came out—so next year we will have to have a woman's division.

<b>0-10</b>		3. John Dorsch		5.28	<b>20-29</b>		5. Jerry Lynch		5.27
1. Richie Nair	6.21	4. Francis Muller	5.34	1. Scott Lutrey	4.36	6. Dennis Snyder	5.30		
2. Doug Davies	6.24	5. Tim Schlegel	5.53	2. Don Miller	4.38	7. Jim Mortenson	5.34		
3. Steven White	6.36	6. JoAnn Manning	7.17	3. Don Forgione	4.53	8. Ron LeClair	5.45		
4. Harry Freeman	6.53	7. Mary Lafferty	7.19	4. Gary Behrens	5.00	<b>40-49</b>			
5. Chris Mortenson	7.26	8. Jane MacKenzie	7.25	5. Dwight Hood	5.05	1. Chris Jeffrey	5.18		
6. Sophia Jeffrey	7.51	9. Kim Turnbauch	7.50	6. John Elder	5.09	2. Steve Rusasco	5.34		
7. Danielle Martin	8.18	D.N.F.		7. Marge Rosasco	5.26	3. Ted Chernak	5.37		
8. John Mortenson	9.12	Rita Wisthoff		8. Joe Ruggiero	5.35	4. Bill O'Connor	5.40		
D.N.F.		Denise Longo		9. Ken Hammann	5.36	5. Carl Parly	5.53		
Mary Kay Groeninger				10. Bob Stearns	5.40	6. Herman Blinichikoff	6.01		
<b>11-13</b>		<b>17-19</b>		11. Lee Castleman	5.46	7. Jerry Kearns	6.09		
1. Catherine Caskey	6.46	1. Walt Conrad	4.36	12. Robin Stryker	5.55	8. Bill Norton	6.42		
2. Kimberley White	7.05	2. John Cornwell	4.37	13. Mike Wilsman	5.57	9. Vern Davies	6.58		
3. Jay Dieter	7.06	3. Lenny Patterson	4.57	14. Leroy Wangenheim	5.58	10. Jack Dieter	7.11		
4. Julie Parly	7.56	4. Doug Davis	5.16	D.N.F.		11. Frank Hendry	7.25		
<b>14-16</b>		5. Greg Geppi	5.20	Ann Feild		<b>50 and over</b>			
1. Charles Covington	4.54	6. Rich Schmidt	5.28	1. Jim Lears	4.28	1. Alex Drabkowski	5.45		
2. Warren Haynie	5.13	7. Pally Albornoz	6.57	2. Dick Nair	5.00	2. Joe Holland	5.57		
				3. Doug White	5.05	3. Tom Maloony	6.25		
				4. Ed Geisendaffer	5.18				

May 8 — Sunday 9 a.m. — 107 starters and 104 finishers in the 10,000 and 20,000 meter road races at Loch Raven Dam. With over 600 members now, all the races are going to look like this

<b>10,000 meters</b>		28. Scott Paris	40.58	56. Jean-Claude Klehl	47.08	6. Lenny Patterson	1.14.39
1. Walt Conrad	32.03	29. Bill Diegel	41.09	57. Jerry Kearns	47.15	7. Delroy Matthews	1.14.51
2. Chris Legg	35.05	30. Greg Geppi	41.22	58. Ron LeClair	47.53	8. Bailey StClair	1.16.13
3. Paul Resignato	35.19	31. Greg Cocco	41.26	59. Judy Hasler	48.00	9. Harry Piotrowski	1.16.36
4. Tyrone Walker	35.21	32. Tom Zibron	41.30	60. Larry O'Neill	48.25	10. Ed Hewitt	1.19.32
5. Marge Rosasco	36.29	33. Henry Coe	41.34	61. Tom Boll	48.50	11. Herman Kensky	1.20.26
6. Jim Voshell	37.00	34. John Spicer	41.38	62. Steve Klus	49.18	12. Dwight Hood	1.20.44
7. Bill Gaa	37.07	35. Bob DuPont	41.44	63. Ted Klus	49.18	13. Henry Freeman	1.22.49
8. Frank Nowosielski	38.12	36. Ken Hammann	41.47	64. Sharan Mark	49.53	14. Dick Hoffman	1.22.52
9. Rob March	38.21	37. Sue Jacobs	41.57	65. Cathy Kleeman	50.07	15. Joe Holland	1.23.11
10. John Poole	38.24	38. Bill Frack	42.05	66. George Bowers	50.23	16. Jerry Lynch	1.24.00
11. Charles Koester	38.26	39. Don Heimiller	42.14	67. Mark Vondena Bach	50.55	17. Jim Mortenson	1.26.29
12. Gus Jacobs	38.34	40. Russ Tyldesley	42.32	68. Pas Romagna	50.59	18. Alex Drabkowski	1.26.33
13. Phil Kerby	38.39	41. Al Heebig	42.43	69. Katy Kensky	51.20	19. Roger Burrow	1.27.12
14. Doug Davis	38.40	42. Walter Cole	43.10	70. Frank Hendry	53.22	20. Harold Beber	1.27.34
15. Bill Fornoff	38.48	43. Mile Cady	43.25	71. Jack Dieter	54.11	21. Tom Oglesbey	1.29.04
16. Duane Schestag	38.53	44. Ron Kominsky	43.32	72. Bevern Matthews	57.41	22. Philip Ades	1.30.11
17. Warren Haynie	39.01	45. Steve Rogers	43.35	73. Louise Tanning	57.58	23. Mike Pierre	1.32.51
18. John Dorsch	39.14	46. Jerry Groeninger	43.38	74. Steven Matthews	61.12	24. Michael Coe	1.33.45
19. John Elder	39.15	47. Robert McCubbin	44.11	75. Stephen Brown	62.23	25. Al Scanlan	1.35.06
20. Ward Coe	39.34	48. Dan O'Brien	44.46	<b>20,000 meters</b>			
21. Lance Woodward	39.38	49. Dave Spain	45.09	1. Jim Lears	1.05.22	27. Tom Maloony	1.36.19
22. Bill Baer	39.46	50. Jim Bourke	45.45	2. Steve Mahieu	1.10.36	28. Vern Davies	1.42.08
23. Jerry Mion	39.50	51. John Hasler	46.00	3. Scott Lutrey	1.11.16	29. Valerie Herwig	1.42.40
24. Dave Pabst	40.03	52. Mark Sampson	46.08	4. Earl Swartzendruber	1.12.29	D.N.F.	
25. Bill O'Connor	40.08	53. Phillip Easter	46.09	5. Bardford Mudge	1.14.26	Mike Drabkowski	
26. George Spicer	40.12	54. Herman Blinichikoff	46.33			Don Forgione	
27. Robert Frier	40.19	55. Don Clement	46.58			Dennis Snyder	

May 14 — Saturday 9 a.m. — 162 ran the 3 mile minithon held at the Washington Monument in Mt. Vernon Place. Chris Jeffrey and the Mt. Vernon and Belvedere Improvement Association didn't plan on such a large turn, out so they ran out of T-shirts. They had more made up and sent them out to those who didn't receive one on the day of the race. I hope everyone received one. For those who are interested, this year's course had to be rerouted at the last minute and made the course shorter than 3 miles, but we do not know by how much.

1. Jim Lears	14.41	42. Brian Lee	17.45	83. Marly Flynn	19.41	124. Judy Hasler	22.26
2. Bill Caldwell	14.45	43. Bill Fornoff	17.49	84. Margaret Brenle	19.42	125. Edward Moss	22.32
3. Bruce Richardson	15.26	44. Ward Coe	17.50	85. Stephen Rothwell	19.47	126. Thomas Mumaw	22.33
4. Stan Fletcher	15.36	45. Marilyn Bevans	17.55	86. Trudy Morgal	19.55	127. Miizi Hen	22.42
5. Scott Lutrey	15.45	46. Gus Jacobs	18.00	87. Ron LeClair	19.58	128. Beverly Harvey	22.44
6. Chris Legg	15.55	47. Dave Pabst	18.01	88. Larry Stevens	19.59	129. Heidi Read	22.47
7. Rob Eaton	15.57	48. Roger Burrow	18.02	89. Alan Jones	20.04	130. Steven Matthews	22.55
8. Earl Swartzendruber	16.03	49. Richard Osborne	18.03	90. Mike Sinanan	20.05	131. Pete Marten	23.08
9. Lenny Patterson	16.13	50. Lance Woodward	18.04	91. Chris Atkinson	20.06	132. Philip Moss	23.13
10. Tyrone Walker	16.15	51. Henry Freeman	18.05	92. Mark Sampson	20.07	133. John Sherman	23.17
11. Paul Resignato	16.23	52. Al Scanlan Sr.	18.11	93. Ralph Rothwell	20.12	134. John Swann	23.32
12. Dick Nair	16.26	53. Stephen Skeem	18.17	94. Carroll Sudbrook	20.52	135. Carol Heffner	23.40
13. Les Kinion	16.30	54. Richard Patro	18.31	95. Jay Bright	20.53	136. Richie Nair	23.45
14. Steve Ries	16.38	55. Phil Kirby	18.32	Phil Easter	20.53	137. Mike Perman	23.46
15. Don Forgione	16.39	56. Henry Coe	18.33	97. Joe Dangleis	20.55	138. Ruth Buckley	23.47
16. Delroy Matthews	16.40	57. Dennis Snyder	18.41	98. Jim Bourke	21.00	139. Frank Hendry	24.28
17. Tony Pagliaro	16.45	58. Hubert Raimer	18.52	99. Tom Malooly	21.02	140. Jean Nair	24.29
18. Robert Mitchell	16.46	59. no name	18.54	100. Donald Clement	21.05	141. Katy Kensky	24.30
19. Robert MacKenzie	16.48	60. Jim Skeem	18.55	101. Elaine Jones	21.09	142. Herman Kensky	24.44
20. Mike Cross	16.49	61. Ron Kominsky	19.00	102. Mike Wilsman	21.10	143. Doug Nair	24.49
21. Steve Reid	16.50	62. Tom Zibron	19.01	103. Bill Duffy	21.11	144. Bernie Dieter	24.51
22. Jim Harrison	16.51	63. Don Heimiller	19.02	104. Beatrice Weathers	21.12	145. Ron Mayer	24.54
23. Jim Voshell	16.52	64. Walt Cole	19.03	105. Larry O'Neill	21.16	146. Nancy Shuger	25.10
24. no name	16.53	65. Joe Holland	19.05	106. Jeff Anders	21.17	Paul Rivera	25.10
25. Jeff Morgan	16.54	66. Ken Hamman	19.06	107. John Hasler	21.31	148. Jennifer Haire	25.23
26. Marge Rosasco	17.00	67. Teddy Faucette	19.07	108. no name	21.35	149. Trill Ewig	26.29
27. Tony Czepik	17.06	68. Dave Simonaire	19.12	109. Tom Boll	21.40	150. Darlene Bethea	26.32
28. Frank Fitzpatrick	17.07	69. Mike Pierre	19.16	110. Stanford Lessens	21.41	151. Abby Glassberg	26.44
29. Craig Hartley	17.08	70. Robin Stryker	19.17	111. Robert Fiege	21.42	152. Fred Simonaire	26.51
30. John Sullivan	17.09	71. Jerry Groeninger	19.20	112. Paul Buckley	21.43	153. Cathy Hamman	27.02
31. Roger Foreman	17.10	72. Tim Birney	19.21	113. Frank Kaminski	21.46	154. Cindi Callanan	27.03
32. Dave Mahan	17.11	73. Richard Moss	19.22	114. John Baumann	21.47	155. Tom Shores	27.10
33. Tom Fox	17.23	74. R. Kershaw	19.23	115. Bill Norton	21.48	156. Darcy Nair	27.48
34. John Elder	17.24	75. Michael Coe	19.24	116. Vernon Davies	21.55	157. Merle Hamrick	27.50
35. Charles Koester	17.25	76. Bob Burgdorf	19.30	117. Bevern Matthews	21.56	158. Arnold Foreman	28.05
36. Jim Zucco	17.38	77. Charles Springer	19.31	118. Jerry Mikulski	22.00	159. Jeanne Foreman	28.43
37. Calvin Richardson	17.39	78. George Smith	19.35	119. Betsy Ries	22.01	160. Anna Wilsman	28.50
38. Jack Randolph	17.40	79. Hank McGraw	19.36	120. Lloyd Richardson	22.03	161. Janet Overton	N.T.
39. Frank Nowosielski	17.41	80. Ulysses Thornton	19.37	121. Gerald Adams	22.08	162. Craig Johnson	N.T.
40. Dennis Suski	17.42	81. Bryan Simonaire	19.38	122. Henry Schneiderman	22.12		
41. John Dorsch	17.44	Sue Jacobs	19.38	123. Kim Reddick	22.25		

May 22 — Sunday 9 a.m. — This year's Constellation race drew over 400 runners with 383 finishing. The race ran very smoothly thanks to the guidance of the Roemer's and Kinion's, also the many helpers we had out on the course and at the finish line. Jim Lears set a course record in 30.04. All finishers received complimentary t-shirts.

1. Jim Lears	30.04	38. Jim Eckhardt	34.12	75. Larry Lepus	36.39	112. S. Green	37.55
2. Bill Caldwell	30.24	39. Paul Resignato	34.17	76. Lance Woodward	36.40	113. Carl Muller	37.58
3. Steve Mahieu	30.31	40. Rick Woods	34.26	Bill Korror	36.40	114. Jerry Lynch	38.01
4. Mark Johnson	30.42	41. George Nash	34.29	Jeff Atkinso	36.40	115. Bill O'Connor	38.03
5. Mike Sheely	31.18	42. Steve Ries	34.31	Alex Medina	36.40	116. Carl Soderstrom	38.05
6. Scott Cornwell	31.21	43. Jim Voshell	34.32	80. Taft Phoebus	36.46	117. Craig Hartley	38.08
7. Jay Simonita	31.26	44. Lynn Davis	34.33	81. Brian McFadden	36.52	118. M. Sicher	38.11
8. Bruce Richardson	31.28	45. Milton Hines	34.36	82. Frank Nowosielski	36.53	119. John Dorsch	38.14
9. Tom Lowman	31.32	46. Bailey St. Clair	34.39	83. Robert MacKenzie	36.54	120. Jerry Mion	38.17
10. Stan Fletcher	31.49	47. Marty Fuller	34.42	84. Dwight Hood	36.58	121. Phil Kirby	38.19
11. Brian Harris	31.57	48. Mark Norton	34.47	85. Gerry Kramer	37.03	122. Francis Hammel	38.22
12. Heinz Wiegand	32.03	49. Stuart White	34.52	86. Rob March	37.05	123. Larry Kurlandsky	38.25
13. Sean O'Connor	32.10	50. Jeff Fowble	35.00	87. Christian Eckhardt	37.09	124. Loren Kruse	38.27
14. Jim Kennedy	32.12	51. Don Wann	35.09	88. Gus Jacobs	37.10	125. Tom Lowman	38.29
15. Charlie Ross	32.21	52. Frank Fitzpatrick	35.12	89. Benton Gatch	37.11	126. Gregory Fields	38.32
16. Scott Lutrey	32.29	53. Tony Czepik	35.14	Dan Madden	37.11	127. Gary Behrens	38.33
17. Jay Romasco	32.42	54. Roger Foreman	35.19	91. Jim Zucco	37.17	128. Doug Smith	38.36
18. John Cornwell	32.44	55. Frank Russo	35.25	Keith Olson	37.17	129. Mark Alibelli	38.38
19. Mike Hill	32.46	56. Jeff Clark	35.34	93. John Cosby	37.21	130. John Luther	38.39
Don Forgione	32.46	57. C. Covington	35.36	94. Jerry Heaps	37.24	131. Clifton Gross	38.42
21. Earl Swartzendruber	33.06	58. Bob Sermier	35.40	95. Dave Wright	37.28	132. Roger Burrow	38.48
22. Lenny Patterson	33.17	59. Tom Skillman	35.43	96. Mike Drabkowski	37.29	133. Walt Sherwin	38.53
23. John Young	33.28	60. Ed Geisendaffer	35.46	97. Jim Heffner	37.32	Murray Sarubin	38.53
Rich Gildard	33.28	61. Marge Rosasco	35.50	98. Doug Davis	37.34	Donald Bayne	38.53
25. Bob Bechill	33.29	62. Dave Mahan	35.58	99. Mark Schlogel	37.36	136. J. Gullickson	38.56
26. Don Marvel	33.33	63. Carroll Fitzgerald	36.00	Geoff Sauerborn	37.36	137. Gary Pulin	38.57
27. Steve Reid	33.34	64. Tom Fox	36.05	101. John Stewart	37.38	138. John Barnes	39.02
28. Robert Weinreich	33.40	65. Ed Hewitt	36.09	102. Vinny Zarek	37.39	139. Bill Baer	39.03
29. Robert Hall	33.44	66. Mike Fitzgerald	36.16	Stuart Slubbeline	37.39	140. G. Klem	39.04
30. Don Miller	33.53	67. Rick Platt	36.20	104. Bill Fornoff	37.40	141. Greg Hewitt	39.05
Mark Hamlett	33.53	68. Clinton Van Siclen	36.22	105. Dick Hoffman	37.44	142. Alex Drabkowski	39.08
32. Dick Nair	33.59	69. Brad Roberts	36.29	106. Dave Pabst	37.48	106. Dave Pabst	39.10
33. Bob Golliday	34.02	70. Dave Theall	36.31	107. Gary Ventry	37.49	144. Chuck Fields	39.13
34. Ed Bullinger	34.04	71. Jim Harrison	36.32	108. Dave Lekiles	37.51	145. Herb Magin	39.16
35. Delroy Matthews	34.06	72. Joe Adams	36.33	109. H. Kensky	37.52	146. John Spicer	39.17
36. Chris Legg	34.08	Robert Hotchkiss	36.33	110. Mike Politi	37.53		
37. Dave Starnes	34.10	74. Chris Jeffrey	36.38	John Elder	37.53		

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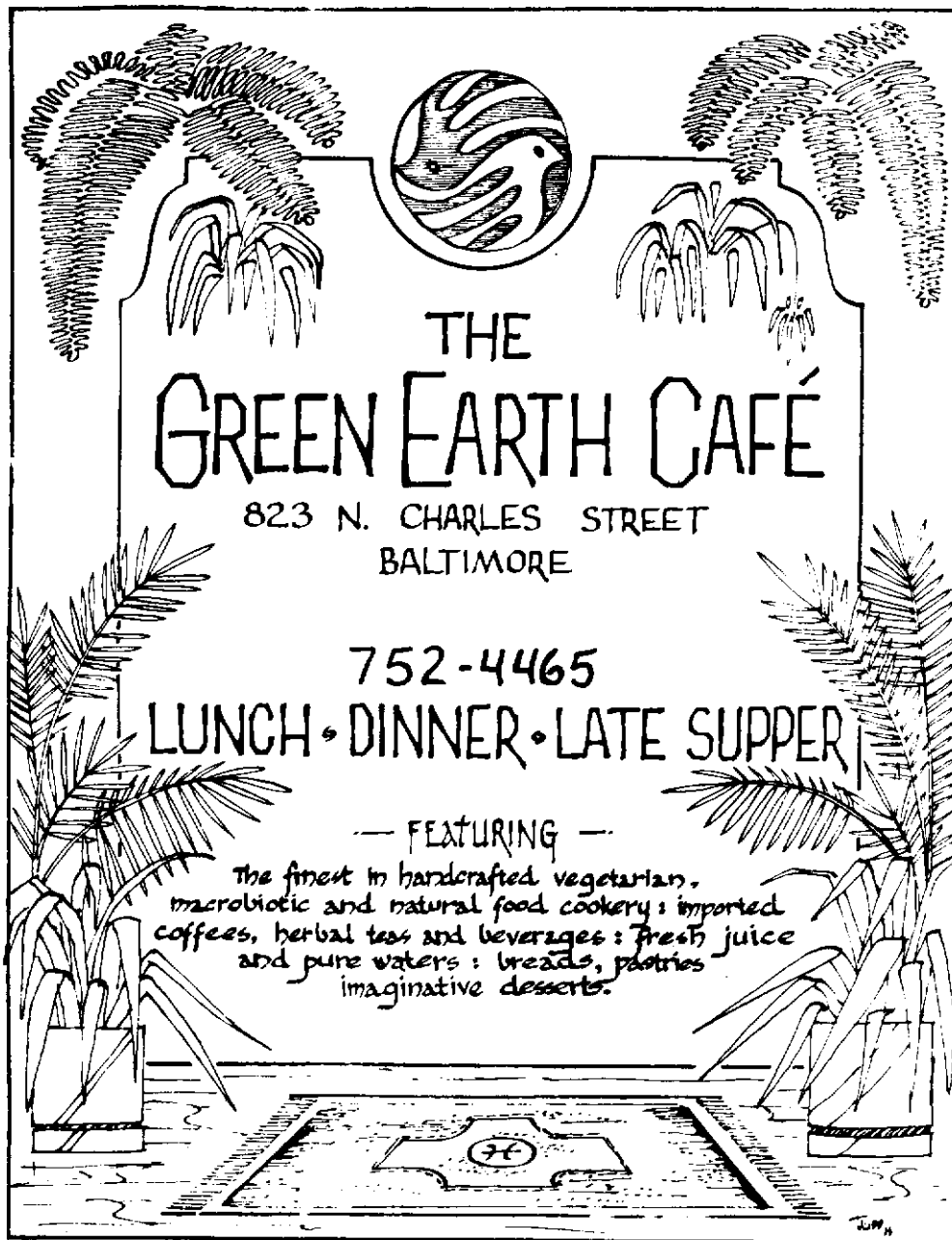
147. Matt Manzione	39.18
148. Bill Lareau	39.19
149. Don Heimiller	39.21
150. Ted Chernak	39.22
151. Franklin Filtz	39.25
152. Greg Geppi	39.30
153. Jerry Wade	39.31
154. Mark Anderson	39.33
155. Bill Owens	39.42
156. Dennis Snyder	39.47
157. M. Sinanan	39.52
158. Ron Kominsky	39.55
159. Joe Holland	39.57
Charles Owens	39.57
David Gock	39.57
162. Keith Hughes	40.07
163. Ed Dwyer	40.11
164. Bo Homes	40.14
Al Scanlan	40.14
166. Bob DuPont	40.19
167. George Spicer	40.28
168. Mark Mess	40.29
169. Richard Osborne	40.30
Chris Hall	40.30
171. W. Faucette	40.31
172. Henry Coe	40.32
173. Keith Plater	40.33
174. Fred Taylor	40.37
John Henderson	40.37
Sue Jacobs	40.37
Leroy McCall Jr.	40.37
178. Henry Freeman	40.38
179. Scott Paris	40.42
180. Milton Taylor	40.44
181. Darryl Sanchez	40.46
Russ Sanchez	40.46
183. James Skeen	40.47
184. John Sloan	40.48
185. Mike Hendon	40.49
186. Robert Frier	40.53
187. Bob Fischer	40.56
188. David Skeen	41.00
Brian Hendrick	41.00
190. Lawrence Evans	41.07
191. Mark Drabkowski	41.11
192. Ken Slours	41.13
193. Carroll Sudbrook	41.17
194. Walt Cole	41.23
195. Mike Roche	41.26
196. Bryan Gatch	41.40
197. John Poole	41.41
198. Jerry Groeninger	41.42
199. John Wills	41.44
200. Tom Caskey	41.49
Robert Mandel	41.49
Tom Rovinski	41.49
203. Steve Rosasco	41.50
204. Ken Knight	41.51
John Howell	41.51
Richard Schmidt	41.51
John Waterman	41.51
208. Richard Moss	41.58
209. Rick Kanitz	42.04
210. Michael Coe	42.05
211. Hunigan Kirk	42.07
212. Allen Smith	42.10
213. R. Kersnaw	42.11
214. Mike Haire	42.18
215. R. Powell	42.19
216. Paul Burman	42.23
217. Julie Magin	42.24
218. Frank Scharffin	42.39
219. Glenn Pendleton	42.41
220. Cathy Kleeman	42.46
221. Vic Desantis	42.47
222. Ralph Rothwell	42.49
223. Al Helbig	42.50
224. Ronald Kine	42.53
225. Paul Buckley	42.57
226. Michael Lehman	43.01
227. Mike Caely	43.02
228. Mike Drew	43.06
229. Stan Ziolkowski	43.10
230. Mark Sampson	43.18
231. Jean-Claude Kleht	43.21
232. Ron LeClair	43.24
233. Mark Manzione	43.26
234. Ed Gresman	43.28
235. Jim Bourke	43.29
236. Lorenzo Plater	43.31
237. Wall McManus	43.32
238. Robin Stryker	43.43
239. Blaine Hendricks	43.51



**Jim Lears winning the 2nd Annual Constellation to Fort McHenry and back 6 mile race in a record time of 30.06. The Constellation in background over looks this beautiful location for a race in the inner harbor which drew 400 runners.**

240. Allan Ingalls	43.52	263. Paul Werner	45.21	286. Jim Dean	47.13
Bob Rosscoe	43.52	264. Ricky Willis	45.22	287. Tom Mitchell	47.18
242. Joe Schoefer	43.55	265. Richie Nair	45.23	288. Philip Easter	47.21
243. Tom Malooly	43.57	266. Joe Brodews	45.30	289. Larry O'Neil	47.27
D. Clement	43.57	267. Sam Jones	45.32	290. Lex Smith	47.29
245. Eugene Paciarelli	44.04	268. Eddie Fuchs	45.36	291. no name	47.39
Tom Milleson	44.04	269. Margy Hoisington	45.39	292. Bill Smvlyan	47.47
247. Robert Ames	44.10	270. Frank Kaminski	45.40	293. Ernie Imhoff	47.53
248. Joseph Tivvis	44.20	271. Chuck Chesnavage	45.52	294. Mark Shores	47.55
249. Gene Hoffman	44.22	272. Vern Davies	45.54	Janel Gregson	47.55
250. Bernard Frost	44.32	273. Tom Boll	46.04	296. Sam Case	47.59
251. Steve Rogers	44.33	274. Mike Hovan	46.11	297. Floyd Richardson	48.06
252. Ken Walton	44.36	275. Jan Hargrove	46.15	298. Bruno Fisher	48.10
253. John Hasler	44.44	276. John Sherman	46.16	299. Daphne Hawkins	48.15
254. W. Bolling	44.59	277. Betsy Ries	46.23	300. Herb Boldman	48.17
255. Tom Gurski	45.03	278. Andy Graham	46.24	301. Beth Thompson	48.18
Ken Luchs	45.03	279. Bob Sapora	46.29	302. John Steward	48.23
257. Pat Campbell	45.07	Tom Buits	46.49	303. Marty Feeheley	48.25
258. John Baumann	45.08	281. Jerry Kearns	46.52	304. Bruce Lambert	48.28
259. M. Lutrey	45.09	282. David Herlocker	46.57	305. Joyce Kingsbury	48.38
260. Kim Boltz	45.17	283. Judy Hasler	47.00	306. Steven Matthews	48.46
261. Leroy Wangenheim	45.18	284. Walt Morawski	47.04		
262. Tom Day	45.20	285. Joseph Bierman	47.07		

(continue on next page)



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307. Phillip Moss	48.48	325. S. Corrsin	49.56	346. Chiapparelli	52.31	367. Tom Woods	57.01
308. Marvin Fuchs	48.49	326. Norm Locksley	49.59	347. Will Miner	52.38	368. Andrew Livingston	57.33
309. Bevern Matthews	49.04	327. Rick Salkov	50.00	348. Charles Shores	52.57	Gordon Livingston	57.33
310. Leil Garner	49.05	328. David Apath	50.21	349. Mike Marr	52.59	370. Sonny Puier	57.40
Thomas Muman	49.05	329. Michael Cohen	50.27	350. W. Thompson	53.10	371. George Bowers	57.44
312. Karen Baker	49.11	330. Frank Hendry	50.47	351. William David	53.15	Joe Swiderski	57.44
313. Karen Frank	49.13	331. Ray Matthaei	50.53	352. Jean Dwyer	53.24	373. Darlene Bethea	61.50
314. Jim Brooks	49.16	332. Pas Romagna	50.54	353. Arnold Mattson	53.31	374. Pam Potter	64.05
315. Richard Steinmiller	49.20	333. John Larney	51.04	354. Cathy Gaddy	53.35	375. Alva Hunt	65.00
316. Thomas Rice	49.31	Fred Judd	51.11	355. Robert Mason	53.41	376. Deborah Salkov	65.56
317. Rick Kidwell	49.40	335. Julie Tait	51.20	Chris Mortenson	53.41	377. Donna Reid	69.10
318. Doug Davies	49.41	336. Kim King	51.22	Jim Mortenson	53.41	378. Angela Little	69.26
319. Barry Bowen	49.42	337. Steve Yeatrus	51.23	358. Rich Oksas	53.56	379. Sandy Schieler	70.15
320. Bernie Dieter	49.48	338. Carroll Dicus	51.24	359. A. Chaprnka	54.06	Steve Richardson	70.15
321. Sharon Mark	49.50	339. Carol Andrews	51.25	360. Carolyn Lareau	54.10	381. Lynne Lolun	71.24
322. Bill Jenkins	49.51	340. Jevia Brown	51.31	361. Nancy Forgione	54.15	Carol Mack	71.24
323. John Dieter	49.53	341. Ray Mayer	51.38	362. Eric Johnson	54.40	383. Mildred Ryane	71.58
324. Jean Nair	49.54	342. Barbara Brumley	51.38	363. Wendy Siostrom	54.56		
		343. Betsy Wallace	51.43	364. Ed McKinley	54.57		
		344. Eugene Scriber	52.12	365. Audrey Pendleton	55.44		
		345. Fran Kranich	52.27	Jan Zucco	55.44		

May 29 — Sunday 10 a.m. — 63 ran the rolling mountains of Hereford High School's 5 mile cross country course. A bottle of Gatorade was given to each finisher. All I can say is, Bill Caldwell must be a mountain goat — for only a goat could go any faster on this course.

1. Bill Caldwell	27.33	17. Carl Muller	33.30	33. Richard Moss	36.46	49. Greg Boyd	41.06
2. Jeff Clark	29.02	18. Dave Pabst	33.50	34. Jack Stewart	36.52	50. Jon Patton	41.14
3. John Young	29.47	19. Aaron Kelly	34.02	35. Bob Fischer	36.57	51. John Sherman	41.19
4. Mike Hill	30.04	20. Les Kinion	34.24	36. Marty Flynn	36.59	52. Leroy Wengenheim	41.51
5. Layne Party	30.24	21. Don Fischer	34.27	37. Stan Ziolkowski	37.02	53. Robert Pusateri	42.55
6. Ross Nichol	30.39	22. Dwight Hood	34.33	38. Mike Coe	37.05	54. Chris Mortenson	43.04
7. Scott Lulrey	31.00	23. Ward Coe	34.39	39. Doug Wines	37.18	55. Phil Moss	43.10
8. Tom Walsh	31.24	24. Tom Zibron	34.53	40. Jerry Groeninger	37.24	56. Bevern Matthews	44.50
9. Delroy Matthews	31.27	25. Bob McCubbin	35.30	41. Taft Phoebus	37.30	57. Jim Mortenson	45.23
10. Chuck Pusateri	31.37	26. Chris Walker	35.48	42. Dan Butz	38.05	58. Bill Thompson	45.54
11. Dan Pugh	31.47	27. Jeff Ninor	35.52	43. Jim Burke	38.53	59. Steven Matthews	46.50
12. Lance Woodward	32.29	Dave Raunig	35.52	44. Hank McGraw	39.00	60. Ed Moss	46.51
13. Geoffrey Sauerborn	32.37	29. Doug Davis	36.06	45. Ron LeClair	39.35	61. Andrew Livingston	49.12
14. Brain Cronyn	32.41	Marty Fuller	36.06	46. Phil Easter	40.09	Gordon Livingston	49.12
15. William Battaglia	33.01	31. Andy Yersin	36.06	47. Tom Malooly	40.24	63. Nina Livingston	61.45
16. Ray Hoffman	33.16	32. Tom Caskey	36.32	48. Alan Jones	40.40		



Photo—Harry Piotrowski

10 of 63 runners start their slow climb to the top of this hill on the beautiful Hereford High School cross country course. This course has been called the hardest cross country course in Maryland.

June 4 — Saturday 9 a.m. — 38 ran this 5 mile cross country course at Catonsville Community College on a beautiful sunny day.

1. Norm Belden	28.13	11. Dwight Hood	32.53	21. Walt Cole	36.52	31. Steven Matthews	44.20
2. Dave Goucher	29.07	12. Frank Fitz	33.27	22. Jim Mortenson	37.34	32. W. J. Thomson	44.37
3. Walt Harris	29.55	13. Taft Phoebus	34.02	23. John Eidleman	38.03	33. Marv Fuchs	45.38
4. Rick Biniak	30.31	14. Bob Roscoe	34.10	24. Bill Duffy	38.09	34. Frank Hendry	46.12
5. Delroy Matthews	30.38	15. Gerry Kramer	34.14	25. Jim Bourke	39.27	35. Chris Mortenson	49.42
6. Dan Pugh	30.42	16. Don Fischer	34.29	26. Eric Pezlosalo	39.45	36. Jan Zucco	50.50
7. Scott Litch	31.29	17. Charles Owens	35.07	27. Joe Dangkis	40.10	Audry Pendleton	50.50
8. Jim Harrison	31.41	18. Grep Bacinski	35.16	28. Leroy Wangenheim	41.00	38. Elizabeth Duverlie	50.53
9. Roger Foreman	31.50	19. John Dorsch	36.10	29. Beverly Matthews	42.16		
10. Jim Zucco	32.36	20. Michael Coe	36.30	30. Wall Morawski	44.08		

June 5 — Sunday 9 a.m. — Our largest group ever, showed up for the 5th Annual Tetrathon. 73 runners (12 heats) started the 4 events (440-880-mile-2 miles) with 59 finishing all 4 events. Ben Wilson from Charlottesville, Va. was the overall winner with 3,080 points. Ben also had the best times in the mile (4.29.1) and 2 miles (9.33.2). In the results you will find the persons name, age, extra points (depending on age) per event, time for all 4 events, total computed time, and total points, including all extra points. Some questions may come up about some total times being better than others but still finishing lower in the standings with say the same extra points or no extra points at all. After some careful study of the point charts, I found that 10 seconds in the 440 was 260 points different, 10 seconds in the 880 was 110 points different, 10 seconds in the mile was 50 points different and 10 seconds in the 2 miles was 30 points different. You can see that if a person ran very well in the 440 & 880 he could build up a great amount of points. Next year we should have Ken Young's point system for this race and everything will change some. I hope everyone understands all this for we were only trying to make the challenge more interesting. Before, the best 2 mile time would always run away with the overall events. He did this year but it was a lot closer.

Name & Age	Extra Points per event	440	880	Mile	2 Miles	Total Time	Total Points
1. Ben Wilson (29)	30	55.1	2.02.7	4.29.1	9.33.2	17.00.1	3,080
2. Bill Miller (19)	—	52.8	1.59.1	4.35.9	10.14.2	17.42.0	2,840
3. Stan Fletcher (23)	20	56.4	2.07.7	4.35.1	10.01.7	17.40.9	2,830
4. Scott Luirey (23)	20	56.1	2.09.0	4.45.4	10.25.1	18.15.6	2,710
5. Brian Harris (22)	10	57.2	2.11.0	4.50.3	10.25.5	18.24.0	2,600
6. Charles Koester (32)	50	59.5	2.20.5	4.55.0	10.15.0	18.30.0	2,580
Dick Nair (38)	80	61.0	2.19.7	4.56.9	10.50.3	19.07.9	2,580
8. Rick Gildard (18)	—	56.6	2.06.2	4.56.7	10.36.6	18.36.1	2,560
9. Tyrone Walker (18)	—	56.5	2.13.1	4.50.5	10.25.8	18.25.9	2,550
10. Jeff Clark (16)	—	56.3	2.16.4	4.44.7	10.52.8	18.50.2	2,480
Layne Parly (17)	—	56.7	2.09.0	4.54.5	11.01.3	19.01.5	2,480
12. Mark Norton (17)	—	56.0	2.04.9	5.00.9	11.39.0	19.40.8	2,460
13. Earl Swartzendruber (26)	20	58.9	2.18.1	4.58.7	10.41.5	18.57.2	2,420
14. Andy Passmore (16)	—	54.0	2.15.8	4.59.8	11.29.6	19.39.2	2,410
15. Don Miller (22)	10	58.6	2.16.9	4.59.8	10.51.0	19.06.3	2,390
16. Robert Hall (19)	—	59.2	2.14.2	4.54.8	10.46.0	18.54.2	2,380
17. John Roemer Jr. (17)	—	52.9	2.10.5	5.16.2	12.02.0	20.21.6	2,370
18. Don Forgione (26)	20	60.1	2.23.8	5.02.8	10.54.1	19.20.8	2,290
19. Mike Hill (26)	20	61.5	2.25.0	5.08.2	10.46.4	19.11.1	2,280
20. Gary Behrens (21)	10	55.3	2.21.7	5.18.0	11.39.7	20.14.7	2,250
Mike Cross (22)	10	60.8	2.17.5	4.59.9	11.24.9	19.43.1	2,250
22. Doug Davis (19)	—	53.3	2.24.9	5.16.8	11.45.0	20.20.0	2,240
23. Lenny Patterson (19)	—	57.8	2.19.0	5.09.1	11.23.0	19.48.9	2,230
24. Les Kinion (41)	90	64.8	2.29.0	5.29.8	11.41.4	20.41.0	2,210
25. John Roemer Sr. (38)	80	64.5	2.31.0	5.26.7	11.40.4	20.42.6	2,160
26. Larry Lepus (19)	—	57.9	2.22.1	5.17.0	11.33.0	20.10.0	2,140
27. Ed Ballinger (18)	—	63.8	2.20.6	5.05.3	11.19.2	19.48.9	2,090
28. Robert McCubin (17)	—	57.9	2.24.8	5.20.8	11.51.0	20.34.5	2,070
29. Dennis Snyder (31)	40	60.6	2.25.0	5.34.0	12.16.5	21.16.1	2,060
30. Roger Burrow (33)	50	63.1	2.27.0	5.46.0	11.59.7	21.14.8	2,000
31. Taft Phoebus (15)	—	62.2	2.26.0	5.22.0	11.30.0	20.20.2	1,980
32. Alex Drabkowski (50)	150	70.8	2.40.5	5.46.7	12.37.0	22.15.0	1,930
33. Dennis Suski (31)	40	64.2	2.34.0	5.32.0	12.08.0	21.18.2	1,910
34. Don Fischer (33)	50	62.5	2.33.5	5.38.6	12.58.0	22.12.6	1,890
Carl Muller (22)	10	61.7	2.33.0	5.31.0	11.55.0	21.00.7	1,890
36. Bill O'Connor (45)	110	71.4	2.41.0	5.51.3	12.44.0	22.27.7	1,860
Jim Mortenson (37)	70	68.3	2.39.0	5.39.5	12.12.4	21.39.2	1,860
38. Bob Fischer (37)	70	66.8	2.36.0	5.49.0	12.57.0	22.28.8	1,820
Mark Drabkowski (25)	20	61.8	2.30.0	5.36.0	13.07.0	22.14.8	1,820
40. Dave Wright (32)	50	69.5	2.35.0	5.39.0	12.21.0	21.44.5	1,800
41. Jerry Groeninger (41)	90	68.8	2.45.1	5.52.6	12.45.0	22.31.5	1,790
42. Chip Edwards (26)	20	61.3	2.35.8	5.38.8	12.57.0	22.12.9	1,780
43. Carl Parly (43)	100	66.0	2.38.2	6.13.4	14.19.0	24.16.6	1,760
Greg Bacinski (16)	—	61.4	2.36.0	5.39.0	12.13.0	21.29.4	1,760
45. Charles Koester (15)	—	60.8	2.29.0	5.30.0	12.25.0	21.24.8	1,750
46. Benny Benicewicz (18)	—	56.5	2.24.0	5.28.0	—	8.48.5	1,590
47. Luther Whitney (29)	30	63.5	2.45.0	6.11.0	13.48.0	23.27.5	1,530
48. Frank Kaminski (55)	190	75.3	3.02.0	6.55.0	14.48.0	26.00.3	1,510
49. Alan Jones (30)	40	65.8	2.38.0	6.25.0	14.02.0	24.10.8	1,500
50. Mike Sheely (17)	—	53.8	1.59.1	—	—	2.52.9	1,480
51. Fred Willey (37)	70	67.9	2.49.0	6.35.0	14.02.0	24.33.9	1,470
52. Lloyd Richardson (44)	110	68.8	2.58.2	6.41.2	15.06.0	25.54.2	1,420
53. Rusty Reno (17)	—	66.3	2.24.2	5.15.6	—	8.46.1	1,400

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Name & Age	Extra Points per event	440	880	1 Mile	2 Miles	Total Time	Total Points
54. Jean-Claude Kiehl (28)	30	70.2	2.53.0	6.06.0	13.16.0	23.25.2	
55. Bill Vogenitz (29)	30	62.7	2.45.0	7.02.0	15.05.0	25.54.7	1,380
56. Tom Molooly (50)	140	81.1	3.10.0	6.48.8	15.00.0	26.19.9	1,300
Ron Kominsky (20)	10	64.5	2.33.5	5.39.2	—	9.17.2	1,290
58. Phil Moss (48)	130	82.9	3.16.0	7.05.0	15.45.0	27.28.9	1,290
Frank Hendry (41)	90	74.4	3.12.0	7.00.0	15.40.0	27.06.1	1,110
60. Vern Davies (45)	110	82.2	3.15.0	6.59.0	15.11.0	26.47.2	1,110
61. Rick Moss (27)	30	70.1	2.48.0	5.57.0	—	9.55.1	1,060
62. Ted Chernak (43)	100	62.5	2.35.2	—	—	3.37.7	1,050
Steve Rogers (23)	20	58.3	2.28.1	—	—	3.26.4	1,050
64. Jim Patton (26)	20	64.7	2.36.0	—	—	3.40.7	840
65. Lou Turley (24)	20	64.7	2.45.0	—	—	3.49.7	770
66. Gary Brown (18)	—	52.4	—	—	—	52.4	750
67. Janet Gregson (24)	20	81.1	3.11.0	7.03.0	15.39.0	27.14.1	720
68. Bob Kaminski (16)	—	53.7	—	—	—	53.7	700
69. Ed Moss (13)	—	77.3	3.08.2	7.36.0	15.38.0	27.39.5	650
70. Mark Pinkus (21)	20	56.7	—	—	—	56.7	610
Dural Suite (30)	40	58.2	—	—	—	58.2	610
72. Bob Stearns (27)	30	60.2	—	—	—	60.2	540
73. Barry Lietuvnikas (16)	—	61.7	—	—	—	61.7	480

June 11 — Saturday 9 a.m. — Our first European Style Cross Country Team Challenge race — Herring Run Park. Temp. in the mid 70's, sunny and dry course for the 10,000 meters. 28 teams (168 runners) started with 23 teams (159 runners) finishing. Bruce Robinson was the overall winner with a time of 32.02 and his team (Washington Running Club-A) was the winning team with 129 points (5 men-1 woman). Every team had the 5-1 members.

1. **Washington Running Club-A — 129 points**

Bruce Robinson (1)  
Mark Baldino (5)  
Steve Mahieu (8)  
Finn Esbensen (10)  
Jim Berka (13)  
Hannah Rowe (92)

2. **Elizabethtown (Pa.) A.C. — 160 points**

Dick Wolf (4)  
Greg Caulder (11)  
Tom Robinson (14)  
Dave Hummel (16)  
Carol Fridley (53)  
John Schwanger (62)

3. **Baltimore Olympic Club — 183 points**

Jim Lears (2)  
Norm Belden (7)  
Scott Lutrey (17)  
Bob Weinreich (29)  
Dave Goucher (31)  
Kathy Smith (97)

4. **Charlottesville T.C. — 237 points**

Ben Wilson (3)  
Finn Pinkis (6)  
Dave Ruggle (25)  
Rory Little (26)  
Joe Rhames (87)  
Kathy Thomas (90)

5. **Howard County Striders — 295 points**

Mike Ward (19)  
Cliff Feldheim (21)  
Brian Denson (33)  
Steve Kelane (46)  
Rick Biniak (56)  
Ellen Milburn (120)

6. **Alligator T.C. — 297 points**

Bob Golliday (27)  
Jeff Clark (28)  
Nuff Hall (38)  
Rick Gildard (39)  
Bill Miller (41)  
Sophia Sandifer (124)

7. **Navy A.C. — 326 points**

Chuck Wright (15)  
Scott Whitney (20)  
Dave Raunin (40)  
Steve Reis (51)  
Jeff Niner (58)  
Betsy Reis (142)

8. **Baltimore RRC-C — 328 points**

Tom Lowman (12)  
Earl Swartzendruber (37)  
Don Miller (43)  
Les Kinion (48)  
Jim Harrison (63)  
Kathy Kleeman (125)

9. **Mason Dixon T.C. — 351 points**

John Cornwell (23)  
Charles Covington (35)  
Layne Parly (45)  
Andy Passmore (49)  
Jeff Fowle (66)  
Jane Fitzgerald (133)

10. **RASAC — 370 points**

Charles Koester (18)  
Dave Starnes (44)  
Lynn Davis (52)  
Jeff Marshall (55)  
Mark Behrens (69)  
Cheryl McGann (132)

11. **Baltimore RRC-A — 381 points**

Chris Legg (30)  
Lenny Patterson (47)  
Tyrone Walker (54)  
Dick Nair (55)  
Roger Burrow (74)  
Sue Jacobs (121)

12. **Washington Running Club-B — 457 points**

Bob Thurston (9)  
Mike Bradley (24)  
Bob Harper (79)  
Dottie Rowe (88)  
G. T. Beck (117)  
Del. Thurston (140)

13. **Thunderfoot-A — 489 points**  
(no names turned in)

14. **Italian Lake Striders — 517 points**

Greg Magaro (36)  
Roy Heefner (71)  
Nick Marshall (75)  
Lou Tarcisi (94)  
Karl Neander (95)  
Elaine Jones (146)

15. **Perry Hall/Kenwood A.C. — 523 points**

Dave Skiles (22)  
Joe Schneider (67)  
Charles Koester II (89)  
Robert Barnes (99)  
Rich Pally (111)  
Diane Goldrock (135)

16. **Potential Energy-A — 526 points**

Greg Dunston (32)  
Pat Raymond (50)  
Joe Abernathy (59)  
Jenny Rood (126)  
Paul Levandoski (129)  
John Fairly (130)

17. **Potential Energy-B — 592 points**

Mike Dobil (70)  
Roy Schoolmeester (81)  
John Powell (82)  
Dan Sullivan (105)  
Bernard Collins (128)  
Pat Sullivan (146)

18. **York Area T.C. — 597 points**

Lance Woodward (61)  
Jim Heffner (68)  
Dave Pabst (72)  
Gary Horn (107)  
John Sherman (139)  
Carol Heffner (150)

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19. **Randallstown Striders — 642 points**  
Scott Litch (60)  
Darlene Belha (98)  
Robert Frier (106)  
— Yendall (118)  
Bob Roscoe (123)  
Mark Shimonkevitz (137)

20. **Baltimore RRC-D — 656 points**  
Pat Martin (80)  
Ward Coe (96)  
Henry Coe (100)  
Tom Caskey (115)  
Mike Coe (127)  
Belh Thompson (138)

21. **Thunderfoot-B — 663 points**  
(no names turned in)

22. **Thunderfoot-C — 800 points**  
(no names turned in)

23. **Little Feet — 817 points**  
Gary Wilson (112)  
Bill McKenna (113)  
Sam Case (143)  
Linda Cooms (144)  
Joe Kepharnart (152)  
Mike Cooms (153)

June 12 — Sunday 11 a.m. — 8.4 mile Challenge Race against York Area Road Runners and 4.3 mile Fun Run. T-shirts to all finishers in both races. Courtesy of JACK HORNER'S SPORTING GOODS STORE in York, Pa. Hilly course on mostly dirt roads at Chuck Brumley's farm in Muddy Creek Forks, Pa. Delightful, sunny day. Fine picnic with food from hot dogs to shrimp salad, courtesy of the Brumley's. York won the challenge race (all finishers scored), 203 to 316. No times were taken on these races.

**8.4 miles (Challenge)**  
1. Dave Cornwell-YARRC  
2. Dave Baskwill-YARRC  
3. Gary Townsend-YARRC  
4. John Cornwell-YARRC  
5. Dave Anderson-YARRC  
6. Steve Shaull-YARRC  
7. Scott Lutrey-BRRC  
8. Bob Potts-YARRC  
9. Alex Medina-BRRC  
10. Jeff Niner-YARRC  
11. Joe Adams-BRRC  
12. Bailey St. Clair-BRRC  
13. Les Kinion-BRRC  
14. Andy Passmore-BRRC

15. Don Henise-YARRC  
16. Lance Woodward-BRRC  
17. Carl Muller-BRRC  
18. Glen Smith-YARRC  
19. Mike Turk-YARRC  
20. Jim Heffner-YARRC  
21. Dwight Hood-BRRC  
22. Layne Party-BRRC  
23. Joe Brillhart-YARRC  
24. Dave Pabst-BRRC  
25. Don Wingard-UN  
26. Tom Zibron-BRRC  
27. Greg Geppi-BRRC  
28. Mike Adler-YARRC  
29. Greg Baum-YARRC

30. Jim Bourke-BRRC  
31. John Hasler-BRRC  
32. Richard Reinhardt-YARRC  
33. Greg Boyd-BRRC  
34. Tim Grumbacker-YARRC  
35. Barry Decker-UN  
36. Grant Mahon-UN  
37. Donald DiGiacinto-UN  
38. Mary Swann-UN  
**4.3 mile (Fun Run)**  
1. Fred Paley  
2. Bert Smith  
3. Mark Lutrey  
4. Allen Kisson  
5. Carl Party

6. Mike Gladden  
7. John Sherman  
8. Sue Baskwill  
9. Andrew Livingston  
10. Gordon Livingston  
11. Jim Krogman  
12. Bill Vogenitz  
13. Carol Heffner  
14. Joyce DiGiacinto  
15. Tony Shucosky  
16. Michael Brumley  
17. Judy Moller  
18. Janet Dotlinger  
19. Joan Decker  
20. Cindy Hall



Start of the York — Baltimore Road Runners Club challenge race which started from Chuck Brumley's farm.



# A Real Firecracker Weekend!

Five shots of two big races held July 3rd and 4th



Chicago — Over 5,000 runners took part in the First Chicago Distance Classic (20 Kilometers 12.4 miles) race. This was just some of the runners in the park along the lakefront.



Chicago — Frank Shorter had little trouble winning the event with a time of 61.34.



Atlanta — Over 6,000 runners shown here in the Peachtree Road Race in downtown Atlanta. The race covered 10,000 meters (6.2 miles).



Atlanta — The three above half way in the race were (left) Bill Rogers (middle) Lasse Viren (right) Frank Shorter.



Atlanta — Frank Shorter won the race easily in a time of 29.20 with Bill Rogers second in 29.26 and Don Kardong third in 30.09. This was the same three which ran the 1976 Olympic Marathon for the U.S.A. Lasse Viren finished 9th and our own Mike Hill covering the race for *Runner's World* finished 84th.

Just think to win two races in two days over a total of 11,000 runners — Too much!!!

(continue)

8. Mark Wilsnack Robert Barnes	57.14	13. Mark Schlogel Mike Wienhold	59.43	19. Bill Owens Taff Phoebus	62.07	25. Don Fischer Henry Schneiderman	64.33
9. Scott Litch Bob Rosscoe	57.29	14. Joe Adams Chuck Fields	59.46	20. Robert McCubbin Ron Anlitz	62.33	26. Luther Whiting Jean-Claude Kiehl	65.20
10. Ron Harmon Frank Horstman	57.31	15. Tom Caskey Ward Coe	59.52	21. Frank Russo Jr. Frank Russo	62.53	27. Charles Dwens Andy Dukehart	67.04
11. Warren Haynie Marilyn Bevans	57.50	16. Jeff Chernak Bill Vogenitz	59.54	22. Charlie Koester Rich Patro	63.20	28. Valerie Jones Hubert Raimer	67.09
12. Tom Buck Brent Whelar	59.00	17. Jerry Martin Don Wann	60.00	23. Dave Pabst Mike Geadden	63.22	29. Jack Dieter Jay Dieter	79.08
		18. Phil Kirby Gerry Groeninger	60.52	24. Carl Soderstrom Ted Chernak	64.35	30. Bobbie Brumley Mary Roemer	94.20

July 17 — Sunday 10 a.m. — 105 started our 5.1 mile fire-trail race from Bill Schwartz's home in the Loch Raven reservoir area. 96 finished the course on a hot and humid day with the temp. close to 100 degree mark. Tom Lowman blacked out while in the lead and ran off course and rolled down a hill breaking his little finger and had 8 stiches in his head. We hope Tom gets better soon and comes back strong.

1. Jeff Chernak	32.17	25. Roger Burrow	39.57	49. Mike Miller	43.54	73. Phil Moss	49.21
2. Don Miller	33.45	26. Henry Freeman	40.11	Steve Clarke	43.54	Glenn Pendleton	49.21
3. Mike Hill	34.14	27. Don Fischer	40.34	51. Jan Hargrove	44.04	75. Mark Drabkowski	49.37
4. John Hamilton	35.08	28. Jim Heffner	40.48	52. Bob Brown	44.11	76. Doug Thorne	50.13
5. Steve Kelly	35.10	Lance Woodward	40.48	53. John Cheseldine	44.20	77. John Servelle	50.17
6. Jim Harrison	35.12	30. Tom Oegsby	40.49	54. Mike Cady	44.36	78. Joe Dangers	50.38
7. Jim Voshel	35.14	Don Forgione	40.49	55. Joe Holland	44.42	79. Al Harden	50.54
8. Dave Starnes	35.16	Bobby Fischer	40.49	56. Dave Pabst	44.57	80. Frank Kaminski	51.02
9. Scott Lutrey	35.24	33. Paul Schaeffer	40.57	57. Dan O'Brian	45.18	81. Bill Vogenitz	51.11
10. Ed Geisendaffer	36.25	34. George Nash	41.19	58. Frank Russo Sr.	45.26	82. Luther Whiting	51.18
11. Larry Lepus	36.32	Dwight Hood	41.19	59. Jim Forgione	46.02	83. Ed Moss	52.04
12. Kevin Kennedy	36.35	36. Frank Schaefer	41.21	60. L. R. Pickard	46.21	84. Loyd Richardson	52.19
13. Scott Litch	36.46	37. Kenny Bassett	41.34	61. Allen Brull	46.30	85. Ken Hammann	52.55
14. Carl Muller	36.54	38. Tom Zibron	41.36	62. Jewell Wavor	46.33	86. Phil Easter	53.09
15. Don Wann	37.27	39. Mike Pierre	42.06	63. Dave Williams	46.36	87. Chris Mortenson	53.39
16. John Schwanger	37.45	40. Paul Buckley	42.10	64. Allen Krum	46.49	88. Jim Mortenson	53.44
17. Warren Haynie	37.47	41. Don Heimiller	42.16	65. no name	46.54	89. Gene Reabe	54.01
18. Darrell Russell	38.11	42. John Mildner	42.24	66. Mike Gladden	46.58	90. Herman Blinckhoff	54.04
19. John Dorsch	38.21	43. Jim Burns	42.26	67. Ben Smith	47.10	91. Jim Dorsey	54.11
20. Brian McFadden	38.25	44. Frank Russo	42.53	68. Jerry Mikylski	47.12	92. Diane Godack	54.15
21. Mark Brecher	38.36	45. Jack Smith	43.18	69. Ron LeClair	47.14	93. Cheryl Spain	54.37
22. Jim Zucco	39.06	46. Jim Bourke	43.38	70. Sue Jacobs	47.23	Alan Topper	54.37
23. Mike Sicher	39.21	47. Gary Behrens	43.46	Cathy Kleeman	47.23	95. Jan Zucco	63.44
24. John Airass	39.51	48. Phil Kirby	43.48	72. Tom Bolt	48.07	Audrey Pendleton	63.44

July 24 — Sunday 11 a.m. — 60 runners ran the Fun Run from John Roemer's farm to Carl Party's home above Perty Boy Dam. From what I've had reported to me the day was a huge success. Thanks again to the Party's for having us back again this year.

July 26 — Tuesday 7 p.m. — Our 1st Ocean City Beach race saw 50 runners finish the 4.1 mile out and back trip on the white sands of Ocean City. Our thanks to Bailey for giving up an evening of his vacation to take care of this race and we hope to do it again, so if anybody would like to take care of next years race while they are on vacation, let us know.

1. Steve Dunham	22.40	14. Michael Angelo	25.35	27. Bob McBrien	27.44	40. Phil Moss	31.32
2. Bobby Dryden	22.52	15. Alex Medina	25.36	28. Ed Rowe	28.02	41. Steven Matthews	31.34
3. Bill Foley	23.09	16. Don Cathcart	25.44	29. Bill McKenna	28.06	42. Richard Rowe	31.35
4. Brian Denson	23.14	17. Rich Sipai	25.50	30. Vic DeSantis	28.17	43. Amy McKenna	32.15
5. Bruce Goldsborough	24.00	18. Darrell Russell	25.56	31. Rick Burns	28.39	44. Bob Bowes	32.16
6. Paul Dawson	24.05	19. Gary Behrens	26.15	32. Mel Walton	28.49	45. Harvey Reisenweber	32.19
7. Don Marvel	24.09	20. Mike Hendon	26.25	33. Charles Kontos	28.58	46. Joe Godbout	32.55
8. Jim Cudney	24.38	21. Dottie Rowe	26.49	34. Ed Trever	29.03	47. Richard Bartik	33.11
9. Scott Litch	24.47	22. John Servelle	26.53	35. Walt Morawski	29.04	49. Julie Sheehan	34.35
10. Delroy Matthews	24.51	23. Chuck Fields	26.59	36. Jack Ward	29.15	50. Kerry Sheehan	35.35
11. Coleman Goldsborough	24.52	24. Dan Pugh	27.04	37. Ed Moss	31.03		
12. Tracy Mollica	25.13	25. Phil Kirby	27.35	38. Phil Iddings	31.22		
13. Jerry Kilian	25.26	26. Geoff Sauerborn	27.41	39. Mike Sheehan	31.23		

August 2 — Tuesday 7 p.m. — 10,000 meters at Lake Montebello — 110 started with 106 finishing on a hot and humid night. Alex Medina had the runners back to his house for beer and chips. About 50 went to Alex's and had a fine evening — Thanks again Joyce and Alex.

1. Jimmy Lears	33.23	11. John Elder	37.12	21. Mark Wilsnack	39.09	31. Scott Litch	40.22
2. Jim Kennedy	33.50	12. Ron Harmon	37.20	22. Rich Sipai	39.14	32. Tom Oglesby	40.38
3. Scott Lutrey	34.29	13. Harry Piotrowski	37.30	23. no name	39.20	33. Bruce Carter	40.47
4. Jack McGee	34.46	14. Frank Pflaging	37.35	24. Carl Muller	39.23	34. Warren Haynie	40.48
5. Earl Swartzendruber	35.14	15. Jeff Chernak	37.52	25. Calvin Richardson	39.37	35. no name	40.49
6. Ron Sayers	35.14	16. Bruce Richardson	38.04	26. Bill Fornoff	39.46	36. Dave Pabst	40.52
7. Bryan Denson	36.50	17. no name	38.43	27. Charles Pusateri	39.49	37. Frank Russo, Jr.	40.58
8. Don Forgione	36.54	18. Steve Yeagle	38.48	28. Gus Jacobs	39.56	38. Lance Woodward	41.02
9. Mike Cross	37.00	Chuck Fields	38.48	29. Mark Schlogel	40.12		
10. Bailey St. Clair	37.05	20. Jerry Kilian	38.58	30. Alexander Gerry	40.17		

(continue on next page)

(continue)

39. Larry Noll	41.10	54. Charlie Koester	43.40	72. John Mildner	45.40	90. Walt Cole	48.29
40. Taft Phoebus	41.46	Rich Johnson	43.40	73. Tom Zibron	45.57	91. Bob Burgdorf	48.40
41. Charles Owens	41.48	56. Phillip Kerby	43.45	74. Richard Osbourne	45.58	92. John Logis	49.15
42. Randall Helland	41.54	57. Brooke Wall	43.55	75. James Skeen	45.59	93. Jim Bourke	49.51
43. Tom Buck	41.55	58. Don Fischer	44.07	Steve Skeen	45.59	94. Henry Schneiderman	49.52
44. Scott Paris	42.03	59. Gary Behrens	44.09	77. Jerry Mikulski	46.15	95. Bob Stearns	50.02
45. Luther Whiting	42.36	60. Murray Sarubin	44.10	78. Frank Kaminski	46.22	96. no name	51.01
46. Darrell Russell	42.48	61. Mike Gladden	44.22	79. Frank Russo	46.23	97. Michael Canova	51.02
48. Marty Flynn	42.50	62. Fran Muller	44.26	80. Gerry Groeninger	45.24	98. Larry O'Neill	51.46
49. Bob Barnes	43.25	63. Jim Harrison	44.30	81. Sue Jacobs	47.05	99. Bill Jenkins	52.00
50. John Holden	43.26	Les Kinion	44.30	82. Bill Diegel	47.13	100. no name	52.09
51. Marvin Seefeld	43.30	65. John Henderson	44.32	83. Larry Dragon	47.14	101. Vernon Davies	55.33
52. Edward Karp	43.34	66. Al Scanlan	44.34	84. Tim Doyle	47.17	102. Don Clement	55.34
53. Greg Bacinski	43.37	67. Dennis Snyder	44.46	85. Ken Mukvick	47.25	103. Sandra Moss	56.01
		68. Allen Krum	44.47	86. Don Heimiller	47.30	104. Laren Stover	59.30
		69. Clarence Wilson	44.55	87. Mike Wienhoft	47.33	105. Cathy Burroughs	60.00
		70. Jim Mortenson	45.11	88. Bill Vopenitz	47.35	106. Tina Bensley	69.10
		Dwight Hood	45.11	89. Steve Mortenson	47.44		

August 6 & 7 — Saturday & Sunday — Annual 24 Hour Relay and 50 mile run — Fort Meade, Md. — 32 teams—307 runners ran the relay, and 28 started the 50 miler with 10 finishing. This is the largest race of its kind in the U.S. Two world records were broken (9 man walking—Potomac Valley Sr. — 8 women running—Early Risers). Plus three meet records were broken.

- 50 miler**
1. Jim Czachor-Franklin Square, N.Y.  
5 hr. 44 min. 30 sec. (meet record)
  2. Tom Osler-Glassboro, N.J.  
5 hr. 51 min. 13 sec.
  3. Don Marvel-Easton, Md.  
5 hr. 56 min. 03 sec.
  4. Park Barner-Enola, Pa.  
6 hr. 31 min. 22 sec.
  5. Dennis O'Brien-Quantico, Va.  
6 hr. 34 min. 30 sec.

- 24 Hour Relay**
1. South Pa. Coalition of Athletes  
269 miles 440 yards
  2. Distance Unlimited  
267 miles 1,320 yards
  3. Alligator B Team  
257 miles 1,482 yards
  4. Ten Herbies  
252 miles 427 yards
  5. Harrisburg Area Road Runners No.2  
250 miles 601 yards
  6. Baltimore Beltway Striders  
243 miles 1,320 yards

**Top 5 men's averages (per mile)**

1. Terry Baker-Hagerstown, Md.  
4.44.8 (meet record)
2. Anthony Desir-Silver Springs, Md.  
4.58.0
3. Dave Baskwill-Dover, Pa.  
4.58.4
4. Al Naylor-Hyattsville, Md.  
4.59.3
5. Dave Anderson-York, Pa.  
5.00.6

**Top 5 women's averages (per mile)**

1. Jill Coffen-Laurel, Md.  
5.53.4 (meet record)
2. Jennefer Rood-Rockville, Md.  
6.17.0
3. Kathy Smith-Catonsville, Md.  
6.18.4
4. Mary Jane Drenchwitz-Silver Springs, Md.  
6.23.8
5. Karen Felber-Silver Springs, Md.  
6.24.4

August 9 — Tuesday 7 p.m. — We had 17 teams (52 runners) in our 3 man 12 mile hat drawing relay at Loch Raven Dam. The 3 man relay was a little long and we ran into the darkness. Next year we will move the race back to 2 man 8 mile relay.

1. Rich Sigai John McAlister Greg Yannelis	69.47	6. Bob Rosscoe Dwight Hood Bailey St. Clair	72.39	11. Don Forgione Chris Hall Jan Hargrove (Bernie Dieter)	76.38	16. John Dieter Paul Schaeffer Dave Spain	83.24
2. Flit Yendall Ron Harmon Marvin Seefeld	70.34	7. Don Heimiller Brian McFadder Kenny Bassett	74.17	12. Scott Litch Dave Pabst Frank Kaminski	78.42	17. Denis LaComb Beth Thompson Herman Kelly	85.30
3. Don Miller Bruce Murphy Ben Smith	71.22	8. Robert McCubbin Mike Cross Lance Woodward	74.57	13. Scott Belanger Colleen Kendall D. Snyder	80.16		
4. Warren Haynie Gary Bearens Ted Chernak	72.17	9. Joe Hemler Darrell Russell Scott Lutrey	75.14	14. Carl Muller Alex Medina Carol Alexander	82.40		
5. Sean O'Brien Mark Johnson Dick Nair	72.27	10. Jeff Niner Tom Zibron Don Fischer	75.25	15. Phil Kirby Ken Muhvich Clarence Wilson	83.00		

1 Hour Track Run — 2nd Annual Swim—Run and Ken Denson's 5—10—20 mile races will appear in Winter issue (Too late to get in this newsletter). We have to meet printers deadline.

# ADS STILL WANTED!!!

Thanks to the Advertisers in this issue we made our printing cost. Our next issue (WINTER) will be our largest with a printing of around 5,000 issues. So come on and be a helper and either get an ad for the newsletter or put one in yourself.

Ad prices are as follows:

<u>camera ready</u>	<u>not camera ready</u>	
1/4 page - \$ 25.00	\$ 30.00	(3 1/2" x 5")
1/2 page - 50.00	60.00	(7" x 5")
full page - 100.00	120.00	(7" x 10")

The Winter issue will be given out to every person who runs the MARYLAND MARATHON and will be sent to quite a few marathons and out-of-town races through out the country.

Anyone interested in placing an ad — call John Roemer 472-4197 or Mel Walton 821-8337.

## 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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SPONSOR MEMBERSHIP.....	\$10.00	.....	\$ _____
"ANGEL" MEMBERSHIP.....	\$25.00	.....	\$ _____
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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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