

**1978  
WINTER**



**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)

ALL profit on the e.r.g. goes to the Baltimore Road Runners Club

# 1978 WINTER SCHEDULE

- Sunday — December 18 — 6 mile Predicted Time run — No watches allowed, no splits given. Each runner predicts his or her own time before the event. Trophies to three runners closest to their predicted time. Loch Raven lower dam (9 mile mark of marathon course). 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. Bill Diegel 532-9845, Joe Adams, Chuck Fields.
- Sunday — January 1 — 3rd annual Half Marathon Club Challenge race against D.C. Road Runners. 2 mile Fun Run (1.05 p.m.). Regular entry fees. Columbia, Md. — cross country point system will be used. The challenge for the first two races are even, with D.C. winning the first 428 to 582 and Baltimore the second 1,110 to 1,475. Lets have a good turnout again this year. Winning and Losing trophies to each team. Route 29 — south to Columbia's north entrance (Little Patuxent Pkwy.). Go ½ mile and bear right to Gov. Warfield Pkwy., past 1st light, 1 block-right onto Twin Rivers Rd., to next light which is Faulkner Ridge Cir. Right and quick left onto lot. Baltimore-Les Kinion 668-3766. Columbia-Dick Hipp 730-8571.
- Sunday — January 8 — 8 miles — Lake Montebello. Knit winter running hats with RRC insignias to first 100 finishers. Race will be six loops around the lake. \$2.00 entry fee. 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. Tim Zibron 661-5567, Ted Chernak, Don Fischer.
- Saturday — January 14 — Club meeting and injury clinic with podiatrist Neil Scheffler, Dr. Scheffler will answer individual questions and advise you about your injury problems. Club meeting will be for election of officers and planning the RRCA Convention and National 20 kilometer Championship. Friends School Auditorium, 5114 N. Charles St., ¼ mile south of Northern Pkwy. Plenty of parking, meeting at middle school building. There will be a 7 mile training run after the meeting and clinic. John Roemer 472-4197.
- Sunday — January 15 — 20 Kilometer Championship Prep — learn the course for the RRCA Championship race and get a step up on the out-of-town competition on February 12 (we expect 1500 runners that day). Meet at Hopkins Plaza in front of Federal Building, in downtown Baltimore (just west of Charles & Baltimore Sts., behind Morris Mechanic Theater). No prizes, no entry fee. John Roemer 472-4197.
- Sunday — January 22 — 6 miles — Druid Hill Park — Around Lake. no entry fee or prizes. Meet at tennis courts near pool. Race will be 4 time around lake. Take Druid Lake Dr. exit off Jones Falls Expressway and drive around the lake to the start. Henry Freeman 624-3086, Roger Burrow, Lloyd Richardson.
- Sunday — January 29 — 4 and 8 miles — Loch Raven Dam. Cub glasses to first 16 finishers in each race. 25 cents entry fee. Same directions as December 18. Michael & Colleen Pierre 433-6715, Bob DuPont, Jim Mortenson.
- Sunday — February 5 — 3rd annual Gino Race — Meet at Korvette's parking lot, Joppa Rd. and Perring Pkwy. Course covers Satyr Hill and Loch Raven reservoir area. Hamburger, Fries and Coke certificates from Gino's to first 75 finishers. Regular entry fee. John Hasler 252-3549, Gerry Groening, Carl Muller.
- Monday — February 6 — DEADLINE FOR ALL ENTRIES TO 20 KILOMETER RRCA NATIONAL CHAMPIONSHIP (HELD IN BALTIMORE ON FEBRUARY 12). NO RACE DAY ENTRIES.**

**Saturday — February 11 — Road runners Club of America Annual Convention at Lord Baltimore Hotel, Baltimore & Hanover Sts. All runners invited free of charge. 600 delegates from across the country expected.**

**9:00-1:00 Business meeting, election of national officers, problems and opportunities facing the sport.**

**1:00—2:30: Lunch**

**2:30-4:30: Clinic for runners featuring three national class runners and an orthopedic surgeon who runs and conducts a sports medicine clinic. Panelists will answer your questions on training, injuries, diet.**

**5:00-6:00: Informal reception for RRCA/Perrier Male and Female runners of the year. Cash bar.**

**Sunday — February 12 — 20 Kilometers RRCA National Championship. Engraved beer mugs to first 1500. Must enter by February 6. Championship awards to: First 10 Open men, first 10 Veterans (40-49) men; first 5 Masters (50-59) men; first 3 Senior (60 and over) men; first 10 Open women; first 3 Veteran (40 and over) women; first team (must be recognized RRCA, USTAFF, AAU, school or club team.) \$3.50 entry fee. Optional championship awards breakfast, 10:00-11:30 a.m. (\$4.40 for breakfast).**

**Sunday — February 19 — 7½ mile Hydes Road Run. Tube running socks to first 96 finishers; low cut footie socks to first 12 women. Meet at Carroll Manor School, Hydes and Carroll Manor Rds. Loop course: Carroll Manor Rd., Sweet Air Rd., Patterson Rd., Long Green Rd., Hydes Rd., Manor Rd. Take Beltway to Cromwell Bridge Rd. (exit 29). Follow Cromwell Bridge Rd. east past Sander's Ice Cream to Glenarm Rd. turn left and go to Manor Rd., Turn left on Manor Rd. and go about six miles to Carroll Manor Rd. Turn right and school is on left. \$1.50 entry fee. Steve Rosaco 877-7074, Joe Holland, Jean-Claude Kiehl.**

**Sunday — February 19 — Washington's Birthday Marathon — Beltsville, Md. — T-shirts to all finishers; awards to top 25, top masters, women, juniors, teams, other. A well organized, 3 loop, traffic free marathon; no congestion start. Scenic country roads. Inexpensive food and drink available for runners and spectators at race headquarters. Entry Fee \$3.00 before race day; \$4.00 on race day. For applications write or call — Bob Rothenberg — 6 "N" Hillside Rd., — Greenbelt, Md. 20770 (474-6759).**

**Sunday — February 26 — 10 mile Patterson Park Cherry Pie race — Cherry Pies to the first 36 finishers. Meet near bath house on Linwood Ave. side. Ed Hewitt 661-6013, Herman Sykes, Clarence Wilson.**

**Sunday — March 5 — 7th annual Layne & Co. Realtors Half Marathon — Lake Montebello — Race is held around the lake. T-shirts to first 24 finishers. Engraved ceramic mugs to first three Open finishers, first Junior (19 and under), First Woman, First Master (40 and over). Case of beer to winner, two six packs to 2nd place, one six pack to 3rd place. \$1.50 entry fee. Same directions as January 8. donn Layne 235-2732, Don Heimiller, Vern Davies.**

**Sunday — March 12 — 5-10-20 miles at Loch Raven Dam. No prizes. 25 cents entry fee. Same directions as December 18. Gus Jacobs 838-0814, Bill O'Connor, Jim Burns, Bill Fiege.**

Sunday — March 19 — Lady Equitable 10 kilometers (6.21 miles). For women only! Race will also be Road Runners Club of America Women's Eastern Regional Championship. Sponsored by Equitable Trust Bank. Commemorative awards to first 250 finishers. Entraced silver bowl to winner; engraved silver awards to next nine open finishers. (First ten finishers are not eligible for age group awards). Awards to first three in each of the following categories: 15 and under; 16-29; 30-39; 40-49. Award to first 50 and over. Engraved pewter cups to oldest and youngest finishers. Individual awards to first 3 three-women teams. Refreshments and awards ceremony after race. Will be run on Constellation course (Inner Harbor to Ft. McHenry and back), although start will be different. Pre-entries encouraged — \$2.00 entry fee before March 12, \$3.00 after March 12. For details and entry form, write or call Marge or Steve Rosasco — 2419 Reckford Rd. — Fallston, Md. 21047 — (301) 877-7074.

Sunday — March 26 — 20 mile Club Championship, Loch Raven Dam — Championship medallions to three open (29 and under), First three 30-39, First three 40-49, first 50 and over & first three women. Must be paid up club member to win prizes, although anyone may run. Regular entry fees. Directions same as December 18. Randy Dabney 272-4074, Alex Dabrkowski, Darrell Russell.

Sunday — April 2 — 5.7 miles Brooklyn Park — Club shorts to first 50 finishers. \$2.50 entry fee. Bay Brook Park, Curtis Bay. From the city take Hanover St. to Ritchie Hwy., Ritchie Hwy. to Church St., (1 mile) left on Church St. (1 mile) to West Bay St. Park is at West Bay & Church Sts. From Beltway take Rt. 2 (Ritchie Hwy.) north to Church St. (under 1 mile), right on Church St. to West Bay St. Carroll Sudbrook 789-8122 — Jim Bourke 355-3347 — Don Clement 646-5594.

Sunday — April 2 — 10 mile Cherry Blossom Classic, sponsored by Perrier bottled water, NEW starting place, near Lincoln Memorial (west Potomac Park), for less congestion. Also 2 mile fun run. Patches to all finishers in both races. Awards to first 30, top 5 in. nine ago groups, top women in three age groups, top 5 teams and first womans team. Flat, fast course. Must enter by MARCH 11; entries close at 2400 runners. No entry fee. Thanks to Perrier. Entry forms will appear in *Footnotes* and *Running Times*, or send self-addressed, stamped envelope to! Cherry Blossom — 2737 Devonshire Place NW — Washington, D.C. 20008.

Sunday — April 9 — 6-12-18 Patapsco State Park — NOTICE!! New Directions. Races will start in the park on other side of river from previous starts. Same course as before except for first mile. No entry fee, no prizes. From the North: Beltway to Rt. 372 (Wilkins Ave.), west on Wilkins to Rolling Rd., left on Rolling to Gun Rd., right on Gun and straight to park. From the South: I-95 to Rt. 166, north on 166 to Gun Rd., left on Gun Rd. and straight to park. Jack Ward 796-3023, Dennis Suski, Bill Vogenitz, Dave Mahan.

Sunday — April 16 — 6 and 12 mile Western Run Run. Starts at Hunt Valley Industrial Park, Cockeysville. Why go to Boston, where you get no split times, no mile markers, no refreshments, no prizes, no finish times of places? Join us for all the amnities. No entry fee. Meet at ccockeysville Industrial Park on Shawan Rd. between Rte. 83 and York Rd. Park in front of Executive Plaza (tall gray building). Starting line is at stoplight 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. Alex Medina 254-7578.

# Dues are Due !!!

Monday — April 17 — 82nd Boston Marathon — For those who go this year we wish the best of luck and weather for you. For applications if you need any, write: Will Cloney — Box 233 — Prudential Station — Boston, Mass. 02199.

Take a bus to Boston with friends and enjoy the freedom from driving and the high expense of train, plane or car fare — Trip to Hopkinton included. Bus fare is \$52.00 compared to \$110.00 on a plane and \$75.00 on the train. Bus will leave Baltimore on Saturday, April 15th around 7 a.m., and leave Boston around 6 p.m. Monday, April 17th. Call Les Kinion at 668-3766 for information or to show your interest. You MUST let Les know by February 24th. If there is enough interest shown the special bus fare will be somewhere between \$30.00 and \$37.00. If not enough interest is shown, those who signed up will have to make other arrangements.

Sunday — April 23 — Towson YMCA Races — Husband & Wife relay team first. Husband runs 1st and third miles while wife runs 2nd mile. Medals to top 20 teams. \$3.00 entry fee per team. Second we will run the 5 miler. Medals to top 10, top three women. Regular entry fees; free to everyone who runs husband/wife relay. 2 blocks west of new courthouse in Towson or 5 blocks west of York & Dulaney Valley Rds. Bailey St. Clair 252-5903, Bill Schwartz, Marilyn Bevans, Delroy Matthews.

Sunday — April 30 — 4 person Distance Medley relay — Lake Montebello. Medals to top six teams, first two women's teams. (must have 4 person team to qualify for prizes). Each person will run one of the following legs: 1 small loop (1.35 mile), 2 small loops (2.7 miles), 1 large loop (2.9 miles), 2 large loops (5.8 miles). Regular entry fee. Directions same as January 8. Mike Hill 467-2242, Al Filar, Rob March.

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# The Up Hill Marathon

By AL SCANLAN, JR.

On October 1, 1977, after a restful evening at the luxurious Bedford, Pa. Holiday Inn, I made my way to Johnstown, Pennsylvania. My purpose in traveling there was to run in the Third Annual Johnstown Marathon. The race had gotten scant publicity and I suspect it was played down because of the flood damage to the town, which is still evident. I should have been suspicious at the low key approach which the organizers took to the race. Because now I know that the reason for the scant publicity is that if the organizers of the Johnstown Marathon ever advertised the difficulty of the course, as do the organizers of the Maryland Marathon, no one anywhere near to being in his right mind would ever even start the race.

What I should have done when I walked out of my hotel room was to hop in my car and drive southeast to Baltimore. At eight o'clock on the morning of the race as I strolled from my room in search of coffee and Hostess cupcakes (my normal prerace training meal) I noticed that the area was being gently sprinkled with a fall thundershower. After stopping at High's to purchase my meal, I became aware of the rather distressing fact that the gentle thundershower had turned into a torrential downpour. The rain didn't let up as I drove to Johnstown, which is about 40 minutes away from Bedford. Nor did it let up as I filled out my registration in the War Memorial Building in Johnstown. Nor did it let up as we rode up to the top of a mountain in a contraption that is called the world's largest outside escalator. Never having been to Johnstown previously, I was unaware of the fact that the famous "inclined plane" is a Johnstown landmark. It was at the top of this inclined plane, which seemed to be about 1,000 feet high, that the race began. I was momentarily seduced into believing that this was good since I craftily deduced that if we were 1,000 feet up we would probably run down hill a long way. Sadly, this was not the case.

I and the other two-or three hundred runners stood beneath what shelter there was as a 10,000 meter race got under way. One of my great regrets is that I didn't listen to my cowardly self and run the 10,000 instead of the Marathon. I noticed Carl Hatfield in the front line just before the start of the 10k. He was drenched with puddles of water forming beneath him from the rain that ran off his body. He was by no means a typical, since by the time the gun sounded each and every runner in the 10k looked like one of the Marx brothers after a water fight.

Fifteen minutes after the 10k began, it was our turn. About two-or three hundred of us foolish chaps gathered on the starting line. I saw no women, which led me to become further convinced that indeed females are the superior and more intelligent sex of the species. As I waited for the gun (a hunting rifle) to fire after several vain attempts, I ducked beneath a kindly offered umbrella. The gun sounded and 30 seconds after I began running it struck me that the minute or two I stood beneath the umbrella had been to no avail. What followed in the three and one-half hours after the starting time was a morality play performed at my expense. If I ever had any doubt about my ability to run 26 miles in a monsoon going uphill, I no long-

er have such doubts. I can't really say that the experience was totally unpleasant. Nor can I pretend that the pain involved was excruciating. True enough, my legs tightened up from the miles and miles of uphill running in cold rain. And true enough my dietary habits caught up with me about the 21 mile mark when my hands went clammy and I felt the blood rush from my face into my stomach. But I'd be lying if I said that the Johnstown Marathon was the most painful experience I've ever had while running. I think that I have managed to block out the memories of whatever experience was more painful than Johnstown, but I am sure that one exists somewhere in my psyche.

After what has preceded this paragraph, it may sound odd to say that I'd recommend the Johnstown race to all the enterprising other road runners in the Baltimore area. The scenery, even in the rain, was beautiful and quite typical of western Pennsylvania. The people were low key, very friendly and eager to help. They seemed genuinely delighted that outlanders had come into their town. After the recent disaster in Johnstown their morale was probably shaken. The Marathon gave many people in the town an opportunity to band together in something other than a life or death struggle. (Though for my part much of the race itself was a life or death struggle.) Every finisher received a "Gold" medal. And all the runners received patches. The organizers were very apologetic about the lack of t-shirts. Apparently they were washed away in the flood. So next October give a thought to including the Johnstown Marathon on your schedule. I know I will. I am counting on it not raining and I am very anxious to see how fast I can run 26 miles uphill on a dry day.

Al Scanlan, Jr.

**1978**  
**Baltimore Road Runners**  
**Dues**  
**are**  
**Due!**  
**Club**

# Race Results

We were not able to include the results of races in the Newsletter because of the expense involved, but more importantly because of the lack of people to record and type up the results. VOLUNTEERS are needed to type, run copies and distribute the results to members at the following race. A few conscientious people with the ability to coordinate can easily handle this task. Please do YOUR FAIR SHARE!

Thank you

ALEX MEDINA  
Treasurer

## ADS STILL WANTED !!!

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")

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

# LIFE & HEALTH MARATHON

April 30, 1978

Frederick, Maryland

- ☆ On April 29, Dr. Kenneth Cooper, of aerobic fame, will conduct a physical-fitness seminar for all those entered in the race.
- ☆ Family activities during the race.
- ☆ A vegetarian meal will be served after the race.
- ☆ A free subscription to a national health journal for all runners.
- ☆ \$8.00 entry fee.

**All entries must be received by April 1, 1978.**

**For more information:**

Chitra Barnabas  
LIFE & HEALTH  
6856 Eastern Ave., NW.  
Washington, D.C. 20012  
(202) 723-3700, ext. 272





# Morrison's Last Run

By CHUCK BRUMLEY

This account is startling, and morbid, but in its own way has a happy ending.

Al Morrison was a runner in his mid-forties who developed a terminal illness. Near the end he had to run in long pants and a long-sleeved shirt to cover open sores on his body. Running had prolonged his life.

He went to a summer run and told his wife, "Don't let them help me unless I ask for it," and shuffled off behind the other runners. Everyone knew Morrison was dying and everyone was pulling for him.

The run was three miles, an out-and-back, but Morrison only went out about a mile and turned around—all the other runners had finished—and staggered back towards the finish line. The timekeeper, a hyper-compulsive non-runner in a pith helmet who was living his own life through his son, stood at the finish line.

Morrison fell down about a hundred yards from the finish line. He was too weak to get up, and he writhed on the ground, in the dirt, until he was pointed the wrong way.

His friends watched with mixed horror and compassion. His wife wouldn't let anybody help him. She knew if he had to die, this was as good a time as any, and she lay her head on his chest and hugged him as he died. His friends, who had been cheering him, fell silent, and then began a reverent, polite applause when they saw what had happened.

The time-keeper had stayed alone at the finish line. He strode back to Morrison's body and thrust out his stop watch, running, to no one in particular.

"What's the big deal?" he said. "The S.O.B. didn't finish, did he?"

An initial flood of anger rushed through the people, and one runner started to get up from his kneeling position, as if to go after the time-keeper.

And then someone looked at the time-keeper and laughed. And then someone else laughed. soon everyone was laughing and pointing at the time-keeper, who got in his car and went home.

For Morrison had not only finished—he had won, hadn't he?

## Let's get an early start this year with our DUES !!!



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# FOOTNOTES: Question & Answer Corner

Dr. Scheffler is a member of the American Academy of Podiatric Sports Medicine, National Joggers Association and the American College of Sports Medicine

By DR. NEIL M. SCHEFFLER

Baltimore runners are no different than runners in any other part of the country. Baltimore has the same choices of running surfaces, hills and level ground, good weather and bad and the same footgear for runners is available. Baltimore runners are also as stubborn and determined to run as runners anywhere else. Also, Baltimore runners have the same injuries and problems for the same reasons as runners do nationwide. In this brief article I will discuss one of these problems, its' causes and solutions.

The most frequent problem runners have is knee injuries. These problems can be called many things. Tendonitis and chondromalacia are the most frequent diagnoses. You may also see the term "lateral subluxation" of the patella used.

The pain from runners knee is often misdiagnosed and mistreated as a local condition arising at the knee. Those unfamiliar with sports medicine prescribe anti-inflammatory drugs, inject cortisone, tell the runner to stop running and worst of all, operate on the knee. Sometimes, these treatments are necessary. Unfortunately, often they are not.

We now know that many knee problems are really the result of faulty foot mechanics. Pronation (a rolling in of the foot during the time when it should be stationary) is the primary culprit. This abnormal pronation prevents the foot from functioning properly. This, in turn, causes the entire lower extremity to work abnormally placing stress on the knee. Chondromalacia (softening of the back of the knee cap) is one example of the results of this stress.

Okay, now that you know that if your knees hurt it may be your feet that are at fault, what can you do? Some suggestions:

1. Are you exercising properly to offset the muscle imbalance caused by running? The "basic six" should be done regularly a) bent knee sit ups (for abdominal muscles) b) foot dorsiflexions with resistance (for anterior leg muscles) c) leg straightening with resistance (for quads) d) leg overs (for tight back muscles) e) standing hurdles (for tight hamstrings) f) wall pushups (for tight calf muscles).

2. Ice massages to area prior to exercising.

3. The right shoes will help (which ones?—the answer would take another whole article —check Runner's World Magazine's October, 1977 shoe issue).

4. If the problem is in one knee try reversing your running direction on track or street. The slant of a running surface will make one foot pronate and may precipitate problems.

5. If you are overweight, go on a diet.

6. If the pain continues, a podiatrist (preferably one who is familiar with athletes and/or is a runner himself) should be consulted. He will check your feet and legs for imbalances such as forefoot or rearfoot varus (tilting). Any imbalances will possibly require some type of support to balance the foot. The most popular type now being used is the sportorthotic. This is made by a lab after molds of your feet are taken. This will help prevent abnormal motion in the foot. A large percentage of runners problems in the knees and elsewhere are diminished or eliminated by properly accommodating for these imbalances.

\*\*\*\*\*

Dr. Scheffler will answer your questions about running injuries in future newsletters.

Send your questions to:

Dr. Neil M. Scheffler, 5205 East Drive, Arbutus, Md. 21227.

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Baltimore Road Runners  
Club  
Dues  
are  
Due !!!



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

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

Volunteers are essential if we are to make the February 11 RRCA National Convention and February 12 RRCA 20 Kilometer Championship successful. Please return the form below if you or your spouse, friends or neighbors can help out. We'll explain the jobs to all volunteers.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

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

### Convention Registration and Information

\_\_\_\_\_ Friday (indicate hours between 2 pm and 10 pm when you can work \_\_\_\_\_)

\_\_\_\_\_ Saturday (indicate hours between 8 am and 10 pm when you can work \_\_\_\_\_)

### Race Activities

\_\_\_\_\_ Course timer (we're giving splits at three points)

\_\_\_\_\_ Course refreshments (we'll have drinks at two locations)

\_\_\_\_\_ Course turn marker (needed to keep runners on course at approximately 10 turns)

\_\_\_\_\_ Registration table (6:00 am-8:00 am, Saturday—will involve only giving out numbers, not singing people up)

\_\_\_\_\_ Finish line (involves handing out prizes, giving times, handling the finish chute, or preparing results)

## **WOMEN'S CORNER**

By SUE JACOBS

\*\*\*\*\*

**\*Marge Rosasco will be taking over this corner for Sue, so if you have any results or up coming races—call Marge at 877-7074.**

July 30—100 mile relay—Rockvile, Md.—Record set by 32 minutes. Club members were S. Jacobs (5.55), C. Kleeman (6.10) & V. Herwig (6.26).

— 0 —

September 6—(Labor Day) 15K Greenbelt, Md.—Marilyn Bevans first woman finisher (38.24).

— 0 —

September 6—(Labor Day) 10K Harrisburg, Pa.—Marge Rosasco (37.54).

— 0 —

September 17—Lynchburg, Va.—10 miler—Marge Rosasco (6th woman) 63.03.

— 0 —

September 25—Washington, D.C.—10K Eastern Regional (Womens)—340 finishers and BRRC finished 5th as a

team. Marge Rosasco (4th) 36.14, Sally Steward (27th) 40.36, Sue Jacobs (29th) 40.39, Cathy Kleeman (42nd) 42.12 & Bobby Brumley (151st) 50.51.

— 0 —

September 25—Chicago, Ill.—Mayor Daly Marathon—Marilyn Bevans (2nd woman) 2.54.00

— 0 —

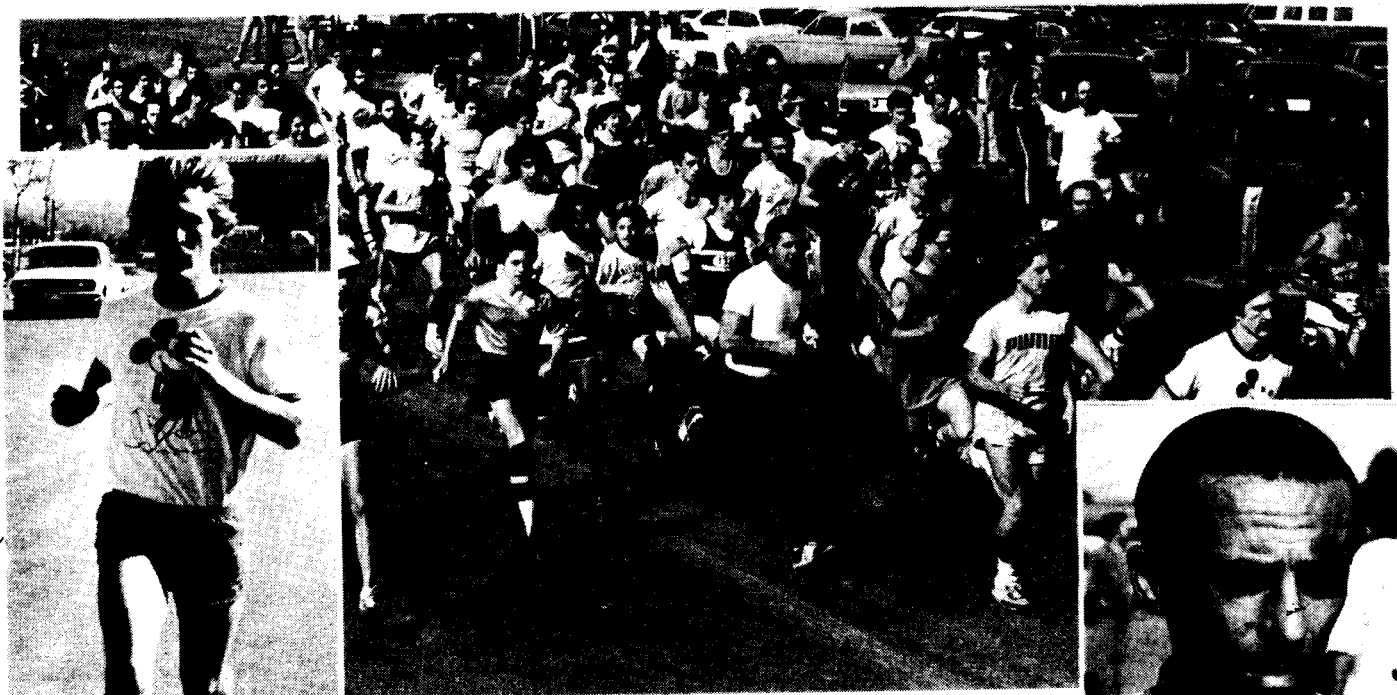
October 1—Bobby Brumley was 3rd woman in 46.15 at the Bon-Ton 6 miler in York, Pa. That's a PR for her by approx 4 minutes.

— 0 —

October 2—Boston, Mass.—8 mile Labbatts Freedom Trail Race—3,000 runners—Marge Rosasco (6th woman) 48.30.



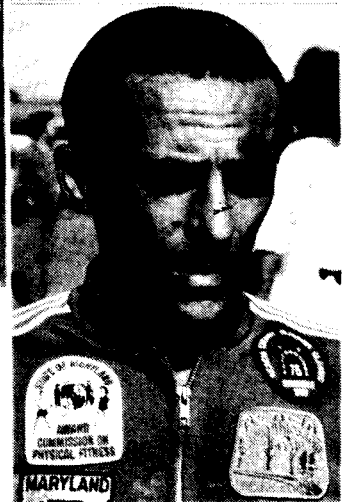
**Start of the Fourth annual Athlete's Foot Race (October 16th).**



**Start of the 6 & 12 Carrolltown Race — Sponsored by  
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(October 30th).**



**Stan Fletcher  
6 mile winner**



**Mike Sabino  
12 mile winner**

# RESULTS OF OUT-OF-TOWN RACES

By DON HEIMILLER  
256-6280

June 12—Gerry Kramer was 2nd (3.02.00) in the masters div. of the God's Country Marathon, Pa.

— o —

June 19—7th Glass City Marathon, Toledo, 433 starters, 369 finishers, temp. mid 60's at start to 70. Winning time 2.27.00, flat course, water every 2 miles. Bailey St. Clair ran a nice 2.51.27 good for 38th. Each finisher got result booklet, certificate & glass.

— o —

September 17—Lynchburg 10 miler, very hilly, humid, temp. 70-80, T-shirts to all, buffet supper nite before race, bag lunch after. Don Forgione (?), Steve Rosasco (71.45), Jim Mortenson (72.10) 1750 plus starters.

— o —

September 24—Sunbury, Pa. 8.2 miles, hilly, cool & misty, 62 in field. Chuck Brumley (8th) 49.47 (1st in age group 30-39), John Roemer (19th) 52.47.

— o —

October 8—Trenton, N.J. "Run For Freedom" 12 miler, 60

degrees, overcast, 230 starters, rolling course starting from Washington's Crossing. Joe Holland ran a PR of 1.21.23 good for only 77th and 4th in age group (50 and over). Tough league!

— o —

October 23—New York City Marathon, we know there were more Baltimore runners than the three I have listed, but no one called them in. Jim Heffner (coach of the Hereford XC Varsity) 2.52.17 (one minute per mile faster than his previous best!), Dave Pabst (Hereford HS teacher) 3.22.18 in his first marathon, Phil Ades ran his first marathon also in 3.43.00.

— o —

November 6—Harrisburg Marathon. Winning time was 2.30.15 on overcast, windy day. Les Kinion 2.59.10, Harry Piotrowski 2.59.32, Bill Fornoff 3.04.10, Henry Freeman 3.04.11, Gus Jacobs 3.11.40, Randy Dabney 3.15.57, Don Wann 3.18.15, Lloyd Richardson 3.31.34 & Ulysses Thornton 3.38.25.

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# Eskimo Wisdom and Running

By CARL SODERSTROM, M.D.

Staff Surgeon

Shock Trauma Center of the University of Maryland

For the seasonal, fair weather runner/jogger, the onset of wintry cold heralds the beginning of a period of hibernation from physical exercise. However, the seasoned runner maintains or increases his running program in cold weather. This seemingly paradoxical behavior is easily explainable.

From a physics point of view, the exercising human machine is quite inefficient (measured by work out/work in) producing a great deal of heat. One of the important factors which determines one's ability to tolerate long and/or hard running is coping with heat buildup. In hot muggy weather, dissipation of excess heat is of prime importance if running is to be continued. Drinking large amounts of fluids to feed the overheating human radiator and dressing within the limits of propriety helps. However, the gradient for heat loss from the runner to his/her environment is limited by high temperatures coupled with high humidity. Not so in cold weather when the runner has better control of the environment. The runner gains control by adding clothing that allows for comfort over a wide range of climatic situations (don't forget wind-chill factors). Being one's own mobile heat source, the runner can create a "microclimate" by choosing outfits that trap enough heat to allow for a comfortable running environment.

It is not an uncommon experience for a runner to be heat stressed when running in brutal winter weather. The cause is the creation of a tropical "microclimate" by the buildup of excess heat under running gear. It must be remembered that during exercise, energy output may increase as much as 13 to 14 times that of the resting state. This increase is accompanied by a concomitant increase in heat production. (Shivering alone increases heat production 3 to 4 times.) In his book *Environmental Physiology*, G. Edgar Folk notes that the long distance running Eskimo (the sled driver runs along, he does not ride) has two solutions to the problem of overheating. He intermittently takes off and replaces excess clothing and wears clothing that allows for venting of excess heat buildup through ports about the hands, waist, and face and neck. The second option is appropriate to the runner who can't afford to throw off sweat shirts, etc. along the way. By wearing sweat suit tops that allow for intermittent opening of the front, pulling up of sleeves, and baring the face and neck, excess heat can be vented. Preventing buildup of heat results in less accumulation of sweat under running apparel. Oozing sweat through layers of insulation can freeze creating a most uncomfortable situation.

Most year-round runners have made the observation that it is easier to over dress than under dress when facing a cold weather run. As a general rule, an outfit that is initially comfortable when stepping out into the cold (without a warm-up) is usually inappropriate for cold weather running, unless it possesses excellent venting qualities. An outfit that seems to be too light, as evidenced by some cold discomfort initially, usually proves to be the right pick af-

ter a couple of miles. With a little thought in choosing appropriate running dress, with the accent on not over dressing and choosing appropriate running dress, with the accent on not over dressing and choosing outfits that allow for controlled ventilation of excess heat, running in cold weather can be a rewarding experience.

Carl Soderstrom, M.D.

## References:

Folk, G. E.: *Textbook of Environmental Physiology*, 2nd ed. Philadelphia, Lea and Febiger, 1974.

Judy, W. V.: Chapter 26: *Physiology of Exercise*, in *Basic Physiology for the Health Sciences*. Selkurt, E., (Ed). Boston, Little, Brown, 1975. pp. 563-587.

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**Anyone who ran in the Herring Run — European Style Cross Country Team Championship race on June 11 and did not get their t-shirt can call Mary Roemer during the day at 472-4197. Most teams have received theirs already, but we still have a lot of runners who have not.**

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