

1978
SPRING and SUMMER



NEWSLETTER.

Baltimore Road Runners Club

Route 1, Box 246 Evna

PRESIDENT JOHN ROEMER
Parkton, Maryland 21120

(301) 472-4197

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 SPRING AND SUMMER SCHEDULE

Remember these dates for early entry ONLY:

May 21 — (\$1.6 mile relay) Enter teams early

May 28 — (6 miler — Timonium) entries must be in by May 14 for guaranteed t-shirt on day of race.

June 3 — (10K team Crosscountry) Must register team by May 27 (none on day of race).

August 27 — (10 miler — Annapolis) Register by August 21 and save \$2 on entry fee (\$5 early — \$7 day of race).

Saturday — April 29 — Sports Medicine Seminar, sponsored by Maryland Podiatry Assoc., discussion of athletic injuries and training by: Garry Bjorklund, winner, 1977 Maryland Marathon; Les Kinion, founder of the BRRC; Mike O'Shea, trainer, Baltimore Colts; Carol Fridley, national class distance runner; Neil Scheffler, Baltimore sports podiatrist, Hy Levasseur, Md. Physical Fitness Commission; Mark Johnson, top local runner; also films, including George Sheehan's "Life On The Run". Place: Towson State University, University Union Building, Chesapeake Rooms. Free of charge to runners and the general public. Neil Scheffler, 247-5333.

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. 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. Mike Hill 467-2242, Al Filar, Rob March.

Sunday — May 7 — 2nd Annual 10 mile Team Challenge between BRRC and York Area Road Runners. T-shirts to first 50 finishers. All finishers count toward team score. Bring family and casserole, salad or dessert for pot-luck picnic on Brumleys' farm. Beer and soda will be provided. Hilly, scenic course, mostly on dirt roads. Runners must wade a cold, knee-deep 30-foot wide creek in middle of race (course is not the same as last year). \$2.50 entry, to defray cost of shirts and drinks. Directions: Meet John Roemer at 9:30 a.m. at 1st National Bank parking lot, just off Mt. Carmel Rd. exit from Rt. 83. Take Rt. 83 north from Baltimore Beltway about 13 miles to Mt. Carmel Rd. Hereford/Rt. 137 exit. Bank is to the right, 100 yards from end of exit ramp. John and Mary Roemer 472-4197.

Remember this is the last week to enter a team for the May 21st race.

May 14 — Deadline for early entry for 6 miler — Timonium.

Saturday — May 13 — Annual Meet of Miles. Run a mile in your age group. A good chance for distance athletes to discover how awful a mile feels. 11-13, 14-16, 17-19, 20-29, 30-39, 40-49, 50 and over. Women's groups, too, if we have enough entrants. No entry fee, no prizes. Towson State University new artificial surface outdoor track. Flats work as well as spikes, they can be no longer than ¼". From Charles Street, take Towsontown Boulevard east to Osler Drive. Go south on Osler Drive about ¼ mile; turn right just past Sheppard Pratt entrance at Towson Center/Towson Stadium sign. Park in first parking lot on left and walk downhill to track. (This is not the old cinder track) Mark Johnson 467-4566, Jerry Groeninger, Cathy Kleeman.

Sunday — May 21 — 2nd Annual 61.6 mile Monumental Relay — 6 person team. Course goes from Washington Monument in downtown Baltimore to the Washington Monument on the Appalachian Trail near Boonsboro, Md. Distance: 61.6 miles, first 4 on team each run eleven mile legs; 5th runs 10 miles; 6th runs 7.6 miles, up a mountain highway. Each team must provide own transportation, pick-up and refreshments, and each team is responsible for finding turns, etc. Route follows Liberty Rd. (Rt. 26) to Frederick, then alternate 40 to Washington Monument State Park. Entry fee: \$2.50 per person (\$15.00 per team). You must set up your own team. T-shirts to first 15 teams. Contact John and Mary Roemer ahead of time for course maps and detailed instructions 472-4197. Meet at Washington Monument, Mt. Vernon Square, in downtown Baltimore, for start of race.

May 27 — Deadline for teams in 10K team crosscountry.

Sunday — May 28 — 6 mile open and 2 mile fun run. (The latter is for age 14 and under only) Sponsored by Timonium Optimist Club. Out and back, rolling course on roads in Timonium, police protection. Special T-shirts to all finishers in 6 mile race. Shirts guaranteed on race day to all who pre-register by May 14. Others will get shirts later. Age group trophies (Open, 29 and under, 30-39, 40-49, 50 and over, Women) and award to first area high school finisher (from Towson, Loch Raven, Dulaney, Hereford). In 2 mile fun run for 14-under, there will be metals for top places and ribbons to all finishers. No entry fee for fun run; \$3.00 entry for 6 miler. From Baltimore Beltway take I-83 north to Padonia Rd. Take Padonia east across York Rd. to Dulaney High School on right side of Padonia Rd. (high school is 1½ miles east of 83) Park at east parking lot of the high school and walk across Padonia Rd. to Alms House Rd., which is entrance to Longview Golf Course. Race follows dirt road around golf course. To pre-enter 6 miler and get you t-shirt, send your name, address, phone, age and t-shirt size (medium and large only) to Optimist Run, Box 262, Timonium, Md. 21093. Tony Shucosky 252-7054.

Saturday — June 3 — 2nd Annual 10K European Style Team Crosscountry Challenge, Herring Run Park. Each team may have up to six runners, and must score 4 men and 1 woman. Large trophy to winning team, which keeps trophy for one year and can retire it with three consecutive victories. Medals to each member of first five (5) teams. Teams must preregister by May 27. No post-entries will be accepted. Entry fee \$10.00 per team. Beltway exit 30 (Perring Pkwy.) south to Hillen Rd. (same rd.) straight to Argonne Drive (Northwood Shopping Center), left on Argonne to first light (Harford Rd.) and make a very sharp right into Herring Run Park. Go ¼ mile and meet under bridge. For entry forms and details contact: John Elder, 626 Colorado Ave., Baltimore, Maryland 21210, (301) 323-9678.

Sunday — June 4 — Annual Denson Family Day. 5.3 mile crosscountry (9:10 a.m.) and 10 mile road race. (9:00 a.m.) family and lunch for picnic at Densons'. (Note change of date from last year; also note that the 20 miler has been dropped). 50 cents entry fee; Prizes: running shoes, bags and shorts. Co-sponsored with HOWARD COUNTY SDTRIDERS and INSTANT REPLAY RUNNING EQUIPMENT in the Columbia Mall. Beltway exit 15 (Rt. 40) West. Go out 40 for about 8 to 9 miles to Turf Valley Rd., right on Turf Valley to last house on right. Ken and Pat Denson, 465-6971.

Tuesday — June 6 — Club Meeting—Injury clinic with Physical Therapist William Neill, RPT, ATC. William Neill is a therapist at Kernan's Hospital who has worked with a number of high school, college and professional athletes, as well as local Road Runners. His topic: "Sterss, Strains and Solf Tissue Injuries in the Lower Leg." After Neill's talks and a question period, there will be instruction for volunteers on race administration (timing, finish procedures, course measurement, etc.) The

meeting will be held at St. John's United Methodist Church, 216 W. Seminary Ave., Lutherville, Md. 21093. Direction: North on York Rd. from beltway Exit 26 to 2nd light (Seminary). Left at light to half a block past first intersection with light. Church is on right. Parking in rear of church. John and Mary Roemer 472-4197.

- Sunday — June 11 — 6th Annual Tetrathon. Each person will run 440, 880, mile and 2 miles on track. 9 a.m. Approx. 15 min. rest between events. Runners will be seeded in heats as best we can. A good chance for distance athletes to discover how awful a 440 feels. No entry fee; Running Review subscriptions to first five finishers. Towson State University Track (see May 13 for directions). Jerry Martin 823-8267, Don Wann, Dwight Hood.
- Sunday — June 18 — 8 mile Carroll County Country Caper. Sponsored by Charles Carroll Recreation Center. Out and back course on traffic-free, hard-surfaced rural road; rolling, with one sharp quarter mile hill. Prizes to first 50 finishers. \$1.00 entry fee. Race is six miles northwest of Westminster. Take Rt. 140 past Westminster toward Gettysburg. Go five miles past Westminster Airport to Union Mills Homestead, which is on the right at the bottom of a hill on Rt. 140. Stan Ziolkowski, 346-7558.
- Sunday — June 25 — 3rd Annual Constellation to Fort McHenry 10K. Course changed slightly from 9 a.m. last year, but basic route is same. \$2.50 entry fee. NO pre-entry, must sign up before 8:30 a.m. (entries will close at this time). This is the second largest race in Maryland only to be out done by the Maryland Marathon. Prizes: T-shirts to first 500 finishers, plaques to first five (5) finishers, Medals to first three (3) Women, 30-39, 40-over, and medal to first person over 50. Race will start close to Constellation dock (Inner Harbor-Downtown Baltimore). John Roemer 472-4197, Mel Walton, Bill Diegel, Les Kinion.
- Saturday — July 1 — 7th Annual Two-man 10 mile relay. Run alternate miles; each person runs a 9 a.m. total of five miles. A peculiarly grueling event. No entry fee, no prizes. Towson State University track (see May 13 for directions). Don Heimiller 256-6280, Jean-Claude Kiehl, Jerry Lynch, Lee Rinehart.
- Saturday — July 8 — Gunpowder Neck 10 miler — For information on this race contact Joe Lacetera, 877-0818, or write him — Joe Lacetera, 1006 Whittaker Mill Rd., Joppa, Md. 21085. (We had no other information on this race as of this printing).
- Sunday — July 16 — 5 and 10 milers, Patapsco State Park. Gently rolling, wooded, river-side course 9 a.m. on surfaced, abandoned road. Bring family and lunch for picnic by the river. No entry fee, no prizes. From the north: Beltway to Rt. 372 (Wilkins Ave.), west on Wilkins to Rolling Rd., Left on Rolling Rd. 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 and straight to park. Dick Nair 665-7340, Paul Buckley, Phil Easter.
- Sunday — July 23 — 8 miler-Loch Raven Dam. Regular entry fee; running socks to first 24 finishers. 9 a.m. 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 (¼ mile). Alex Drabkowski 592-8774, Mark Drabkowski, Don Fischer, Bill Fornoff.
- Sunday — July 30 — Bike/Run, Hydes Road loop. Each person will ride the 8.1 mile loop on his or 9 a.m. her bike, then jump off and run the same loop. Everyone must ride first, then run. Medals to top 10 finishers. Take beltway to Cromwell Bridge Rd. (exit 29). Follow Cromwell east past Sander's Ice Cream to Glenarm Rd. turn left on Glenarm and go 1 mile to Manor Rd. Left on Manor and go about 6 miles to Carroll Manor Rd. Turn right and school is on left. Steve Rosasco 877-7074, Joe Holland, Bill Lowman, Don Miller.

Sunday — August 6 — 5 miler — Druid Hill Park. New one loop course on hilly, scenic road around zoo. Sweat bands to first 50 finishers. Regular entry fee. Meet at stone tower at east end of lake, overlooking Jones Falls Expressway. Take Jones Falls to Druid Park Lake Drive exit; then take first right into park, and follow lake all the way around to stone tower. Tower is visible from Jones Falls exit ramp. Brad Mudge 323-3539, Al Scanlan, Frank Morgan, Carl Muller.

Tuesday — August 15 — 6 miler — Lake Montebello, followed by beer and soda at Alex Medina's house, 4212 Harcourt Rd. No prizes, regular entry fee to defray beverage costs. Alex Medina 254-7578, Sandy Shapiro, Jim Mortenson.

August 21 — Deadline for early entry for 10 miler — Annapolis

Tuesday — August 22 — Swim/Run — Padonia Swim Club. Swim 400 meters in pool (16 laps), then run 3 miles on road course. Medals to top finishers. Regular entry fee. Bailey St. Clair 252-5903.

Sunday — August 27 — 10 miler — Annapolis (see ad and application in this newsletter)
7:30 a.m.

Saturday — September 2 — Three Fun Runs and picnic, Hereford Area, Gunpowder State Park. Fun Runs will be: 2.6 miles on flat, grassy path; 4 miles on same path plus flat dirt trail; and 10.8 miles on same path and trail plus hilly country roads. These are NOT races. No entry fee, no prizes. Scenic area; runs are next to Gunpowder River, deer, fox and beaver abound. Bring your own lunch and beverages for picnic; bring swim suit and softball glove. River is shallow-no deeper than three feet at deepest point-and perfect for children. Park may get quite crowded on Labor Day weekend, so come early. Directions: Take I-83 north from beltway about 13 miles to Hereford/Mt. Carmel Rd./Rt. 137 exit. Go right off exit ramp on Mt. Carmel Rd. about ½ mile to stop sign at York Rd. Turn left on York Rd. and go about one mile to Bunker Hill Rd. (which is just past Hereford High School). Turn left on Bunker Hill Rd. and go about one mile to river (road becomes dirt and gravel). If river side parking lot is full, park near York Rd. or at the high school and walk down Bunker Hill to river. John and Mary Roemer 472-4197.

HOW ABOUT CHECKING THOSE DUES !!

As of this printing with the dead wood taken out and our roster brought up to date, we now have over 950 members. We are one of, if not the fastest growing road runners clubs in america.

Remember we still have to have your dues money to keep things running smoothly.

We still have about 40% of our members who have not paid their 1978 dues.

This means that 380 members still owe. Check yourself and if you are not sure call Mary Roemer 472-4197 and she will check your record for you. If three years ago we had 380 members not paid at this time we would have folded.



John Roemer
(one on right)

JOHN ROEMER
President of the
Baltimore
Road Runners Club

From the President's Desk . . .

Artist or Draftsman Needed! We have rough, but drawn-to-scale maps of five of our major running areas, including instructions on how to get to each of them from downtown. They could be useful to new club members or out-of-town visitors. If someone would like to re-draw them to get them into printable form, please contact John or Mary Roemer (472-4197). Street names, directions and other details are already on the maps. Areas include Montebello, Constellation to Fort McHenry, Downtown to Druid Hill, Patapsco and Loch Raven.

—0—

Our races are growing in size and variety, and it is essential that we have more volunteers to handle them. If you can help with any of our races, please send us the form below or drop us a line. Note that we are holding a clinic on race administration at the June 6 club meeting. We will examine all those things you wanted to know about race work but were too smart to ask about.

—0—

Club member Bill O'Connor was seriously injured in an automobile accident on Christmas Eve. He was partially paralyzed and was in intensive care for weeks. Bill is now at home and on the road to recovery. You may want to call and bolster his spirits 882-9864.

FALL COMING ATTRACTIONS:

- Another novice race, a masters race.
- A clinic for novices — how to start.
- A clinic for marathoners — how to train for, and run the Maryland Marathon.
- The Metric Marathon (16.6 miles) sponsored by the Howard County Times, has been moved from June 26 to November 5. It will serve as a Maryland Marathon prep.
- The one-hour track run will be run in the fall instead of in the hot weather.
- Our biggest race will be the Ocean City Sun Run, a 10 miler in Ocean City on October 1. The event will be sponsored jointly by the BRRC, the DCRRC and the Athlete's Foot shoe stores. We hope to draw 800 entries, with nylon jackets and t-shirts to finishers and shoes to the top runners in age groups. Clear your calendar for an October weekend in Ocean City! (Entry form in this newsletter).
- Annual 50 miler this year will be sponsored by *Les Kinions'* Running Feat. Those interested should call and give Les there name 668-3766.

I would like to help with the race(s) on the date listed below:

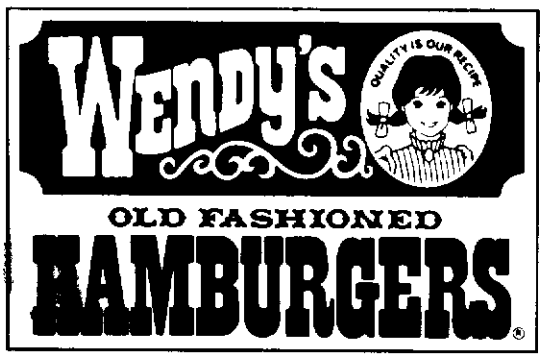
Race date _____ Name _____ Phone _____

BALTIMORE ROAD RUNNERS CLUB

Thanks WENDY'S for their sponsorship



You're gonna love Wendy's hot-n-juicy hamburgers.
Juicy meat. Juicy toppings. And lots of napkins.



- 1614 Annapolis Road, Odenton
- 9817 York Road, Cockeysville
- 8303 Highway 3, Millersville
- 7520 Pulaski Highway, Rosedale
- 1950 Pulaski Highway, Edgewood
- 321 S. Philadelphia Blvd., Aberdeen
- Hartford Road at Joppa Road, Carney
- 1401 Crain Highway, Glen Burnie



SPRINGFIELD MALL, VA

BALTIMORE, MD.

OCEAN CITY, MARYLAND

PLACE: OCEAN CITY, MARYLAND

DISTANCE: TEN (10) MILES

TIME: 10 A.M. — SUNDAY, OCTOBER 1, 1978

ENTRY: \$4.00 Pre-entry registration fee (September 15, 1978 deadline)
\$6.00 Race day entry (registration 7:30-9:30 a.m.).

COURSE: Ten (10) miles flat out and back, between ocean and bay. Starts at Ocean City Convention Center at 40th Street. Times at every mile, refreshments 2, 5 and 8 mile marks.

PRIZES: • Commemorative Jackets to first 200 finishers • Commemorative T-shirts to next 500 finishers • Personalized Jacket to Open and Ladies' winners • Running shoes to first five (5) finishers in each category (Open, Ladies and Masters-40 and over).



Numbers can be picked up Saturday, September 30th — 7 p.m. to 9 p.m. at race headquarters — FENWICK INN or Sunday morning 7:30 a.m. to 9:30 a.m. at Convention Center (starting line).

Race Headquarters — FENWICK INN — 13801 Coastal Hwy. There is a block of rooms reserved for entrants — ask for special rates for entrants.

In consideration of your accepting this entry to the Ocean City Sun Run 10 miler I waive all claims for myself, my heirs and assigns against the Sun Run 10 miler sponsors or promoters for injury or illness which may result from my participation. I further state that I am in proper physical condition to compete in this race, and I am an amateur runner.

Remember to enclose \$4.00 — No Refund
September 15th — Mail entry deadline

Please Print

Check — Group you will compete in
Open () Ladies () Masters 40-over ()

Name _____

Address _____

Race day entries will be \$6.00 excepted until 9:30 a.m.

City _____

State _____ Zip _____

Signature of Runner _____ Date _____

Age _____ Male _____ Female _____

Signature of Parent (if under 18) _____ Date _____

Race Number Assigned: _____

MAIL TO:

John Davenport
1006 Ruatan Street
Silver Spring, Maryland 20903

What every runner should know

By DEBORAH GEHRINGER

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For those who get sore feet or legs or knees, here's a guide to the importance of:

- The right shoes
- The proper length of stride
- The best running surface
- The most helpful warm-ups
- The best time of day

Enough sports and trend writers have made the point that for many people running is an addiction, albeit a positive one. But even a positive addiction has its drawbacks. Usually the worst consequence of running a lot is some sort of prolonged injury or discomfort which, if untreated, makes running impossible. Withdrawal symptoms ensue—depression, restlessness and so on. The victim may resort to other drugs, such as swimming, bicycling, jumping rope—whatever the injury will permit, but none of these seems to produce the same high.

But where there is addiction, there is also a doctor, a clinic, a laboratory, a researcher—somebody—who hopes to find the cure or, if not a cure, a way to cope. There is, for example, Dr. Richard Schuster of College Point, Queens. Dr. Schuster is assisted by his wife Grace, an associate, Dr. Dennis Richard, an office assistant and 13 young workers who pound and mold out corrective inserts—slabs or lifts made of fiberglass, foam, "rubber butter," even steel—for the shoes of New York's growing population of joggers and marathoners.

Schuster's patients have included Olympic runners, major league ballplayers, actors, Supreme Court justices, a U.S. senator, an astronaut and recently a player for the New York Knicks. His typical patient, though, is a man in his late 30s or early 40s who has come in because of knee pain, usually related to an imbalance in the foot structure.

Most runners find out about Schuster by word of mouth. I found out about him from the West Side YMCA. After only three months of running not much more than four or five miles a day, I had such a sharp pain under the kneecaps that I had to decrease my running distance until finally I could barely hopple fast enough to catch a bus. No one seemed to know what the problem could be, but on the other hand none of my friends was a runner.

While wandering around the YMCA one day, trying to decide if I wanted to join, I saw the Road Runners' office. An older

man, who was busy sorting through entry forms for a race, looked up and asked what he could do for me. I told him my problem, and he took a look at my running shoes.

He pointed out how they were collapsing inward at the heel, and said that I should get a new pair with a sturdier heel. He recommended two brands. Then he suggested that I try running on the asphalt drive around the park instead of the bridge path, since a smoother surface would be better for my knees, and that I lengthen my stride. And if that didn't help, he said, I should make an appointment to see Dr. Schuster, a podiatrist who specializes in runners' foot and knee problems.

I bought a new pair of shoes, tried out the asphalt drive and lengthened my stride as much as the pain would allow. My knees still hurt.

Getting more depressed with each lost day of good weather, I decided to see Dr. Schuster. His office assistant assured me on the phone that, yes, he was "reasonable." But Dr. Schuster, it turns out, is not easy to get hold of. Two or three mornings each week he teaches at the New York College of Podiatric Medicine in Harlem. Weekday afternoons and sometimes evenings and Saturdays, he sees patients at his laboratory.

He also lectures on foot and leg problems relating to sports on many weekends. In fact, he recently lectured at the West Side YMCA before a packed auditorium of runners who wanted to learn more about the causes of foot and knee pain and, of course, how to get rid of it. While the lecture was delayed to place more chairs in the aisles, Bob Glover, the Y's fitness director, announced that any runner who was laid up for a week or more for any reason could participate in an experiment involving a special diet designed to alleviate the restlessness and emotional distress which many people feel when they can't run. (The next day I called the doctor who is doing this experiment. He feels that some of the discomfort may relate to low blood sugar. Running tends to elevate the blood sugar.)

Glover's own prescription for alleviating the pain of leg injuries, by the way, is putting a keg of beer on ice and, a couple of hours later, putting the ice on your legs and drinking the beer.

Schuster eventually began showing slides of feet and legs, some properly and others improperly aligned. He demonstrated how to kneel on a chair and have a

friend look down on the backs of the calves and heels to check the alignment. Sometimes, he said, runners with imperfect alignment can benefit from the crudeness of inserts, such as a wad of kleenex stuffed under the arch of the foot.

For distance running, Schuster said it helps to have well-stretched calf muscles: the farther back you can flex your foot with your leg in a horizontal position, the better. He also demonstrated the correct way to do several common stretching exercises. (No bouncing, please.)

The question and answer period showed a wide range of familiarity with running. After a runner asked for tips on the fastest way to recover from shin splints—one of the most common of running ills—a girl timidly followed up with "What are shin splints, and how do you get them?" Three-quarters of an hour later hands were still going up: "Which is better, nylon or leather shoes?" "I really don't think it matters," Schuster said.

Schuster noted that some runners will feel better after doing warmup exercises, running on a different side of the road where the lateral slope is different, running on more even ground or not running in the morning, particularly during cold weather. (More injuries occur running in morning than evening.) He has also suggested heating the knees with a heating pad or hot water bottle for 15 or 20 minutes before running, particularly in cold weather, a practice I eventually adopted and which I later heard endorsed by a marathoner and an Olympic sprinter.

The day of my appointment finally arrived. Schuster Laboratory, near the end of a gravel road and close by Flushing Airport, resembles a garage more than a laboratory. Reading matter on the waiting room table included *Runner's World*.

The key feature in the examining room was a chair atop a two-foot-high wooden platform.

"Talk to me," said Dr. Schuster, who wore a short-sleeved shirt with tie, plaid pants and running shoes. I told him where it hurt and he asked me what time of day I usually ran, how far and on what kind of surface. He also examined my running shoes to see where they had been most worn.

For the examination I stepped onto the platform and stood on a sheet of white paper. Schuster checked to see whether my arches were high or low and measured me from hip bones to knees to ankles. I sat

(continue on next page)

What every runner should know — continues

down on the chair, and was rather surprised when he placed a carpenter's level on my lap just above the knees—a clever way to find out if one leg is shorter than the other from the knee down. A discrepancy as small as three-sixteenths of an inch can cause pain to a runner, although a non-runner might not notice a difference of three-eighths.

Altogether Schuster gathers 80 bits of information from each patient. The information is reviewed each week by a resident podiatrist at the New York College of Podiatric Medicine. This data, based so far on information from 2,000 runners, will soon be fed into a computer in an effort to find correlations between symptoms and foot structure.

Much of Schuster's advice, though, is based simply on his vast experience. For example, he has found that big people—that is, the large-boned and heavy—fare better by skipping the stretching exercises and warming up instead by walking and then slow jogging. Sometimes a heavier running shoe helps, if the person is tall and heavy. One man found that he was more comfortable in army boots than in running shoes.

"We can tell whether a person is better suited to sprinting or long-distance running," Schuster told me. People with low arches seem to have fewer problems with long-distance running, since the impact is distributed more evenly through the foot than in people with high arches. Foot problems tend to worsen for distance runners because of the cumulative effect of the pounding.

He finds most knee problems to be caused by imbalances in the foot structure, which is usually indicated by the heel turning inward when the patient kneels on a chair. Groin pains too may relate to characteristics of the heel.

"Most problems of imbalance which runners have are the result of the fetal position," Schuster said. (If I'd only known. If, as a fetus, I had changed my position a little, I could have grown into a better runner.)

To correct imbalances Schuster takes an impression of the feet, the first step in preparing inserts for the patient's shoes. I stepped into a plastic tub of brown gook, which was covered with a thin plastic sheet to protect the feet from what hap-

pens to be a mixture of automobile grease and sawdust.

Later, plaster would be poured into the impression and the insert made to fit the plaster model. The substance used most often for inserts is "rubber butter," a mixture of cork dust and latex which the laboratory formulated around 1946. It takes about one week for this material to shrink and dry properly, and the inserts will last four or five years. Quick adjustments can be made by grinding down or by building up with a pre-mixed, pre-hardened form of the butter.

Schuster was forthright when he told me what he thought was causing my knee pain. "I'm really not sure," he said.

In short, I had a number of small problems, none of which alone could create so much knee pain. If the inserts worked, fine. If the pain got worse, he would have a better idea of what was causing the trouble. If nothing changed, it could be a previous injury or perhaps something wrong with the joints themselves.

About 30% of Schuster's patients are women, usually in their mid-20s and suffering from "impact" pain above the hips or in the thighs or back, which seems to affect women more than men.

"At one time I thought women were more durable," Schuster said. "I'm not so sure now. They also have a lot of knee problems, which may be because their hips are wider."

Most runners don't experience chronic foot or leg pains until they're averaging 30 or 40 miles per week, which explains why some people who have been running for years, but only three miles a day, put up with little more than occasional muscle cramps or stiffness. And then there are runners who average 90 to 100 miles a week and complain that their knees don't bother them until the twelfth mile of their daily 15-mile run. It is hard for them to get sympathy from a family doctor who may well laugh and suggest that they cut down their mileage or take a few days off (as my doctor did).

But not Schuster. "Unless the injury is serious," he says, "you just don't tell people they shouldn't run." He may, though, ask a patient to cut down a little until a correction can be made for his shoe. "By and large my patients are pretty co-operative," he says, "provided I don't ask them

to quit."

Schuster insists that he is by no means the only podiatrist in the city who can help a runner, although many do send prescriptions for their patients' inserts to be made at Schuster's laboratory. Originally (shortly after World War II) Schuster's lab was set up to make orthotics—usually corrective inserts—for children with walking problems. "Then a few doctors began to send runners," Schuster explains, "figuring that they too should be treated as a special category for foot-related problems."

Schuster feels that research on runners' problems will be helpful for general practice. "With athletes, what you learn has to do with stressful situations," he says. "It's like testing a car in the Indianapolis race and then using its best qualities for designing a family car."

The busiest times for Schuster come just before and just after the major marathons—Boston, New York, Puerto Rico. He characterizes his patients as "obsessive." For some, he says, "that's their whole life—they're definitely addicts. They have withdrawal symptoms if they stop, probably because the body is set up for a certain type of metabolism." He noted that some are ex-alcoholics or ex-drug addicts, and he would like to see more research on whether running can be used as a substitute for other addictions.

"I've asked patients why they like to run," said Schuster, "and, you know, one of the most common answers is 'I like to see the trees go by.' It's probably true; you get mesmerized." Not all watch the trees go by. Schuster recalls a runner who tripped and got hurt because he wouldn't wear glasses while running. Another who enjoyed running with his eyes closed, and ran into a tree.

My inserts finally came and I tried them out on two turns around the reservoir. With not a tweak of pain, I resumed my routine. Since then I have had them adjusted twice for knee pain (this time in the back instead of the front) and for blisters. The pain does return sometimes when I increase mileage over the course of a week. But I can run regularly, and far enough to keep me happy. I've given up on training for marathons, though, because there's one problem Schuster's laboratory can't help—laziness.

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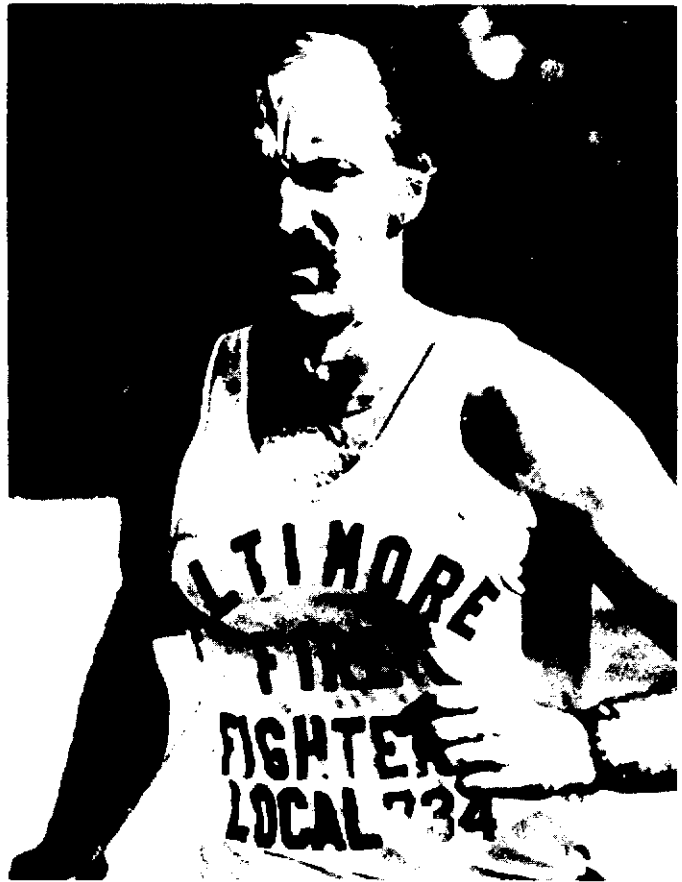
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FOOTNOTES: Question & Answer Corner

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

In this article I will attempt to answer a number of questions that have been raised since the Winter Newsletter. Many inquiries have been made regarding orthoses, the types, their benefits, their action and hard, vs. soft, vs. semi-rigid.

Orthoses, as we use the term, pertains to those in-the-shoe foot supports utilized to change foot function. We attempt to prevent abnormal pronation by stabilizing, primarily, the subtalar joint—a major joint at the rear part of the foot.

When this joint is not stable the foot rolls in excessively during the mid-stance phase of the gait cycle. This unlocks the foot, allows hypermobility of the joints, permits abnormal muscle function and prevents the foot from functioning as a rigid lever to

propel the body forward.

The results of abnormal pronation in running include chondromalacia patella ("runner's knee"), arch and heel pain, neuroma (pinched nerve) formation, metatarsal pain, bunions, shin splints and low back pain.

Orthotic devices are usually made from a cast of the foot held in a good functional position. Soft orthoses have been shown in slow motion film to give little or no control to the runner. It is rare for us to use soft orthoses in runners. Rigid plastic orthoses give maximum foot control and are ideal for this purpose. I have found, however, that some runners cannot tolerate the rigidity of those orthoses.

A semi-rigid orthotic appears to be the best compromise. These are somewhat compressible during the shock of

impact and yet are rigid enough to control the foot function.

Many runners choose to wear the semi-rigid type when running and the rigid type during the best of the day to prevent the problems that occur with abnormal foot function during walking. Of course, orthoses alone are often useless without proper stretching exercises, nutrition and training methods.

Poor foot function can change the position of the patella on the femur and cause rubbing and subsequent pain—orthoses can help correct this malposition. An imbalance between the quadriceps and hamstrings, however, will contribute to the problem and this too must be corrected through proper exercises. More on the exercises in a future article.

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.

Half-way point gives everything, Gatorade, water, oranges—kisses

By ROBERTA LILLY

We arrive at the half-way point (Peerce's Plantation) promptly at 10 A.M. As many of the Howard County Striders as possible are on hand to distribute Gatorade, water and oranges to the runners. Omer Kelly, coordinator, looks nervously at his watch as we wait for the army supply truck. In the quiet country atmosphere of the Loch Raven Reservoir I think aloud about the pandemonium that must be going on at Memorial Stadium, the start.

Finally the truck arrives and we set up hundreds of cups of thirst quenchers. "But where's a radio?" someone asks. In our confusion, we miss hearing the take-off. "Let's put the water here and the Gatorade over there—no, side by side—no, under the

table—oh, who cares?" (It's truly a regimented affair.) We have nothing to stir the mixture of Gatorade with. The first 50 cups are so strong, they will either give the runners indigestion or more stamina, I'm not sure which. We dilute them as necessary.

The coordinator notices two large rocks in the road. "Would someone get rid of them so the runners won't trip?" Ed volunteers and successfully throws one in the stream, but while trying to toss the other rock, he slips and it flies into the army supply truck, denting its roof and smashing the windshield. We await the next catastrophe.

About fifteen minutes before the runners are to arrive, a man on a horse rides straight down the middle

of the course, with the animal depositing the obvious. "Oh, no, where's a shovel?" We all look at each other, not moving. Bill and Warren cleaned up the mess and the police order the rider off the road, thank God.

In the meantime, 200-300 people have shown up to watch the turn. Suddenly, the lead truck for the runners appears. "Two minutes," the driver yells.

Then, from out of the trees, comes Garry Bjorklund, speeding with remarkable grace and vitality. As he nears the turn-around, EVERYONE grabs a cup of refreshment and four or five oranges to hand him. He takes water from Harry, who is standing be-

(continue on next page)

(continue)

hind me. "Oh, he didn't want my Gatorade," I cry.

The next pack of runners emerges. No one is taking much to drink. "Spread out." Omer shouts. I move closer to the turn. Suddenly everyone is thirsty and I can't keep up with them. Hundreds are going by at a clip. I find Debbie, eight years old, who works as my runner to get more cups. One man goes to throw the liquid over his face and it goes directly in mine. The runners behind him howl.

Another runner seizes a cup from me and drops it. Gatorade splashes all over me and he slows to a stop. "don't worry about it!" I scream.

My ex-boyfriend runs by. To my encouraging yells, he replies, "I have your pictures to give you back." Good grief, I wonder, how can he think of such things at a time like this?

All the runners are amazing. Some look nauseous, some look great, others grimace, and still others chat with me until they have passed. "Gatorade!" I yell to one man. "No, all I want is a kiss," he answers. Hestitating, I kiss him, hoping that it will somehow make his run more pleasurable. He smiles from ear to ear and goes on.

Young and old, they keep coming. My coach, 63-year-old Don Heinicke, makes the turn. He is sweating pro-

fusely. A cheer goes up for this remarkable man.

Finally, the flow of runners dwindles and we hear the finish on the radio, Bjorklund winning unchallenged in record time. Many more runners reach the turn-around, but I don't tell them the results, for fear of them quitting.

As we leave Peerce's Plantation, I feel incredibly proud for every runner in this rugged race. I have made up my mind, as I'm sure many people have done this day, to run the marathon myself next year. Who knows? Maybe a kiss from a guy at the turn-around will help me make it to the finish.

Jogger's Ills . . . athletic pseudonephritis

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Paul Zarmunsky, 40, of Englewood, N.J., runs ten miles a day to keep fit. He thus had reason to expect that the doctor who gave him his annual physical would marvel at his fat-free midsection and low heart rate. Instead, the doctor seemed more interested in the results of Zarmunsky's laboratory tests, one of which showed the abnormal presence of protein, red blood cells and other substances in the urine. This condition can be an indication of nephritis, a potentially serious kidney disease. It can also be a sign of an apparently benign condition that is likely to become more common as increasing numbers of Americans take up jogging and running. When a second test 48 hours after the first one turned out normal, Zarmunsky's doctor diagnosed his condition as "jogger's kidney," or athletic pseudonephritis, a transient problem caused not by disease but by prolonged exercise.

Dr. Robert Johnson of Knox College in Galesburg, Ill., who helped conduct a 1970 medical study of several hundred athletes, figured that large numbers of the country's estimated 10 million joggers and runners suffer at some time from athletic pseudonephritis, especially if they exercise strenuously for an hour or more at a time. The problem, says Johnson, is that many doctors are unaware of the phenomenon and may order up expensive tests instead of the simple follow-up exam that would show the con-

dition to be pseudonephritis. "Doctors are used to studying people who have been lying down in bed," says Johnson. "They are not always familiar with the effects of exercise

Why does vigorous and prolonged exercise cause pseudonephritis? Under normal conditions some 20% of the blood pumped from the heart flows to the kidneys for filtration and removal of wastes. Exercise causes the body to shunt more blood to the muscles, reducing the flow to the kidneys by as much as 50%. But the kidneys continue to work at the same rate and apparently filter more protein out of a smaller volume of blood. Exercise also seems to cause constriction of the efferent arterioles, the vessels that lead out of the glomeruli, the kidney's filtration units. The result is a backup that increases pressure in the glomeruli and makes them more permeable, allowing proteins and blood cells to pass through the glomerular membranes and ultimately into the urine.

Jogger's kidney usually cures itself within 48 hours, but whether it can lead to more permanent kidney damage remains to be determined. David Jeffrey Fletcher, a second-year medical student at Chicago's Rush Medical College, is setting up a five-year study of long-distance runners to find the answer to this question. Until he does, says Researcher Gilbert Gleim of the Institute of Sports Medicine at Manhattan's Lenox Hill Hospital, fitness freaks should keep on running or jogging. The known benefits of such exer-

cise, he says, far outweigh any known disadvantages.

—O—

Jogger's kidney is not the only problem plaguing those involved in the great American running boom. An even more exotic ailment is "jogger's nipples" an irritation caused by the rubbing of a runner's shirt against skin. This condition, which afflicts not only women who jog braless but also men, can be prevented by covering the nipples with Band-Aids before a long run or by coating them liberally with petroleum jelly to reduce friction. Failure to take such precautions can leave the nipples raw, bleeding and quite painful.

Joggers run afoul of California city

So many joggers are taking to the streets here in Los Altos Hills, California that the city council may make it illegal.

"They take over the streets on weekends, sometimes 100 strong, 5 or 6 abreast and refuse to get out of the traffic lanes," the city manager, Bob Crowe, complained.

"One of these days a car is going to come around a curve and wipe out 45 joggers. We don't want that to happen," he said of the runners rampant in his city of 7,025 persons.

The Santa Clara county sheriff's office has asked the city council to adopt one of two ordinances intended to keep joggers off the streets. One would require that they carry permits. The other would make it a misdemeanor to jog on the street, punishable by six months in jail, a \$500 fine or both.



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Sheehan recommends beer for long-distance runners

The old trainers would cringe. Beer has become the latest fad food for long-distance runners.

More and more are swigging a can of beer during a race, instead of padding toward the nearest water fountain.

"There's nothing like the lift it gives you after you've been out there for 10 miles or so," said Dr. George Sheehan, the guru of running medicine, in a recent interview.

According to Sheehan, a cardiologist and marathon runner, beer is a carbohydrate food that adds energy, chiefly through the quick absorption of alcohol by the bloodstream. It also is an excellent source of potassium, which runners deplete, he said.

"I heard of people doing it and so I tried it myself," he said. "I would have a can late in the race when my body wanted to quit. Suddenly, I would have the strength to go on."

He told of running in the Boston Marathon, where spectators are famed for offering orange slices and cups of water.

"I just look for someone with a can of beer, ask him if I can have it, thank him, and go on," Sheehan said.

Following Sheehan's lead, many serious runners now are stationing friends with six-packs along the route of super-long races.

A few years ago, such audacity was unthinkable. All stimulants were discouraged by trainers. But that was before the NFL discovered "uppers."

Players in all sports once were forced to hide their cigarettes and, of course, never, never to take a drop of booze. Until they got to the major leagues, that is.

Pregame meals were limited to steak, potatoes, dry toast, Jello, and hot tea.

No butter, no milk, and very little pepper. Salt was all right and lemon for tea was permitted.

Now, players wolf down high-calorie foods like spaghetti, corn and peanut butter. Pizza, too, if they like. And pie a la mode, if you please.

Once, not even water was permitted on a football practice field. Only sissies took a drink. Or dared to remove a helmet on a 90-degree day.

Now the players have orange juice breaks and lie down in a shady corner of the field.

But even with today's relaxed training

methods, there are some who worry about the use of beer in the heat of a race.

They say the runner may only think he is doing better, because of the sedative-hypnotic effect of the alcohol.

In the current issue of "Footnotes," published by the Road Runners Club of America, Dr. Charles Becker noted that no studies have adequately measured the effect of beer upon the exercising athlete.

Referring to several articles about the "beer era" in national magazines, Becker said that too much "evidence" is anecdotal rather than scientific.

"You can imagine how difficult it would be to refute the claim of one specific, tired runner who believes that he was rejuvenated by drinking a beer during a race," he said.

Sheehan admits that he is not speaking for the overall performance when he advocates a beer.

To test the subject as best he could, he ran a few short races after first drinking a beer. He also ran some races without the beer.

The beer did not affect his running times, he said.

But it sure made for nicer races.

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Interviews and Articles - *Running Review* will feature in depth interviews with leading running personalities in each issue. This spring we will give you an interview with Dr. Kenneth H. Cooper the foremost advocate of physical fitness in America.

Regular Features - Dr. Richard Schuster the pioneer in sports orthotics and a leader in the treatment of running injuries is a regular columnist. *Running Review* will regularly include personality profiles of average runners; columns of advice and guidance by Carol Fridley and Jeff Bradley, a race walker's column; a school report on training methods and individuals; road running club news and events, a Shop Talk section on running products, and more . . .

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WOMEN'S CORNER

MARGE ROSASCO - 877-7074

The late Fall and frigid Winter months produced a surprising amount of racing among the women in the club with many PR's being set . . . In October Marilyn Bevans ventured to Rockville, Md., and placed 2nd among the women in a 10-Kilometer race with a PR of 37:07. Marilyn has been working on her speed this year by running some indoor races. At a meet at the University of Maryland, she placed 2nd in the mile in 5:25 and 3rd in the 2-mile in 11:35. She was pleased with her results as she ran a 36:23 six-mile effort at Druid Hill Park in January . . . November was a busy month for marathons in the East. November 6th was the date of both the Marine Reserve Marathon in Washington, D.C., and the Harrisburg Marathon in Harrisburg, Pennsylvania. Diane Godack placed 2nd in the 19 & Under Age Group at Marine Reserve with a 3:53 effort. She was disappointed with her time and came back just four weeks later to run a PR of 3:43:43 in the Maryland Marathon . . . While Diane was running in Washington, Sue Jacobs copped a 2nd place finish at the Harrisburg Marathon with a PR of 3:23 . . . Speaking of marathons — congratulations to all of those women who ran their first marathon at the Maryland Marathon. Special mention should be made of Marilyn Bevans' new course record of 2:51:18 and Kathy Smith's 3rd Place effort with a PR of 3:04:50 . . . March 5th was the

site of The Bethesda Chase — a 20-Kilometer race which drew about 700 runners. Marge Rosasco placed 2nd with a PR of 76:55 and Marilyn Bevans was fourth in 78:18. The course was fairly hilly and portions were covered with the remnants of the latest snowstorm . . . Marilyn and Marge were chosen by the South Atlantic AAU as outstanding female athletes for 1977 at a banquet on Feb. 5th. Marilyn received a plaque for Outstanding Female Marathoner and Marge for Outstanding Female Long Distance Runner . . . ATLANTA MARATHON — March 19th was the date of the Women's International Marathon in Atlanta, Georgia. Marilyn Bevans, Cathy Kleeman and Sue Jacobs travelled to Atlanta and they were greeted with sunny skies and a 75 degrees temperature — certainly not ideal conditions for a marathon in March. All three women gave it their "all" though and Marilyn finished in an impressive 9th place in 2:58:26. Cathy and Sue fell victim to the heat as did many of the other 250 entrants. Sue stuck it out through a little over 18 miles and Cathy called it quits a little past the half-way point to nurse her numerous blisters. Martha Cooksey of Northridge, California, a relative new-comer to marathoning, won the race in 2:46:16 — over five minutes ahead of her nearest competitor . . . LADY EQUITABLE II — The 1978 Lady Equitable 10-Kilometer

race was a big success with 405 finishers making this the second largest BRR race ever (not counting the Maryland Marathon). Equitable Trust Bank sponsored the race on March 19th and put on a quality race with many good awards, refreshments, etc. The press coverage was fantastic and it seems this race will be a big event in Baltimore in the future. Equitable has already agreed to sponsor the race in 1979. The BRR team copped second place team honors with Marge Rosasco (2nd) 36:41; Kathy Smith (8th) 38:30 and Ellen Harvey (15th) 39:52. Final results will be mailed to all finishers. I'd like to thank the many people who volunteered to help in the race. It should be noted ladies that approximately 35 men willingly gave up their Sunday morning to work on the race! I would especially like to thank my husband Steve. He not only put many hours of work into the race personally, but he also put up with the many hours his wife spent on the race (sometimes to the exclusion of housework!).

Remember to call or write Marge of any races you run here or out-of-state or of any races you know are coming up in the future.

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