

1978
FALL





NEWSLETTER

Baltimore Road Runners Club

PRESIDENT JOHN ROEMER

Route 1, Box 246, Evana Rd.

Parkton, Maryland 21220

(301) 472-4197

The ROAD RUNNERS CLUB (R-RC) 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 novices, joggers and experienced runners. These weekly events offer everyone a chance to run, regardless of age, sex, or athletic ability.

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. Entry fees are lower for members in many events. Annual dues are — \$9 family, \$5 regular, \$3 for **full-time** students. Members receive our newsletter, which includes fall schedules, results, articles about running and announcements of special events. A membership ap-

plication appears in this schedule.

For further information come to the next scheduled race or call John Roemer at 472-4197.

Entry fees for regular runs are — 50¢ for ALL RCC members, \$1 for **ALL** non-members, and 25¢ for **FULL-TIME** student **club** members. Some races have higher entry fees, to cover the cost of t-shirts and special awards.

E.R.G.: The Club's E.R.G. sales are handled by Dick Nair. Anyone interested in buying E.R.G. should call Dick at 665-7340 (E.R.G. is a sport drink which helps replace nutrients lost in races and

workouts.) E.R.G. comes in **COMPETITION** (regular), **LEMONADE**, and **FRUIT PUNCH** flavors in half-gallon and gallon packets at the following prices:

HALF-GALLON

1 pack	\$.70
3 packs	2.00
Case	8.75 (15 packs)

GALLON

	\$1.25
	3.50
	11.00 (10 packs)

ALL profit on the E.R.G. goes to the Baltimore Road Runners Club

MARATHON DEVELOPMENT

Our fall schedule lists twelve Saturday 8:00 a.m. training runs for novices (and others) who wants 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 watershed 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

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. See *Runner's World's* annual shoe issue for information about various shoe models.

(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

Some runners schedule this twice Saturday 6:00 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 watershed 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 Dulaney 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 (too many miles, races 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, but many runners prefer tea or cola. Recent research suggests that sugared beverages may help performance if drunk *during* a long race or workout but will hurt endurance if used within two hours *before* a run.
- (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. See *Runner's World's* annual shoe issue for information about various shoe models.

- (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 - about 50 miles per week. (In fact, Dr. George Sheehan claims that you can make it on thirty a week. Ignore that strategy unless you don't mind being very late for the awards ceremony on December 3rd.)

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. (A small percentage of carbohydrate-loaders develop severe lower leg pains during the race.)

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. 25 or 26. 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

ADS STILL WANTED!!!

Ad prices are as follows:
camera ready

2 col. x 6" \$25.00	(4 3/9 x 6")
3 col. x 5 1/2" \$50.00	(7 3/8" x 5 1/2)
3 col. x 11" \$100.00	(7 3/8 x 11)

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

1978 Fall Schedule

PRE-ENTRIES FOR THESE RACES ONLY

(note deadlines):

Sept. 24 - The Great Subway Race (9 Miler). \$1.00 before Sept. 17, \$1.50 race day.

Oct. 1 - Ocean City 10 Miler. \$4.00 before Sept. 15; \$6.00 race day.

Nov. 5 - Howard County Times Metric Marathon (26 kilometers - 16.6 miles) entry fee \$3.50 before Oct. 26; \$4.00 after 9:00 a.m.

Nov. 12 - Satyr Hill 12 Miler. \$3.00 before November 6; \$4.00 race day.

Dec. 3 - Maryland Marathon. \$5.00 before Nov. 19; \$10 race day.

CLUB BUS TRIP to The Athlete's Foot October 1 Ocean City Sun Run. Call Les Kinion, 668-3766, for details.

50 Mile Race - Road Runners Club of America National Championship. Top competitors from across the country. Sponsored by Les Kinion's Running Feat. For information on date, place, prizes, contact Les at 668-3766.

Sun. Sept. 10, 9:00 a.m.

Jones Fall Express: 4 mile Beer Mug Run. Beer Mug and club decal to 700 finishers. Medals: top 10 open; first five, 30-39; first five, 40-49; first three, 50 and over; top five women. \$1.00 entry fee. Start: near 1700 block Maryland Ave., at Lanvale, where Falls Road ends one block north of the University of Baltimore (and one block northwest of the railroad station.) Course goes out Falls Road about 1½ miles, past the Street Car Museum and Mt. Vernon Mills to the new Cedar Ave. Bridge, up to Druid Lake and back. Virtually traffic free; no intersections to be crossed. Beside river near start, overlooks city at turnaround. Slight ascent out with one moderately steep 100 yard hill; descent all the way back. Free parking (no meters on Sunday) on Maryland Ave., and Charles St. The most pleasant center city course. Don Fischer (243-6516), Les Castleman, John Poole, Chris Jeffrey.

Sun. Sept. 17, 9:00 am

Walter Korpman Memorial Day. Five races at Lake Montebello. (Walter, who died of cancer six years ago, was one of the founding fathers of road running in Baltimore. Many club members began their running careers with Walter.) \$1.00 entry fee for each event. All proceeds go to the Cancer Fund in Ruth Korpman's name. Lake Montebello is near 33rd St. and Hillen Rd.

*9:00 am - Masters 10,000 Meter (6.2 miles). Trophies to first four, 40-44, 45-49, 50-59, 60 and over; first 6 women, 40 and over. Race open only to people 40 and over. Earl Swartzendruber (821-7564), Nancy Breede, Tom Huegelmeyer.

*10:30 am - Novice Two Loops (2.7 mile total). Open only to men and women 20 and over who have not run more than two races since high

Baltimore (see ad and entry form this issue). The race won't be underground! It will generally follow the subway line along Wabash Ave., Reisterstown Rd., Eutaw Place, etc. past each subway stop to Federal Plaza. Police protection and marshalls at all intersections and turns. T-shirts to first 400 finishers. Age group awards to: first 10 open, first five women, first three 30-39, first three 40-49, first three 50 and over, first five women 30 and over. Entry fee \$1.00 before Sept. 17; \$1.50 race day. Pick up numbers Mon., Sept. 18 through Fri. Sept. 22, 9 am to 5 pm and Sat., Sept. 23, 9:00 am to 4:00 pm at Eddie Jacobs Ltd., ground floor, Maryland National Bank, Baltimore and Light Sts. or race day, 7:30 am - 8:30 am, Reisterstown Rd. Plaza. Co-sponsored by subway corridor merchants and Mass Transit Administration. Starting line: Reisterstown Rd. Plaza, in front of Hecht Co. entrance near Patterson Ave. Finish line - next to Civic Center. Splits, 1 and 5 miles; refreshments 3, 6 and finish. Award ceremony in Federal Plaza. A point-to-point course, so make arrangements to be picked up downtown. Limited bus service back to Reisterstown Rd. Plaza for those without rides. Elmore Evans, MTA, 383-4318, Eddie Jacobs, 752-2624 (work) 358-7149 (home); Rick Johnson, Carol Wandres, Eddy Rayford, Pas and Ann Romagna, Gus and Sue Jacobs **Wed., Sept. 27**

Same talk as Sept. 20, at Parkville Library, 9509 Harford Rd. (3 blocks south of Beltway).

Sunday, Oct. 1, 10:00 am

10 Mile Ocean City Sun Run - Make this your fall vacation! Sponsored by The Athlete's Foot (see ad and entry form in this issue). Flat, out-and-back course between ocean and bay. Starts at 40th St. Convention Center in Ocean City, Maryland. Commemorative jackets to first 200, t-shirts to next 500. Personalized jacket to first male and female. Running shoes to first five open, women and masters (40-over). Race headquarters at Fenwick Inn, 13801 Coastal Highway. The Inn is featuring special room

(Continued to Page 4)

1978 Maryland Marathon Training Runs

Remember: These are training runs of gradually increasing distance to help people get ready for the Maryland Marathon. They are not races. Park only in the dirt area behind Sander's Ice Cream, or you will be ticketed. Each Saturday an experienced club runner will be on hand to start you off, answer questions and show you the area

Sat. Sept. 9 6 miles
Sept. 16 6 miles
Sept. 23 8 miles
Sept. 30 8 miles
Oct. 14 10 miles
Oct. 21 12 miles
Oct. 28 12 miles
Nov. 4 14 miles
Nov. 11 15 miles
Nov. 18 18 miles

The most pleasant center city course. Don Fischer (243-6516), Les Castleman, John Poole, Chris Jeffrey.

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*10:30 am - Novice Two Loops (2.7 mile total). Open only to men and women 20 and over who have not run more than two races since high school or college. RRC patches to first 40 finishers, plus 10 patches guaranteed to women. Henry Freeman (624-3086), Alan Jones.

*11:00 am - Run For Your Life one and two loop races (1.35 and 2.7 miles) Trophies awarded in each race. OPEN TO EVERYONE. John Paletar, 256-1088.

*11:30 am - Family Relay - 2 person teams in eight categories; Father/Son; Father/Daughter; Mother/Son; Mother/Daughter; Brother/Sister; Brother/Brother; Sister/Sister; Boy Friend/Girl Friend. Each person on a team will run on a loop around the Lake Montebello (1.35 miles). RRC patches to first three teams in each category. Ron LeClair (426-8626) Gene Reabe, Tom Zibron.

Sun. Sept. 17, 9:00 a.m.

Naval Academy 10 mile Race, Annapolis. Flat course. Marty Li-quori will be among the runners. T-shirts to all finishers. Merchandise to top 20. Entry fee \$4.00. NOT A BRRRC RACE. (See ad this issue.)

Wed. Sept. 20, 7:30 pm

Clinic - Beginning Running and Racing: How To Become a Running Junky. Speaker - John Roemer, President BRRRC. Program aimed at non-runners and beginners. Free admission. Essex Library, 1110 Eastern Blvd. (same talk will be given on Sept. 27 at Parkville Library and Oct. 17 at Woodlawn Library.)

Sunday, Sept. 24, 9:00 am

The Great Subway Race - 8.3 miles along the route of the new Baltimore subway from Reisterstown Road Plaza to Hopkins Plaza in downtown

Marathon Development

(Continued from Page 2)

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. 28 or 29. Then fill up on carbohydrates until the Marathon. Again, after the 28th or 29th, don't run more than a few miles a day, if at all.

Incidentally, depleting and loading are of little value for races under 20 miles and should not be done frequently.

If you eat at all before the race, eat sparingly and at least three hours before post time. It is probably wiser to drink than to eat on race day. Nothing is more miserable during a marathon than stomach problems.

(Continued to Page 4)

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Sept. 23 8 miles
Sept. 30 8 miles
Oct. 14 10 miles
Oct. 21 12 miles
Oct. 28 12 miles
Nov. 4 14 miles
Nov. 11 16 miles
Nov. 18 18 miles.
Sun. Nov. 26 14 miles
Depletion Run, Hunt Valley,
Cockeysville (see race
schedule)

Persons in charge of a race should have a checklist 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 marshalls at every intersection, fork or turn of a new course and someone at turn around points. (The place card system is easiest. Make up numbered 3x5's ahead of time.)
- Have a system of recording.
- 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 and all summer races. (John has container and cups).
- Get prizes (John has).
- Have schedules and membership applications on hand (John has).
- Have change on hand. (John has cash box.)
- 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 to:

Eddy Rayford
505 Edgewater Rd.
Pasadena, Md. 21122

Fall Schedule

(Continued from Page 3)

rates for race entrants. Numbers can be picked up Sept. 30, 7 pm - 9 pm at Fenwick Inn or on race day at starting line. \$4.00 pre-entry before Sept. 15; \$6.00 race day. Send form to John Davenport, 1006 Ruatan St., Silver Spring, Md. 20903. Baltimore contact: Bailey St. Clair, 252-5903. (THERE WILL BE A CLUB BUS TRIP TO THIS RACE. CALL LES KINION, 668-3766, FOR DETAILS)

Saturday, Oct. 7, 11:00 am

Marathon Clinic: How To Train For And Run A Marathon. Speakers - Mike Hill, 2:34 Marathoner and Evening Sun TV critic, and Steve Yeagle, who ran 2:22 at Boston this year. (the fastest ever for a Baltimorean). Novices and racers alike are invited to ask questions of our experts, in preparation for the Maryland Marathon. Free of charge. Loch Raven Library, Taylor Ave. ¼ mile east of Loch Raven Blvd. (In trees cross from Hillendale Theatre)

Sunday, Oct. 8, 9:00 am

One Hour Track Run, Towson State University's new outdoor track. See how many circles you can run in an hour. Club shorts to top 10. Regular entry fee. From Charles Street take Towsontown Blvd. east to Osler Drive. Go south on Osler about ¼ mile; turn right just past Sheppard Pratt entrance at Towson Center/Towson Stadium sign. Park in lot near track. Scott Lutrey (284-6673), Mark Johnson, Mike and Colleen Pierre.

Sunday, Oct. 15, 9:00 am

10 Mile Catonsville Road and Trail Run For Life (see ad this issue). Course is the most varied on our schedule: a mile of quiet residential roads; a mile on Frederick Road; a mile down a winding country lane; 3 miles on the abandoned, mostly surfaced flat road in Patapsco State Park; 2 miles on smooth, dirt road in Park; ½ mile up a ferocious dirt trail hill; then narrow wooded crosscountry trails. (First seven miles are flat or downhill.) See the country in Catonsville! A delightful training run or grueling road/XC race. T-shirts and patches to first 300 finishers. Medals to first 50 finishers. Bowls to 1st three open, first woman, first master, first insurance underwriter. Run For Life booklets (tips for runners) to all finishers. \$2.00 entry fee. Sponsored by the Griffin-Young Agency of the Connecticut Mutual Life Insurance Company. Meet at Catonsville Community College track. Take Beltway to Exit 12 West (Wilkins Ave.). Take Wilkins 3/10 of a mile to Valley Road and sign pointing to Catonsville Community College. Follow Valley Road about a mile, straight across Rolling Road into Catonsville Community College. Track is behind tennis courts. Barry Russell, 744-6697 (home) or 752-6740 (work), Bill Jordan, Mary Tysor, Jim Bourke.

Sunday, Oct. 22, 9:00 am

6, 12 or 18 Miles - Take Your Pick - Loch Raven Reservoir lower dam. Chance to see a major portion of the Maryland Marathon course at your

300 finishers. Awards to first 3 open, first woman and to first in age groups 19 and under, 20-29; 30-39; 40-49; 50 and over. Sponsored by RASAC (Renaissance Allsports Athletic Club) in conjunction with BRRC. Entry fee \$3.00 before November 6, \$4.00 race day. Take Beltway to Exit 30 North (Perring Parkway). Go up to first light, at Joppa Road, and turn right into Korvette's parking lot. Contact Joe and Janet Lacetera, 1006 Whitaker Mill Road, Joppa, Md. 21085 (877-0718) for entry forms (Send stamped, self-addressed envelope to Laceteras)

Sunday, Nov. 19, 9:30 am

The Evening Sun's "Tough Ten" miler warm-up for Maryland Marathon VI (Dec. 3). Rolling, hard surfaced rural roads starting on campus of Essex Community College and looping around northeast section in general vicinity of Golden Ring Mall. T-shirts to first 200 finishers. Warm-up suit plus plaque to open winner. Plaques to 2-3-4-5. Medals: first two women, first junior, first 30-39, first 40-49, first over 50. Entry fee: \$2.00. Take Beltway Exit 33 (Rt. 7). Go north past Golden Ring Mall to Rossville Blvd. Turn left on Rossville Blvd. and go about a mile to Essex Community College, on right. Start on campus by gym. Phil Jackman (home: 426-3661, work: 332-6420), Mel Walton, Ed Hewitt, Henry Freeman.

Sunday, Nov. 26, 9:00 am

Hunt Valley/Western Run 14 Mile Depletion Run. Not a race; a final, long, paced workout for the Maryland Marathon. Will be run in groups at 7, 8, 9, 10, 11 and 12 minutes-per mile paces. Regular entry fee, no prizes. Times will be given at 1, 3 and 7, etc. mile-points. Runners may turn around at any mile-point if they wish to run less, and they may also go 15 or 16 miles. Out-and-back, rolling, traffic-free, scenic country road. Route 83 North from Beltway to Shawan Road. Take Shawan Road east a half mile to parking lot past Hunt Valley Inn, in front of tall gray office buildings just before traffic light. John Sherman (252-1997), Dave Pabst, Carl Party, Tony Shucosky.

Sunday, Dec. 3, 10:30 am

THE BIG ONE: 6th ANNUAL MARYLAND MARATHON. Running shorts to all starters. Over 175 open and age group awards. Top runners from around the country. \$5.00 entry before Nov. 19. \$10 race day. (See ad in this newsletter.)

*5:00-10:00 pm - Maryland Marathon Party - Forget your post-race agonies with a post-race celebration! Swap lies and excuses with some of the best! Beer, soda, hot dogs provided. Also films on marathoning. Each local person or couple should bring a salad, dessert or casserole for pot luck table. \$1.00 per person. Place: Firefighters Union Hall, 305 W. Monument St. (between Howard and Eutaw, one block north and east of Greyhound Bus Station) Plenty of free parking in lot across the street from Union Hall. Joyce St. Clair (252-5903).

Sunday, Dec. 10, 9:00 am

Montebello Loop The Loop - 4¼ miles - one small loop around the lake (1.35 miles), then the large loop (2.9 miles). Knit hats to first 8 finishers. Regular entry fee: Same directions as Sept. 17. Alex and Joyce Medina

finishers. \$2.00 entry fee. Sponsored by the Griffin-Young Agency of the Connecticut Mutual Life Insurance Company. Meet at Catonsville Community College track. Take Beltway to Exit 12 West (Wilkins Ave.). Take Wilkins 3/10 of a mile to Valley Road and sign pointing to Catonsville Community College. Follow Valley Road about a mile, straight across Rolling Road into Catonsville Community College. Track is behind tennis courts. Barry Russell, 744-6697 (home) or 752-6740 (work), Bill Jordan, Mary Tysor, Jim Bourke.

Sunday, Oct. 22, 9:00 am

6, 12 or 18 Miles - Take Your Pick - Loch Raven Reservoir lower dam. Chance to see a major portion of the Maryland Marathon course at your leisure. Regular entry fee, no prizes - just scenery. Beltway Exit 29 (Cromwell Bridge Road). Left (east) on Cromwell Bridge Rd. to Loch Raven Drive (Sander's Ice Cream is on the corner). Left on Loch Raven Drive. Park at dirt lot on right just past Sander's or on lot on left near lower dam. Try to car pool, to avoid parking problems. Do not park on Loch Raven Rd. itself. Bill Diegel (532-9845), Bill Schwartz, Jerry Bosse, Jean Claude Kiehl.

Sunday, Oct. 29, 9:00 am

Hunt Valley 20 Kilometer (12.42 miles) Beautiful country road beside creek; rolling to hilly terrain; little traffic. RRC patches to first 5 men; first 5 women. ALSO WEIGHT DIVISIONS, since it may be just as unfair to ask a 200 pound person to race a 130-pounder as it is to ask them to wrestle each other. Patches to first three in each of the following: under 130; 130-39; 140-49; 150-59; 160-69; 170-79; 180-89; 190-99; 200 and over. (Will be weighed on scale after race!) Regular entry fee. From Beltway take Route 83 North to Shawan Road. Take Shawan Road east a half mile to parking lot past Hunt Valley Inn, in front of tall gray office buildings just before traffic light. Joe Adams (665-3179), Chuck Fields, Jim Adams.

Monday, Oct. 30, 7:30 pm

Club Meeting for business and to review preparations for Maryland Marathon. Loch Raven Library, on Taylor Ave. 1/4 mile east of Loch Raven Blvd. (in trees across from Hillendale Theater). John and Mary Roemer, 472-4197.

Sunday, Nov. 5, 1 p.m.

2nd Annual Times Metric Marathon (26 kilometers-16.3 miles) connects new city of Columbia with historic Ellicott City. Course contains one steep hill. T-shirts to first 500 entrants. Framed oil portrait painting by Marion Galleries artist to the winner. Additional \$1,000 plus in prizes. Some prizes awarded by lottery. Entry fee is \$3.50 before Oct. 26. \$4.00 after. Starting point Patuxent Pkwy. near Lake Kitimakundi across from Columbia Mall. Awards ceremony inside Mall. Printed results available soon after race. Race sponsored by the Howard County Times and the Columbia Times newspapers which give race widespread local coverage. Howard County Striders will handle running of race. Mail entries to Rick Belz, 9114 Lambskin Lane, Columbia, Md. 21045 (301-465 333).

Sunday, Nov. 12, 9:00 am

Fifth Annual Satyr Hill 12 Mile Run. Race covers middle 12 miles of Maryland Marathon course. Discover the joys of Satyr Hill! T-shirts to first

agonies with a post race celebration champagne breakfast and some of the best! Beer, soda, hot dogs provided. Also films on marathoning. Each local person or couple should bring a salad, dessert or casserole for pot luck table. \$1.00 per person. Place: Firefighters Union Hall, 305 W. Monument St. (between Howard and Eutaw, one block north and east of Greyhound Bus Station) Plenty of free parking in lot across the street from Union Hall. Joyce St. Clair (252-5903).

Sunday, Dec. 10, 9:00 am

Montebello Loop The Loop - 4 1/4 miles - one small loop around the lake (1.35 miles), then the large loop (2.9 miles). Knit hats to first 8 finishers. Regular entry fee. Same directions as Sept. 17. Alex and Joyce Medina (254-7578), Dick Nair, Frank Morgan.

Sunday, Dec. 17, 9:00 am

Johns Hopkins/Druid Hill Park Fun Run - 8 miler at conversational pace, from JHU track through Druid Hill Park hills and back. Not a race. Will run in groups according to desired pace. No entry fee or prizes. All on scenic back roads in the city. (San Martin and Wyman Park Drives across the new Cedar Ave. bridge.) Meet at Johns Hopkins University track, University Parkway near Charles Street. Mile Hill (467-2242), Steve Yeagle, Don Forgione.

Sunday, Dec. 24

Race cancelled to promote domestic bliss and visions of sugar plums. Happy Holidays!

Sunday, Dec. 31, 9:00 am

Father Time Frolic. 8 mile predicted time event at Loch Raven Reservoir lower dam. No watches; no split times given. Each runner predicts his or her own time at registration. DIGITAL WRIST STOPWATCHES to two persons closest to their predicted times. If you're slow but sure here's your chance for gold and glory. In case of tie, watches will go to the fastest predicted times. \$1.00 entry fee for club members; \$2.00 for non-members. IF YOU HAVE NOT PAID YOUR 1978 DUES, YOU ARE A NON-MEMBER. (Names will be checked at race)



Question and Answer Corner

By Dr. NEIL M. SCHEFFLER

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

PLANTAR HEEL PAIN

Heel pain on the plantar (bottom) surface is a common source of pre and post race explanation as to why "I can't run all-out today" or why "I'll do much better next time." Actually, heel pain is a good item to have in your "excuse" armamentarium since this is a common ailment that many runners have experienced. This complaint will, therefore, elicit the much sought after sympathy and the always present treatment regimen that "worked for me."

Although heel pain can be due to systemic diseases such as hyperlipidemia (high fat content in the blood), gout, Reiter's disease and ankylosing spondylitis (types of arthritis) the causes are usually mechanical and easily seen and treated in the foot itself.

The plantar surface of the calcaneus where the heel contacts the ground is rounded and is small-about the size of a golf ball. This bone is well padded with fat affording ade-

Club Courses

We have five metropolitan area courses which we expect to use at least twice in each schedule. There will still be a good deal of variety in race lengths and types of races (e.g. relays), and we will hold six to ten events on each schedule away from the main courses listed below. A proper course should meet these standards:

- a) pleasant surroundings
- b) traffic free

quate protection for the trauma of the heel strike during walking. When running, however, heel strikes transmits at least twice body weight through the calcaneus. This is due to one major difference between walking and running. When walking heel strike occurs while the other foot is still on the ground bearing some weight. When running there is a time when both feet leave the ground (float phase). Obviously, heel strike immediately follows this phase and complete body weight, plus the force of deceleration is transmitted through the heel. This is especially true when going down hill, a time when many running injuries occur.

It should be obvious that adequate cushioning for running on hard, and many soft, surfaces is not provided by the body, and we must rely on shoes to supplement this padding. All runners and especially those with frequent heel problems should pay particular attention to the cushioning in the running shoes they buy. Especially good for this are the New Balance 320, Nike LDV and Brooks Vantage. The extra cushioning of these shoes may be sufficient to prevent the bruising of the heel.

Heel pain may also be caused by abnormal mechanics of the foot. Our old enemy pronation (flattening of the foot) affects this area in two more detrimental ways. Firstly, it stretches the plantar fascia. This is the tight band of tissue in the arch that runs from the ball of the foot to the heel. It loosens when the toes bend down and you can feel it tighten when the toes are pulled up towards the head. It also tightens, sometimes excessively, when the foot pronates. This can cause repeated trauma on its insertion into the calcaneus. When this happens the body responds by inflammation.

Sometimes extra bone is formed here-this is the infamous heel spur you have heard of. A bursitis (inflammation of the protective bursal sac) can also cause quite a bit of pain in this area.

Prevention and treatment of these problems is aimed at elevating the arch with an arch support or stopping pronation with an orthotic. An injection of cortisone (yes, sometimes even this is necessary) may relieve the acute symptoms. If a spur is present and NOTHING else works (very unusual) surgery may be needed.

The second adverse effect that pronation has on this area is that it stretches and or causes pressure on one of the nerves that supplies sensation to the heel. This nerve (calcaneal branch of the posterior tibial) may be enlarged to form a small benign nerve tumor called a neuroma. If mechanical (orthotic) efforts to relieve pressure are unsuccessful once again physical therapy, injections, and surgery are in order.

A less frequent problem is compression of this same nerve higher on the foot as it comes down the leg just behind the inner ankle bone (medial malleolus). This nerve must pass through a small tunnel in this area. If pressure is exerted on the nerve (for example, by pronation) a condition called Tarsal Tunnel Syndrome may occur causing pain and or numbness in the heel or foot. Often tapping the nerve lightly on the inside of the ankle will cause discomfort or a pins and needle sensation to travel into the foot and or up the inside of the leg along the course of the nerve.

In summary, consider the following problems as being the most common causes of heel pain in runners: bruising of the calcaneus, heel spur, heel bur-

sitis, heel neuroma and pressure on the sensory nerve.

Home treatment should consist of weight reducing diet if overweight, ice after running, arch supports (with consideration of orthotic devices), avoidance of running downhill, good shoes with adequate padding and rigid heel counters to prevent excessive heel motion and aspirin to reduce pain and inflammation. A visit to a sports oriented podiatrist should follow if these measures fail to give relief.

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**

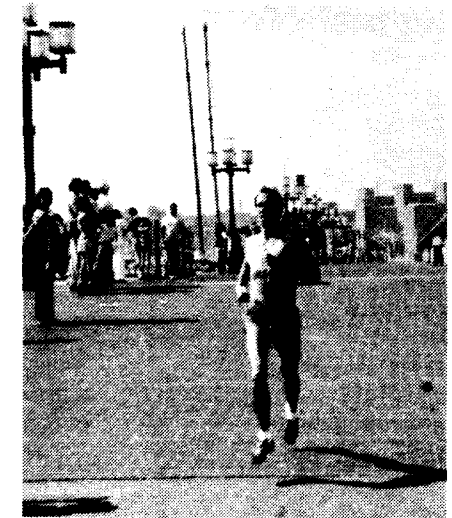


Photo: Bill Dregel

Jim Buell runs away from the field in winning the Constellation Race.

We have five metropolitan area courses which we expect to use at least twice in each schedule. There will still be a good deal of variety in race lengths and types of races (e.g. relays), and we will hold six to ten events on each schedule away from the main courses listed below. A proper course should meet these standards:

- a) pleasant surroundings
- b) traffic-free
- c) adequate parking facilities
- d) toilets (or woods!)
- e) accurately measured
- f) convenient location
- g) free from misleading intersections, turns and forks - we cannot provide numerous turn marshalls for most races
- h) fast (flat)

Our main courses, with problems noted (all but one have adequate parking; all are measured and pleasantly green):

- a) Loch Raven Reservoir (severely limited parking)
- b) Druid Hill Park (no toilets; very hilly; full of forks and turns)
- c) Patapsco State Park (not located near most of our runners)
- d) Montebello (toilets not located close enough; some traffic)
- e) Hunt Valley (no toilets at start; hilly)

Note that our main courses serve the southwest, center city, north and northeast. If you know of other courses which we should use, particularly in the west, northwest, east or southeast, please contact John Roemer at 472-4197. We are especially in need of a fast, car-free, out-and-back 10-miler.

the plantar fascia. This is the tight band of tissue in the arch that runs from the ball of the foot to the heel. It loosens when the toes bend down and you can feel it tighten when the toes are pulled up towards the head. It also tightens, sometimes excessively, when the foot pronates. This can cause repeated trauma on its insertion into the calcaneus. When this happens the body responds by inflammation.

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In summary, consider the following problems as being the most common causes of heel pain in runners: bruising of the calcaneus, heel spur, heel bur-



Photo: Bill Drager

Jim Buell runs away from the field in winning the Constellation Race.

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APPLICATION FOR MEMBERSHIP IN THE BALTIMORE ROAD RUNNERS CLUB

Last Name _____ First Name _____ Sex: Male _____

Female _____

Address _____ City _____ State _____ Zip _____

Age _____ Club, organization, or school _____ Occupation _____

Date of Birth _____ Tele. No. _____ Signature _____

Renewal _____ New Member _____



REGULAR MEMBERSHIP.....	\$5.00.....	\$ _____
FULL TIME STUDENT.....	\$3.00.....	\$ _____
FAMILY MEMBERSHIP.....	\$9.00.....	\$ _____
"ANGEL" MEMBERSHIP.....	\$25.00.....	\$ _____
CLUB TEE SHIRTS (s-m-l).....	\$4.50*.....	\$ _____
R.R.C. PATCHES.....	\$1.00.....	\$ _____
R.R.C. DECALS.....	\$.25.....	\$ _____

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— PARKTON, MARYLAND 21120 — 301-472-4197

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**John Roemer
(one on right)**

JOHN ROEMER
President of the
Baltimore
Green Runners Club

From the President's Desk . . .

Special Thanks to Equitable Trust Co.

Special thanks are due The Equitable Trust Company and especially William Amelia and Ann Gafos for their enthusiasm, energy, organization and imagination in sponsoring the Lady Equitable 10K race. Equitable has made this a major race (406 finishers in March, 1978), and they've set the standard for other sponsors. In addition, the Lady Equitable was probably the best-organized large event we've ever held.

Equitable contributed all prizes and refreshments and vast amounts of staff time, and it donated all the entry fees to the club and the Maryland Physical Fitness Commission.

Thanks go, too, to Marge and Steve Rosasco for the endless

HAVE YOU PAID YOUR 1978 DUES?

Call Mary Roemer, 472-4197, if you don't know - or send your check to BRRC, Rt. 1, Box 246, Evna Road, Parkton, Md. 21120.

RUNNING WITH JACKMAN

Phil Jackman, one of Baltimore's best sportswriters (and a BRRC member), does a running column every Friday in The Evening Sun. It features anecdotes about local races and runners, shoe and magazine reviews, training tips, race results and news about upcoming races around the state. Every runner ought to applaud The Evening Sun - and Phil - for giving significant coverage to our sport.

Debt of Gratitude

Volunteer Sign-Up

Our races require substantial preparation time and numerous volunteers. If you can help, please let us know on the following form. (Return to John Roemer, Rt. 1, Box 246, Evna Road, Parkton, Md. 21120, 472-4197.)

Check wherever you can help.

- _____ Course measurement (We'd like to certify all of our courses, and we'll train you to use bicycle measuring techniques).
- _____ Soliciting advertisements for the newsletter.
- _____ Writing newsletter articles and/or descriptions of races
- _____ Typing the newsletter.
- _____ Working the following races:
- _____ Sept. 24 — Subway Race
- _____ Oct. 1 — Ocean City Sun Run
- _____ Oct. 15 — Connecticut Mutual Run For Life
- _____ Maryland Marathon (many volunteers needed)
- _____ Other_____

NAME _____ PHONE _____

SHOE CORNER — If you've bought running shoes that don't fit, send us your name and phone number, the size and model of the shoe and your selling price, and we'll advertise them free of charge in the next newslet-

Equitable was probably the best-organized large event we've ever held.

Equitable contributed all prizes and refreshments and vast amounts of staff time, and it donated all the entry fees to the club and the Maryland Physical Fitness Commission.

Thanks go, too, to Marge and Steve Rosasco for the endless hours they devoted to the race.

The Lady Equitable has done more to promote women's road running in Baltimore than any other event or activity, and we're looking forward to an even larger race in 1979.

You Can't Have A Passenger Pigeon

By CHUCK BRUMLEY

The last passenger pigeon from the great flocks that literally darkened the skies for days was named Martha; she died early in this century and was stuffed and put in a museum. It would make a nice "Twilight Zone" show to depict a little old man breeding common pigeons in his loft back to passenger pigeons, which were graceful and handsome.

But there is no little old man, no "Twilight Zone" show, no passenger pigeons. Gone the way of the dodo and the five cent cigar. Good-bye rural living, the Model T, and goose for Christmas. Hello stress, heart attacks — and running. Remember the old riddle — once my father was 24 times as old as I, then 3 times, and so on — when will I catch him? (Never, of course.) If I really want to get John Roemer's goat, I need only say one of two things: (1) I saw Flatt and Scruggs when they were together, and he didn't, and (2) I started run-

ning in 1960, he started in 1970. Both those facts and 30 cents will get me a soda in a Citgo station, but it remains — John knows that for ten years I was huffing around Baltimore County having fun while he was getting fat — he ballooned to 135 lbs. He's going to have to cut off both my legs before he'll ever catch me in running years, which I don't think he'll do, because running means as much to him as it does to me, and he's not that mean, and because he can't catch me, of course. When he started I remember the poor purple anaerobic bugger lying on his kitchen floor and Mary shooting me hate daggers for my part in it. Needless to say, the daggers are ten times worse now.

Debt of Gratitude

The Club owes a debt of gratitude to Eddy Rayford for putting the results of all of our races into readable form. Eddy made it possible for us to get results back into the newsletter.

I don't care what the cardiologists says — what do they say? — the poor guy who blew it for 10 or 20 years loafing around and then started running and got good, could have been even better if he'd had a smooth transition

_____ Sept. 24 — Subway Race
_____ Oct. 1 — Ocean City Sun Run
_____ Oct. 15 — Connecticut Mutual Run For Life
_____ Maryland Marathon (many volunteers needed)
_____ Other _____

NAME _____ PHONE _____

SHOE CORNER — If you've bought running shoes that don't fit, send us your name and phone number, the size and model of the shoe and your selling price, and we'll advertise them free of charge in the next newsletter. (We'll advertise other used equipment also.)

TAX DEDUCTIBLE CONTRIBUTIONS

Need a tax break at the end of the year? Contributions to the club are tax-deductible (We're 501(c)(3)). We'll send you a receipt for tax purposes. Donations of equipment are also tax deductible. Send your donations to John Roemer or call 472-4197 for further information.

from school fitness to lifetime fitness. If this is right, it's pretty depressing isn't it, like the report of what was irreparably done to your lungs if either of your parents smoked in your presence when you were an infant. Thanks Ma, happy Mother's Day.

So it's better to start late than never, but better yet to inculcate (wow, what a word — inculcate syzygy — a combination of two feet — no fooling) lifetime fitness in the kids.

I don't know a politician from Shinola (twenty million kangaroos can relax — nobody remembers what Shinola is anymore), but I told that rheumy-eyed pinko played-out radical that running for the masses is the revolution. Or did he tell it to me, after I turned him on to it? Running is the instiller (inculcator) of peace, natural birth control (my wife is either sleeping or running, and either way ... difficult ... but not impossible ...), and returner to parity

prices, because you don't need to buy anything. Running doctors will treat you for nothing, some of the time, for crying out loud. What next? Headline: "Running lawyer takes case for nothing! Client dies from shock!" If that's not revolution then Ron Hill won't get fifth this Fall, I like marathons, and Roemer will stop trying to run right behind Marge, whom he can't catch, either, of course.

P.S. In the winter schedule I had written a macabre piece about a dying runner call "Morrison's Last Run." Several people have asked me if it is true, No, not literally, only in the poetic sense; that is, as an expression of how many of us would prefer to die given similar circumstances. One runner told me he related the story to a woman and had her bawling! Now that's macabre. (Heh! heh!) Don't cry, Marge, come closer, my dear...

OTHER RACES IN OTHER PLACES

By Don Heimiller - If you've run out-of-town, call Don with your results (work: 666-6539; 256-6280)

77-09-17 Va 10 miler, 1738 starters. Won by Bill Rodgers in 48:13

4 50:32 Dan Rincon
10 51:35 Mark Johnson
112 57:34 Frank Pflaging
143 58:31 Mike Bradley
157 58:53 Dick Hipp
199 60:08 John Holden
249 61:35 John Elder

63:04 Marge Rosasco
469 67:38 Milt Taylor 444

25 614 70:28 Paul Buckley 35
44 675 71:41 Steve Rosasco 45
31 697 72:17 Jim Mortenson 38
37 845 75:34 Eddy Rayford 35
18 987 79:19 Jim Gleason 35
28 999 79:34 James Jenkins

29 1410 107:38 George Williams 23
77-11-07 Marine Marathon, 2800+ starters. Bill Holt 309th in 2:58, Jim Mortenson 677th in 3:15

77-11-20 JFK 50 Mile Hike & Run. 35° to low 50's, sunny, slight breeze, 480 starters, won by Ed Ayers in 6:10. Jim Mortenson 39th in 8:13, Don Heimiller 47th in 8:21, both P.R.'s.

78-02-11 Nittany Valley TC Marathon, Pa. Very cold & windy, winning time: 2:36, 64 starters, 51 finished. D. Heimiller 44 in 3:53. Photo of each finisher, lite refreshments after race, mailed results & certificate.

78-03-05 Bethesda Chase 20 Km, 500-600 starters. J. Mortenson 225th in 85:30.

78-03-18 Fern Hill Frames 1/2 Marathon. Very windy, very hilly, 200 starters, 136 finishers. Winning time 71:30. Mike Sabino 4th in 72:27; Don Heimiller 63rd in 99:15.

78-03-18 Rotary Sharmock Marathon, Va. Beach. Approx 1000 starters, sunny, gusty, cool. J. Mortenson 3:20

78-05-01 Life & Health Marathon, Frederick. 65°, overcast, very breezy, "gently rolling" hills. Approx 600 pre-registered, 500 starters, 389 finishers. Another 600 in the 1/2 marathon & 6 miler. Winning time: men: 2:31; women: 3:28.

4 Alex Medina 2:48
111 Jim Mortenson 3:23
105 Lee Rinehart 3:22
114 Frank Morgan 3:24
144 Don Heimiller 3:28
204 Colleen Pierre 3:38

mile/100 Km. Beautiful, almost level 7 1/4 mile around lake. 55°+, 56 starters, 43 finished 50 & 9 of these finished 100 km. D. Heimiller 8th in 100 Km for a new U.S. age 46 record.

78-05-27 Chestertown 10 Miler. J. Mortenson 70:58
Gerry Kramer is from Pa & his 'stats' don't

get to me too often. Here are some of his '77 results & proud he can be of them: total of 52 races for 550+ race miles, 10 full marathons, two under 3 hrs., Mechanicsburg, Pa 3rd master, God's Country 2nd master, Atlantic City 1st in 45 - 49 age grp, Super Sunday 5th master, Md marathon a PR. Gerry is 46.

Park Barner also had a good yr. 2-19 Stone Mt, Geo 50 miles in 6:13 for a new southern record, 3-20 Mechanicsburg, Pa 100 Km 7:12 for a new US record, 5-15 L Waramaug, Conn 100 Km 3rd in 7:45, 10-01 106 miles Wash DC to Harrisburg in 18:41, 11-05 Central Pk NY 50 miles 6th in 5:54, 12-26 Toledo 50 miler 1st in 6:35.



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.).



Beach. Approx 1000 starters, sunny, gusty, cool. J. Mortenson 3:20
 78-05-01 Life & Health Marathon, Frederick. 65°, overcast, very breezy, "gently rolling" hills. Approx 600 pre-registered, 500 starters, 389 finishers. Another 600 in the 1/2 marathon & 6 miler. Winning time: men: 2:31; women: 3:28.
 4 Alex Medina 2:48
 111 Jim Mortenson 3:23
 105 Lee Rinehart 3:22
 114 Frank Morgan 3:24
 144 Don Heimiller 3:28
 204 Colleen Pierre 3:38
 (2nd marathon, 2nd place-women)
 294 John Mancici Jr. 4:01
 301 Mike Pierre 4:03
 322 Russ Garvey 4:11
 78-05-07 Lake Waramaug, Conn 50



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. 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.

Please Print

Name _____

Address _____

City _____

State _____ Zip _____

Age _____ Male _____ Female _____

Signature of Runner _____

Date _____

Signature of Parent (if under 18) _____

Date _____

Race Number Assigned _____

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 enclosed \$4.00 - No Refund
 September 15th - Mail entry deadline
 Check - Group you will compete in
 Open () Ladies () Masters 40 - over ()
 Race day entries will be \$6.00, accepted until 9:30 a.m.

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BRR WOMEN ON THE RUN

by: (Marge Rosasco, 2419 Reckord Road, Fallston, Maryland 21047 — 877-7074)

Before listing the results of out-of-town races, I would like to again encourage all of the women in the club to please call or write to me with results of their races or news of any kind. With the club growing so much in membership, this is a good way to keep in touch with one another and also to learn about new members. Remember, it's not who gets to the finish line first who is interesting—it's self-improvement and enjoyment of running that we all like to read about.

April 2, Cherry Blossom 10 Mile, Washington, D.C.—With temperatures a comfortable 50°-53° and strong winds, many PR's were set on the flat course for the 2,600 runners. Only results available are: 4th woman—Marge Rosasco (59:02); Bobbie Brumley finished in about 83 minutes. Unfortunately, there was a back-up at the finish line when she came in

and she did not get an accurate finish time.

April 2, Caesar Rodney Half-Marathon, Wilmington, Delaware— Under the same weather conditions as the Cherry Blossom race in D.C., but on a hilly course, Marilyn Bevans set a course record for women in 1:22:46. Sue Jacobs chopped about four minutes off her previous best for the course with her 1:37:41 effort.

April 17, Boston Marathon, Boston, Massachusetts—Kathy Smith ran a fantastic 2:57:45 to place 20th among the women. Congratulations are in order to Kathy not only for her performance at Boston but for her recent marriage to Jim Heckman. So when you scan the results of races, look for a new name at the front of the pack—Kathy Heckman.

April 30, Life & Health Marathon, Frederick, Maryland—Colleen

Pierre turned in an impressive 3rd place finish among the women with a PR of 3:38:28

April 30, Chocolate Chase 10,000 Meters, Hershey, Pennsylvania—Marge Rosasco was the first woman in 37:15 on the hilly but beautiful course. Bobbie Brumley was again jinxed by a backed-up chute and received an approximate time of 52 minutes.

May 20, Mechanicsburg Six Mile, Mechanicsburg, Pennsylvania— On a sunny, summer-like day with the temperature reaching 86°, Marge Rosasco was the first woman in 36:58.

May 28, Bonne Bell 10,000 Meters, Washington, D.C.—Approximately 2,000 women ran in this race was a two loop course around Hains Point. 36-year-old Cindy Dalrymple of Hawaii won by four seconds in 35:44 over Marge Rosasco's time of 35:48. Both recorded personal best times on the flat course. Marilyn Bevans turned in a strong 3rd place finish in 37:14. Other times available include Jean Nair (53:06), Beverly Harvey (54:15) and Darlene Bethea (60:00).

June 3, L'egg's Mini-Marathon, New York, New York—This was the site of the most prestigious race for women in the world. There were 4,310 finishers in the 80° temperature. Eighteen-year-old Martha White of State College, Pa., upset Kathy Mills who is the current world record holder at 5,000 Meters. White set a national road record of 33:29.7. Local finishers included Marge Rosasco who placed first in the sub-vet

ran side by side until the last 100 yards when Sue started to sprint. Cathy responded with a finishing kick of her own which resulted in a tie. It's good to see Cathy back in action after being plagued by injuries off and on for about two years.

June 11, Burlington Socks Mixed Relay Runathon, Atlantic City, New Jersey—This was a 12-mile relay race run on the Boardwalk. Each partner of the team, which consisted of one male and one female, ran a six mile leg. One hundred fifty-five teams competed for chronograph watches, warm-up suits and running shoes in five age divisions. The age divisions were determined by the average age of the two partners. Local finishers include Marge Rosasco (34:45) and Bill Blewitt (30:44) —Second place team overall—first in the sub-vet division (30-39 yrs.). Competing in the tough open division (18-29 yrs.) were Marilyn Bevans (36:52) and Warren Haynie (35:41). They were 10th in that division and the 15th team overall. 58-year-old May Grossnickle teamed up with 45-year-old Steve Rosasco to place 2nd in the golden master division. Their times were 62:25 and 39:16 respectively.

June 30, Bavarian Festival 20 Kilometer Run, Barnesville, Pa.—About 520 people braved the noon day heat and hilly course. First woman—Marge Rosasco—82:11.

July 4, Firecracker Five Mile, Ephrata, Pa.—Carol Heffner captured honors as the first woman in the 36 & over age group as she ran

Four Person Distance Medley Relay

Lake Montebello

First leg was 1.35 Miles, second

(10) Curley H.S.: Bernie Miller (10:07), Frank Petrick (26:42), Jeff Zablocki (44:59), Brooke Waldt

Four Person Distance Medley Relay

Lake Montebello

First leg was 1.35 Miles, second was 2.7 miles, third was 2.92 miles and last was 5.84 miles. Teams are listed in finishing order with (*) indicating the team was running unofficially.

(1) RASAC A: Gary Behrens (6:58), Gary Doellenger (20:59), Dave Starnes (35:41), Charles Koester (65:50).

(2) UMBC: Steve Kehne (6:45), Cliff Feldheim (20:07), Bryan Denson (35:12), Rick Biniak (66:24).

(3) BOC: Don Miller (6:40), Warren Haynie (20:28), Stan Fletcher (36:45), Scott Lutrey (67:33).

(4) Road Apples: Johnny Roemer (7:01), John Roemer (22:36), Mike Hill (38:53), Earl Swartzendruber (71:59).

(5) Pasadena Track Club (*): Mike Miller (6:53), Patrick O'Conner (22:13), Tim Shara (38:39), Gordon Hamrick (72:50).

(6) Freemans Deamons: John Elder (7:22), Henry Freeman (22:06), Dick Nair (37:45), Roger Burrow (73:23).

(7) RASAC B: Bill Gap (7:00), Bill Lowman (22:51), B. Roberts (39:18), Lynn Davis (73:58).

(8) Hereford Slugs: John Sherman (8:15), Dave Pabst (23:36), Jim Heffner (40:11), Lance Woodward (76:54).

(9) Essex T.C.: Frank Wagner (7:35), Mike Poole (24:17), Dan Frankenfield (42:06), Alex Antonakos (79:48).

(10) Curley H.S.: Bernie Miller (10:07), Frank Petrick (26:42), Jeff Zablocki (44:59), Brooke Waldt (80:48).

(11) Team Z: Michael Coe (8:11), Jim Bourke (25:51), Tom Boll (44:52), Eddy Rayford (81:44).

(12) U.S.F.&G.: Brian Rowland (7:50), Mike Vann (26:16), Fred Willey (45:58), Al Klein (85:47).

(13) X-Y-Z Team: Jean-Claude Kiehl (8:42), Alan D. Jones (27:33), Luther Whiting (46:17), Frank Kaminski (86:56).

(14) RASAC C: George Stewart (8:40), Sam Spicer (25:47), Jim Vadas (44:30), Joe Nell (86:59).

(15) Yankees: Phil Ades (9:42), Dave Siegal (26:52), Gail Dewitt (47:59), Lloyd Smith (88:04).

(16) Amazing Grace: Tom Beatie (9:26), Tony Shucosky (29:27), Gary Horn (48:30), Mike Gladden (88:17).

(17) No Sweat (*) No Name (no time), No Name (no time), No Name (52:10), No Name (99:23).

(18) RASAC W: Denise B. (10:25), C. Politl (30:33), Betty Gisk (53:57), Mary O'Toole (100:14).

(19) Bears: Mary Tysor (9:49), Mary Roemer (35:75), Cathy Kleeman (55:35), Cathy Gaddy (100:27).

(20) Hereford Rose: Janet Overton (10:32), Elaine Woodward (31:07), Carol Heffner (55:21), Clarie Shucosky (101:38).

(21) Beaty Family: (*) Pamela Beaty (13:56), Carolyn Beaty (47:00), Sherry Beaty (81:38), Tim Beaty (125:02).

the site of the most prestigious race for women in the world. There were 4,310 finishers in the 80° temperature. Eighteen-year-old Martha White of State College, Pa., upset Kathy Mills who is the current world record holder at 5,000 Meters. White set a national road record of 33:29.7. Local finishers included Marge Rosasco who placed first in the sub-vet division (30 to 39 Yrs.) and 13th overall in 35:49. Marilyn Bevans placed 24th overall in 37:29 on the rolling course through Central Park.

June 4, RASAC 10,000 Meters, Harford County, Md.—Cathy Kleeman and Sue Jacobs turned in identical times of 44:17. The two

June 30, Bavarian Festival 20 Kilometer Run, Barnesville, Pa.—About 520 people braved the noon day heat and hilly course. First woman—Marge Rosasco—82:11.

July 4, Firecracker Five Mile, Ephrata, Pa.—Carol Heffner captured honors as the first woman in the 36 & over age group as she ran a 38:55 effort on the hilly course. Marge Rosasco was the first woman overall in 29:09.

UPCOMING RACES—Women's 10 Kilometer, September 24, 1978—RRCA Capital Area Championship. Contact: Ellen Darman, 2737 Devonshire Place, N.W., Washington, D.C., 20008.



Marge Rosasco.

RESULTS

Husband and Wife 3-Mile Relay and 5-Mile Open at Towson "Y". In the relay the husband ran the 1st and 3rd miles and wife ran the 2nd mile.

Results of Husband/Wife Relay

- (1) Steve/Marge Rosasco 16:44
- (2) Dick/Jean Nair 17:02
- (3) Tom/Debbie Rybczyk 17:33
- (4) Jim/Carol Heffner 17:57
- (5) Chuck/Bobbie Brumley 18:06
- (6) Lance/Elaine Woodward 18:23
- (7) Chuck/Mrs Fields 18:26
- (8) Ward/Christie Coe 18:38
- (9) Bill/Andrea Diegel 18:46
- (10) Henry/Mrs Freeman 19:02
- (11) Tom/Mrs Caskey 19:15
- (12) Rick/Sandy Moss 19:18
- (13) John/Shirley Mancini 19:18.5
- (14) Al/Donna Scanlan 19:32
- (15) bjohn/Mary Roemer 19:34
- (16) John/Judy Hasler 19:37
- (17) Mr/Mrs Bushnell 19:4
- (18) Mike/Betsy Gonnerman 20:04
- (19) Frank/Claire Russo 20:05
- (20) Herb/Leigh LeMoyne 20:49
- (21) Tony/Claire Shucosky 21:08
- (22) Joe/Sandy Adams 22:13
- (23) Tim/Sherry Beaty 22:28

- (25) Steve Rosasco 34:49
- (26) John Sherman 34:55
- (27) Les Kinion 34:59
- (28) John Servelle 35:05
- (29) Michael Coe 35:09
- (30) Reed Haynie 35:5
- (31) Carl Party 35:55
- (32) Fred Willey 35:57
- (33) Jim Jones 36:50
- (34) Jim Bourke 37:20

- (35) Tom Boll 37:20
- (36) Tim Beatty 37:21
- (37) Tom Zibron 37:49
- (38) Alan Jones 37:50
- (39) Ed Moss 37:5
- (40) Chris Mortenson 38:0
- (41) Shaune Gardner 38:3
- (42) Nancy Wallace 38:32
- (43) Barry Bowen 39:03
- (44) Ken Walker 39:14

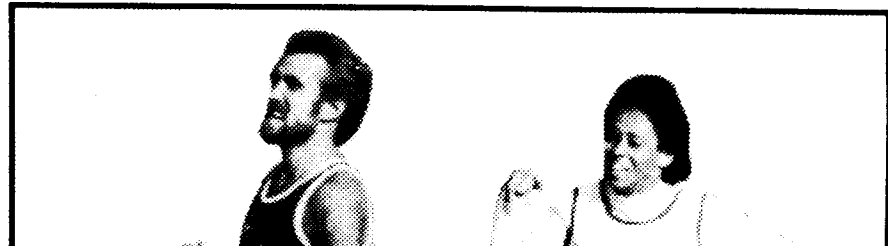
- (45) Tim Welsh 39:24
- (46) Rita Folan 39:34
- (47) George Terzis 39:59
- (48) Kevin Beares 40:09
- (49) Michael Collin 40:10
- (50) Mary Tysor 40:54
- (51) Pas Romagna 41:36
- (52) Janet Ovetton 42:30
- (53) Lisa Skumatz 43:16
- (54) Robert Fruit

THE SIXTH ANNUAL MARYLAND MARATHON

SUNDAY, DECEMBER 3, 1978

BEGINS PROMPTLY AT 10:30 AM AT BALTIMORE'S MEMORIAL STADIUM

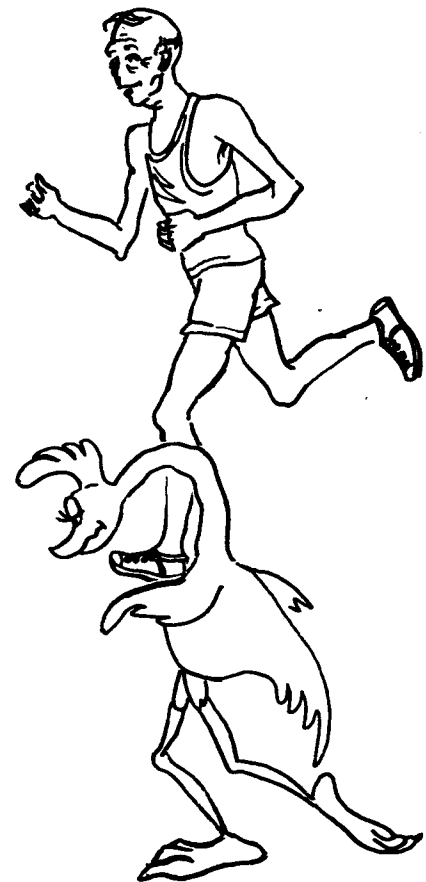
- The Governor's Cup will be awarded to the victor.
- The Mayor's Plaque to the first Baltimore City resident finisher.
- The County Executive's Plaque to the first Baltimore County resident finisher.
- Medallions to the first 50 finishers.
- Lapel pins to the next 75 finishers.



Results of 5-Mile Open

- (1) Gary Dollenger 26:40
- (2) Tom Bolan 26:54
- (3) John Elder 27:24
- (4) Warren Haynie 27:45
- (5) Scott Pairs 28:02
- (6) Steve Reid 28:05
- (7) Gregory Henson 28:13
- (8) Jim Harrison 28:35
- (9) Don Forgione 28:51
- (10) Layne Party 29:31
- (11) Marge Rosasco 30:18
- (12) Dave Pabst 30:53
- (13) Eddy Rayford 31:13
- (14) Mike Cross 31:21
- (15) Brian Lee 31:35
- (16) Jerry Lynch 31:43
- (17) James Mortenson 32:28

- (7) Steve Reid 28:05
- (8) Jim Harrison 28:35
- (9) Don Forgione 28:51
- (10) Layne Party 29:31
- (11) Marge Rosasco 30:18
- (12) Dave Pabst 30:53
- (13) Eddy Rayford 31:13
- (14) Mike Cross 31:21
- (15) Brian Lee 31:35
- (16) Jerry Lynch 31:43
- (17) James Mortenson 32:28
- (18) Lance Woodward 33:10
- (19) Bill Diegel 33:19
- (20) Chuck Brumley 33:36
- (21) Jean-Claude Kiehl 34:34
- (22) Steve Yeagle 34:42
- (23) John Roemer 34:42
- (24) Jim Heffner 34:48



- The Governor's Cup will be awarded to the victor.
- The Mayor's Plaque to the first Baltimore City resident finisher.
- The County Executive's Plaque to the first Baltimore County resident finisher.
- Medallions to the first 50 finishers.
- Lapel pins to the next 75 finishers.
- The Walter Korpman Memorial Award to the first finisher in the age 40-49 category plus awards to the next 9 finishers in this category.
- The Pat Dengis Memorial Award to the first finisher in the 50 and over category plus awards for the next 9 finishers in this category.
- Medallions to the first 10 female finishers.
- Certificates to all finishers.
- Dolphin Running Shorts to all starters.
- 3 team awards to the lowest scoring 3-man teams.
- Awards to the first three 16 year old and under finishers.
- Awards to the first three 17 to 19 year old finishers.
- Special awards to the first 5 professional fire fighters.
- Special award to the oldest finisher.
- Special award to the youngest finisher.
- Special awards to American Medical Joggers Association finishers.



Gary Bjorklund 2:13:46
Course Record — 1977

Marilyn Bevans 2:51:18
Course Record — 1977

SPONSORED BY **WBAL** RADIO 11

With the cooperation and endorsement of the State of Maryland, Baltimore City and Baltimore County
The Maryland Marathon is sanctioned by The Baltimore Road Runners and U.S.T.F.F.

For more information and entry applications, send self-address stamped envelope to:

Maryland Marathon Commission • P.O. Box 11394-A • Baltimore, Maryland 21239 • (301) 882-5455

Big Bad Bruce Run

Ten-mile cross country challenge run between BRRC and York Road Runners. Race start/finish was on Chuck Brumley's farm with food and drinks following the race. Course consisted of many hills on country roads/trails and one refreshing cold stream. BRRC was victorious over York with final score of 123 to 181. A four-mile run was also held for those who didn't want to get their feet wet. (B-BRRC, Y-York)

- | | |
|---------------------------------|----------------------------------|
| 1. John Cornwell 59:07 (B) | 19. Dave Pabst 1:14.54 (B) |
| 2. Don Helfer 60:53 (Y) | 20. Greg Boyd 1:15:11 (B) |
| 3. Tom Bolan 1:01:38 (B) | 21. Eddy Rayford 1:16:22 (B) |
| 4. David Starnes 1:02:19 (B) | 22. Walt Morawski 1:16:41 (B) |
| 5. Gary Townsend 1:02:43 (Y) | 23. Clarence Wilson 1:18:28 (B) |
| 6. Steve Shaul 1:02:50 (Y) | 24. Greg Baum 1:20:57 (Y) |
| 7. Mike McMasier 1:04:46 (Y) | 25. Joe Holland 1:21:16 (B) |
| 8. Harry Piotroski 1:06:37 (B) | 26. Jim Bourke 1:23:28 (B) |
| 9. Joe Adams 1:07:53 (B) | 27. Rory Rolig 1:24:03 (B) |
| 10. Jim McGill 1:08:59 (B) | 28. R. Lehigh 1:27:25 (Y) |
| 11. Lance Woodward 1:09:19 (B) | 29. John Sherman 1:27:59 (B) |
| 12. Jim Heffner 1:09:30 (Y) | 30. Dick Henry 1:32:03 (B) |
| 13. Delroy Matthews 1:10:00 (B) | 31. Loretta Clayborne 1:32:05(Y) |
| 14. Bob Potts 1:11:29 (B) | 32. Frank Hendry 1:34:42 (B) |
| 15. Mike Turk 1:12:52 (Y) | 33. Chris Mortenson 1:36:59 (B) |
| 16. Robert Hollis 1:13:43 (Y) | 34. Jim Mortenson 1:37:00 (B) |
| 17. Joe Buillhad 1:13:56 (Y) | 35. Mary Tysor 1:40:06 (B) |
| 18. Spencer Lynch 1:14:01 (Y) | 36. Ken Gil 1:40:46 (B) |

4-Mile Results

- | | |
|------------------------|-------------------------------|
| 1. Tom Wise 27:00 | 8. Larry Rosenblatt 40:11 |
| 2. Tom Trattner 30:46 | 9. Carol Wandres 41:15 |
| 3. Jody Pender 32:01 | 10. Elaine Woodward 41:37 |
| 4. Mary Swann 34:26 | 11. Eric Goll 41:38 |
| 5. Gene Smith 35:07 | 12. Michael Brumley 41:53 |
| 6. Carol Heffner 37:12 | 13. Suzette Wandres 43:13 |
| 7. Janet Overton 37:28 | 14. Marlene Quesenberry 45:09 |

Dec. 18, 1977 -

6-Mile Predicted Time Race, Loch Raven

Weather ideal for running (someplace else): 38 degrees with heavy rain and high winds. Lance Woodward and Dave Pabst started late (times not corrected).

RESULTS

Jan. 1, 1978

13.1 Half Marathon Challenge Race, Columbia. Hard snow storm during last part of race. The BRRC outscored the DC Road Runners, 872-1522 (low score wins), avenging last year's defeat.

Place	Name	Club	Time
1	Scott Lutrey	BRR	1:12:37.5
2	Tim Good	DCRR	1:16:22
3	Ray Morrison	DCRR	1:16:51
4	Chuck Johnson	BRR	1:16:58
5	Mike Hill	BRR	1:16:58
6	Delroy Matthews	BRR	1:17:08
7	Mike Bradley	BRR	1:17:20
8	Harry Pietrowski	BRR	1:17:31
9	Jeff Cheruck	BRR	1:18:38
10	Jim Harrison	BRR	1:19:04
11	Jeff Cramer	DCRR	1:19:09
12	Al Morris	DCRR	1:19:34
13	Tom Bolan	BRR	1:19:47
14	Joe Adams	BRR	1:19:52
15	Bob Crowe	DCRR	1:20:04
16	Bailey St. Clair	BRR	1:20:10
17	Don Marvel	BRR	1:20:11
18	Chuck Brumley	BRR	1:20:15
19	Alan Silverberg	BRR	1:20:51
20	Marge Rosasco	BRR	1:20:52
21	Don Forgione	BRR	1:21:58
22	Warren Haynie	BRR	1:22:07
23	Robert Mitchell	DCRR	1:22:16
24	Jim Heffner	BRR	1:22:30
25	Jim Gordon	BRR	1:22:36
26	Ed Sharp	DCRR	1:23:33
27	Bill Jordan	BRR	1:23:43
28	Allen Greenberg	DCRR	1:24:22
29	Marilyn Bevans	BRR	1:24:41
30	Bob Coyne	DCRR	1:24:44
31	Chuck Fields	BRR	1:24:53
32	Rich Fuller	DCRR	1:25:18
33	Frank Fitzpatrick	BRR	1:25:32
34	George Marienthal	DCRR	1:25:51
35	Ray Velez	DCRR	1:25:51
36	John Roemer	BRR	1:25:53
37	Larry Hachtey	DCRR	1:25:57
38	Larry Roberts	BRR	1:26:25
39	John Forehaand	DCRR	1:26:30
40	Bill Hott	BRR	1:26:52
41	Darrell Russell	BRR	1:27:32
42	John Holden	BRR	1:28:42
43	Sandy Haley	DCRR	1:28:44
44	Bill Forehand	DCRR	1:29:05
45	Walt Morawski	BRR	1:29:46
46	Steve Rosasco	BRR	1:29:50
			1:30:36
(7)	Carl Muller		(46:48)
(8)	Calvin Richardson		(47:41)
(9)	Marge Rusasco		(47:50)
(10)	Ed Wilson		(47:52)
(11)			(48:28)
(12)	Clint Van Sillen		(48:28)
(13)	Scott Paris		(49:00)
(14)	Callard		(49:03)
(15)	Mahan		(49:14)
(16)	Harry Goodman		(49:24)
(17)	Chuck Fields		(49:36)
(18)	Larry Noll		(49:39)
(19)	Lance Woodward		(49:41)
(20)	Ishmael Ennis		(49:48)
(21)	Mike Hill		(50:17)
(22)	Dick Nair		(50:36)
(23)	Sid Schaeider		(50:37)
(24)	Danny Boyle		(51:12)
(25)	Jim Hoffner		(51:20)
(26)	Brooke Waldt		(51:30)
(26)			(51:51)
(28)	Jim Skeen		(51:51)
(29)	Steve Skeen		(51:51)
(30)	Ken St. Ours		(52:08)
(31)	Joe Landis		(52:12)
(32)	Tom Dillin		(52:25)
(33)	Herman Sykes		(52:38)
(34)			(52:42)
(35)	Steve Rosasco		(52:56)
(36)	Gerry Kramer		(53:02)
(37)	Craig Hartley		(53:07)
(38)			(53:08)
(39)	Jim Harrison		(53:20)
(40)	Alex Medina		(53:31)
(41)	Greg Cocco		(53:41)
(42)	Mark Meess		(53:50)
(43)	Robert Hutchkiss (53:51)		
(44)	J. Schaefer (53:54)		
(45)	Clifton Gross		(53:56)
(46)	James A. Mortenson		(54:00)
(47)	Dwight Hood		(54:08)
(48)	Steve O'Brien		(54:11)
(49)	Frank Salemi		(54:20)
(50)	Fred Helms		(54:23)
(51)	Steve Shimko		(54:45)
(52)	Bob Leatherman		(54:59)
(53)	Pearlman		(55:20)
(54)	Frank Morgan		(55:25)
(55)	John Barnes		(55:30)
(56)	Don Heimiller		(55:37)
(57)	Tom Carey		(55:56)
(58)			(55:58)
(59)	Canova		(56:07)
(60)	John Poole		(56:35)
(61)	David Skeen		(56:35)
(62)	John Connolly		(56:38)
(63)	Brad Roberts		(56:50)

- 5. Gene Austin 35:07
- 6. Carol Heffner 37:12
- 7. Janet Overton 37:28

- 12. Michael Brumley 41:53
- 13. Suzette Wandres 43:13
- 14. Marlene Quesenberry 45:09

Dec. 18, 1977 -

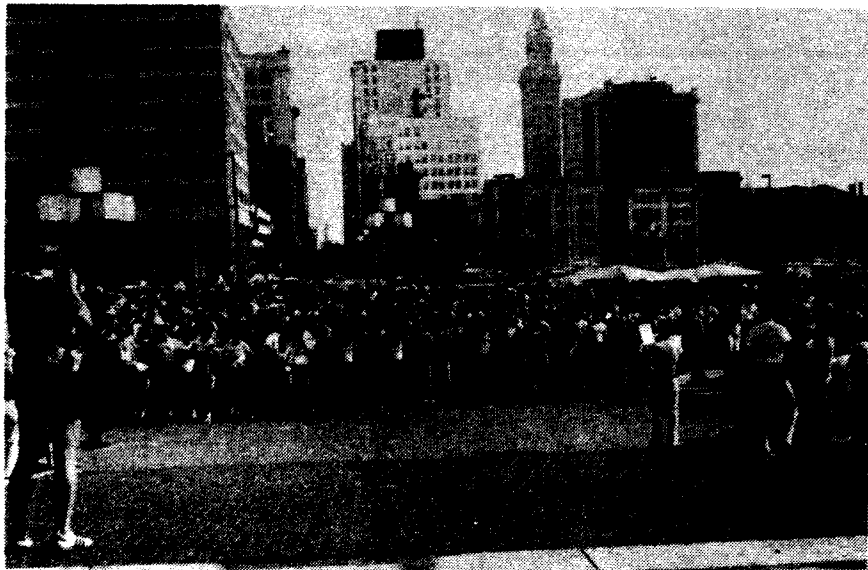
6-Mile Predicted Time Race, Loch Raven

Weather ideal for running (someplace else): 38 degrees with heavy rain and high winds. Lance Woodward and Dave Pabst started late (times not corrected).

Placing based on prediction error

	Actual time	Predicted time	Error	finish	Actual
(1) Mike Pierre (36)	45:17	45:00	:17		12
(2) Jim Mortenson (38)	42:33	42:12	:24		8
(3) Tom Bolan (29)	36:26	36:50	:24	1 (tie)	
(4) Lance Woodward (31)	42:29	42:00	:29		7
(5) Marge Rosasco (29)	36:40	37:10	:30		
(6) Eddy Rayford (35)	39:30	39:00	:30		4
(7) Tom Skillman (26)	36:26	37:00	:34	1 (tie)	
(8) Steve Rosasco (45)	40:49	40:00	:49		5
(9) John Roemer (39)	44:27	43:12	1:15		11
(10) M.E. Yehia (30)	52:23	51:00	1:23		14
(11) Dave Pabst (25)	43:45	42:00	1:45		9
(12) Greg Cocco (21)	42:00	44:00	2:00		6
(13) Dwight Hood (27)	44:32	42:00	2:23		
(14) Bill Schwartz (39)	53:29	58:00	4:31		15
(15) Fred Barron (33)	46:51	42:00	4:51		13
(16) Chris Mortenson (9)	64:35	59:30	5:05		16

32 Rich Fuller	DCRR	1:25:16	(49) Frank Salemi	(54:23)
33 Frank Fitzpatrick	BRR	1:25:32	(50) Fred Helms	(54:23)
34 George Marienthal	DCRR	1:25:51	(51) Steve Shimko	(54:45)
35 Ray Velez	DCRR	1:25:51	(52) Bob Leatherman	(54:59)
36 John Roemer	BRR	1:25:53	(53) Pearlman	(55:20)
37 Larry Hachtey	DCRR	1:25:57	(54) Frank Morgan	(55:25)
38 Larry Roberts	BRR	1:26:25	(55) John Barnes	(55:30)
39 John Forehaand	DCRR	1:26:30	(56) Don Heimiller	(55:37)
40 Bill Hott	BRR	1:26:52	(57) Tom Carey	(55:56)
41 Darrell Russell	BRR	1:27:32	(58)	(55:58)
42 John Holden		1:28:42	(59) Canova	(56:07)
43 Sandy Haley	DCRR	1:28:44	(60) John Poole	(56:35)
44 Bill Forehand	DCRR	1:29:05	(61) David Skeen	(56:35)
45 Walt Morawski	BRR	1:29:46	(62) John Connolly	(56:38)
46 Steve Rosasco	BRR	1:29:50	(63) Brad Roberts	(56:50)
47 Dave Pabst	BRR	1:30:36	(64) Dave Keller	(56:52)
48 James Mortenson	BRR	1:30:43	(65) Pete Sculukas	(57:00)
49 Mike Cady	DCRR	1:30:56	(66) Joe Holland	(57:01)
50 E. Lareau	DCRR	1:31:06	(67) Mike Gladden	(57:17)
51 Harry Bratt	DCRR	1:31:49	(68) L. Plater	(57:24)
52 Les Kinion	BRR	1:36:23	(69) Jim McLaughlin	(57:27)
53 Garland Green	DCRR	1:36:38	(70) zrick McGowan	(57:35)
54 Mary Williams	DCRR	1:37:07	(71) M. Gannerman	(57:42)
55 Robert Williams	DCRR	1:37:07	(72) Eddy Clough	(58:20)
56 Paul Mikulski	BRR	1:37:31	(73) David Wolfe	(58:50)
57 Herschel Kanter	DCRR	1:37:33	(74) Ken Hammann	(59:24)
58 Gino Gemignani	BRR	1:38:03	(75) Roy Rolig	(59:28)
59 A.J. Wanderwaal	DCRR	1:39:02	(76) John Logis	(59:42)
60 Carole Herrick	DCRR	1:39:07	(77) Bob Annen	(59:48)
61 Stephanie Flynn	DCRR	1:39:25	(78) Keith Plater	(59:48)
62 Dick Good	DCRR	1:42:05	(79) Joe Hammermen	(60:02)
63 Walt Washburn	DCRR	1:42:11	(80) Ron Reich	(60:32)
64 Lance Woodward	BRR	1:42:28	(81) Peggy Swain	(61:10)
65 Richard Brooks		1:43:09	(82) S. O'Brien	(61:10)
66 John Granzew	BRR	1:43:13	(83)	(61:25)
67 R.T. Lawrence	DCRR	1:43:51	(84) Ron Leclair	(61:38)
68 Don Heimiller	BRR	1:44:17	(85) John Sherman	(61:57)
69 Sue Hollick	DCRR	1:44:35	(86) Herb Alban	(62:16)
70 Karen Hollich	DCRR	1:44:35	(87) William Smulyan	(62:34)
71 John Sherman	BRR	1:45:01	(88) Carroll Sudbrook	(62:38)
72 Gordon Livingston	BRR	1:45:41	(89)	(63:05)
73 Elaine Jones	BRR	1:46:30	(90) Richie Nair	(73:05)
74 B. Brumley	BRR	1:57:05	(91) Tom Malooly	(63:15)
75 Otis Trempans	DCRR	1:57:05	(92) J. Bourke	(63:28)
76 Ellen Robertson	DCRR	1:35:32	(93)	(63:34)
77 Eileen Robertson	DCRR	1:40:28	(94) Andrew Livingston	(64:00)
			(95) Andre Smith	(64:00)
			(96) Phil Easter	(64:36)
			(97) Paul Wilkes	(64:42)
			(98) Robin Sykes	(65:47)
			(99) Joe Seibert	(66:12)
			(100) Fred Judd	(66:40)
			(101) Jean Nair	(68:35)
			(102) Allison Hewitt	(70:53)
			(103) Bazyl Kowaleski	(74:48)
			(104) Chris Mortenson	(76:22)
			(105) Janet Overton	(78:16)
			(106) Claire R. Shucosky	(78:16)



Start of the Constellation Race.

Photo: Bill Dregel

Jan. 8, 1978 - 8-Mile Run Montebello Run
Excellent turnout in cold, rainy weather. The rain soaked the papers containing the names and placings so these results may be less than accurate.

- (1) Bill Caldwell (41:48)
- (2) Mark Johnson (43:30)
- (3) Bobby Dryden (44:25)
- (4) Matt Wilson (44:30)
- (5) Don Miller (45:55)
- (6) Earl Swartzendruber (46:12)

(Continued to Page 11)

RESULTS

(Continued from Page 10)

Jan. 23 Wiley Daniels 6-mile Memorial Run
Sponsored by Radio WEBB, The Afro-American, Channel 13, Freeman Deamons and BRR. Our first Druid Hill Park race.

(1) Scott Lutrey	32:13
(2) Mike Hill	33:24
(3) Delroy Matthews	33:34
(4) Steve Vaughan	33:42
(5) Gregory Henson	34:00
(6) Robert MacKenzie	34:36
(7) Lance Woodward	35:54
(8) Warren Haynie	36:09
(9) Darrell Russell	36:19
(10) Marilyn Bevans	36:23
(11) Gus Jacobs	36:50
(12) Tim Birney	37:34
(13) Roger Borrow	37:41
(14) Joe Schaefer	37:50
(15) John Poole	37:50
(16) Alex Medina	37:56
(17) Greg Cocco	37:59
(18) Herman Sykes Jr.	38:19
(19) Dave Pabst	38:36
(20) John E. Mildner Jr.	38:50
(21) Zion T. Bowser	38:52
(22) Les Kinion	38:55
(23) David Wolfe	39:05
(24) Loreinzo Plater	39:07
(25) Don Heimiller	39:16
(26) Steve Skeen	39:17
(27) James Skeen	39:17
(28) Clifton Gross	39:17
(29) Jimmy Jones	39:28
(30) James A. Mortenson	39:35
(31) Dwight Hood	39:38
(32) Steve O'Brien	39:40
(33) Mike Gladden	39:44
(34) Rickey Meekins	40:03
(35) Ken Muhvich	40:04
(36) Clarence Wilson	40:18
(37) Philip Ades	40:29
(38) Ken Hainmann	40:30
(30) John Barnes	40:51
(40) John Fidleman	40:54
(41) Sue Jacobs	41:01
(42) Keith Plater	41:18
(43) P.J. Scivkas	41:21
(44) Joe Holland	41:35
(45) Tom Carey	42:32
(46) Jerry Mikuski	43:02
(47) Gene Hoffman	43:05
(48) John Sherman	43:43
(49) Ernie Imhoff	44:16

(24) Shawn Boyle	30:36
(25) Tracy Davis (17)	31:12
(26) Gail Dewitt (23)	32:02
(27) Chris Mortenson (10)	33:27
(28) Cathy Gaddy (21)	33:36
(29) Ron LeClair (34)	34:21
(30) Gene Reabe (31)	34:21
(31)	34:26
(32) Janet Overton (27)	34:27
(33) Stan Wilkens (36)	35:27
(34)	35:29
(35)	35:47
(36) Art Cramer (52)	37:39
(37)	37:55

(38)	
(39)	
(40) Mike Wilkens (18)	
(41) Jennifer O'Hearn (30)	
(42) James Aumiller	
(43) Marlene Sololoski (25)	
8-Mile	
(1) Bob Dryden (20)	
(2) Steve Vaughan (23)	
(3) Mike Hill (27)	
(4) Carl Muller (22)	
(5) Stan Fletcher (24)	
(6) Scott Paris (17)	

39:26	(7) Dave Mahan	48:23
39:26	(8) Alex Medina (34)	48:25
40:00	(9) Marge Rosasco (29)	48:38
41:00	(10) Alan Silverberg (30)	49:00
41:39	(11) Clint Van Siclen (24)	49:02
45:34	(12) Chuck Brumley (38)	49:44
	(13) Lance Woodward (31)	50:30
	(14) Gerry Kramer (45)	50:51
	(15) Ken St. Ours (25)	50:58
	(16) Darrell Russell	51:29
	(17) Danny Boyle	51:40
	(18) Joe Adams	52:07

(Continued to Page 12)



THE GREAT

REISTERSTOWN PLAZA
ROGERS AVE.
COLDSRING LANE
MONDAWMIN
NORTH AVE.
LAURENS STREET BOLTON HILL
LEXINGTON MARKET CHARLES CENTER

SUBWAY RACE
BALTIMORE ROAD RUNNERS

1978

Sunday, September 24, 1978, 9:00 a.m.

(35) Ken Muhvich	40:04	40:18
(36) Clarence Wilson		40:29
(37) Philip Ades		40:30
(38) Ken Hainmann		40:51
(30) John Barnes		40:54
(40) John Fidleman		41:01
(41) Sue Jacobs		41:18
(42) Keith Plater		41:21
(43) P.J. Scivkas		41:35
(44) Joe Holland		42:32
(45) Tom Carey		43:02
(46) Jerry Mikuski		43:05
(47) Gene Hoffman		43:43
(48) John Sherman		44:16
(49) Ernie Imhoff		45:30
(50) Sean O'Brien		45:43
(51) Mike Plater Jr.		46:01
(52) Robert Greenwell		46:35
(53) Paul Wilken		47:52
(54) Jim Bourke		48:56
(55) Robert Lee-Wood		51:37
(56) Stan Wilkens		52:12
(57) Chris Mortenson		52:25
(58) Baryl Kowalenko		52:36
(59) Philip Laster		52:36
(60) Eric Schmale		53:30
(61) Janet Overton		55:01
(62) Barry Sachs		55:10
(63) Ralph Brown		

Jan. 29
4 and 8 milers, Loch Raven. Clear and Cold (25 degrees) with a slight headwin from the turn-around until the bridge.

4-Mile

(1) Bill Caldwell (22)	20:09
(2) Don Miller (22)	21:16
(3) Cliff Feldheim (20)	21:17
(4) Bryan Denson (20)	21:43
(5) Robert MacKenzie	22:18
(6) Gregory Henson (25)	22:28
(7) Phil Kirby (20)	23:57
(8) Don Fergione (26)	24:06
(9) Dave Fabst (25)	24:50
(10) John Foole (30)	25:06
(11) Jack Cieielski (23)	25:16
(12) Mark Meese (23)	25:36
(13) Brian Wickwire (23)	26:06
(14) Ed Clough (16)	26:36
(15) Walt Morawski (31)	27:02
(16) Steven Rothwell (24)	27:08
(17) Robin Stryker (23)	27:09
(18) Roy Rolig (24)	28:11
(19) John Servede (22)	28:16
(20) John Sheeman (29)	28:25
(21) Phil Easter (25)	29:00
(22) Nancy Wallace (13)	29:03
(23)	29:11



WAY
BALTIMORE ROAD RUNNERS
1978

Sunday, September 24, 1978 9:00 a.m.

Sponsored by the Baltimore Road Runners, Subway route merchants, and the Mass Transit Administration

Course:

An 8-mile race through the city along the route of Baltimore's \$721 million subway system, now under construction. Split times given at 1 and 5 miles. Water at 3 and 6 miles.

Start:

Race will begin in the Reisterstown Road Plaza and proceed southeast to the finish at Hopkins Plaza.

Directions:

Take beltway exit 20 south, approximately 2 1/4 miles. Reisterstown Plaza is just south of the city line.

Time:

Race-day late registration 7:30-8:30 a.m.
Race starts 9:00 a.m.
Refreshment and ceremony Finish
MTA buses will provide free transportation back to Reisterstown Road Plaza, if needed.

Entry:

\$1.00 individual fee must be postmarked by midnight, September 17. Fee includes refreshments. \$1.50 fee after the deadline. No team entry fees allowed; all team members must enter individually. (Tee-shirts to the first 400 finishers.)

NAME _____

Address _____

City _____

In consideration of the acceptance of this entry to the Great Subway Race I waive all claims for myself, my heirs, and assigns against the Great Subway Race 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.

Signature of Runner

Date

Signature of Parent (if under 18)

Date

Return to: G. Elmore Evans
MTA
109 E. Redwood Street
Baltimore, Md. 21202

For Official Use Only:
Race Number Assigned _____

RESULTS

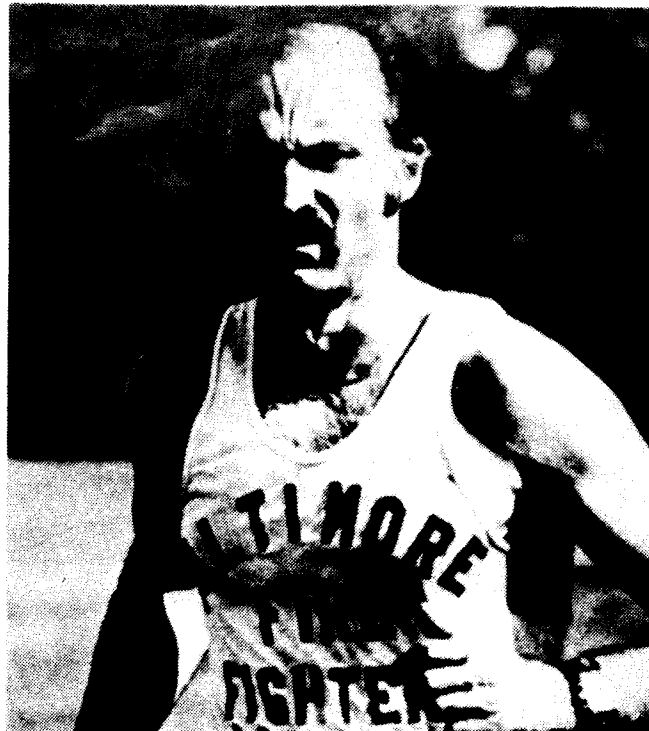
(Continued from Page 11)

(19) Steve Rosasco (45)	52:30	(32) Don Heimiller (46)	56:23	(47) Dwight Hood (28)	62:41	(1) Bill Caldwell	56:41
(20) Ted Chernak (44)	52:44	(33) Clarence Wilson (40)	56:30	(48) Jim Burke (24)	63:11	(2) David Starnes	57:47
(21) Steve Shimko (27)	52:52	(34) Jimmy Jones (23)	56:33	(49) Paul Wilkes (37)	63:32	(3) Mike Hill	57:54
(22) Eddy Rayford (35)	53:03	(35) Mike Canova (31)	56:38	(50) John Mancini (27)	70:12	(4) Steve Vaughan	58:50
(23) Tim Birney (28)	53:17	(36) Mike Gladden	56:59			(5) Pat Good	59:30
(24) Sean O'Brien (21)	53:33	(37) Joe Holland (56)	57:40			(6) Scott Paris	61:12
(25) Jim Adams (33)	53:49	(38) John Eidlema (33)	58:08			(7) Marty Nyman	61:41
(26) Herman Sykes (36)	54:73	(39) Ken Hammann (30)	58:44			(8) Gus Loukas	61:41
(27) John Mildner (21)	54:39	(40) Jerry Mikulski (26)	59:37			(9) Thomas Skillman	62:17
(28) Jerry Mion (43)	55:08	(41) John Roemer (39)	59:39			(10) Pete Cusumano	62:39
(29) Don Fischer (34)	55:16	(42) Gene Hoffman (26)	59:48			(11) Dick Nair	63:15
(30) Philip Ades (26)	55:29	(43) Les Kinion (41)	60:03			(12) Ron Harmon	63:31
(31) Joe Schaefer (27)	56:03	(44) Tom Carey (28)	60:20			(13) Brian Cronyn	64:26
		(45) Bob Annen (30)	62:07			(14) Ed Silversmith	64:30
		(46) Herman Blinichikoff (43)	62:38			(15) Dave Mahan	64:46
						(16) Danny Boyle	65:02
						(17) Jim Gordon	65:13
						(18) Dennis Suski	65:20
						(19) Don Wann	65:48
						(20) Gerry Kramer	65:56
						(21) Larry Blumenauer	66:11
						(22) Al Filar	66:12
						(23) Alex Medina	66:28
						(24) Brad Roberts	66:40
						(25) Don Fischer	67:01
						(26) Jerry Chandler	67:23
						(27) Jim Heffner	67:36
						(28) Greg Cocco	67:36
						(29) John Roemer	67:42
						(30) Jim Skeen	67:47
						(31) Tim Birney	68:17
						(32) Dwight Hood	68:28
						(33) Eddy Rayford	68:40
						(34) James Mortenson	69:01
						(35) Herman Sykes Jr.	69:15
						(36) Bill Jordan	69:30
						(37) Ted Chernak	69:50
						(38) Jack Ciesielski	69:58
						(39) Dave Pabst	70:06
						(40) Mike Pearlman	70:21
						(41) Lance Woodward	70:35
						(42) Walt Morawski	70:53
						(43) Sean O'Brien	71:13
						(44) Chuck Brumley	71:49
						(45) Phil Kirby	72:03
						(46) Michael Pierre	72:21
						(47) Al Probkowski	73:23
						(48) Don Heimiller	73:27
						(49) Brian Wickwire	73:42
						(50) Eddy Clough	74:11
						(51) Steve Pedersen	74:13
						(52) Charles Griffin	74:26
						(53) Joseph Fleischmann	74:42
						(54) Joe Holland	74:48
						(55) Mike Canova	74:49
						(56) Paul Mikulski	74:59
						(57) Bob Annen	75:09
						(58) Peter Sciukas	75:18

Feb. 5

Wendy's Hamburger 10 Miler, Satyr Hill/Loch Raven. Wendy's, which picked up sponsorship after Gino's backed out, awarded burger/coke/fries certificates to all 89 finishers. Clear, cold weather.

HESS SHOES
and
Les Kinion's
RUNNING FEAT
"THE STORE THAT
COMES TO YOU!"



Les Kinion's
RUNNING FEAT
"THE STORE THAT
COMES TO YOU!"



See Les at all the
Baltimore Road Runners Club Events
featuring all the top name shoes and running
accessories for men and women

THE ONLY STORES IN TOWN BUILT ON 25,000 TRAINING
MILES, 38 MARATHONS AND HUNDREDS OF OTHER RACES.

Shoes
ADIDAS
BROOKS
ETONIC
NEW BALANCE
NIKE
TIGER

free shoe goo with
each shoe purchase.

Accessories
RUNNERS WORLD
BOOKS & MAGAZINES
RUNNING TIMES
DOLFIN SPORTSWEAR
SPORTS INTERNAT'L
SUB-4 SHORTS
SHOE GOO
NIKE SPORTSWEAR

E.R.G.
JOG-A-LITE
RESOLEING SERVICE
B.R.R.C. JACKETS
RUNNING SOX
LARGE SELECTION OF
T-SHIRTS
and more.
CALL ME!

(40) Mike Pearlman	70:21
(41) Lance Woodward	70:35
(42) Walt Morawski	70:53
(43) Sean O'Brien	71:13
(44) Chuck Brumley	71:49
(45) Phil Kirby	72:03
(46) Michael Pierre	72:21
(47) Al Probkowski	73:23
(48) Don Heimiller	73:27
(49) Brian Wickwire	73:42
(50) Eddy Clough	74:11
(51) Steve Pedersen	74:13
(52) Charles Griffin	74:26
(53) Joseph Fleischmann	74:42
(54) Joe Holland	74:48
(55) Mike Canova	74:49
(56) Paul Mikulski	74:59
(57) Bob Annen	75:09
(58) Peter Sciuakas	75:18
(59) Ron Hammann	75:47
(60) Tom Carey	76:11
(61) Jerry Mikulski	76:44
(62) John Granzow	76:50
(63) Richard Brooks	77:05
(64) Gene Hoffman	77:07
(65) Roy Rolig	78:28
(66) Jerry Lynch	78:32
(67) Frank Salemi	78:49
(68) Sue Powell	79:03
(69) Steve Morrison	79:59
(70) Ron Wolak	82:21
(71) Gary Zimmerman	82:53
(72) Neil Dorsey	83:13
(73) Mark Drabkowski	83:15
(74) Al Scanlan	84:07
(75) Ron LeClair	84:11
(76) Herman Blinchikoff	85:41
(77) Mark Treanor	85:58
(78) John Henderson	88:20
(79) Janet Gregson	88:50
(80) Colleen Pierre	89:18
(81) Carol Lee Thompson	89:32
(82)	91:13
(83) Richie Nair	91:24
(84) Bob Moore	92:07
(85) Bruce Chapper	94:38
(86) Wm. Legat	95:28
(Corrected)	67:28)
(87) Jean Nair	95:56
(88) Stan Wilkens	98:42
(89) Rudolph Mannarino	99:40

Feb. 19
First 8. 1 Mile Hydes Road Run. Clear, very
cold.

1. Dave Anderson	45:02
2. Don Miller	45:22
3. Stan Fletcher	45:50
4. Mike Hill	46:01
5. Rob March	49:03
6. Tom Nowicki	49:33

(Continued to Page 13)

RUNNING FEAT
1363 Halstead Rd. - Baltimore, Maryland 21234 - 668-3766

RESULTS

(Continued from Page 12)

7. Conrad Smith	50:34
8. Charles Brumley	50:35
9. Harry Goodman	50:47
10. Greg Cocco	51:55
11. Gary Smith	52:03
12. Lance Woodward	52:33
13. Al Filar	53:05
14. Rich Patro	53:15
15. Dwight Hood	53:19
16. Charles Koester	53:34
17. Bruce Hoffman	54:35
18. Ken Hammann	56:22
19. Mike Fifer	57:03
20. Clarence Wilson	57:08
21. Jerry Lunch	57:44
22. Frank Salemi	57:50
23. Al Drabkowski	58:05
24. Tom Caarey	58:42
25. Jim McLaughlin	60:32
26. William Smulyan	60:35
27. Richard Brooks	60:35
28. Herman Sykes Jr.	60:35
29. Jim Bourke	63:48
30. Carroil Sudbrook	64:12
31. Cathy Kleeman (First Woman Finisher)	64:14
32. Cathy Gaddy	64:22
33. Jim Brooks	65:55
34. Judy Hasler	66:49
35. Ron LeClair	67:01
36. Gene Reable	67:46
37. John Hasler	68:00
38. Martin Marne	68:04
39. Jerry Groeninger	68:13
40. Janet Overton	68:45
41. Melissa Leidy	68:51
42. Bern Gugerty	69:02
43. Eddie Finazzo	72:03
44. Bobbie Brumley	72:11
45. Mike Gladden	74:47
46. Tony Shucosky	75:36
47. Mickey Borden	85:32
48. Ms. Hunter	85:32 Tie

52. Joe Holland	71:38
53. Sam Spicer	73:28
54. No name	73:41
55. Gene Reabe	74:43
56. Herb Magin	74:41
57. Carroll Sudbrook	75:51
58. Ernie Imhoff	77:37
59. Ron Byrd	78:33
60. Case Runolfson	78:47
61. Chris Nichols	78:48
62. Paul Wilkes	78:53
63. John Acton	81:53
64. Larry O'Neill	82:02
65. Cathy Gaddy	82:24
66. Michael Earp	83:06

67. Roberta Lilley	83:15
68. Nancy Breede	83:44
69. Gern Gugerty	86:32
70. Mary Fitz	88:33
71. No name	88:40
72. Alicia McMahon	94:45
73. Bob McMahon	94:45
74. Chris Mortenson	105:25

2. Jim Kennedy	70.46
3. Mike Hill	74.20
4. Earl Swartzendruber	74.25
5. Chuck Wright	76.45
6. Calvin Richardson	78.29
7. Dave Wilson	79.28
8. Scott Lutrey	79.43
9. Joe Adams	79.43
10. Jim Krause	79.58
11. Clint Vansiclem	80.56
12. Bob Barnes	80.56
13. Dave Mahan	82.43
14. Dennis Suski	82.43

LAYNE & COMPANY HALF-MARATHON
 March 5, 1978
 Lake Montebello

1. Charles Koester	70.43
--------------------	-------

(Continued to Page 14)



SPONSORED BY *



RUN WITH MARTY LIQUORI
 ACROSS THE
 SCENIC SEVERN RIVER,
 THROUGH THE
 UNITED STATES NAVAL
 ACADEMY TO THE
 HISTORIC
 ANNAPOLIS CITY DOCK



Feb. 26
 10-mile Patterson Park Race. Temperature
 in the low 40's and fairly windy. Cherry pies
 to top finishers.

1. Jim Kennedy	53:48
2. Charlie Koester	53:49
3. Tom Dudley	55:32

Feb. 26

10-mile Patterson Park Race. Temperature in the low 40's and fairly windy. Cherry pies to top finishers.

1. Jim Kennedy	53:48
2. Charlie Koester	53:49
3. Tom Dudley	55:03
4. John Woodside	55:12
5. Bobby Dryden	55:32
6. Joe McLaughlin	55:45
7. Matt Wilson	56:14
8. Chuck Wright	56:30
9. Stan Fletcher	56:36
10. John Hargreaves	56:42
11. John Elder	56:45
12. Scott Lutrey	58:09
13. Calvin Richardson	58:41
14. Tom Bolan	59:30
15. Dave Mahon	60:30
16. Ed Wilson	60:53
17. Chuck Fields	61:19
18. Sid Schneider	61:29
19. Dick Nair	62:07
20. John Cappis	62:22
21. Alex Medina	62:38
22. Ed Sharp	62:52
23. Jim Skeen	62:53
24. Jim Reilly	62:55
25. Taft Phoebus	62:23
26. David Callard	63:33
27. Chuck Griffin	63:36
28. Tim Birney	63:55
29. Bill Jordan	64:10
30. Darrell Russell	64:10
31. Greg Cocco	64:18
32. Steve Skeen	64:26
33. Don Fischer	64:45
34. Steve Rosasco	64:50
35. Marge Rosasco	65:42
36. Geoffrey Mason	66:10
37. Les Kinion	66:15
38. Ken Muhvich	66:18
39. Bob Leatherman	66:33
40. Dwight Hood	66:33
41. No name	66:50
42. Rich Patro	67:17
43. Mike Pearlman	67:29
44. Charles Zeiler	69:12
45. Jerry Lynch	69:22
46. James Mortenson	69:52
47. Mike Canova	70:11
48. Tom Carey	70:38
49. Walt Morawski	70:58
50. Don Heimiller	71:00
51. Will Schwarz	71:20



RACE DETAILS

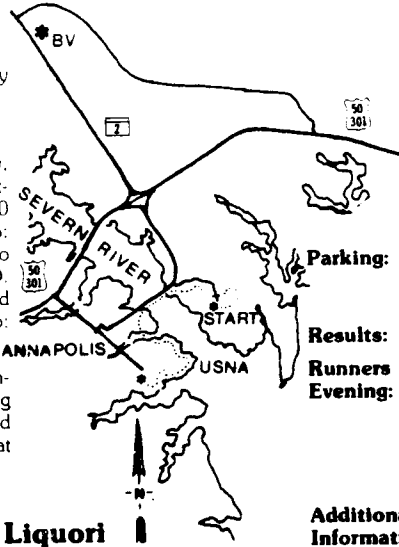
Directed by: Al Cantello. Navy cross country coach; John Jones, Assistant TO Baltimore cross country coach

Date: Sunday, September 17, 1978

Place: United States Naval Academy cross country course

Time: 9:00 a.m.

Entry Fee: \$4.00 if mailed before Monday, September 11, 1978 . . . post-entry fee day of race, before 8:30 a.m. . . . \$5.00. Send entry to: Al Cantello, Race Director, c/o Big Vanilla Racquet Club, P.O. Box 659, Severna Park, Maryland 21146. Make checks payable to: Severna River Run.



Registration: Pre-registrants may pick up runners packets on Saturday evening at the Big Vanilla Racquet Club and before 8:30 a.m. day of race at starting line.

- T-shirts to all participants
- Runners Evening with Marty Liquori
- Merchandise awarded to top fifteen male finishers and top ten female finishers

Course: Ten mile race starts at the United States Naval Academy cross country course (golf course). The first 4.5 miles are on hard surface dirt roads with a series of hills — the perimeter of the golf course. The remaining 5.5 miles are over the Old Severna River Bridge, through gate 8 of the Naval Academy and along the Severna River seawall. The finish will take place at the historic Annapolis City Dock where awards presentation will be held.

Parking: Convenient parking will be available at the starting line. Follow signs.

Results: Sent upon request.

Runners Evening: Meet Marty Liquori. Free Natural Light Beer. Held at Big Vanilla Racquet Club, Rt. 2 & College Parkway, Severna Park, Maryland. 7:00 p.m.

Additional Information: Call evenings: 263-5137 224-3057

Entry Form

Return entry form with remittance to: Al Cantello, Race Director

c/o Big Vanilla Racquet Club P.O. Box 659 Severna Park, Maryland 21146

In consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees, do hereby release and discharge the United States Naval Academy, the City of Annapolis, the Big Vanilla Racquet Club, Anheuser-Busch Natural Light, their employees and officials for all claims and damages, demands, actions whatsoever in any manner arising or growing out of my participating in said athletic event.

I attest and verify that, I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

Signature _____
 (Parent's signature required if under 18 years of age)

Please Print
 Name _____ Phone _____ Age _____ Sex _____
 Address _____ City _____ State _____ Zip _____
 Best ten mile time _____
 T-shirt size S - M L XL (circle one)

RESULTS

(Continued from Page 13)

15. Chuck Fields	82.52
16. Rea Heatherington	84.14
17. Ed Hewitt	84.22
18. Gus Jacobs	84.39
19. Greg Mislick	85.34
20. Ken St.Ours	85.59
21. Scott Paris	86.05
22. Fred Helms	86.26
23. Bob Leatherman	87.27
24. Lee Rinehart	88.10
25. Charlie Koester	88.48
26. William Schwartz	89.30
27. Joe Wagner	90.46
28. Don Fischer	94.49
29. Herman Sykes	91.03
30. Eddy Rayford	92.09
31. Martin Greenberger	92.10
32. Bernard Robin	95.23
33. Sue Jacobs	96.05
34. Jerry Lynch	96.59
35. Joe Holland	97.31
36. Al Scanlan	98.52
37. Dwight Hood	99.29
38. Mark Treanor	99.58
39. Steve Morrison	102.24
40. Carroll Sudbrook	102.56
41. Ron Wolak	103.36
42. Janet Greason	103.45
43. Frank Kaminski	106.00

5 Mile

1. John Elder	27:12
2. Taft Phoebus	28:13
3. Rob March	28:37
4. Marge Rosasco	28:40
5. Clint Van Siclen	28:41
6. Lance Woodward	29:27
7. Eddy Rayford	31:17
8. John Eidleman	32:32
9. Tom Hoffman	34:08
10. Robin Stryker	35:00
11. Jay Bright	35:00
12. Nancy Wallace	39:22
13. John Spicer	40:21
14. Tony Shucosky	41:01
15. Tom Ball	41:37
16. Mike Schnieder	41:48

24. Dave Jenkins	46:15
25. John Dieter	46:26
26. (no name)	46:37
27. Doug Sofer	48:14
28. Bill Sofer	48:17
29. Carol Wandres	50:52
30. Walter Dean	52:15

10 Mile

1. Jim Kennedy	52:10
2. Bill Caldwell	53:35
3. Matt Wilson	55:28
4. Steve Yeagle	56:04
5. Ed Wilson	59:45
6. Greg Bacinski	62:10
7. Joe Scheider	63:28
8. Scott Parris	63:31
9. Don Miller	63:34
10. (no name)	63:40
11. (no name)	63:42
12. Augie Plitt	64:04
13. Rich Patre	64:17
14. Charlie Koester	64:33
15. Herman Sykes	65:13
16. Bill Newlin	65:40
17. Kathy Smith	65:54
18. Walt Morawski	66:40
19. Martin Greenberger	68:04
20. Tom Carey	69:57
21. Bernard Robier	70:17
22. Mike Harre	70:50
23. Jim Skeen	70:57
24. Jerry Mion	71:03
25. Don Heimiller	71:18
26. Les Kinion	71:50
27. Jack Burdell	72:10
28. Pete Scuikas	72:14
29. Larry Drag	(no time)
30. (no name)	(no time)
31. Jerry Groeninger	(no time)
32. Ted Chernak	72:XX
33. Roy Rolig	73:14
34. Milton Taylor	73:18
35. Ron Roessler	73:22
36. Mike Gonnerman	74:20
37. Steve Morrison	74:31
38. Clarence Wilson	74:33
39. Ron Rich	74:36
40. Jim McLaughlin	74:38
41. Dwight Hood	75:16
42. Gene Reabe	75:42
43. Paul Mikulski	76:11
44. (no name)	
45. (no name)	
46. Jim Bourki	78:26
47. Chris Heimiller	78:31
48. Janet Gregson	78:31
49. Peggy Swain	78:48
50. Andrea Livingston	78:56

58. John Henderson	84:28
59. (no name)	
60. Lloyd Richardson	87:45
61. Mike Reedy	91:16
62. George Bowers	94:00
63. (no name)	94:45
64. Barry Sachs	1:43:05

20 Mile

1. Mark Johnson	2:01:28
2. Carl Muller	2:02:31
3. Dave Mahan	2:05:10
4. Frank Russo	2:07:35
5. Chuck Fields	2:08:50
6. Ed Hewitt	2:09:30
7. Mike Hill	2:09:30
8. Dennis Suski	10:31
9. Jim Gordon	2:11:50
10. Jim Heffner	2:14:47
11. Dave Pabst	2:18:45
12. Phil Kirby	2:22:53
13. Steve Rosasco	2:23:40
14. Don Fischer	2:24:22
15. Alex Medina	2:25:30
16. Robert MacKenzie	2:26:10
17. Mel Walton	2:31:55
18. Joe Holland	2:33:05
19. Jim Mortensen	2:36:06
20. Mark Treanor	2:47:08

Mar. 26

20-Mile Club Championship, Loch Raven.
Weather was miserable ... cold, rainy and windy.

1. Max White (27)	1:53:59
2. Steve Jones (30)	1:55:25
3. Mike Hill (27)	1:56:15
4. Scott Lutrey (24)	2:00:26
5. Oliver Marshall (28)	2:00:26
6. Chuck Johnson (40)	2:03:51
7. Joe Adams (40)	2:07:25
8. Alex Medina (35)	2:09:41
9. Dick Svehla (37)	2:10:28
10. Dan Tracey (30)	2:11:10
11. Jim Gordan (38)	2:11:14
12. Al Filar (47)	2:12:30
13. Gus Jacobs (41)	2:13:21
14. Scott Paris (17)	2:17:32
15. Steve Rosasco (45)	2:22:58
16. Phil Dantes (30)	2:24:05
17. Marge Rosasco (29)	2:25:17
18. Chuck Fields (33)	2:25:17
19. Frank Morgan (35)	2:26:42
20. Jim Mortenson (38)	2:31:17
21. Milton Taylor (45)	2:31:54
22. Darrell Russell (36)	2:32:18
23. John Beaman (39)	2:32:19

April 9

5, and 15-milers, Patapsco State Park.
Beautiful weather.

5 Mile

1. Tom Bolan	27:32
2. Dwight Hood	29:10
3. Lance Woodward	29:30
4. Gary Rehrens	30:41
5. Eddy Rayford	30:49
6. Dave White	33:22
7. Bill Duffy	33:30
8. Susan Rustad	33:50
9. Fred Koch	34:23
10. Mike Dugan	35:10
11. Jean-Claude Kiehl	35:49
12. Roy Rolig	35:50
13. Robert Frier	36:17
14. Ed Fuchs	36:24
15. Jeff Lewis	36:32
16. Jerry Kearns	37:17
17. Russ Garvey	37:28
18. John Mancini Jr.	37:28
19. Chris Mortenson	37:29
20. Roy LeClair	38:00
21. Don Clement	38:18
22. Tom Boll	38:18
23. J. Groeninger	38:30
24. No Name 25. Henry Evans	39:50
26. Barbara White	39:57
27. Barry Bowen	40:19
28. Mary Tyson	40:28
29. Sandy Cohen	40:30
30. Audrey Pendleton	41:59
31. Tracey Wheeler	42:08
32. Janet Overton	45:10
33. J. Rumiller	45:10
34. Terry Rice	46:35
35. Suzette Wandres	49:00
36. Carol Wandres	49:50
37. Nannette Blinchikoff	53:11

10 Mile

1. Jack Kavanagh	56:54
2. Dave Goucher	59:57
3. Dave Pabst	63:17
4. Martin 4. Martin Greenberger	65:54
5. Ken Muhvich	66:24
6. Roger Knight	68:17
7. Kathy Smith	68:25
8. Frank Morgan	68:26
9. Milton Taylor	69:37
10. Larry Dragon	69:49
11. Peter Scuikas	69:53
12. J. McLaughlin	70:34
13. Clarence Wilson	71:10
14. Tim Perry Jr.	71:15
15. Steven Morrison	72:12

3. Rob March	28:37
4. Marge Rosasco	28:40
5. Clint Van Siclen	28:41
6. Lance Woodward	29:27
7. Eddy Rayford	31:17
8. John Eidleman	32:32
9. Tom Hoffman	34:08
10. Robin Stryker	35:00
11. Jay Bright	35:00
12. Nancy Wallace	39:22
13. John Spicer	40:21
14. Tony Shucosky	41:01
15. Tom Ball	41:37
16. Mike Schnieder	41:48
17. Jeff Huesman	41:54
18. Claire Shucosky	42:00
19. Chris Mortensen	43:53
20. Jim Aumiller	44:30
21. Elaine Perreault	44:46
22. Cindy Perreault	44:46
23. Jay Dieter	45:35

37. Steve Morrison	74:31
38. Clarence Wilson	74:33
39. Ron Rich	74:36
40. Jim McLaughlin	74:38
41. Dwight Hood	75:16
42. Gene Reabe	75:42
43. Paul Mikulski	76:11
44. (no name)	
45. (no name)	
46. Jim Bourki	78:26
47. Chris Heimiller	78:31
48. Janet Gregson	78:31
49. Peggy Swain	78:48
50. Andrea Livingston	78:56
51. Gordon Livingston	78:57
52. (no name)	
53. Herman Blinchikoff	79:39
54. John Sherman	79:39
55. Mike Balden	79:39
56. (no name)	
57. Rich Bartel	83:45

10. Dave Tracey (30)	71:10
11. Jim Gordan (38)	71:14
12. Al Filar (47)	71:20
13. Gus Jacobs (41)	71:21
14. Scott Paris (17)	71:32
15. Steve Rosasco (45)	72:22
16. Phil Dantes (30)	72:24
17. Marge Rosasco (29)	72:25
18. Chuck Fields (33)	72:25
19. Frank Morgan (35)	72:26
20. Jim Mortenson (38)	72:31
21. Milton Taylor (45)	72:31
22. Darrell Russell (36)	72:32
23. John Roemer (39)	72:32
24. Hunt Richards (47)	72:40
25. Greg Boyd (16)	72:42
26. Antonio Olmedo (47)	73:02
27. Wayne Simpson (35)	73:20

2. Dave Goucher	59:57
3. Dave Pabst	63:17
4. Martin 4. Martin Greenberger	65:54
5. Ken Muhvich	66:24
6. Roger Knight	68:17
7. Kathy Smith	68:25
8. Frank Morgan	68:26
9. Milton Taylor	69:37
10. Larry Dragon	69:49
11. Peter Sciukas	69:53
12. J. McLaughlin	70:34
13. Clarence Wilson	71:10
14. Tim Perry Jr.	71:15
15. Steven Morrison	73:14
16. Jerry Lynch	75:08
17. Herman Blinchikoff	77:16
18. Dale Vogel	77:43
19. Fred Barron	77:50
20. John Sherman	77:55
21. Mike Gladden	77:55
22. Jim Brooks	78:53
23. Jim Bourke	79:24
24. Ron Ruessler	79:24
25. Ray Seifert	79:25
26. Bill Foley	79:25
27. Cathy Gaddy	80:35
28. No Name	81:30
29. Myron Wheeler	88:00

April 2

5.7 Mile in Curtis Bay.

1. Stan Fletcher	28:29
2. Earl Swartzendruber	30:03
3. Larry Blumenauer	30:21
4. Marty Nyman	31:30
5. Merle Hamrick	32:55
6. Brian Crony	33:11
7. Tim White	33:32
8. Adrian Shields	33:45
9. Jack Ciesielski	34:43
10. Bill Jordan	35:14
11. Charles Zeller	36:28
12. Les Kinion	37:24
13. Jim Miner	37:24
14. Gary Davis	37:34
15. Peter Sciukas	37:34
16. Ed Patey	37:38
17. Frank Salemi	38:01
18. Glenn Pendleton	38:12
19. Bernard Noeller	38:42
20. Don Wright	38:59
21. David White	39:05
22. Jean-Claude Kiehl	40:15
23. Paul Wilkes	41:00
24. Patrick Urban	41:04
25. Cathy Gaddy	42:30
26. Nancy Wallace	42:30
27. R. Henry	43:05
28. Frank Hendry	43:59
29. David Jenkins	44:05
30. Geroge Mefford	45:10
31. Glenn Smink	45:31
32. Marty Marne	45:56
33. Mel Ringel	46:45
34. Barbara White	46:47
35. Scott Huber	46:48
36. Martha Heyne	47:10
37. Eddie Finazzo	52:36
38. Ed Waldman	52:41

15 Miler

1. Stan Fletcher	84:42
2. No Name	87:59
3. Scott Lutrey	89:14
4. Jim Gordon	94:20
5. Charles Kibert	96:48
6. Mike Hill	96:59
7. Alex Medina	96:59
8. Bill Caldwell	97:00
9. Ralph Landry	98:20
10. Bill Jordan	98:48
11. Gerry Kramer	1:40:15
12. Walt Morawski	1:42:34
13. Tom Oglesby	1:44:11
14. Charles Zeiler	1:44:43
15. Will Swartz	1:44:56
16. Garland Green	1:45:26
17. Ed Sharp	1:45:50
18. Jim Mortenson	1:46:48
19. Glenn Pendleton	1:47:29
20. Bernard Robier	1:48:06
21. Bernard Webber	1:48:35
22. Dick Good	1:50:52
23. Ron Reich	1:55:05
24. Robert Glushakow	1:55:54
25. Gersh Bennett	1:55:54
26. Paul Mikulski	1:58:10
27. Ray McInerney	1:58:25
28. Dave Rice	2:02:01
29. Tom Malooly	2:00:31
30. Joe Cameron	2:16:58
31. Gilbert Amyot	2:20:02

(Continued to Page 15)



Photo: Roger Price

John Cornwell on his way to Victory at Big Bad Bruce run.

RESULTS

(Continued from Page 14)

April 16

6 and 12 Miles Hunt Valley/Western Run Road. Excellent weather two weeks in a row!

6-Mile

1. Tom Bolan	32:59
2. David Starnes	34:04
3. Don Miller	34:30
4. Steve Reid	34:44
5. Robert MacKenzie	34:49
6. Larry Blumenauer	34:53
7. Warren Haynie	35:00
8. Lance Woodward	36:09
9. Ed Silversmith	36:43
10. Eddy Rayford	38:16
11. Jack Ciesiaski	38:48
12. Gregory Geppi	39:32
13. Scott Paris	40:05
14. Roger Calvert	41:47
15. Victor Seested	42:19
16. Jean-Claude Kiehl	42:26
17. Mike Gladden	43:13
18. Janine Paavelli	43:29
19. John F. Sherman	43:33
20. R. Tegtmier	43:57
21. Gary Senula	44:33
22. Sam Spicer	44:43
23. Carl Party	45:29
24. Shaune Gardner	45:46
25. John Mancini Jr.	46:08
26. Cindy McManus	46:14
27. Hugh Curd	46:47
28. Tim Welsh	47:27
29. Cathy Gaddy	47:28
30. R. Henry	47:46
31. Bernie Dieter	48:03
32. Joe Roberts	48:31
33. Martin Marne	48:55
34. Sandy Rosner	51:50
35. Bob Ward	52:24
36. Chris Mortenson	53:12
37. Robert Groat	53:16
38. Janet Overton	54:18
39. Mary Azoy	55:56
40. H. Kensig	56:54
41. Kathy Kensig	56:54
42. Hal Cramer	57:09
43. Terry Rice	58:53

12 Mile

44. Walter Dean	59:33
45. Barbara L. Cook	59:43
46. Janet Bossey	64:24
47. Nanette Blinichikoff	64:24
1. Edward Pascoe	70:40
2. Don Forgionne	71:58
3. Frank Russo	73:05
4. Len Zazetski	76:22
5. G. Darrell Russell	78:21
6. Lee Rinehart	80:19
7. Bill Diegel	82:45
8. Tom Oglesby	83:04
9. Jim Mortenson	84:11
10. Bernard Robier	84:23
11. Mike Haire	85:54
12. Frank Salemi	87:09
13. Ron Reich	87:47
14. Jim McLaughlin	89:25
15. Bill Foley	89:31
16. Ed Patey	89:44
17. Steve Morrison	90:24
18. Mike Dugan	91:30
19. Harold Schafke	92:38
20. Ron Roessler	92:33
21. Walt McManus	93:04
22. Tom Milleson	93:17
23. W. Donald Jacobs	93:45
24. Ivan Dooley	93:57
25. Joe Tivvis	94:25
26. Joe New	95:31
27. Al Scanlan	96:01
28. Randy Brinton	96:17
29. Ruobert Glushako	96:55
30. John Henderson	97:09
31. Herman Blinichikoff	97:49
32. Jim Brook	98:10
33. Lloyd Richardson	98:13
34. Dave Rice	99:16
35. Jerry Kearns	99:23
36. Mike Reidy	0:20
37. Fred Willey	100:50
38. Judy Hasler	100:55
39. John Hasler	101:33
40. Mel Ringel	102:40
41. Mike Vann	103:26
42. Myron Kellner	104:46
43. Charles R. Clabaugh	107:59
44. Art Cramer	120:15
45. Art Beram	130:29

May 13, Annual Meet of Miles
This 1-Mile event was held at the

new track at Towson State University. Complete results were not obtained.

Boys (Under 11 yrs)

John Mortenson (6) 8:54.0

Boys (17-19 yrs)

John Vaughan (18) 4:49.0

Men (20-29 yrs)

1. Stan Fletcher (24) 4:31.0
2. Scott Lutrey (24) 4:31.5
3. Steve Vaughan 4:31.5
4. Gary Behrens 4:44.1
5. Brian Lee (22) 5:08.0
6. Dave Pabst (26) 5:16.1
7. Larry Dragon (28) 5:31.5
8. Roy Rolig (25) 5:44.0

Women

1. Marilyn Bevans (28) 5:31.5
2. Janet Overton (28) 6:37.2
3. Nancy Wallace (13) 6:45.1
4. Darlene Bethea (22) 7:34.0

Men (30-39 yrs)

1. Charles Koester (33) 4:32.7
2. Dennis Suski (32) 5:09.5
3. Chuck Fields (33) 5:13.0
4. Ed Geisendaffer (38) 5:16.1
5. Henry Freeman 5:17.9
6. John Roemer (39) 5:18.3
7. Delroy Matthews (35) 5:21.0
8. Eddy Rayford (36) 5:24.1
9. Ed Hewitt (34) 5:28.2
10. Tom Caskey (33) 5:35.7
11. Walt Morawski (31) 5:36.9
12. Jim Mortenson 5:38.1

Men (40-49 yrs)

1. Clarence Wilson (41) 5:41.6
2. Milton S. Taylor (45) 5:47.3
3. Vernon Davies (46) 6:41.0

May 21, 1978 - 2nd Annual
61.6 Mile Monumental Relay

(Baltimore Washington Monument to Boonsboro Washington Monument)

Weather: hot and windy; 6-person teams; everyone of the legs is preposterous on the rolling to mountainous course through a big city, suburbs, a large town, small villages, farms, forests, mountains and a state park. An event only for the tough and/or crazy. One runner - a club president who shall go unnamed - ran the last two legs in the mountains (approx. 19 miles; he may be visited in Spring Grove - as soon as he gets out of traction). Handsome t-shirts to all finishers; may become collectors' items.

**Baltimore
Olympic Club
-6:43.24**

Jimmy Lears
Bill Caldwell
Brian Harris
Scott Lutrey
Don Forgione
Stan Fletcher

**Baltimore Road
Runners Club
7:58.24**

Chuck Brumley
Henry Freeman
Richard Brooks
Scott Paris
John Roemer
Herb Magin

**Old and in the Way
-8:37.86**

John Eidleman
Frank Morgan

(Continued to Page 16)

30. R. Henry	47:46
31. Bernie Dieter	48:03
32. Joe Roberts	48:31
33. Martin Marne	48:55
34. Sandy Rosner	51:50
35. Bob Ward	52:24
36. Chris Mortenson	53:12
37. Robert Groat	53:16
38. Janet Overton	54:18
39. Mary Azoy	55:56
40. H. Kenoig	56:54
41. Kathy Kensky	56:54
42. Hal Cramer	57:09
43. Terry Rice	58:53

36. Mike Kelly	1:02:00
37. Fred Willey	1:02:35
38. Judy Hasler	1:01:33
39. John Hasler	1:02:40
40. Mel Ringel	1:03:28
41. Mike Vann	1:04:46
42. Myron Kellner	1:07:59
43. Charles R. Clabaugh	1:20:15
44. Art Cramer	1:20:29
45. Art Beram	

May 13, Annual Meet of Miles
This 1-Mile event was held at the

10. Tom Caskey (33)	5:35.7
11. Walt Morawski (31)	5:36.9
12. Jim Mortenson	5:38.1
Men (40-49 yrs)	
1. Clarence Wilson (41)	5:41.6
2. Milton S. Taylor (45)	5:47.3
3. Vernon Davies (46)	6:41.0

May 21, 1978 - 2nd Annual
61.6 Mile Monumental Relay

Chuck Brumley
Henry Freeman
Richard Brooks
Scott Paris
John Roemer
Herb Magin
Old and in the Way
-8:37.86

John Eidleman
Frank Morgan
(Continued to Page 16)

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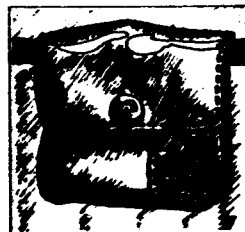
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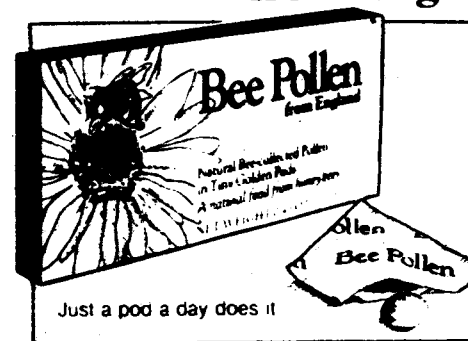
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BOTH MEMBERS OF THE BALTIMORE ROAD RUNNERS CLUB

RESULTS

(Continued from Page 15)

Joe Rohr
Jim Middleton
Eric Peltosalo
Bob Bushnell

Four Corners
-8:50.27

Eddie Rayford
Larry O'Neill
Charlie Zeminsky
Jim Bourke
Tom Boll
Jim Shank

June 4

5.3 mile crosscountry and 10 mile road races, at Ken and Pat Denson's Family Day, Turf Valley. Sponsored by Howard County Striders. Cool, beautiful day (a first for this event!), resulting in course records in both races and many personal bests for the courses. Race followed by the usual sumptuous Denson picnic.

May 28 6 mile Golf Course Run, Cockeysville — sponsored by Timonium Optimists. Over 200 starters. No results because there were no marshalls at key turns and everyone got lost. Some ran 7½ miles, some 9 and some 10 miles, and runners came to the finish line from every directions. Humorous 50 years later, perhaps, but not on race day, particularly for the many novices who were running their first race and for those competing seriously for the many prizes. Because of the foul-up only first place was awarded (to Jimmy Lears), and all other trophies are being held until next year. The golf course is a good spot for a race, and it ought to be tried again.

Sunday—June 11- Results of the BRRC 6th Annual Tetrathon. Over 50 runners competed in 11 heats to run the four events (440-880-mile 2 miles). Rick Gildard was this year's overall winner (placed 8th last year). If Stan Fletcher hadn't been practicing dunk shots we might have had a repeat from last year for 2nd, 3rd, and 4th place. With Stan missing Bill Miller ran second (as he did last year), and Scott Lutrey ran third (up from 4th last year). A vast improvement was noted in Taft Phoebus who finished this year in a tie for 11th after finishing 31st last year.

Name and age	Extra pts./event	440	880	1 Mile	2 Miles	Total Time	Total Points
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1, Dennis Hinkamp (29:04); 2, Dave Starnes (29:32); 3, Bryan Denson (30:03); 4, Scott Lutrey (30:41); 5, Bob MacKenzie (30:56); 6, Steve Vaughan (30:57); 7, Mike Bradley (31:38); 8, Nate Spencer (32:16); 9, Kerry Baruth (32:46); 10, Jeff Kehue (33:03); 11, Lance Woodward (33:07); 12, Bill Lowman (33:46); 13, Ed Wilson (33:49); 14, Paul Holden (34:03); 15, Al Yergey (34:13); 16, Layne Party (34:15); 17, John Martin (34:20); 18, Frank Schaeffer (34:39); 19, Frank Horstman (34:42); 20, Tom Rogers (34:42) (34:43).

Also 21, Jim Zucco (35:06); 22, Everett Rice (35:12); 23, Dave Keller (35:19); 24, Debbie Pavik (35:32); 25, Charles Griffin (35:32); 26, Glen Pendleton (36:02); 27, Chris Sherwin, (36:04); 28, Scott Davis (36:06); 29, Mark Mortegna (36:40); 30, Richard Schmidt (36:56); 31, Marty Bloom (37:11); 32, Greg Cocco (37:23); 33, Dave Delfavero (37:27); 34, Jim Wecker (37:28); 35, Jack Sheriff (37:30); 36, Steve Clark (37:37); 37, Jean-Claude Kiehl (38:28); 38, Jim Heckman (38:28); 39, Richard Necessa (38:28); 40, Fred Koch (38:42).

Additionally 41, Mike Gladden (39:01); 42, Cavan Derson (39:08); 43, Gale Clemson

(39:13); 44, Ron LeClair (39:24); 45, Bob Hotchkiss (39:36); 46, Janice Cormier (39:37); 47, James Gibson (39:53); 48, Victor McLaughlin (39:55); 49, John Sherman (39:59); 50, Robert Cormier (40:16); 51, Aaron Fuller (40:32); 52, Carl Party (40:35); 53, Reed Haynie (40:52); 54, Graham Whitted (41:11); 55, Ned Lipford (41:14); 56, Mike Nietzbowe (41:37); 57, Dawn Wright (41:46); 58, Bill Craig (42:09); 59, Sue Williams (42:23); 60, Barry O'Dell (42:40).

And 61, John Wousa (42:42); 62, Jim Boone (43:18); 63, Neil Marquardt (43:25); 64, Bruce Kehue (43:29); 65, Susan Buttner (43:41); 66, Doug Buttner (43:53); 67, Holly Buttner (43:53); 68, Jon Overton (44:15); 69, Steve Koren (44:43); 70, Frank Tighe (45:01); 71, Coleen Troy (45:10); 72, Mike Kaplan (46:29); 73, Shirley Mancini (46:34); 74, Larry O'Neill (46:56); 75, Kevin Marren (48:23); 76, Adrian Sheplavey (48:23); 77, James Rumiller (48:25); 78, Jean Nair (48:56); 79, Bohdan Sheplavey (48:34); 80, Rebecca Brotherton (48:34); 81, Bob Lehy (48:36); 82, Sharon Adams (50:37); 83, Steve Carnahan (50:41); 84, Elaine Woodward (50:50); 85, Gail Arnison (51:00); 86, Merrily O'Hara (51:39); 87, Norm Levine (52:33); 88, Hugh Ross (53:21); 89, Coleen Ward (60:13).

June 4
5.3 Mile Road Race - Denson

1, Mark Johnson (53:24); 2, Steve Yeagle (54:31); 3, Mike Sabino (54:40); 4, Steve Kelly (56:15); 5, Dave Goucher (56:28); 6, Dick Hipp (57:35); 7, Mike Ward (58:13); 8, Dick Nair (58:25); 9, Steve Jones (58:42); 10, Ron Harmon (59:51); 11, Scott Paris (60:01); 12, Frank Pflaging (60:29); 13, Carl Muller (61:03); 14, Joe Adams (61:19); 15, Bailey St. Ckair (61:37); 16, Mel Walton (62:04); 17, Jim Gordon (62:09); 18, Dennis Suski (62:21); 19, Dave Mahan (63:28); 20, Roger Burrow (63:36);

Also 21, Henry Freeman (64:17); 22, John Walker (64:19); 23, Bill Jordan (64:29); 24, Frank Fitzpatrick (65:39); 27, Jim Harrison (66:12); 28, Marge Rosasco (66:12); 29, Joe Dunn (67:14); 30, Art St. Martin (67:26); 31, Steve Rosasco (67:43); 32, Kathy Heckman (68:07); 33, Milton Taylor (68:38); 34, Luther Whiting (68:46); 35, Bill Diegel (68:51); 36, John O'Hara (69:07); 37, Tim Perry (69:17); 38, Bob Flanagan (69:43); 40, Jim Mortenson (70:36).

Additionally, 41, Gordon Livingston (70:39); 42 Harry Glass (70:46); 43, Ed Choy (70:52); 44, Joe New (71:20); 45, Gene Reabe (72:20); 46, Tim Booy (72:57); 49, Ed

27, Doug Lane (51:46); 28, Jim Zucco (51:46); 29, Kathy Heckman (52:02); 30, Jim Shank (52:19); 31, Dave Evans (52:23); 32, Layne Party (52:57); 33, Paul Travers (53:18); 34, Milt Taylor (53:35); 35, Frank Schaeffer (53:37); 36, Joy Wyder (53:49); 37, Richard Portes (54:52); 38, Tom Saylor (54:52); 39, Bill Day (54:59); 40, Sam Spicer (55:19).

Also 41, Bart Caple (55:33); 42, Phil Id-dings (55:40); 43, Chris Niebauer (55:47); 44, Jim Mortenson (55:48); 45, Ron Talbert (55:51); 46, Jack Shelton (55:58); 47, Mike Cladden (56:00); 48, Bernie Moeller (56:10); 49, Bob Holcombe (56:22); 50, Tom Zelron (56:28); 51, Bill Pridgein (56:29); 52, Bill McKenna (56:38); 53, Phil Jackman (56:45); 54, Jim Bourke (57:20); 55, (57:27); 56, David Herlocker (57:33); 57, Joe Holland (57:34); 58, R.S. Mahler (57:58); 59, Gale Clemson (57:58); 60, Rod Roberts (58:15).

Also 61, Jim Heckman (58:21); 62, Roy Rolig (58:22); 63, Robert Greenwell (58:27); 64, John Raymond (58:52); 65, George Stewart (58:56); 66, Mike Brotherton (60:04); 67, Sue Williams (60:31); 68, Steve Steele (60L42); 69, John Sherman (60:46); 70, Rich Alexander (61:15); 71, Sam Case (61:54); 72, Randy Howeller (62:30); 73, Smith Bruer (63:12); 74, Mark Arnold (63:50); 76, Carl Party (63:54); 77, Carroll Discus (65:00); 78, Keith Johnson (66:00); 79, Debbie Eckard (66:20); 80, Sue Stewart (66:25).

Also 81, Dave Jenkins (66:27); 82, Janet Overton (67:00); 83, Jim Hively (67:02); 84, Steve Domreau (67:03); 85, W. Cole; 86, Kent Skidmore, 87, Birna Ball; 88, Rebecca Brotherton; 89, Chris Mortenson; 90, Gordon Holder; 91, William Gale; 92, Don Elliott, 93, Frank Hartin (79:39); 95, Amy McKenna; 96, Elaine Woodward (76:11); 97, Aileen Moraro (76:12); 98, Carol Wandores; 99, Diane Boschert; 100, Richard Boschert; 101, C. Robinson (83:06); 102, Kitty Chandler (83:06); 103, Mike Billingham (86:56).

JUNE 25 - THIRD ANNUAL CONSTELLATION TO FT. McHENRY 10K Run - The largest race ever in Baltimore, except for the Maryland Marathon. 912 starters, 879 finishers. Beautiful day at the Inner Harbor. Next year automatic time/place recording equipment will be used at the finish, to handle the expected crowd. The times below, from 100 onward, may be off by up to 30 seconds because of numerous un-

held until next year. The golf course is a good spot for a race, and it ought to be tried again.

Sunday—June 11- Results of the BRRC 6th Annual Tetrathon. Over 50 runners competed in 11 heats to run the four events (440-880-mile 2 miles). Rick Gildard was this year's overall winner (placed 8th last year). If Stan Fletcher hadn't been practicing dunk shots we might have had a repeat from last year for 2nd, 3rd, and 4th place. With Stan missing Bill Miller ran second (as he did last year), and Scott Lutrey ran third (up from 4th last year). A vast improvement was noted in Taft Phoebus who finished this year in a tie for 11th after finishing 31st last year.

Name and age	Extra pts. per event	440	880	1 Mile	2 Miles	Total Time	Total Points
1. Rick Gildard (19)	0	54.6	2.05.4	4.37.8	9.45.5	17.23.3	2880
2. Bill Miller (28)	10	54.7	2.06.3	4.37.8	9.42.8	17.21.6	2870
3. Scott Lutrey (24)	20	58.6	2.09.6	4.40.4	10.16.11	18.03.27	2630
4. Steve Vaughn (23)	20	58.8	2.10.2	4.49.5	10.30.8	18.29.3	2560
5. Danny Boyle (15)	0	58.2	2.10.7	4.50.0	10.30.8	18.29.7	2530
6. Wayne Vaughn (32)	50	60.9	2.17.0	4.44.2	10.09.7	18.11.8	2520
7. Dan Maddin (17)	0	56.9	2.10.4	4.58.2	11.10.2	19.15.0	2460
8. Jeff Atkinson (19)	0	56.6	2.09.9	4.53.2	11.31.4	19.31.1	2450
9. Tom Nowicki (16)	0	59.4	2.10.6	4.48.1	11.05.5	19.03.6	2430
10. Layne Parry (18)	0	58.4	2.13.2	4.58.1	11.05.1	19.14.8	2390
11. Don Miller (23)	20	59.7	2.17.9	5.01.0	10.53.9	19.12.5	2330
12. Taft Phoebus (17)	0	60.9	2.17.2	4.59.5	35.4	18.53.0	2330
13. Ron Harmon (28)	30	60.7	2.16.2	5.04.0	11.02.0	19.22.9	2300
14. Gary Behrens (22)	10	58.4	2.17.0	5.05.2	11.22.8	19.44.2	2290
15. Eric Shuster (16)	0	60.6	2.17.2	5.06.0	10.53.3	19.17.1	2270
16. Steve Yeagle (30)	40	62.6	2.20.8	5.01.0	34.9	18.59.3	2260
17. Don Forgiome (27)	30	60.8	2.21.2	5.09.9	10.53.6	19.25.5	2250
18. Carl Muller (23)	20	59.3	2.20.3	5.19.0	11.12.2	19.50.8	220
19. Roger Foreman (34)	50	62.3	2.20.5	5.10.0	11.13.0	19.45.8	2190
20. Mike Actis (17)	0	58.0	2.14.5	5.10.3	11.53.5	20.25.1	2180
21. Dave Aldrich (23)	20	61.0	2.20.4	5.04.0	11.39.7	20.05.1	2160
22. Robert McCubbin (18)	0	60.6	2.24.5	5.12.0	11.12.8	19.49.9	2130
23. Mike Hill (27)	30	64.6	2.21.3	5.04.0	11.17.0	19.37.9	2120
24. Dave Keller (21)	10	58.0	2.25.9	5.15.4	11.51.4	20.30.7	2110
25. John Roemer (39)	00	64.3	2.25.9	5.22.8	11.25.1	20.18.1	2040
26. John Ring Rose (16)	0	58.1	2.18.7	5.09.0	12.17.0	20.42.8	2040
27. Chris Jeffrey (42)	0	61.7	2.22.0	5.30.6	12.03.0	21.05.3	2030
28. Brooke Walsh (16)	0	60.5	2.25.2	5.24.5	11.39.6	20.29.0	2020
29. Eddie Clough (17)	0	61.0	2.20.3	5.30.5	12.39.6	21.36.4	1920
30. Richard Porter (16)	0	64.7	2.25.9	5.31.0	12.06.0	21.08.4	1840
31. Mark Denise (16)	0	66.5	2.27.3	5.22.4	12.01.00	20.57.2	1830
32. Billy Day (17)	0	63.0	2.34.6	5.30.5	12.17.0	21.25.1	1790
33. Frank Altabelli (19)	0	67.0	2.31.1	5.30.0	12.15.0	21.23.9	1730
34. Jerry Lynch (34)	50	60.9	2.36.0	5.32.7	12.11.5	21.29.9	1690
35. Clarence Wilson (41)	90	62.0	2.36.0	5.53.0	13.36.0	23.07.0	1670
36. James Mortenson (38)	00	69.4	2.30.0	5.44.6	12.36.7	22.08.77	1630
37. Frank Salemi (31)	40	63.4	2.35.8	6.01.3	13.07.5	22.42.00	1610
38. Don Heinmiller (47)	120	69.9	2.39.3	5.52.2	12.49.1	22.30.5	1590
39. Ron LeClair (34)	50	65.5	2.43.9	5.54.5	12.56.0	22.39.9	1550
40. Adriene Hunt (17)	0	72.0	2.35.7	5.40.0	12.40.4	21.37.7	70
41. Jerry Kearns (44)	110	68.5	2.40.5	6.11.2	13.57.0	23.51.2	60
42. Gene Reabe (39)	00	72.4	2.51.0	6.07.2	12.09.5	22.20.1	1440
43. Jerry Groeninger (42)	100	69.5	2.40.8	6.03.3	113.24.5	23.26.1	20
44. Linda Hunt (16)	0	73.4	2.30.3	5.51.0	12.49.2	22.32.7	1410
45. Ron Talbert (16)	0	60.0	2.29.9	5.50.0	—	9.19.9	1370
46. Milton Taylor (45)	110	73.2	2.49.5	6.01.0	13.15.0	23.18.7	1370
47. Fred Willey (38)	00	68.4	2.45.7	6.21.0	13.46.0	24.01.9	1360
48. Tom Zibron (30)	40	71.8	2.41.6	6.20.0	13.12.5	24.05.9	1290
49. Paul Mikulski (31)	40	71.5	2.46.5	5.59.5	14.15.0	24.12.5	1280
50. Jim Patton (27)	50	70.4	2.44.5	6.19.0	29.2	24.43.9	1230
51. Kim King (17)	0	74.6	2.51.3	6.14.9	14.15.1	24.35.9	1120
52. Frank Hendry (42)	100	72.0	3.03.3	6.40.3	14.31.7	25.33.3	1000
53. Frank Kaminski (56)	200	77.4	3.03.4	6.57.6	15.06.1	26.24.5	1010
54. Michael Jeffrey (12)	0	76.1	2.34.4	6.32.6	14.45.8	25.20.9	900
55. Chris Mortenson (10)	0	70.4	3.01.7	6.35.7	14.50.4	25.46.2	800
56. Brad Foreman (11)	0	74.7	3.00.7	6.40.3	—	55.7	690
57. Joe Hendry (10)	0	88.3	3.19.2	6.50.8	—	11.37.2	470
58. John Mortenson (6)	0	111.0	4.40.2	10.10.7	—	16.41.9	0

Buirrow (63:36);

Also 21, Henry Freeman (64:17); 22, John Walker (64:19); 23, Bill Jordan (64:29); 24, Frank Fitzpatrick (65:39); 27, Jim Harrison (66:12); 28, Marge Rosasco (66:12); 29, Joe Dunn (67:14); 30, ART St. Martin (67:26); 31, Steve Rosasco (67:43); 32, Kathy Heckman (68:07); 33, Milton Taylor (68:38); 34, Luther Whiting (68:46); 35, Bill Diegel (68:51); 36, John O'Hara (69:07); 37, Tim Perry (69:17); 38, Bob Flanagan (69:43); 40, Jim Mortenson (70:36).

Additionally, 41, Gordon Livingston (70:39); 42 Harry Glass (70:46); 43, Ed Choy (70:52); 44, Joe New (71:20); 45, Gene Reabe (72:20); 46, Tim Beaty (72:57); 49, Ed Tortolani (73:14); 50, Phil Jackman (73:15); 51, Clarence Wilson (73:19); 52, Al Drabkowski (73:30); 53, John Roemer (73:34); 54, Joe Holland (73:46 (73:46)); 55, Gary Gafke (74:18); 56, Ron Roessler (74:38); 57, Bob Greenwell (75:30); 58, Jack Ward (75:44); 59, Tom Saylor (75:45); 60, Janet Gregson (76:24).

And 61, Gene Fremenis (77:00); 62, Bob Donaldson (77:00); 63, Jim Bourke (77:27); 64, Tom Boll (77:27); 65, Mike O'Shea (77:36); 66, Ken Wendell (77:42); 67, Richard Henry (77:57); 68, Frank Hendry (78-48); 71, Jim Ragers (79:50); 72, Nancy Wallace (79:58); 73, Richard Brody (81:58); 75, Chris Rynne (84:09); 76, BobLapato (85:51); 77, Penny Walkow (86:54); 78, David Boyd (89:42); 79, Chris Mortenson (92:12).

June 18

8 mile Carroll County Country Caper, sponsored by the Charles Carroll Recreation Center, Union Mills. Very humid weather. Ferocious hill at three miles; gradual downhill last four miles. Lots of prizes; very well-organized race.

1, Dennis Hinkamp (42:12.4); 2, Dave Starnes (43:06); 3, Tom Bolon (44:00); 4, Karsten Schultz (44:37); 5, Fred Marquardt (45:04); 6, Steve Vaughn (45:18); 7, Scott Lutrey (45:33); 8, Harry Pietrowski (45:55); 9, John Elder (45:57); 10, Chuck Pusateri (46:18); 11, Jim Eckhardt (46:25); 12, Doug Renner (46:29); 13, Frank Pflaging (46:54); 14, Scott Paris (47:05); 15, Eric Schuster (47:22); 16, Carl Muller (47:40); 17, Jim Hefner (47:58); 18, Lance Woodward (48:04); 19, Clint Van Siden (48:12); 20, Tom Nowicki (48:19).

Also 21, John Roemer (48:34); 22, Bailey St. Clair (48:49); 23, T.G. Pintor (49:14); 24, Robert McCubbin (49:38); 25, Walt Morowski (50:04); 26, Bill Mahon (50:40);

JUNE 25 - THIRD ANNUAL CONSTELLATION TO FT. McHENRY 10K Run - The largest race ever in Baltimore, except for the Maryland Marathon. 912 starters, 879 finishers. Beautiful day at the Inner Harbor. Next year automatic time/place recording equipment will be used at the finish, to handle the expected crowd. The times below, from 100 onward, may be off by up to 30 seconds because of numerous undeclared unofficial finishers.

Age Group Winners:
30-39 Jim Lears 31:21, Steve Yeagle 31:55, Wayne Vaughn 32:01.
40-49 Frank Pflaging 34:05, Gus Jacobs 37:50, Everett Rice 37:52.
50-over Harry Bratt 40:25.

Women Marge Rosasco 35:13, Marilyn Bevans 36:31, Debbie Pavik 37:44.

1. Jim Buell, 30:07; 2. Bill Blewett, 30:24; 3. Dave Shaffer, 30:53; 4. Brian Thomas, 30:57.

5. Rick Gildard, 31:01; 6. Jamie Gildard, 31:11; 7. Dennis Hinkamp, 31:14; 8. Jim Lears, 31:21; 9. Tom Stevens, 31:31; 10. Mark Johnson, 31:43; 11. Max White, 31:54; 12. Steve Yeagle, 31:55.

13. Wayne Vaughn, 32:01; 14. Dave Starnes, 32:13; 15. Steve Kelly, 32:17; 16. Bruce Richardson, 32:18; 17. Gus Loukas, 32:23; 18. Tom Skila, 32:26; 19. Jay Simonetta, 32:28; 20. Stan Fletcher, 32:36; 21. Dave Goucher, 32:44; 22. Jay Romasco, 32:45; 23. Jim Kennedy, 32:46; 24. Scott Lutrey, 32:49.

25. Nut Hall, 33:09; 26. Tom Washington, 33:15; 27. Earl Swartzendruber, 33:15; 28. Chris Winters, 33:33; 29. John Mullins, 33:41; 30. Nate Spencer, tr 33:48; 31. Marty Nyman, 33:59; 32. Tom Bolan, 33:59.

33. Frank Pflaging, 34:05; 34. Kenny Bassett, 34:07; 35. Scott Simonetta, 34:09; 36. Steve Vaughn, 34:13; 37. Steve Shaffer, 34:21; 38. Don Forgiome, 34:23; 39. Andy Passmore, 34:23; 40. John Elder, 34:23; 41. Bill Miller, 34:32; 42. Calvin Richardson, 34:34; 43. Anthony Pridgen, 34:35; 44. Richard Nair, 34:36; 45. Tom Loftus, 34:38; 46. Bruce Talawyma, 34:41; 47. Delroy Matthews, 34:42; 48. Harry Piotrowski, 34:45; 49. Don Miller, 34:50.

50. Ron Hanson, 35:02; 51. Phil Bogden, 35:02; 52. Dave Kline, 35:02; 53. Dick Svehla, 35:03; 54. William Koehler, 35:11; 55. Marge Rosasco, 35:13; 56. Ed Silver-smith, 35:31; 57. Roderick Roberts, 35:31; 58. Clint Van Siden, 35:33; 59. Mark

(Continued to Page 17)

RESULTS

(Continued from Page 16)

Hendrix, 35:36; 60. Scott Paris, 35:36; 61. Earl Palmer, 35:37; 62. Tom Nowicki, 35:37; 63. Jose Araiz, 35:38; 64. Warren Haynie, 35:41; 65. Roger Foreman, 35:41; 66. 35:41; 67. Glen Palesch, 35:45; 68. Jim McHenry, 35:50; 69. Bryan Denson, 35:51; 70. Jim Harrison, 35:53; 71. Taft Phoebus, 35:56; 72. Ed Geisendaffer, 35:57; 73. Mark Muller, 35:59; 74. Dennis Suski, 35:59; 75. Bailey St. Clair, 35:59.

76. Chuck Fields, 36:01; 77. Michael Brule, 36:04; 78. Bill Legat, 36:05; 79. Alex Medina, 36:21; 80. Bill Lowman, 36:22; 81. Larry Noll, 36:23; 82. Ed Hewitt, 36:26; 83. Marilyn Bevans, 36:31; 84. Carl Muller, 36:31; 85. Robert McCubbin, 36:31; 86. Layne Party, 36:41; 87. Jeff Kehne, 36:43; 88. Brian Harris, 36:45; 89. John Arias, 36:46; 90. Jeff Clark, 36:50; 91. Bob March, 36:56.

92. Elmer Diggs, 37:02; 93. Tom Birney, 37:02; 94. Bill Korrow, 37:04; 95. Steve Reid, 37:05; 96. Bill Mahane, 37:06; 97. John Barnes, 37:08; 98. Dave Mahan, 37:08; 99. Bill Fornoff, 37:08; 100. Larry Lepus, 37:11; 101. Chris Bogden, 37:13; 102. Jeff Atkinson, 37:15; 103. Danny Powell, 37:16; 104. Eric Peltosato, 37:16; 105. Jim Lyons, 37:19; 106. Keith Johnson, 37:21; 107. Tim Polsgai, 37:21; 108. Tom McDade, 37:23; 109. Tom Pollak, 37:25; 110. Aaron Whitcomb, 37:25; 111. Jim Zucco, 37:28; 112. Michael Kearney, 37:28; 113. Jim Adams, 37:28; 114. Dave Pabst, 37:29; 115. David Klingensmith, 37:29; 116. Alan Silverberg, 37:32; 117. Greg Bacinski, 37:32; 118. Randy Howell, 37:34; 119. Gary Behrens, 37:41; 120. Debbie Pavik, 37:44; 121. Don Wann, 37:44; 122. Jerry Dresner, 37:44; 123. Rick Anderson, 37:45; 124. Donn Lane, 37:47; 125. Bill Gay, 37:48; 126. Gus Jacobs, 37:50; 128. Everett Rice, 37:52; 129. Frank Nowosielski, 37:53; 130. Eddy Rayford, 37:57.

131. Peter Welles, 38:01; 132. Ed Wilson, 38:02; 133. Mike Sicher, 38:05; 134. Ted McIntyre, 38:10; 135. Dave Keller, 38:10; 136. Walt Morawski, 38:10; 137. Dave Aldrich, 38:11; 138. Carl Soderstrom, 38:11; 139. Tony Czepik, 38:11; 140. Tom Fox, 38:11; 141. Ed Purpora, 38:14; 142. Al Eiler, 38:15; 143. Bill Bowman, 38:16; 144. Rusty Reno, 38:17; 145. Gary Sykes, 38:17; 146. Mike Cady, 38:17; 147. Joe Herget, 38:17; 148. Scott Rosenzweig, 38:18; 149. Warren Pear, 38:24; 150. Mike Fleming, 38:24; 151. Richard Getrost, 38:27; 152. Murray Sarubin, 38:32; 153. Dan Pugh, 38:33; 154. Larry Dragon, 38:35; 155. Dave Theall, 38:38; 156. Franklin Horstman, 38:41; 157.

40:15; 233. Tyrone McCormick, 40:15; 234. Mark Dziwulski, 40:17; 235. Kenneth Williamson, 40:17; 236. Ken St. Ours, 40:18; 237. Bruce Rosenthal, 40:18; 238. Rogert Calvert, 40:19; 239. Mike Polsti, 40:22; 240. Hy Levasseau, 40:23; 241. Daniel Butz, 40:23; 242. Harry Bratt, 40:25; 243. Bill Baer, 40:26; 244. John Wills, 40:27; 245. Paul Buckley, 40:29; 246. Phil Iddings, 40:31; 40:33; 247. Zion Bowser, 40:34; 248. Nick Delambo, 40:34; 249. John Bashaar, 40:34; 250. Coby Scherr, 40:35; 251. Mike Canona, 40:35; 252. Don Wright, 40:36; 253. John Cochran, 40:37; 254. Jerry Mion, 40:38; 255. Charles Griffin, 40:41; 256. Roger Gridl, 40:45; 257. Jim Bourke, 40:45; 258. Gordon

Livingston, 40:46; 259. Michael Sellman, 40:47; 260. Chris Neibauer, 40:47; 261. Tim Perry, 40:48; 262. Andrew Allen, 40:49; 263. Damon Williams, 40:49; 264. Rick Burke, 40:50; 265. Randy Fox, 40:51; 266. John Idleman, 40:52; 267. Dan Gardner, 40:55; 268. Jerry Ayers, 40:57.

269. Jerry Groeninger, 41:02; 270. Gene Reabe, 41:06; 271. Doug Smith, 41:06; 272. Brian Rowland, 41:07; 273. Daniel Fleisher, 41:09; 274. Tom Zeller, 41:09; 275. Clarence Wilson, 41:10; 276. Hubert Kalmer, 41:13; 277. Steve Rosasco, 41:33; 278. Bobby Fischer, 41:33; 279. Sandy Sprinkle, 41:35; 280. Milton Taylor, 41:37; 281. John Waterman, 41:37; 282. Craig Hawkins,

41:38; 283. Frank Morgan, 41:38; 284. Sam Spicer, 41:38; 285. Charles Barber, 41:39; 286. Dean Lusby, 41:40; 287. Ron Howard, 41:40; 288. Jim McLaughlin, 41:41; 289. Johnny Foster, 41:44; 290. Colin Murray, 41:45; 291. Jeff Lauren, 41:46; 292. Bill Reeder, 41:46; 293. Ed Dwyer, 41:47; 294. F. Fitz, 41:47; 295. Ed Patey, 41:47; 296. Herb Martin, 41:48; 297. Tom Zibron, 41:52; 298. Russ Tyldesley, 41:52; 299. Lorenzo Platu, 41:54; 300. Jim Vadas, 41:54; 301. Bill Duffy, 41:55; 302. Pete McDowell, 41:55; 303. Ron Wolak, 41:56; 304. Paul Clothier, 41:56.

305. Al Scanlan, 42:00; 306. Art Webster,

(Continued to Page 18)



THE TIMES METRIC MARATHON

THE PERFECT PREP FOR MARYLAND

Last year 170 runners tested a new 26 kilometer course connecting the modern city of Columbia with historic, quaint Ellicott City.

THE TIMES METRIC MARATHON STARTS AT 1:00 PM ON NOV. 5th AND I'LL BE THERE

Please print.

131. Peter Walker, 38:01; 132. Ed Wilson, 38:02; 133. Mike Sicher, 38:05; 134. Ted McIntyre, 38:10; 135. Dave Keller, 38:10; 136. Walt Morawski, 38:10; 137. Dave Aldrich, 38:11; 138. Carl Soderstrom, 38:11; 139. Tony Czepik, 38:11; 140. Tom Fox, 38:11; 141. Ed Purpura, 38:14; 142. Al Filar, 38:15; 143. Bill Bowman, 38:16; 144. Rusty Reno, 38:17; 145. Gary Sykes, 38:17; 146. Mike Cady, 38:17; 147. Joe Herget, 38:17; 148. Scott Rosenzweig, 38:18; 149. Warren Pear, 38:24; 150. Mike Fleming, 38:24; 151. Richard Getrost, 38:27; 152. Murray Sarubin, 38:32; 153. Dan Pugh, 38:33; 154. Larry Dragon, 38:35; 155. Dave Theall, 38:36; 156. Franklin Horstman, 38:41; 157. Tom Oglesby, 38:43; 158. Steve Shimko, 38:43; 159. Torin Thurston, 38:45; 160. Carroll Forrester, 38:46; 161. Dwight Hood, 38:47; 162. Steve Smith, 38:47; 163. Mike Player, 38:53; 164. James Werking, 38:53; 165. Katherine Heckman, 38:56.

166. John Walker, 39:01; 167. Coleen Eccles, 39:01; 168. David Evans, 39:02; 169. Kevin Winn, 39:03; 170. Jack Amass, 39:05; 171. Herman Sykes, 39:08; 172. Alan Rodgers, 39:08; 173. Michael Siegel, 39:09; 174. Blake Gardner, 39:09; 175. Jerry Lynch, 39:11; 176. Marty Flynn, 39:12; 177. Ward Coe, 39:13; 178. Raymond Beuhler, 39:14; 179. Maryl Denice, 39:15; 180. Charles Zeiler, 39:15; 181. Jim Muth, 39:17; 182. Bob Bowman, 39:17; 183. Don Boyer, 39:18; 184. Pat Murphy, 39:18; 185. Jack Burdell, 39:19; 184. Mike Hoffberger, 39:22; 187. Richard Sigai, 39:23; 188. Marvin Coleman, 39:23; 189. George Nash, 39:25; 190. Paco Velu, 39:26; 191. Dr. Gary Johnson, 39:27; 192. Jim Meaney, 39:29; 193. Bill DiPaula, 39:31; 194. Ed Barnhouser, 39:33; 195. Julio Perez, 39:34; 196. Francis Hammel, 39:34; 197. John Massar, 39:34; 198. Ken Muhvich, 39:35; 199. Wendy Galfand, 39:35; 200. Jim Schaefer, 39:36; 201. Jeff Weil, 39:37; 202. Don Fischer, 39:38; 203. Robert Frier, 39:41; 204. Kevin Herbert, 39:45; 205. Donald Hood, 39:45; 206. Cedric Jones, 39:46; 207. David Slater, 39:47; 208. Frank Altobelli, 39:47; 209. Greg Boyd, 39:48; 210. Mike Acks, 39:49; 211. Paul Travers, 39:49; 212. John Ringrose, 39:50; 213. Bill Lareau, 39:51; 214. Gavin Yinggulst, 39:52; 215. Rich Schmidt, 39:55; 216. Greg Geppi, 39:57; 217. Glenn Pendleton, 39:57; 218. Scott Toth, 39:59.

219. Howard Dreizen, 40:00; 220. M. Pearlmoth, 40:00; 221. Walter Faucette, 40:02; 222. Terry Woodley, 40:03; 223. Mark Altobelli, 40:05; 224. Joseph Hall, 40:08; 225. Walt Sherwiff, 40:08; 226. Joe Wyda, 40:09; 227. Richard Porter, 40:09; 228. Corklin Steinhart, 40:11; 229. Allen Krum, 40:12; 230. Hans Philippen, 40:13; 231. Stephen Rothwell, 40:14; 232. Peter Gray,

THE TIMES METRIC MARATHON

THE PERFECT PREP FOR MARYLAND

Last year 170 runners tested a new 26 kilometer course connecting the modern city of Columbia with historic, quaint Ellicott City.

The race was run in hot humid weather, included a tough hill but everyone survived and was pleased with the way the race was run. They were also pleased with the tremendous newspaper coverage which the race received.

Phil Stewart of Washington D.C. won the men's open category in 1:28.37 and he wound up dunking himself in the fountain at Lake Kitimakundi to cool off.

Marge Rosasco won the women's open in 1:55.05.

This year we have changed the date, significantly upped our prize money (well over \$1,000) and we are hoping to attract more runners from the Baltimore area.

We feel this race (16.3) miles would be a perfect prep race for the Maryland Marathon in December.

The first 500 entrants will receive a commemorative T-shirt and the winner will receive a framed oil portrait from Marino Galleries and Art Shop in Ellicott City.

Fill out the entry form now and guarantee yourself a T-shirt. We think you'll like this year's race.

THE TIMES METRIC MARATHON STARTS AT 1:00 PM ON NOV. 5th AND I'LL BE THERE

Please print,

Last name _____ Initial _____

Address _____

City _____ State _____ Zip _____

Phone _____ Date of Birth _____ Sex _____

Club/Team _____

T - Shirt Size S M L XL

\$3.50 Entry Fee Enclosed (payment must accompany entry form)

RELEASE In consideration of the acceptance of my entry, I, for myself, my heirs, executors, administrators and assigns, waive, release and discharge any and all rights and claims for damages against the Times Metric Marathon and any and all participating sponsors and supporters and the directors, officer, employees, and agents of such parties, for all claims of damages, demands, actions whatsoever in any manner arising or resulting from my participation in said race. I attest and verify that I have full knowledge of the risks involved in this race, that I assume those risks, that I will assume and pay my own medical and emergency expenses in the event of accident, illness or other incapacity, regardless of whether I have authorized such expenses, and that I am physically fit and sufficiently trained to participate in this race.

Signature _____ Date _____

Signature of Parent or Guardian if Participant is under 18 _____

Mail Application with entry fee to

RICK BELZ
 9114 Lambskin Lane
 Columbia, Md.
 21045

RESULTS

(Continued from Page 17)

42:00; 307. Sue Powell, 42:04; 308. Dave Novak, 42:06; 309. David Lamoreaux, 42:08; 310. John Critikos, 42:10; 311. Walt Washburn, 42:12; 312. Thomas Lang, 42:14; 313. Paul Bierman, 42:14; 314. Tom Dannals, 42:15; 315. Bernie Noeller, 42:17; 316. Brian Russo, 42:19; 317. Terry Burk, 42:20; 318. Frank Russo, 42:23; 319. Keith Plater, 42:25; 320. Ron Reich, 42:25; 321. James Heckman, 42:26; 322. Gene Hoffman, 42:27; 323. Albert Winklein, 42:28; 324. Robert Cook, 42:28; 325. Doug Robinson, 42:29; 326. Charles Kline, 42:29; 327. John McKinn, 42:30; 328. Tom Vaughan, 42:31; 329. Ted Zaleski, 42:33; 330. Rick Trosch, 42:33; 331. Rob Dushel, 42:34; 332. Chuck Chesnave, 42:36; 333. Henry Janowitz, 42:38; 334. James Thomas, 42:39; 335. Tim Welsh, 42:40; 336. Walter Cole, 42:41; 337. Chris Sherwin, 42:41; 338. Ronald LeClair, 42:42; 339. Jim Forgione, 42:42; 340. Roy Rellig, 42:43; 341. John Logis, 42:43; 342. Ron Dorn, 42:44; 343. Billy Day, 42:50; 344. Allen Gentle, 42:50; 345. Cathy Kleeman, 42:50; 346. Rev. Bart Karwacki, 42:51; 347. Mike Awlhouser, 42:52; 348. John Sloan, 42:52; 349. Frank Salemi, 42:52; 350. Karin Wagner, 42:53; 351. Robert Greenwell, 42:54; 352. Tom Buckmeier, 42:54; 353. Paul Mikulski, 42:55; 354. Joe Holland, 42:58; 355. Zachary Fallin, 42:59.

356. Gene Besel, 43:02; 357. Richard Shanteau, 43:03; 358. Jamey Hruska, 43:04; 359. Thomas Hane, 43:05; 360. Chick Owens, 43:06; 361. Ivan Dooley, 43:06; 362. Bill Foley, 43:08; 363. Tom Cherigo, 43:11; 364. Gene Baldwin, 43:11; 365. Mike Grodsky, 43:11; 366. David Herlocker, 43:13; 367. Erika Wierman, 43:17; 368. Sue Jacobs, 43:18; 369. James Schmith, 43:20; 370. Adam Goodman, 43:23; 371. Larry Fask, 43:28; 372. Jan Hollack, 43:29; 373. Roger Thompson, 43:33; 374. Ron Roessler, 43:33; 375. Mike O'Shea, 43:33; 376. Tom Bateman, 43:34; 377. Mathin Epstein, 43:37; 378. Steve Morrison, 43:42; 379. John Mildner, 43:42; 380. Chris Wood, 43:43; 381. George Stewart, 43:45; 382. Glenn Marschke, 43:46; 383. John Sutherland, 43:46; 384. Gary Respers, 43:47; 385. Janine Cormier, 43:48; 386. Rolf Johnson, 43:51; 387. Dave Peters, 43:52; 388. Gary Ventry, 43:53; 389. George Smith, 43:55; 390. Henry Blum, 43:55; 391. Carroll Sudbrook, 43:56; 392. Russ Garvey, 43:58; 393. John Mancini, 43:58.

394. Arthur Delano, 44:01; 395. 44:03;

469. Susan Vaughan, 45:35; 470. Steve Colhouer, 45:36; 471. Paul Wilkes, 45:36; 472. John Stires, 45:37; 473. Rob McGowan, 45:39; 474. Bevern Matthews, 45:39; 475. Jeanne Peltz, 45:40; 476. Bob Bungdorf, 45:42; 477. Mary-Claire Helldorfer, 45:42; 478. Marcella Wiemann, 45:45; 479. Russ Korrow, 45:45; 480. J.D. Hills, 45:47; 481. Joe Tivvis, 45:47; 482. Bob Tickner, 45:48; 483. Henry Goodwin, 45:49; 484. Arnold Solomon, 45:52; 485. Reed Pueritz, 45:52; 486. Antonio Olmedo, 45:53; 487. Jerry Greene, 45:53; 488. Vernon Davies, 45:55; 489. Richie Nair, 45:55; 490. 45:55; 491. Allen Smith, 45:57.

492. Pete Terry, 46:00; 493. N. Yann, 46:00; 494. Cartis Massing, 46:00; 495. Lloyd Richardson, 46:00; 496. Martin O'Neill, 46:00; 497. Michael Mildenberger, 46:00; 498. Richard Duncan, 46:03; 499. Pat Sokoiski, 46:07; 500. Ken Abraham, 46:09. 501. Bobby Johnson, 46:13; 502. William Bolling, 46:14; 503. Fred Willey, 46:15; 504. Ken Walton, 46:18; 505. Jim Vitale, 46:19; 506. Peggy Swain, 46:19; 507. Dale Vogel, 46:22; 508. Ed Moore, 46:22; 509. Mike Sprague, 46:22; 510. Eddie Jacobson, 46:25. 511. No Name, 46:27; 512. Lottmann,

558. Henry Linck, 48:04; 559. John Henderson, 48:06.

560. John Pironis, 48:08; 561. Jon Patton, 48:12; 562. David Martin, 48:13; 563. Al Thaler, 48:14; 564. Peter Scherr, 48:14; 565. Pedro Garcia, 48:16; 565. E. L. Nagel, 48:17; 567. Frank Kaminski, 48:18; 568. Mary Tysor, 48:19; 569. Marv Fuchs, 48:22.

570. Cheryl Spain, 48:22; 571. Robert Turner, 48:23; 572. Sharon Rowland, 48:25; 573. No Name, 48:29; 574. Jerry Kearns, 48:32; 575. Edward Slunt, 48:32; 576. Derek Joost, 48:34; 577. Eddie Jacobs, Jr., 48:35; 578. Donna Reid, 48:36; 579. Kenneth Lucks, 48:40.

580. Lester Cohen, 48:43; 581. No Name, 48:44; 582. Joe Heldman, 48:45; 583. Rick Kidwell, 48:47; 584. No Name, 48:48; 585. T.M. Bradley, 48:49; 586. Ed Moss, 48:55; 587. Rex Smith, 48:57; 588. Glen Copeland, 48:58; 589. Dudley O'Donnell, 49:00.

590. Linda Coons, 49:01; 591. Wayne Richardson, 49:01; 592. Sharon Biederman, 49:02; 593. Joseph Bierman, 49:03; 594. Sol Goldstein, 49:04; 595. David Costello, 49:05; 596. Bernard Dieter, 49:06; 597. Bob Davis, 49:09; 598. Ronald Garricks, 49:10; 599. Glen Stuchert, 49:11.

Woodruff, 51:06; 652. Steven Pittler, 51:08; 653. Martin Fecheley, Jr., 51:12; 654. Michael Crosby, 51:17; 655. William Mal-lonee, 51:18; 656. Richard Troyer, 51:20; 657. Charles Clabaugh, 51:22; 658. William David, 51:23; 659. Miriam Pratt, 51:23.

660. Thomas Sturm, 51:24; 661. Carol Politi, 51:25; 662. Walter Mayfield, 51:25; 663. Lesley VanEngel, 51:28; 664. Andrew Shank, 51:32; 665. Carol Bittle, 51:33; 666. Rebecca Brotherton, 51:36; 667. Jon Thaler, 51:32; 668. Rich Oksas, 51:33; 669. Chris Mortenson, 51:33.

670. Trudy Sykes, 51:36; 671. No Names, 51:36; 672. Philip Rogers, 51:37; 673. Craig Sherman, 51:41; 674. Richard Moure, 51:41; 675. Mary Harrington, 51:42; 676. Charles Stanley, 51:42; 677. Ron Mayer, 51:44; 678. Donovan, 51:47; 697. Florry Goldberg, 51:50.

680. Martin Godberg, 51:51; 681. Phil Starch, 51:53; 682. Susan Kolker, 51:54; 683. Bob Earle, 51:55; 684. Sue Gahs, 51:55; 685. Carol Lee Thompson, 52:04; 686. Phillip Goldstein, 52:06; 687. Scott Bortz, 52:08; 688. Trish Tivvis, 52:08; 689. John Basmajian, 51:13.

690. Genevieve Broyles, 52:15; 691. Leslie Phipps, 52:16; 692. Douglas Davies, 52:20; 693. Frank Hendry, 52:26; 694. Margaret Cochran, 52:32; 695. Jane Tompson, 52:44; 696. Robert Martin, 52:47; 697. Tim Brennan, 52:48; 698. Helen Gutierrez, 52:50; 699. David Hohl, 52:50.

700. Nancy Greinke, 52:54; 701. Bruce Springer, 52:55; 702. J. Chittenden, 52:56; 703. Carole Beck, 52:57; 704. Rick Hansen, 52:59; 705. Andy Rosner, 53:00; 706. Steve Berenson, 53:01; 707. Cindy Barnhouser, 53:02; 708. Anton Keating, 53:05; 709. Joe Roberts, 53:08.

710. Dennis Dusing, 53:09; 711. Phillip Moss, 53:10; 712. William Jones, 53:11; 713. No Name, 53:11; 714. C.E. Shores, 53:12; 715. Debbie Passmore, 53:13; 716. Larry Ambush, 53:18; 717. Joshua Ambush, 53:23; 718. Kathy Gibbons, 53:23; 719. Ralph Weber, 53:27.

720. Walter Dean, 53:29; 721. Patrick Norris, 53:30; 722. Cindy Perreault, 53:31; 723. Elaine Perreault, 53:32; 724. Joyce Levy, 53:38; 725. Ken Birley, 53:39; 726. Allan Field, 53:43; 727. David Cooley, 53:45; 728. Shirley Mancini, 53:46; 729. Gerard Busnuk, 53:47.

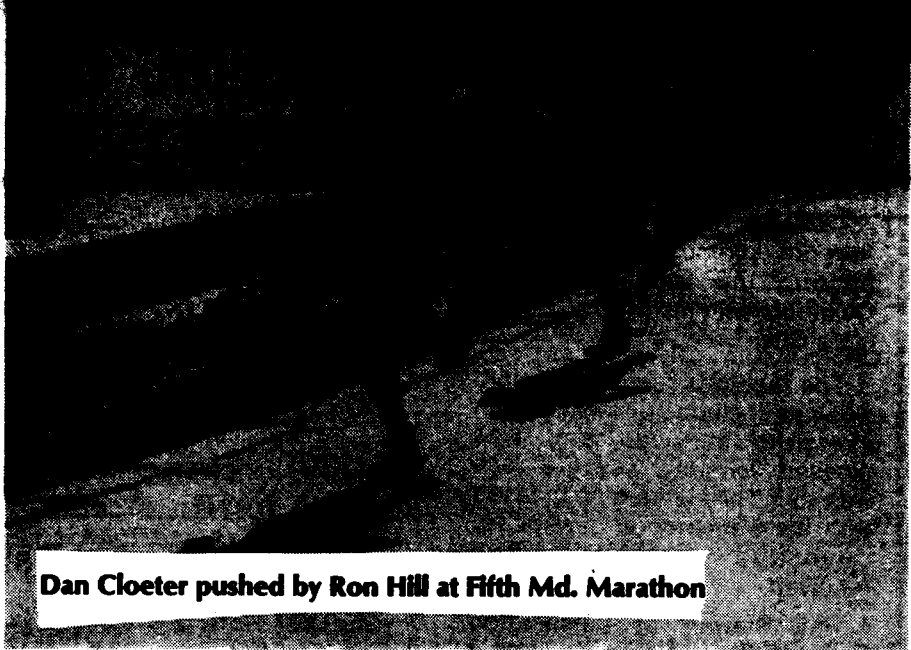
730. Eileen Goldgerk, 53:49; 731. Karen McMath, 53:49; 732. Carole Andrews, 53:51; 733. Herbert Hane, 53:52; 734. Jay Lawrence, 53:53; 735. Phyllis Orrick, 53:53;



372. Jan Hollock, 43:29; 373. Roger Thompson, 43:33; 374. Ron Roessler, 43:33; 375. Mike O'Shea, 43:33; 376. Tom Bateman, 43:34; 377. Mathin Epstein, 43:37; 378. Steve Morrison, 43:42; 379. John Mildner, 43:42; 380. Chris Wood, 43:43; 381. George Stewart, 43:45; 382. Glenn Marschka, 43:46; 383. John Sutherland, 43:46; 384. Gary Respers, 43:47; 385. Janine Cormier, 43:48; 386. Rolf Johnson, 43:51; 387. Dave Peters, 43:52; 388. Gary Ventry, 43:53; 389. George Smith, 43:55; 390. Henry Blum, 43:55; 391. Carroll Sudbrook, 43:56; 392. Russ Garvey, 43:58; 393. John Mancini, 43:58.

394. Arthur Delano, 44:01; 395. 44:03; 396. Ken Hammann, 44:03; 397. Hank McGraw, 44:04; 398. Myron Campbell, 44:06; 399. Stanley Klein, 44:08; 400. Jim Patton, 44:08; 401. Charles Carnoggio, 44:10; 402. Jim Lawrence, 44:11; 403. David Walotta, 44:14; 404. Leo Sues, 44:14; 405. 44:15; 406. Nathaniel Powell, 44:16; 407. Steve Steele, 44:18; 408. Day Radebaugh, 44:19; 409. Pete Scivkas, 44:21; 410. Joe Kennedy, 44:21; 411. Richard Moss, 44:22; 412. Raymond Neumann, 44:24; 413. Robert Middleman, 44:24; 414. Larry Woodfork, 44:25; 415. Clifton Johnson, 44:25; 416. Laurie Blinchikoff, 44:26; 417. Jack Shelton, 44:27; 418. Mike Filson, 44:28; 44:30; 419. Paul Walden, 44:30; 420. Elmer Johnson, 44:32; 421. Andre Cole, 44:33; 422. Edward Russ, 44:38; 423. Martin Fetsch, 44:38; 424. Donald Harrington, 44:38; 425. Herman Blinchikoff, 44:39; 426. Jim Brooks, 44:39; 427. Clifton Gross, 44:41; 428. Stuart Jacobs, 44:43; 429. John Maas, 44:44; 430. Cavan Denson, 44:46; 431. Susan Rustad, 44:46; 432. Lois Feinstein, 44:47; 433. Wayne Burgemeister, 44:47; 434. Brian Brown, 44:48; 435. Steve Stombier, 44:50; 436. Bob Browning, 44:54; 437. Fred Hickok, 44:54; 438. Rod Smith, 44:54; 439. 44:55; 440. Randy Corcoran, 44:58.

441. Allen Kershman, 45:02; 442. Leroy Wangerheim, 45:04; 443. Andy Vernick, 45:06; 444. Mark Sampson, 45:07; 445. Mark Treanor, 45:08; 446. Vince DeBlase, 45:09; 447. John Weetenkamp, 45:10; 448. Harry Weetenkamp, 45:12; 449. Sara Smith, 45:14; 450. Robert Cormier, 45:15; 451. Mike Dugan, 45:17; 452. Kipp Goseweith, 45:17; 453. Dick Harden, 45:18; 454. Rock Howland, 45:19; 455. James Mortenson, 45:19; 456. Patrick Means, 45:20; 457. Leigh Hudson, 45:21; 458. Bill Bazinet, 45:22; 459. Pat Urban, 45:22; 460. Joe Torate, 45:27; 461. Richard Henry, 45:28; 462. Ned Lipford, 45:29; 463. Phil Kelly, 45:30; 464. Carol White, 45:30; 465. Rodney Ringgenberg, 45:31; 466. John Hasler, 45:31; 467. William Becker, 45:32; 468. Gordon Kamka, 45:32;



Dan Cloeter pushed by Ron Hill at Fifth Md. Marathon

46:27; 513. John Servelle, 46:29; 514. Randy Brinton, 46:29; 515. Stan Bailey, 46:30; 516. Phil Easter, 46:31; 517. Joseph Murphy, 46:32; 518. Mike Reese, 46:33; 519. Chris Costello, 46:36.

520. Harry Kleinman, 46:38; 521. Theodore Rand, 46:39; 522. Bill Vogenitz, 46:42; 523. Sam Case, 46:43; 524. Ben Waldman, 46:46; 525. Judy Hasler, 46:49; 526. Thomas Mumaw, 46:51; 527. Herbert Goldman, 46:53; 528. Larry Eden, 46:55; 529. Walter Cole, 46:58.

530. Mike DeBow, 47:08; 531. Scott LaBorwitt, 47:09; 532. Ted Naperkoski, 47:11; 533. Shirl Grable, 47:13; 534. Ernest Imhoff, 47:14; 535. Jeffrey Gardner, 47:15; 536. W. E. Signor, 47:15; 537. Kevin Flannery, 47:16; 538. John Bushman, 47:17; 539. Tom Milleson, 47:19.

540. Martin Marne, III, 47:21; 541. Stephen McKnight, 47:23; 542. Kevin Marcus, 47:28; 543. Michele Luchs, 47:29; 544. Martin Marne, 47:29; 545. Ronald Horst, 47:33; 546. Harry Dyer, 47:35; 547. Kevin Beares, 47:36; 548. Barry Bowen, 47:37; 549. Roderick Burns, 47:38.

550. M. Thomassen, 47:40; 551. Matt Corkliss, 47:43; 552. Stan Corrsin, 47:46; 553. Gary Connell, 47:51; 554. Tim Valla, 47:58.

555. Janet Overton, 48:00; 556. Joe Chamberlin, 48:00; 557. Ron Talbert, 48:01;

600. Nancy Breede, 49:11; 601. Thomas Stich, 49:15; 602. Bob Cormier, 49:20; 603. Ken Walker, 49:20; 604. Arnold Matteson, 49:21; 605. Dick Swanhart, 49:22; 606. Henry Wertheimer, 49:22; 607. Charles Boemmel, 49:22; 608. J.W. Spencer, 49:22; 609. Pat Milbourne, 49:22.

610. Bob Bratt, 49:23; 611. James Cordie, 49:27; 613. No Name, 49:41; 614. John McDaniel, 49:41; 615. Donald Rhody, 49:42; 616. Tom Shepos, 49:48; 617. Tor Hylbon, 49:48; 618. Sandy Cohen, 49:52; 619. Carl Miceh, 49:52.

620. Bob Annen, 49:58; 621. Elaine Jones, 50:01; 622. Joe Brune, 50:01; 623. Dave Joynes, 50:02; 624. J. Carey Martisn, 50:10; 625. M.E. Hayward, 50:11; 626. Tom Malooly, 50:12; 627. Michael Buscemi, 50:13; 628. Marv Norin, 50:15; 629. John O'Neill, 50:16.

630. G. Gibson, 50:22; 631. Bill Brawn, 50:27; 632. D. Jaques, 50:29; 633. Ernest Demby, 50:30; 634. Margaret Allen, 50:32; 635. Ronald Carr, 50:33; 636. Miki Braswell, 50:34; 637. George Stankis, 50:35; 638. Michael Vaughan, 50:35; 639. Glen Litzau, 50:41.

640. Keith Cole, 50:42; 641. Roger Friedman, 50:45; 642. Carl Party, 50:47; 643. Arnold Forman, 50:48; 644. Bob Bourn, 50:49; 645. Fred Judds, 50:52; 646. Sue Stevenson, 50:53; 647. Hackman, 50:54; 648. Jim Magliane, 50:54; 649. Bill Norton, 50:54.

650. John Neff, 50:56; 651. Gary

No Name, 53:11; 714. C.E. Shora, 53:12; 715. Dabble Passmore, 53:13; 716. Larry Ambush, 53:18; 717. Joshua Ambush, 53:23; 718. Kathy Gibbons, 53:23; 719. Ralph Weber, 53:27.

720. Walter Dean, 53:29; 721. Patrick Norris, 53:30; 722. Cindy Perreault, 53:31; 723. Sharon Adams, 53:33; 724. Joyce Levy, 53:38; 725. Ken Birley, 53:39; 726. Allan Field, 53:43; 727. David Cooley, 53:45; 728. Shirley Mancini, 53:46; 729. Gerard Busnuk, 53:47.

730. Eileen Goldgerk, 53:49; 731. Karen McMath, 53:49; 732. Carole Andrews, 53:51; 733. Herbert Hane, 53:52; 734. Jay Lawrence, 53:53; 735. Phyllis Orrick, 53:53; 736. Bob Liehy, 53:54; 737. Terri McCormick, 53:54; 738. Terren Himelfarb, 53:54; 739. Jean Nair, 54:03.

740. Debby Fox, 54:06; 741. Bonnie Fisher, 54:06; 742. David Tanner, 54:12; 743. Sharon Adams, 54:15; 744. Pas Romagna, 54:24; 745. Audrey Penelton, 54:27; 746. David James, 54:29; 747. Bob Schneider, 54:34; 748. Ray Nardone, 54:36; 749. Mike Spence, 54:36.

750. Julia Olmedo, 54:39; 751. Maggi Gaines, 54:41; 752. Will Miner, 54:45; 753. Tracee Barnes, 54:51; 754. Paul Wilgis, 54:53; 755. Gerald Dicken, 54:56; 756. Fred Turbe, 54:59; 757. Devey Stokes, 55:01; 758. No Name, 55:01; 759. Mark Pinkus, 55:02.

760. Lynn Willis, 55:03; 761. No Name, 55:04; 762. Peggy Theall, 55:07; 763. Edward Waldman, 55:09; 764. Ken Holter, 55:13; 765. Tom Jaques, 55:22; 766. No Name, 55:34; 767. Frank Egges, 55:38; 768. Ann Americh, 55:45; 769. Audrey Cooley, 55:50.

770. Sandra Moss, 55:56; 771. Barbara Cook, 56:02; 772. Nannette Blinchikoff, 56:05; 773. Leonard Turk, 56:07; 774. Kate O'Neill, 56:22; 775. No Name, 56:23; 776. Bill Basen, 56:27; 777. Bob Rayme, 56:27; 788. No Name, 56:34; 779. No Name, 56:39.

780. Ann Carlson, 56:47; 781. Harold Cramer Sr., 56:47; 782. Marcus Primm, 56:55; 783. No Name, 56:58; 784. Janet McDowell, 56:59; 785. Allison Hewitt, 56:59; 786. Ken Denson, 57:00; 787. Steven Matthews, 57:05; 788. Craig Rosendalk, 57:06; 789. William Ober, 57:07.

790. Micki Sellman, 57:15; 791. No Name, 57:17; 792. No Name, 57:17; 793. Brigitte Heath, 57:22; 794. Jaboc Sausbury, 57:24; 795. Diane Wysowski, 57:24; 796. Peggy Smetzer, 57:26; 797. Chris Hellman, 57:39; 798. Jean Dwyer, 57:41; 799. No Name, 57:44.

800. Pat Murphy, 57:48; 801. Ann Wood, 57:50; 802. Bonnie Thomas, 57:54; 803. No Name, 57:56; 804. Gene Wright, 58:00; 805.

(Continued to Page 19)

RESULTS

(Continued from Page 18)

Martha Schlenger, 58:02; 806. Sally Keil, 58:08; 807. Jack Verleger, 58:15; 808. Saralee Ezrine, 58:15; 809. Molly Meeghr, 58:22.

810. Jayne Gibson, 58:32; 811. Daniel Sarubin, 58:55; 812. Adam Thaler, 58:55; 813. Eleanor Carey, 59:05; 814. Thomas Kane, 59:06; 815. No Name, 59:12; 816. Sonia Garcia, 59:15; 817. Gini Stout, 59:25; 818. Jay Dieter, 59:28; 819. John Dieter, Jr., 59:31.

820. Leonard Sandler, 59:32; 821. Tom Pettis, 59:32; 822. Jeff Kress, 59:35; 823. Rosalie Parker, 59:14; 824. Lawren tase, 59:44; 825. Ann Olmedo, 59:44; 826. Burton Amernick, 59:44; 827. Howard Friedman, 59:46; 828. Chet Schuyler, 59:52; 829. William Savoy, 59:59.

830. Christine Eleley, 60:04; 831. Margaret Olmedo, 60:08; 832. Dan Eisenstadt, 60:12; 833. Alan Lichter, 60:15; 834. Dan Wilshin, 60:23; 835. Leslie McIntire, 60:28; 836. Arden Murphy, 60:40; 837. Richard Friedman, 60:41; 838. Gilbert Waitz, 61:10; 839. Julie Party, 61:15.

840. Lee Kremicn, 61:18; 841. Tim Murphy, 61:32; 842. Lisa Hawks, 61:35; 843. Alan Woods, 61:37; 844. No Name, 61:46; 845. Phil Hurd, 61:52; 846. Wayne Simpson, 62:10; 847. Nancy Reeves, 62:10; 848. Janet Bassen, 62:19; 849. Carol Clothier, 62:23.

850. Bob, 62:39; 851. Jane Korrow, 62:55; 852. Patricia Sullivan, 62:37; 853. Anna Mesmer, 64:03; 854. Tina Bensley, 64:49; 855. Arline Ford, 64:49; 856. Shirley Oehme, 64:49; 857. Helen Pittler, 64:52; 858. Kathleen Kennedy, 65:00; 859. Joyce Wailer, 65:12.

860. No Name, 65:22; 861. Kay Lutz, 65:22; 862. No Name, 65:32; 863. Pam, 65:48; 864. No Name, 67:13; 865. Lisa Reid, 67:15; 866. Barry Leech, 67:32; 867. Renee Mordecai, 67:37; 8608 Chris Kristler, 67:45; 869. Anne Jaques, 67:54.

870. Art MacQueen, 68:25; 871. Len Peterson, 68:27; 872. Seymour Rubin, 69:44; 873. Marianne Canova, 71:46; 874. Kathleen Friedman, 71:56; 875. Bob Hedman, 71:57; 876. Kim Klein, 72:47; 877. Sylvia Smith, 72:53; 878. Tony Howard, 72:54; 879. Suzanne Murphy, 72:59.

16. Larry Pickett Bob McCubbin	55:10	22. Bill Day Ron Talbert	59:05	28. Mary Ann O'Connell Jerry O'Connell	1:08:10
17. Joe Adams Chuck Fields	55:22	23. Herm Sykes Jerry Groeninger	59:37	29. Paul Beares Jim Cottrell	1:11:14
18. Mel Walton Donn Layne	56:17	24. Roy Rolig Walt Morawski	59:38	30. Kaaren Holum Neil Wirth	:L:12:51
19. Gary Behrens Greg Boyd	56:37	25. Sue Williams Gale Clemson	1:01:54	31. Terry Bleser Jeff Davidson	1:12:54
20. Murray Sarubin Carl Soderstrom	56:57	26. Carol Hefner Dave Pabst	1:06:09	32. Janet Overton Elaine Woodward	1:15:28
21. Frank Schaeffer Glenn Pendleton	58:10	27. Karin Wagner Dawn Phelps	1:07:08	33. Jean Nair Mary Roemer	1:24:14

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83:44; 864. No Name, 67:13; 865. Lisa Reid, 67:15; 866. Barry Leach, 67:32; 867. Renee Mordecai, 67:37; 868. Chris Kristler, 67:45; 869. Anne Jaques, 67:54.
 870. Art MacQueen, 68:25; 871. Len Peterson, 68:27; 872. Seymour Rubin, 69:44; 873. Marianne Canova, 71:46; 874. Kathleen Friedman, 71:56; 875. Bob Hedman, 71:57; 876. Kim Klein, 72:47; 877. Sylvia Smith, 72:53; 878. Tony Howard, 72:54; 879. Suzanne Murphy, 72:59.

Results Of BRCC 10 Mile-2 Man Relay

Date: July 1, 1978, 9 A.M., about 70°, slightly humid, but otherwise a beautiful day. Location: Towson State's new stadium & track. Runners came from Frederick, Hagerstown the D.C. area for this very good turnout. Six teams did not finish (or check-in as they finished).

1. Terry Baker Taylor Oliver	47:15
2. Mat Cline Tim Gavin	47:34
3. Gus Loukas Marty Nyman	49:45'
4. Don Miller Brian Harris	50:23
5. Harry Piotrowski John Elder	51:19
6. Steve Vaughan Jim Zucco	52:30
7. Andy Passmore Layne Party	52:31
8. Allen Lickman Don Forgione	52:35
9. Chris Bogden Phil Bogden	52:37
10. Dermot Anderson (tie) Scott Paris	53:36
11. Tom Nowicki (tie) Doug Lane	53:36
12. Dave Aldrich Larry Lepus	54:00
13. Bob Barnes Joe Schneider	54:28
14. John Roemer Chuck Brumley	54:28
15. Jim Heffner Lance Woodward	55:09

RUN FOR LIFE

A pleasant workout or grueling race on roads, through Patapsco State Park, along the river into the woods - and up the hill!

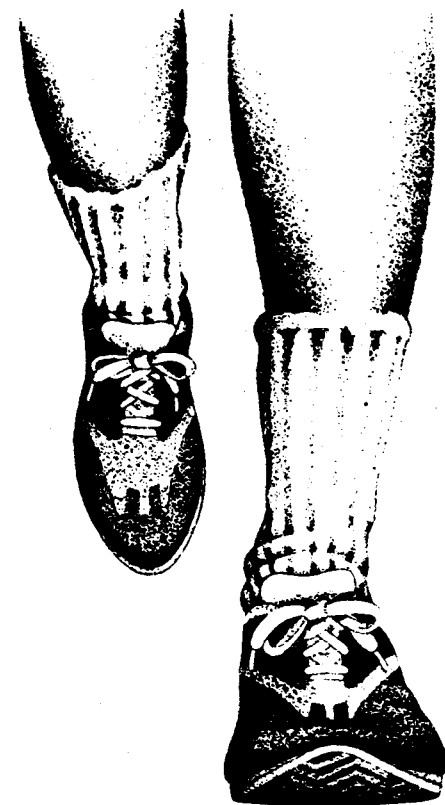
**RUN FOR LIFE T-SHIRTS AND PATCHES
TO FIRST 300 FINISHERS
MEDALS TO FIRST 50 FINISHERS
BOWLS TO FIRST THREE OPEN,
FIRST WOMAN, FIRST 40 - 49
FIRST INSURANCE UNDERWRITER**

**WHEN: SUNDAY OCTOBER 15, 1978 9:00 a.m.
WHERE: CATONSVILLE COMMUNITY COLLEGE TRACK**

(Beltway Exit 12 West to CCC, off Rolling Road)

ENTRY FEE: \$2.00 Enter Race Day Only

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