

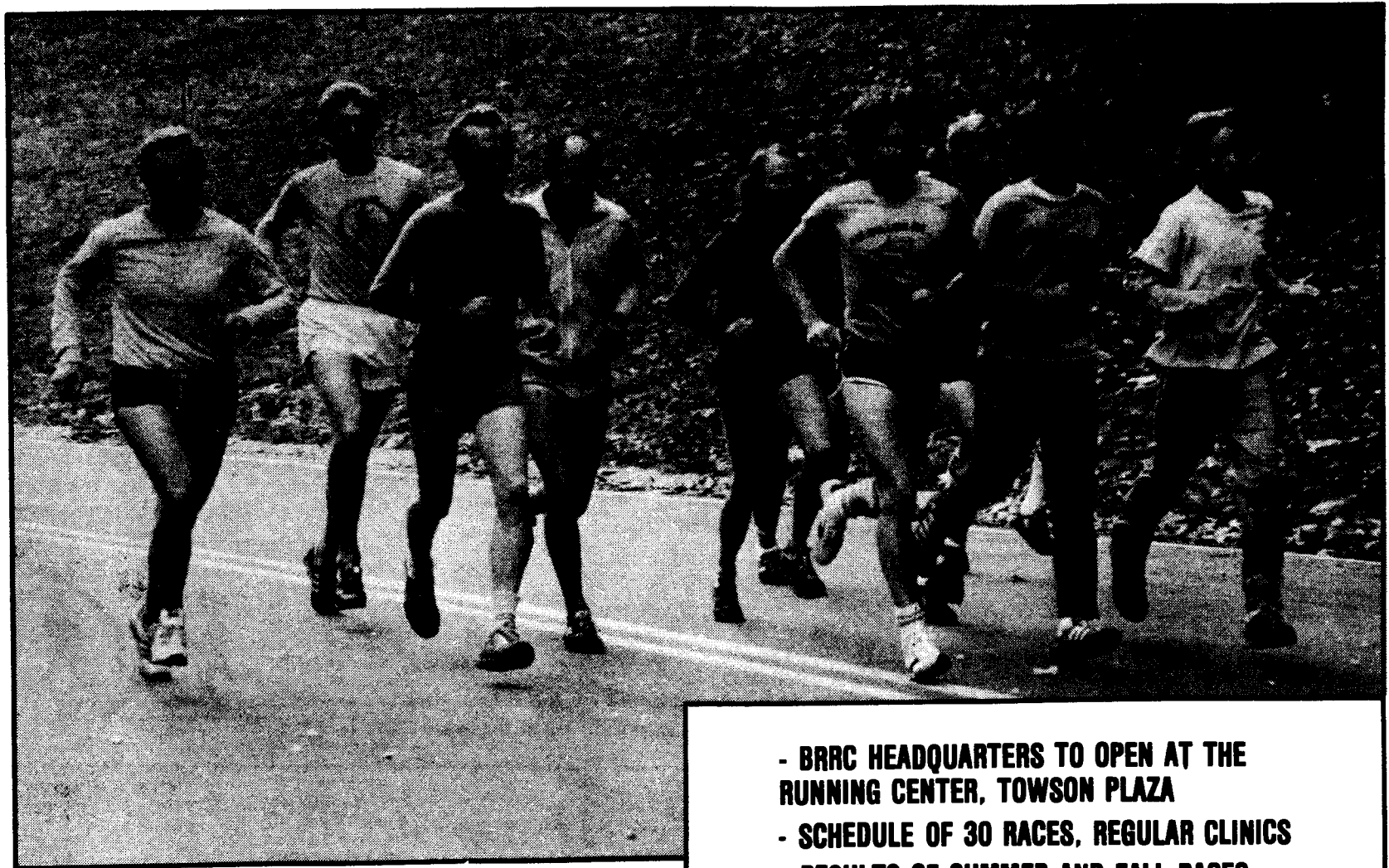
Baltimore Road Runners
Club

A black silhouette of a male runner in mid-stride, facing right. The runner is wearing a tank top, shorts, and running shoes. The silhouette is positioned in the center of the logo, between the words "Baltimore Road Runners" and "Club".

FREE

January – May, 1979

NEWSLETTER



- **BRRC HEADQUARTERS TO OPEN AT THE RUNNING CENTER, TOWSON PLAZA**
- **SCHEDULE OF 30 RACES, REGULAR CLINICS**
- **RESULTS OF SUMMER AND FALL RACES**
- **CLUB AWARDS PARTY**
- **PLUS: Training tips, places to run, medical advice by Dr. Scheffler, and much, much more**

Baltimore Road Runners Club

PRESIDENT JOHN ROEMER
VICE - PRESIDENT: STEVE ROSASCO
(301) 472-4197

17236 EVNA ROAD
Parkton, Maryland 21120

TREASURER: ALEX MEDINA
SECRETARY: MARY ROEMER

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 ignoring 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, or Mary 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.

1979 JAN. - MAY SCHEDULE

PRE-ENTRIES FOR THESE EVENTS ONLY

(See schedule for details.)

- Jan. 13 - Club party - see RSVP form elsewhere this issue; sign up by Jan. 8.
- Mar. 18 - Lady Equitable 10K. Must enter by Mar. 8; no race day entries. See ad this issue.
- Apr. 8 - Avon Running Women's 3 and 10 Milers.
- May 13 - Iron Man 72 Mile Triathlon. Must enter by May 1. See ad this issue.
- May 27 - Constellation to Ft. McHenry 10K. See ad and entry form this issue.

WEATHER: We have never cancelled a race. Every event is on, regardless of snow, rain, wind, cold, heat or catastrophe.

SUNDAY, JANUARY 7, 1 P.M.

4th ANNUAL CLUB CHALLENGE RACE VS. D.C. ROAD RUNNERS - 10 Miles (note change in distance from previous half-marathon) Trophy to winning club; regular entry fee; no individual prizes. We lead the series, 2 to 1. All runners score for their team - lowest total places wins. Out and back course in Columbia. Rt. 29 to Columbia's north entrance, then west on Little Patuxent Pkwy. Go 1/2

SATURDAY, JANUARY 13, 9:00 am - 12:30 - CLINIC: RUNNING AND SPORTS MEDICINE Poly - Western High School, Cold Spring Lane, just off the Jones Falls Expressway. Speakers!
Dr. Graham Fallon, surgeon: "Running Today"
Arthur Norris, City Hospital: "Protection vs. Risk in Exercise"
Dr. Stephen Tzankoff, City Hospital: "Physiological Change with Age in Champion Athletes"
Dr. Michael Keleman and Dr. Michael Plott, cardiologist: "Stress Testing"
William Neill, physical therapist: "Stretching and Muscular Conditioning"
Dr. Jack Osman, Towson State "Nutrition For Runners"
Les Kinion, marathoner: "Running Equipment"
Dr. Arnold Forman, podiatrist: "Running Feet"
Dr. Roger Michael, orthopedist: "Stress and Injury in Runners"
Agnes Taylor, Office of Aging: "Women and Running"
Clinic free to the public. Sponsored by the Baltimore City Medical Society in conjunction with the Office of the Mayor, the City Health Department and the B.R.R.C.

SUNDAY, JANUARY 14, 9:00 a.m.

2ND FALLS ROAD DRUID HILL 4 MILERS - Running gloves to top 200 finishers, top 40 women; BRRC sweat shirts to top three open, women, 20-29, 30-39, 40-49, 50 and over. Entry fee: \$1.00. Fast out and back course.

May 13 - Iron Man 72 Mile Triathlon. Must enter by May 1. See ad this issue.

May 27 - Constellation to Ft. McHenry 10K. See ad and entry form this issue.

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SATURDAY, JANUARY 13, 7:30 p.m. - 10:30 p.m.

CLUB PARTY AND MEETING to honor BARC Runners of the Year. Also election of officers. Price of admission: a casserole, salad or dessert for potluck meal. Club will provide soda, beer, pretzels, chips. See sign-up form elsewhere in this issue. Father O'Neill Knights of Columbus Hall, 616 W. Seminary Ave., Towson, one mile west of York Rd. just east of Rt. 83 overpass. Mary Roemer, 472-4197.

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.

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.)

William Neill, physical therapist: "Stretching and Muscular Conditioning"
Dr. Jack Osman, Towson State "Nutrition For Runners"
Les Kinlon, marathoner: "Running Equipment"
Dr. Arnold Forman, podiatrist: "Running Feet"
Dr. Roger Michael, orthopedist: "Stress and Injury in Runners"
Agnes Taylor, Office of Aging: "Women and Running"
Clinic free to the public. Sponsored by the Baltimore City Medical Society in conjunction with the Office of the Mayor, the City Health Department and the B.R.R.C.

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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 1 1/2 miles, past the Street Car Museum and Mt. Vernon Mills to the new Cedar Ave. Bridge, up to Druid Lake

(Continued to Page A-3)

E.R.G.

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.)

CQVER:

Club speedsters push Olympian and mile worl record - holder John Walker through a Loch Raven workout. Walker came to town for Brooks shoes for whom he is doing development work.

GALLON PACKS

ONE PACK \$1.25
THREEPACKS 3.50
TEN PACKS 11.00

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



**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.

Schedule

(Continued from Page 2)

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. John Poole (752-4605), Herb Magin, Phil Ades, Marty Greenberger, Jim Pettit, Tony Czepik, Don Fischer.

SUNDAY, JANUARY 21, 8:30 a.m.

FROSTBITE 5K and 15K (3.1 miles and 9.3 miles), Westminster. T-shirts to all finishers in both events. Age group and random awards. Brunch available to all who pre-register. \$4.00 entry fee for 5K and 15K; brunch \$1.50. Must pre-enter by Jan. 11; no race day entries.

Races will start and end at Gill Gymnasium, Western Maryland College.

(Take Rte. 140 to Westminster.)

For entry form, send self-addressed, stamped envelope to Frostbite 5 and 15, Box 3A, Western Maryland College, Westminster, Md. 21157 (848-7000, x500 or 876-2055, x580). Sponsored by Westminster Area Road Runners.

SUNDAY, JANUARY 21, 9:00 a.m.

VITA COURSE FUN RUN - Approx. 5 miles on new asphalt path in Herring Run Park near Lake Montebello. No entry fee, no prizes. Flat, out and back course. If snow, bring snowshoes; course will be covered. Parking lot near restrooms in Herring Run Park, off Harford and Argonna. Alex Medina, 254-7578.

SUNDAY, JANUARY 28, 9:00 a.m.

HILLSIDE ROAD 10 K (6.21 miles) - Race starts on Falls Rd. where Jones Falls Expressway ends near western end of Joppa Rd. Park on Falls Rd., near start. New, rolling, out and back scenic course. Medals to top 6 open, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50 and over. Entry fee: \$1.00. Bailey St. Clair (252-5903), Vern Davies, Cathy Kleeman, Tom Bolan, Jerry Groeninger.

SUNDAY, FEBRUARY 4, 9:00 a.m.

HYDES ROAD 8 MILE CHALLENGE - BRRRC vs. RASAC on hilly, rural, one loop course. All finishers count toward club score; low score wins. 50¢ entry fee. All entry fees go to winning club. Runners who are members of both clubs may run for either. No individual prizes.

Start: Carroll Manor Elementary School. Take beltway to Cromwell Bridge Rd. (exit 29). Follow Cromwell east past Sander's Ice Cream to Glenarm Rd. Turn left on Glenarm and go 1 mile to Manor Rd. Left on Manor and go about 6 miles to Carroll Manor Rd. Turn right and school is on left. Steve Rosasco 877-7074, Tony Shucosky, Rob March, Joe Bright, Ed Griesendaffer, Bill Fornoff.

SUNDAY, FEBRUARY 11, 9:00 a.m.

HUNT VALLEY 10 MILER - Lincoln's Birthday race; engraved picture of Lincoln to first five men and women open, 30-30, 40-over. Regular entry fee. Hilly, scenic, rural out and back course. 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. John and Judy Hasler (252-3549), Joe Holland, Gino Paciarrelli, Robin Stryker.

Mary Ellen Yehia, Jan Overton, Valerie Merwig.

SATURDAY, MARCH 17, 8:30 a.m.

CLINIC: TRAINING TO RACE - Mike Hill, 2:34 marathoner, Johns Hopkins cross-country coach, Evening Sun television critic. Towson Plaza fountain area, in front of Hammann's Music; free.

SUNDAY, MARCH 18, 10:30 a.m.

LADY EQUITABLE 10K (6.21 miles) - Women only. Over 400 starters last year. Flat, fast course on city streets from Inner Harbor to Ft. McHenry and back; includes one-mile loop along the seawall at Ft. McHenry. No male "pacers" permitted in race. Co-sponsored by Equitable Trust Bank. Sanctioned as 1979 Road Runners Club of America Women's Eastern Regional championship. Engraved silver bowl to winner; engraved silver trays to next nine; engraved silver bowls to top three 12 and under, 13-19, 20-29, 30-39, 40-49, 50 and over. Engraved pewter cups to oldest and youngest finishers. Commemorative awards to all finishers. No race day entries; must pre-enter by March 8. entry fee \$2.00. For entry forms, write to Equitable Trust Bank Marketing Dept., c/o Lady Equitable, P.O. Box 1556, Balto., Md. 21203. (See ad this issue.)

SUNDAY, MARCH 25, 9:00 a.m.

8th ANNUAL LAYNE HALF MARATHON (13 miles, 193 yds.) The club's oldest race, co-sponsored by LAYNE REAL ESTATE (Donn Layne has been a BRRRC member since the club's inception). Ten small loops at Lake Montebello; absolutely flat course. T-shirts to first 150 finishers; special mugs to first three open, women, masters, first 50 and over; case of beer to winner, two six-packs to second place, one six-pack to third. \$2.50 entry fee. Donn Layne (235-2732), Alex Medina, Jim Bourke, Bill Fiege.

SUNDAY, APRIL 1, 9:00 a.m.

LOCH RAVEN 6, 12 and 18 MILE FUN RUNS - No prizes, no results. 25¢ entry fee. Scenic, hilly but fast course at reservoir. Same directions as March 4. Jerry Bosse (592-7838), Bill Schwartz.

SUNDAY, APRIL 1

CHERRY BLOSSOM CLASSIC - 10 miler on flat, fast course around Haines Point in Washington, D.C. 3400 entrants last year; congested start and finish but outstanding times possible. Send stamped, self-addressed envelope to Cherry Blossom Classic, 3810 South Sixth St., Arlington, Va. 22204. Entries will probably close in early February.

SATURDAY, APRIL 7, 8:30 a.m.

CLINIC: SHOES AND EQUIPMENT - John Roemer, BRRRC president and manager, The Running Center. Criticisms of and recommendations on, specific brands and models; Towson Plaza fountain area, in front of Hammann's Music; free.

SUNDAY, APRIL 8, 9:00 a.m.

HUNT VALLEY 14 MILE PRE-BOSTON DEPLETION RUN AND 6 MILE FUN FUN - no prizes, entry fees or results. Same directions as Feb. 11. Joe and Sandy Adams (665-3179), Jim Adams.

entry fees go to winning club members who are... for either. No individual prizes.
Start: Carroll Manor Elementary School. Take beltway to Cromwell Bridge Rd. (exit 29). Follow Cromwell east past Sander's Ice Cream to Glenarm Rd. Turn left on Glenarm and go 1 mile to Manor Rd. Left on Manor and go about 6 miles to Carroll Manor Rd. Turn right and school is on left. Steve Rosasco 877-7074, Tony Sinesky, Rob March, Joe Bright, Ed Griesendaffer, Bill Formoff.

SUNDAY, FEBRUARY 11, 9:00 a.m.

HUNT VALLEY 10 MILER - Lincoln's Birthday race; engraved picture of Lincoln to first five men and women open, 30-30, 40-over. Regular entry fee. Hilly, scenic, rural out and back course. 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. John and Judy Hasler (252-3549), Joe Holland, Gino Paciarelli, Robin Stryker.

SUNDAY, FEBRUARY 18, 9:00 a.m.

MONTEBELLO, 1, 2, 3 LOOP (approx. 6.4 miles) - Club beer mugs, decals and cider to all finishers (cider only if we can get it.) \$1.00 entry fee. Flat small loop around lake, then big loop plus new, flat, asphalt Vita Course loop in Herring Run Park. Lake Montebello is near 33rd and Hillen in Baltimore. Sandy Shapiro (532-7130), Jim Lears, John Elder, Tom Huegelmeier.

SUNDAY, FEBRUARY 25, 1:00 p.m.

PATTERSON PARK CHERRY PIE 10 MILER - Cherry pies to top 50 finishers, top 10 women. Regular entry fee. Meet near bathhouse on Linwood Ave. side of Patterson Park in east Baltimore. 5 loop course on roads in park. Ed and Allison Hewitt (661-6013), Jim Burns, Milt Sniogowski.

SATURDAY, MARCH 3

LAST TRAIN TO BOSTON MARATHON - absolutely flat four loop course at Edgewood Area, Aberdeen Proving Ground, off Rt. 40 in Harford County. For entry form, send stamped, self-addressed envelope to Jan Lacetera, 1006 Whitaker Mill Rd., Joppa, Md., 21085 (877-0718)

SATURDAY, MARCH 3, 8:30 a.m.

CLINIC - RUNNING INJURIES - Arnold Forman, podiatrist for numerous local runners; Towson Plaza fountain area, in front of Hammann's music, free of charge.

SUNDAY, MARCH 4, 9:00 a.m.

BRRRC 20 MILE CHAMPIONSHIP - Loch Raven Reservoir. \$100 toward Boston Marathon expenses to first man, woman, master. Must have been club member on December 1, 1978 to be eligible for these prizes. Prize good only for Boston starters, if winners don't run Boston, prizes go to next finishers. T-shirts to all finishers; gold shirts to top 25. Entry fee: \$2.50. Scenic, hilly but fast out and back repeat course. 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. Carol Wandres (377-0088), Mary Roemer, Colleen Pierre, Marlene McCloskey, Donna Taylor.

SUNDAY, MARCH 11, 9:00 a.m.

TOWSON PLAZA TO GOUCHER 4 MILER - Starts at New BRRRC Headquarters in Towson Plaza. T-shirts to first 400 finishers; medals to first five men and women open, collegiate, 20-29, 30-39, 40-49, 50 and over. Shoes from the Running Center to last person in top 5th, second 5th, third 5th, fourth 5th and last person in top half. \$2.50 entry fee. Generally level course starts at the Running Center in Towson Plaza and goes through Goucher College and back. Towson Plaza is a mile south of Beltway Exit 27. John and Mary Roemer (472-4197), Mel Walton,

Washington, D.C. 3400 entrants last year; congested start and waste but outstanding times possible. Send stamped, self-addressed envelope to Cherry Blossom Classic, 3810 South Sixth St., Arlington, Va. 22204. Entries will probably close in early February.

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SUNDAY, APRIL 8

WOMEN'S 3 AND 10 MILERS BY AVON RUNNING - Newark, Delaware (home office of Avon). 10 miler is part of new Avon national women's series; 3 miler is fun run. T-shirts and Avon Kits to all finishers in both races; awards to top finishers. \$3.00 entry fee; proceeds to BRRRC and Delaware Pacemakers. Flat fast courses near Newark, Del., just over state line off Interstate 95. For application form and full details, send stamped, self-addressed business size envelope to Avon Running, P.O. Box 11394, Balto., Md. 21239. This is a BRRRC race.
(Continued to Page 4)

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

Schedule

(Continued from Page 3)

SUNDAY, APRIL 8, 10:00 a.m.

SEASIDE 10 MILER - Ocean City Boardwalk. Sponsored by Ocean City. (See ad this issue.)

SUNDAY, APRIL 15 - EASTER: most folks in church, egg hunts or Boston; no BRRC race.

MONDAY, APRIL 16, 12:00 noon

83rd BOSTON MARATHON - fast, generally downhill point-to-point course through small towns into downtown Boston. At least 7,000 starters and one million spectators. No discernible splits, mile markers, refreshment stations or prizes, but still the Mecca of distance runners. If you're male and under 40, must qualify by running a sub-three hour marathon in the year preceding the race; women and men over 40 must qualify with a sub-3:30 marathon. Course record: 2:09:55 (Bill Rodgers, 1975); fastest Balto. finisher; Steve Yeagle, 2:22, in 1978. BRRC member Marilyn Bevans was second woman in 1977 (2:51). Weather is often freakishly hot (116° at start in 1976), but race starts at noon regardless. For entry forms, send an S.A.S.E. to Will Cloney, Box 233, Prudential Station, Boston, Mass. 02199. Amateur Athletic Union number required for all entrants. To get AAU number (now \$4.00), write or call the South Atlantic 300 Regency Circle, North Linthicum, Md. 21090 (636-5141). The BRRC will sponsor a bus/hotel arrangement again this year. (See ad this issue.) For details, contact Les Kinion, 1363 Halstead Rd., Balto. 21234 (688-3766.)

SATURDAY, APRIL 21, 10:00 a.m. - 12:00 noon

WOMEN'S RUNNING CLINIC - Goucher College, at Lillian Welsh Hall (the athletic center), Marilyn Bevans, national class marathoner (2nd woman at Boston in 1977 - 2:51) and Marge Roscosco, national class 10K and 10 miler (34:53; 57:46) will discuss training, injuries and racing for women and answer questions; free.

SUNDAY, APRIL 22, 9:00 a.m.

GOUCHER WOMEN'S 3 MILER - flat two loop course on Goucher campus. T-shirts to first 300 finishers; gold shirts to top 50; medallions to first six open, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50 and over. Entry fee: \$3.00. Goucher College is on Dulaney Valley Rd., Towson, just south of Beltway Exit 27. Sherry Maio (825-3300 x 251).

SUNDAY, APRIL 22

LIFE AND HEALTH MARATHON; also 6 and 13 milers - Frederick, Md. (See ad this issue.)

SUNDAY, APRIL 29, 12:30 and 1:00 p.m.

12:30 HUSBAND AND WIFE RELAY (open only to married couples).

1:00 TOWSON YMCA 5 MILER

Husband and wife relay: T-shirts to all finishers; BRRC logo blanket to first team; logo pillow cases to second; logo bikini briefs to third. Husband runs first and third mile, wife second mile. \$5.00 entry fee per couple.

5 mile race: Plaques to top ten men, top five women, top five masters men, top three masters women. \$1.00 entry fee.

Both races on generally flat one mile Towson road loop. Start and finish at Towson YMCA, 600 W. Chesapeake Ave., 3 blocks west of Towson courthouse.

Rick Johnson (356-6084) Mark Johnson, Steve Yeagle, ALEIKA P. [unclear]

BOOK REVIEW: "Holistic Running,"

by Joel Henning.

(Atheneum: New York, 1978.)

By: Charles Brumley

The whole business of running philosophy is relatively new, of course. Joe Henderson of "Runner's World," Dr. Ernst Van Aaken of "don't strain or eat like a pig," Arthur Lydiard, and a few others have suggested philosophical approaches inherent in their main thrusts, approaches to training.

With George Sheehan, our acknowledged Western guru, whose pastiche of homilies, platitudes, and snippets from philosophers of both note and obscurity seems at root an atavistic revulsion against his enforced childhood Catholicism as much as anything, we can usually trace his drift from point A to B even if we can't literally see the entire course, in the sense of watching a cross-country meet in which the runners enter a forest on one side and emerge on the other. You don't actually see them run through the forest, but you believe they did it.

Which leads us to "Holistic Running." Figuratively speaking I started the run side-by-side with Henning. Then he took a subway I didn't know was there, got through a brick wall by osmosis, shook off an injury by becoming anti-matter and reassembling

fixation ("Runners probably talk and fret more about their toilet habits than any group.") to second wind to tiptoe running to attacks on runners to a wedding on a mountain, and so on, leave one anaerobic after chapter one.

Henning, in a pleasant rambling that goes nowhere, calls holistic running "good for the body and also helps expand awareness of oneself and the rest of the world, much like certain Zen and yoga rituals."

He elucidates this with tedious literary meanderings through Chicago, convincing me I wouldn't want to run there, until I remembered I already have.

But except for the fact it is bull — Professor Szent-Gyorgi's "charge-transfer" energy system, and so on — he writes with an engaging friendliness made up of admitted likes, failures and foibles which leave me feeling he is likeable and harmless, easily tolerated, like a California cousin who is trendy and foolish, but essentially good-hearted.

Where Sheehan had Popism, Henning reacts against a soft early life and states it was only after he completed law school that he "discover(ed) the satisfaction of unrelenting, consuming, painfully hard work."

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12:30 HUSBAND AND WIFE RELAY (open only to married couples).

1:00 TOWSON YMCA 5 MILER

Husband and wife relay: T-shirts to all finishers; BRRC logo blanket to first team; logo pillow cases to second; logo bikini briefs to third. Husband runs first and third mile, wife second mile. \$5.00 entry fee per couple.

5 mile race: Plaques to top ten men, top five women, top five masters men, top three masters women. \$1.00 entry fee.

Both races on generally flat one mile Towson road loop. Start and finish at Towson YMCA, 600 W. Chesapeake Ave., 3 blocks west of Towson courthouse. Rick Johnson (256-6084), Mark Johnson, Steve Yeagle, Al Filar, Don Heimiller.

MAY COMING EVENTS

(Details in next newsletter)

May 6 - Annual crosscountry challenge vs. York Area RRC at Chuck Brumley's farm.

May 13 - Loch Raven 6 miles, cosponsored by Maryland Podiatry Assoc.

May 13 - G.U.T.S. Iron Man 72 Mile Triathlon-run (20 miles), bike (50 miles) swim (2 miles) - see details elsewhere in this newsletter.

May 19 - Gunpowder Neck 10 Miler (Note change of date; formerly run in July.)

May 27 - Constellation to Ft. McHenry 10K - our biggest race; see details elsewhere in this newsletter.

MAJOR REGIONAL RACES AND ADVERTISED EVENTS

(These are not BRRC races. Check schedule or in ads for entry deadlines.)

Sunday, Jan. 21, 8:30 a.m. Frostbite 5K and 15K

Saturday, Mar. 3 Last Train to Boston. **Not a BRRC Race.**

Sunday, Apr. 1, Cherry Blossom Classic. **Not a BRRC Race.**

Sunday, Apr. 8 Seaside 10 Miler. **Not a BRRC Race.**

Monday, Apr. 16, Boston Marathon

Sunday, Apr. 22, Life and Health Marathon

CLINICS FOR RUNNERS

Beginning in March, we will hold free clinics on the first and third Saturdays of every month, usually from 8:30 a.m. to 10:00 a.m. On January 13 there will be a special morning-long medical seminar at Poly-Western High School. Unless otherwise noted, the rest of the clinics will be held in the fountain area of Towson Plaza, in front of Hammann's Music. A guest speaker will conduct each clinic, and there will be opportunity for questions and discussion.

Saturday, January 13, 9:00 a.m. - 12:30 p.m. - SPORTS MEDICINE AND THE 'RUNNER - co-sponsored by the Baltimore Medical Society and others; numerous guest speakers (see schedule)

Saturday, March 3, 8:30 a.m. - RUNNING INJURIES - podiatrist Arnold Forman; Towson Plaza.

Saturday, March 17, 8:30 a.m. - TRAINING TO RACE - marathoner Mike Hill; Towson Plaza.

Saturday, April 7, 8:30 a.m. - SHOES AND EQUIPMENT - club president John Roemer; Towson Plaza.

Saturday, April 21, 10:00 a.m. - 12 noon - WOMEN'S RUNNING national class runners Marilyn Bevans and Marge Rosasco Goucher College athletic center.

Saturday, May 5, 8:30 a.m. - RUNNING AND THE HEART - Cardiologist Michael Kelemen, Towson Plaza.

other. You don't actually see them run through the forest, but you believe they did it.

Which leads us to "Holistic Running." Figuratively speaking I started the run side-by-side with Henning. Then he took a subway I didn't know was there, got through a brick wall by osmosis, shook off an injury by becoming anti-matter and reassembling himself "all better," as though his mommy had kissed the affected area, and finished way ahead of me.

Or maybe way behind. "Holistic running," according to Henning, means "the experience of long-distance running beyond what is required for physical fitness, as a means of helping to integrate our physical and spiritual selves; our work, play, and leisure; our relations to one another and the world... incorporate aspects of exercise physiology along with Western religion, biochemistry, biofeedback, yoga, and Zen."

Dammit, my dictionary doesn't even list "holistic," and it got me through grad school and my idea of what a caustic letter to William F. Buckley, Jr., should sound like. That newspaper editor I keep trying to sell running foolishness to keeps insisting writing should clarify, define, and communicate. Howgauche.

But if obstetation, caryatids, karma, and asanas are in your working vocabulary, you have a leg up on me and my petered-out dictionary, and perhaps a better chance of understanding Henning's smorgasbord state of the art.

A pin-ball machine-like ricocheting from podiatry to bowel

able and harmless, easily tolerated, like a California cousin who is trendy and foolish, but essentially good-hearted.

Where Sheehan had Popism, Henning reacts against a soft early life and states it was only after he completed law school that he "discover(ed) the satisfaction of unrelenting, consuming, painfully hard work."

That leap of faith in his reasoning — if I run hard enough it will be holistic, and if it's holistic then I will have integrated everything, and get it — possibly the same it in Erhard's EST, is the type of messianic hooplah he condemns as a rip-off.

Books that promise to "get it all together" about running are potentially very pernicious, given how desparately people are seizing on almost anything these days. But inadvertently many of us do just that, using running as a psychological crutch, an outlet for aggression, main hobby, main means of socializing, and our frail egos rise or fall on whether or not we beat Joe or Josephine Zip in the club four-miler last Sunday.

So is "Holistic Running: A six-step program ... The Body, Breath, The Mind, Buddhi, or Understanding, Bliss, The Self" the answer? I think not.

Convoluting constructs, literary allusions snatched from left field, and "Best of Jim Fixx" snippets of running wisdom are strung together to give us, in the end, one more ordinary book about running, this time using an "As told by Buddha" wrinkle that leaves me, once again, wanting to forsake books on running, and go running.

Question and Answer Corner

By Dr. NEIL M. SCHEFFLER

"ONLY"

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

"Don't worry, it's only an ankle sprain, walk it off and put an elastic bandage on it." Sound familiar? It should. This is the common advice given by well-meaning friends and even by doctors who should know better. Ankle sprains can, and do, often cause serious chronic ankle and foot problems if not treated early, properly and vigorously.

Most ankle sprains occur on the outside or lateral side of the foot. The mechanism of injury is inversion of the foot; that is, the inner border turns up causing stretching of the ligaments on the opposite side. Enough tilt, enough pressure and something has to give. The ligaments, being the weakest structure present, usually

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:

go first. There are three major lateral ankle ligaments - one up front (anterior talo-fibular), one in the middle (calcaneofibular) and one in the back (posterior talo-fibular). During a sprain, the injury usually occurs in that order. Mild sprains affect only the 1st ligament. More severe sprains will include the other two. Increase the pressure and fractures of the ankle may occur. An often missed problem is a fracture of one of the metatarsal bones in the foot. In an ankle sprain examination, x-rays of the foot should be taken as well as normal x-rays of the ankle.

Early examination of the ankle, by an experienced examiner, before swelling obliterates motion and pain splints the area could reveal the extent of injury. Motion in the injured ankle should be compared with the uninjured side. Excessive motion indicates ligament rupture. Pinpointing the pain can show which ligaments are affected. In some cases, special stress x-rays are taken in which the ankle is forced to duplicate the injury, under anesthesia, to show the extent of injury. Dye may also be injected

into the ankle joint. Leakage of the dye out of the joint indicates the point of rupture, if any.

Treatment, once the diagnosis is made, depends on the extent of injury. Inadequate treatment of ankle injuries could lead to permanent laxity in the ligaments and a chronic weak ankle. This condition may be the beginning of repeated ankle sprains. Ankle stabilization surgery may be the only treatment if the joint is unstable. In this procedure, the surgeon recreates the torn ligament usually using tendon attached to the ankle bones.

Many doctors, including myself, believe the treatment of choice for most sprains, other than the very mild, is plaster cast immobilization until healing is accomplished. Vigorous physical therapy should then be instituted for rehabilitation.

What should you do if you sprain your ankle? As with most running injuries, use I.C.E. (ice, compression and elevation). Keep ice on the area for at least twenty-four hours. Don't walk on the affected side. Keep the foot up, above the level of the heart to decrease swelling. Apply compression by using an elastic bandage. Call your sports podiatrist or sports oriented orthopedist. Try to

see him as soon as possible. Hospital emergency rooms should be a last resort. Unless a fracture is detected there, the injury is considered minor compared to the other emergencies they treat (and it is) and, therefore, becomes "only an ankle sprain." Usually the treatment prescribed is an elastic bandage. Sometimes crutches are dispensed. This treatment regimen is often inadequate. Rehabilitation is rarely given and the chronic ankle problem may result.

A sports oriented doctor will not allow inadequate treatment of these injuries and, therefore, should be consulted early when he can do his best work in helping you get back into running shape.

If the area is fractured, casting is almost always indicated. Surgery may be necessary to repair the broken bone(s). Sometimes this is a blessing in disguise. At least bones heal well and with the strength of a well-healed fracture site reinjury to the area is not a concern. This is not true with ligaments that frequently heal leaving the area chronically weakened. It is usually better to over-treat a sprain than to undertreat one.

The speed of healing can be

(Continued to Page 9)

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

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

- Loch Raven Reservoir (severely limited parking)
- Druid Hill Park (no toilets; very hilly; full of forks and turns)
- Patapsco State Park (not located near most of our runners)
- Montebello (toilets not located close enough; some traffic)
- 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.

Motion in the injured ankle should be compared with the uninjured side. Excessive motion indicates ligament rupture. Pinpointing the pain can show which ligaments are affected. In some cases, special stress x-rays are taken in which the ankle is forced to duplicate the injury, under anesthesia, to show the extent of injury. Dye may also be injected

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(Continued to Page 9)

CLUB PARTY AND AWARDS MEETING

WHEN: Saturday, January 13, 7:30 pm - 10:30 pm

WHERE: Father O'Neill Council, Knights of Columbus Hall, 616 W. Seminary Ave.
Towson, one mile west of York Rd., just east of Rt. 183 overpass

Meeting to honor BRRC Runners of the Year, to elect officers and to socialize

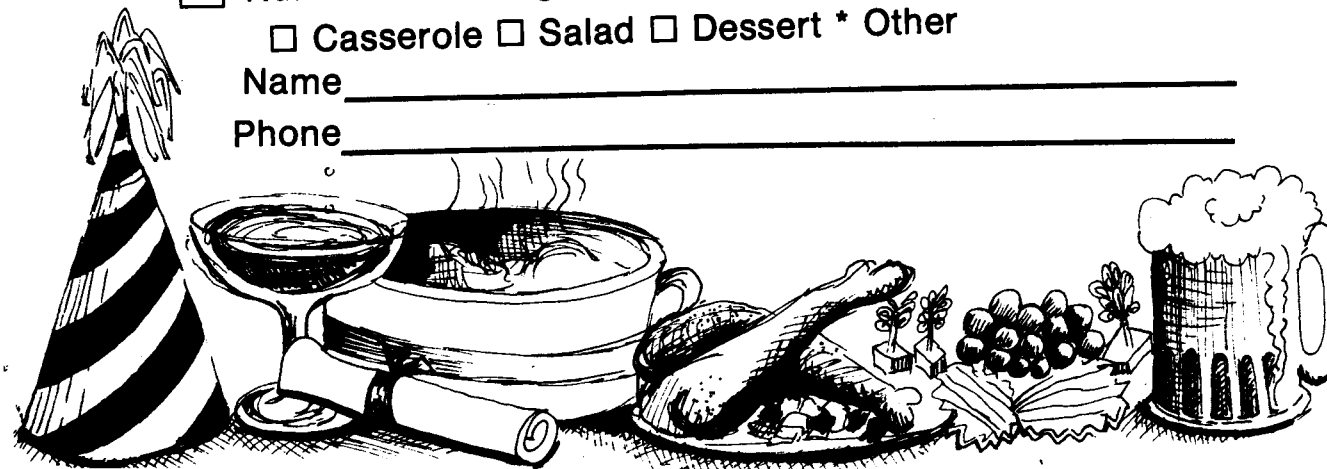
Admission: a casserole, salad, or dessert for pot luck meal. Club will provide beer, soda, chips, pretzels

Number attending, including myself and I will bring (check)

Casserole Salad Dessert * Other

Name _____

Phone _____





John Roemer (on right)

JOHN ROEMER

**President of the
Baltimore
Road Runners Club**

From the President's Desk . . .

ADDRESS CHANGES COST US MONEY

Please notify us immediately of address changes. Your failure to do so costs the club at least 80¢, not to mention endless hours spent researching addresses, making phone calls, going to the post office and so on. It costs us less than 10¢ a piece to mail newsletters in bulk, but if your address has been changed without our knowledge, the Post Office returns the newsletter to us (at a cost of 40¢ apiece), and we must then remail it at individual rates (another 40¢).

It costs us more to mail a few dozen newsletters to delinquent addresses than it does to send the newsletter to all of the 1200 people who have kept their records up-to-date.

WHEN ARE DUES DUE?

Your membership elapses one year from the month in which you last paid dues. Check your membership card for the expiration date. If you have questions, call Mary Roemer.

We send a dues reminder to delinquents toward the end of each year.

THE RUNNER'S DAILY DIARY

Before you buy one of the many running calendars or diaries offered for sale everywhere, consider a new one by two Baltimore runners. Mark Johnson, a top distance competitor, and Jack Osman; professor of Health Science at Towson State, have produced a diary/calendar which is probably the most spacious and complete among them. It costs no more than the others and, best of all, it

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).

_____ Working on the newsletter

_____ Working the following races,

Put Date _____

_____ May 27 Constellation race. Many volunteers needed.

NAME _____ PHONE _____

Because of the rapid growth in club membership and in the size and complexity of our races, clinics and other events, we have sought for the past year to interest foundations or businesses in sup-

elsewhere in the Baltimore area.

The Running Center will provide the B.R.R.C. with a desk, phone and bulletin board, an area for runners to sit and talk and a table for distribution of schedules

turns the newsletter to us (at a cost of 40¢ apiece), and we must then mail it at individual rates (another 40¢).

It costs us more to mail a few dozen newsletters to delinquent addresses than it does to send the newsletter to all of the 1200 people who have kept their records up-to-date.

FROM THE EXECUTIVE COMMITTEE

The following item will be discussed at the club meeting on Jan. 13: Hess Shoes has offered the club a substantial donation to be used for John and Mary Roemer as President and Secretary of the Club.

RUNNERS OF THE YEAR

At the January 13, 1979 party and club meeting, we will award trophies to the male and female Runners of the Year, Masters Runner of The Year, Club Worker of the Year, and BRRRC Special Honorees. The selection committee consists of Phil Jackman, Les Kinion, Scott Lutrey and John Roemer. Send your nominations to the committee c/o John Roemer. Include race performances and/or other information for the committee's consideration.

HAVE YOU PAID YOUR 1978 DUES?

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

Before you buy one of the many running calendars or diaries offered for sale everywhere, consider a new one by two Baltimore runners. Mark Johnson, a top distance competitor, and Jack Osman; professor of Health Science at Towson State, have produced a diary/calendar which is probably the most spacious and complete among them. It costs no more than the others and, best of all, it includes quotes from area runners and photographs from local BRRRC races.

Each day of the Diary contains a training tip, nutrition suggestion or a quote ranging from the wisdom of Frank Shorter and Mohammed Ali to that of such notable philosophers as Bailey St. Clair and Lao-Tzu. Most of the tips, on the other hand, are neither. Summary pages for each week and quarter and for the end-of-the-year give runners an opportunity for systematic reflection and planning. The Diary concludes with pages for race and injury summaries, a race pacing chart and a comprehensive bibliography.

If you're at all interested in keeping a running history (I've done it for years and found it invaluable for assessing training, racing and ailments), the Johnson/Osman book is a fine way to start.

Incidentally, the authors even include a form for mailing in your own wit and wisdom for the 1980 edition. You, too, may be immortalized in print.

Available December 1, 1978. Send \$6.50 plus \$.75 for postage and handling to Runner's Diary, P.O. Box 10117, Towson, Md. 21204.

Put Date _____

_____ May 27 Constellation race. Many volunteers needed.

NAME _____ PHONE _____

Because of the rapid growth in club membership and in the size and complexity of our races, clinics and other events, we have sought for the past year to interest foundations or businesses in supporting the B.R.R.C.'s work. (Organization of club activities now involves more than forty hours a week, year-round.)

In response to our inquiries, Hess Shoes has agreed to establish a Running Center in Towson Plaza which, in addition to carrying a complete line of shoes and equipment (see ad this issue), will serve as club headquarters. Mary and I, along with other runners, will staff the Running Center. Hess is financially supporting the Center in such a way that we will have time during the working day to handle club phone calls, paperwork and race organization. We will also conduct clinics and educational programs about running at schools, community centers and

RUNNING

WITH JACKMAN

Phil Jackman, one of Baltimore's best sportswriters (and a BRRRC 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.

elsewhere in the Baltimore area.

The Running Center will provide the B.R.R.C. with a desk, phone and bulletin board, an area for runners to sit and talk and a table for distribution of schedules for area clubs, application forms for races and other materials of interest to club members. In addition, Towson Plaza's indoor fountain center will be available for a series of regular clinics, for club members beginning March 3 (see schedule).

We're particularly pleased with Hess Shoes sponsorship of club work, since running was a way of life at the company long before the sport became popular. When Hess built its administrative offices a few years ago, it installed showers for employees who wanted to run to work or at lunch. Company president George Hess has been running for more than a decade, and vice-president Paul Mikulski is a marathoner and long time B.R.R.C member. At least a half dozen others in the company's administration run regularly.

We believe the Running Center offers a realistic way to cope with the substantial burden of club administrative work. Our headquarters will be open six days a week, and club members are invited to stop by or call any time about training, injuries, equipment, places to run and coming events.

Drop in to say hello, meet other runners and keep abreast of the running scene in Baltimore.

TRAINING TIPS

By John Roemer

A new column which encourages debate and rebuttal. Send us your views.

1. Running is an art, not a science. There are almost no satisfactory controlled studies of training methods, diet or injury prevention - and there are no studies of running among a broad general population. Most studies are distorted because they focus on the relatively odd types who took up running before 1975 or thereabouts. Since that time every profession, age, body build and personality of type has been attracted to the sport. Training tips are thus based on common sense, experience and observation - not on scientific knowledge.
2. Ignore the training mileage and training times of top runners. They are genetically endowed with special talent and peculiar resistance to injury. Your mother and father were probably not so kind to you.
3. Don't wear a watch on most of your runs. It will seduce you into the "course record syndrome" - trying to improve your time every day. In that way lies injury and staleness. No one can run hard every day.
4. Two or three miles a day will make you fit. Four to six miles a

miles a day will build the foundation for racing - and will also dramatically increase your chances of knee, shin, calf, thigh, achilles and foot problems.

5. Old **Runners Worlds** to the contrary notwithstanding peak racing performance is im-

possible on an exclusive diet of LSD (long slow distance). To run fast occasionally you must run fast occasionally - intervals or fartlek or time trials or fast workouts with somebody else.

6. Anyone who trains at 8 minutes a mile at 7:00 am will, with the

same effort, train at 7-1/2 minutes a mile in the afternoon. You'll run faster when you've had the day to limber up:

7. Anyone who trains at 8 minutes by himself will train at a 7:15 pace if he takes an "easy workout" with a friend.

The Constellation is Coming

Baltimore's Favorite Race - 10,000 Meters (6.21 miles)

SUNDAY, MAY 27 9:00 A.M.

(Memorial Day Weekend)

Inner Harbor to Fort McHenry and Back.

OVER 950 ENTRANTS LAST YEAR

T - shirts to all finishers; age group awards

\$3.00 entry fee

Runners of all talents and experience welcome. Flat, fast course on city streets, with one mile loop along seawall at Ft. McHenry.

Send form below, with entry fee, to:

BBBC

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3. Don't wear a watch on most of your runs. It will seduce you into the "course record syndrome" - trying to improve your time every day. In that way lies injury and staleness. No one can run hard every day.

4. Two or three miles a day will make you fit. Four to six miles a day will addict you. Six to eight

LATE STARTERS

We will no longer adjust times and places in races for late starters. They'll still be permitted to run, but they'll have to suffer the consequences of ignoring the alarm clock. Corrected times and places are unfair to others in a race, since the leaders are unaware of their competition.



\$3.00 entry fee

Runners of all talents and experience welcome. Flat, fast course on city streets, with one mile loop along seawall at Ft. McHenry.

Send form below, with entry fee, to:

**BRRRC
17236 Evna Rd.
Parkton, Md. 21120**

by May 17 or enter in person and pick up number at:

The Running Center (club headquarters), Towson Plaza, after March 1

NAME _____

STREET ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____ **PHONE** _____

AGE (as of May 27, 1979) _____ **T - SHIRT SIZE small** _____:

med. _____: **large** _____; **extra large** _____

MAKING TRACKS

by John Roemer

A column on where to run in the Baltimore area. If you have a favorite training run you'd like to let others know about, send us a description of the course along with information on parking, water and any other pleasantries associated with it.

STONY RUN

A half mile-long jewel in north-central Baltimore City. It's not big enough to be more than a piece of a workout for people running substantial distances in training, but the woods, stream and flat grassy trail are a delightful respite from city streets. The park area is between Roland Ave. on the west, Charles St. on the east, Wyndhurst on north and Cold Spring on the south. To enter from the south, park near Johns Hopkins University, run about 3/4's of a mile north on Linkwood from University Parkway to Cold Spring (you can run on grass, road or sidewalk along Linkwood). Run through the Equitable Trust parking lot along its west side; the park trail comes out behind Equitable. To enter from the north, pick up the trail on either side of the stream at Wyndhurst, at the bottom of the hill near the small shopping centers, and run south.

The trail is absolutely flat and easy to follow. You can run a half mile up one side of Stony Run and come back on the other for variety.

DRUID HILL PARK

The club now has a number of regularly scheduled races in Druid Hill Park. There was much weeping and lamentation when the old Cedar Avenue Bridge was replaced by the new one, but the old bridge was uglier than a cartload of Vogue models and runners now have easy access to the park from the east. Dozens of runners work out at Druid Lake every day on the flat, fast 1 1/2 mile loop which offers a spectacular view of the city from the eastern end of the lake above the Jones Falls Expressway.

Only a trickle of runners challenges the most interesting part of the park - the hilly road which begins at the lake and follows the eastern and northern boundaries of the area. The hills are the toughest in the city, but they're worth it. Despite the fact that you're in the heart of Baltimore, the park lets you escape almost to the wilderness. And where else can you see emus, gazelles and Tibetan antelopes on a training run? (The road goes just behind the Baltimore Zoo's furthest reaches.)

Park at the lake's eastern end for a four mile out and back run on the hills. Or park downtown near the railroad station and the University of Baltimore and run up Jones Falls Road to Chestnut to Pacific to Wyman Park. (See map). Or

add an extra two miles each way and run to the park from the heart of downtown via Mount Royal Terrace. From the east, the park road is about two miles from the Johns Hopkins University track via San Martin and Wyman Park Drives.

Once you enter Druid Hill Park, take the perimeter road which goes north from the Lake past the western edge of the tennis courts and swimming pool. (There are dozens of roads in the park, all of them pleasant. If you take the wrong one you'll still have a worthwhile run.) Once past the swimming pool, continue on the park road up and down the hills, **always** bearing right. Take a right at every fork and intersection until the stop sign at Parkdale (there's no traffic at all, so the stop sign is ridiculous. Go straight through the stop sign at Parkdale and continue up the hill on Green Spring to the reptile house (on the right at the top of the hill). Turn left at the reptile house and follow the road past the zoo entrance back to Druid Lake. The only traffic on the course is the half mile up to the reptile house.

If you follow the painted white arrows out and back from the swimming pool, you'll be on our measured four mile course. It begins at the green lamp post near the stone tower at the eastern end of the lake. Our course does not

go all the way out to Green Spring; instead it takes a left into the park, after 2 1/4 miles.

About crime: Lots of people are afraid of Druid Hill Park. I have run there dozens of times, from dawn to dusk and have never heard so much as the jeers you get running around the block in your own neighborhood. Others in the club have run there often and people from the area are usually working out on the roads.

Incidentally, emus are reputed to have a fierce kick; don't try to run one down.



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IRON MAN 72 MILE TRIATHLON

RUN 20 MILES, BIKE 50 MILES, SWIM 2 MILES
Sunday, May 13, 7:00 a.m.

Run from York, Pa. to Maryland line; bike around Baltimore County to indoor pool; Swim 140 laps.

MUST FINISH 14 HOURS TO BE ELIGIBLE FOR PRIZES, T - SHIRTS, SPECIAL AWARDS TO ALL FINISHERS

Entry Fee, \$5.00

MUST Provide own crew for safety, refreshments, times, directions, delivery of bicycle, safety, lap counting
 Special instructions, map in next newsletter

MUST enter by May 1 by contacting;

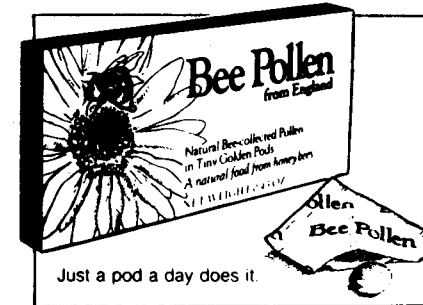
Chuck Brumley
R.D.I.
Box 93
Airville, Pa. 17302

An event solely for the seriously deranged: club bears no responsibility for hospitalization or burial.

America's No. 1 pollen

Bee Pollen

from England



Recommended daily amount:

One pod a day for average adult;
 Three pods a day for athletes in training.

Prices:

100 pods \$ 8.00 — save over \$ 2.00
 200 pods \$15.00 — save over \$ 5.00
 300 pods \$20.00 — save over \$10.00

Orders 400 and over — \$6.00 per 100 — save over \$4.00 per 100

MEL WALTON
 943 Starbit Road
 Towson, Md. 21204
 (301) 821-8337

HENRY FREEMAN
 1130 Braddish Avenue
 Baltimore, Md. 21216
 (301) 624-3086

BOTH MEMBERS OF THE BALTIMORE ROAD RUNNERS CLUB

Also available at Athlete's Foot store — Lutherville
 \$8.00 per 100 only.

BRR WOMEN ON THE RUN

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

July 15 - Red Rose Five Mile, Lancaster, Pa. - Miriam Pratt rarely travels to races but maybe she should do it more often. Her trip to Lancaster earned her a first place finish in the 50 and over division. First woman - Marge Rosasco - 29:03.

July 30 - Diet Pepsi Run America Run 10,000 Meters, Philadelphia, Pa. - 1st woman Marge Rosasco - 35:58. This race was a Diet Pepsi regional championship with the winner of each age group (men and women) receiving an all expense paid trip to the national championship. Put this race on your 1979 schedule and then do those intervals!

August 20 - Falmouth Road Race -

Corner

(Continued from Page 5)

increased. That is why professional athletes can get back into playing condition faster than the general population. They can spend all day caring for their injury. Physical therapists working with therapy modalities like ultrasound, whirlpool, massage, electrotherapy and exercise can work wonders at decreasing edema (swelling), minimizing pain and decreasing healing time. Most of the running public cannot invest the time necessary to

7.1 Miles, Falmouth, Mass. - In one of the most impressive fields ever assembled (for men and women) Joan Benoit of Maine ran a 5:30 pace to win the women's division by about 100 yards. Marge Rosasco 5th 41:03.

September 3 - Harrisburg, Pa. Kipona Riverfront 10,000 Meters - Marge Rosasco - first woman - 35:27. This is a good race to think about running next year. The flat, fast course is conducive to good times.

September 9 - Bottle & Cork Half-Marathon, Rehobeth Beach, Delaware - Thirty-two year-old Diane Dulin, who is a new BRR member, copped a first place finish in the good time of 1:28:33. Last Spring, Diane placed 5th in her first attempt at the marathon in the Penn Relays race in the time of 3:33:57.

September 16 - Lynchburg 10 Mile, Lynchburg, Virginia - Marge Rosasco - 62:35 (7th). Julie Shea repeated her 1976 record breaking performance and established a new course record of 57:03. This is a race well worth going to. The course is very difficult but the great race organization makes this one of the best races in the country.

September 23 - Diet Pepsi National AAU Road Championship 10,000 Meters, Purchase, New York - Marge Rosasco - 2nd 34:54. International class Mary Decker was the women's winner in the time of 34:38. The race was run on

ing Pepsico Headquarters and featured a top field of runners from around the country.

September 24 - Fun & Fitness Women's 10 Kilometer, Washington, D.C. - The race, which also served as the RRCA Capital Area Women's Championship, was won by 17-year-old Mary Shea in the time of 34:59. Kathy Smith Heckman led the area women as she finished in 8th place of the 326 finishers and first in the 20-29 age division. Kathy, who has been doing some impressive running this year, set the tone for other area women to record PR'S: Janet Overton (80th) 46:51; Cathy Gaddy (94th) 48:02; Bobbi Brumley (104th) 48:15, Elaine Jones (115th) 48:49; and Beverly Harvey (215th) 53:45. Congratulations!

October 8 - Women's Queen Bee Run - 10,000 Meters, Philadelphia, Pa. - First Place—Marge Rosasco - 35:11. Sarah Smith crossed the finish line in an impressive 19th place with a time of 41:18. This earned her a Bee Pollen Beer Mug in addition to a one month supply of bee pollen. The winner received a beautiful 14" silver bowl and all of the over 300 women who participated received a T-shirt in this first-time event.

October 15 - Provident Bulletin Marathon, Philadelphia, Pa. Cathy Kleeman far exceeded her goal of breaking 3:30 to qualify for Boston. She not only qualified, but placed 4th among the women

averaged 60 miles a week for the eight weeks prior to the marathon and had to rise at 6 a.m. for those 20-mile runs. Cathy said it was all worth it!

October 22 - New York City Marathon, New York, N.Y. Running in her first marathon, Grete Waitz of Norway set a world record in the time of 2:32:30. Sunshine and a temperature of 61° greeted runners at the starting line. The temperature would rise to about 75° when Marilyn Bevans crossed the finish line 3 hours and 8 minutes later. She was very disappointed as she had hoped to break 2:50—but the weather would not cooperate. Coming back from an injury that sidelined her for most of the summer, she gave it her all and said the crowds just wouldn't let her quit. She sharpened up for the marathon by placing 6th in a cross-country race at the George Mason Invitational in the time of 19:14. Her future plans include the Boston Marathon in April where she finished 2nd in 1977 in 2:51.

November 5 - Harrisburg Marathon, Harrisburg, Pa. - Carroll Meyers of East Berlin, Pennsylvania, won in a new course record of 3:04:41. Local finisher include Marge Rosasco (2nd) 3:05:00 and Sue Jacobs 3:33. The weather was uncooperative—sunny skies and temperatures reaching 70°. This course has a few hills but none of them are particularly difficult. This

Professional athletes can get back into playing condition faster than the general population. They can spend all day caring for their injury. Physical therapists working with therapy modalities like ultrasound, whirlpool, massage, electrotherapy and exercise can work wonders at decreasing edema (swelling), minimizing pain and decreasing healing time. Most of the running public cannot invest the time necessary to accomplish these ends.

One final word: mechanical foot stability which can be attained with orthotics if necessary enhances total body balance and, therefore, can aid in decreasing these injuries.

Postscript: This article is dedicated to one of our fellow members, Raymond Ray. My secretary finished the typing of this draft when Raymond called. He had twisted his foot stepping on a rock. Needless to say he fractured the metatarsal bone mentioned above.

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



MASSAGE - give your exercise regime a co-worker; legitimate, therapeutic, deep or gentle. Shan, 532-7248.

SAUCONY TRAINER 1980's — size 9 - used once for 8 miles; a top-rated shoe by Runner's World - 526-5762.

NIKE LDV 1000 - size 11 - 472-4197.

a new course record of 57:03. This is a race well worth going to. The course is very difficult but the great race organization makes this one of the best races in the country.

September 23 - Diet Pepsi National AAU Road Championship 10,000 Meters, Purchase, New York - Marge Rosasco - 2nd 34:54. International class Mary Decker was the women's winner in the time of 34:38. The race was run on the beautiful grounds surround-

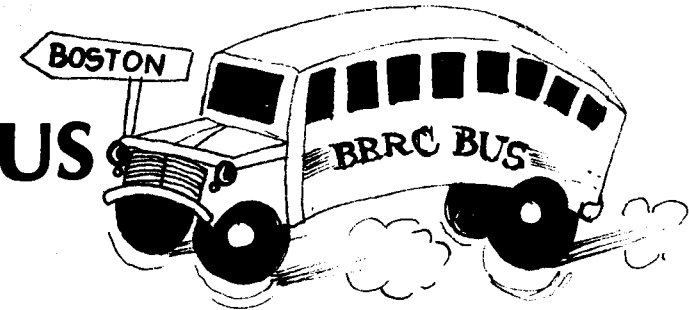
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October 15 - Provident Bulletin Marathon, Philadelphia, Pa. Cathy Kleeman far exceeded her goal of breaking 3:30 to qualify for Boston. She not only qualified, but placed 4th among the women with her 3:23:41 clocking. Cathy

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**THE BRRC BOSTON BUS PARTY
MISERY LOVES COMPANY!**

**TAKE THE BRRC BUS
TO BOSTON**



Party all the way up - weep all the way home - but do it with your friends!

THREE - DAY WEEKEND AT BOSTON
SAT., APR. 14 to MON. APR. 16

Brochure of all weekend festivities
available on bus

SATURDAY, APRIL 14 - Leave Baltimore 8:00 am Arrive 4:00 pm at Boston. Hotel (near finish line)

SUNDAY, APRIL 15 - Open houses with Runners World and others. Bus Ride over course.

MONDAY, APRIL 16 - Bus Ride to Hopkin ten for start of Race. Return to Baltimore after race, shower, dinner. Arrive in Balto. Tuesday morning.

RATES

BUS AND HOTEL

(double occupancy) **\$116.00**

BUS ONLY (you do not have to say at club hotel)

\$45.00

compare to other regular rates

bus \$68.70

train \$71.00

plane \$114.00

Contact Les Kinion 1363 Halstead Rd. Balto. Md. 21234 (668-3766)

Other Races in Other Places

By: Don Heimiller, 4123 Glen Pk Rd, Balt, Md: 21236 256-6280.

If you've run out of town, call or write in your results. Don't be bashful - Others are interested in both your times & details about the course. Also, don't forget that Phil Jackman, a runner & marathoner in his own right, does a two column article on running every Friday in the Evening Sun.

May '78 McLean, Va 8000 Meters - cross country. Warren Haynie 28:37, Marilyn Bevans 29:23.

Wheeling Distance Race. Very hilly, Stan Fletcher 108:48, Scott Lutrey 111:42, Don Forgione 119:45, Warren Haynie 125:23.

June '78 Bill Bluett & Marge Rosasco won their age grps (30) in the Atlantic City Boardwalk (hot) 10 mile relay.

July '78 Pepsi-Cola 10 Km, Haines Pt, DC, 2000 starters. Warren Haynie 36:50



Sept 10 Schlitz-Light Potomac Valley Marathon Festival, Gaithersburg. Steve Yeagle took it all with an easy 2:29 win on this slightly rolling, twice out & back course. Steve was directed off course by a course marshall & ran part of course in reverse order, won by 3 minutes, but had to wait 2—1/2 hrs for a final decision on his victory. For his efforts, he won a very large trophy, a trip to Tampa on Dec 16 to the SchlitzLight Marathon finals, & being the first college finisher, a \$500 scholarship. It was a well-handled race with marshalls at every intersection & coke or beer at end. 188 finished marathon. 12 Jim Gordon 2:51, 22 Ed Hewitt 2:58, 144 Don Heimiller 3:45. There were 29 prizes for mar, 69 for 1/2 mar, & 49 for 1/4 mar.

Sept 16 Gettysburg Marathon. 216 finishers, 100 Jim Mortenson 3:34, 120 Don Heimiller 3:45, 126 Rob March 3:49. 8 AM start thru hilly battlefield avoided heat. Lead runners missed a turn due to not enough marshalls.

Oct 7 Johnstown Marathon. Rained 2nd year in a row, but Tom Bateman ran a 3:24 (PR) for 82nd of 250 in his 2nd marathon.

Oct 8 Richmond Marathon. With a local festival taking place, this race had a Boston-like atmosphere - great crowd support out on course & 10,000 - 15,000 at finish; over 1000 plus still there at

4 1/2 hrs. Don Heimiller 214 of 1500 starters in 3:30. Winning time: 2:28. Easy runner-only parking at finish, Extremely well policed with plenty of marshalls.

Oct 22. N.Y. City Marathon. Harry Piotrowski 2:45, Dave Starnes 2:58, Don Heimiller 3:27.

Oct 29 Nat'l Pike Marathon. Don Heimiller 3:24.

Knocking Them Dead in Boston, Vegas and Muddy Creek Forks

By Charles Brumley

The way it'll go is I'll be at a parade and save the President from Assassination. Just like that other guy who did it, but instead of getting pushed aside I'll be famous and right away form a band and play Las Vegas.

And of course I'll make an album with the President writing the liner notes and some Nashville super side-men backing me up.

And there'll be photos of me acting out every fantasy I ever had, at least the photos that could go through the mail, such as me at the wheel of a Duesenberg dual-cowl phaeton and breaking the tape (do they use a tape — how would I know?) at Boston with Shorter and Rodgers struggling out of focus a hundred yards back.

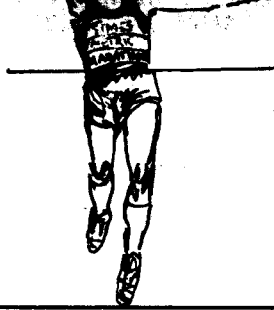
So why am I spilling my pitiful fantasies to you in this running

tabloid?

Because I believe runners are the biggest single group who can understand them. We've all got these dreams we take with a grain of salt, but some days when we're out there alone on the road, on a "triple high," and we feel as though we could run forever, we reach a little closer to the dreams, and know our mortality, and know we wouldn't want it any other way.

And for a moment we know if we had a Duesy, somebody'd have to polish it, and if we were Rodgers or Shorter the pressure and prestige would change everything from a Chance for an insight to a business, and we abandon the dreams, and run.

And right then we wouldn't want to be anywhere else in the whole world but right there.



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 Oct 7 Johnstown Marathon.
 Rained 2nd year in a row, but Tom
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And right then we wouldn't
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 whole world but right there.

2nd ANNUAL EAST COAST LIFE & HEALTH

MARATHON
APRIL 22, 1979
FREDERICK, MD.



FEATURING

- 26-mile RRCA-certified run
- 13-mile and 6-mile races
- Runners' open house with
slides and discussions
- Vegetarian meal
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APPLICATION

Life & Health Marathon
 6856 Eastern Ave., NW.
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 (202) 723-3700, ext. 272

Seaside 10 Miler

Sponsored by Ocean City, Maryland

Sunday, April 8, 1979 10:00 AM

T - Shirts to first 700 Finishers
Age Group Awards

START AND FINISH AT THE INLET
RUN ON THE BOARDWALK

\$4.00 PRE - ENTRY BY MARCH 30

\$6.00 RACE DAY ENTRY

FOR ENTRY FORM CONTACT: MIKE MICULINIC

Sun Sports
 3310 Phila. Ave.
 Ocean City, Md.
 21842



RESULTS

1978 GUNPOWDER NECK 10 MILE RUN JULY 8, 1978

July 8 - Gunpowder Neck 10-Miler (Sponsored by RASAC) - hot, but not as hot as preceding years. Special shirts to first 50 finishers.

1. Dan Rincom (WRC)	51:17	96. Layne Party	65:33	119. Herman Sykes	66:56	143. Frank Palumbo	68:20
2. Karsten Schulz (RASAC)	52:44	97. Stephen Smith	65:38	120. No Name	67:00	144. Milton Taylor	68:21
3. Bob Thomas (QCS)	53:43	98. Jack Townsend	65:40	121. Steve Schell	67:04	145. Lou Stevens	68:25
4. Steve Yeagle (BOC)	53:57	99. Bill Fornoff	65:43	122. Don Growley	67:05	146. Greg Boyd	68:26
5. Mike Sheely (RASAC)	54:03	100. Kenneth Munvich	65:44	123. Torin Thurston	67:13	147. Chris Castagno	68:26
6. Bill McCartan (AFAC)	54:12	101. John Strouper	65:46	124. Robert Ward	67:14	148. Mike Mooney	68:29
7. Steve Dunham (POCO)	54:22	102. Donald Brown	65:51	125. Jim Muth	67:15	149. Steve Rosasco	68:30
8. Jay Simonetta (RASAC)	54:27	103. Harry Smith	65:58	126. Herb Lemoyne	67:15	150. Michael Short	68:40
9. Gary Dollenger (RASAC)	54:54	104. Keith Patto	66:02	127. Tom Dillon	67:26	151. Bob Coyne	68:47
10. Dennis Hinicamp (FCA)	55:34	105. Ed Sharp	66:03	128. No Name	67:40	152. Val Hardin	69:00
11. Gus Loukas	55:53	106. Stewart White	66:08	129. Arthur Fassio	67:41	153. Bob Bauerschmidt	69:00
12. Earl Schwartendruber (BOC)	56:09	107. Terry Hancock	66:10	130. Walt Morawski	67:45	154. Larry Dragon	69:25
13. John Butterfield (BAA)	56:14	108. Dwight Hood	66:15	131. Chuck Portser	67:51	155. Dave Bojarski	69:30
14. Scott Simonetta	56:30	109. Charles Bettler	66:21	132. Sandy Shapiro	67:52	156. Carl Wisler	69:31
15. Charlie Koester (RASAC)	56:33	110. Ron Isbell	66:25	133. Stokes Grymes	67:54	157. Paco Velez	69:32
16. Vernon Johnson (B. CRAB)	56:43	111. Kevin Hickey	66:29	134. Jerry Lynch	67:55	158. Jimmy Nakayama	69:35
17. John Yasik	56:50	112. Bill DiPaula	66:30	135. Gary Dillon	67:56	159. J. Allen Krum	69:36
18. Marty Nyman	56:56	113. John Barnes	66:31	136. John Kraybill	67:57	160. John Eidleman	69:36
19. Michael Brown	57:07	114. Doug Lane	66:32	138. Joel Wagner	68:11	161. Mike Cady	69:42
20. Nate Spencer	57:13	115. John Arias	66:37	139. Al Filar	68:17	162. Don McCreary	69:44
21. Michael Hill (BRR)	57:19	116. Ron Fisher	66:43	140. John Massar	68:18	163. Andy Butterfield	69:48
22. Tim Good	57:30	117. Paul Buckley	66:43	141. Joel Schaefer	68:18		
23. John Elder (RASAC)	57:40	118. Joe Herget	66:55	142. Fran Muller	68:19		
24. M. Mathis	57:42						
25. Brian Harris	57:43						
26. Tim Loftus	58:35						
27. Bill Koehler	58:45						
28. Rick Schuder	58:52						
29. Tim Travis (QCS)	59:08						
30. Bill Foley	59:13						
31. Dick Nair (BRR)	59:25						
32. Dick Svehla (BRR)	59:33						
33. Dennis Kilian	59:37						
34. Danny Boyle (RASAC)	59:38						
35. Don Stanley	59:40						
36. Brad Roberts (RASAC)	59:42						
37. George Adams (RASAC)	59:46						
38. No Name	59:48						
39. Taft Phoebus (BWS)	59:52						
40. Robert Mitchell	59:56						
41. No Name	60:08						
42. Marge Rosasco (RASAC)	60:08						
43. Gordon Thomson	60:15						
44. Bill Korrow	60:19						
45. John Wehner	60:32						
46. Ed Geisendaffer (RASAC)	60:38						
47. George Nash(TFS)	60:40						

(Continued to Page 12)

Date:
Place:
Time:
Course:

Sunday, March 18, 1979
Baltimore, Maryland
10:30 A.M.
This fast 10,000 meter course starts at the U. S. Frigate Constellation Dock in Baltimore's Inner Harbor, winds through South Baltimore, circles historic Fort M'Henry and returns to the harbor. The City of Baltimore will provide police protection on race course.
Completed entry forms must be received by

Registration:



**Follow Me To
Lady Equitable III
and run in one of
the East Coast's
major road races
for women**

32. Dick Svehla (BRR)	59:33
33. Dennis Kilian	59:37
34. Danny Boyle (RASAC)	59:38
35. Don Stanley	59:40
36. Brad Roberts (RASAC)	59:42
37. George Adams (RASAC)	59:46
38. No Name	59:48
39. Taft Phoebus (BWS)	59:52
40. Robert Mitchell	59:56
41. No Name	60:08
42. Marge Rosasco (RASAC)	60:08
43. Gordon Thomson	60:15
44. Bill Korrow	60:19
45. John Wehner	60:32
46. Ed Geisendaffer (RASAC)	60:38
47. George Nash(TFS)	60:40
48. John Roemer III (BRR)	60:41
49. Robert Peterson	60:43
50. Chuck Brumley (YRR)	60:46
51. Harry Piotrowski (RASAC)	60:48
52. James Miner (RASAC)	60:56
53. Rick Fehr	61:02
54. Warren Haynie (BOC)	61:07
55. No Name	61:13
56. Don Forgione (BOC)	60:18
57. No Name	60:24
58. Gregory Fields	60:28
59. Chuck Fields	61:39
60. Doug Essary	61:45
61. Alex Medina	61:46
62. Mike Politi	61:49
63. Robert Bennet	62:07
64. James Gordon	62:10
65. John Hynes	62:12
66. Mike Rosato	62:15
67. Ed Hewitt	62:17
68. Greg Bacinki	62:23
69. Anthony Pudgen	62:29
70. Donn Layne	62:30
71. Scott Sheppard	62:39
72. Ron Adams	62:52
73. John Noble	63:03
74. Bailey St.Clair	63:04
75. Clinton Van Sicler	63:10
76. Robert Whetzel	63:15
77. Gerry Kramer	63:21
78. Dennis Starkes	63:37
79. Christopher Bagden	63:39
80. David Engeberg	63:40
81. Jim Mitchell	63:42
82. Rick Wagner	63:45
83. Bill Lowman	63:46
84. Don Marvel	63:58
85. Ed Reynolds	64:07
86. Robet Best	64:12
87. Gary Powers	64:17
88. Daniel Sullivan	64:20
89. Jerry Cooper	64:42
90. Gus Jacobs	65:00
91. Frank Pandolfe	65:01
92. Frank Nowosielski	65:12
93. Kevin Johnson	65:17
94. Robert McCubbin	65:19
95. David Halbleib	65:30

Date: Sunday, March 18, 1979
Place: Baltimore, Maryland
Time: 10:30 A.M.
Course: This fast 10,000 meter course starts at the U.S. Flagpole Coast Station Dock in Baltimore's Inner Harbor, winds through South Baltimore, circles historic Fort McHenry and returns to the harbor. The City of Baltimore will provide police protection on race course.

Registration: Completed entry forms must be received by Thursday, March 8, 1979. For entry forms write to:
Equitable Trust Bank
Marketing Department
c/o Lady Equitable III
P. O. Box 1556
Baltimore, Maryland 21203

Awards: Winner will receive an engraved 14" silver bowl. Engraved silver trays will be awarded to places two through ten in open division (first ten women to cross finish line will automatically be placed in open division). Plus three engraved 6 1/2" silver bowls will be awarded in each of the following age divisions:
12 & under 30-39
13-19 40-49
20-29 50 & over
(open division winners are not eligible for age group awards)

Special Awards: Commemorative awards to all finishers. Engraved pewter Jefferson Cups to oldest and youngest finishers.

Awards Ceremony: City and bank representatives to officiate at Special Awards Ceremony immediately following race.

Final Race Results: Final results will be mailed to all participants.

Follow Me To Lady Equitable III and run in one of the East Coast's major road races for women

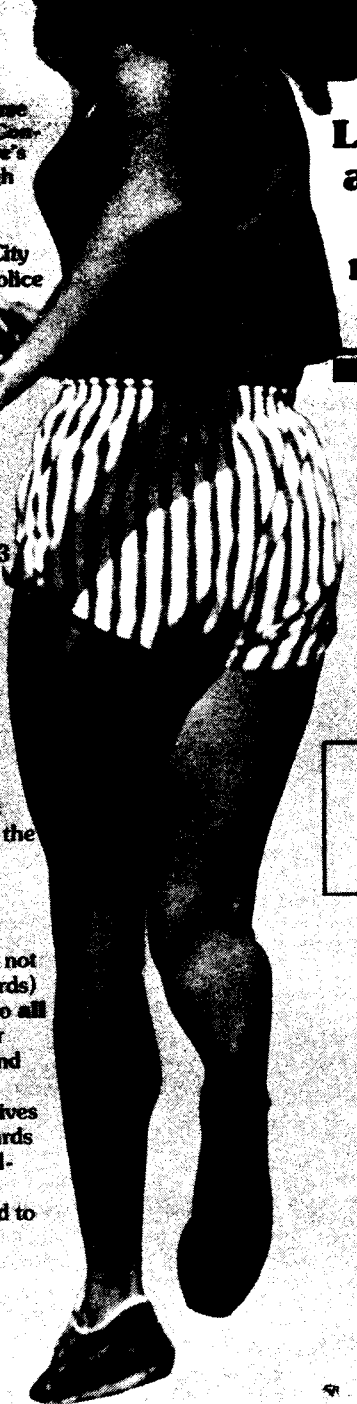
Maryland's Third Annual 10,000 Meter (6.2 miles) Footrace Open to Women of all ages and abilities

Sanctioned as the 1979 Road Runners Club of America Women's Eastern Regional Championship

1978 Lady Equitable II winner Aileen O'Connor
College Park, Maryland
Time: 36:02

Equitable Trust Bank 

A community event sponsored by Equitable Trust Bank in cooperation with the Baltimore Road Runners and the City of Baltimore.



RESULTS

(Continued from Page 11)

164. Jack Bean	69:52	178. Mark Draper	71:09	193. Joe Holland	72:58	208. Tom Cherigo	74:19
165. Phil Bagden	69:56	179. No Name	71:12	194. Herbert Hoover	73:03	209. Jeff Maurer	74:25
166. Gerald O'Brien	70:02	180. Betsy Winter	71:15	195. Tim Perry Jr.	73:04	210. William Kenny	74:28
167. Tommy Farragher	70:04	181. Jim Bourke	71:33	196. Richard Rupprecht	73:07	211. Sue Jacobs	74:46
168. Myron Campbell	70:13	182. Harold Schaefer	71:41	197. No Name	73:12	212. Ron Roessler	74:54
169. Walter Malecki	70:17	183. Jean-Claude Kiehl	71:42	198. William Smith	73:13	213. Gordon Livingston	74:58
170. Jennifer Amyx	70:20	184. Art St. Martin	71:45	199. Walt Green	73:16	214. Gary Sykes	75:00
137. Willis Grier	68:05	185. Tom McDaniel	72:05	200. Ron Wolak	73:18	215. Mason Byles	75:17
171. Herb Amyx	70:20	186. Daniel Garoner	72:06	201. Fred Sullivan	73:31	216. Edmund Tortolani	75:22
172. Luther Whiting	70:29	187. Steve Waller	72:20	202. Donald Wright	73:40	217. Lonny Harvey	75:31
173. Joe Wyda	70:52	188. Katherine Heckman	72:25	203. James Mortenson	73:45	218. Alex Antonakos	75:40
174. Tom Harris	70:50	189. Erika Wiemann	72:38	204. Bill Buckman	74:07	219. Brian Rowland	75:53
175. Bob Burns	71:00	190. Bob Fischer	72:41	205. Phil Jackman	74:11	220. Suzanne Patton	76:07
176. Warren Bourn	71:00	191. Matt Krum	72:55	206. Al Klein	74:15	221. Billy Day	76:20
177. David Amyx	71:07	192. George Baker	72:55	207. Fran Schmitz	74:15	222. Jan Hargrove	76:23
						223. Kenneth Moseley	76:38
						224. Tom Kavanaugh	76:42
						225. John Haase	76:44
						226. N.L. Olsen	76:48
						227. Erika Weinmann	76:59
						228. Bert Bryan	77:03
						229. Jack Croft	77:09
						230. Kevin Conlon	77:11
						231. Roger Davis	77:18
						232. John Hasler	77:25
						233. Bernie Noeller	77:30
						234. Lloyd Richardson	77:33
						235. Andy Sheppard	77:44
						236. Rob McGowan	77:48
						237. Ron Crecco	77:50
						238. Robert Taylor	78:04
						239. Walter Cole	78:07
						240. Ron Wood	78:10
						241. Fred Barron	78:13
						242. Rodney Purdham	78:14
						243. Carole Francis	78:31
						244. George Wincent	79:04
						245. Ken Zeigler	79:06
						246. Tim Miles	79:08
						247. Vernon Davies	79:09
						248. Pat Sokolosky	79:14
						249. C.R. Wagner	79:16
						250. Marcella Weinmann	79:18
						251. Charles Godby	79:22
						252. Michael Vann	79:25
						253. Mark Treanor	79:28
						254. Vincent DeBlase	79:33
						255. Joyce Kingsbury	79:34
						256. Mike Ferguson	79:34
						257. Bob O'Connor	79:44
						258. Fred Davies	79:54
						259. K.S. Terry	79:56
						260. Allen Smith	79:57
						261. No Name	79:58
						262. Bob Latham	80:15
						263. Dennis Perry	80:30
						264. Bob Browning	80:49

Coming Soon The Running Center By Hess

Headquarters of the Baltimore Road Runners Club

In February, 1979 Hess will be opening the area's most comprehensive store for runners. We will be featuring the best names in running shoes and accessories — Adidas, Brooks, Etonic, Nike, New Balance, Tiger, Saucony, Frank Shorter, Sub-4, Dolfin and more. You will also be able to find the latest in equipment



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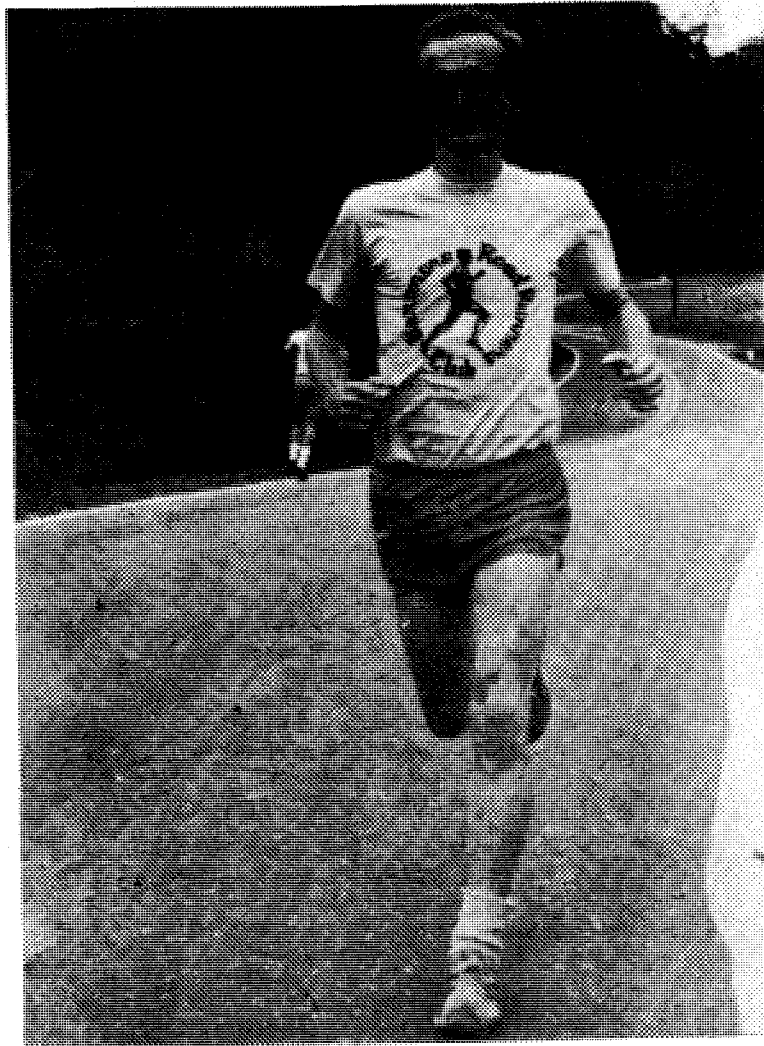
The center will be unique in that it combines Hess' 106 years of experience in fitting shoes with the running knowledge of our personnel.

Manager John Roemer, Baltimore Road Runners Club President, and his staff of runners will be available to answer your questions about equipment, training, injuries and racing. Their advice will be based on tens of thousands of training miles, a dozen marathons and hundreds of other running events.

Come to browse, to shop or just to talk. This is a place tailored to your needs—for runners, staffed by runners.

**Towson Plaza Shopping Center
1 Mile South of Beltway Exit 27**

For further information, call John Roemer at 472-4197



John Roemer

Hess

248. Pat Sokolowsky	79:11
249. C.R. Wagner	79:18
250. Marcella Weinmann	79:22
251. Charles Godby	79:25
252. Michael Vann	79:28
253. Mark Treanor	79:33
254. Vincent DeBlase	79:34
255. Joyce Kingsbury	79:34
256. Mike Ferguson	79:44
257. Bob O'Connor	79:54
258. Fred Davies	79:56
259. K.S. Terry	79:57
260. Allen Smith	79:58
261. No Name	80:15
262. Bob Latham	80:30
263. Dennis Perry	80:49
264. Bob Browning	80:50
265. Jim Vadas	80:53
266. Judy Hasler	81:05
267. Cheryl Spain	81:07
268. Anne Bausch	81:18
269. Shirl Grable	81:36
270. Bernard Dieter	81:46
271. Larry Woodford	81:47
272. Edward Moss	81:51
273. Jane Ward	81:59
274. Martin Marne	82:22
275. Jeane Peltz	82:24
276. Richard Necessary	82:33
277. Daryl Jaschen	82:50
278. Janet Overton	83:11
279. Ray Matthaei	83:31
280. Barry Bowen	83:41
281. Ed Freiburg	83:45
282. John Winter	83:58
283. Carl Mazzerelli	84:02
284. Ann Park	84:04
285. Mary O'Toole	84:07
286. Bobbie Geisendaffer	84:43
287. Vernon Miles	84:49
288. Sharon Rowland	85:00
289. Bob Lapato	85:10
290. Rodney Ringgenberg	85:31
291. Mark Wilsman	85:42
292. James Jenkins	85:50
293. No Name	85:56
294. Warren Love	86:08
295. David Carter	86:08
296. Kenneth Koehlin	86:59
297. Joe Spencer	87:16
298. Dave Funk	87:27
299. Rachel Bourn	87:28
300. Joe Blaskovitz	87:47
301. Darwin Lowry	88:08
302. Joel Kleinman	88:13
303. W.J. Kotis	88:19
304. Barbara Bromley	88:28
305. Tom Malooly	88:28
306. Raymond Morgan	88:35
307. Ron Doktor	89:00
308. Eddy Clough	89:16
309. Frank Fantini	89:19
310. Philip Moss	89:23
311. Brian Brown	

(Continued to Page 13)

RESULTS

(Continued from Page 12)

312. Chris Mortenson	89:24	5. Larry Pickett	30:11	64. Raymond Seifert	39:47	30. Ayres	72:29
313. Ton Guinivan	89:30	6. Layne Party	30:24	65. Julie Party	39:51	31. Bill Keller	72:33
314. Greg Prouty	89:46	7. Lance Woodward	30:29	66. Mary Tysor	40:12	32. Gale Clemson	72:47
315. Roy Rengstorff	90:09	8. Jim Zucco	30:49	67. Brother Brian Vetter	40:22	33. Les Kinion	73:03
316. Joe Siebert	90:30	9. Dave Aldrich	30:57	68. Kip Forlines	40:26	34. John Roemer	73:03
317. Trudy Sykes	90:32	10. Dave Pabst	31:12	69. Nancy Wallace	40:33	35. Walter Cole	74:11
318. Wendy Butterfield	91:00	11. Gary Betrens	31:33	70. Chris Mortenson	40:42	36. James Mortenson	74:38
319. Rob Murphy	91:03	12. Tom Garrett	31:40	71. Gerard Busnuk	40:54	37. Rick Trosch	74:53
320. Carl Arnold	91:08	13. Frank ?	31:48	72. Elaine Woodward	41:03	38. Bill Foley	75:14
321. Ken Walker	91:15	14. Lee Castleman	32:06	73. Richard M. ?	41:23	39. Janine Cormier	75:25
322. Allen Tapper	91:25	15. Tom Henry	32:11	74. Ricky Rice	41:39	40. Sue Williams	76:03
323. Lewis Miller	91:33	16. Tim Bailer	32:32	75. Jean Nair	41:39	41. Jim Glover	77:12
324. Mary Kay Reeves	91:35	17. Jean-Claude Kiehl	32:33	76. Bob Leihy	42:02	42. Cathy Kleeman	77:41
325. Kipp Gosewehr	91:49	18. Bryan Clark	32:34	77. Marilyn Kondner	42:04	43. Jim Bourke	77:41
326. Jim Maglizaro	91:51	19. Glenn Pendleton	33:00	78. Debbie Passmore	42:06	44. Donald Boegehold	78:36
327. Michael Spence	91:57	20. Mike Dawson	33:04	79. Karen McMath	42:30	45. Sterling Lewis	78:46
328. Mary Cudeck	92:13	21. Thomas Lang	33:12	80. Fred Turbe	42:37	46. Michael Lewis	78:46
329. Thomas Korman	92:16	22. Dick Lee	33:43	81. Pat Miller	43:53	47. Myron Kellner	79:08
330. Stan Bochenski	92:30	23. Luther Whiting	33:55	82. McCarthy	44:48	48. Alan Misler	81:26
331. James Carpenter	92:37	24. Herman Sykes	33:59	83. Greg Nepine	46:13	49. F. Barron	81:38
332. Colin Murray	93:23	25. Mike Gladden	34:02	84. W.E. Signor	46:13	50. Herman Blinichikoff	81:51
333. No Name	93:28	26. Paul O'Connell	34:05	85. Walter Morawski	46:16	51. Bob Moore	83:24
334. Ann Walker	93:33	27. Russ Tyldesley	34:12	86. Rebecca Lewis	46:22	52. Edward Slunt	85:44
335. Carol Bittle	93:37	28. Jim Heckman	34:32	87. No Name	46:24	53. Ron Howard	86:28
336. Bill Rachaw	94:37	29. David White	34:35	88. Susan Hutchinson	46:45	54. Kurt Boisjolie	87:06
337. David Young	95:28	30. Thomas Bradford	34:45	89. Jean Bury	46:54	55. Charles Riley	87:33
338. John Lowry	95:36	31. Fred Hickok	35:02	90. Nancy Kuhn	47:06	56. John Lewis	88:06
339. Earnie Bryant	95:36	32. Gene Hoffman	35:14	91. Brenda Signor	53:22	57. Jerry Kearns	88:27
340. David Fox	96:06	33. Mike Canova	35:18	92. Sally Grant	55:06	58. Harry Nogle	89:40
341. Francis Kelly	96:37	34. Pat McMurtram	35:25			59. K.G.	90:05
342. Richie Nair	97:09	35. Walt Morawski, Jr.	35:26	10 Mile		60. R. Henry	90:05
343. R.G. Wasey	97:56	36. John Larney	35:30	1. Mark Johnson	56:48	61. Higgs	92:03
344. Harvey Smith	98:42	37. Peter Sciukas	35:38	2. David Concher	57:19	62. Jacob Saulsbury	92:44
345. Jacob Saulsbury	98:45	38. Dennis Shea	35:40	3. John Elder	57:50	63. No Name	92:53
346. Jay Dieter	98:45	39. Ron Talbert	35:56	4. Steve Jones	58:43	64. Bill Davis	92:53
347. Bob York	99:22	40. Jerry Chmielak	36:03	5. Schuster	60:08	65. Jim Aumiller	96:20
348. Jean Dwyer	100:43	41. Jack Ward	36:04	6. Anthony Pudser	60:11	66. Nannette Blinichikoff	101:10
349. Leo Saubier	101:01	42. Laurie Blinichikoff	36:22	7. Roderick Roberts	60:13	67.	
350. Peggy Smeltzer	101:02	43. Carroll Sudbrook	36:23	8. Delroy Matthews	61:31	68. Mary Roemer	121:34
351. John Dieter	102:07	44. Marv Fuchs	37:12	9. Mel Walton	62:49		
352. Robert Bourelis	103:09	45. Dave Demers	37:14	10. J. Gordon	62:58		
353. Al Marne	103:15	46. Richie Nair	37:22	11. Robert McCubbin	63:40		
354. Julie Party	104:44	47. Janet Overton	37:28	12. John Fehir	64:29		
355. William Brown	104:50	48. Harry Dyer	37:45	13. Frank Fitzpatrick	64:47		
356. Thomas Miller	105:09	49. Walt Strycharz, Jr.	37:46	14. Kathy Heckman	64:48		
357. Denise Bazemore	105:16	50. Bobby Cormier	37:47	15. Don Marvel	65:22		
358. Michael Easley	105:22	51. Robert Cormier, Sr.	37:48	16. Jim Wefking	65:26		
359. Felix Sachs	109:41	52. Ron LeClair	37:53	17. Tom Dillon	66:56		
360. Nancy Reeves	109:43	53. Ed Moore	37:54	18. David Evans	67:52		
361. Janet Bossen	109:50	54. Robert Greenwell	38:11	19. Don Fischer	68:12		
362. Renee Mordecai	116:23	55. Lee Myers	38:16	20. Alex Medina	69:31		
363. Dave Stewart	130:16	56. Jim McLaughlin	38:32	21. Dave Keller	69:52		
364. Joyce Ann Babcock	130:20	57. Parker	38:32	22. J. Harris	69:53		
AGE-GROUP RESULTS		58. Scott Cooper	38:46	23. Kevin Conler	70:42		
19 and Under		59. Glenn Smink	38:52	24. Gene Baldwin	70:54		
1. Karsten Schulz, 18	52:44	60. Carl Settlemeyer	38:52	25. Billy Day	71:02		
2. Mike Sheely, 18	54:03	61. Tom Malooh	38:59	26. Gene Oreabe	71:26		
3. Steve Dunham, 19	54:22	62. Jim Cordie	39:04	27. F. Lenoach	71:52		
			39:45	28. Fred Koel	72:12		
				29. Tim Perry, Jr.	72:13		

July 23—Loch Raven 8 Miler. Extremely hot day, apparently perfect for Steve Mahieu, now of Albuquerque, formerly of Baltimore, in town for a visit and a victory.

1. Steve Mahieu	41:08 (5:08)
2. Jim Sheels	41:52 (5:14)
3. Jim Lears	42:31 (5:19)
Mike Monahan	43:04 (5:23)
5. Gary Fanelli	43:49 (5:29)
6. Mark Johnson	44:42 (5:35)
7. Charlie Hautau	44:59 (5:37)
8. Dave Starnes	46:30 (5:49)
9. Mike Hill	47:37 (5:57)
10. Carl Muller	47:52 (5:59)

(Continued to Page 14)

353. AJ Marne	103:13
354. Julie Party	104:44
355. William Brown	104:50
356. Thomas Miller	105:09
357. Denise Bazemore	105:16
358. Michael Easley	105:22
359. Felix Sachs	109:41
360. Nancy Reeves	109:43
361. Janet Bossen	109:50
362. Renee Mordecai	116:23
363. Dave Stewart	130:16
364. Joyce Ann Babcock	130:20

**AGE-GROUP RESULTS
19 and Under**

1. Karsten Schulz, 18	52:44
2. Mike Sheely, 18	54:03
3. Steve Dunham, 19	54:22

20-29	
1. Dan Rincon, 25	51:17
2. Bill McCartan	54:12
3. Dennis Hinicamp, 22	55:34

30-39	
1. Bob Thomas, 30	53:43
2. Steve Yeagle, 30	53:57
3. Charlie Koester, 33	56:33

40-49	
1. John Butterfield, 41	56:14
2. John Roemer, 40	60:41
3. Gerry Kramer, 45	63:21

50 and Over	
1. William Kenny, 51	74:28
2. James Jenkins, 65	85:42
3. Tom Malooly, 56	88:22

WOMEN'S DIVISION

1. Marge Rosasco, 30	60:08
2. Valerie Hardin, 17	69:00
3. Jennifer Amyx, 8	70:20

Youngest Finisher: Jennifer Amyx, 8.
Oldest Finisher: James Jenkins, 65.

PAST WINNERS

1973 Vic Nelson 53:00.7
1974 Sheldon Karlin (no time-off course declared winner by consent of top 5 finishers)
1975 Dan Rincon 51:18 1976 Bill Blewett 51:47 1977 Dan Rincon 50:51 1978 Dan Rincon 52:44

46. Richie Nair	37:22
47. Janet Overton	37:28
48. Harry Dyer	37:45
49. Walt Strycharz, Jr.	37:46
50. Bobby Cormier	37:47
51. Robert Cormier, Sr.	37:48
52. Ribn LeClair	37:53
53. Ed Moore	37:54
54. Robert Greenwell	38:11
55. Lee Myers	38:16
56. Jim McLaughlin	38:32
57. Parker	38:32
58. Scott Cooper	38:46
59. Glenn Smink	38:52
60. Carl Settlemyer	38:57
61. Tom Malooh	38:59
62. Jim Cordie	39:04
63. Kermit Yensen	39:45

12. John Fehr	44:29
13. Frank Fitzpatrick	64:47
14. Kathy Heckman	64:48
15. Don Marvel	65:22
16. Jim Wefking	65:26
17. Tom Dillon	66:56
18. David Evans	67:52
19. Don Fischer	68:12
20. Alex Medina	69:31
21. Dave Keller	69:52
22. J. Harris	69:53
23. Kevin Conler	70:42
24. Gene Baldwin	70:54
25. Billy Day	71:02
26. Gene Oreabe	71:26
27. F. Lenoach	71:52
28. Fred Koel	72:12
29. Tim Perry, Jr.	72:13

July 23—Loch Raven 8 Miller. Extremely hot day, apparently perfect for Steve Mahieu, now of Albuquerque, formerly of Baltimore, in town for a visit and a victory.

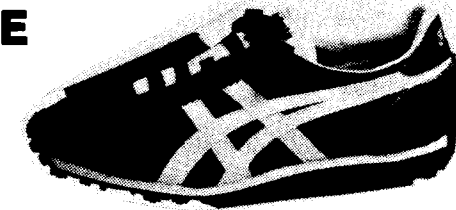
1. Steve Mahieu	41:08 (5:08)
2. Jim Sheels	41:52 (5:14)
3. Jim Lears	42:31 (5:19)
Mike Monahan	43:04 (5:23)
5. Gary Fanelli	43:49 (5:29)
6. Mark Johnson	44:42 (5:35)
7. Charlie Hautau	44:59 (5:37)
8. Dave Starnes	46:30 (5:49)
9. Mike Hill	47:37 (5:57)
10. Carl Muller	47:52 (5:59)

(Continued to Page 14)

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**July 16 - Seasonal Petopsio
State Park 5 and 10 Miles.**

Hot, humid; rain during last 3 or 4 miles of the 10 miler.

5 Mile

1. Steve Kelly	27:16
2. Andy Passmore	28:41
3. Clinton Van Sicler	29:21
4. Scott Lutrey	30:08

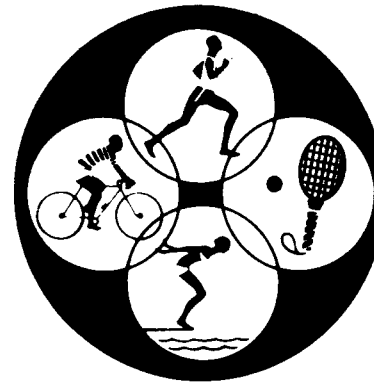
RESULTS

(Continued from Page 13)

11. Andy Passmore	48:58 (6:02)	33. Jim Adams	53:19 (6:40)	55. R. Brooks	57:12 (7:09)	77. Jim McCarthy	60:23 (7:33)
12. Danny Boyle	48:20 (6:02)	34. Dave Evans	53:37 (6:42)	56. Don Heimiller	57:33 (7:11)	78. Jack Halsey	60:29 (7:34)
13. Dave Gorechen	48:41 (6:05)	35. A. Fassio	53:47 (6:45)	57. Scott Paris	57:37 (7:12)	79. Sue Jacobs	60:30 (7:34)
14. David Engberg	48:50 (6:06)	36. Gary Powers	54:01 (6:45)	58. Gary Behrens	57:38 (7:12)	80. Mike Pierre	60:34 (7:34)
15. Ed Geisendaffer	48:58 (6:07)	37. Robert McCubbin	54:12 (6:47)	59. Dean Lusby	57:51 (7:14)	81. Alex Medina	60:35 (7:34)
16. Jim Cooke	49:11 (6:09)	38. Debbie Pavik	54:18 (6:47)	60. Sam Vinch	57:59 (7:15)	82. Janine Corimier	60:44 (7:35)
Warren Haynie	49:15 (6:10)	39. Daniel Tracey	54:19 (6:47)	61. Stu Jacobs	58:06 (7:16)	83. Rick Moss	60:48 (7:36)
18. Bill Korrow	49:30 (6:11)	40. Dave Keller	54:35 (6:49)	62. Jamey Hruska	58:07 (7:16)	84. G.A. Griffiths	61:34 (7:42)
19. Tom Nowicki	49:34 (6:12)	41. Dan Butz	54:36 (6:49)	63. Gordon Livingston	58:09 (7:16)	85. Tom Zibron	61:43 (7:43)
20. Doug Essary	49:50 (6:14)	42. Gus Jacobs	54:42 (6:50)	64. Dennis Burke	58:11 (7:16)	86. S. Morrison	61:51 (7:44)
21. George Adams	50:16 (6:17)	43. Jack Ciesielski	54:58 (6:52)	65. Tom Harris	58:32 (7:19)	87. Jerry Chimieliak	62:24 (7:48)
22. T.G. Puisen	50:25 (6:18)	44. No Name	55:01 (6:52)	66. Joe Holland	58:40 (7:20)	88. No Name	62:38 (7:50)
23. Baily St. Clair	50:33 (6:19)	45. Dale Kennedy	55:12 (6:54)	67. Pete Scott	58:43 (7:20)	89. Gene Hoffman	63:08 (7:53)
24. Jim Gordon	50:53 (6:22)	46. Jean Claude-Kiehl	55:16 (6:54)	68. Ray Talbert	59:25 (7:26)	90. Billy Day	63:13 (7:54)
25. Lance Woodward	51:17 (6:25)	47. Walt Morawski	55:18 (6:54)	69. Sara Smith	59:26 (7:26)	91. Antonio Olmedo	63:15 (7:54)
26. Dave Pabst	51:26 (6:26)	48. Jerry Mion	55:33 (6:56)	70. Mike Haire	59:32 (7:27)	92. Alan Mislser	63:20 (7:55)
27. Bill Mears	51:53 (6:29)	49. Denny Anderson	56:08 (7:01)	71. Roy Rolig	59:41 (7:28)	93. Keith Ryaler	63:30 (7:56)
28. Dick Nair	52:04 (6:31)	50. Tom Oglesby	56:09 (7:01)	72. John McKim	59:42 (7:28)	94. J. Mayhlu	63:43 (7:58)
29. Tom Henry	52:14 (6:32)	51. Stephen Wittelberry	56:26 (7:03)	73. Wayne Higgins	59:46 (7:28)	95. Ron Byrd	63:57 (7:59)
30. A. Foreman	52:18 (6:32)	52. Hermany Sykes	56:37 (7:05)	74. Bob Fischer	59:53 (7:29)	96. Peter Siukas	64:23 (8:03)
31. Tom Dillon	52:39 (6:35)	53. Dave Aldrich	56:58 (7:07)	75. Don Bowlanger	60:02 (7:30)	97. J. Mikulski	64:38 (8:05)
32. Brooke Waldt	53:15 (6:40)	54. Steve Shimko	57:01 (7:07)	76. Mike Gladden	60:22 (7:33)	98. Layne Party	64:41 (8:05)
						99. Jan Overton	64:46 (8:06)
						100. Richie Nair	64:48 (8:06)
						101. Thomas Bradley	64:49 (8:06)
						102. Jim Bourke	64:58 (8:07)
						103. Ed Moss	65:05 (8:08)
						104. John Marcini, Jr.	65:25 (8:11)
						105. Bernie Dieter	65:39 (8:13)
						106. Jack Osman	65:48 (8:14)
						107. McLaughlin	65:56 (8:14)
						108. Tom O'Toole	65:57 (8:15)
						109. Gary Respass	66:02 (8:15)
						110. Jim Brooks	66:23 (8:18)
						111. Russell Garvey	66:41 (8:20)
						112. Michael Boggs	66:45 (8:20)
						113. Mike Kellner	66:50 (8:21)
						114. James Cordie	66:51 (8:21)
						115. Bernard Noeller	67:36 (8:27)
						116. Herman Blinichikoff	67:43 (8:28)
						117. Casey Wilson	67:54 (8:29)
						118. John Servelle	67:55 (8:29)
						119. Ed Slunt	68:28 (8:34)
						120. Lee Myers	68:29 (8:34)
						121. No Name	68:33 (8:34)
						122. Robert Cormier	68:40 (8:35)
						123. Cathy Kleeman	68:58 (8:37)
						124. Colleen Pierre	68:59 (8:37)
						125. Jerry Kearns	70:02 (8:45)
						126. Nancy Wallace	70:05 (8:45)
						127. Strink	70:21 (8:47)
						128. David Martin	70:40 (8:50)
						129. Joe Seibert	70:58 (8:52)
						130. Jean Nair	71:09 (8:53)
						131. Elaine Woodward	71:53 (8:59)
						132. Deb Wejciechoski	72:14 (9:02)
						133. Phil Moss	72:22 (9:03)
						134. Peggy Swain	73:24 (9:12)

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118. John Servelle	67:55 (8:29)
119. Ed Slunt	68:26 (8:34)
120. Lee Myers	68:29 (8:34)
121. No Name	68:33 (8:34)
122. Robert Cormier	68:40 (8:35)
123. Cathy Kleeman	68:58 (8:37)
124. Colleen Pierre	68:59 (8:37)
125. Jerry Kearns	70:02 (8:45)
126. Nancy Wallace	70:05 (8:45)
127. Strink	70:21 (8:47)
128. David Martin	70:40 (8:50)
129. Joe Seibert	70:58 (8:52)
130. Jean Nair	71:09 (8:53)
131. Elaine Woodward	71:53 (8:59)
132. Deb Wejciechoski	72:14 (9:02)
133. Phil Moss	72:22 (9:03)
134. Peggy Swain	73:24 (9:12)
135. Tom Stringer	73:48 (9:14)
136. Chris Mortenson	74:18 (9:17)
137. Carl Party	75:17 (9:25)
138. Karen McMath	75:29 (9:26)
139. John Tarpey	76:14 (9:32)
140. Sandra Moss	76:38 (9:35)
141. Keith Cole	76:59 (9:37)
142. John Bushman	77:10 (9:38)
143. R.M. Rayme	77:32 (9:41)
144. Bob Ray	78:00 (9:45)
145. Lee Higgs	78:49 (9:51)
146. Jacob Saulsbury	78:49 (9:51)
147. Nancy Kuhn	78:54 (9:52)
148. Nannette Blinchikoff	78:55
149. Martha Schlenger	79:22 (9:55)
150. Sonia Garcia	79:38 (9:57)
151. Martha Alvaran	79:45 (9:58)
152. Diane Melcher	80:12 (10:02)
153. Jack Burdell	80:21 (10:03)
154. Peggy Strunge	80:32 (10:04)
155. Julie Party	87:00 (10:53)
156. Greg Boyd	87:00 (10:53)

Druid Hill Five Miler

Aug. 6 - Our first race on this scenic, green and extremely hilly course. Magnificent view of the city at the start/finish. Weather: cloudy and humid. Winner Charlie Hautau went through the first and only level mile in 4:51, then averaged 5:28 the rest of the way.

1. Charlie Hautau	26:43
2. Nathaniel Spencer	27:55
3. Earl Swartzendruber	28:25
4. Mike Hill	28:25
5. John Elder	28:43
6. Anthony Pudger	29:01
7. John Lanier	29:01
8. Roderick Roberts	29:20
9. Gregory Henson	29:30
10. Taft Phoebus	29:48
11. William Wiley	30:07
12. Tom Dillon	30:30

(Continued to Page 15)

RESULTS

(Continued from Page 14)

13. Harry Piotrowski	30:40	91. Steve Berenson	39:59	28. Tim Birney	37:40	48. Kenneth Williams	39:10
14. Michael Merritt	30:44	92. Ken Walton	40:12	29. Bill Fornoff	37:42	49. Walt Morawski	39:12
15. William Legat	30:48	93. Pat Sokoloski	40:27	30. Mike Wienholt	37:46	50. Rabbye	39:17
16. Layne Party	30:52	94. Walter Cole Jr.	40:41	31. Scott Paris	38:02	51. Gary Behrens	39:45
17. Ed Wilson	30:57	95. Tony Hill	40:42	32. Dave Pabst	38:05	52. Steve Schell	39:50
18. Donn Layne	31:05	96. Raymond Morgan	41:10	33. Steve Smith	38:06	53. Richard Brooks	39:56
19. William Fornoff	31:10	97. Robert Turner	41:33	34. Tom Ogleysby	38:07	54. Milton Taylor	39:58
20. John Barnes	31:30	98. Janis Gatis	41:41	35. Lance Woodward	38:08	55. Larry Dragon	40:00
21. Dave Pabst	31:32	99. No Name	42:00	36. Brad Roberts	38:09	56. Luther M. Whiting	40:05
22. Henry Freeman	31:47	100. Chris Mortenson	42:09	37. Les Kinion	38:12	57. Don Brown	40:07
23. Raymond Berkley	31:50	101. Edward Hurley	42:47	38. Gus Jacobs	38:15	58. Kenneth H. Muhvich	40:12
24. Dave Keller	31:52	102. Lou Maresca	42:48	39. James Heshell	38:26	59. Jamiy Hruska	40:13
25. Geoff Saverborn	31:55	103. Mike Sievers	42:50	40. No Name	38:28	60. Andre Cole	40:21
26. Burrow	32:00	104. Joe Seibert	42:53	41. Charles Ziller	38:32	61. Herman Sykes	40:28
27. M. Sarvbin	32:04	105. Randy Thomas	42:55	42. Brooke Waldt	38:40	Brian Lee	40:47
28. Tom Henry	32:09	106. Mary Tysor	43:18	43. Tom Henry	38:42	63. Ron Griffin	41:00
29. Don Putnam	32:13	107. Ron Mayfield	43:21	44. Scott Lutrey	38:50	64. John Ringrose	41:00
30. Mike Plater	32:33	108. Warren Cooper	44:13	45. Ed McFarland	38:52	65. Greg Boyd	41:05
31. Bill Mears	32:37	109. Bob Leihy	44:15	46. Mike Cross	38:55		
32. Hy Levasseur	32:47	110. No Name	44:33	47. Jean Claude Kieh	38:56		
33. Debbie Pavik	32:57	111. Paul Zelenka	44:56				
34. Don Fischer	33:12	112. Sherry Cooke	44:57				
35. Ed Barnhouser	33:28	113. Bob Ray	45:39				
36. No Name	33:44	114. Buzz Kerr	45:41				
37. Milton Taylor	33:49	115. No Name	45:45				
38. Les Kinion	33:57	116. Shirley Mancini	45:50				
39. Luther Whiting	34:02	117. Ernest Demby	45:51				
40. Jamey Hruska	34:18	118. Danny Sarubin	45:55				
41. Sara Smith	34:28	119. S. Yim	46:48				
42. Douglas Dobbin	34:29	120. Philip Gallant	46:55				
43. Richard Brooks	34:37	121. Bobbie Brown	46:56				
44. Walter Cole	34:40	122. T. M. Himelfarb	47:10				
45. Keith Plater	34:49	123. W. M. Mayfield	47:11				
46. Brooke Waldt	35:13	124. Cindy Barnhouser	47:17				
47. Gene Hoffman	35:25	125. J. Saulsbury	48:08				
48. Jim Mortenson	35:27	126. Tom Brewster	48:51				
49. Lance Woodward	35:34	127. Donald Baker	49:01				
50. Jim Pennington	35:37	128. Arline Ford	49:25				
51. Mike Boggs	35:39	129. Wayne Simpson	50:01				
52. Don Heimiller	35:41	130. Michael Gesplankis	50:02				
53. Michael Heffler	36:00	131. Kevin Prid	51:14				
54. Michael Samuels	36:05	132. Carol Wandres	51:15				
55. Walter Faucette	36:08	133. G. T. Waltz	51:43				
56. Ron Byrd	36:16	134. Duprey	51:57				
57. Joe Holland	36:22						
58. Fred Hickok	36:24						
59. Clifton Gross	36:37						
60. Jim Schuth	36:40						
61. Kevin Marcus	36:42						
62. Larry Fask	37:10						
63. No Name	37:18						
64. Jerry Chmeilak	37:19						
65. Jimmy Jones	37:32						
66. Robert Greenwell	37:37						
67. Steven Morrison	37:52						
68. Herman Blinichikoff	38:06						

(Continued to Page 16)

JUST RELEASED!

THE RUNNER'S DAILY DIARY

It's more than just a calendar.
It's more than a record of your
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Records, YOUR Running Biography,
Racing Results, Pacing Charts,
Bibliography, and more.

The
RUNNER'S

August 15 - Montebello 6 Miler, Largest
field ever for this event.

1. Jim Lears	31:16
2. Dave Goucher	32:40
3. David Starnes	32:42
4. Bruce Richardson	32:45
5. Scott Simonetta	33:06

53. Michael Samuels	36:05	132. Carol Wanders	51:15
54. Michael Samuels	36:08	133. G. T. Waltz	51:43
55. Walter Faucette	36:16	134. Duprey	51:57
56. Ron Byrd	36:22		
57. Joe Holland	36:24		
58. Fred Hickok	36:37		
59. Clifton Gross	36:40		
60. Jim Schath	36:42		
61. Kevin Marcus	37:10		
62. Larry Fask	37:18		
63. No Name	37:19		
64. Jerry Chmeilak	37:32		
65. Jimmy Jones	37:37		
66. Robert Greenwell	37:52		
67. Steven Morrison	38:06		
68. Herman Blinichikoff	38:07		
69. Charles Kellam	38:23		
70. John Ghee	38:23		
71. John Mancini	38:35		
72. Martin O'Neill	38:41		
73. Jim Brooks	38:45		
74. Michael Hillson	38:48		
75. Tom Stringer	38:48		
76. John Stone	38:58		
77. Janet Gregson	38:59		
78. Jim Cordie	39:05		
79. Antonio Olmedo	39:08		
80. Ron Wack	39:09		
81. John Tucker	39:16		
82. Alan Mislér	39:18		
83. Janine Cormier	39:23		
84. Robert Cormier	39:26		
85. Ron Le Clair	39:35		
86. Carl Party	39:45		
87. William Smulyan	39:46		
88. Jim Bourke	39:52		
89. Joanne Harwood			
90. Jan Overton			

August 15 - Montebello 6 Miler. Largest field ever for this event.

1. Jim Lears	31:16
2. Dave Goucher	32:40
3. David Starnes	32:42
4. Bruce Richardson	32:45
5. Scott Simonetta	33:06
6. John Cornwell	33:16
7. John Elder	33:25
8. Mike Hill	33:32
9. Earl Swartzendruber	33:54
10. Steve Yeager	34:25
11. Taft Phoebus	34:30
12. Brad Mudge	34:41
13. Don Forgione	34:42
14. Frank Pflaging	35:13
15. Anthony Pridgen	35:17
16. Harry Piotrowski	35:18
17. Sean O'Connor	35:25
18. Don Miller	35:42
19. Ed Geisendaffer	35:56
20. Carl Muller	35:57
21. Dennis Suski	36:00
22. Robert McCubbin	
23. Donn Layne	36:25
24. Bailey St. Clair	36:45
25. Mark Hendrix	36:56
26. Michael Bruce	37:05
27. Ron Talbert	37:25

July 30—Hydes' Road Bike/Run (8.1 mile loop). Warm weather with a slight breeze. It hurts to ride, then run. Ruckert, from the DCRRC and Brumley, from the York Area RCC, blew through the bike portion side by side. Elder and Harrison caught Brumley on a long hill with two miles to go. The next three- Passmore, Herget and Nowicki-were high school students, two of whom proved that they train more for track than for biking. Dave Rost, third on the bike and eleventh on foot, said he preferred sprints. Les Kinion left his bike home.

	Bike	Run	Total
1. Steve Ruckert	22:40(2)	47:45(1)	70:25
2. John Elder	24:06(5)	47:49(2)	71:55
3. Jim Harrison	23:32(4)	50:23(3)	73:55
4. Chuck Brumley	22:38(1)	52:07(5)	74:45
5. Andy Passmore	26:42(9)	51:10(4)	77:52
6. Joseph Herget	24:09(6)	55:38(8)	79:47
7. Tom Wowicki	28:02(11)	52:37(6)	80:39
8. Tom Dillon	26:28(8)	55:25(7)	81:53
9. Ron Howard	24:54(7)	58:49(10)	83:43
10. Jim Lynch	28:43(13)	55:45(7)	84:28
11. Dave Rost	23:30(3)	63:24(13)	86:54
12. Jim Mortenson	27:10(10)	66:04(14)	93:14
13. Clint Brooks	32:29(15)	61:24(12)	93:53
14. Bernard Webber	28:23(12)	67:08(15)	95:31
15. Jim Mcarthy	36:42(17)	60:38(11)	97:20
16. Patrick Urban	30:14(14)	67:12(16)	97:26
17. Changuris	31:57(15)	DNF	
18. Les Kinion	DNS		

challenges. As you reflectively write, it can become a record of your reactions to running.

But it's even more -- Medical/Injury Records, YOUR Running Biography, Racing Results, Pacing Charts, Bibliography, and more.

The
RUNNER'S
DAILY
DIARY

1979 JANUARY 1979

S M T W T F S

1 2 3 4 5 6

7 8 9 10 11 12

13 14 15 16 17 18 19 20

21 22 23 24 25 26 27

28 29 30 31

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RESULTS

(Continued from Page 15)

66. Dennis Burke	41:12	172. No Name	53:36	Jim Harrison	22:26	(21)	Barker, 26:56; 136. Bart Karwacki, 26:58;
67. Raymond Berkley	41:15	173. Karen McMath	53:40	Delroy Matthews	22:40	(24)	137. Clifton Gross, 26:59; 138. Hal Levitt,
68. Carol White	41:16	174. Brenda Ellers	53:40	Dick Nair	22:46	(27)	27:00; 139. David McAuliffe, 27:03; 140. Jim
69. Jerry Mikulski	41:17	175. Mike Spence	54:34	Mil Walton	22:49	(30)	Burns, 27:03.
70. Chaney E. Wilson	41:19	176. Shirley Mancini	56:14	Age 40-49			141. John Servelle, 27:04; 142. Tom
71. Joe Herget	41:25	177. No Name	56:16	Al Filar	23:55	(49)	Cherigo, 27:05; 143. Nancy Dandy, 27:08;
72. Frank Petrik	41:26	178. No Name	56:40	Ted Chernak	24:35	(66)	144. Al Drabkoswki, 27:15; 145. Ernie Im-
73. Steven Webber	41:30	179. Carol Wandres	57:35	Les Kinion	25:08	(75)	hoff, 27:24; 146. George Smith, 27:28; 147.
74. Mike Canova	41:31	180. Jacob Saulsbury	57:44	Milt Taylor	25:29	(84)	Ron LeClair, 27:29; 148. Karen Griest,
75. Sarah Smith	41:35	181. G.T. Waitz	58:04	Sam Spicer	25:30	(85)	27:30; 149. Myron Kellner, 27:31; 150. Jim
76. Joe Schaefer	41:36	182. Doug Sommers	58:59	Age 50 and over			Brooks, 27:32; 151. Roger Knight, 27:33;
77. Frank Morgan	41:37	183. Arline Ford	59:16	Alex Drabkowski	27:15	(144)	152. Ray Rolig, 27:38; 153. Nathan Hime,
78. Mike Heffler	41:45	184. No Name	59:35	Bill Fiege	27:56	(164)	27:39; 154. Gary Merica, 27:44; 156. Wil-
79. Frank Salemi	41:46	185. No Name	59:50	Marv Norin	28:39	(194)	liam Smulyan, 27:46; 157. Art Wagner,
80. Butch Swayne	41:47	186. Janet Bossen	59:52	Women			27:47; 158. Larry Fusk, 27:48; 159. Paul
81. David Lumsden	41:50	187. No Name	62:31	Marilyn Bevans	24:12	(54)	Wilkes, 27:50; 160. John Sherman, 27:51.
82. Bill Day	41:51	188. No Name	62:31	Patricia Walker	24:50	(70)	161. Jerry Groeninger, 27:52; 162. Stan
83. Sue Jacobs	41:52	189. Meg Edwards	69:50	Robin Stryker	25:58	(103)	Bailey, 27:52; 163. John B. Sloan, 27:53; 164.
84. James Barrett	41:53	190. No Name	70:38	Sara Smith	26:03	(106)	William Fiege, 27:56; 165. Wayne Rich-
85. Bruce Carter	42:05	191. Janet Furman	71:05	Carol White	26:17	(111)	ardson, 28:01; 166. Herman Blinckhoff,
86. Brian Migliarini	42:19	192. Susan Geist	74:10				28:02; 167. Herbert Goloman, 28:03; 168.
87. Clifton Gross	42:20						Wayne McWilliams, 28:04; 169. R. Henry
88. Richard Proter	42:21						28:05; 170. Michael Vann, 28:06; 171. Dave
89. Ed Patey	42:22						Plummer, 28:07; 172. Joanne Harwood,
90. Steve Morrison	42:26						28:09; 173. Jerry Kearns, 28:11; 174. Julie
91. Gene Hoffman	42:27						Party, 28:16; 175. Lorenzo Plater, 28:17; 176.
92. Tom Duschel	42:34						Carl Party, 28:18; 177. Mark Chapman,
93. John Logis	42:35						28:21; 178. Gretchen Vogel, 28:24; 179.
94. Larry Kalb	42:45						Mark Johnson, 28:24; 180. Joe Amato,
95. Robert McGowan	42:55						28:27.
96. Jim McLaughlin	43:07						181. Jim Bourke, 28:28; 182. Stu Fors,
97. Jack Burchell	43:08						28:30; 183. Alfred Decker, 28:31; 184. Bill
98. Greg Cocco	43:09						Haught, 28:32; 185. Dan McConchie, 28:32;
99. No Name	43:21						186. Thomas Bradford; 28:35; 187. Don
John R. Bashaar	43:22						McFarland, 28:35; 188. Chuck Kropp,
101. John McKine	43:27						28:36; 189. Ed Kohls, 28:37; 190. Steven
102. No Name	43:28						Peterson, 28:37; 191. Bob Frantz, 28:37;
103. Jim McCarthy	43:31						192. B. Eaton, 28:38; 193. Carl Miceli, 28:38;
104. Alex Drabkowski	43:50						194. Marv Norin, 28:39; 195. Nancy
105. Susan Rustad	44:00						Wallace, 28:39; 196. Richard Troyes, 28:41;
106. Lee Myers	44:00						197. Chuck Cobie, 28:44; 198. Bruce Cham-
107. Gary Senula	44:04						bbers, 28:45; 199. Stephen Willinson, 28:46;
108. Ron LeClair	44:17						200. Anne Martin, 28:47.
109. Tony Hill	44:18						201. George Schroeter, 28:49; 202. Deb-
110. Tim Perry	44:21						bie Passmore, 28:50; 203. Floyd Pace,
111. Jeff Misler	44:27						28:52; 204. Lester Cohen, 28:57; 205. D.
112. Katherine McGlynn	44:32						Clement, 28:59; 206. Cathy Gaddy, 28:59;
113. Jim Brooks	44:33						207. Reed Haynie, 29:02; 208. Steve Cohen,
114. Eric Sundquist	44:53						29:11; 209. Tim Carey, 29:15; 210. Paul
115. Rob Dushel	44:55						Brown, 29:16; 211. Phil Kirby, 29:16; 212.
116. Dwight Hood	45:10						Mike Warner, 29:25; 213. Ro Moure, 29:27;
117. Janet Overton	45:15						214. Chris Mortenson, 29:29; 215. Doug
118. Martin O'Neill	45:20						Whitehouse, 29:30; 216. Lloyd Richardson,
119. Jim Bourke	45:22						29:32; 217. Ken Walker, 29:33; 218. 29:34;
120. Ronald Cohn	45:30						219. James Coburn, 29:35; 220. Curtin,
121. Pat Sokoloski	45:33						29:36.
122. Mark Draper	45:36						221. Gil Outiveros, 29:37; 222. Hy Luft,

August 22 - Third Annual Run/Swim. 3 Mile run, 400 meter swim (16 laps in pool at Padonia Swim Club). Excellent weather and good turnout, both for the first time. Debbie Pavik, one of the best high school runners in Maryland, finished third overall after swimming the fastest 400 meters of the evening. A highlight of the event was Jerry Bosse's return to competition after a crippling back injury. Because club president John Roemer lacks proficiency in numerous areas (a prerequisite for his elevated office), not the least of which is swimming, Jerry took his laps. Race officials thanked Jerry profusely, since Roemer's "swimming" would have kept them at the pool past midnight.

1. Jim Harrison	24:11
2. Tom Nowicki	24:58
3. Debbie Pavik	25:35
4. Kevin Marcus	25:45
5. Greg Vaughan	26:06
6. Stuart Jacobs	26:18
7. Andy Passmore	26:28
8. Mike Grodsky	26:30
9. Michael Whiting	26:58
10. Alex Medina	27:00
11. Bob MacKenzie	27:05
12. Leah Adkins	27:07
13. Ron Talbot	27:31
14. Steve Reid	27:54

1. Mike Monaghan, 19:43; 2. Jim Lears, 19:45; 3. Stan Fletcher, 20:29; 4. John Elder, 20:50; 5. Mike Ward, 20:56; 6. Herm Petiox, 20:59; 7. Nate Spencer, 21:01; 8. Scott Lutrey, 21:15; 9. Allan Brecher, 21:21; 10. Andy Passmore, 21:24; 11. Andrew Brescia, 21:26; 12. George Hanson, 21:39; 13. Taft Phoebus, 21:42; 14. Charles Wright, 21:54; 15. Brad Mudge, 22:00; 16. Doug Renner, 22:04; 17. Ricki Woods, 22:06; 18. Steve Reid, 22:09; 19. Don Monaghan, 22:14; 20. John Kebler, 22:25.

21. Jim Harrison, 22:26; 22. Warren Haynie, 22:33; 23. Marc Williar, 22:38; 24. Delroy Matthews, 22:40; 25. Gary Behrens, 22:41; 26. Reg Heatherington, 22:45; 27. Dick Nair, 22:46; 28. Tom Nowicki, 22:48; 29. Jose Albornoz, 22:49; 30. Mel Walton, 22:49; 31. Laurence Myers, 22:51; 32. Jay Frank, 22:54; 33. Don Forginoe, 22:57; 34. Scott Paris, 23:01; 35. Steve McShane, 23:05; 36. Dave Aldrich, 23:12; 37. Mark Brecher, 23:13; 38. Tomovoki Satoh, 23:14; 39. Roland Briggs, 23:24; 40. John Barnes, 23:27.

41. John McAuliffe, 23:28; 42. Dave Keller, 23:38; 43. Brooke Waldt, 23:40; 44. Dan Chodricki, 23:41; 45. Joe Herget, 23:45; 46. Bruce McKesell, 23:47; 47. Eliot Runyon, 23:48; 48. Eddy Rayford, 23:49; 49. Al Filar, 23:55; 50. Greg Geppi, 24:00; 51. Peter Mott, 24:04; 52. Walt Morawski, 24:05; 53. Lance Woodward, 24:06; 54. Marilyn Bevans, 24:12; 55. Steve Weber, 24:15; 56. Ed Gelderman, 24:16; 57. Angelo Artuso, 24:18; 58. Scott Toth, 24:20; 59.

106. Lee Myers	44:04
107. Gary Senula	44:17
108. Ron LeClair	44:18
109. Tony Hill	44:21
110. Tim Perry	44:27
111. Jeff Misler	44:32
112. Katherine McGlynn	44:33
113. Jim Brooks	44:53
114. Eric Sundquist	44:55
115. Rob Dushel	45:10
116. Dwight Hood	45:15
117. Janet Overton	45:20
118. Martin O'Neill	45:22
119. Jim Bourke	45:30
120. Ronald Cohn	45:33
121. Pat Sokoloski	45:36
122. Mark Draper	45:40
123. Tom Stringer	45:45
124. Carl Miceti	45:46
125. Nancy Dandy	45:48
126. Myron Kellner	45:50
127. George Terzis	45:51
128. Len Brothers	46:10
129. John Servelle	46:19
130. John Stone	46:30
131. Tom Mentlik	46:34
132. Dick Lenham	46:40
133. Henry Schneiderman	46:44
134. John MaNcini Jr.	46:49
135. No Name	46:50
136. Robert Turner	46:51
137. No Name	46:56
138. Ed Moss	47:05
139. Nancy Wallace	47:18
140. No Name	47:25
141. Charles Getz Jr.	48:05
142. Tom Zibron	48:09
143. Carl Hicks	48:23
144. Chuck Chesnavage	48:25
145. Brian Brown	48:29
146. Joe Seibert	48:36
147. R. Moure	48:47
148. David Patz	49:05
149. Ronnie Gillman	49:18
150. Chris Mortenson	49:30
151. Elaine Woodward	49:32
152. Joe Heldmann	49:50
153. No Name	49:56
154. Fred Barron	50:02
155. Mel Ringel	50:12
156. Kevin Beares	50:13
157. No Name	50:14
158. No Name	50:40
159. T.M. Himelfarb	50:41
160. W. Mayfield	51:05
161. Allison Hewit	51:15
162. Donald Baker	51:20
163. Laurel Sommers	51:21
164. Mark Chapman	51:34
165. Will Taylor	51:56
166. Bob Ohler	52:06
167. Jim Mc Cormick	52:21
178. Jim McGovern	52:50
169. L. Nguyen	52:55
170. Linda Day	52:57
171. B. Brown	52:57

ricians thanked Jerry profusely, since Roemer's "swimming" would keep them at the pool past midnight.

1. Jim Harrison	24:11
2. Tom Nowicki	24:58
3. Debbie Pavik	25:35
4. Kevin Marcus	25:45
5. Greg Vaughan	26:06
6. Stuart Jacobs	26:18
7. Andy Passmore	26:28
8. Mike Grodsky	26:30
9. Michael Whiting	26:58
10. Alex Medina	27:00
11. Bob MacKenzie	27:05
12. Leah Adkins	27:07
13. Ron Talbot	27:31
14. Steve Reid	27:54
15. Gary Behrens	28:02
16. Joe Lacetera	28:09
17. Bosse/Roemer	28:33
18. Donn Layne	28:45
19. Bill Smulyan	28:45
20. Gary Senula	28:53
21. Dan Harrington	29:00
22. Pete Sawiris	29:20
23. Mark Behrens	29:33
24. Les Kinion	30:18
25. Susan Whiting	30:22
26. Hy Levasseur	30:27
27. Lesley Van Engel	30:30
28. Dede Moore	30:35
29. Sam Spicer	30:45
30. Jack Osman	31:07
31. Billy Day	31:12
32. Don Heimiller	31:12
33. Reid Haynie	31:13
34. Alfred Werner	31:40
35. Kristen Jansen	32:00
36. Alex Drabkowski	32:30
37. Tony Olmedo	33:53
38. Greg Cocco	34:04
39. Mitchell Bushman	34:25
40. Jerry Busnick	34:50
41. Bill Brown	34:55
42. Scott Brown	35:18
43. Howard Heiss	35:45
44. Brenda Boback	35:48
45. Alan Seitz	36:39
46. Wayne Simpson	40:02

Sept. 10 Falls Road / Druid Hill 4 Miler — Warm day; fast, pleasant course. One of our largest first time races. Johnny Mortenson, age 8, ran the longest 4 miles of the day when he took a wrong turn and wound up in Hampden. He still won a club mug and decal, which brightened his spirits considerably.

Falls Road/Druid Hill 4 Miler Age group winners

Age 30-39	Place
Jim Lears	19:45 (2)

Scott Paris, 23:01; 35. Steve McShane, 23:05; 36. Dave Aldrich, 23:12; 37. Mark Brecher, 23:13; 38. Tomovoki Satoh, 23:14; 39. Roland Briggs, 23:24; 40. John Barnes, 23:27.
41. John McAuliffe, 23:28; 42. Dave Keller, 23:38; 43. Brooke Waldt, 23:40, 44. Dan Chodricki, 23:41, 45. Joe Herget, 23:45; 46. Bruce McKesell, 23:47; 47. Eliot Runyon, 23:48; 48. Eddy Rayford, 23:49; 49. Al Filar, 23:55, 50. Greg Geppi, 24:00; 51. Peter Mott, 24:04; 52. Walt Morawski, 24:05; 53. Lance Woodward, 24:06; 54. Marilyn Bevans, 24:12; 55. Steve Weber, 24:15; 56. Ed Gelderman, 24:16; 57. Angelo Artuso, 24:18; 58. Scott Toth, 24:20; 59. Harry Goodman, 24:22, 60. Jerry Lynch, 24:23
61. Greg Bacinski, 24:24; 62. Mark Meess, 24:28; 63. Andre Cole, 24:30; 64. Joe Wagner, 24:31; 65. Henry Freeman, 24:34; 66. Ted Chernak, 24:35; 67. Andy McCawley, 24:37; 68. John McKim, 24:46; 69. Nick DeLambo, 24:47; 70. Patricia Walker, 24:50; 71. Luther Whiting, 24:53; 72. Brian Sen, 24:59; 73. Howard Dreizen, 25:05; 74. Richard Brooks, 25:06; 75. Les Kinion, 25:08; 76. Gene Hoffman, 25:10; 77. James Greenwood, 25:15; 78. Jeff Walter, 25:16. 79. Bil Diegel, 25:17; 80. Frank Patrik, 25:22.
81. Dan Nicoll, 25:23; 82. Scott Lippman, 25:27; 83. Bob Holcombe, 25:28; 84. Milt Taylor, 25:29; 85. Sam Spicer, 25:30; 86. Ed Patey, 25:31; 87. Rick Burke, 25:32; 88. Kevin Conion, 25:33; 89. John Mancini, 25:33; 90. Rus Garvey, 25:36; 91. John Eidelman, 25:36; 92. Gene Baldwin, 25:39; 93. Mike Boggs, 25:41; 94. Jay Bright, 25:42; 95. Roger Koehler, 25:44; 96. Larry Leonard, 25:45; 97. Doug Davis, 25:49; 98. Brian Maresca, 25:53; 99. Tom Bateman, 25:54; 100. Mike Williams, 25:55.
101. George Stewart, 25:56; 102. Charles Zeminsky, 25:57; 103. Robin Stryker, 25:58; 104. James Barrett, 25:59; 105. Tom Carey, 26:01; 106. Sara Smith, 26:03; 107. Rick McKim, 26:05; 108. Bob Fischer, 26:07; 109. David Wolfe, 26:08; 110. Michael Collins, 26:09; 111. Carole White, 26:17; 112. Keith Plater, 26:18; 113. Jim Mortenson; 26:18; 114. Jim McLaren, 26:19; 115. David Walatka, 26:22; 116. Frank Morgan, 26:23; 117. Tom Zibron, 26:24; 118. John Stone, 26:26; 119. Sue Powell, 26:35; 120. Nathaniel Powell, 26:37.
121. William McKinley, 26:42; 122. Paul Clothier, 26:43; 123. Ron Byrd, 26:44; 124. Marc Miller, 26:45; 125. Jeff Misler, 26:46; 126. Steven Morrison, 26:47; 127. William Kearns, 26:48; 128. Dudley O'Donnell, 26:49; 129. Karin Wagner, 26:50; 130. Ron Roessler, 26:51; 131. Rob McGowan, 26:51; 132. Joe Schaefer, 26:53; 133. Dave Smyth, 26:54; 134. Jim Pettit, 26:55; 135. Pete

bers, 28:45; 199. Stephen Willinson, 28:46; 200. Anne Martin, 28:47.
201. George Schroeter, 28:49; 202. Debbie Passmore, 28:50; 203. Floyd Pace, 28:52; 204. Lester Cohen, 28:57; 205. D. Clement, 28:59; 206. Cathy Gaddy, 28:59; 207. Reed Haynie, 29:02; 208. Steve Cohen, 29:11; 209. Tim Carey, 29:15; 210. Paul Brown, 29:16; 211. Phil Kirby, 29:16; 212. Mike Warner, 29:25; 213. Ro Moure, 29:27; 214. Chris Mortenson, 29:29; 215. Doug Whitehouse, 29:30; 216. Lloyd Richardson, 29:32; 217. Ken Walker, 29:33; 218. 29:34; 219. James Coburn, 29:35; 220. Curtin, 29:36.
221. Gil Outiveros, 29:37; 222. Hy Luft, 29:38; 223. Kevin Dachilk, 29:39; 224. Herb Morin, 29:40; 225. Rita Folan, 29:41; 226. Dave O'Hara, 29:41; 227. Mike Wilsman, 29:43; 228. Chris Rynne, 29:44; 229. Lonnie Harvey, 29:45; 230. Hugh Curd, 29:46; 231. Duke Gunther, 29:47; 232. Elaine Jones, 29:48; 233. Mary Tyson, 29:49; 234. Bob Moore, 29:49; 235. Robert Johnson, 29:53; 236. Page Carey, 30:00; 237. Jim McGovern, 30:02; 238. Bob Ray, 30:07; 239. Frances Manear, 30:10; 240. Warren Cooper, 30:14.
241. Ernest Demby, 30:18; 242. Tim Himmelheber, 30:26; 243. David Konig, 30:27; 244. R.B. Kershaw, 30:28; 245. Joyce Levy, 30:32; 246. Philip Cioni, 30:39; 247. John MacLean, 30:44; 248. Patricia Millbourne, 30:46; 249. T.M. Himelfarb, 30:52; 250. Ed Slunt, 30:53; 251. Paul Dresler, 30:55; 252. Fred Palmer, 30:58; 253. C.E. Shorer, 31:07; 254. Mike Spence, 31:11; 255. John Casson, 31:15; 256. Lesley Van Engel, 31:21; 257. Steve Matthews, 31:26; 258. Gene Rainaldi, 31:27; 259. George Keller, 31:28; 260. Laura Weikart, 31:39.
261. Gerard Busnuk, 31:42; 262. Walter Mayfield, 31:42; 263. Tim McCormick, 31:44; 264. Bruce Manthey, 31:44; 265. Jack Holmes, 31:46; 266. Frank Hendry, 31:48; 267. Ben Lucas, 31:49; 268. Heidi Fromyer, 31:50; 269. Marty Feeheley, 31:51; 270. Robert Lewand, 31:51; 271. Mary Paszek, 31:52; 272. Robert Greenwell, 31:53; 273. Eddie Lofton, 31:56; 274. Gil Tracey, 31:56; 275. Eile Foley, 32:41; 282. Roger Franklin, 32:42; 283. Bradley Fountain, 32:44; 284. Stephanie Cooper, 32:55; 285. Ann Hardebeck, 32:56; 286. Clair Fountain, 32:57; 287. Jim Sweeney, 32:58; 288. John Hutchinson, 32:59; 289. Beverly Harvey, 33:24; 290. Charles Winter, 33:26; 291. Cliff Haley, 33:29; 292. Neil Scheffler, 33:32; 293. Lanny Rubin, 33:42; 294. Barry Dubinsky, 33:44; 295. Antoinette Mitchell, 33:49; 296.

(Continued to Page 17)

RESULTS

(Continued from Page 16)

S. Farbman, 33:53; 297. Eileen Goldgeier, 34:08; 298. Barry Leech, 34:11; 299. Shirley Mancini, 34:15; 300. Jonathan Stewart, 34:18.

301. Tina Bensley, 34:18; 302. Florry Goldberg, 34:22; 303. Nancy Kuhn, 34:25; 304. Kenton McWilliams, 34:27; . Lauren Case, 34:28; 306. Sam Case, 34:28; 307. Jane Coburn, 34:33; 308. Nannette Blinckhoff, 34:44; 309. Andre Smith, 34:46; 310. Gail A. Arneson, 34:51; 311. Avis Bice, 35:01; 312. Mark Brown, 35:18; 313. Arline Ford, 35:19; 314. Doug Sommers, 35:21; 315. Carol Clothier, 35:22; 316. Hal Cramer, 35:25; 317. Ann Carlson, 35:25; 318. Randy Zimmerman, 35:27; 319. Louis Rosenstock, 35:49; 320. Janet Vann, 35:29.

321. Linda Connolly, 36:01; 322. Nancy Hurrellbrinck, 36:03; 323. Barry Kahn, 36:08; 324. Maurice Rubenstein, 36:12; 325. Sean Baker, 36:22; 326. Donald Baker, 36:22; 327. Steve Maged, 36:41; 328. Don Scarborough, 36:43; 329. Jim Reilly, 36:44; 330. Mike Dunevant, 36:49; 331. Johnny Hutchinson, 36:50; 332. Susan Kirk, 36:50; 333. Katherine Kinkelzy, 37:10; 334. Terri Chayt, 37:12; 335. Frances Chigher, 37:32; 336. Mary Ann McGarry, 37:46; 337. Ben Neil, 38:35; 338. Lenny DiCarlo, 38:39; 339. Carol Wandres, 39:07; 340. Esther Rosenstock, 39:15.

341. Dee Kinsey, 39:49; 342. Douglas Sofer, 39:57; 343. No Name, 39:59; 344. Pat Winter, 40:14; 345. Terry Fowlkes, 40:27; 346. Roberta McComochie, 40:27; 347. Marlene Brull, 40:36; 348. Marlaine Whitehouse, 41:21; 349. Patricia Maloney, 41:52; 350. Lisa Skumatz, 42:01; 351. Robert Fruit, 42:02; 352. Sheldon Goldgeier, 42:40; 353. Myra Goldgeier, 43:24; 354. Rob Brenner, 46:20; 355. Johnny Mortenson (lost) no time.

Sept. 17 - Family Day at Montebello. In addition to the BRRC Masters, novice and family events below, Run For Your Life sponsored one and two loop events. Warm, clear weather a fine day for kibitzing with friends and new club members. Our largest turnout yet for these events. Channel 11 provided TV coverage of the races, proceeds of which went to Johns Hopkins Hospital's cancer therapy program.

13. Ernie D'Angelo 18:19
14. Chuck Blair 18:35
15. Kevin Kennedy 18:48
16. Floyd Pace 18:57
17. Tim Carey 19:02
18. Patricia Carril 19:12
19. Gil Ontiveros 19:17
20. Nancy Riley 19:43
21. Ben Lucas 19:46
22. Bobbie Brown 19:55
23. Buzz Kerr 20:03
24. Heidi Fromyer 20:10
25. Len Fischer 20:15
26. Eric Carter 20:21
27. Phil Cioni 20:24
28. Norm Payne 20:37
29. George Kells 20:55
30. Brigitte Health 21:08
31. Andra Garbott 21:20
32. Ingrid Weatheral 21:22
33. Patricia Payne 21:24
34. Andre Smith 21:28
35. Lanny Rubin 21:43
36. Steve Maged 21:48
37. Richard Kolker 21:59
38. John R. Frazer 22:09
39. M. Swan 22:17
40. Terri Chayt 22:22
41. Elaine Farrmt 22:36
42. Peggy Cronyn 24:07
43. Angela C. Healy 24:59
44. Bill Healy 24:59
45. Betty Rubin 25:15
46. Sesson Geest 26:08
47. Ronni Korschun 27:40
48. Marilyn Rosenstein 29:29
49. Ellen Hemiefenl 29:39
50. Carolyn Nieth 30:10
51. Joyce Medina 30:37

Family Relay**MotherSon**

Jean and Richie Nair 18:32
Sandy and Aaron Adams 20:48

Boyfriend Girlfriend

Carol White and James Johnson 14:58
Pat Milbourne & Robert Poole 16:22
Ardre Cole & Terri McCormack 16:34
Rita Folan & George Terzis 16:49
Bev Harvey & Brian Lee 18:17
Bonnie Thomas & Greg Allen 19:34
Lisa Skumatz & Robert Fruit 20:37

BrotherBrother

Mark and Alan Brecher 13:40
Louis and Brian Maresca 16:06
Don & Len Fischer 17:57

FatherSon

1. Tricie Zerhusen 54:13 (153) (tie)
1. Sara Smith 54:13 (154) (tie)
3. Sue Powell 54:23 (162)
4. Deborah Earls 58:25 (276)
5. Ann Hartley 58:29 (279)

Women 30 & OVER
1. Trina Nagele 56:58 (239)
2. Andra Gorbutt 61:20 (336)
3. Jean Baker 62:21 (358)
4. Jill Mottus 64:32 (408)
5. Mary Harrington 66:51 (433)

1. Steve Yeagle 41:33
2. Mark Johnson 41:53
3. Tom Bolan 42:07
4. Tim Loftus 42:29
5. Dave Goucher 42:54
6. Mike Ward 42:59
7. John Elder 43:17
8. Nate Spencer 44:04
9. Anthony Grier 44:05
10. Earl Swartzendruber 44:18
11. Milton Hines 44:46
12. Chuck Johnson 45:00
13. Delroy Matthews 45:13
14. Peter Clardy 45:42
15. Clinton Van Siclen 45:51
16. Carl Schueler 45:52
17. Dick Nair 45:53
18. Clinton Brooks 45:56
19. Bob Ilgenfritz 46:02
20. Scott Paris 46:07
21. Chuck Brumley 46:11
22. Lee Korzan 46:22
23. Tim Pozsgai 46:37
24. William Legat 46:38
25. Gary Behrens 46:43
26. John Barnes 46:50
27. Ed Hewitt 46:53
28. Ron Harmon 46:58
29. William Wiley 47:00
30. Wm. Mattox 47:02
31. Dwight Hood 47:06
32. Don Wann 47:11
33. Jay Bowden 47:33
34. Luther Whiting 47:36
35. Joe From 47:38
36. Les Kinion 47:39
37. Chris Jeffries 47:41
38. Johnnie Lammon 47:42
39. Al Filar 47:43
40. Jean-Claude Kiehl 47:43
41. Mike Wienholt 47:54
42. Greg Mislick 48:13
43. Br. Neil Murphy 48:19
44. Frank Fitzpatrick 48:20
45. John Milchner 48:21

94. Scott Lippman 51:52
95. Kevin Winn 51:57
96. ? Dallmus 51:59
97. Don Myers 52:02
98. Darryl Kennon 52:10
99. Bill Reeder 52:11
100. Chris Vaughan 52:12
101. Larry Leonard 52:13
102. Herman Sykes 52:17
103. Mike Buchanan 52:20
104. Ivan Dooley 52:22
105. Dudley O'Donnell 52:27
106. Gordon Kamka 52:28
107. Don Wood 52:32
108. Dennis Reid 52:34
109. Robert Langston 52:35
110. Al Henneman 52:36
111. Tom Garrett 52:38
112. Ron Dorn 52:39
113. Tom Saylor 52:40
114. Sam Spicer 52:47
115. John Mancini 52:48
116. Russ Garvey 52:50
117. Tom Dushil 52:50
118. L'Aaron Johnson 52:52
119. Jim McCarthy 52:54
120. Joe Lacy 52:55
121. John Kuhr 52:56
122. Wm. Simkins 52:56
123. Dennis Burke 52:57
124. Michael Boggs 52:58
125. Chris Neishuer 52:59
126. David Ramsey 53:01
127. Mike Haire 53:02
128. J. Mikulski 53:09
129. Greg Cocco 53:10
130. Mike Canova 53:14
131. Frank Salemi 53:15
132. John Stone 53:18
133. David Skeen 53:22
134. Dave Smyth 53:24
135. Jerry Bridge 53:25
136. Richard Collins 53:26
137. Tom Carey 53:29
138. Tom Hane 53:31
139. Stanley Oleinik 53:33
140. Phil Dantes 53:36
141. Henry Janowitz 53:40
142. James Schuth 53:44
143. David Walatka 53:44
144. Ron Howard 53:47
145. Jim Pettit 53:49
146. Bernie Noeller 53:51
147. Mike Gladden 53:59
148. Frank Morgan 54:01
149. Tom Zibron 54:02
150. Tom Cuskey 54:06

(lost) no time.

Sept. 17 - Family Day at Montebello. In addition to the BKRC Masters, novice and family events below, Run For Your Life sponsored one and two loop events. Warm, clear weather a fine day for kibitzing with friends and new club members. Our largest turnout yet for these events. Channel 11 provided TV coverage of the races, proceeds of which went to Johns Hopkins Hospital's cancer therapy program. Events held as memorial to Walter Korpman, whose widow, Ruth, accepted the donation for Hopkins.

40-44

Table with 2 columns: Name and Time. Includes names like Chuck Johnson (36:05), Chris Jeffrey (37:24), John Roemer (37:46), Frank Russo (42:36), Herman Blinckhoff (47:00), Bob Ray (48:45), Seymour Farbman (59:21), Tony Jeffery (1:01:03), John Patterson (1:13:24).

45-49

Table with 2 columns: Name and Time. Includes names like Frank Pflaging (35:54), Al Filar (39:02), Ted Chernak (39:28), Milt Taylor (40:34), Carroll Subbrook (45:34), Lloyd Richardson (47:05), Lorenzo Plater (49:02).

50-59

Table with 2 columns: Name and Time. Includes names like Walt Langford (45:10), Marv Norin (47:48), Frank Kaminski (48:43), Tom Malooly (49:38).

60 & over

Table with 2 columns: Name and Time. Includes names like Joe Seibert (50:59), Pas Romagna (53:38), Hal Tray (58:10).

Women 40 & Over

Table with 2 columns: Name and Time. Includes names like Nancy Miller (53:37), Carol Wandres (1:01:41), Sally Grant (1:06:58).

Novice 2.7 Miler

Table with 2 columns: Name and Time. Includes names like Leon Wilson (16:47), John Kuhr (17:08), Lou Maresca (17:20), Tom Jackson (17:23), Eric Sundquist (17:27), Jim Pettit (17:38), David Chalmers (17:41), Ron Zagoria (17:51), Gary B. Johnson (17:58), Cindy Gover (18:03), Greg Allen (18:12), Wayne Richardson (18:15).

Table with 2 columns: Name and Time. Includes names like Jean and Richie Nair (18:32), Sandy and Aaron Adams (20:48), Carol White and James Johnson (14:58), Pat Milbourne & Robert Poole (16:22), Andre Cole & Terri McCormack (16:34), Rita Polan & George Terzis (16:49), Bev Harvey & Brian Lee (18:17), Bonnie Thomas & Greg Allen (19:34), Lisa Skumatz & Robert Fruit (20:37).

BrotherBrother

Table with 2 columns: Name and Time. Includes names like Mark and Allan Brecher (13:40), Louis and Brian Maresca (16:06), Don & Len Fischer (17:57).

FatherSon

Table with 2 columns: Name and Time. Includes names like Walter Cole Sr. & Walter Cole, Jr. (15:38), Donn & Alex Layne (16:40).

FatherDaughter

Table with 2 columns: Name and Time. Includes names like Julie and Carl Party (17:06), Jim & Cindy Pettit (20:37).

BrotherSister

Table with 2 columns: Name and Time. Includes name Bob & Ellen Leatherman (19:56).

SisterSister

Table with 2 columns: Name and Time. Includes name Mary Bahr and Gil Fischer (22:59).

Sept. 24 - The Great Subway Race (8 miles) - 60°, clear; very fast course. Over 600 registered in the largest first-time race in Baltimore history. Winner Steve Yeagle led from start to finish, and some of the marshalls were placed on the course only a few seconds ahead of his furious pace. A number of finishers had personal bests on a generally downhill course which followed the new subway route from Reisterstown Road Plaza to the Civic Center. Race sponsors Eddie Jacobs, of Eddie Jacobs Men's Wear, the subway area merchants and the Mass Transit Administration provided the personnel, prizes and energy which made the race a success.

Men 30-39

Table with 2 columns: Name and Time. Includes names like Delroy Matthews (45:13 (13)), Dick Nair (45:53 (17)), Chuck Brumley (46:11 (21)), William Legat (46:38 (24)), Ed Hewitt (46:53 (27)).

Men 40-49

Table with 2 columns: Name and Time. Includes names like Chuck Johnson (45:00 (12)), Clinton Brooks (45:56 (18)), Les Kinion (47:39 (36)), Chris Jeffries (47:41 (37)), Al Filar (48:31 (47)).

Men 50-OVER

Table with 2 columns: Name and Time. Includes names like Bill Foley (54:19 (161)), M. Rollins (57:01 (241)), Walt Langford (57:24 (247)), Morrie Levy (58:32 (284)), Wm. Fiege (59:16 (294)).

Women Open

Table with 2 columns: Name and Time. Includes names like Wm. Mattox (47:06), Dwight Hood (47:11), Don Wann (47:33), Jay Bowden (47:36), Luther Whiting (47:38), Joe From (47:39), Les Kinion (47:41), Chris Jeffries (47:42), Johnnie Lammon (47:43), Al Filar (47:43), Jean-Claude Kiehl (47:54), Mike Wienholt (48:13), Greg Mislick (48:19), Br. Neil Murphy (48:20), Frank Fitzpatrick (48:21), John Milchner (48:30), Saul Miller (48:31), George Stone (48:36), Ulysses Gofield (48:42), Steve Skeen (48:45), Peter Green (48:52), Ed Gelderman (48:54), Richard Gietrost (48:56), Murray Sarubin (49:09), Peter Mott (49:16), Ron Isbell (49:20), Garry Bolan (49:34), Jim Skeen (49:34), Myron Campbell (49:47), John Oleinik (49:54), Lee Rinehart (49:59), John Poole (50:04), Ted Chernak (50:07), Andrew Hartman (50:18), Craig Hirsh (50:24), Martin Greenberger (50:25), Ed Krikorian (50:29), Dave Evans (50:29), Lenney Jones (50:36), Joe Simon (50:37), Herb Lemoyne (50:41), Mark Yerkes (50:44), Howard Dreizen (50:45), Bernard Robier (50:45), Jerry Lynch (50:49), Walter Cole (51:06), Walt Morawski (51:08), Kevin Conlon (51:12), Richard Brooks (51:14), John Fidleman (51:20), Pat McMurray (51:24), Jeffrey Grier (51:25), Raymond Berkley (51:26), Charles Zeiler (51:29), Rick Burke (51:36), Brian Lee (51:37), Michael Samuels (51:41), Gene Hoffman (51:42), Blake Gardner (51:42), Mike Sacchitella (51:43), Marty Flynn (51:44), Woody Geary (51:49), Don Fischer (51:50), Art Webster (51:50).

Table with 2 columns: Name and Time. Includes names like Richard Collins (53:26), Tom Carey (53:29), Tom Hane (53:31), Stanley Oleinik (53:33), Phil Dantes (53:36), Henry Janowitz (53:40), James Schuth (53:44), David Walatka (53:44), Ron Howard (53:47), Jim Pettit (53:49), Bernie Noeller (53:51), Mike Gladden (53:59), Frank Morgan (54:01), Tom Zibron (54:02), Tom Cuskey (54:06), Terry Burk (54:07), Nathaniel Powell (54:12), Tricia Zerhusen (54:13 1.W), Sara Smith (54:13 1.W), Phil Bierman (54:16), Richard Burke (54:17), Stephen Rothwell (54:19), Bob Greenwell (54:20), William Morris (54:21), Marc Miller (54:22), Ken Davis (54:23), Sue Powell (54:23 3.W), Norman Nice (54:23), Paul O'Carroll (54:26), Mark Nypaker (54:28), Felix Greene (54:30), Bill Foley (54:31), Brad Wasser (54:32), Raymond Citeroni (54:34), Phil Iddings (54:34), Keith Plater (54:37), Peter Sciukas (54:47), Bruce Damasio (54:48), Scott Roper (54:49), Leon Campbell (54:50), Ralph Rothnak (54:53), Chris Aland (54:54), Ed Patey (54:55), Bob Raymond (54:59), Ed Pawlak (55:00), John Connolly (55:01), Jerry Groeninger (55:03), Harold Schafke (55:05), Lonnie McKenziey (55:08), Tom Young (55:11), John McKim (55:16), Larry Dragon (55:18), James Watts (55:19), Stan Oleinik (55:21), Neil Behan (55:22), Ron Byrd (55:26), Ronald Neal (55:27), Ray Altman (55:27), Roger Hockey (55:28), Greg Pannoni (55:29), Don Jacobs (55:30).

(Continued to Page 18)

RESULTS

(Continued from Page 17)

197. Jimmy Canby	55:31	257. Greg Allen	57:47	317. Rick Evans	60:29	377. Ken Algazy	63:07
198. George Martin	55:32	258. Jim Bourke	57:48	318. Kenneth Luchs	60:30	378. T.M. Himelfarb	63:07
199. Stan Bailey	55:35	259. David Martin	57:49	319. Alan Tapper	60:31	379. Gil Goodman	63:10
200. Lorenzo Plater	55:36	260. Carl Miceli	57:52	320. Mike Molloy	60:31	380. Mike Spence	63:10
201. Steven Morrison	55:37	261. Kevin Dachille	57:53	321. William Sapp	60:31	381. Barry Hershfeld	63:10
202. Bernard Weaver	55:40	262. John Maas	57:53	322. Diane Godlack	60:32	382. George Stankis	63:10
203. Herb Alban	55:47	263. Donald Harrington	57:53	323. Bob Sauldorf	60:34	383. Colleen Troy	63:10
204. Eric Sundguist	55:53	264. Ron Le Clair	58:01	324. Patrick Carroll	60:34	384. Doug Murray	63:10
205. Anthony Baker	55:55	265. Ken Hammann	58:09	325. Orville Miller	60:35	385. Pat Solsuluski	63:17
206. Glenn Mar Schke	55:56	266. John Tucker	58:13	326. Richard Kline	60:36	386. John Keavney	63:17
207. Russell Southard	55:57	267. Bob Alusic	58:14	327. Ken Holter	60:36	387. Chris Costello	63:20
208. James Mortenson	56:03	268. Calvin Carr	58:16	328. Jill Thomas	60:39	388. Joe Mayhugh	63:21
209. R. Crystal	56:06	269. Thomas Moreland	58:19	329. Ray Seifert	60:51	389. Tim Villa	63:24
210. John Servelle	56:08	270. John Sherman	58:20	330. Ed Hurley	60:54	390. C. Van Stewart	63:28
211. Nathaniel Baker	56:11	271. Dave Cooke	58:21	331. T. Fifer	60:57	391. Alfred Daniek	63:28
212. Wayne McWilliams	56:14	272. Michael Middenberg	58:21	332. John Strandberg	61:04	392. Mary McBride	63:40
213. Dave Bare	56:15	273. Barry Jones	58:21	333. Frank Kaminski	61:07	393. Pat Tracy	63:40
214. Robert Poole	56:17	274. Will Taylor	58:23	334. Michael Sharkey	61:10	394. ? Biggs	63:54
215. Ronald Cohn	56:18	275. John Mitnick	58:24	335. W. Bomely	61:10	395. Phillip Goldstein	63:56
216. Larry Fask	56:22	276. Deborah Earls	58:25	336. Andre Garbutt	61:20	396. R. Hillman	63:57
217. Mike Anthony	56:23	277. Don Rogers	58:27	337. Phil Cioni	61:24	397. Ken Gill	64:02
218. Ed Moss	56:25	278. William Smulyan	58:28	338. Stan Corrin	61:33	398. Kevin Drennan	64:03
219. Randy Fox	56:26	279. Ann Hartley	58:29	339. Kevin Keane	61:39	399. Roger Weems	64:08
220. Lloyd Richardson	56:27	280. Dave Wells	58:30	340. Wayne Nichols	61:42	400. John Maclean	64:09
221. Chris Rynne	56:29	281. Dale Vogel	58:32	341. Tom Hyatt	61:43	401. Allan Field	64:12
222. Martin O'Neill	56:31	282. Gregory Harshaw	58:32	342. Andrew Graham	61:44	402. G. Gibson	64:17
223. Rock Howland	56:32	283. Richie Nair	58:35	343. Dave Joynes	61:45	403. Charles Clabaugh	64:20
224. Patrick Urbani	56:33	284. Morrie Levy	58:32	344. Wm. Gross	61:45	404. Sonny Martindale	64:21
225. Gary Merica	56:33	285. R. Henry	58:41	345. Tom Malooly	61:49	405. Stuart Jaffe	64:26
226. Ernie Imhoff	56:34	286. David Williams	58:51	346. James Gates	61:50	406. Gerald Busnuk	64:30
227. Mark Connelly	56:35	287. Kevin McBride	58:52	347. Chris Mortenson	61:59	407. Glenn Copeland	64:31
228. Hal Levitt	56:37	288. Ray Morgan	58:52	348. Wm. Setlen	62:02	408. Jill Mottus	64:32
229. Jack Osman	56:41	289. Jay Bright	58:54	349. Frank Hendry	62:06	409. W. Jacobs	64:35
230. Jim Brooks	56:41	290. Dan Mc Conochie	59:01	350. Howard Allen	62:07	410. (No Name	64:43
231. Jeff Mister	56:41	291. Lester Cohen	59:08	351. Joe Flannery	62:08	411. Richard Monre	64:46
232. Myron Kellner	56:44	292. Ron Roessler	59:09	352. George Hess	62:09	412. Charles Boemmer	64:47
233. John Caffrey	56:44	293. Joanne Harwood	59:16	353. Ernie d'Angelo	62:10	413. Mark Pettis	64:48
234. David Heizer	56:44	294. William Fiege	59:16	354. Gary Greenberg	62:13	414. Rickey Rice	65:02
235. Warren Ware	56:45	295. Richard Burr	59:17	355. Charles Harris	62:14	415. (No Name	65:03
236. Charles Frazer	56:45	296. John Buchness	59:20	356. Ed Slunt	62:15	416. Dean Henkle	65:07
237. Henry Schneiderman	56:48	297. Ken Walton	59:22	357. Rita Folan	62:19	417. Ralph Covington	65:19
238. Bruce Seboda	56:51	298. Rodney Martin	59:25	358. Jean Baker	62:21	418. Robin Hiscock	65:24
239. Trina Nagele	56:58	299. Herman Blinchikoff	59:26	359. James Conrad	62:23	419. Nathaniel Savage	65:26
240. Snell	56:59	300. Marv Norin	59:27	360. Bob Ray	62:25	420. C. Shores	65:26
241. M. Rollins	57:01	301. Donald Baker	59:30	361. Warren Cooper	62:26	421. Larry Dowd	65:31
242. Phil Jockman	57:03	302. Mike Dolphin	59:31	362. Richard Giza	62:27	422. Charles Stanley	65:39
243. Kipp Gosewehr	57:06	303. Bernard Foster	59:33	363. Gil Tracey	62:31	423. Donald Pommer	65:56
244. Mike Dugan	57:07	304. Phil Kelly	59:34	364. Mike Braswell	62:32	424. Bruce Manthey	66:00
245. Charles Weaver	57:13	305. Kathy Pratt	59:35	365. Marian Darrell	62:33	425. Cindy Konito	66:02
246. Henry Adams	57:14	306. Fred Barron	59:37	366. Francis Monear	62:34	426. R. Abdullah	66:19
247. Walt Langford	57:24	307. Gerald Lichter	59:40	367. Ernest Demby	62:39	427. Gary Dye	66:19
248. Paul Wilkes	57:27	308. James Scott	59:45	368. Joseph Bierman	62:44	428. Bobby Pole	66:22
249. Jack Ward	57:35	309. Ralph Jensen	59:48	369. Curtis Masing	62:45	429. John Cassidy	66:26
250. Tom Bradley	57:36	310. Robert Wood	60:12	370. Peter Rogan	62:48	430. Ron Porter	66:38
251. David Chalmers	57:37	311. Steve Zambito	60:12	371. David Jenkins	62:50	431. Jacob Saulsburly	66:39
252. Rob McGowan	57:37	312. Michael Burnside	60:20	372. Chuck Blair	62:56	432. Mary Siegel	66:42

237. Henry Schneiderman	56:48	297. Ken Walton	59:22	357. Rita Rolan	62:19	417. Ralph Covington	65:24
238. Bruce Seboda	56:51	298. Rodney Martin	59:25	358. Jean Baker	62:21	418. Robin Hiscock	65:26
239. Trina Nagele	56:58	299. Herman Blinchkoff	59:26	359. James Conrad	62:23	419. Nathaniel Savage	65:26
240. Snell	56:59	300. Marv Norin	59:27	360. Bob Ray	62:25	420. C. Shores	65:31
241. M. Rollins	57:01	301. Donald Baker	59:30	361. Warren Cooper	62:26	421. Larry Dowd	65:39
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243. Kipp Gosewehr	57:06	303. Bernard Foster	59:33	363. Gil Tracey	62:31	423. Donald Pommer	66:00
244. Mike Dugan	57:07	304. Phil Kelly	59:34	364. Mike Braswell	62:32	424. Bruce Manthey	66:02
245. Charles Weaver	57:13	305. Kathy Pratt	59:35	365. Marian Darrell	62:33	425. Cindy Konito	66:19
246. Henry Adams	57:14	306. Fred Barron	59:37	366. Francis Monear	62:34	426. R. Abdullah	66:19
247. Walt Langford	57:24	307. Gerald Lichter	59:40	367. Ernest Demby	62:39	427. Gary Dye	66:22
248. Paul Wilkes	57:27	308. James Scott	59:45	368. Joseph Bierman	62:44	428. Bobby Pole	66:26
249. Jack Ward	57:35	309. Ralph Jensen	59:48	369. Curtis Masing	62:45	429. John Cassady	66:38
250. Tom Bradley	57:36	310. Robert Wood	60:12	370. Peter Rogan	62:48	430. Ron Porter	66:39
251. David Chalmers	57:37	311. Steve Zambito	60:12	371. David Jenkins	62:50	431. Jacob Saulsbury	66:42
252. Rob McGowan	57:37	312. Michael Burnside	60:20	372. Chuck Blair	62:56	432. Marv Siegel	66:51
253. J. Cohn	57:38	313. Joe Heldmann	60:22	373. Warren Seipp	62:58	433. Mary Harrington	66:57
254. John Larney	57:39	314. Jerry Coughlan	60:23	374. Bob Davis	63:02	434. Steve Matthews	67:00
255. Randy Corcoran	57:40	315. Dan Nichols	60:27	375. Brendan Walsh	63:03	435. Allen Steinhorn	67:06
256. Fred Hickok	57:45	316. Paul Brown	60:27	376. Brian Brown	63:07	436. Jerry Fine	67:08
						437. Dan Marcus	67:11
						438. (No Name)	67:21
						439. Linda Stanley	67:34
						440. Kevin Beares	67:43
						441. R. Donovan	
						442. (No Name)	
						443. Dick Hall	67:59
						444. Ken Sisitka	68:09
						445. Hassan Aldullah	68:12
						446. Tom Pettis	68:14
						447. Ben Lucas	68:38
						448. Wm. Rowland	68:38
						449. Bob Lewand	68:52
						450. Dennis Williams	68:54
						451. Seymour Farbman	68:57
						452. (No Name)	68:58
						453. Jerry Silverman	68:58
						454. Bruce Lindstrom	69:07
						455. Josef Rosenblatt	69:14
						456. Alva Hunt	69:14
						457. Nancy Miller	69:22
						458. Jean Nair	69:31
						459. Amy Salawitch	69:31
						460. Jack Verleger	69:32
						461. N. Payne	69:32
						462. Nannette Blinchkoff	69:42
						463. (No Name)	69:46
						464. Ray Bartlett	69:47
						465. Leonard Sandler	69:47
						466. Bill Brown	69:48
						467. John Lanigan	69:54
						468. John Jean	69:58
						469. Maggie Ethenidge	70:04
						470. Bruce Cazenave	70:07
						471. Steve Goldman	70:07
						472. (No Name)	70:13
						473. Duke Gunther	70:24
						474. Steve Eidelman	70:25
						475. Judy Taylor	70:26
						476. Shirley Mancini	70:32
						477. Phil Easter	70:33
						478. J. Hevey	70:34
						479. Craig Rosendale	70:51
						480. Jim Miller	70:57



Donn W. Layne 235-2732

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Layne & CO.

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Consultants**

Specialists in

**North Baltimore City
Baltimore County
Harford County
Properties**

296-3400

(Continued to Page 19)

RESULTS

(Continued from Page 18)

481. Marcella Jefferson	71:06	m., 599 yds.); 30. Jim Burke (8 m., 492 yds.);	73. Ken Davis	71:43	179. Thomas Nelson	84:24
482. Phil Payne	71:06	31. Mike Vann (8 m., 491 yds.); 32. Ron	74. Steve Shimko	71:50	180. Phil Cioni	84:25
483. Nancy Kuhn	71:11	Roessler (8 m., 222 yds.); 33. Sean Feeley (8	75. Walt Morawski	71:55	181. Kimberly King	84:29
484. Nancy Spritz	71:17	m., 178 yds.); 34. Lou Maraska (8 m., 147	76. Richard Brooks	72:02	182. Dennis Beverle	84:43
485. Sherry Kerdall	71:26	yds.); 35. Cathy Pratt (7 m., 1,731 yds.); 36.	77. David White	72:10	183. Chris Mortenson	84:44
486. Warren Hansen	71:33	Chris Mortenson (7 m., 1,351 yds.); 38. Bob	78. John Joyce	72:13	184. Ed Kelly	84:51
487. Harris Kaplan	71:42	Ray (7 m., 811 yds.); 38. Dave Cooley (7 m.,	79. Richard O'Neill	72:22	185. Ed Slunt	84:52
488. Frank Waesche	71:42	544 yds.); 39. Nancy Riley (7 m., 439 yds.):	80. Stephen Rothwell	72:25	186. Brad Ebersole	84:55
489. Pat Murphy	71:45	40. Tony Jeffery (7 m., 203 yds.); 41. James	81. Dwight Hood	72:28	187. Dick White	84:55
490. Pat O'Berry	71:5	Aumiller (6 m., 1,647 yds.); 42. Kathy	82. Frank Fico	72:30	188. Chuck Blair	84:56
491. Ben Rudo	72:11	Holland (6 m., 932 yds.); 43. Janet Nann (6	83. Bill Simkins	72:43	189. Joe Heldmann	84:59
492. David Murphy	72:27	m., 675 yds.); 44. Carol Wandres (5 m., 700	84. Andrew McCawley	72:45	190. David Moseman	85:00
493. Sandra Mason	72:36	yds.).	85. Henry Janowitz	72:51	191. Marian Iannuzz	85:14
494. Christine Ulrich	72:36		86. Greg Sweitzer	72:57	192. Jean Baker	85:27
495. Kathleen Ourand	72:43		87. Walt Sherwin	73:01	193. Richard Rubinstein	85:45
496. Arthur Butler	72:46		88. John Tansey	73:17	194. John Fenner	85:46
497. Mike Kreyenhagen	72:53		89. Gary Honeman	73:21	195. Joe Mayhugh	85:47
498. Carol Ansell	73:01		90. Bruce Carter	73:21	196. Fred Willey	85:47
499. Tina Bensley	73:07		91. Milt Taylor	73:27	197. Fred Borron	85:54
500. Howard Carney	73:10		92. Wad Crockett	73:28	198. T.M. Hinelfarb	86:06
501. John Carney	73:10		93. Jim McCarthy	73:28	199. Bob Frantz	86:26
502. Larry O'Neill	73:30		94. Scott Roper	73:43	200. Tim Kvech	86:33
503. Morris Roseman	73:35		95. John Fehir	73:43	201. Henry Linck	86:45
504. Nancy Novak	73:44		96. Richard Schmidt	73:45	202. Andra Garbutt	86:47
505. Bob Squire	73:47		97. Chris Vaughan	73:55	203. Ben Lucas	86:51
506. Norman Johnson	73:52		98. Bernard Noeller	73:57	204. Mark Pettis	86:58
507. Leana Schultz	73:57		99. Ken St. Ours	73:57	205. John Keavney	87:00
508. (No Name)	74:10		100. Fred Hickok	73:58	206. Robert Fruit	87:00
509. (No Name)	74:10		101. John McKern	73:59	207. Gene O'Sullivan	87:00
510. Thomas Keavney	74:14		102. Peter Sciukas	74:17	208. Michael Abendschoen	87:02
511. Patrick Keavney	74:14		103. Rick Burke, Jr.	74:22	209. Ken Briley	87:02
512. John Jeffery	74:36		104. W.E. Signor	74:26	210. William Garrison	87:03
513. Gary Stuart	74:45		105. Jim Mortenson	74:51	211. Ken Walker	87:04
514. Keith Perkins	75:20		106. John Eidelman	74:51	212. David O'Hara	87:20
515. Lee Moffett	75:34		107. Ralph Rothwell	74:57	213. Phil Sheets	87:21
516. Anthony Hill	76:00		108. Dennis Heinke	74:58	214. Glenn Taimmer	87:40
517. David Evans	76:08		109. Tom Caskey	75:00	215. Gerard Busnuk	87:55
518. Robby Slater	76:11		110. David Wolfe	75:01	216. Lawrence Stauffer	88:00
519. Charles Lutz	76:31		111. Dennis Herman	75:11	217. Sandy Cohen	88:01
520. Patricia Baker	77:00		112. Gene Baldwin	75:13	218. Keith Perkins	88:58
521. Barry Dubinsky	77:04		113. David Skeen	75:15	219. Herman Blinichikoff	89:10
522. Sharon Hackerman	77:09		114. John Connally	75:16	220. Phil Easter	89:42
523. Donald Webb	77:10		115. David Ramsey	75:17	221. Fred Jacoby	89:44
524. Nancy Forgione	77:10		116. Francis Hammel	75:27	222. Norman Payne	89:50
525. Pam Potler	77:11		117. Jim Adams	75:46	223. Frank Schrank	89:52
526. Trish Jones	77:23		118. Tom Zibron	75:59	224. Russ Saville	89:52
527. Bob Fisher	77:58		119. James Heckman	75:59	225. Fred Palmer	90:00
528. Nancy Hurrelbrinck	78:11		120. J. Black	75:59	226. Rita Folan	90:02
529. Carol Wandres	78:12		121. Janine Cormier	76:02	227. Edward Ghee	90:02
530. Steven Gerber	79:23		122. Charles Springer	76:05	228. Mary McBride	90:13
531. Lynn Jean	79:37		123. Mike Carroll	76:07	229. John Le Cheminant	90:19
532. Louis Katz	79:46		124. Glenn Pendleton	76:12	230. Jean Stern-Tansey	90:23
533 Earl ?	80:45		125. Peter Barker	76:19	231. Bob Ray	91:28
534. J. Callahan	81:03		126. Greg Cocco	76:29	232. Eugene Cashour	91:49
535. Diane Falkenberg	81:10		127. Dave Chalmers	76:36	233. Larry O'Neill	91:59
536. John Patterson	82:04		128. Marc Miller	76:42	234. Tim Dauhille	92:13
537. Sylvia Garrett	82:36		129. Roger Hockey	76:47	235. Gil Tracey	93:25
	82:36		130. Gene Hoffman	77:04	236. Mary Tysor	93:52
				77:10	237. Charles Clabaugh	94:08

Oct. 15 - 1st Annual Connecticut Mutual Run For Life - 10 Miles (roads, streams, trails, woods at Catonsville Community College and Patapsco State Park) - Beautiful autumn day; excellent turnout of volunteers from the Griffin-Young Insurance Agency - more than 20 marshals on the scenic but arduous course. All 266 starters finished.

1st Woman - Kathy Smith Heckman - 36th Overall, 67:10
 1st Master - Chuck Johnson - 15th overall, 62:39
 1st 50 and over - Bill Foley - 148th, 79:13
 1st Insurance underwriter - Joe Brillhart, 30th, 65:51

1. Mike Monaghan	55:58
2. Steve Kelly	58:14
3. Jack Kavanagh	58:23
4. John Elder	58:58
5. David Goucher	59:39
6. Roger Gollub	60:02
7. Nate Spencer	60:09
8. Scott Lutrey	60:34
9. Bryan Denson	60:37
10. Mike Ward	60:44
11. Bob Ilgenfritz	60:52
12. Steve Reid	61:18
13. Don Marvel	61:34
14. Mike Hill	62:19
15. Nat Hall	62:35
16. Chuck Johnson	62:39
17. Edward Hayden	62:41
18. Layne Party	63:13
19. Dexter Green	63:24
20. Richard Kolodrubetz	63:28
21. Robert McCubbin, Jr.	63:38
22. Don Forgione	63:45
23. Thomas Pinter	64:08
24. Herman Petiox	64:48
25. Eric Taylor	64:55

522. Donald Webb	77:09
523. Nancy Forgione	77:10
524. Pam Potler	77:11
525. Trish Jones	77:23
526. Bob Fisher	77:58
527. Carol Wandres	78:12
528. Steven Gerber	79:23
529. Lynn Jean	79:37
530. Louis Katz	79:46
531. Earl ?	80:45
532. J. Callahan	81:03
533. Diane Falkenberg	81:10
534. John Patterson	82:04
535. Sylvia Garrett	82:36
536. Philista Hagerty	82:36
537. James Hestrey	82:36
538. Anderson Ward	82:53
539. Deborah Butler	82:53
540. Lisa Skumate	83:30
541. Robert Fruit	83:30
542. Eddie Green Jr.	83:30
543. Michelle Beares	83:36
544. Oscar McGee	83:41
545. Cornell Tilghman	83:41
546. Lee Schreitz	84:39
547. Eddie Green Sr.	84:39
548. L. Hillman	85:40
549. Cherie Bloom	86:16
550. Kim Kien	86:16
551. Stan Klein	86:16

14 Oct. 8 - One hour track run, Towson State University. Cool weather - a first for this event. Also a first: five women started and finished.

BRRC hour run at Towson State:

1. Mike Hill (10 m., 1,446 yds.); 2. Bob McCubbin (10m., 1,147 yds.); 3. Bob Ilgenfritz (10 m, 774 yds.); 4. Chuck Johnson (10 m., 680 yds.); 5. Richard Kolodrubetz (10 m., 372 yds.); 6. Tom Pinter (10 m., 222 yds.); 7. Dave Mahar (10 m., 156 yds.); 8. Dennis Suski (10 m., 156 yds.); 9. Harry Piotrowski (10 m., 100 yds.); 10. Mike Weinholt (9 m., 1,733 yds.); 11. Chuck Brumley (9 m., 1,681 yds.); 12. Don Layne (9 m., 1,601 yds); 13. John Roemer (9 m., 1,515 yds.); 14. Scott Paris (9 m., 1,210 yds.); 15. Jerry Lynch (9 m., 1,196 yds.); 16. Martin Greenberger (9 m., 1,035 yds.); 17. Andy Hutman (9 mi., 1030 yds.); 18. Richard Brooks (9 m., 851 yds.); 19. Les Kinion (9 m., 813 yds.); 20. Ted Chernok (9 m., 569 yds.).
21. Walt Langford (9 m., 132 yds.); 22. Greg Boyd (9 m., 52 yds.); 23. Greg Coco (8 m., 1,665 yds.); 24. Jim Mortenson (8 m., 1,357 yds.); 25. Phil Jackman (8 m., 1,215 yds.); 26. Bill Fiege (8 m., 1,010 yds.); 27. John Ilgenfritz (8 m., 987 yds.); 28. Mike Gladden (8 m., 931 yds.); 29. Tom Carey (8

8. Bryan Denton	60:37
10. Mike Ward	60:44
11. Bob Ilgenfritz	60:52
12. Steve Reid	61:18
13. Don Marvel	61:34
14. Mike Hill	62:19
15. Mark Matt	62:35
16. Chuck Johnson	62:39
17. Edward Hayden	62:41
18. Layne Party	63:13
19. Dexter Green	63:24
20. Richard Kolodrubetz	63:28
21. Robert McCubbin, Jr.	63:38
22. Don Forgione	63:45
23. Thomas Pinter	64:08
24. Herman Petiox	64:48
25. Eric Taylor	64:55
26. Jeff Niner	65:10
27. William Dougherty	65:38
28. William Meier	65:45
29. Rea Heatherington	65:47
30. Joseph Brillhart	65:51
31. Frank Schaeffer	66:00
32. John Poole	66:13
33. Jean-Claude Kiehl	66:15
34. Mike Wienholt	66:47
35. Mark Yerkes	66:50
36. Mark Derr	66:58
37. Kathy Smith Heckman	67:10
38. Bernard Robier	67:18
39. Dave Flood	67:27
40. Donn Layne	67:32
41. Chris Jeffrey	67:32
42. Tom Smith	67:39
43. John Mildev	67:42
44. James Skeen	67:44
45. Jim McGill	67:50
46. Steve Vaughan	67:53
47. Scott Paris	68:05
48. Jim Zucco	68:21
49. Brooke Waldt	68:24
50. Harry Goodman	68:40
51. Paul Allen	68:50
52. Craig Roll	68:51
53. Jeff Harvey	69:08
54. Angelo Artuso	69:10
55. Tabor Crombie	69:11
56. Dave Evans	69:12
57. Curt Mizell	69:21
58. Everett Rice	69:27
59. Gary Naugle	69:44
60. Blake Gardner	69:46
61. George Stone	69:47
62. Kenneth Muhvich	70:04
63. William Keller	70:16
64. Stephen Wittlesberger	70:18
65. Edward Barnhouser	70:29
66. Bill Russell	70:31
67. John Shmitt	70:40
68. Thomas Hane	70:41
69. Kevin Conlon	70:43
70. Bob Leatherman	70:44
71. Peter Matt	70:56
72. Nick Delambo	71:03

114. John Connery	75:16
115. David Ramsey	75:17
116. Francis Hammel	75:27
117. Jim Adams	75:46
118. Tom Zibron	75:53
119. James Heckman	75:59
120. J. Black	75:59
121. Janine Cormier	76:02
122. Charles Springer	76:05
123. Mike Carroll	76:07
124. Glenn Pendleton	76:12
125. Peter Barker	76:19
126. Greg Cocco	76:29
127. Dave Chalmers	76:36
128. Marc Miller	76:42
129. Roger Hockey	76:47
130. Gene Hoffman	77:04
131. David Fischer	77:10
132. Skip Wigle	77:14
133. Bob Cormier	77:17
134. Leon Campbell	77:26
135. Herb Magin	77:35
136. Mike Pierre	77:39
137. Brian Keenan	77:40
138. Harold Sinofke	77:41
139. John Larney	77:42
140. Michael Powell	77:53
141. Schapperle	78:23
142. John Ilgenfritz	78:39
143. Larry Di Legge	78:45
144. Rick McKim	78:53
145. Norman Nice	78:59
146. Jack Wood	79:00
147. Larry O'Hara	79:00
148. Bill Foley	79:13
149. Donald Holmes	79:27
150. M.A. Grossnickle	79:29
151. Larry Fask	79:33
152. Jeff Misler	79:34
153. Tim Perry, Jr.	79:52
154. John Kilian	80:11
155. Mike Dawson	80:12
156. Phil Kelly	80:14
157. Myron Kellner	80:20
158. Mark Daugherty	80:23
159. Rob Stafford	81:00
160. Dave Wells	81:03
161. Kevin Danhille	81:04
162. Ron Richardson	81:04
163. Paul Wilkes	81:05
164. Thomas Hyatt	81:14
165. Warren Ware	81:26
166. Carl Sprinkel	81:46
167. Ron Walsh	81:56
168. Patrick Urban	82:02
169. Ronald Roessler	82:12
170. Wayne Jacobs	82:20
171. Michael Metzhowe	82:39
172. Dennis Frazier	82:41
173. Ed Martindale	82:55
174. Ed Kantner	82:56
175. Michael Thompson	83:00
176. Ron Le Clair	83:30
177. Don Clement	84:04
178. Don McFarland	84:19

220. Fred Jacoby	89:44
221. Norman Payne	89:50
222. Frank Schrank	89:52
223. Russ Saville	89:52
224. Fred Palmer	90:00
225. Rita Folan	90:02
226. Edward Ghee	90:02
227. Mary McBride	90:13
228. John Le Cheminant	90:19
229. Jean Stern-Tansey	90:23
230. Bob Ray	91:28
231. Eugene Cashour	91:49
232. Larry O'Neill	91:59
233. Tim Dauhille	92:13
234. Gil Tracey	93:25
235. Mary Tysor	93:52
236. Charles Clabaugh	94:08
237. John Harvey, Jr.	94:13
238. Elaine Woodward	94:46
239. No Name	95:06
240. Stephen Buchixess	95:08
241. Fred Schaefer	95:23
242. Colleen Pierre	95:47
243. Nancy Breede	95:47
244. S.Z. Farbman	95:52
245. Hal Cramer	98:33
246. Craig Rosendale	98:38
247. Sherry Kendall	100:39
248. William Washington	101:36
249. Ben Rudo	103:20
250. Heather Trimmer	103:20
251. Rose Gloth	103:24
252. Thomas Keavney	103:44
253. Mike Kreyenhagen	103:44
254. Patrick Keavney	103:44
255. Sam Schnydman	104:45
256. Paul Burke, Jr.	105:12
257. Mark Brown	105:44
258. Mary Seiah	110:43
259. Peggy Smeltzer	112:50
260. Cheryl Darcangelo	114:39
261. Shirley Mancini	115:43
262. Raymond Wilson	115:55
263. Esther Weisman	116:50
264. Martha Trimmer	121:50
265. Sarah Fico	125:04
266.	
267.	
268.	
269.	
270.	



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 SIZE S-M-L _____ \$5.00* _____ \$ _____

Tan with brown logo, New top quality shirt.

B.R.R.C. PATCHES - New! With club logo \$1.00 _____ \$ _____

B.R.R.C. DECALS (Club logo) _____ \$.25 _____ \$ _____

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— PARKTON, MARYLAND 21234 — 301-472-4197

**includes postage and packing*

Club

MAIL TO: JOHN NOEMER — 17235 EYNA RD.
— PARKTON, MARYLAND 21234 — 301-472-4197
**Includes postage and packing*

BALTIMORE ROAD RUNNERS CLUB
1363 Halstead Road
Baltimore, Maryland 21202



RETURN POSTAGE GUARANTEED