

Baltimore Road Runners
Club



FREE

May - August, 1979

NEWSLETTER



- Schedule of Spring & Summer Races
- Coming Events
- Results of Fall and Winter Races
- Plus: Training tips, places to run, medical advice by Dr. Scheffler, Baltimore Women on the run and more.

Racing under the bridge opposite Columbia Mall, runners in the Times Metric Marathon Sprint towards Ellicott City. Photo by Keith Weller

Baltimore Road Runners Club

VICE - PRESIDENT: STEVE ROSASCO
877-7074

PRESIDENT JOHN ROEMER
17236 EVNA ROAD
Parkton, Maryland 21120 (301) 821-6473

TREASURER: ALEX MEDINA 254-7578
SECRETARY: MARY ROEMER 472-4197

The ROAD RUNNERS CLUB (R-RC) OF AMERICA is a non-profit organization founded in 1957 to promote running as a sport and healthy exercise. The Baltimore chapter sponsors weekly running events for novices, joggers and experienced runners. These weekly events offer everyone a chance to run, regardless of age, sex, or athletic ability.

Note about RRC races: Persons of all ability levels are encouraged to enter, and you do not have to be a potential Olympian to have fun. Many people jog through our races just for good company 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 or Mary Roemer at 472-4197. Entry fees for regular runs are — 50¢ for ALL RRC 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.

SCHEDULE MAY-AUG. '79

PRE-ENTRIES FOR THESE EVENTS ONLY

See schedule for details.

- May 19 - Heart Assoc. Runathon
- May 19 - Gunpowder Neck 10 miler - \$3.50 until May 12, \$5.00 after.
- May 27 - Constellation 10K - \$3.00 by May 21. NO RACE DAY ENTRIES. LIMIT: 2000 ENTRANTS
- June 24 - Sprite Sprint 5K - \$2.00 entry.

Saturday - May 5 -

8:30 A.M. CLINIC:
"Running And The Heart" - Dr. Michael Kelemen, cardiologist at Union Memorial Hospital; runner; organizer of running program for cardiac patients. Towson Plaza Shopping Center fountain area, in front of Hammann's Music (Towson Plaza is a half mile south of Beltway exit 27 on Dulaney Valley Rd.) Clinic is free of charge.

Sunday - May 6 -

11 A.M.
3rd Annual YARRC Vs. BRRC 8.2 Mile Challenge Race (new course); 4 mile 10m run. Run from Brunley's farm in Pa. sponsored by The York Area Road Runners Club & BRRC. No entry fee. All finishers count toward team score. Bring family and casserole, salad or dessert for

Sunday - May 27 -

9 A.M.
4th Annual Constellation to Fort McHenry 10K - Inner Harbor, Downtown Baltimore. Sponsored by Campbell's V-8 Juice Entry fee: \$3.00. Entries limited to 2000, Must register by May 21. T-shirts to all registrants. Age group awards. Pick up numbers at Running Center, Towson Plaza after May 21 or at IBM Building across from Inner Harbor from 7:00 a.m. to 8:30 a.m. race day. John and Mary Roemer, 821-6473.

Sunday - June 3 -

9 A.M. (20)
10 A.M. (10)
10:05 A.M. (5)
Annual Turf Valley 5, 10 and 20 milers at Ken Denson's Home, sponsored by the Howard County Striders. \$2.00 entry fee defrays cost of beer and soda. 10 and 20 milers on county roads; 5 miler on trails. Bring food for picnic lunch. Beltway exit 15 (Rt. 40) West. Go out 40 for about 8 to 9 miles to Turf Valley Rd.; right on Turf Valley to last house on right; Ken & Pat Denson, 465-6971.

Sunday - June 10 -

9 A.M.
Annual Meet of Miles Towson State Track - No entry fee Medals to top 3 in age groups (19 under, 20-29, 30-39, 40 and over women). From

Saturday - May 5 -

8:30 A.M. CLINIC:

"Running And The Heart" - Dr. Michael Kelemen, cardiologist at Union Memorial Hospital; runner; organizer of running program for cardiac patients. Towson Plaza Shopping Center fountain area, in front of Hammann's Music (Towson Plaza is a half mile south of Beltway exit 27 on Dulaney Valley Rd.) Clinic is free of charge.

Sunday - May 6 -

11 A.M.

3rd Annual YARRC Vs. BRRC 8.2 Mile Challenge Race (new course); 4 mile 10K run. Run from Brumley's farm in Pa. sponsored by The York Area Road Runners Club & BRRC. No entry fee. All finishers count toward team score. Bring family and casserole, salad or dessert for potluck picnic on Chuck Brumley's farm in southern York County. Beer and Soda will be provided. Meet John and Mary Roemer at 9:30 a.m. at 1st National Bank parking lot, just off Mt. Carmel Rd. exit from Interstate 83. Take I-83 north from the Beltway about 13 miles to Mt. Carmel Rd./Hereford/Rt. 137 exit. Bank is to right, 100 yards from exit ramp. Cars will then follow the Roemers 25 miles to Brumley's farm. John & Mary Roemer 821-6473.

Sunday - May 13 -

9 A.M.

6 mile Loch Raven Dam run. Sponsored by the Maryland Podiatry Association and BRRC. No entry fee. T-Shirts to the top 200. From Beltway Exit 29-Cromwell Bridge Rd. (east) to Loch Raven Drive (about 3 miles) left on Loch Raven Dr. to lower dam parking lot. Bill Diegel 532-9845 - Bill Schwartz, Bill Fiege, Saul Miller

Sunday - May 13 -

7 A.M. TRIATHLON: 20 mile run - 50 mile bike ride - 2 mile swim. Run from York Pa, to Maryland line; bike around Baltimore and Harford Counties to Goucher College pool; swim 140 laps. T-shirts, special awards to all finishers under 14 hours. You must provide own crew for safety, refreshments, times, directions, delivery of bicycle, lap counting. Chuck Brumley - R.D. 4 - Box 93 - Airville, Pa. 17302

Wednesday - May 16 -

7:00 P.M. - CLUB MEETING

Discussion of proposed amendments to club constitution (mailed separately to each club member). Also: new business and preparations for Constellation race. Refreshments during meeting. Lillian Welsh Hall (Athletic Center), Goucher College. Beltway Exit 27 south on Dulaney Valley Road ¼ mile. Take first left into Goucher, take first left at fork after entering Goucher. Go ½ mile. Lillian Welsh Hall is on left. John Roemer, 821-6473.

Saturday - May 19 -

9:00 a.m.: Heart Association Runathon 3 and 5 miles, Lake Montebello - T-shirts to all participants \$3.00 entry fee. Heart Assoc. 685-7074

10 A.M. 7th Annual Gunpowder Neck 10 miler - Edgewood Area, Aberdeen Proving Ground. Sponsored by RASAC. T-shirts to all finishers. Trophies: open, junior, women, masters, masters II. \$3.50 until May 12, \$5.00 after. T-shirts will be mailed after race to late registrants. Certified course. Joe & Jan Lacetera - 1006 Whitaker Mill Rd. - Joppa, Md. 21085 (877-0718)

to 8:30 a.m. race day. John and Mary Roemer, 821-6473.

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9 A.M. (20)

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Annual Turf Valley 5, 10 and 20 milers at Ken Denson's Home, sponsored by the Howard County Striders. \$2.00 entry fee defrays cost of beer and soda. 10 and 20 milers on county roads; 5 miler on trails. Bring food for picnic lunch. Beltway exit 15 (Rt. 40) West. Go out ¼ mile about 3 to 5 miles to Turf Valley Rd.; right on Turf Valley to last house on right. Ken & Pat Denson, 465-6971.

Sunday - June 10 -

9 A.M.

Annual Meet of Miles Towson State Track - No entry fee Medals to top 3 in age groups (19 under, 20-29, 30-39, 40 and over women). From Charles Street - take Towsontown Boulevard east to Osler Drive. Go south on Osler Drive about ¼ mile; turn right just past Sheppard Pratt entrance at Towson Center/Towson Stadium sign. Park in lot on right near track. Spikes, if used, can be no longer than ¼". John Elder 323-9678 - Carl Müller, Mark Johnson, Jean-Claude Kiehl.

Sunday - June 17 -

9 A.M.

8th Annual 2 man-10 mile relay- Towson State Track - No entry fee - Plaques to first 3 open, first master and first women's teams. Directions same as June 10. Don Heimiller 256-6280 - Ron LeClair, Don Fischer, Tom Zibron.

Sunday - June 24 -

9:00 A.M.

Sprite Sprint 5K (3.1 miles). The first in a national series sponsored by Sprite Bottlers. T-shirts to top 500 finishers; awards, including shoes, shorts and tops to age group winners. \$2.00 entry fee. See ad in this issue for entry form and details. John Roemer, 821-6473. Goucher College - ¼ mile South of Beltway Exit 27 on Dulaney Valley Rd.

Sunday - July 1 -

9 A.M.

5 mile Baltimore Road Runners Club Championship Race - Race No. 1. To be eligible for prizes, must be paid up club member on March 31, 1979. No entry fee - RRCA Championship Medallions to top 3 Open, 30-39, Master, Women, Race starts on Falls Road where Jones Falls Expressway ends near western end of Joppa Rd. Park on Falls Rd., near start. See championship Series Rules in newsletter. John & Mary Roemer 821-6473.

Sunday - July 8 -

9 A.M.

7th annual Tetrathon (440, 880, mile & 2 miles) - Towson State Track, No entry fee - Sub-4 Shirts to top 10 - first woman, first master. Points given out for each event with highest total winning. Directions same as June 10. Jerry Martin 823-8267 - Don Wann, Dwight Hood, Mel Walton.

Sunday - July 15 -

8 A.M (NOTE EARLY STARTING TIME)

Loch Raven Dam 10 miler - No entry fee - No prizes. Directions same as May 13th. Mel Walton 821-8337. - Dick & Jean Nair, Al Filar.

Schedule

(Continued from Page 2)

Sunday - July 22 -

9 A.M.

8 mile run-8 mile bike ride -Hydes Rd. No entry fee. Bike equipment to top 5. Beltway exit 29 - Cromwell Bridge Rd. east to Glen Arm Rd., turn left on Glen Arm and go 1 mile to Manor Rd. Left on Manor and go about 5 miles to Carroll Manor Rd. Turn right, and park in school parking area on left. Alex Drabkowski 592-8774 - Rob March, Ed Giesendaffer.

Sunday - July 29 -

9 A.M.

10K Club Challenge RASAC vs. BRRRC Rocks State Park, Harford County. Sponsored by RASAC & BRRRC. No entry fee - no prizes. Bring family and picnic lunch for a great day in a beautiful location. From I-95 north on Rt. 152, right on Rt. 165 to St. Clair Bridge Rd. From Bel Air north on Rt. 24 to left on St. Clair Bridge Rd., and 3.2 miles to Rt. 165. Meet in the park at the Hillsgrove picnic area. Joe & Jan Lacetera 877-0718 - John & Mary Roemer 821-6473.

Tuesday - August 7 -

6:30 p.m.

3 mile run-400 meter swim-Padonia Swim Club. Case of Beer or bottle of wine to winner, case of soda to 3rd, \$7 entry fee. From Beltway take I-83 north to Padonia Rd., left on Padonia (west) for 2 to 3 miles to swim club on left. If you get there early, we will try to start a few heats early. Bailey St. Clair 252-5903. - Mel Walton, Dick Nair, Les Kinion, John Roemer.

Sunday - August 12 -

9 A.M.

Druid Hill Park 5 Miles - No entry fee - no prizes. Meet at stone tower at east end of lake. Take Jones Falls Exwy. to Druid Park Lake Drive exit, then take first right into park, and follow lake all the way around to stone tower. Tower is visible from Jones Falls exit ramp. Henry Freeman 624-3086 - Roger Burrow, Lloyd Richardson, Zion Bowser.

Sunday - August 19 -

9 A.M.

10K Baltimore Road Runners Club Championship Race - Race No. 2. To be eligible for prizes, must be paid up club member on March 31, 1979. **Lake Montebello**. No entry fee. RRCA Championship Medallions to top 3 Open, 30-39, Masters, Women. Beltway exit 30 (Perring Pkwy) south to Hillen Rd. (same rd.) to 33rd street, hang a sharp left on to Lake area - go ¼ mile to pump house. Continental breakfast after race at Alex Medina's home. See Championship Series Rules in news letter. Alex Medina 254-7578 - Gene Reabe, Chris Jeffrey, Carol Wandres.

Sunday - August 26 -

9 A.M.

Pentathlon - Essex Community College - No entry fee - No prizes. Low key fun event. Bring family and picnic for a fun day at the track. Running, jumping, and throwing events announced day of race. Come and try

OTHER EVENTS

These are **not** BRRRC events, and we cannot vouch for the safety and organization of any of them, or for the accuracy of the information which clubs or sponsors have sent us. Get in touch with the listed contact person for details and for information on entry deadlines. We will not advertise races with mid-day starting times in months when the weather may be hot (March through November).

Sun., June 3, 9:30 a.m. - Instant Replay Gold Coast-Classic 10K, Ocean City. Rainbow Runners, 358-7296.

Sun., June 10 - 9:00 a.m. 12 mile Cancer Society Runathon, Loch Raven, T-shirts. Ed Hewitt, 661-6013.

Sun., June 10, 6:00 p.m. - C&O Canal 15K, Spring Gap Recreation Area

Sun., June 17, 8:00 A.M. - Columbia Birthday 12 miles; awards to all finishers. Columbia Md. Dave Tripp 992-6546 (w), 730-4499 (H)

Sun., June 17, 11:00 A.M. - RASAC Women's 5,000 Meter Championship. Edgewood Area, Aberdeen Proving Ground. Joe and Jan Lacetera, 877-0718.

Sun., July 1, 9:00 A.M. - RASAC Four-Man 10K Relay, Plumb Point. George Adams, 838-9252.

Wed., July 4, RASAC Bel Air July 4 Four Miler, Bel Air, Md. George Stewart, 838-0846.

Wed., July 4, 9:00 A.M. - Clydes Restaurant 10K, Columbia. T-shirts to all, age group awards. \$2.00 entry fee. Don Heinecke, 465-2813. Entries close June 27.

Sun., July 29 - 7:00 p.m. Garrett County 5.1 Mile Race, Finzel, Md.

Sun., Sept. 2 - RASAC Annual Airfield Run.

May-Sept. BARC Schedule
Wallet sized for quick reference

Sun., May 6, 11:00 A.M. Club Challenge 8.2 miler - Pa.

Sun., May 13, 9:00 A.M. Loch Raven 6 miler

Sun., May 13, 7:00 A.M. Triathlon - YORK

Wed., May 16, 7:00 P.M. Club Meeting

Sat., May 19, 10:00 A.M. Gunpowder Neck 10 miler

Sun., May 27, 9:00 A.M. Constellation 10K

Sun., June 3, 9:00 A.M. Denson 5,10,20

Sun., June 24, 9:00 A.M. Sprite Sprint 5K

Sun., July 1, 9:00 A.M. 5 mile BRRRC championship - Hillside Rd.

Sun., July 8, 9:00 A.M. Tetrathon - TSU

Sun., July 15, 9:00 A.M. Loch Raven 10 miler

Sun., July 22, 9:00 A.M. Run 8, Bike 8

Sun., July 29, 9:00 A.M. Rocks 10K Challenge

Tues., Aug. 7, 6:30 P.M. - Run/swim - Padonia Park

Sun., Aug. 12, 9:00 A.M. - Druid Hill 5 Miler

Sun., Aug. 19, 9:00 A.M. - 10K BRRRC

Sunday - August 19

9 A.M.

10K Baltimore Road Runners Club Championship Race - Race No. 2. To be eligible for prizes, must be paid up club member on March 31, 1979. Prizes: 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, 9th, 10th. Championship Medallions to top 10. Open, 10-39, Masters, Women. Beltway exit 30 (Perring Pkwy) south to Hillen Rd. (same rd.) to 33rd street, hang a sharp left on to Lake area - go 1/4 mile to pump house. Continental breakfast after race at Alex Medina's home. See Championship Series Rules in news letter. Alex Medina 254-7578 - Gene Reabe, Chris Jeffrey, Carol Wandres.

Sunday - August 26

9 A.M.

Pentathlon - Essex Community College - No entry fee - No prizes. Low key fun event. Bring family and picnic for a fun day at the track. Running, jumping, and throwing events announced day of race. Come and try your luck! Beltway to Philadelphia Road. North on Phila. Rd. (Rte. 7) to Rossville Blvd. Left on Rossville about a mile to Essex Community College. Right into College, park by Athletic Center. Jim Harrison, 882-4353.

Sunday - September 2

9 A.M.

3 fun runs and picnic, Hereford Area, Gunpowder State Park 2.6 on flat grassy path; 4 miles on same path plus flat dirt trail; or 10.8 miles on same path and trail plus hilly country roads. These are not races - No entry fee - No prizes. Make it a family day with picnic lunch, swim suit & soft ball glove. River is shallow - no deeper than three feet at deepest point perfect for children. Take I-83 north from Beltway about 13 miles to Hereford/Mt. Carmel Rd./Rt. 137 exit. Right off ramp onto Mt. Carmel Rd. Go 1/2 mile to stop sign at York Rd. Left on York Rd. and go about one mile to Bunker Hill Rd. (which is just past Hereford High School) Left on Bunker Hill about one mile to river. Road becomes dirt and gravel. John & Mary Roemer 821-6473.

MARATHON CLINICS

Starting in July - 8:00 a.m. every Saturday - Loch Raven Dam (lower dams parking lot). Start now if you are planning to run the Maryland Marathon. Don't wait until September! Sponsored by the Maryland Marathon Commission. Les Kinion 668-3766.

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.)

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

May-Sept. BARC Schedule
Wallet sized for quick reference

Sun., May 6, 11:00 A.M. Club Challenge 3.2 miler - Pa.
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Sun., May 27, 9:00 A.M. Constellation 10K
Sun., June 3, 9:00 A.M. Denson 5,10,20 milers
Sun., June 10, 9:00 A.M. Meet of Miles - TSU
Sun., June 17, 9:00 A.M. 2 man 10 mile relay - TSU

Sun., June 24, 9:00 A.M. Sprite Sprint 5K
Sun., July 1, 9:00 A.M. 5 mile BRRC championship - Hillside Rd.
Sun., July 8, 9:00 A.M. Tetrathlon - TSU
Sun., July 15, 9:00 A.M. Loch Raven 10 miler
Sun., July 22, 9:00 A.M. Run 8, Bike 8
Sun., July 29, 9:00 A.M. Rocks 10K Challenge
Tues., Aug. 7, 6:30 P.M. - Run/swim - Padonia Park
Sun., Aug. 12, 9:00 A.M. - Druid Hill 5 Miler
Sun., Aug. 19, 9:00 A.M. - 10K BRRC Championship - Montebello
Sun., Aug. 26, 9:00 A.M. - Pentathlon - Essex CC
Sun., Sept. 2, 9:00 A.M. - Gunpowder Park Fun Runs

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

Edited course Joe & Jan Loretta - 1000 Wintaker Mill Rd. Pasadena, Md. 21122

West Winton 821-8337 - Dick & Jean Nair, All Files

Question and Answer Corner

By Dr. NEIL M. SCHEFFLER

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

Short toes have always been around. Sculptors, with their eye for detail, included such defects in their works. A trip through a major museum with a discerning eye on the feet of the ancient statues will demonstrate this fact. At the Louvre in Paris, for example, the 5th toe of the Venue de Milo is shortened and contracted. In another room, the statue Apollo Lauroctone shows a perfect example of the topic of this article, a short first toe.

The hazards of owning a short first toe have, in recent years, been popularized among runners by Dr. George Sheehan. Almost any runner, with even a modicum of knowledge about the sport, is familiar with "Morton's Toe."

Not to be confused with Morton's Neuroma (a painful nerve enlargement leading to numbness and pain in the 3rd and 4th toes that often requires injections or surgery), Morton's Toe is generally not painful. In fact, most people have no symptoms in the toe at all. The primary disadvantage of this short digit is the mechanical instability it transfers to the rest of the foot and through the foot to the rest of the body.

And now - a surprise for most of you. The toe itself is rarely short! The illusion of a short toe is due to a short metatarsal bone behind the toe, which is the true culprit. If this bone is shorter than it should be the toe attached to it will, obviously, protrude less than normally and will appear short. The result of this deception is very strange to tell; for when it fools

other people, I fear, it fools itself as well. This is to say, the foot itself must compensate for the inadequacies of a short first metatarsal. This is accomplished in a number of ways. The second metatarsal bone accepts some additional weight at toe off and, due to the added stress, may increase in girth and strength. An increase in function of this bone may lead to increased pressure and a callus may form under the ball of the foot. Too much stress can cause a fracture of the bone (oddly enough, this is called a stress fracture).

One of the most common problems a short first metatarsal causes is an inherent instability of the foot. This instability shows up as our old foe pronation (rolling inward of the foot and arch during weightbearing). Many refer to this as "flat feet". Pronation, in turn, gives us the hip, knee, ankle, heel, arch and low back pain we have come to know too well. This occurs in non-runners and runners alike.

I have lengthened short metatarsal bones surgically. This is done by bone implants or transplants to the short bone. The surgery for this is usually performed on the second, third, or fourth metatarsal bones (most commonly the fourth) and always for painful deformities accompanying the defect. I have never seen or read of a short first metatarsal lengthened in this manner to enhance foot function. I would not recommend this for a runner.

The best and most common treatment for the problems created by short first metatarsals lies in the prevention of pronation through the use of orthotics (foot braces used to enhance foot function). Sometimes, the podiatrist will have the laboratory add a special piece to the front of the orthotic to accommodate for the short bone. The benefits of orthotics

for the treatment of mechanical foot problems has been well documented and I will not belabor the point here.

Those with short first toes must also use caution when buying shoes. The shoe must be fit to the longest toe. In those runners with a short first toe, the longest toe is usually the second and the shoe should be longer than this toe. If not, the long toe will hit the end of the shoe. This trauma can lead to bleeding under the nail, discolora-

tion and deformity to the nail or to the toe. Blisters may form on the tip or the top of the long toe due to buckling of the digit. This care in the fitting of shoe holds true for both running shoes as well as daily foot gear.

We, therefore, can see that a short first toe should get more than just a casual glance. Morton's Toe can be a primary source of major problems for a runner. In any case, these short toes will always be with us, just as they were Before Sheehan and Before Morton.

RESULTS

March 4 - 20 mile championship - cold and misty, but best weather yet for this event. First open, masters and woman won \$100 toward Boston Marathon expenses.

First Open: Scott Lutrey, Bill Caldwell (tie)

First Masters: John Butterfield
First Woman: Kathy Heckman

Before the race Pat Peterson cautioned the timers that she was trying her first long run and that she might not make it. She passed the test with flying colors.

Scott Lutrey 1:51:22, Bill Caldwell 1:51:22; Scott Whitney 2:01:11; Pat Good 2:02:02; Steve Yeagle 2:02:27; Lou Rojas 2:02:27; John Butterfield 2:03:13; Delroy Matthews 2:03:57; Lee McConnell 2:04:09; Mel Walton 2:06:13; Dick Nair 2:06:42; Bailey St. Clair 2:06:57; Joe Adams 2:07:26; Greg Mislick 2:08:02; Dave McDonald 2:09:04; Chuck Brumley 2:10:33; Ron Bomberger 2:10:55; Mark Yerkes 2:11:10; Dave Pabst 2:11:22; Charles Zeiler 2:11:32; Frank Nowosielski 2:12:28; Myron Campbell 2:13:02; Nick Delambo 2:13:29; Mark Derr 2:15:07; Bill Jordan 2:15:16; Bill Schwartz 2:15:23; Kathy Heckman 2:15:35; S. Miller 2:15:28; Dan Miller 2:15:58; Alex Medina, 2:17:23; Ed

Hewitt 2:17:31; John Poole 2:18:09.

Jerry Lynch 2:19:04; Harry Goodman 2:19:45; Don Wright 2:22:13; No Name 2:22:17; Herman Sykes 2:22:42; Dwight Hood 2:33:09; Brad Roberts 2:24:18; Frank Russo 2:24:25; Jim Black 2:24:39; Al Filar 2:24:47; John Fehir 2:24:48; No Name 2:27:07; Terry Kreitz 2:27:52; No Name 2:29:09; Jim Mortenson 2:30:45; Neil Young 2:30:58; Andy Butterfield 2:30:58; Rich Heuser 2:30:14; Bill Keller 2:32:14; No Name 2:34:14; No Name 2:34:38; Chris Rynne 2:34:40; Stan Bailey 2:34:42; Phil Iddings 2:35:00; Carter Sinclair 2:35:30; No Name 2:37:49; Larry Dragon 2:38:27; Alex Drabkowski 2:39:42; Frank Morgan 2:41:05; Gordon Kamka 2:41:05.

Dave Bare 2:42:05; John Cusson 2:42:30; Mark Arnold 2:43:43; Wendy Butterfield 2:44:58; Ed Patey 2:44:47; Bob Lister 2:45:18; Sherry Kendall 2:45:32; Dave Webb 2:46:02; Dave Schreibfeder 2:46:12; Al Brokos 2:46:44; Joe Jenson 2:46:49; Jean Baker 2:46:49; Ed Slunt 2:47:55; Mike Vann 2:49:54; Scott Fridley 2:52:18; Barry Bowen 2:52:58; Priscilla Butterfield 2:53:21; Pat Peterson 2:59:42; John Hutchinson 2:59:42; Tony Trantas 3:12:53; Janet Vann 3:17:10.

the rest of the foot and through the foot to the rest of the body.

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Dr. Bernie Eisenberg

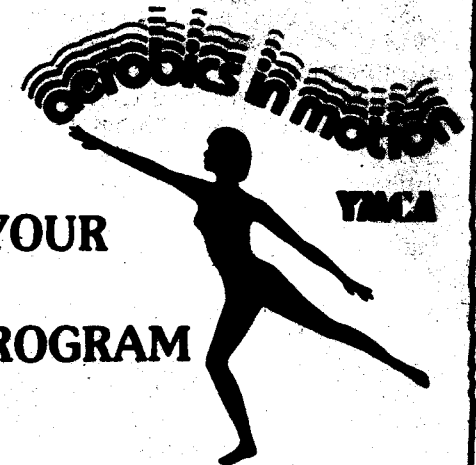
**General Dentistry
For The Entire Family
With Emphasis on Prevention and
Nutrition Counseling**

**1023 Ingelside Avenue
(Near Beltway And Rt. 40)
Catonsville**

**Member of BRR
788-3344**

Chair 2:06:37; Joe Adams 2:07:00; Greg Mislick 2:08:02; Dave McDonald 2:09:04; Chuck Brumley 2:10:33; Ron Bomberger 2:10:55; Mark Yerkes 2:11:10; Dave Pabst 2:11:22; Charles Zeiler 2:11:32; Frank Nowosielski 2:12:28; Myron Campbell 2:13:02; Nick DeIambo 2:13:25; Mark Derr 2:15:07; Bill Jordan 2:15:16; Bill Schwartz 2:15:23; Kathy Heckman 2:15:35; S. Miller 2:15:28; Dan Miller 2:15:58; Alex Medina 2:17:23; Ed

Bob Lister 2:43:16; Sherry Kendall 2:45:32; Dave Webb 2:46:02; Dave Schreibfeder 2:46:12; Al Brokos 2:46:44; Joe Jensen 2:46:49; Jean Baker 2:46:49; Ed Stunt 2:47:55; Mike Vann 2:48:54; Scott Patten 2:52:18; Larry Brown 2:52:20; Paul Brown 2:52:21; John Hutchinson 2:59:42; Tony Trant 3:12:53; Janet Vann 3:17:10.



**SUPPLEMENT YOUR
RUNNING PROGRAM**

Aerobics In Motion is an exciting way to improve

- COORDINATION
- FLEXIBILITY
- MUSCLE TONE
- ENDURANCE

This Choreographed Cardiovascular Fitness Program is designed for **NON-DANCERS.**

Summer Session Begins July 9

CALL: 837-YMCA

MAKING TRACKS

By: John Roemer

Most of the best running areas, in Baltimore and elsewhere, can be found around water. Our most popular courses provide perfect examples: Loch Raven, Montebello, Druid Hill, Patapsco State Park, Hunt Valley, Constellation. Below are two more excellent places to run, all of them near streams or lakes. If you've got the blahs from running around the block, check out the stream valleys in your neighborhood. They're likely to have relatively flat, scenic, well-worn, traffic free paths.

Herring Run Park

The city has created an almost dead-level asphalt path along Herring Run. You can run the 1 1/2 mile loop between Harford and Belair Roads or follow the 2 1/4 mile straight path from Harford Road almost to Pulaski Highway. The courses also hook up to our usual 1:35 mile and 2.9 mile loops around Lake Montebello. The "crime location" map in Northern District Police Station shows no reported crimes in the park area, so it's safe as well as scenic. If you follow the straight path across Bel Air Road, watch out for traffic. The straight path crosses a couple of wide streets. (The loop, on the other hand, is completely within the park.)

The entrance to the park is the driveway immediately southwest of the intersection of Argonne Drive and Harford Road. Follow the park road down to the bridge, where the asphalt path begins. If you take the right fork under the bridge, you'll turn left on the sidewalk at Bel Air Road, cross the bridge, then pick up the loop again on your left. To follow the straight path to Pulaski, simply go straight across Bel Air Road.

There are toilets, fountains and plenty of parking in the park.

Lake Roland (Robert E. Lee Park)

With one exception, the roads and trails around Lake Roland are too

bly won't be able to find it in the summer, because the weeds and briars take over, but during the spring and fall the trail easy to follow—if you can find your way to it.

Robert E. Lee Park is off Lake Avenue near Falls Road. Cross the concrete foot bridge below the dam and follow the asphalt path up the hill. After you've passed the fountains at

the top, look for the dirt paths down to the railroad track on the left. Cross the track on the main dirt trail, and follow the cinder path to the northwest side of the lake. It will be narrow for awhile, but eventually you'll pick up a somewhat broader cinder trail. Follow it for about 2 miles, across the trestle and up to wire-link fence behind a storage yard for a light manufacturing company. You can turn around and run back the

same way (the most fun) or else skirt the fence, run through the yard to Falls Road, then turn left and follow Falls Road back across the big bridge to the park entrance on the left (just before the light at Lake Avenue).

The path is as close to wilderness as you can come on a running trail in Baltimore. You can't get seriously lost on it; it is miles from the nearest crime; and the park has bathrooms, fountains and plenty of parking.

 the running center
by Hess

The Running Center, located in Towson Plaza, is a highly specialized place specifically tailored to a runner's needs. Management team John and Mary Roemer, and Chuck Brumley, and their staff of runners are available to answer your questions about equipment, training, injuries and racing. Their advice is based on tens of thousands of training miles, a dozen marathons, and hundreds of other running events. This knowledge combined with Hess' 106 years of experience in fitting

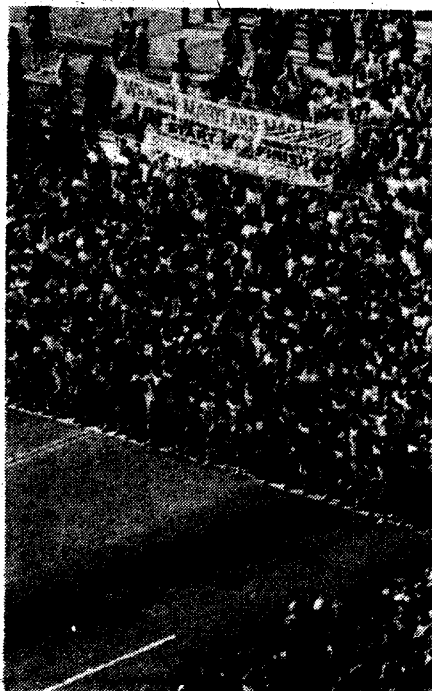


The entrance to the park is the driveway immediately southwest of the intersection of Argonne Drive and Harford Road. Follow the park road down to the bridge, where the asphalt ends. At the end of the asphalt, turn left on the bridge, you'll turn left on the sidewalk at Bel Air Road, cross the bridge, then pick up the loop again on your left. To follow the straight path to Pulaski, simply go straight across Bel Air Road.

There are toilets, fountains and plenty of parking in the park.

Lake Roland (Robert E. Lee Park)

With one exception, the roads and trails around Lake Roland are too short for varied distance running. Although I have been using the park for hiking, boating and other physical delights for more than 30 years, I didn't realize until recently that it contains what may be the nittiest two-mile running path in Baltimore (or just outside of Baltimore, since the park is mostly in the county.) The trail is on an abandoned railroad bed whose rails, ties and roadbed gravel are gone; all that remains is a flat, cinder path through the woods. You proba-

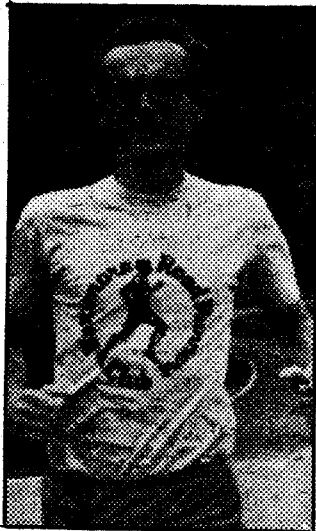


place specifically tailored to a runner's needs. Management team John and Mary Roemer, and Chuck Brumley, and their staff of runners are available to answer your questions about equipment, training, injuries and racing. Their advice is based on tens of thousands of training miles, a dozen marathons, and hundreds of other running events. This knowledge combined with Hess' 106 years of experience in fitting shoes makes the Center a truly unique place. We feature the best names in running shoes and accessories - Adidas, Brooks, Nike, New Balance, Tiger, Saucony, Frank Shorter, Sub-4, Dolfin, G.U.T.S., Moving Comfort, Winning Ways and more. You will also be able to find the latest in equipment, books & magazines. Whether you're an experienced runner or a novice, this place is for you. Come to browse, to shop or just to talk.



Chuck Brumley Mary Roemer John Roemer

**The Running Center
Towson Plaza Shopping Center
1 Mile South of Beltway Exit 27
821-6473**



John Roemer

JOHN ROEMER

**President of the
Baltimore
Road Runners Club**

From the President's Desk . . .

January Club Meeting

Current officers were re-elected: John Roemer, president; Steve Rosasco, vice-president; Alex Medina, treasurer; Mary Roemer, secretary.

On funding of club administration, the membership:

1. **rejected** an offer of \$9000 from Hess Shoes for salaries for John and Mary Romer as club officials
2. **rejected** future compensation for club officers by commercial sponsors
3. **approved** a motion to **discontinue** the Hess Running Center as club headquarters.

On race sponsorship the membership:

1. **approved** a motion to print in our

newsletter a brief schedule of races organized by other area clubs

2. **approved** a motion to accept commercial sponsorship of races if the sponsor pays a major part of race expenses (to be negotiated on a case-by-case basis by the Executive Committee) and if the club receives all entry fees. The Layne Realtors Half Marathon and the Maryland Marathon will continue to be club races without meeting this requirement.
3. **approved** a motion to run two charitable races a year for fitness related charities (e.g. heart, lung, YMCA), provided that the entry fee may be no higher than \$4.00. The charities, if any, will be selected by the Executive Committee.

CLUB CHAMPIONSHIP SERIES

We will sponsor 5 championship races a year: 5 miles, 10 kilometers, 10 miles; 15 miles and 20 miles. There will be awards at each event: medallions to top 3 open, 30-39,

be 8+12+18+28, totaling 66 for the series (the worst race, 180th for not finishing, would be deleted). At the annual club awards party the top scorers will receive special prizes in the following age groups: women - open to 29, 30-39, 40 and

4. **rejected** motions to:
 - a) hold no charitable races
 - b) accept no commercial sponsors for races.

- c) require sponsors to pay all or 75% of expenses of races
- d) allow no races from other clubs to appear in our news letter

The Old Man Frightens Me

by Michael Olesker

Reprinted by permission of the Baltimore News-American. The article originally appeared in The News-American on November 12, 1978.

Mr. Olesker now writes for the Sun.

The old man walks so slowly, and his trousers are always too short.

He moves through the neighborhood streets every evening, when I'm out there forcing myself to run for exercise, and I wonder who cares for him.

Neither of us stops to talk. We don't even know each other's names, but we smile and nod hello every time, and then we go on our ways.

But the old man frightens me.

He moves too slowly, and he dresses too warmly all through the

tush, and life can suddenly be beautiful.)

If you run alone, through the streets, you have to do mind tricks.

You cast yourself in Charlton Heston-like epics. Or float lazily off the coast of Bermuda. Or pretend you're 25 and quarterbacking the Colts to the playoffs.

(I mean what are dreams if not outlandish?)

The trick is learning to keep yourself company. If you can do that, sometimes you can go on forever.

You can even laugh at those little problems that bedevil every runner who uses the streets instead of a track.

3. approved a motion to discontinue the Hess Running Center as club headquarters.

On race sponsorship the membership:

1. approved a motion to print in our

3. approved a motion to run two charitable races a year for fitness related charities (e.g. heart, lung, YMCA), provided that the entry fee may be no higher than \$4.00. The charities, if any, will be selected by the Executive Committee.

CLUB CHAMPIONSHIP SERIES

We will sponsor 5 championship races a year: 5 miles, 10 kilometers, 10 miles; 15 miles and 20 miles. There will be awards at each event: medallions to top 3 open, 30-39, masters, women. In addition, race participants will accumulate points toward awards for the entire series.

Your place in each race will be totaled to score the series; low score wins in each age group. If you miss a race, your score will be last place for that event. Each participant's worst finish in the series will be eliminated in the scoring.

For example, if a runner places 8th in the 5 miler, 12th in the 10K, 18th in the 10 miler, 28th in the 15th miler and misses the 20 miler in which 180 finish, his score would

be 8+12+18+28, totaling 66 for the series (the worst race, 180th for not finishing, would be deleted). At the annual club awards party the top scorers will receive special prizes in the following age groups: women - open to 29, 30-39, 40 and over

men - open to 29, 30-34, 35-39, 40-44, 45-49, 50 and over

To be eligible for this year's series, you must have been a club member as of March 31, 1979. Ages will be determined as of 12:00 a.m. June 1, 1979.

Since the series starts in June this year, we must fit all 5 races into this schedule and the next. The 5 miler and 10K are scheduled for the summer; the 10, 15 and 20 milers will be held in the fall.

Remember: **place** not time, counts in the series.

Constellation Volunteers Needed

After the Maryland Marathon, our Sunday, May 27 Constellation to Ft. McHenry 10K race is the largest in the area. Last year a half dozen people took care of 1000 entrants. We need more help. Please indicate below where you can volunteer and return the form to John and Mary Roemer, 17236 Evna Rd., Parkton, Md. 21120. We'll train you for the jobs.

- Pre-race day work (put mail entries in order, assign numbers)
- Registration (hand out numbers, sign up late comers) 7:00 a.m. - 8:45
- Course marshal • (direct runners on course)
- Split timers (call times on course)
- Refreshments (give out water on course or at finish)
- Chute worker (finish line)
- Results (put cards, times in order; type results)

Name _____

Address & Zip _____

Phone _____

Mr. Olesker now writes for the sun-

The old man walks so slowly, and his trousers are always too short.

He moves through the neighborhood streets every evening, when I'm out there forcing myself to run for exercise, and I wonder who cares for him.

Neither of us stops to talk. We don't even know each other's names, but we smile and nod hello every time, and then we go on our ways.

But the old man frightens me. He moves too slowly, and he dresses too warmly all through the seasons, and his trousers are always too short.

And I read into his decay a dreadful portent of my own.

Once, he passed my house as I finished a long run. He asked me questions about running. And I fought back waves of dread.

He was still a relatively young man; no more than his early 50's. His skin was pink, and it still was firm.

But he spoke terribly slowly, and the words came from some great distance away in his chest cavity.

Is this me in 20 years?

This afternoon on television sets, the football games come on. I think of all the games, and all the people watching them, and I run through the streets now.

We're all voyeurs at somebody else's ballgame. It worries me that we're voyeurs at the occasion of our own decay.

It worries me enough that I run. I used to make little jokes about the joggers. I'd talk about them racing through the streets, their lungs happily sucking in fresh doses of carbon monoxide.

And I'd have a few yuks about the pain and boredom the runners face, and how it's impossible to get around that.

True enough. (This is why it can be beneficial to run at a school track, where there are other runners. Out there, there is a comradery of pain, a democracy of boredom.)

(Plus, if you're lucky) you'll get behind some girl with a really cute

if you run alone, through the streets, you have to do mind tricks. You cast yourself in Charlton Heston-like epics. Or float lazily off the coast of Bermuda. Or pretend you're a and quarterbacking the Gals to the playoffs.

(I mean what are dreams if not outlandish?)

The trick is learning to keep yourself company. If you can do that, sometimes you can go on forever.

You can even laugh at those little problems that bedevil every runner who uses the streets instead of a track.

Problems like drivers who think they have a monopoly on the streets. The other day, one in a Buick threatened to use me for a bridge.

Then there are all those drivers who simply gesture your was, offering unacceptable lower intestinal advice.

But I run.

I'm strictly an amateur. For me, a good run is six or seven miles, and it takes me about an hour to do that.

But it's no longer like the old days. Growing up, you got on the phone and called the guys, and in 10 minutes at the schoolyard you had a ballgame going.

Nowadays, none of the guys want to come out and play.

They're sitting home watching the others play on television sets. And I don't want to argue with them. I'm not a holy roller about this running business; I just know that I feel better for it, physically and mentally.

The body was slipping away too easily. Weight that I used to take off overnight now lingered for weeks and months.

The running has changed that. And so did the old man.

He frightens me. I don't know if he had a heart attack, or a stroke, or simply grew old too soon; but he is further gone than he should be.

I find myself trying to figure out the mathematics of eternity: How many heartbeats do any of us have left?

And I wonder who cares for people like the old man.

He walks so slowly through the streets, and his trousers are always too short.

TRAINING TIPS

TRAINING TIPS: Hot weather running. (This information was compiled by Connecticut Mutual Life Insurance's "Run For Life" program, the RRCA and John Roemer.)

KNOW THE FACTS ABOUT HEAT:

Hyperthermia (heat stroke, heat exhaustion, muscle cramps) can be deadly. It doesn't take long for a person to die, and a runner can collapse in less than five minutes after the onset of symptoms. The symptoms are:

- a. dizziness
- b. dry skin - no sweating
- c. redness
- d. nausea or cramps
- e. goose bumps on chest and arms
- f. incoherent speech and thoughts

When any of these symptoms occur, do the smart thing; save your race for a cooler day.

Hyperthermia can affect any runner, in any kind of shape, during a race or hard workout. It's not only the unconditioned, unacclimated runner who will suffer.

Hyperthermia can occur on days when you might not expect it. The rapid rise in body temperature occurs when the body's natural cooling mechanism, evaporation, stops because the body has lost too much of its fluids through sweating. Research has shown that the rate of loss of body fluids is not substantially changed from temperatures of 70° up. A temperature of 60° and high relative humidity can be just as dangerous as 90° and low humidity.

WHAT CAN BE DONE TO MINIMIZE THE EFFECTS OF HEAT ON A RUNNER?

1. During the hot weather season, keep body contents of magnesium and potassium high. These minerals occur naturally in foods such as muskmelon, watermelon, tomatoes, carrots, and cucumbers.
2. Wear cool clothes. Loose fitting cot-



RUNNING

WITH JACKMAN

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

BALTIMORE, MARYLAND

SUNDAY JUNE 24,

STARTING TIME: 9:00 A.M.

GOUCHER COLLEGE

Goucher College - 1/4 South of Beltway
Exit 27 on Dulaney Valley Rd.



A SPRITE SPRINT is a 5 kilometer or 3.1 mile distance. By today's standards this is little more than a wind sprint for the serious runner... and a fun distance for just about all runners. Everyone will love this race. So crank up your spirit and get ready for a SPRITE SPRINT!

EXCLUSIVE NATIONAL OPPORTUNITY

Eight runners, chosen on the basis of a national handicapping system, will be part of the SPRITE 5 K SPRINTS National Challenge Team.

Team Members will travel, all expenses paid, to 4 major U.S. cities for additional challenge races. THE LINE and ETONIC will furnish special awards.

LOCAL PREMIUMS AND AWARDS

*The first 500 are guaranteed a complimentary T-shirt.

*Everyone who enters will be eligible to win shorts and tops furnished by THE LINE.

*Prizes will be awarded to the top three finishers in each category. ETONIC will also furnish shoes to the first place winners.

ENTRY FEE - \$2.00 per person
BALTIMORE ENTRY FORM

its fluids through sweating. Research has shown that the rate of loss of body fluids is not substantially changed from temperatures of 70° up. A temperature of 60° and high relative humidity can be just as dangerous as 90° and low humidity.

WHAT CAN BE DONE TO MINIMIZE THE EFFECTS OF HEAT ON A RUNNER?

1. During the hot weather season, keep body contents of magnesium and potassium high. These minerals occur naturally in foods such as muskmelon, watermelon, tomatoes, carrots, and cucumbers.
2. Wear cool clothes. Loose fitting cotton, tank top t-shirts with large breathing holes are best. Avoid nylon or polyester shirts; they retain heat.
3. Cool off before the race. You might as well start with a slightly depressed temperature.
4. Before the race drink plenty of fluids. The American College of Sports Medicine suggests 13-17 fluid ounces 10 to 15 minutes before competition. Avoid sugared beverages two hours before the event. Sugar blocks absorption of fluid by the stomach and also provokes production of insulin. Insulin will lower blood sugar and thus cause fatigue. In long races, however, sugared beverages appear to be beneficial if taken during the event. Water remains the best drink for most purposes. Salt tablets are generally useless and may even be harmful; they dehydrate body cells. Most cramping in runners is probably caused by loss of potassium and magnesium, not by lack of salt.
5. Drink plenty of fluids during the race and afterwards. Drink frequently during the race. Toss water on your body during a race. This aids evaporation and cooling of the body.
6. Most importantly, choose your hard races for times when you'll be most likely to run well. Avoid hard efforts in races during hot and humid weather. Avoid races that start late in the morning or during the afternoon in the summer and hot weather months of spring and fall.

EXCLUSIVE NATIONAL OPPORTUNITY

Eight runners, chosen on the basis of a national handicapping system, will be part of the SPRITE 5 K SPRINTS National Challenge Team.

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**ENTRY FEE - \$2.00 per person
BALTIMORE ENTRY FORM**

To Enter Complete the Coupon Below and Mail To:

**Mr. John Roemer
c/o The Running Center
736 Fairmount Avenue
Baltimore, Maryland 21204**

THIS PROGRAM IS SPONSORED BY YOUR BOTTLER OF SPRITE

National Race Administrators - Capital Sports, Inc., 280 Park Avenue New York, N.Y. 10017. Tel: 212-687-2125. Write to Capital Sports for other race locations.

Entry Coupon:

Mail this coupon along with your \$2.00 entry fee to: John Roemer, c/o The Running Center, 736 Fairmount Avenue, Baltimore, Maryland 21204. Entries will close 10 days before the race date of June 24, if the field is full.
ENTER NOW!

SURNAME: _____ **FIRST:** _____

BIRTHDAY: _____ **HOME PHONE: ()** _____

ADDRESS _____

CITY/STATE/ZIP _____

CHECK ONE: Categories for the Sprite 5 Km Sprints

| Women | | Men | |
|--------------|-------|--------------|-------|
| 17 and under | _____ | 17 and under | _____ |
| 18-29 | _____ | 18-29 | _____ |
| 30-39 | _____ | 30-39 | _____ |
| 40-49 | _____ | 40-49 | _____ |
| 50 & over | _____ | 50 & over | _____ |

I expect to complete the 3.1 miles in _____ minutes

My T-shirt size is: Adult S _____ M _____ L _____ Child S _____ M _____ L _____

Address _____ Phone _____

BRR WOMEN ON THE RUN

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

Send all race information to Marge Rosasco at 2419 Reckord Rd., Fallston, Md. 21047

Robin Stryker is a 25-year-old school teacher who also happens to be a runner. What's so unusual about that, you say? Can she break five minutes for the mile or 2:45 for the marathon? She hasn't accomplished these feats yet but she does possess a record many runners only dream about. As of this writing, Robin has not missed a day of running for 5 years and 114 days! All of this started in 1974 when Robin discovered she was running "only" 90% of the time. She decided that wasn't enough and set out to become more consistent. In fulfilling this personal goal (logging no less than one and a half miles per day and usually over two miles a day) she discovered she had quite a running streak going and set still another goal. Her new objective was to either keep the streak going for five years or to complete a marathon—whichever came first. Consistent with her penchant for tenacity, Robin achieved BOTH goals at about the same time. Not only has her running streak extended beyond the five years, but she completed her first marathon on March 3rd. In the "Last Train to Boston" marathon at Edgewood, Maryland, Robin recorded a 3:59 effort. "I started out too slow", she lamented. "My last loop was the best of the four-loop course. It was a minute faster than the third loop." What is even more impressive is that Robin averaged only 25 to 30 miles per week (with one week of 50) and recorded only five "long" runs of twelve miles in the months prior to the marathon. This summer Robin will face a new challenge—marriage. She will be marrying Lloyd Peters—former editor of 'Running Review Magazine'. The two will settle in Millersville, Pennsylvania, where Robin hopes to find a teaching

Challenge race on January 7 in very dense fog.....**Turkey Trot Five Mile, Alexandria, Va., Nov. 23**—First woman—Marge Rosasco - 28:23. Lots of prizes (patches to all finishers) with 2,000 entrants and, believe it or not, an entry fee of 50 cents! **Maryland Marathon, Dec. 3**—Congratulations to women's victor Kathy Heckman and second place Marilyn Bevans.

Both broke the three-hour barrier, recording times of 2:55 and 2:57 respectively. **Bethesda, Maryland, Bethesda Chase 20 Kilometer - RRCA National Championship, March 4**—First woman Marge Rosasco - 75:50.

Upcoming Women's Races — Bonne Bell 10 Kilometer, Wash., D.C. Tentative Date May 20th—For entry

blanks write to: Henley Roughton, 4307 Birchlake Ct., Alexandria, Va. 22309. **Mini-Marathon, Central Park, New York, June 2**—For information send a self-addressed stamped envelope to: New York Road Runners Club, P.O. Box 881, FDR Station, New York, New York 10022.

RESULTS

Oct. 29 - HUNT VALLEY 20K. - Beautiful weather and scenery; largest field ever for this course. Evening Sun TV critic and JHU crosscountry coach Mike Hill won his second race of the fall, and Chuck Brumley improved his previous best on the course by over five minutes.

| | |
|---------------------------|-------|
| Michael Hill | 71:17 |
| 2. Conrad Smith | 71:56 |
| 3. Steve Yeagle | 75:08 |
| 4. Dave Engberg | 75:08 |
| 5. Tom Pinter | 75:47 |
| 6. Charles Brumley | 76:23 |
| 7. Delroy Matthews | 76:52 |
| 8. Steve Reid | 77:45 |
| 9. Mark Derr | 78:26 |
| 10. Brooke Waldt | 79:07 |
| 11. Jeff Niner | 79:17 |
| 12. Bill Jordan | 79:56 |
| 13. Bill Caldwell | 80:13 |
| 14. Patrick Murphy | 80:17 |
| 15. Gerry Kramer | 80:28 |
| 16. Mark Meess | 80:33 |
| 17. Dave Evans | 81:15 |
| 18. Bernard Robier | 81:22 |
| 19. Tom Oglesby | 81:22 |
| 20. Curt Mizell | 81:35 |
| 21. Mark Yerkes | 81:36 |
| 22. Robert Hotchkiss | 82:13 |
| 23. Scott Paris | 82:22 |
| 24. Lance Woodward | 82:33 |
| 25. Steve Skeen | 83:02 |
| 26. James Skeen | 83:02 |
| 27. Ted Chernak | 83:26 |
| 28. Joe Simon | 83:50 |
| 29. Stephen Wittelsbeiger | 83:50 |
| 30. Henry Janowitz | 84:00 |

| | |
|-------------------------|--------|
| 77. Norman Nice | 96:26 |
| 78. Jim Bourke | 96:37 |
| 79. Antonio Olmedo | 96:43 |
| 80. Marv Noren | 97:00 |
| 81. Martin O'Neill | 97:14 |
| 82. Dave Well | 97:15 |
| 83. Mike Vann | 97:37 |
| 84. Ron Roessler | 97:37 |
| 85. Mike Grossnickle | 97:45 |
| 86. Patrick Urban | 98:02 |
| 87. Herman Blinichikoff | 98:26 |
| 88. Richard Hertry | 98:27 |
| 89. Deborah Eads | 98:34 |
| 90. Jean Baker | 98:43 |
| 91. Ray Seifert | 99:36 |
| 92. Mike Anthony | 99:50 |
| 93. Terren Himelfarb | 99:50 |
| 94. Phil Ciomi | 99:51 |
| 95. Charles Martin | 100:00 |
| 96. Keith Perkins | 100:37 |
| 97. Tuck Goodrich | 101:06 |
| 98. Mike Wilsman | 102:12 |
| 99. Trina Nagela | 102:30 |
| 100. John Keavney | 102:36 |
| 101. Carol Heffner | 102:41 |
| 102. Ray Morgan | 102:56 |
| 103. Francis Manear | 3:02 |
| 104. Cathy Kleeman | 103:05 |
| 105. James Smolev | 103:17 |
| 106. Colleen Pierre | 104:37 |
| 107. Alan Stuckert | 105:09 |
| 108. Charles Clabaugh | 105:47 |
| 109. Farlow Blakeslee | 105:53 |
| 110. Barry Dubinsky | 106:13 |
| 111. Bobbie Brumley | 107:29 |
| 112. Ricky Rice | 107:55 |
| 113. Hal Cramer | 108:44 |
| 114. Barry Bowen | 110:16 |

| | |
|----------------------------|--------|
| 125. Art Cramer | 120:59 |
| 126. Janet Vann | 123:46 |
| 127. Nannette Blinichikoff | 128:41 |
| First Five Women | |
| 89. Deborah Eads | 98:34 |
| 90. Jean Baker | 98:43 |
| 99. Trina Nagela | 102:30 |
| 101. Carol Heffner | 102:41 |
| 104. Cathy Kleeman | 103:05 |
| First Five Men | |
| 1. Michael Hill | 71:17 |
| 2. Conrad Smith | 71:56 |
| 3. Steve Yeagle | 75:08 |
| 4. Dave Engberg | 75:08 |
| 5. Tom Pinter | 75:47 |
| Weight Class Winners | |
| 129 and under (pounds) | |
| 7. Delroy Matthews | 76:52 |
| 8. Steve Reid | 77:45 |
| 10. Brooke Waldt | 79:07 |
| 130-139 pounds | |
| 11. Jeff Niner | 79:17 |
| 13. Bill Caldwell | 80:13 |
| 14. Patrick Murphy | 80:17 |
| 140-149 pounds | |
| 6. Charles Brumley | 76:23 |
| 18. Bernard Robier | 81:22 |
| 22. Robert Hotchkiss | 82:13 |
| 150-159 pounds | |
| 9. Mark Derr | 78:26 |
| 12. Bill Jordan | 79:56 |
| 19. Tom Oglesby | 81:22 |
| 160-169 pounds | |
| 16. Mark Meess | 80:33 |
| 25. Steve Skeen | 83:02 |
| 37. Tom Caskey | 86:36 |
| 170-179 pounds | |
| 36. James Mortenson | 85:25 |

Boston Marathon at Edgewood, Maryland, Robin recorded a 3:59 effort. "I started out too slow", she lamented. "My last loop was the best of the four-loop course. It was a minute faster than the third loop." What is even more impressive is that Robin averaged only 25 to 30 miles per week (with one week of 50) and recorded only five "long" runs of twelve miles in the months prior to the marathon. This summer Robin will face a new challenge—marriage. She will be marrying Lloyd Peters—former editor of 'Running Review Magazine'. The two will settle in Millersville, Pennsylvania, where Robin hopes to find a teaching position, and of course, continue running. Competing with her love of running is her love of horses. She rides regularly and occasionally cares for the horses of others. However, if you could look in a crystal ball you would probably see Robin devoting much more time to improving her running skills—probably at the coaxing of her new husband. Lloyd, like others in this area, see the potential that Robin displays and would like to see her fulfill that potential. When asked about her future goals, Robin's only response is that she would like to break 40 minutes for 10,000 Meters. Since her best time is within a minute of that, it certainly seems like a modest goal. So even though Robin hasn't run that sub-five minute mile or broken 2:45 in the marathon—don't count her out yet! The Baltimore Road Runners wish Robin and Lloyd all the best in the future and hope they come back to Baltimore to see us often.

Other Places and Other Races—Turkey Trot 10 Mile, Millersville, Pa., Nov. 19—Elaine Woodward placed third in her age group (30-39) and won a turkey for her effort. She didn't report her time but passed on an interesting comment. "I graduated from Millersville State College ten years ago and believe me I was thrilled to realize that I'm in much better shape now than back then." Other local results — Robin Stryker 71 minutes and Bobbie Brumley 81 minutes. Elaine then lowered her 10 mile time to 76:55 at the BRRC.

| | |
|---------------------------|-------|
| 12. Bill Jordan | 79:56 |
| 13. Bill Caldwell | 80:13 |
| 14. Patrick Murphy | 80:17 |
| 15. Gerry Kramer | 80:28 |
| 16. Mark Meess | 80:33 |
| 17. Dave Evans | 81:15 |
| 18. Bernard Robier | 81:22 |
| 19. Tom Oglesby | 81:22 |
| 20. Curt Mizell | 81:35 |
| 21. Mark Yerkes | 81:36 |
| 22. Robert Hotchkiss | 82:13 |
| 23. Scott Paris | 82:22 |
| 24. Lance Woodward | 82:33 |
| 25. Steve Skeen | 83:02 |
| 26. James Skeen | 83:02 |
| 27. Ted Chernak | 83:26 |
| 28. Joe Simon | 83:50 |
| 29. Stephen Wittelsbeiger | 83:50 |
| 30. Henry Janowitz | 84:00 |
| 31. Joe Lacy | 84:18 |
| 32. Bruce Carter | 84:22 |
| 33. David Walatka | 84:43 |
| 34. Blake Gardner | 84:57 |
| 35. Bernard Webber | 85:10 |
| 36. James Mortenson | 85:25 |
| 37. Tom Caskey | 86:36 |
| 38. Mike Haire | 86:44 |
| 39. Ed Barnhouser | 86:58 |
| 40. Walter Cole | 87:44 |
| 41. Frank Fico | 88:02 |
| 42. Mel Walton | 88:48 |
| 43. Tim Perry | 89:12 |
| 44. Terry Miller | 89:33 |
| 45. James Hruska | 89:38 |
| 46. Robert Tegtmeier | 89:55 |
| 47. David Herlocker | 89:56 |
| 48. Tom Zibron | 90:08 |
| 49. Alex Medina | 90:16 |
| 50. Mike Boggs | 90:17 |
| 51. Bill Foley | 90:26 |
| 52. John Mancini | 90:56 |
| 53. Joe Holland | 91:15 |
| 54. Jack Osman | 91:42 |
| 55. Jerry Bridge | 91:55 |
| 56. Brian Russo | 92:17 |
| 57. Frank Russo | 92:18 |
| 58. David Lamoreaux | 92:19 |
| 59. Phil Iddings | 92:28 |
| 60. Mike Gladden | 92:43 |
| 61. Dave Bare | 92:59 |
| 62. Warren Ware | 92:16 |
| 63. Ed Patey | 93:48 |
| 64. Jeff Misler | 93:48 |
| 65. Jim McLaughlin | 94:43 |
| 66. Paul Wilkes | 94:47 |
| 67. Clarence Wilson | 95:02 |
| 68. Gene Hoffman | 95:07 |
| 69. Mike Pierre | 95:13 |
| 70. Harry McCambridge | 95:16 |
| 71. Pat McMurtray | 95:21 |
| 72. Bill Larnes | 95:28 |
| 73. Wayne McWilliams | 95:32 |
| 74. Robert Wagner | 95:41 |
| 75. Tim Welsh | 95:45 |
| 76. Paul ... | 95:53 |

| | |
|-----------------------|--------|
| 96. Keith Perkins | 100:37 |
| 97. Tuck Goodrich | 101:06 |
| 98. Mike Wilsman | 102:12 |
| 99. Trina Nagela | 102:30 |
| 100. John Keavney | 102:36 |
| 101. Carol Heffner | 102:41 |
| 102. Ray Morgan | 102:56 |
| 103. Francis Manear | 103:02 |
| 104. Cathy Kleeman | 103:06 |
| 105. James Smolev | 103:47 |
| 106. Colleen Pierre | 104:37 |
| 107. Alan Stuckert | 105:09 |
| 108. Charles Clabaugh | 105:47 |
| 109. Farlow Blakeslee | 105:53 |
| 110. Barry Dubinsky | 106:13 |
| 111. Bobbie Brumley | 107:29 |
| 112. Ricky Rice | 107:55 |
| 113. Hal Cramer | 108:44 |
| 114. Barry Bowen | 110:16 |
| 115. Warren Cooper | 111:25 |
| 116. Bob Ray | 111:54 |
| 117. Patty Baker | 113:33 |
| 118. Steven Matthews | 116:22 |
| 119. Jim Aumiller | 116:29 |
| 120. Mike Kreyenhagen | 117:06 |
| 121. Patrick Keavney | 117:06 |
| 122. Vince Keavney | 117:06 |
| 123. Phil Goldstein | 117:46 |
| 124. Mike Spence | 118:29 |

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|----------------------|--------|
| 10. Brooke Waldt | 79:07 |
| 130-139 pounds | |
| 11. Jeff Niner | 79:17 |
| 13. Bill Caldwell | 80:13 |
| 14. Patrick Murphy | 80:17 |
| 140-149 pounds | |
| 6. Charles Brumley | 76:23 |
| 18. Bernard Robier | 81:22 |
| 22. Robert Hotchkiss | 82:13 |
| 150-159 pounds | |
| 9. Mark Derr | 78:26 |
| 12. Bill Jordan | 79:56 |
| 19. Tom Oglesby | 81:22 |
| 160-169 pounds | |
| 16. Mark Meess | 80:33 |
| 25. Steve Skeen | 83:02 |
| 37. Tom Caskey | 86:36 |
| 170-179 pounds | |
| 36. James Mortenson | 85:25 |
| 64. Jeff Misler | 93:48 |
| 68. Gene Hoffman | 95:07 |
| 180-189 pounds | |
| 54. Jack Osman | 91:42 |
| 77. Norman Nice | 96:26 |
| 86. Patrick Urban | 98:02 |
| 190-199 pounds | |
| 122. Vince Keavney | 117:06 |
| 200 and over | |
| 125. Art Cramer | 120:59 |

Executive Committee

- (The BRRC Executive Committee consists of Alex Medina, Steve Rosasco, Mary Romer and John Roemer.)
- A constitutional amendment to expand the committee will be submitted to the membership for a vote at its May meeting.
 - When the Club treasury exceeds \$5,000 the Committee will consider lowering or abolishing race entry fees for Club members in the next series of races.
 - The Club mailing list will not be made available to any commercial or charitable group.
 - No member of the Executive Committee shall vote on any matter where he or any member of his family will gain financially.
 - There will be an annual independent audit of club finances.
 - All race director's fees offered by any sponsor shall go to the Club.
 - Any purchase over \$300 will be made on the basis of the most satisfactory bid.
 - The club treasury shall have all

- checks and handle all bids.
- Binding agreements affecting the club (e.g. race sponsorship) shall be made only by a vote of the Executive Committee.
 - Anytime anyone is going to represent the club at the RRCA convention or any other event for which the club will be paying all or part of that representatives expenses, the President shall be given first priority to attend, followed by the Vice President, Secretary and Treasurer. If no officer attends, the representative shall be drawn by lot from the Executive Committee.
 - Newsletter advertisements shall be paid for as follows:
 - commercial - full price
 - non-profit, non-running - full price
 - non-profit, running-related (inc. clinics and races) - half price
 - other running clubs - determined by Executive Committee on individual basis, but not less than half price (request must be submitted in writing)

A RUNNING INTERVIEW

By: S. J. Rosasco (A Wild and Crazy Guy)

We have featured many interviews with the top winning runners. In order to see the other side of the coin, we sent our reporter out to interview Swami Frank Longer, a notorious loser.

Following is the interview.

RR - Well, you claim to be the greatest distance loser guru. To what do you attribute your lack of success?

A - No, it's not guru - it's Swami.

RR - Oops, I am sorry. But now that you have brought it up, what is the difference between a guru and a Swami?

A - I need four more credits.

RR - Oh well, as I started to ask, to what do you attribute your failure?

A - Well, in order to be unsuccessful you should stick to your training plan.

RR - Well, let me ask you specifically - do you do stretching exercises?

A - Never—if God wanted you to stretch, He would have made you out of rubber.

RR - I see. Well, how about shoes?

A - I am in favor of them.

RR - Yes, I am sure. But what kind do you use?

A - Usually in races, steel toe work shoes.

RR - How come?

A - Those clods keep stepping on my feet.

RR - Any other shoes?

A - Yes—sometimes I wear spikes.

RR - Spikes? How come?

A - Well, I am always in the back and you know how you guys up front keep spitting—you should be

ashamed!

RR - Sorry.

RR - Have you ever had any trouble with achilles tendon?

A - Yea, he tried to pass me once in a race, but I got him with an elbow.

RR - No, no, I mean the foot.

A - I tried that too, but he was going too fast.

RR - Never mind.

RR - Do you take any vitamins or diet supplements?

A - Yes, I am a strong believer in that.

RR - Do you take bee pollen?

A - No, I use ant manure.

RR - How come you don't use bee pollen?

A - I tried that for a while, but I kept stopping for the flowers, and then I kept going home every 15 minutes.

RR - Has ant manure done anything for you?

A - Not really, but I've never done anything for it either.

RR - How do you take it?

A - Very carefully, with my eyes closed.

RR - Does hill work bother you?

A - Are you serious? I go up them on all fours.

RR - You're kidding!

A - It's true. Look, have you ever seen a guy with four orthotics?

RR - Golly, you are wearing them on your palms. Don't they get in you way when you go to shake hands?

A - No one has ever wanted to shake my hand.

RR - Well, tell us about some of your defeats.

A - Well, OK. Do you remember the little old lady in the New Balance Poster—the one with the shopping bag?

RR - Yes, I remember her.

A - Well, she out-sprinted me in a race.

RR - She did?

A - Yep. Went right by me.

RR - Well, did you try to fight her off?

A - Of course, stupid. I even slashed at her shopping bag as she went by didn't do any good.

RR - Do you use any type of drink while you're running?

A - Funny you should ask.

RR - What is it?

A - Well, it is my own invention. I analyzed that bloody you-know-what they are always talking about.

RR - And?

A - Well, I came up with my own formula. It's called BURP. It stands for Bloody Runners Friction Proofing.

RR - Well, that doesn't spell BURP.

A - I know, but I think a Swami is entitled to a little poetic license.

RR - Well, did you run at Boston this year?

A - Yes, Yes. It was one of my outstanding debacles.

RR - Well, what did you do?

A - Four Hours.

RR - Four Hours to the finish line that's not bad.

A - Finish Line! It took my that long to get to the starting line.

RR - Oh, that isn't too good.

A - Well, I got boxed in.

RR - Do you have any physical disabilities that hold you back?

A - Yes, I do.

RR - What's that?

A - I have a severe case of Morton's Backside.

RR - Really? I have never heard of that.

A - It's rare.

RR - What is it?

A - One cheek is larger than the other.

RR - Which one is right?

A - This one (mooning reporter).

RR - Gross!

A - Well, you asked which was right and I thought I'd show you.

RR - Never mind. Any other problems?

A - Yeah, I had one of those muscle dropsy tests.

RR - You mean biopsy?

A - You got it too? Well, anyway, you know how some people have fast twitch muscles and some slow twitch?

RR - Yes.

A - Well, I have medium stout twitch.

RR - What does that mean?

A - It means that I am best suited for drinking beer and watching T.V.

RR - Well, are you going to do that?

A - What? Give up my career in sports?

RR - Well Swami, I guess that wraps it up from here. Any final advice for our readers?

A - Yes. The sooner you drop back, the more time you will have to catch up.

RESULTS

Sun., Feb. 18 Montebello 1,2,3 loop: Coldest rave in BRRRC memory, ice restricted runners to two big loops. The cider which was provided to all finishers froze in mugs.

| | | | | | | | | |
|----|----------------|-------|----|--------------------|-------|----|----------------|-------|
| 48 | Rodney Travis | 41:29 | 61 | Bob Ray | 43:15 | 74 | Peggy Swain | 44:31 |
| 49 | T.M. Himelfarb | 41:33 | 62 | Herman Blinichkoff | 43:20 | 75 | Jean Baker | 44:33 |
| 50 | David McCall | 41:33 | 63 | David Webb | 43:25 | 76 | Sherry Kendall | 44:39 |
| 51 | Pat Sokoloski | 41:34 | 64 | David Leggett | 43:25 | 77 | Tom Davis | 44:41 |
| 52 | Ed Patey | 41:34 | 65 | John Fehir | 43:26 | 78 | Emily Sadler | 44:54 |

RR - Any other shoes?
 A - Yes—sometimes I wear spikes.
 RR - Spikes? How come?
 A - Well, I am always in the back and you know how you guys up front keep spitting—you should be

RR - Golly, you are wearing them on your palms. Don't they get in you way when you go to shake hands?
 A - No one has ever wanted to shake my hand.
 RR - Well, tell us about some of your defeats.

RR - Four Hours to the finish line that's not bad.
 A - Finish Line! It took my that long to get to the starting line.
 RR - Oh, that isn't too good.
 A - Well, I got boxed in.

RR - Well Swarth, I guess that's all up from here. Any final advice for our readers?

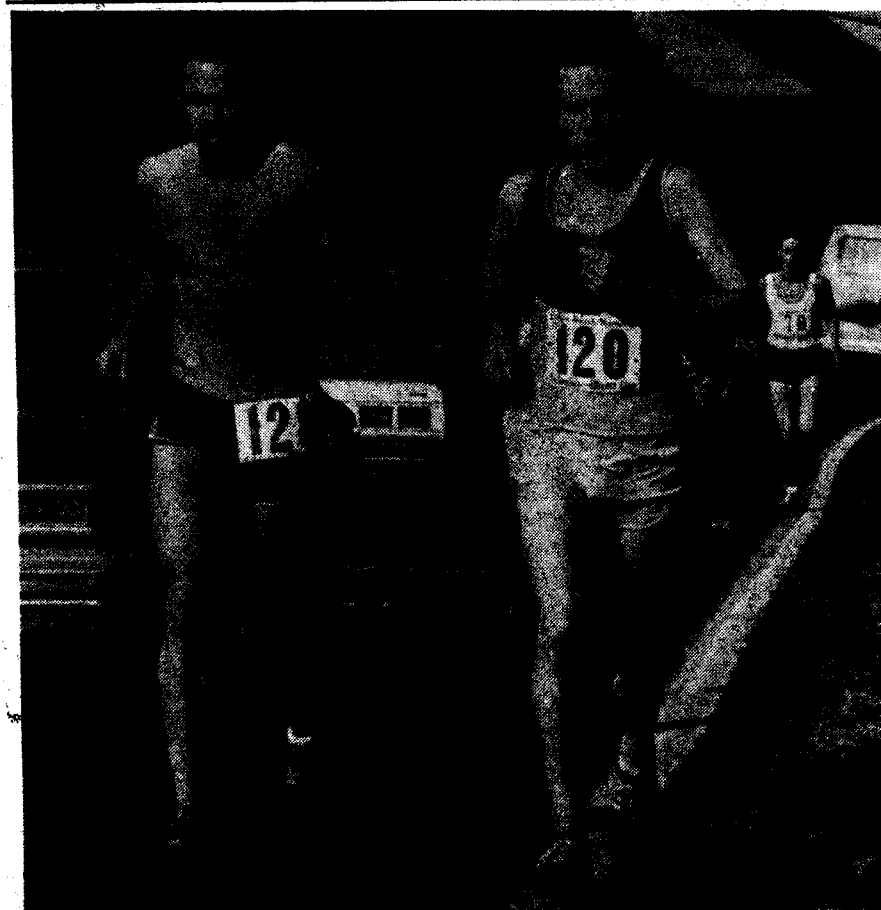
A - Yes. The sooner you drop back, the more time you will have to catch up.

RESULTS

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 Coldest rave in BRRRC memory, ice restricted runners to two big loops. The cider which was provided to all finishers froze in mugs.

| | | |
|----|-------------------|-------|
| 1 | Steve Gilmore | 31:28 |
| 2 | Scott Lutreg | 33:06 |
| 3 | Lee McConnell | 33:33 |
| 4 | Richard Levitas | 33:33 |
| 5 | John McAuliffe | 33:35 |
| 6 | Lou Rojas | 34:14 |
| 7 | Dave Goucher | 34:51 |
| 8 | Bruce Batchelor | 35:13 |
| 9 | Scott Brown | 35:14 |
| 10 | John Poole | 35:20 |
| 11 | Brian Lee | 35:40 |
| 12 | James Gordon | 35:50 |
| 13 | Paul Jack Hooper | 35:55 |
| 14 | Myron Campbell | 36:13 |
| 15 | Larry Pickett | 36:20 |
| 16 | Andrew Oken | 36:34 |
| 17 | W. Pointer | 36:36 |
| 18 | Mike Keety | 36:40 |
| 19 | Larry Olszewski | 36:45 |
| 20 | Ken St. Ours | 37:01 |
| 21 | — | 37:20 |
| 22 | Nick Delamjo | 37:24 |
| 23 | Joy Bright | 37:34 |
| 26 | Charlie Zeiler | 37:40 |
| 25 | Chris Aland | 38:16 |
| 26 | Bill Gaa | 38:21 |
| 27 | John Kilian | 38:25 |
| 28 | Kevin Herbert | 38:35 |
| 29 | Jim Black | 38:35 |
| 30 | Daniel Cleary | 38:35 |
| 31 | Michael Edmondson | 38:46 |
| 32 | Mike Haire | 38:54 |
| 33 | Terry Kreitz | 39:10 |
| 34 | Terry Miller | 39:49 |
| 35 | Matt Silver | 39:54 |
| 36 | Gary Johnson | 39:56 |
| 37 | Jim Pettit | 39:59 |
| 38 | Vince DeBlase | 40:30 |
| 39 | Steve Morrison | 40:30 |
| 40 | David Barrett | 40:45 |
| 41 | Bill Kearns | 40:48 |
| 42 | Russell Garvey | 41:01 |
| 43 | Chris Rymme | 41:05 |
| 44 | Rich Yocum | 41:18 |
| 45 | Bernie Noeller | 41:22 |
| 46 | Susan Larson | 41:25 |
| 47 | Carter Sinclair | 41:28 |

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|----|--------------------|-------|
| 48 | Rodney Travis | 41:29 |
| 49 | T.M. Himelfarb | 41:33 |
| 50 | David McCall | 41:33 |
| 51 | Pat Sokoloski | 41:34 |
| 52 | Ed Patey | 41:34 |
| 53 | Ron Roessler | 41:54 |
| 54 | John Cusson | 42:03 |
| 55 | Edward Moore | 42:19 |
| 56 | Bob Lister | 42:33 |
| 57 | Miles Murphy | 42:44 |
| 58 | John Mancini | 42:47 |
| 59 | Thomas Bradford | 42:49 |
| 60 | Leroy Abernathy | 43:13 |
| 61 | Bob Ray | 43:15 |
| 62 | Herman Blinichkoff | 43:20 |
| 63 | David Webb | 43:25 |
| 64 | David Leggett | 43:25 |
| 65 | John Fehir | 43:26 |
| 66 | Rich Hewson | 43:27 |
| 67 | Scott Fridley | 43:29 |
| 68 | Nancy Riley | 43:29 |
| 69 | Ken Hammann | 43:31 |
| 70 | Mike Braswell | 43:32 |
| 71 | Joseph Jensen | 43:38 |
| 72 | Terry Mikulski | 44:08 |
| 73 | Gene Hoffman | 44:22 |



| | | |
|-----|---------------------|-------|
| 74 | Peggy Swain | 44:31 |
| 75 | Jean Baker | 44:33 |
| 76 | Sherry Kendall | 44:39 |
| 77 | Tom Davis | 44:41 |
| 78 | Emily Sadler | 44:54 |
| 79 | Norman Payne | 45:16 |
| 80 | Bridette Heath | 45:26 |
| 81 | Ken Fischer | 45:28 |
| 82 | Barry Bowen | 45:42 |
| 83 | Karen McMath | 45:42 |
| 84 | John Strandley | 45:47 |
| 85 | Cullen Davis | 45:49 |
| 86 | Bill Spencer-Strong | 45:55 |
| 87 | Warren Cooper | 46:14 |
| 88 | Gene Wright | 46:17 |
| 89 | — | 46:23 |
| 90 | Jim Cordie | 46:30 |
| 91 | Jean Claude Kiehl | 46:35 |
| 92 | Sandy Cohiser | 46:39 |
| 93 | Ed Slunt | 46:55 |
| 94 | Bob Wolf | 47:01 |
| 95 | Bill Kosf | 47:09 |
| 96 | Mike Duncan | 48:10 |
| 98 | Ed Pogne | 48:12 |
| 99 | Jim Phillips | 48:30 |
| 100 | Dave Coates | 48:38 |
| 101 | Gerard Busnuk | 48:41 |
| 102 | Beverly Harvey | 48:58 |
| 103 | — | 49:11 |
| 104 | Jim Bourlee | 49:17 |
| 105 | Shelly Rojas | 49:19 |
| 106 | Joe Duncan | 50:25 |
| 107 | Paul Sheiter | 51:08 |
| 108 | Michael Daube | 51:16 |
| 109 | Joe D'Adamo | 51:17 |
| 110 | — | 51:42 |
| 111 | — | 51:57 |
| 112 | — | 52:39 |
| 113 | Larry O'Neill | 53:05 |
| 114 | Colin Delpi | 54:48 |
| 115 | Kathy Taylor | 55:34 |
| 116 | — | 55:49 |
| 117 | — | 56:21 |
| 118 | Paul Rydzewski | 56:59 |
| 119 | — | 87:01 |
| 120 | Carole Tamini | 57:02 |
| 121 | Jean Edwards | 58:08 |
| 122 | Margie Sewell | 58:12 |
| 123 | Carol Thayton | 58:35 |
| 124 | — | 58:35 |
| 125 | Rattle DeMarco | 58:59 |
| 126 | Blair Fetzer | 60:33 |

Order of finish

THE TIMES METRIC MARATHON NOV. 5th

| | | | | | | | | | | |
|----------------------|---------|-----|---------|--------------------|-----|---------|--------------------|-----|---------|------------------|
| 1. Jim Buell | 1:23.38 | 101 | 1:59.43 | Chuck Springer | 192 | 2:11.03 | Nagle | 280 | 2:24.56 | Opeland |
| 2. Charles Koester | 1:29.13 | 102 | 1:59.50 | Jas. Hruska | 193 | 2:11.06 | Gene Fremanis | 281 | 2:25.02 | Swain |
| 3. Rick Gildard | 1:29.46 | 103 | 1:59.53 | Chalmers | 194 | 2:11.08 | Alban | 282 | 2:25.04 | Traner |
| 4. Mike Sabino | 1:29.53 | 104 | 1:59.54 | Number 168 | 195 | 2:11.16 | Taylor | 283 | 2:25.14 | Busnuk |
| 5. Jack Kavanaugh | 1:30.45 | 105 | 1:59.56 | Bob Rudacille | 196 | 2:11.26 | Perkins | 284 | 2:25.27 | Gunter |
| 6. Ray Morrison | 1:30.53 | 106 | 2:00.01 | John Murphy | 197 | 2:11.28 | Lanasa | 285 | 2:25.49 | Linck |
| 7. Robert Hall | 1:34.09 | 107 | 2:00.02 | Number 162 | 198 | 2:12.08 | Zee | 286 | 2:26.20 | Monaco |
| 8. Don Miller | 1:34.18 | 108 | 2:00.06 | Number 26 | 199 | 2:12.14 | George Funk | 287 | 2:26.29 | Blakeslee |
| 9. Schwartzruber | 1:34.50 | 109 | 2:00.11 | Number 48 | 200 | 2:12.17 | Volz | 288 | 2:26.52 | King |
| 10. Chan Robbins | 1:35.43 | 110 | 2:00.21 | Nathaniel Powell | 201 | 2:12.48 | Young | 289 | 2:26.57 | Forman |
| 11. Dick Hipp | 1:35.59 | 111 | 2:00.25 | Joe Holt | 202 | 2:13.07 | Herman | 290 | 2:27.09 | Howard |
| 12. Mark Johnson | 1:36.45 | 112 | 2:00.31 | Walt Sherwin | 203 | 2:13.11 | Urban | 291 | 2:27.22 | Mike Sage |
| 13. Mike Hill | 1:36.52 | 113 | 2:00.36 | Number 127 | 204 | 2:13.11 | Jerry Frankenfield | 292 | 2:27.25 | Cooper |
| 14. Mike Ward | 1:37.52 | 114 | 2:00.44 | Frank Morgan | 205 | 2:13.18 | Rich Trosch | 293 | 2:27.25 | Innauzzi |
| 15. Mel Walton | 1:38.01 | 115 | 2:01.02 | Osman | 206 | 2:13.34 | Sloan | 294 | 2:28.12 | Garrison |
| 16. Chuck Johnson | 1:38.11 | 116 | 2:01.14 | Perry | 207 | 2:13.50 | McIntyre | 295 | 2:28.51 | Sellers |
| 17. D. Mathews | 1:38.46 | 117 | 2:01.14 | Zack Huffman | 208 | 2:13.53 | Gooen | 296 | 2:29.39 | Schmidt |
| 18. Conrad Smith | 1:39.00 | 118 | 2:01.15 | Lee Neuwirth | 209 | 2:13.58 | Larney | 298 | 2:30.10 | Field |
| 19. Dave Goucher | 1:39.40 | 119 | 2:01.18 | Number 95 | 210 | 2:13.59 | Dwight Emerson | 299 | 2:30.19 | McCarthy |
| 20. Bailey St. Clair | 1:40.52 | 120 | 2:01.35 | Number 17 | 211 | 2:14.00 | Mike Martin | 300 | 2:31.53 | Number 227 |
| 21. Bob Sermier | 1:41.06 | 121 | 2:01.41 | Bill Foley | 212 | 2:14.02 | Henry Adami | 301 | 2:32.01 | Mumaw - Beterman |
| 22. Chuck Brumley | 1:41.16 | 122 | 2:01.58 | Boggs | 213 | 2:14.05 | Wilks | 302 | 2:32.02 | S. Kendall |
| 23. Ron Harmon | 1:41.35 | 123 | 2:02.00 | Reich | 214 | 2:14.09 | Behan | 303 | 2:32.10 | Sybert |
| 24. Steve Skeen | 1:41.46 | 124 | 2:02.07 | Number 40 | 215 | 2:14.11 | Marv Fuchs | 304 | 2:32.11 | Hobgood |
| 25. Harry Piotrowski | 1:42.13 | 125 | 2:02.08 | Russ Garvey | 216 | 2:14.11 | Dick White | 305 | 2:32.31 | Alvaran |
| 26. Jim Bausch | 1:42.44 | 126 | 2:02.09 | Sarah Smith | 217 | 2:14.22 | Alonso | 306 | 2:32.36 | Recknor |
| 27. Lou Rojas | 1:42.50 | 127 | 2:02.10 | Ray Citeroni | 218 | 2:14.56 | Leichman | 307 | 2:33.30 | Miller |
| 28. Richard Levitas | 1:42.55 | 128 | 2:02.13 | Paul Clothier-John | 219 | 2:14.58 | Johnson | 308 | 2:34.02 | Fuller |
| 29. John Walker | 1:42.58 | 129 | 2:02.29 | Gary Zipper-David | 220 | 2:14.59 | Himelfarb | 309 | 2:34.06 | Strassler |
| 30. Ray Gillian | 1:43.23 | 130 | 2:02.24 | South | 221 | 2:15.21 | Mayhugh | 310 | 2:34.18 | Mike Box |
| 31. Alex Medina | 1:43.32 | 131 | 2:02.46 | Forrest Marion | 222 | 2:15.29 | Morris | 311 | 2:34.19 | Mike Martin |
| 32. Earl Price | 1:44.22 | 132 | 2:02.46 | Dave Bare | 223 | 2:15.45 | Fehir | 312 | 2:34.26 | Baswell |
| 33. Poole | 1:44.26 | 133 | 2:02.53 | David Skeen | 224 | 2:15.56 | Dugan | 313 | 2:34.37 | O'Hara |
| 34. F. Fitzpatrick | 1:44.34 | 134 | 2:02.58 | Tricia Zerhusen | 225 | 2:16.03 | Del Favero | 314 | 2:34.46 | Spencer |
| 35. Ed Hewitt | 1:45.59 | 135 | 2:03.01 | Bruce Damasio | 226 | 2:16.09 | O'Neill | 315 | 2:34.47 | S. Mancini |
| 36. Harry Goodman | 1:46.13 | 136 | 2:03.02 | Bob Jones | 227 | 2:16.09 | Porter | 316 | 2:34.56 | M. Fitz |
| 37. Bill Jordan | 1:46.15 | 137 | 2:03.08 | Norm Matthews | 228 | 2:16.10 | Woodcock | 317 | 2:34.56 | Jas. Strouse |
| 38. Paul Barbour | 1:47.32 | 138 | 2:03.34 | Tom Dempsey | 229 | 2:16.28 | Smith | 318 | 2:35.02 | D. Baker |
| 39. Tom Bolan | 1:47.32 | 139 | 2:03.35 | Tom Falleth | 230 | 2:16.29 | Conrad | 319 | 2:35.31 | McBride |
| 40. Jeff Atkinson | 1:47.52 | 140 | 2:03.43 | Wayne McWilliams | 231 | 2:17.02 | Ricky Rice | 320 | 2:35.32 | Brumley |
| 41. Blake Akers | 1:48.29 | 141 | 2:03.56 | Gary Gafre | 232 | 2:17.18 | Beyers | 321 | 2:35.52 | Hively |
| 42. John Hamilton | 1:48.30 | 142 | 2:04.06 | Carl Jolly | 233 | 2:17.21 | Judy Hasler | 322 | 2:36.03 | Gallahan |
| 43. Steve Secrest | 1:48.31 | 143 | 2:04.13 | Frederick Hiccock | 234 | 2:17.26 | R. Henry | 323 | 2:36.16 | Joan Harris |
| 44. R. McCubbin | 1:48.32 | 144 | 2:04.33 | Bill Puls | 235 | 2:17.32 | Feeling | 324 | 2:36.21 | Ron Boyer |
| 45. Don Fisher | 1:48.36 | 145 | 2:04.39 | Tom Cherigo | 236 | 2:17.33 | Schraml | 325 | 2:36.34 | John Wayland |
| 46. Jeff Harvey | 1:48.37 | 146 | 2:04.50 | John Bennett | 237 | 2:17.44 | Mancini | 326 | 2:37.04 | John Harvey |
| 47. Mark Yerkes | 1:48.40 | 147 | 2:04.52 | David Peter | 238 | 2:17.44 | O'Connor | 327 | 2:37.14 | Tim Kvech |
| 48. Pete Adams | 1:48.44 | 148 | 2:05.03 | Chris Aland | 239 | 2:17.45 | Roessler | 328 | 2:37.46 | Flynn |
| 49. Mike Woolsey | 1:49.09 | 149 | 2:05.09 | Robert Bridges | 240 | 2:17.57 | Moseman | 329 | 2:38.10 | Carol Clothier |
| 50. Dan Tracey | 1:49.20 | 150 | 2:05.19 | Walt Eilers | 241 | 2:18.03 | Hillman | 330 | 2:39.06 | Paul LaCotti |
| 51. Not Recorded | 1:49.20 | | | | 242 | 2:18.17 | Clemments | 331 | 2:39.51 | Tom Kline |
| 52. Everett Rice | 1:49.33 | | | | 243 | 2:18.27 | Johnson | 332 | 2:40.13 | Don Reynolds |
| 53. Kathy Heckman | 1:49.42 | | | | 244 | 2:18.45 | Norin | 333 | 2:40.14 | Rick McGarvey |
| 54. M. Campbell | 1:49.50 | | | | 245 | 2:18.50 | Grønder | 334 | 2:40.24 | Michael Farb |
| | | | | | 246 | 2:18.55 | Dopp | 335 | 2:40.30 | Harold Baker |
| | | | | | 247 | 2:19.06 | Myron Nack | 336 | 2:42.00 | Tom Dudley |
| | | | | | 248 | 2:19.15 | David Baker | 338 | 2:42.08 | Lynn Simstaylor |
| | | | | | 249 | 2:19.26 | | | | |
| | | | | | 250 | 2:19.37 | | | | |

| | | | | | | | | | | |
|--------------------|---------|-----|---------|-------------------|-----|---------|----------------------|-----|---------|------------------|
| 38. Paul Barbour | 1:47.32 | 135 | 2:03.01 | Bob Jones | 234 | 2:17.26 | R. Henry | 322 | 2:36.16 | Gallahan |
| 39. Tom Bolan | 1:47.32 | 136 | 2:03.02 | Norm Matthews | 235 | 2:17.32 | Feeling | 323 | 2:36.21 | Joan Harris |
| 40. Jeff Atkinson | 1:47.52 | 137 | 2:03.08 | Tom Dempsey | 236 | 2:17.33 | Schraml | 324 | 2:36.34 | Ron Boyer |
| 41. Blake Akers | 1:48.29 | 138 | 2:03.34 | Number 480 | 237 | 2:17.40 | Mancini | 325 | 2:36.55 | John Wayland |
| 42. John Hamilton | 1:48.30 | 139 | 2:03.35 | Tom Falleth | 238 | 2:17.44 | Moreland | 326 | 2:37.04 | John Harvey |
| 43. Steve Secrest | 1:48.31 | 140 | 2:03.43 | W a y n e | 239 | 2:17.45 | O'Connor | 327 | 2:37.14 | Tim Kvech |
| 44. R. McCubbin | 1:48.32 | | | McWilliams | 240 | 2:17.57 | Rossler | 328 | 2:37.46 | Flynn |
| 45. Don Fisher | 1:48.36 | 141 | 2:03.56 | Gary Gafre | 241 | 2:18.03 | Mosaman | 329 | 2:38.10 | Carol Clothier |
| 46. Jeff Harvey | 1:48.37 | 142 | 2:04.06 | Carl Jolly | 242 | 2:18.17 | Huffman | 330 | 2:39.06 | Paul LaCotti |
| 47. Mark Yerkes | 1:48.40 | 143 | 2:04.13 | Frederick Hiccock | 243 | 2:18.27 | Clemments | 331 | 2:39.51 | Tom Kline |
| 48. Pete Adams | 1:48.44 | 144 | 2:04.33 | Bill Puls | 244 | 2:18.45 | Johnson | 332 | 2:40.13 | Don Reynolds |
| 49. Mike Woolsey | 1:49.09 | 145 | 2:04.39 | Tom Cherigo | 245 | 2:18.50 | Norin | 333 | 2:40.14 | Rick McGarvey |
| 50. Dan Tracey | 1:49.20 | 146 | 2:04.50 | John Bennett | 246 | 2:18.55 | Grønder | 334 | 2:40.24 | Michael Farb |
| 51. Not Recorded | 1:49.20 | 147 | 2:04.52 | David Peter | 247 | 2:19.06 | Dopp | 335 | 2:40.30 | Harold Baker |
| 52. Everett Rice | 1:49.33 | 148 | 2:05.03 | Chris Aland | 248 | 2:19.15 | Myron Nack | 336 | 2:42.00 | Tom Dudley |
| 53. Kathy Heckman | 1:49.42 | 149 | 2:05.09 | Robert Bridges | 249 | 2:19.26 | David Baker | 338 | 2:42.08 | Lynn Simstaylor |
| 54. M. Campbell | 1:49.50 | 150 | 2:05.19 | Walt Eilers | 250 | 2:19.27 | Robinson | 339 | 2:42.33 | Sam Coffman-John |
| 55. Jerry Warfield | 1:49.58 | 151 | 2:05.28 | James Bourke | 251 | 2:19.31 | Anderson | | | Kuppjuweit |
| 56. Elmer Diggs | 1:50.11 | 152 | 2:05.56 | Tim Gillian | 222 | 2:19.55 | Ed Martindale | 340 | 3:42.43 | Sam Coffman |
| 57. C. Steinhart | 1:50.12 | 153 | 2:05.56 | Tom Hyatt-Grad | 253 | 2:19.58 | Rod Corbin | 341 | 2:42.49 | Mike Maher |
| 58. John Kemmerer | 1:50.33 | | | Ebersole | 254 | 2:20.04 | Socaby | 342 | 2:42.55 | Marsha Heiman |
| 59. John Martin | 1:50.43 | 154 | 2:06.03 | Tevven M. | 255 | 2:20.23 | Snyder | 343 | 2:43.46 | Jim Maher |
| 60. McGrath | 1:50.50 | | | Himelfarb | 256 | 2:20.35 | Wright | 344 | 2:44.47 | Robert Melville |
| 61. Nick Delambo | 1:51.02 | 155 | 2:06.08 | George Stewart | 257 | 2:20.37 | Tracy | 345 | 2:47.43 | Tom Pettis |
| 62. Patrick Murphy | 1:51.12 | 156 | 2:06.17 | Freeman Green | 258 | 2:20.42 | Cioni | 346 | 2:47.54 | Jas. Hevey |
| 63. Larry Roberts | 1:51.16 | 157 | 2:06.18 | Kirk Patrick | 259 | 2:21.02 | Barron | 347 | 2:48.43 | Jack Holmes-John |
| 64. Luther Witting | 1:51.21 | 158 | 2:06.26 | Henry Blum | 260 | 2:21.04 | Cochran | | | Cosson |
| 65. Al Yergey | 1:51.25 | 159 | 2:06.32 | John Odegard | 261 | 2:21.11 | Wilding | 348 | 2:49.10 | Paul Baity |
| 66. John Fitz | 1:51.40 | 160 | 2:06.34 | Dennis Heinke | 262 | 2:21.17 | Schifflitt | 349 | 2:49.25 | Bill Craig |
| 67. Jim Mortenson | 1:51.50 | 161 | 2:06.44 | S. Daweary | 263 | 2:21.18 | Seifert | 350 | 2:49.55 | Leo Green |
| 68. Art Webster | 1:52.02 | 162 | 2:06.45 | Boyd Davis | 264 | 2:21.23 | Slunt | 351 | 2:50.09 | Don Pommer |
| 69. Number 106 | 1:52.07 | 163 | 2:06.53 | Tim Welsh | 265 | 2:21.36 | Charles Clabaugh | 352 | 2:51.54 | Kenneth Reiley |
| 70. Pozsgai | 1:52.11 | | | Killian | 266 | 2:21.37 | Holmes | 353 | 2:52.00 | Joe Siekierski |
| 71. Milton Taylor | 1:52.33 | 164 | 2:07.06 | Dan Allgeier | 267 | 2:21.46 | Fagan | 354 | 3:01.51 | Randy Hoffmaster |
| 72. Dwight Hood | 1:52.50 | 165 | 2:07.22 | Al Halverstadd | 268 | 2:21.46 | Roberta Lilley-Cliff | 355 | 3:04.20 | Steve Elksnis |
| 73. M. Woodward | 1:53.13 | 166 | 2:07.27 | Sue Powell | | | Bennett | 356 | 3:05.07 | Arlene Kvech |
| 74. H. Jenowitz | 1:53.52 | 167 | 2:07.44 | Gladdea | 269 | 2:22.41 | Manear | 357 | 3:05.37 | Joseph Harty |
| 75. Mike Buchanan | 1:53.54 | 168 | 2:07.53 | Ken Jennings | 270 | 2:23.12 | Fortier | 358 | 3:06.07 | Tom Cann |
| 76. Burdall | 1:53.54 | 169 | 2:08.10 | Frank Horstmann | 271 | 2:23.37 | Surkovich | 359 | 3:06.07 | Susan Dobinski |
| 77. David Ramsey | 1:54.03 | 171 | 2:08.12 | R. Murfin | 272 | 2:23.47 | Ken Wendell | 360 | 3:06.08 | Mark Taylor |
| 78. Simkins | 1:54.13 | 172 | 2:08.17 | Ray | 273 | 2:23.50 | Dorothy Box | 361 | 3:06.15 | Dan Cooper |
| 79. Kennedy | 1:54.49 | 173 | 2:08.27 | Jeff Folk & Steve | 274 | 2:23.52 | R. Ray | 362 | 3:07.02 | Gus Wedin |
| 80. J. Ohlmacher | 1:54.54 | 174 | 2:08.42 | Joyce | 275 | 2:24.01 | Paul Tattersall | 363 | 2:08.15 | Amy Salawitch |
| 81. Willie Paul | 1:55.04 | | | Roper & Carroll | 276 | 2:24.01 | Richard Rubins- | 364 | 3:08.22 | tein |
| 82. W. Moranski | 1:55.09 | 175 | 2:08.52 | Sudbrook | | | Roston | 365 | 3:09.28 | Pat Coleman |
| 83. Joyce | 1:55.12 | | | McDonald | 277 | 2:24.43 | Foy | 366 | 3:16 | Nancy Hurrelbine |
| 84. Bob Flannery | 1:55.13 | 176 | 2:09.14 | Morgan | 278 | 2:24.45 | Fuchs | | | |
| 85. Steve Clark | 1:55.22 | 177 | 2:09.15 | Mass | 279 | 2:24.54 | | | | |
| 86. Crochet | 1:56.07 | 178 | 2:09.23 | David | | | | | | |
| 87. Jim Wecker | 1:56.27 | 179 | 2:09.23 | Eads | | | | | | |
| 88. L. McKenziey | 1:56.29 | 180 | 2:09.26 | Bush | | | | | | |
| 89. Bruce Carter | 1:56.35 | 181 | 2:09.19 | Walbeck | | | | | | |
| 90. R. Goodman | 1:57.01 | 182 | 2:09.41 | Price | | | | | | |
| 91. Martin Dietz | 1:57.25 | 183 | 2:10.03 | Palmasano | | | | | | |
| 92. Russ Tyldesley | 1:57.32 | 184 | 2:10.14 | Kelley | | | | | | |
| 93. Bratt | 1:57.32 | 185 | 2:10.30 | Jacobs | | | | | | |
| 94. Sallie Stewart | 1:57.36 | 186 | 2:10.34 | Hasler | | | | | | |
| 96. Ed Tortolani | 1:57.52 | 187 | 2:10.38 | Fico | | | | | | |
| 97. Tom Wecker | 1:58.14 | 188 | 2:10.44 | Pryor | | | | | | |
| 98. Gary Honeman | 1:59.15 | 189 | 2:10.47 | Signor | | | | | | |
| 99. Bob Brown | 1:59.42 | 190 | 2:10.49 | Horan | | | | | | |
| 100. A. Livingston | 1:59.43 | 191 | 2:10.54 | | | | | | | |

Coming events (details in next newsletter)

Sun., Sept. 9 - Hunt Valley 10 miiler

Sun., Sept. 16 - 2nd Annual Great Subway Race - 8 miles: Reisterstown Road Plaza to the City Fair

Sun., Sept. 23 - Annual Walter Memorial Day: Masters, Novice and Family Relay races at Montebello

RESULTS

Oct. 1 - Ocean City 10 mile Sun Run - Sponsored by the Athlete's foot stores in Baltimore and D.C. Ran on a flat, test course. Many personal records set. 945 finishers. Automatic timing equipment broke down, so times are only for first 399 finishers.

| | | | | | | | | | | | |
|----|------------------|---------|-----|-----------------------|---------|-----|------------------|---------|-----|---------------------|-------|
| 1 | Dan Rincon | 49:32 | 96 | Jim Gordon | 60:22 | 198 | Mike Miller | 65:04 | 299 | Steve Steele | 68:51 |
| 2 | Bruce Robinson | 50:31 | 97 | Jeff Lears | 60:24 | 199 | John Baxter | 65:08 | 300 | Chris Gardiner | 68:52 |
| 3 | Bill Caldwell | 51:45 | 98 | Paul Holz | 60:27 | 200 | Bob Burns | 65:09 | 301 | Mark Mildorf | 68:57 |
| 4 | Max White | 52:08 | 99 | Winston Wiley | 60:31 | 201 | Rick Burke, Jr | 65:13 | 302 | Feno Glutte | 69:02 |
| 5 | Stan Fletcher | 52:21 | 100 | Niall Michelsen | 60:36 | 202 | Lawrence Cook | 65:14 | 303 | Chuck Evans | 69:04 |
| 6 | John Pfeil | 53:06 | 101 | John Oleinik | 60:42 | 203 | Dan Blymyer | 65:15 | 304 | Rick Roman | 69:10 |
| 7 | Mark Johnson | 53:14 | 102 | Tim Pzosgai | 60:43 | 204 | Ed Dwyer | 65:21.3 | 305 | Jim Windham | 69:11 |
| 8 | Steve Kelly | 53:17 | 103 | P. Amerine | 60:45 | 205 | Mike Garrett | 65:21.8 | 306 | Ron Peterman | 69:13 |
| 9 | Steve Yeagle | 53:38 | 104 | Joe Adams | 60:46 | 206 | E. Sumstine | 65:23 | 307 | Guido Schiaui | 69:15 |
| 10 | mike Monaghan | 54:22 | 105 | Brad Grill | 60:47 | 207 | Chris Palmesano | 65:29 | 308 | Don B. MacNamee | 69:21 |
| 11 | Marvin Smith | 54:28 | 106 | Bill Deasey | 60:51 | 208 | no card | 65:31 | 309 | Jim Hodsen | 69:22 |
| 12 | Mike Sabino | 54:31 | 107 | Charles Neill | 60:53 | 209 | Art Swift | 65:36 | 310 | Robert Greenwell | 69:22 |
| 13 | John Butterfield | 54:32 | 108 | Ed Hayden | 61:07 | 210 | Ron Fisher | 65:36.5 | 311 | Lew Fowler | 69:28 |
| 14 | Henry Danver | 54:37 | 109 | Frank Fitzpatrick | 61:12 | 211 | | 65:37 | 312 | David Trimble | 69:31 |
| 15 | Mike Bradley | 54:38 | 110 | R.R. Harder | 61:13 | 212 | Pat Connor | 65:38 | 313 | John Lunge | 69:34 |
| 16 | David Starnes | 54:54 | 111 | Keith Hamlin | 61:19 | 213 | Ed McCall | 65:40 | 314 | James A. Mortensen | 69:37 |
| 17 | Steve Ruckert | 55:14 | 112 | Steve Smith | 61:20 | 214 | Steve McShane | 65:40.7 | 315 | James Heckman | 69:41 |
| 18 | John Devlin | 55:18 | 113 | Paul Arnold | 61:22 | 215 | John Rose | 65:42 | 316 | Bill Kragel | 69:41 |
| 19 | Phil Stewart | 55:26 | 114 | Mike Cedy | 61:24 | 216 | Don Crandall | 65:44.1 | 317 | Fred True | 69:42 |
| 20 | Tim Loftus | 55:28 | 115 | Frank Unreadable | 61:26 | 217 | Bill Krause | 65:44.7 | 318 | Daniel E. Gardner | 69:43 |
| 21 | Ray Roe | 55:32 | 116 | Robert F. Webb | 61:27 | 218 | Locke Thomsen | 65:44.9 | 319 | Joseph Barrano | 69:47 |
| 22 | Sean O'Connor | 55:43 | 117 | Greg Mislick | 61:28 | 219 | R. Seruess | 65:47 | 320 | James L. Busse | 69:47 |
| 23 | Paul Dawson | 55:52 | 118 | Patrick Healy | 61:30 | 220 | Richard Jones | 65:48 | 321 | Ronald Blake | 69:48 |
| 24 | Tom Mullen | 55:57 | 119 | Eddie Adame | 61:31 | 221 | Tom Mancuso | 65:49 | 322 | Guy Wecomb | 69:56 |
| 25 | Charlie Ross | 56:02 | 120 | Dennis Billman | 61:37 | 222 | Ed Barnhouser | 65:51 | 323 | Bill Burd | 69:57 |
| 26 | Dick Hipp | 56:04 | 121 | Michel Desloover | 61:40 | 223 | Cynthia Raley | 65:53 | 324 | Kenneth R. Poper | 69:57 |
| 27 | Brian Harris | 56:05 | 122 | John Walker | 61:41 | 224 | Kevin Conlon | 66:11 | 325 | Michael H. Serkes | 69:58 |
| 28 | Rick Bitzer | 56:06 | 123 | Frank Parcurro | 61:42 | 225 | Ed Justus | 66:12 | 326 | A. W. Klun | 69:59 |
| 29 | Ed Ayres | 56:08 | 124 | Mike Fleming | 61:44 | 226 | Doug Canan | 66:15 | 327 | Fred Hickok | 69:59 |
| 30 | Joe Kuhns | 56:30 | 125 | Steven Thomas | 61:45 | 227 | T.F. Galvin | 66:16 | 328 | Don Neal | 70:00 |
| 31 | Chris Winters | 56:30.6 | 126 | | 61:56 | 228 | Art Webster | 66:30 | 329 | D. W. Lawrensen | 70:01 |
| 32 | Chan Robbins | 56:31 | 127 | Sandy Haley | 61:57 | 229 | Bohly Chauder | 66:31 | 330 | Sena M. Smith | 70:01 |
| 33 | Steve Reid | 56:33 | 128 | John Barnes | 61:59 | 230 | Bill Diegel | 66:33 | 331 | John Connally | 70:02 |
| 34 | Paul Grenseman | 56:40 | 129 | Dennis Kiellither | 62:01 | 231 | Richard Brooks | 66:34 | 332 | Bob Lekites | 70:02 |
| 35 | Don Marvel | 56:41 | 130 | Katherine Heckman | 62:03 | 232 | Frank Gitz | 66:37 | 333 | Don Rosenshine | 70:03 |
| 36 | Mark Criswell | 56:55 | 131 | Marilyn Bevans | 62:05 | 233 | Don Fisher | 66:38 | 334 | W. Scott | 70:04 |
| 37 | Matt Patterson | 56:56 | 132 | Richard Hellser, M.D. | 62:12 | 234 | Tom Vaughn | 66:39 | 335 | Robert Leichtman | 70:05 |
| 38 | Doug White | 56:59 | 133 | C. Zeiler | 62:17 | 235 | Sam Vinch | 66:40 | 336 | Stanley Oleinik | 70:06 |
| 39 | John Wheeler | 56:59.6 | 134 | Craig O'Connell | 62:19 | 236 | Ivan Dooley | 66:41 | 337 | Gordon Howatt | 70:10 |
| 40 | Bill Korow | 57:07 | 135 | Les Kinien | 62:22 | 237 | W.E. Signor | 66:41.8 | 338 | Randy Johnson | 70:13 |
| 41 | Harry Piotrowski | 57:16 | 136 | Al Filar | 62:23 | 238 | Chris Vaughan | 66:42 | 339 | Sandy Sprinkle | 70:13 |
| 42 | Jim Eckhardt | 57:24 | 137 | Jeff Hoffer | 62:28 | 239 | David Tripp | 66:46 | 340 | Philip M. Jones | 70:14 |
| 43 | Dick Douglas | 57:27 | 138 | Scott Weaver | 62:29 | 240 | Randy Fox | 66:47 | 341 | Tommy Kane | 70:17 |
| 44 | Don Miller | 57:36 | 139 | Bob Hackard | 62:35 | 241 | Tom Saylor | 66:49 | 342 | Wayne E. Cleveland | 70:17 |
| 45 | Wayne Roe | 57:41 | 140 | Tim Birney | 62:39 | 242 | Jeff Chaffin | 66:56 | 343 | George T. League | 70:26 |
| 46 | Rich Wair | 57:42 | 141 | Don Daut | 62:40 | 243 | Jack Foley | 67:01 | 344 | R. Radalyea | 70:28 |
| 47 | Jim Lawson | 57:43 | 142 | Tony Czepin | 62:48 | 244 | Frank Fico | 67:02 | 345 | James Cristis | 70:29 |
| 48 | Larry Noel | 57:44 | 143 | Steve Rosaso | 62:52 | 245 | Ron Griffith | 67:02.9 | 346 | Dianne Oelen | 70:29 |
| 49 | Howard Helms | 57:46 | 144 | James Sober | 62:56 | 246 | Henry Freem | 67:03 | 347 | R. C. Rowlenson | 70:32 |
| 50 | Marge Rosasco | 57:46.9 | 145 | Bill Jordan | 63:00 | 247 | Don Fisher | 67:05 | 348 | Jay C. Reed | 70:34 |
| 51 | Phil Hall | 57:47 | 146 | G. Wood | 63:02 | 248 | Gary Dulin | 67:11 | 349 | Lt. Michael Freitas | 70:37 |
| | | | 147 | Joe H. | 63:07 | 249 | Bob Flint | 67:14 | 350 | Jim Grant | 70:38 |
| | | | 148 | R.W. Moore | 63:09 | 250 | Matthew Jaffe | 67:15 | 351 | John Deney | 70:39 |
| | | | 149 | Lynn Resse | 63:20 | 251 | Mike Reyna | 67:17 | 352 | Jan Hollack | 70:40 |
| | | | 150 | Walter McCarthy | 63:21 | 252 | Angelo J. Artuso | 67:18 | 353 | Scott Kasereyer | 70:41 |
| | | | 151 | Steve Gatz | 63:22 | 253 | B. Nickocle | 67:20 | 354 | J.A. Brown | 70:43 |
| | | | 152 | Mike Woolsey | 63:22.9 | 254 | Geoff Baker | 67:27 | 355 | George M. Stewart | 70:44 |

| | | | | | | | | | | | |
|----|---------------------|---------|-----|---------------------|---------|-----|----------------------|---------|-----|----------------------|---------|
| 32 | Chan Robbins | 56:31 | 134 | Craig O'Connell | 62:19 | 235 | Sam Vinch | 66:40 | 337 | Gordon Howatt | 70:10 |
| 33 | Steve Reid | 56:33 | 135 | Les Klinien | 62:22 | 236 | Ivan Dooley | 66:41 | 338 | Randy Johnson | 70:13 |
| 34 | Paul Grenseman | 56:40 | 136 | Al Filar | 62:23 | 237 | W.E. Signor | 66:41.8 | 339 | Sandy Sprinkle | 70:13 |
| 35 | Don Marvel | 56:41 | 137 | Jeff Hoffer | 62:28 | 238 | Chris Vaughan | 66:42 | 340 | Philip M. Jones | 70:14 |
| 36 | Mark Criswell | 56:55 | 138 | Scott Weaver | 62:29 | 239 | David Tripp | 66:46 | 341 | Tommy Kane | 70:17 |
| 37 | Matt Patterson | 56:56 | 139 | Bob Hackard | 62:35 | 240 | Randy Fox | 66:47 | 342 | Wayne E. Cleveland | 70:17 |
| 38 | Doug White | 56:59 | 140 | Tim Birney | 62:39 | 241 | Tom Saylor | 66:49 | 343 | George T. League | 70:26 |
| 39 | John Wheeler | 57:06 | 141 | Don Daut | 62:40 | 242 | Jeff Chaffin | 66:56 | 344 | R. Radalyea | 70:28 |
| 40 | Bill Korrow | 57:07 | 142 | Tony Czepin | 62:48 | 243 | Jack Foley | 67:01 | 345 | James Cristis | 70:29 |
| 41 | Harry Piotrowski | 57:16 | 143 | Steve Rosaso | 62:52 | 244 | Frank Fico | 67:02 | 346 | Dianthe Oelen | 70:29 |
| 42 | Jim Eichhardt | 57:24 | 144 | James Sober | 62:56 | 245 | Ron Griffith | 67:02.9 | 347 | R. C. Rowlenon | 70:32 |
| 43 | Dick Douglas | 57:27 | 145 | Bill Jordan | 63:00 | 246 | Henry Freem | 67:03 | 348 | Jay C. Reed | 70:34 |
| 44 | Don Miller | 57:36 | 146 | G. Wood | 63:02 | 247 | Don Fisher | 67:05 | 349 | Lt. Michael Freitas | 70:37 |
| 45 | Wayne Roe | 57:41 | 147 | Joe H. | 63:07 | 248 | Gary Dulin | 67:11 | 350 | Jim Grant | 70:38 |
| 46 | Rich Wair | 57:42 | 148 | R.W. Moore | 63:09 | 249 | Bob Flint | 67:14 | 351 | John Deney | 70:39 |
| 47 | Jim Lawson | 57:43 | 149 | Lynn Resse | 63:20 | 250 | Matthew Jaffe | 67:15 | 352 | Jan Hollack | 70:40 |
| 48 | Larry Noel | 57:44 | 150 | Walter McCarthy | 63:21 | 251 | Mike Reyna | 67:17 | 353 | Scott Kasereyer | 70:41 |
| 49 | Howard Helms | 57:46 | 151 | Steve Gatz | 63:22 | 252 | Angelo J.Artuso | 67:18 | 354 | J.A. Brown | 70:43 |
| 50 | Marge Rosasco | 57:46.9 | 152 | Mike Woolsey | 63:22.9 | 253 | B. Nickocle | 67:20 | 355 | George M. Stewart | 70:44 |
| 51 | Rbt. Hall | 57:47 | 153 | Bud Danenberger | 63:25 | 254 | Geoff Baker | 67:27 | 356 | Tom Zibran | 70:46 |
| 52 | Chuck Johnson | 57:53 | 154 | Jay Whitcock | 63:27 | 255 | Ken St.Ows | 67:28 | 357 | Russell Garvey | 70:49 |
| 53 | Michael Sterling | 57:55 | 155 | Jim Shelton | 63:29 | 256 | Walter Maledci Jr | 67:28.9 | 358 | John Marcini | 70:49 |
| 54 | Ed Geisen Daffer | 57:59 | 156 | Ron Isbell | 63:31 | 257 | Brian Fer | 67:29 | 359 | Dick Hawley | 70:50 |
| 55 | Melvyn Walton | 58:01 | 157 | Edward Krikorian | 63:31.5 | 258 | James W. Morton | 67:30 | 360 | William Meyer M.D. | 70:54 |
| 56 | Dennis Mellist | 58:17 | 158 | Arturo Torra | 63:33.2 | 259 | Tom Carty | 67:37 | 361 | Bruce Washburn | 71:04 |
| 57 | Rbt. Whetzel | 58:23 | 159 | Craig Hirsh | 63:33.5 | 260 | Ron Dorn | 67:37 | 362 | Richard Kennedy | 71:08 |
| 58 | Al Morris | 58:26 | 160 | Marty Bloom | 63:33.9 | 261 | Hal Clooser | 67:39 | 363 | Robert H. O'Brien | 71:08 |
| 59 | Delroy Matthews | 58:30 | 161 | Randy Harrison | 63:34 | 262 | Leroy Dean Simmons | 67:43 | 364 | Garey Gafe | 71:09 |
| 60 | Korzan | 58:30.9 | 162 | Luther M. Whiting | 63:35 | 263 | Buddy Turner | 67:45 | 365 | Ed Schultz | 71:13 |
| 61 | Wm Koehler | 58:35 | 163 | Jeff Atkinson | 63:40 | 264 | George Pepper | 67:47 | 366 | Richard G. Ruel | 71:14 |
| 62 | Jim Harrison | 58:41 | 164 | M.L. Hall | 63:44 | 265 | Ken Davis | 67:51 | 367 | John Woods | 71:14 |
| 63 | Bryan Denson | 58:44 | 165 | Jim Adam | 63:53 | 266 | John Logis | 67:52 | 368 | Bill Mears | 71:15 |
| 64 | Geo. Merienthal | 58:49 | 166 | Larry Dragon | 63:58 | 267 | John Johnson | 67:53 | 369 | John Larney | 71:16 |
| 65 | Wm. McTigue | 58:53 | 167 | David Foy | 64:01 | 268 | Alex Krynitsky | 67:58 | 370 | Antonio K. Olmed | 71:17 |
| 66 | Ron Bomberger | 58:54 | 168 | Krieg | 64:04 | 269 | Ron Almeter | 67:59 | 371 | Joe Palermo | 71:18 |
| 67 | Layne Party | 58:59 | 169 | Myron Cambell | 64:06 | 270 | Peter Hensen | 68:01 | 372 | Glenn Marshke | 71:19 |
| 68 | Joh Nitz | 59:01 | 170 | Wingside | 64:08 | 271 | Keith Harvey | 68:02 | 373 | Robert D. Ryan | 71:26 |
| 69 | David Haaga | 59:05 | 171 | Peter Matt | 64:08.9 | 272 | Christian Eckhardt | 68:04 | 374 | Phil Jackson | 71:27 |
| 70 | S.Gunzen Hauser | 59:08 | 172 | Mary Ellen Williams | 64:11 | 273 | Col Joseph P. Perlow | 68:05 | 375 | Carlos Ugeute | 71:30 |
| 71 | Larry Parkinson | 59:14 | 173 | Craig Winning | 64:12 | 274 | Edmund Chuy | 68:08 | 376 | John Pollock | 71:31 |
| 72 | Cloyd | 59:26 | 174 | Richard O'Niel | 64:15 | 275 | Joe Callaway | 68:15 | 377 | L. David Sipe | 71:31 |
| 73 | Jay Boniten | 59:27 | 175 | Lee Rinehart | 64:25 | 276 | Tom Gravenor | 68:16 | 378 | Terry J. Shine | 71:32 |
| 74 | Dick Hurts | 59:31 | 176 | Bill Klingenberg | 64:30 | 277 | John T. Mac Namee | 68:19 | 379 | Tom Bateman | 71:35 |
| 75 | Tom Harding | 59:34 | 177 | Richard Murror | 64:30.5 | 278 | Bill Solee | 68:23 | 380 | Stan Bailey | 71:36 |
| 76 | Rbt. Peterson | 59:35 | 178 | Ralph R. Landry | 64:31 | 279 | Bradley D. Lucas | 68:24 | 381 | Tom Coveleski | 71:37 |
| 77 | Alex Medina | 59:35.7 | 179 | Chuck Paul | 64:31.9 | 280 | Bernard Weiss | 68:27 | 382 | John Spicer | 71:40 |
| 78 | Don Cathcart | 59:39 | 180 | Jerry Coodor | 64:32 | 281 | Joe Hallford | 68:28 | 383 | Ron Byrd | 71:42 |
| 79 | Doug Walker | 59:44 | 181 | Colen Goldsboro | 64:33 | 282 | Sam Spicer | 68:29 | 384 | John Bowers | 71:43 |
| 80 | Bailey St. Clair | 59:47 | 182 | Eddy Rayford | 64:33 | 283 | Larry Dandero | 68:30 | 385 | John R. Sterkanberg | 71:43 |
| 81 | Ed Hewitt | 59:47.8 | 183 | Gilbert Sticke | 64:34 | 284 | Jim McLaughlin | 68:32 | 386 | John Servelle | 71:42 |
| 82 | Rich Waddel | 59:50 | 184 | B. Egan | 64:35 | 285 | Dave Aldrich | 68:35 | 387 | Scott Roper | 71:46 |
| 83 | Rbt. Rhinter | 59:52 | 185 | J. Muth | 64:35.6 | 286 | Rod Arena | 68:37 | 388 | Wayne Haines | 71:48 |
| 84 | Sid Schneider | 59:53 | 186 | Ken Nchitilo | 64:37 | 287 | Tommy Farragher | 68:38 | 389 | Mike McDonald | 71:49 |
| 85 | Tom Walsh | 59:57 | 187 | Lee Barkell | 64:44 | 288 | Phil Iddings | 68:38.9 | 390 | Jerry Groeninger | 71:50 |
| 86 | Frank Pflaging | 59:59 | 188 | Robert D. Jackowski | 64:46 | 289 | Charles Spencer | 68:39 | 391 | Arthur A. Delano, Jr | 71:50 |
| 87 | Rick Fuller | 60:02 | 189 | Jim Zucco | 64:48 | 290 | Gene Haines | 68:40 | 392 | Lloyd Senage | 71:55 |
| 88 | Nels Frostenson | 60:03 | 190 | James Mayhew | 64:52 | 291 | Hy Levasseur | 68:41 | 393 | Ron Picard | 71:57 |
| 89 | Rea Heatherington | 60:04 | 191 | Bill Dipaula | 64:54 | 292 | Tim Moriarly | 68:42 | 394 | Brad Jacobson | 71:58 |
| 90 | John Henry | 60:07 | 192 | Frank Sanford | 64:55 | 293 | James Montgomery | 68:46 | 395 | Samuel A. Benson, Jr | 71:59 |
| 91 | Jack Croft | 60:07.8 | 193 | Carl Spataro | 64:56 | 294 | Kevin Halstead | 68:46 | 396 | Gary A. Fleming | 71:59.5 |
| 92 | Vincent Fuller, Jr. | 60:09 | 194 | Eugene Stevens | 64:58 | 295 | Lou Staman | 68:47 | 397 | Bill Lowman Jr. | 72:00 |
| 93 | Larry Lepus | 60:10 | 195 | Bill Russell | 64:59 | 296 | Glenn Buron | 68:50 | 398 | Gary Moeller | 72:00 |
| 94 | Eric Taylor | 60:13 | 196 | Peter Adams | 65:02 | 297 | | | 399 | | |
| 95 | Joe McNichol | 60:18 | 197 | Herb LeMoyné | | 298 | | | | | |

RESULTS

Continued from Page 11

Oct. 22 - Loch Raven 6, 12 and 18 Milers - Cold, foggy start, followed by sunlight and rising mist to uncover a glorious fall day.

| | |
|--------------------------|-------|
| 1. Rob March | 35:09 |
| 2. Greg Bacinski | 36:24 |
| 3. Steve O'Brien | 37:35 |
| 4. Stephen Wittelsberger | 38:05 |
| 5. David Walatta | 38:05 |
| 6. Chauncey E. Wilson | 38:29 |
| 7. Bill Gaa | 39:07 |
| 8. Peter J. Sciukas | 39:44 |
| 9. Jerry Mion | 40:00 |
| 10. Gene Hoffman | 40:35 |
| 11. Mark Landry | 40:38 |
| 12. Don Murphy | 40:43 |
| 13. Edward Moss | 41:26 |
| 14. Tim Welsh | 41:37 |
| 15. Stanaslav Zuzuinski | 42:04 |
| 16. Matelda Gerard | 42:04 |
| 17. No Name | 42:20 |
| 18. Gary B. Johnson | 42:31 |
| 19. Stan Bochenski | 43:32 |
| 20. Ken Walker | 43:50 |
| 21. Paul Dresler | 44:20 |
| 22. Phil Sheets | 44:24 |
| 23. Rita Folan | 46:44 |
| 24. Bret Shortall | 47:17 |
| 25. | |
| 26. Judy Taylor | 49:10 |
| 27. John Frazee | 49:10 |
| 28. Emily Bomby | 50:32 |
| 29. Berny Krol | 50:38 |
| 30. Jeanne Foreman | 51:25 |
| 31. Catherine A. Porter | 51:26 |
| 32. Ellen L. James | 54:29 |
| 33. Neil Scheffler | 54:30 |
| 34. David Schutz | 55:50 |
| 35. B. Kowalenko | 55:50 |
| 36. Janet Vann | 56:56 |
| 37. Connie Silvestri | 59:02 |
| 38. Diane Knox | 60:37 |
| 39. Terri Chayt | 61:05 |
| 40. Fran Ghingher | 61:09 |
| 41. Bob Chubb | 69:50 |
| 42. Maria Perkins | 70:06 |
| 12 Mile | |
| 1. Brian Harris | 65:32 |
| 2. Mark A. Yerkes | 74:13 |
| 3. William Dougherty | 75:42 |
| 4. Dennis Anderson | 77:17 |
| 5. Bruce Carter | 78:47 |
| 6. Jack Burdell | 79:23 |

| | |
|---------------------------|---------|
| 7. Rusty Gerhardt | 79:30 |
| 8. Alex Medina | 82:33 |
| 9. Henry Janowitz | 83:54 |
| 10. Gary Dulin | 84:24 |
| 11. Tom Caskey | 84:42 |
| 12. Kohei Yamada | 85:47 |
| 13. Tim Perry, Jr. | 86:37 |
| 14. Wayne McWilliams | 87:09 |
| 15. Mike Pierre | 87:24 |
| 16. Francis W. Hammel | 87:32 |
| 17. Christopher Aland | 87:37 |
| 18. Bruce L. Damasio | 89:24 |
| 19. Tom Bateman | 90:09 |
| 20. Mike Boggs | 91:00 |
| 21. Ron Roessler | 91:15 |
| 22. Phil Jackman | 91:47 |
| 23. Peggy Swain | 92:43 |
| 24. Bob Ryan | 93:16 |
| 25. Wayne Jacobs | 93:40 |
| 26. Bob Bridges | 94:07 |
| 27. Dianne Dulin | 94:11 |
| 28. Fred Barron | 94:18 |
| 29. Phil Kelly | 94:28 |
| 30. Susan Shepherd | 94:48 |
| 31. Chris Wolfe | 95:45 |
| 32. Jay Bright | 96:09 |
| 33. Ron LeClair | 96:13 |
| 34. Ken Hammann | 97:56 |
| 35. Francis Manear | 98:05 |
| 36. Bill Bomely | 98:35 |
| 37. Walter L. Mathias | 99:59 |
| 38. Phillip Cioni | 1:40:50 |
| 39. Mike Braswell | 1:41:56 |
| 40. Allan Field | 1:41:57 |
| 41. Karen McMath | 1:42:26 |
| 42. Colleen Pierre | 1:43:24 |
| 43. Peter Ebertz | 1:45:59 |
| 44. Ricky Rice | 1:47:10 |
| 45. Dick Hall | 1:47:12 |
| 46. Robert Squire | 1:47:31 |
| 47. Nancy Riley | 1:49:23 |
| 48. Nannette Blinichikoff | 1:53:53 |
| 49. Patricia V. Baker | 1:53:53 |
| 50. Jean Edwards | 1:54:02 |
| 51. Bob Ray | 1:57:09 |
| 52. Diane Melcher | 2:21:00 |
| 18 Miles | |
| 1. Tem Washington | 1:41:39 |
| — Washington Running Club | |
| 2. John Elder | 1:41:41 |
| 3. Charlie Koester | 1:43:34 |
| 4. Steve Kelly | 1:43:52 |
| 5. Bryan Denson | 1:44:23 |

| | |
|-------------------------|---------|
| 6. Tom Bolan | 1:44:41 |
| 7. Don Marvel | 1:44:59 |
| 8. Scott Lutrey | 1:45:11 |
| 9. Carl Muller | 1:47:48 |
| 10. Dave Goucher | 1:48:11 |
| 11. Don Miller | 1:48:11 |
| 12. Delroy Matthews | 1:48:56 |
| 13. Jim Gordon | 1:49:38 |
| 14. Earl Swartzendruber | 1:51:14 |
| 15. Larry Nole | 1:57:42 |
| 16. Joe Herget | 1:59:40 |
| 17. Gerry Kramer | 2:00:21 |
| 18. Roger Foreman | 2:02:23 |
| 19. Jerry Lynch | 2:03:24 |
| 20. Tom Oglesby | 2:05:04 |
| 21. Bill Schwartz | 2:05:04 |
| 22. Mike Hill | 2:05:12 |
| 23. Jim Harrison | 2:05:12 |
| 24. Jack Ciesielski | 2:05:58 |
| 25. Lance Woodward | 2:06:15 |
| 26. John McKim | 2:08:37 |
| 27. Bernard Robier | 2:08:56 |
| 28. Les Kinion | 2:08:59 |
| 29. Bernard W. Webber | 2:10:06 |
| 30. Elmer Diggs | 2:10:42 |
| 31. Mike Haire | 2:12:11 |
| 32. Rick Burke Jr. | 2:13:14 |

| | |
|-----------------------------|---------|
| 33. Harry Goodman | 2:13:39 |
| 34. Jim McLaughlin | 2:14:18 |
| 35. Ron Reich | 2:14:21 |
| 36. Jim Muth | 2:16:12 |
| 37. John E. Mildner | 2:16:15 |
| 38. Tom Zibron | 2:16:15 |
| 39. Frank Morgan | 2:18:48 |
| 40. Mike Buchanan | 2:20:23 |
| 41. Glenn Austin | 2:21:16 |
| 42. Sara Smith | 2:22:00 |
| 43. Jeff Misler | 2:22:03 |
| 44. Ernie Imhoff | 2:22:58 |
| 45. Antonio Olmedo | 2:23:50 |
| 46. Bob Frantz | 2:25:09 |
| 47. Garry Bolan | 2:27:16 |
| 48. Robert L. McCubbin, Jr. | 2:29:04 |
| 49. Mike Canova | 2:30:30 |
| 50. Ed Patey | 2:30:30 |
| 51. Steven Morrison | 2:31:47 |
| 52. Terren M. Himelfarb | 2:38:09 |
| 53. Joe Mayhugh | 2:39:26 |
| 54. Michael Vann | 2:39:32 |
| 55. Herman Blinichikoff | 2:43:27 |
| 56. Jerry Kearns | 2:43:27 |
| 57. Dave Jenkins | 2:43:35 |
| 58. Gil Tracy | 2:44:56 |
| 59. Carol Lee Thompson | 2:52:32 |

The Winner By: Charles Brumley

He looked like a rickshaw coolie or a movie extra for concentration camp scenes.

He didn't know whether he had been attracted to running because he was already skinny, or because he couldn't perform any other sport very well.

He didn't know whether racing was a validation for his neighbors of all the seemingly pointless miles he logged, or whether it was a necessary evil to measure his fitness.

He never won anything, even those eight-race series for which good attendance practically guaranteed an award, because every fourth or fifth Saturday night he got drunk and wasted Sunday away watching football and reading the lighter sections of

"The New York Times."

He never kept a job more than five years, or gave to the United Fund.

Or killed anybody, or drew welfare, or threw beer cans cans on the highway.

He knew five or six other runners pretty well but always trained alone and got sick of talking about running after a half hour of it.

He kept a few rose bushes going, grew some squash in the summer, and occasionally got travel brochures about Europe from AAA.

He figured he'd keep up the running until he got old, and maybe fell and broke a hip, as that seemed to be what usually happened to make men quit.

He was mostly happy, given the circumstances.

34. David Schutz 55:50
 35. B. Kowalenko 55:50
 36. Janet Vann 56:56
 37. Connie Silvestri 59:02
 38. Diane Knox 60:37
 39. Terri Chayt 61:05
 40. Fran Ghinger 61:09
 41. Bob Chubb 69:58
 42. Maria Perkins 70:06
 12 Mile
 1. Brian Harris 65:32
 2. Mark A. Yerkes 74:13
 3. William Dougherty 75:42
 4. Dennis Anderson 77:17
 5. Bruce Carter 78:47
 6. Jack Burdnell 79:23

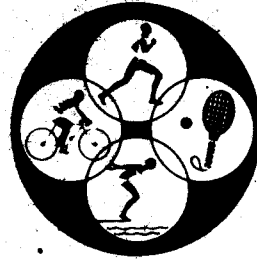
43. Peter Ebert 1:07:44
 44. Ricky Rice 1:47:10
 45. Dick Hall 1:47:12
 46. Robert Squire 1:47:31
 47. Nancy Riley 1:49:23
 48. Nannette Blinichikov 1:53:53
 49. Patricia V. Baker 1:53:53
 50. Jean Edwards 1:54:02
 51. Bob Ray 1:57:09
 52. Diane Melcher 2:21:00
 18 Miles
 1. Tom Washington 1:41:39
 — Washington Running Club
 2. John Elder 1:41:41
 3. Charlie Koester 1:43:34
 4. Steve Kelly 1:43:52
 5. Bryan Denson 1:44:23

couldn't perform any better than they well.
 He didn't know whether racing was a validation for his neighbors of all the seemingly pointless miles he logged, or whether it was a necessary evil to measure his fitness.
 He never won anything, even those eight-race series for which good attendance practically guaranteed an award, because every fourth or fifth Saturday night he got drunk and wasted Sunday away watching football and reading the lighter sections of

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 He kept a few rose bushes going, grew some squash in the summer, and occasionally got travel brochures about Europe from AAA.
 He figured he'd keep up the running until he got old, and maybe fall and broke a hip, as that seemed to be what usually happened to make men quit.
 He was mostly happy, given the circumstances.

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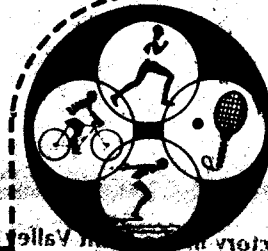
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 Address _____
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 Birthdate _____ Phone _____

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 Occidental Life of North Carolina
 404 Investment Building
 Towson, MD 21286



BALTIMORE CITY HOSPITALS

THE HOSPITAL FOOTRACE



10 KILOMETER

RUN
FOR THE !
HOSPITAL!

Sunday, June 17—9 AM start
behind "D" Bldg., hospital grounds

- Tee shirts to all race participants
- Awards to top finishers
- Sponsored by the Hospital to benefit the Coronary Care Unit
- Tax deductible pre-registration fee \$4.50 (must be received by June 11), day of race \$6. Make check payable to CERT/Coronary Care Unit
- For further information, contact Joan Shnipper (396-9020) or Larry Dragon (396-8670)
- Rain or shine

REGISTRATION FORM/CLIP & MAIL TO:

Hospital Race/Baltimore City Hospitals
 4940 Eastern Avenue/Baltimore, Md. 21224

Intending to be legally bound and to assume all risks in connection with or in any way related to my participation in this run, I certify that, to the best of my knowledge, my training and health are adequate for me to compete safely in this 10 kilometer run. In consideration of your accepting my entry, intending to be legally bound, I assume all related risks and do hereby for myself, my heirs, executors, and administrators, waive and release forever any and all rights and claims or damages I may have or which may hereafter accrue to me against the persons or organizations affiliated with the race, including but not limited to Chesapeake Physicians, P.A., Baltimore City Hospitals, the Auxiliery of Baltimore City Hospitals, the City of Baltimore, and any or all sponsors of this race, their successors, representatives, and assigns, for any and all injuries suffered by me while traveling to and from and participating in the Hospital Footrace to be conducted on Sunday, June 17. I will additionally permit the full use of my name and pictures, in broadcasts, telecasts, newspapers, etc.

Full Name _____ Age _____ Male
 Female
 Address _____ Signature _____

Under 18 years of age, signature of parent or guardian

RESULTS

Continued from Page 12

| November 12 - Fifth Annual Satyr Hill 12 | | | | | | | | | | | |
|--|--------------------|-------|-----|-------------------|-------|-----|-------------------|-------|-----|-------------------|--------|
| Miller (Sponsored by RASAC) | | | | | | | | | | | |
| 1 | Charlie Koester | 64:42 | 102 | Mike Buchanan | 83:39 | 204 | Phillip Biers | 92:58 | 276 | Marv Norin | 100:10 |
| 2 | Brian Harris | 66:00 | 103 | Frank Fico | 83:42 | 205 | Fred Willey | 93:21 | 277 | Stephen Levin | 100:11 |
| 3 | Mark Johnson | 66:35 | 104 | Thomas Dillon | 83:43 | 206 | Edward Moss | 93:23 | 278 | Roy Rengstorff | 100:12 |
| 4 | John Elder | 67:04 | 105 | Gordon Kamka | 83:44 | 207 | Cathy Kleeman | 93:27 | 279 | Jean Edwards | 100:53 |
| 5 | Mike Hill | 67:55 | 106 | Bernie Noeller | 83:56 | 208 | Kristen Jansen | 93:28 | 280 | Joe Flannery | 100:55 |
| 6 | Andy Passmore | 68:03 | 107 | Chauncey Wilson | 83:56 | 209 | John Hutchinson | 93:29 | 281 | Jim Hively | 100:57 |
| 7 | Tim Loftus | 68:12 | 108 | Andy Cutko | 83:58 | 210 | Norman Nice | 93:30 | 282 | ? | 101:05 |
| 8 | Dave Starnes | 68:18 | 109 | Donald Wright | 83:59 | 211 | Garry Goodwin | 93:40 | 283 | Ron Shapiro | 101:10 |
| 9 | Bob Ilgenfritz | 68:37 | 110 | ? | 84:01 | 212 | Michael Vann | 93:40 | 284 | Beth Gunter | 101:22 |
| 10 | Steve Reid | 69:36 | 111 | Stephen Steele | 84:13 | 213 | Don Jacob | 93:41 | 285 | N. Cooper | 101:28 |
| 11 | Dave Stewart | 68:37 | 112 | Paul Beares | 84:20 | 214 | Ron Roessler | 94:21 | 286 | Kenneth Taylor | 101:33 |
| 12 | Thomas Pinter | 71:05 | 113 | Peter Setukas | 84:27 | 215 | Rock Howland | 94:23 | 287 | Thomas Moreland | 101:33 |
| 13 | Daniel Pinter | 71:14 | 114 | Kenneth St Ours | 84:33 | 216 | Joe Holland | 94:26 | 288 | Greg Coco | 101:35 |
| 14 | Bill Koehle | 71:20 | 115 | David Reuwer | 84:40 | 217 | Stan Bochenski | 94:29 | 289 | Leonard Brokos | 101:37 |
| 15 | Cliff Boehem | 71:52 | 116 | James Hruska | 84:41 | 218 | Bob Dean | 94:35 | 290 | Jeff Lukas | 101:38 |
| 16 | Rick Wood | 72:02 | 117 | Charles Springer | 84:41 | 219 | Walt Eilees | 94:37 | 291 | Jerry Branch | 101:40 |
| 17 | Brad Roberts | 72:04 | 118 | Harry Bratt | 84:47 | 220 | Alan Tapper | 94:55 | 292 | Floyd Pace | 101:40 |
| 18 | Robert McCubbin | 72:06 | 119 | Jim Vadus | 84:58 | 221 | James Weber | 95:08 | 293 | Sharon Rowland | 101:46 |
| 19 | Marge Rosasco | 72:18 | 120 | Al Klein | 85:02 | 222 | Tom Guinivan | 95:07 | 294 | Walt Mathias | 101:46 |
| | Warren Haynie | 72:18 | 121 | Tom Saylor | 85:12 | 223 | Peggy Swain | 95:09 | 295 | C. Costello | 101:53 |
| 21 | Tom Kepple | 72:28 | 122 | Joe Lacy | 85:13 | 224 | David Colborne | 95:09 | 296 | Gerald Lichter | 102:00 |
| 22 | Delroy Matthews | 72:31 | 123 | Jim McLaughlin | 85:14 | 225 | Kathy Pratt | 95:11 | 297 | John F. Lewis | 102:02 |
| 23 | David Grinnell | 72:35 | 124 | Jim Mortenson | 85:17 | 226 | Leroy Jones | 95:15 | 298 | Joe Siebert | 102:19 |
| 24 | John Kraybill | 73:30 | 125 | Boriskizzie | 85:23 | 227 | Marty Marne | 95:24 | 299 | Chris Mortenson | 102:23 |
| 25 | Don Cathcart | 73:32 | 126 | Milton Taylor | 85:29 | 228 | Carroll Sudbrook | 95:28 | 300 | Randolph Fillmore | 102:57 |
| 26 | Ed Geisendaffer | 73:45 | 127 | Francis Schmitz | 85:33 | 229 | Vernon Daview | 95:39 | 301 | Phil Howe | 102:58 |
| 27 | Joe Schneider | 74:21 | 128 | Ethan Stenger | 85:36 | 230 | Pielke | 95:39 | 302 | Joan Sloan | 103:27 |
| | Tom Bolan | 74:21 | 129 | Russell Garvey | 85:40 | 231 | David Martin | 95:49 | 303 | Paul Draper | 103:28 |
| 29 | Layne Party | 74:40 | 130 | Mike Pearlman | 85:48 | 232 | Stan Bailey | 95:50 | 304 | Page Carey | 103:30 |
| 30 | Clinton Brooks | 74:44 | 131 | Locke Thomsen | 85:50 | 233 | Tom Milleson | 95:51 | 305 | Stuart Mayhugh | 103:42 |
| 31 | Jim McGill | 74:59 | 132 | R. Tegmeier | 85:53 | 234 | Antonio Ohmedo | 96:13 | 306 | Gerard Busnik | 103:43 |
| 32 | Steve Smith | 75:16 | 133 | G. Joe Schaefer | 85:55 | 235 | Tristram Netzger | 96:13 | 307 | Mary Lacey | 103:44 |
| 33 | Jeff Niner | 75:17 | 134 | Bob Annen | 85:57 | 236 | Keith Perkins | 96:13 | 308 | G. Zeugner | 103:50 |
| 34 | O. T. Williamson | 75:22 | 135 | Tom Murphy | 86:19 | 237 | Mike Molloy | 96:14 | 309 | Charles Clabaugh | 104:31 |
| 35 | Mike Wienholt | 75:46 | 136 | John Fehir | 86:34 | 238 | Phil Cioni | 96:18 | 310 | Timothy Villa | 104:32 |
| 36 | Gary Bolan | 75:52 | 137 | Tom Carey | 86:41 | 239 | Stephen Wilkinson | 96:18 | 311 | Sandy Cohen | 104:34 |
| 37 | Dick Nair | 75:56 | 138 | Tom Hyan | 86:53 | 240 | Joe Mayhugh | 96:21 | 312 | Pauline Angelli | 104:49 |
| | Al Filar | 75:56 | 139 | William Christman | 86:58 | 241 | John Mancini | 96:22 | 313 | Carol Sybert | 105:04 |
| 39 | G. Wood | 76:04 | 140 | Andrew Livingston | 87:12 | 242 | Mary Roes | 96:31 | 314 | P. E. Ehutz | 105:12 |
| 40 | James Skeen | 76:20 | 141 | Gordon Livingston | 87:13 | 243 | E. J. Morgan | 96:35 | 315 | Pat Zubeck | 105:47 |
| 41 | Charlie Koester | 76:21 | 142 | Walter Faucette | 87:16 | 244 | Gary Greenberg | 96:36 | 316 | Bernie Gemmill | 105:53 |
| 42 | Bill DiPaula | 76:39 | 143 | John Critikos III | 87:16 | 245 | Frank Kaminski | 96:44 | 317 | Sherry Kendall | 106:18 |
| 43 | Joe Hargett | 76:41 | 144 | Jeff Misler | 87:17 | 246 | Judy Hasler | 96:52 | 318 | Allan Brull | 106:22 |
| 44 | Paul Arnold | 76:48 | 145 | Ron Reich | 87:18 | 247 | Jim Johnston | 97:13 | 319 | Patricia Baker | 106:55 |
| 45 | Larry Null | 76:49 | 146 | Jack Osman | 87:19 | 248 | Donald Baker | 97:14 | 320 | Robert Melville | 106:55 |
| 46 | Ed Sharp | 77:21 | 147 | John Ilgenfritz | 87:22 | 249 | Bill Anthony | 97:14 | 321 | Ralph Monaco | 107:28 |
| 47 | Murray Sarubin | 77:30 | 148 | Herb Alban | 87:58 | 250 | Fen Walker | 97:18 | 322 | Bill Bojarski | 107:28 |
| 48 | Mark Yerkes | 77:36 | 149 | Karin Wagner | 88:06 | 251 | Wendy Naarup | 97:20 | 323 | Larry Nohe | 107:33 |
| | Daniel Tracy | 77:36 | 150 | Mark Draper | 88:15 | 252 | Steve Overbeck | 97:24 | 324 | Sol Goldstein | 107:44 |
| 50 | Dave Bojarski | 77:56 | 151 | Thomas Bradford | 88:20 | 253 | Dale Vogel | 97:36 | 325 | Joe Heldmann | 109:43 |
| 51 | Martin Greenberger | 77:57 | 152 | Daniel Gardner | 88:23 | 254 | Ricky Rice | 97:37 | 326 | Rodney Corbin | 109:56 |
| 52 | Patrick Murphy | 78:03 | 153 | Sue Powell | 88:35 | 255 | Ed Slunt | 97:39 | 327 | Amy Salawith | 110:07 |
| 53 | John Barnes | 78:05 | 154 | David Ramsey | 88:49 | 256 | Mike Wilsman | 97:47 | 328 | David Hohl | 110:07 |
| 54 | Corelin Steinhart | 78:11 | 155 | Tom Bateman | 88:50 | 257 | Mark Arnold | 97:50 | 329 | Marty Feeheley | 110:09 |
| | | | 156 | David Hughes | 88:50 | 258 | Raymond Morgan | 97:51 | 330 | ? | 110:28 |
| | | | 157 | Scott Roper | 89:00 | 259 | Sue Kuelbs | 98:01 | 331 | ? | 110:54 |
| | | | | | | 260 | James Conrad | 98:11 | 332 | Jacob Sautsbury | 111:46 |

| | | | | | | | | | | | |
|-----|--------------------|-------|-----|---------------------|-------|-----|-------------------|-------|-----|--------------------|--------|
| 36 | Gary Nolan | 75:52 | 140 | Andrew Livingston | 87:12 | 242 | Mary Rohes | 96:31 | 314 | P. E. Enutz | 105:12 |
| 37 | Dick Hair | 75:56 | 141 | Gordon Livingston | 87:13 | 243 | E. J. Morgan | 96:35 | 315 | Pat Zubeck | 105:47 |
| | Al Filar | 75:56 | 142 | Walter Faucette | 87:16 | 244 | Gary Greenberg | 96:36 | 316 | Bernie Gemmill | 105:53 |
| 39 | G. Wood | 76:04 | 143 | John Critikos III | 87:16 | 245 | Frank Kaminski | 96:44 | 317 | Sherry Kendall | 106:18 |
| 40 | James Skolan | 76:29 | 144 | Jeff Misler | 87:17 | 246 | Judy Hasler | 96:52 | 318 | Allan Bruil | 106:22 |
| 41 | Charles Koster | 76:21 | 145 | Ron Reich | 87:18 | 247 | Jim Johnston | 97:13 | 319 | Patricia Baker | 106:55 |
| 42 | Mike D'Amico | 76:39 | 146 | Jack Osman | 87:19 | 248 | Donald Baker | 97:14 | 320 | Robert Melville | 106:55 |
| 43 | Jon Hargrett | 76:41 | 147 | John Ilgenfritz | 87:22 | 249 | Bill Anthony | 97:14 | 321 | Ralph Monaco | 107:28 |
| 44 | Paul Arnold | 76:48 | 148 | Herb Alban | 87:58 | 250 | Fen Walker | 97:18 | 322 | Bill Bojarski | 107:28 |
| 45 | Larry Null | 76:49 | 149 | Karin Wagner | 88:06 | 251 | Wendy Naarup | 97:20 | 323 | Larry Nohe | 107:33 |
| 46 | Ed Sharp | 77:21 | 150 | Mark Draper | 88:15 | 252 | Steve Overbeck | 97:24 | 324 | Sol Goldstein | 107:44 |
| 47 | Murray Sarubin | 77:30 | 151 | Thomas Bradford | 88:20 | 253 | Dale Vogel | 97:36 | 325 | Joe Heldmann | 109:43 |
| 48 | Mark Yerkes | 77:36 | 152 | Daniel Gardner | 88:23 | 254 | Ricky Rice | 97:37 | 326 | Rodney Corbin | 109:56 |
| 49 | Daniel Treacy | 77:36 | 153 | Sue Powell | 88:35 | 255 | Ed Shunt | 97:39 | 327 | Amy Salawith | 110:07 |
| 50 | Dave Bojarski | 77:56 | 154 | David Ramsey | 88:49 | 256 | Mike Wilsman | 97:47 | 328 | David Hohl | 110:07 |
| 51 | Martin Greenberger | 77:57 | 155 | Tom Bateman | 88:50 | 257 | Mark Arnold | 97:50 | 329 | Marty Feeheley | 110:09 |
| 52 | Patrick Murphy | 78:03 | 156 | David Hughes | 88:50 | 258 | Raymond Morgan | 97:51 | 330 | ? | 110:28 |
| 53 | John Barnes | 78:05 | 157 | Scott Roper | 89:00 | 259 | Sue Kuelbs | 98:01 | 331 | ? | 110:54 |
| 54 | Corelin Steinhart | 78:11 | 158 | G. Wayne | | 260 | James Conrad | 98:11 | 332 | Jacob Saulsbury | 111:46 |
| 55 | Larry Dragon | 78:13 | | Burgemeister | 89:02 | 261 | Susan Shepherd | 98:14 | 333 | William Rowland | 113:17 |
| | Don Fisher | 78:13 | 159 | Ralph Jensen | 89:04 | 262 | Tom Bradley, Jr | 98:25 | 335 | Richard Moravec | 114:03 |
| 57 | Jack Ciesicki | 78:22 | 160 | Sara Smith | 89:08 | 263 | Bob Murphy | 98:35 | 335 | Ron Fisher | 114:24 |
| 58 | Walt Morawski | 78:31 | | Keith Plater | 89:19 | 264 | Phil Moss | 98:45 | 336 | Nancy Jufor | 114:24 |
| 59 | Gary Behrens | 78:32 | 161 | John Stone | 89:19 | 265 | David Costello | 98:48 | 337 | Shirley Mancini | 116:05 |
| 60 | Martin Whitfill | 78:34 | 162 | Frank Russo, Sr | 89:28 | 266 | Nancy Riley | 98:52 | 338 | David Martin | 116:06 |
| 61 | Harry Smith | 78:35 | 163 | Bill Foley | 89:34 | 267 | John Servelle | 98:57 | 339 | George Martin | 116:07 |
| 62 | Chris Hohemeyer | 78:40 | 164 | David Lamoreaux | 89:34 | 268 | Charles Blair | 99:05 | 340 | Tom Kuhne | 118:06 |
| 63 | Scott Paris | 79:00 | 165 | Marc Miller | 89:38 | 269 | Henry Linch | | 341 | Bob Ray | 118:07 |
| 64 | Kenneth Muhvich | 79:05 | 166 | Bill Clark | 89:46 | 270 | Houston MacIntosh | 99:17 | 342 | Mike Reipy | 120:24 |
| 65 | Henry Janowitz | 79:28 | 167 | Arthur Delano, Jr. | 90:00 | 271 | John Hasler | 99:22 | 343 | D. W. Rice | 120:24 |
| 66 | Don Monaghan | 79:55 | 168 | Brian Ray | 90:04 | 272 | Karen McMath | 99:32 | 344 | Janet Vann | 124:38 |
| 67 | Ed Sutne | 80:00 | 169 | Raymond Citeroni | 90:04 | 273 | Trina Nagele | 99:56 | 345 | Jefferson Marcella | 124:44 |
| 68 | Greg Ballow | 80:04 | 170 | Walt Langford | 90:04 | 274 | Steve Daweany | 99:56 | 346 | Donna Saunders | 126:00 |
| 69 | Stephen Rosasco | 80:07 | 171 | Myron Kellner | 90:06 | 275 | Cindy McManus | 99:56 | 347 | Arthur MacQueen | 127:22 |
| 70 | John Poole | 80:23 | 172 | Fred Barron | 90:09 | | | | | | |
| 71 | Jerry Lynch | 80:30 | 173 | Don Stemmler | 90:10 | | | | | | |
| 72 | James Bausch | 80:40 | 174 | Jerry Ayers | 90:12 | | | | | | |
| 73 | Frank Nowosielski | 80:45 | 175 | Jerome Camielar | 90:16 | | | | | | |
| 74 | William Paul | 81:11 | 176 | Don Clement | 90:19 | | | | | | |
| 75 | Mark Behrens | 81:14 | 177 | Jim Bourke | 90:20 | | | | | | |
| 76 | Steve Schell | 81:14 | 178 | Wayne Richardson | 90:23 | | | | | | |
| 77 | Earl Keicher | 81:19 | 179 | ? | 90:31 | | | | | | |
| 78 | Bill Reeder | 81:21 | 180 | Tom Hogarty | 90:32 | | | | | | |
| 79 | John Eidleman | 81:26 | 181 | Frank Morgan | 90:34 | | | | | | |
| 80 | Mike Boggs | 81:29 | 182 | Ronald Crystal | 90:36 | | | | | | |
| 81 | Ken Davis | 81:37 | 183 | Tricia Zerhusen | 90:41 | | | | | | |
| 82 | Ron Talbert | 81:39 | 184 | Edward Moore | 90:45 | | | | | | |
| 83 | Bob Leatherman | 81:50 | 185 | Rhody Holthaus | 90:46 | | | | | | |
| 84 | Art Webster | 81:51 | 186 | Bob Ryan | 91:00 | | | | | | |
| 85 | Nick DePaulo | 81:52 | 187 | Alan Brokos | 91:16 | | | | | | |
| 86 | John Bausch | 82:02 | 188 | Brad Ebersole | 91:25 | | | | | | |
| 87 | Dennis Anderson | 82:03 | 189 | Frank Schraml | 91:40 | | | | | | |
| 88 | John Connolly | 82:04 | 190 | Alex Drabowski | 91:43 | | | | | | |
| 89 | Nathan Boyed | 82:13 | 191 | Robert Brager | 91:51 | | | | | | |
| 90 | Mike Politi | 82:15 | 192 | John Maas | 91:55 | | | | | | |
| 91 | Bob McBeren | 82:22 | 193 | Bob Johnston | 91:58 | | | | | | |
| 92 | Mike Van Beuren | 82:24 | 194 | Tim Gillen | 91:59 | | | | | | |
| 93 | Ron Howard | 82:27 | 195 | Jim Brooks | 92:00 | | | | | | |
| 94 | Jerry Bridge | 82:28 | 196 | Chris Rynne | 92:01 | | | | | | |
| 95 | Jeff Zehe | 82:33 | 197 | Michael Grossnickle | 92:20 | | | | | | |
| 96 | Mike Donohon | 82:40 | 198 | Dave Wells | 92:23 | | | | | | |
| 97 | Tom Gravenor | 83:10 | 199 | Deborah Eads | 92:23 | | | | | | |
| 98 | James Reed | 83:18 | 200 | T. Mullan | 92:43 | | | | | | |
| 99 | Ron Dorn | 83:23 | 201 | Karen Wagner | 92:52 | | | | | | |
| 100 | Dave Charlmers | 83:33 | 202 | Patricia Urban | 92:52 | | | | | | |
| 101 | Mike Haave | 83:39 | 203 | | 92:57 | | | | | | |



Mike Hill on his way to victory in the Valley 20K.

RESULTS

Continued from Page 13

December 31 - Father Time Frolic

8 mile predicted time race at Loch Raven. Cold, rainy. Ten times as many participants as last year, drawn by four digital wrist chronographs awarded to persons closest to their predicted times. 1977 winner came within 17 seconds; in 1978 eleven people were closer and fifty came within a minute or better of their predictions.

| | | Predicted Time | Actual Time | Difference | | | | | |
|-----|---------------------|-------------------|----------------|------------|------|-----------------------|-------|-------|--------|
| 1. | Tony Dalasio | 68:10 | 68:07 | :03 F | 81. | Barry Dubinsky | 71:24 | 69:34 | 1:50 F |
| 2. | Jim Harrison | 50:30 | 59:33 | :03 | 82. | Dave Pabst | 58:20 | 56:28 | 1:52 F |
| 3. | Jim Mortenson | 57:27 | 57:23 | :04 F | 83. | Jim Bourke | 63:10 | 65:02 | 1:52 |
| 4. | Bill Fiege | 59:45 | 59:41 | :04 F | 84. | Andrew Butterfield | 53:27 | 55:20 | 1:53 |
| 5. | Floyd Pace | 63:00 | 62:56 | :05 F | 85. | Bob Ray | 74:37 | 76:31 | 1:54 |
| 6. | Jim Marshall | 64:00 | 64:06 | :06 | 86. | John Butterfield | 52:13 | 50:18 | 1:55 F |
| 7. | Ted Chernak | 53:00 | 53:07 | :07 | 87. | Joe Lacy | 54:30 | 52:30 | 2:00 F |
| 8. | Roy Rengstorff | 67:50 | 67:59 | :09 | 88. | Ken Hammann | 62:00 | 60:00 | 2:00 F |
| 9. | Jim Pettit | 59:36 | 59:48 | :12 | 89. | Edward Moss | 62:30 | 64:31 | 2:01 |
| 10. | Dave O'Hara | 63:30 | 63:16 | :14 F | 90. | Jim Smolev | 70:00 | 67:58 | 2:02 F |
| 11. | Dennis Suski | 49:00 | 48:44 | :16 F | 91. | Arnie Cummins | 48:53 | 56:48 | 2:05 F |
| 12. | Pete Ebertz | 66:59 | 67:16 | :17 | 92. | Karen McMath | 67:32 | 65:26 | 2:06 F |
| 13. | Greg Cocco | 53:30 | 53:48 | :18 | 93. | Joe Krauss | 72:00 | 69:53 | 2:07 F |
| 14. | Mel Walton | 48:23 | 48:42 | :19 | 94. | Garry Bolan | 47:20 | 45:11 | 2:09 F |
| 15. | Brook Waldt | 54:00 | 53:40 | :20 F | 95. | Joe Herget | 50:01 | 47:52 | 2:09 F |
| 16. | Gene Reabe | 58:30 | 58:52 | :22 | 96. | Chuck Pendlyshok | 54:30 | 56:40 | 2:10 |
| 17. | Nancy Kuhn | 72:27 | 72:49 | :22 | 97. | Shelley Rojas | 72:05 | 69:53 | 2:12 F |
| 18. | Cliff Hankey | 72:27 | 72:49 | :22 | 98. | Lou Rojas | 72:05 | 69:53 | 2:12 F |
| 19. | Tom Pinter | 48:20 | 48:43 | :23 | 99. | John Eidelman | 55:08 | 52:54 | 2:14 F |
| 20. | Henry Janowitz | 53:20 | 53:43 | :23 | 100. | Judy Hasler | 66:30 | 64:16 | 2:14 F |
| 21. | Mike Hill | 48:00 | 48:27 | :27 | 101. | Fred Palmer | 63:30 | 61:15 | 2:15 F |
| 22. | Bailey, St. Clair | 54:56 | 54:28 | :28 | 102. | Elaine Woodward | 67:50 | 65:35 | 2:15 F |
| 23. | Joe Dadamo | 72:00 | 71:30 | :30 F | 103. | Craig Stanley | 56:40 | 58:56 | 2:16 |
| 24. | Joe Holland | 60:30 | 61:00 | :30 | 104. | Tom Milleson | 61:51 | 59:21 | 2:20 F |
| 25. | Delroy Matthews | 48:00 | 48:31 | :31 | 105. | Mike Pierre | 61:53 | 59:31 | 2:22 F |
| 26. | Earl Swartzendruber | 49:30 | 48:59 | :31 | 106. | Tom Bolan | 46:20 | 43:56 | 2:24 F |
| 27. | Steve Yeagle | 50:02 | 50:33 | :31 | 107. | Tom Edwards | 51:00 | 53:25 | 2:25 |
| 28. | Lloyd Peters | 56:00 | 55:24 | :32 F | 108. | Virginia Murphy | 80:00 | 77:33 | 2:27 F |
| 29. | Mike Davis | 72:00 | 71:28 | :32 F | 109. | Paul Rydzewski | 80:00 | 77:33 | 2:27 F |
| 30. | Paul Marquis | 62:30 | 61:55 | :35 F | 110. | David Aldrich | 57:00 | 54:24 | 2:36 F |
| 31. | Sam Spicer | 68:00 | 68:35 | :35 | 111. | Fred Barron | 60:00 | 57:11 | 2:49 F |
| 32. | Don Fischer | 56:00 | 55:24 | :36 F | 112. | Jim Hemler | 54:00 | 65:53 | 2:53 |
| 33. | Marge Rosasco | 47:26 | 48:04 | :38 | 113. | Al Filar | 53:00 | 50:01 | 2:59 F |
| 34. | Mike Vann | 60:00 | 71:51 | :39 F | 114. | Ron Reich | 60:00 | 57:00 | 3:00 F |
| 35. | Janet Vann | 72:30 | 71:51 | :39 F | 115. | Gene Hoffman | 58:10 | 61:10 | 3:00 |
| 36. | Don Miller | 46:52 | 46:11 | :41 F | 116. | Phil Moss | 66:31 | 69:32 | 3:01 |
| 37. | Rudolph Mannarino | 70:00 | 70:46 | :46 | 117. | Alan Brokos | 62:00 | 56:58 | 3:02 F |
| 38. | Allan Brecher | 48:00 | 47:12 | :48 F | 118. | Brigitte Heath | 61:05 | 64:08 | 3:03 |
| 39. | Milt Taylor | 53:30 | 57:42 | :48 F | 119. | Priscilla Butterfield | 65:25 | 62:19 | 3:06 F |
| 40. | John Fehir | 56:57 | 57:48 | :51 | 120. | Bob Dean | 62:01 | 58:52 | 3:09 F |
| 41. | Stan Bailey | 67:30 | 68:22 | :52 | 121. | Terry Himelfarb | 62:30 | 59:18 | 3:12 F |
| 42. | Denny Anderson | 52:50 | 51:58 | :52 F | 122. | John Poole | 50:40 | 47:26 | 3:14 F |
| 43. | Alex Medina | 55:40 | 56:33 | :53 | 123. | Mike Emerson | 68:20 | 65:03 | 3:17 F |
| 44. | Melissa Halverstadt | 59:22 | 58:28 | :54 | 124. | Brad Roberts | 53:20 | 56:40 | 3:20 |
| 45. | Ed Geisendaffer | 49:56 | 49:01 | :55 F | 125. | Frank Reynolds | 55:00 | 51:28 | 3:32 F |
| 46. | Ray Johnson | 66:10 | 67:05 | :55 | 126. | Joe Murphy | 69:30 | 65:57 | 3:33 F |
| 47. | Tom Carty | 53:06 | 52:10 | :56 F | 127. | Mike Wilsman | 60:00 | 63:34 | 3:34 |
| 48. | Ed Patey | 60:00 | 60:57 | :57 | 128. | Larry Jenkins | 63:00 | 59:23 | 3:37 F |
| 49. | Scott Lutrey | 47:16 | 46:18 | :58 F | 129. | Tom Bateman | 72:10 | 68:25 | 3:45 F |
| 50. | David Colburn | 61:00 | 61:59 | :59 | 130. | Joe Jensen | 66:00 | 62:14 | 3:46 F |
| | | 61:30 | 61:33 | :03 | 131. | Miles Murphy | 62:00 | 58:10 | 3:50 F |
| | | 61:30 | 61:33 | :03 | 132. | Steven Wilkinson | 67:00 | 70:57 | 3:57 |
| | | 61:30 | 61:33 | :03 | 133. | Pat Helmer | 75:00 | 70:59 | 4:01 F |
| | | 61:30 | 61:33 | :03 | 134. | Mike Molloy | 62:16 | 58:01 | 4:15 F |
| | | 61:30 | 61:33 | :03 | 135. | Joe Wilkinson | 63:00 | 67:16 | 4:16 |
| | | 61:30 | 61:33 | :03 | 136. | John Roemer, IV | 60:40 | 56:12 | 4:28 F |
| | | 61:30 | 61:33 | :03 | 137. | Pat Peterson | 70:00 | 65:32 | 4:28 F |

| | | | | |
|-----|---------------------|-------|-------|--------|
| 31. | Sam Spicer | 58:00 | 58:35 | :35 |
| 32. | Don Fischer | 56:00 | 55:24 | :36 F |
| 33. | Marge Rosasco | 47:26 | 48:04 | :38 |
| 34. | Mike Vann | 60:00 | 71:51 | :39 F |
| 35. | Janet Vann | 72:30 | 71:51 | :39 F |
| 36. | Don Miller | 46:52 | 46:11 | :41 F |
| 37. | Rudolph Mannarino | 70:00 | 70:46 | :46 |
| 38. | Allan Brocher | 48:00 | 47:12 | :48 F |
| 39. | Milt Taylor | 53:30 | 57:42 | :48 F |
| 40. | John Fehir | 56:57 | 57:48 | :51 |
| 41. | Stan Bailey | 67:30 | 68:22 | :52 |
| 42. | Denny Anderson | 52:50 | 51:58 | :52 F |
| 43. | Alex Medina | 55:40 | 56:33 | :53 |
| 44. | Melissa Halverstadt | 59:22 | 58:28 | :54 |
| 45. | Ed Geisendaffer | 49:56 | 49:01 | :55 F |
| 46. | Ray Johnson | 66:10 | 67:05 | :55 |
| 47. | Tom Carty | 53:06 | 52:10 | :56 F |
| 48. | Ed Patey | 60:00 | 60:57 | :57 |
| 49. | Scott Lutrey | 47:16 | 46:18 | :58 F |
| 50. | David Colburn | 61:00 | 61:59 | :59 |
| 51. | Bernard Robier | 55:20 | 56:22 | 1:02 |
| 52. | Steve Rosasco | 50:16 | 51:19 | 1:03 |
| 53. | Dave McCubbin | 66:30 | 67:33 | 1:03 |
| 54. | John Sherman | 66:48 | 65:44 | 1:04 F |
| 55. | Marilyn Bevans | 49:06 | 50:11 | 1:05 |
| 56. | Mike Braswell | 63:26 | 62:21 | 1:05 F |
| 57. | Dan Fleisher | 55:30 | 54:24 | 1:06 F |
| 58. | Ron Roessler | 64:15 | 65:22 | 1:07 |
| 59. | Dwight Hood | 62:04 | 60:56 | 1:08 F |
| 60. | Bob Hemler | 53:00 | 51:50 | 1:10 F |
| 61. | Tom Zibron | 62:10 | 60:58 | 1:12 F |
| 62. | Warren Cooper | 67:27 | 68:41 | 1:14 |
| 63. | Gary Johnson | 59:30 | 58:15 | 1:15 F |
| 64. | Tony Olmedo | 62:00 | 63:17 | 1:17 |
| 65. | Bruce Carter | 51:00 | 52:23 | 1:23 |
| 66. | Mark Johnson | 46:40 | 48:04 | 1:24 |
| 67. | Robin Stryker | 59:52 | 58:28 | 1:34 F |
| 68. | Phil Cioni | 64:22 | 62:57 | 1:25 F |
| 69. | Joe Mayhugh | 63:30 | 62:01 | 1:29 F |
| 70. | Ray Morgan | 69:00 | 67:31 | 1:29 F |
| 71. | Dave Mahan | 60:00 | 58:28 | 1:32 F |
| 72. | John Servelle | 64:00 | 65:32 | 1:32 |
| 73. | Kathy Pratt | 60:18 | 61:50 | 1:32 |
| 74. | Mike Lurie | 63:20 | 64:54 | 1:34 |
| 75. | John Hasler | 64:30 | 62:51 | 1:39 F |
| 76. | Jim McLaughlin | 59:00 | 57:20 | 1:40 F |
| 77. | Herman Sykes | 54:00 | 52:15 | 1:45 |
| 78. | Les Kinion | 60:15 | 58:30 | 1:45 F |
| 79. | Donn Layne | 54:00 | 52:11 | 1:49 F |
| 80. | Kathy Kleeman | 67:09 | 65:19 | 1:50 F |

| | | | | |
|------|-----------------------|-------|-------|----------|
| 118. | Brightie Fleah | 61:08 | 61:08 | :00 |
| 119. | Priscilla Butterfield | 65:25 | 62:19 | :3:06 F |
| 120. | Bob Dean | 62:01 | 58:52 | :3:09 F |
| 121. | Terry Himelfarb | 62:30 | 59:18 | :3:12 F |
| 122. | John Poole | 50:40 | 47:26 | :3:14 F |
| 123. | Mike Emerson | 68:20 | 65:03 | :3:17 F |
| 124. | Brad Roberts | 53:28 | 56:40 | :3:20 |
| 125. | Frank Reynolds | 55:00 | 51:28 | :3:32 F |
| 126. | Joe Murphy | 69:30 | 65:57 | :3:33 F |
| 127. | Mike Wilgman | 60:00 | 63:34 | :3:34 |
| 128. | Larry Jenkins | 63:00 | 59:23 | :3:37 F |
| 129. | Tom Bateman | 72:10 | 68:25 | :3:45 F |
| 130. | Joe Jensen | 66:00 | 62:14 | :3:46 F |
| 131. | Miles Murphy | 62:00 | 58:10 | :3:50 F |
| 132. | Steven Wilkinson | 67:00 | 70:57 | :3:57 |
| 133. | Pat Helmer | 75:00 | 70:59 | :4:01 F |
| 134. | Mike Molloy | 62:16 | 58:01 | :4:15 F |
| 135. | Joe Wilkinson | 63:00 | 67:16 | :4:16 |
| 136. | John Roemer, IV | 60:40 | 56:12 | :4:28 F |
| 137. | Pat Peterson | 70:00 | 65:32 | :4:28 F |
| 138. | Joe Jira | 78:00 | 82:31 | :4:31 |
| 139. | Phyllis Jira | 78:00 | 82:31 | :4:31 |
| 140. | Jean Claude Kiehl | 58:27 | 63:18 | :4:51 |
| 141. | Patty Baker | 70:00 | 74:57 | :4:57 |
| 142. | Leonard Brokos | 68:00 | 62:54 | :5:06 F |
| 143. | Joe Duncan | 75:00 | 69:29 | :5:31 F |
| 144. | Mike Duncan | 75:00 | 69:21 | :5:39 F |
| 145. | William Brown | 84:32 | 78:45 | :5:47 F |
| 146. | Drue Dawson | 60:11 | 66:04 | :5:53 |
| 147. | Brett Shortall | 74:00 | 67:34 | :6:26 F |
| 148. | Don Marvel | 51:53 | 58:30 | :6:37 |
| 149. | Jay Bright | 59:30 | 52:50 | :6:40 F |
| 150. | Lee Muse | 75:00 | 68:20 | :6:40 F |
| 151. | Andrew Oken | 54:00 | 61:15 | :7:15 |
| 152. | Chris Mortenson | 64:30 | 72:14 | :7:44 |
| 153. | Peter Mack | 67:00 | 74:44 | :7:44 |
| 154. | Harry Bass | 91:15 | 82:31 | :8:44 F |
| 155. | Wendy Butterfield | 72:01 | 62:03 | :9:58 F |
| 156. | Joe Stovall | 49:50 | 65:13 | :15:23 |
| 157. | Chip Larson | 80:00 | 63:41 | :16:19 F |

F - Faster than predicted time

Race Committee

Mel Walton has been appointed chairman of the Race Schedule Committee. Also on the committee are Les Kinion, Bailey St. Clair, Donn Layne, Mike Hill, Kathy Kleeman, Colleen

Pierre, John Roemer, Dick Nair and Bill Diegel. The committee will establish the schedule, including courses, distances and prizes. If you have any suggestions, contact Mel at 821-8337.

**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

Alex Medina 254-7578

or

Mel Walton 821-8337

RESULTS

Continued from Page 14

January 7 - DCRRC V. BRRRC 10 Mile Challenge-Baltimore won, for the third time in four races, and retired the Challenge trophy. This was the last race we will sponsor on this course, which has numerous misleading forks, dangerous intersections, narrow shoulders and excessive traffic. Because snow, rain and fog reduced visibility to about 20 feet, many made wrong turns.

Incidentally, we planned the start for 11:00 a.m., but D.C. got it wrong in their schedule, and we were forced to go at 1:00 p.m. NFL freaks were not happy to miss the Pittsburgh/Houston title game.

One D.C. competitor ran the last five miles barefoot through ice and snow.

| Place | Name | Time | Club |
|-------|---------------------|-------|---------------|
| 1 | Walt Conrad | 54:54 | Baltimore RRC |
| 2 | Mark Johnson | 55:31 | Baltimore RRC |
| 3 | S. Lutrey | 55:31 | Baltimore RRC |
| 4 | Chan Robbins | 56:12 | DCRRC |
| 5 | Steve Kelly | 56:20 | Baltimore RRC |
| 6 | Charles Schulz | 57:29 | DCRRC |
| 7 | John Weidman | 57:34 | DCRRC |
| 8 | Tirriothy Whitcombe | 58:10 | Baltimore RRC |
| 9 | Delroy Matthews | 58:10 | Baltimore RRC |
| 10 | John Butterfield | 58:19 | Baltimore RRC |
| 11 | Steve Vaughan | 58:24 | Baltimore RRC |
| 12 | Warren Ohlrich | 58:37 | DCRRC |
| 13 | Jim Nupp | 60:08 | Unattached |
| 14 | John Poole | 60:21 | Baltimore RRC |
| 15 | Joe Herget | 60:48 | Baltimore RRC |
| 16 | Sammy Stephens | 62:02 | Baltimore RRC |
| 17 | Otis Williamson | 62:07 | DCRRC |
| 18 | James R. Hanscomb | 62:15 | DCRRC |
| 19 | Ed Sharp | 62:30 | DCRRC |
| 20 | Warren Hospice | 62:20 | Baltimore RRC |
| 21 | Dwight R. Hood | 62:56 | Baltimore RRC |
| 22 | Scott Paris | 63:08 | Baltimore RRC |
| 23 | Paul Nelson | 63:35 | DCRRC |
| 24 | Randall B. Washburn | 63:40 | DCRRC |
| 25 | Steve Clapp | 63:51 | DCRRC |
| 26 | Chris Hall | 64:41 | Baltimore RRC |
| 27 | Frank Fitzpatrick | 64:45 | Baltimore RRC |
| 28 | Larry Washington | 64:49 | DCRRC |
| 29 | Paul Buckley | 64:50 | Baltimore RRC |
| 30 | Andrew C. Oken | 64:56 | Baltimore RRC |
| 31 | Sandy Haley | 65:08 | DCRRC |
| 32 | Keith Olson | 65:13 | DCRRC |
| 33 | Mark Walsh | 65:24 | DCRRC |
| 34 | Allen Montgomery | 65:28 | DCRRC |
| 35 | Hank Buchanan | 65:36 | DCRRC |
| 36 | Mike Ferguson | 65:43 | DCRRC |
| 37 | Larry Roberts | 65:47 | Baltimore RRC |
| 38 | Bruce Carter | 65:52 | Baltimore RRC |
| 39 | Eddy Rayford | 65:55 | Baltimore RRC |
| 40 | John Stiver | 65:58 | Baltimore RRC |
| 41 | John Fehir | 66:02 | Baltimore RRC |
| 42 | Charles Fetzer | 66:07 | DCRRC |
| 43 | Les Kinion | 66:10 | Baltimore RRC |
| 44 | Mike Keely | 67:53 | Baltimore RRC |

| | | | |
|----|-----------------------|-------|---------------|
| 50 | Richard Borkowski | 71:04 | Baltimore RRC |
| 51 | Gary Johnson | 71:19 | Baltimore RRC |
| 52 | Walt Washburn | 71:37 | DCRRC |
| 53 | Andrew Livingston | 71:49 | Baltimore RRC |
| 54 | Gordon Livingston | 71:50 | Baltimore RRC |
| 55 | Stephen L. Copps | 72:07 | DCRRC |
| 56 | Stuart B. Weinstein | 72:29 | DCRRC |
| 57 | Joe Broderick | 72:48 | DCRRC |
| 58 | Jim Montrenson | 73:35 | Baltimore RRC |
| 59 | Warren Love | 76:39 | DCRRC |
| 60 | Harry L. Vantrees | 76:47 | DCRRC |
| 61 | Elaine Woodward | 76:45 | Baltimore RRC |
| 62 | John Broderick | 77:39 | DCRRC |
| 63 | Joseph Formoso | 80:12 | DCRRC |
| 64 | Beth Thompson | 80:13 | Baltimore RRC |
| 65 | Priscilla Butterfield | 80:30 | Baltimore RRC |
| 66 | Dick Manasseri | 80:30 | DCRRC |
| 67 | Gil Tracey | 81:04 | Baltimore RRC |
| 68 | Carl Riddlemoser | 81:39 | Unattached |
| 69 | Joe Stovall | 81:39 | Baltimore RRC |
| 70 | Wendy Butterfield | 82:24 | Baltimore RRC |
| 71 | J. Black | 82:25 | Baltimore RRC |
| 72 | Jim Bourke | 85:12 | Baltimore RRC |
| 73 | Tony Olmedo | 82:12 | Baltimore RRC |
| 74 | Mike Smith | 85:15 | DCRRC |
| 75 | Patricia V. Baker | 85:32 | Baltimore RRC |
| 76 | D. Helzer | 86:35 | Baltimore RRC |
| 77 | Bevern Matthews | 88:17 | Baltimore RRC |
| 78 | Roger Burkhart | 88:17 | DCRRC |
| 79 | Peggy Theall | 92:30 | DCRRC |

SCORING

Cross-country scoring used. The number of runners scoring for each team equals the number of runners entered by the smallest team minus two.

| | Baltimore | DCRRC |
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|----|-------------------|-------|---------------|----|----|
| 27 | Frank Fitzpatrick | 64:45 | Baltimore RRC | 20 | 25 |
| 28 | Larry Washington | 64:49 | DCRRRC | 21 | 28 |
| 29 | Paul Buckley | 64:50 | Baltimore RRC | 22 | 31 |
| 30 | Andrew C. Oken | 64:56 | Baltimore RRC | 26 | 32 |
| 31 | Sandy Haley | 65:08 | DCRRRC | 27 | 33 |
| 32 | Keith Olson | 65:13 | DCRRRC | 29 | 34 |
| 33 | Mark Walsh | 65:24 | DCRRRC | 30 | 35 |
| 34 | Allen Montgomery | 65:28 | DCRRRC | 37 | 36 |
| 35 | Hank Buchanan | 65:36 | DCRRRC | 38 | 42 |
| 36 | Mike Ferguson | 65:43 | DCRRRC | 39 | 45 |
| 37 | Larry Roberts | 65:47 | Baltimore RRC | 40 | 46 |
| 38 | Bruce Carter | 65:52 | Baltimore RRC | 41 | 47 |
| 39 | Eddy Rayford | 65:55 | Baltimore RRC | 43 | 49 |
| 40 | John Stiver | 65:58 | Baltimore RRC | 44 | 52 |
| 41 | John Fehir | 66:02 | Baltimore RRC | 48 | 55 |
| 42 | Charles Fetzer | 66:07 | DCRRRC | 50 | 56 |
| 43 | Les Kinion | 66:10 | Baltimore RRC | 51 | 57 |
| 44 | Mike Keelty | 67:53 | Baltimore RRC | 53 | 59 |
| 45 | Al Lopez | 68:59 | DCRRRC | 54 | 60 |
| 46 | Jon W. Peterson | 69:08 | DCRRRC | 58 | 63 |
| 47 | J. Jacob Wind | 70:30 | DCRRRC | 61 | 63 |
| 48 | Pam Iodings | 70:34 | Baltimore RRC | 64 | 66 |
| 49 | W. Burke | 71:00 | DCRRRC | 65 | 74 |

RESULTS

Dec. 10 - 4.25 miles at Montebello; cold and very windy. Many new faces at a new event (one little loop, one big loop).

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|--|---|---|---|
| <ul style="list-style-type: none"> (1) Scott Lutrey 25, 23:30 (2) Steve Reid 23, 23:40 (3) John Elder 30, 23:46 (4) James Gordon 18, 23:56 (5) Robert McCutbin 18, 24:34 (6) Don Marvel 35, 24:43 (7) Joe Herget 17, 25:01 (8) Scott Paris 18, 25:13 (9) Arnold Cummins 41, 25:18 (10) John Poole 31, 25:39 (11) Mike Hendon 17, 26:08 (12) Bill Gaa 27, 26:21 (13) John Roemer 40, 26:27 (14) John McAuliffe 20, 26:46 (15) Nick Delambo 36, 26:50 (16) Ron Talbert 26:51 (17) Greg Cocco 22, 27:23 (18) John Idleman 33, 27:25 (19) Herman Sykes 38, 27:31 (20) Bob Sinton 27:48 (21) Matt Silner 27, 27:51 (22) Milton Taylor 45, 28:02 (23) Donald Fanlos 12, 28:18 (24) Bill Day 17, 28:21 (25) Henry Janowitz 32, 28:28 (26) Jay Bright 26, 28:32 (27) David O'Mara 33, 28:39 (28) Bob Annen 31, 28:45 (29) James Barrett 16, 28:55 | <ul style="list-style-type: none"> (30) Maurice Pointer 23, 28:58 (31) Gary Johnson 34, 29:10 (32) Gred Barron 34, 29:10 (33) Robin Stryker 24, 29:17 (34) Tom Jackson 15, 29:20 (35) Brian Lee 22, 29:22 (36) Gene Hoffman 27, 29:30 (37) Paul Marquis 32, 29:31 (38) David Barrett 35, 29:33 (39) Pete Johnston 39, 30:05 (40) Ken Walfer 29, 30:20 (41) Brigitte Heath 28, 30:22 (42) Susan Larson 26, 30:23 (43) Fred Palmer 32, 30:24 (44) Stu Fons 39, 30:32 (45) Phil Cioni 38, 30:39 (46) Bob Ryan 35, 30:45 (47) Robert Kershaw 26, 30:50 (48) Bret Shortall 14, 30:51 (49) Edward Moses 14, 30:54 (50) Frank Kaminski 57, 30:59 (51) Richie Nair 31:06 (52) Randy Fillmore 31, 31:19 (53) Tom Davis 38, 31:30 (54) Joe Wagner 31, 31:31 (55) Jim Bourke 25, 31:32 (56) Cathy Kleeman 30, 31:39 (57) Warren Cooper 26, 31:43 (58) Roy Rolig 25, 31:49 (59) Bern Gugerty 47, 31:53 (60) Martin O'Neill 41, 31:55 (61) Emily Sadler 27, 32:07 (62) Jumisha Vaughn 31, 32:20 | <ul style="list-style-type: none"> (63) Patricia Baker 27, 32:39 (64) Donald Faulen 32, 32:42 (65) John Kafka 18, 32:43 (66) Barry Dubinsky 36, 33:17 (67) Carl Tahini 45, 33:33 (68) Jim Cordie 35, 33:35 (69) Lesley Van Engel 23, 33:41 (70) John Frezee 33, 34:00 (71) Laura Werkart 24, 34:42 (72) Paul Zelenka 30, 34:43 (73) Jim McGovern 14, 34:45 (74) James Hach 19, 34:46 (75) Mark Lefkowitz 25, 35:00 (76) Bill Beers 27, 35:17 (77) Steve Eidelman 29, 35:50 (78) Jim Rehrey 49, 35:52 (79) Pat Gugerty 13, 36:00 (80) Kay Fors 34, 36:03 (81) Joseph Jura 23, 36:04 (82) Shelley Rojas 27, 36:53 (83) Mollie Dunker 27, 37:18 (84) Maria Perkins 31, 37:30 (85) Keith Perkins 34, 37:30 (86) No Name 38:10 (87) Steve Maged 31, 38:11 (88) No Name 38:15 (89) Nori Fustig 25, 38:36 (90) Florry Goldberg 24, 38:46 (91) Diana Hoshell 31, 38:59 (92) No Name 39:16 (93) James Hester 39:16 (94) Alhifj Aldullah 39, 39:16 (95) Carol Tamini 40, 39:23 | <ul style="list-style-type: none"> (96) John Schwartz 10, 39:26 (97) Darcy Nair 12, 39:28 (98) Dottie Della 39:35 (99) No Name 39:41 (100) Paul Moore 50, 39:47 (101) Phyliss Krauss 21, 39:48 (102) Bonnie Schulman 32, 40:23 (103) Harry Bass 49, 40:40 (104) Paul Schwartz 9, 41:18 (105) Bill Schwartz 40, 41:19 (106) Martha Schlenger 22, 42:15 (107) Anne Mannato 25, 42:16 (108) Cathy Vuldres 26, 42:33 (109) Sylvia Rehrey 47, 42:42 (110) Al Grubouski 37, 43:43 (111) Chris Marvel 11, 42:45 (112) Nancy Dashiells 31, 43:10 (113) R. McConadie 43:13 (114) Marilyn Nicholes 41, 43:14 (115) Mary Roemer 22, 43:27 (116) Carol Wandres 44:01 (117) Karen Schlack 26, 45:06 (118) Dianne Henninger 35, 45:06 (119) No Name 45:28 (120) Charlotte Snyder 31, 45:37 (121) Bill Geisel 36, 45:58 (122) Leroy Abernathy 46:09 (123) No Name 50:45 (124) No Name 50:45 |
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RESULTS

Continued from Page 15

January 14: Falls Rd Four Miler - cold, damp, gray day, running gloves to all finishers. Fast, pleasant course along Jones Falls has quickly become popular.

1. Charlie Koester, 20:33; 2. Bill Caldwell, 20:34; 3. Bob McCubbin, 21:29; 4. Mike Ward, 21:33; 5. Warren Haynie, 21:34; 6. Steve Vaughan, 21:54; 7. Don Miller, 21:58; 8. Scott Lutrey, 22:13; 9. Mike Naples, 22:15; 10. Arnie Cummins, 22:27; 11. Harry Goodman, 22:31; 12. Delroy Matthews, 22:32; 13. Scott Paris, 22:33; 14. John Butterfield, 22:40; 15. Don Forgione, 22:43; 16. Mel Walton, 22:52; 17. Dennis Suski, 23:07; 18. Jim Gordon, 23:09; 19. Jim Skeen, 23:16; 20. Mark Dziwulski, 23:23; 21. Mark Yerkes, 23:31; 22. John McAuliffe, 23:50; 23. Joe Herget, 23:53; 24. Jim McGill, 23:54; 25. Frank Fitzpatrick, 23:56.

26. Jack Burdnett, 23:57; 27. Pat Eachd, 23:57; 28. Al Filar, 23:58; 29. Roger Burrow, 24:02; 30. Chris Aland, 24:02; 31. Joe Hall, 24:02; 32. Marilyn Bevans, 24:09; 33. Greg Bacinski, 24:10; 34. Jay Bright, 24:11; 35. Dave Pabst, 24:14; 36. Dave Mahan, 24:20; 37. Dave Walatha, 24:22; 38. Gary Behrens, 24:23; 39. Andy Oken, 24:23; 40. Lloyd Peters, 24:28; 41. Allen Richardson, 24:29; 42. Lou Rojas, 24:50; 43. Nick Delambo, 24:51; 44. Nick Greco, 24:56; 45. Patricia Walker, 25:00; Mike Porter, 25:05; 47. Bob Hemler, 25:07; 48. John Mildner, 25:10; 49. Locke Thomsen, 25:20; 50. Bill Reeder, 25:23.

51. Brian Lee, 25:24; 52. Don Wright, 25:26; 53. Martin Greenberger, 25:35; 54. Eddy Rayford, 25:37; 55. John Fehir, 25:40; 56. Steve Rothwell, 25:42; 57. Luther Whiting, 25:44; 58. Henry Janowitz, 25:46; 59. Bill Keller, 25:50; 60. Tom Bateman, 25:58; 61. Dick Borkowski, 26:00; 62. Reed Pyeritz, 26:05; 63. Robin Stryker, 26:08; 64. Dan Fleisher, 26:08; 65. Jim

29:52; 126. Jim Cordie, 29:54; 126. Ron Gerber, 30:00; 127. Ron Gerber, 30:00; 128. Alan Deanehan, 30:06; 129. Richard Maure, 30:07; 130. Myron Kellner, 30:09; 131. Emily Sadler, 30:11; 132. John Hutchinson, 30:17; 133. Arnold Forman, 30:23; 134. Jack Holties, 30:25; 135. Ray Morgan, 30:30; 136. Steve Mallheuis, 30:35; 137. Don Falcon, 30:42; 138. Nancy Wallace, 30:43; 139. Mike Duncan, 30:53; 140. Laurel Sommers, 31:05; 141. Sherry Kendall, 31:25; 142. Bill Spencer-Strong, 31:31; 143. Janet Overton, 31:34; 144. Bob Ray, 31:47; 145. Laura Johnson, 32:05; 146. A. Gibson, 32:16; 147. Joe Krauss, 32:20; 148. Joe Duncan, 32:21; 149. Mike Guarnieri, 32:22; 150. Bazyl Kowalenko, 32:35.

151. Ed Murphy, 32:36; 152. Phil Moss, 32:48; 153. Kate Daughtery, 32:52; 154. Pat Keavney, 32:55; 155. Tom Sloan, 32:55; 156. Tom Keavney, 32:55; 157. Nancy Miller, 32:58; 158. Phil Easter, 33:16; 159. Cliff Haey, 33:17; 160. Joe Jira, 33:25; 161. Aaron Fortier, 33:26; 162. Bonnie Denny, 33:30; 163. C. E. Shores, 33:32; 164. Eileen Goldgeier, 33:33; 165. Jim Low-

ery, 33:38; 166. Dwight Fortier, 33:42; 167. J. C. Miller, 33:45; 168. Joe O'Hara, 33:50; 169. Joe Heldmann, 33:52; 170. Arline Ford, 34:06; 171. Larry O'Neill, 34:08; 172. Steve Maged, 34:19; 173. Jeff Levesque, 34:23; 174. Doug Sommers, 34:27; 175. Ron Seff, 34:39; 176. Omowlai Ali, 34:39; 177. Kathleen Ourand, 35:13; 178. Patricia Payne, 35:15; 179. Tysor, 35:33; 180. Charles Lutz, 35:38; 181. Amy Salawitch, 35:54; 182. Ann Scanlon, 36:22; 182. Terri Chayt, 36:26; 184. Tom Saudners, 36:27; 185. Colin Delpi, 36:50; 186. John Chitenden, 36:51; 187. Jenia Brown, 36:58; 188. Phyllis Kenuses, 37:03; 189. Kathy Taylor, 37:45; 190. Pat Young, 37:48; 191. Kristine Brill, 37:51; 192. Chris Mortenson, 37:57; 193. Sheldon Goldgeier, 38:09; 194. Ellen Sinclair, 38:24; 195. Helene Murtha, 38:26; 196. Karl Berger, 39:48; 197. Dottie Della, 39:49; 198. Mary Ann Rizer, 39:55; 199. Kelly Brill, 40:06; 200. Carol Wandres, 40:07.

201. Kim Coale, 40:14; 202. G. T. Waitz, 40:32; 203. Nicole Fortier,

41:31; 204. Catherine Seipp, 42:18; 205. Marianne Moxon, 42:18; 206. Dennis Ourand, 48:30; 207. John Mortenson, 54:12; 208. Jim Mortenson, 54:12 (ran with son)

Age Group Winners

20-29

Mike Ward 21:33

Steve Vaughan 21:54

Don Miller 21:58

30-39

Mike Naples 22:15

Delroy Matthews 22:32

Mel Walton 22:52

40-49

Arnie Cummins 22:27

John Butterfield 22:40

Al Filar 23:58

50-over

Bill Fiege 26:50

Bill Foley 27:10

Frank Kaminsky 29:19

Women

Marilyn Bevans 24:09

Patricia Walker 25:00

Robin Stryker 26:08

CLUB RUNNERS OF THE YEAR

Statuettes and special plates were presented to each of the following at the club party in January for their 1978 performances. Runners-up are in alphabetical order.

Male Runner of the Year

1st - Steve Yeagle: 2:22 at the Boston Marathon - the fastest ever by a Baltimorean; won the Schlitz Light Marathon in DC and the BRRC Great Subway Race (8 miles - 41:33)

Runners-Up

Bill Caldwell: won a number of club races (Montebello 8 miler, Wendys 10 miler, etc.)

tional Marathon (2:58:26); 3rd, Bonne Bell 10K in D.C. (37:14); 2nd woman, Constellation 10K (36:31); 24th, L'Eggs 10K (37:29 - 4300 women entrants) Kathy Smith Heckman - 2:57:45, Boston Marathon; 1st woman, Maryland Marathon and Connecticut Mutual 10.

Special Honorees: Women

Kathy Smith Heckman - Most improved woman runner, with sparkling sub - 3:00 performances at Boston and Maryland.

Miriam Pratt - Best over 50 woman

Mike Hill - Special accomplishment award: Ran more club races well (over two dozen) than anyone else; 1st, one hour track run; high finishes and fast times throughout the year.

Special Contribution Awards

Phil Jackman, sportswriter, Evening Sun for providing advice on training, equipment, injuries and races and for publicizing roadrunning in his column, and for preparing and publishing the results of dozens of races for thousands of runners.

CLUB RUNNER OF THE YEAR

ardson, 24:29; 42. Lou Rojas, 24:50; 43. Nick Delambo, 24:51; 44. Nick Greco, 24:56; 45. Patricia Walker, 25:00; Mike Porter, 25:05; 47. Bob Hemler, 25:07; 48. John Mildner, 25:10; 49. Locke Thomsen, 25:20; 50. Bill Reeder, 25:23.

51. Brian Lee, 25:24; 52. Don Wright, 25:26; 53. Martin Greenberger, 25:35; 54. Eddy Rayford, 25:37; 55. John Fehir, 25:40; 56. Steve Rothwell, 25:42; 57. Luther Whiting, 25:44; 58. Henry Janowitz, 25:46; 59. Bill Keller, 25:50; 60. Tom Bateman, 25:58; 61. Dick Borkowski, 26:00; 62. Reed Pyeritz, 26:05; 63. Robin Stryker, 26:08; 64. Dan Fleisher, 26:08; 65. Jim Pettit, 26:11; 66. Jim Black, 26:32; 67. Rick Burke, 26:34; 68. Miles Murphy, 26:40; 69. Dave O'Hara, 26:42; 70. Bill Fiege, 26:50; 71. George Schrufer, 26:51; 72. Allen Krum, 26:52; 73. Chris Rynne, 26:53; 74. Tom Bradford, 26:53; 75. Phil Jackman, 26:56.

76. Mike Boggs, 27:06; 77. Bill Foley, 27:10; 78. Frank Barron, 27:18; 79. Frank Morgan, 27:23; 80. Jeff Misjer, 27:35; 81. Brigitte Heath, 27:38; 82. Dave Heizer, 27:41; 83. Jim Harris, 27:47; 84. Tom Hyatt, 27:49; 85. Mike Braswell, 27:50; 86. Ken Hammann, 27:51; 87. Steve Morrison, 27:52; 88. T. M. Himelfarb, 28:00; 89. Tom Cheriga, 28:00; 90. Carter Sinclair, 28:01; 91. Bevern Matthews, 28:02; 92. Mike Webb, 28:03; 93. John Servelle, 28:04; 94. Fred Palmer, 28:08; 95. Susan Larson, 28:14; 96. J. P. Curtin, 28:18; 97. Paul Marquis, 28:21; 98. John Cusson, 28:30; 99. Ed Moss, 28:35; 100. Dave Wells, 28:40.

101. Jim Bourke, 28:45; 102. Jean-Claude Kiehl, 28:45; 103. Lloyd Richardson, 28:45; 104. Leo Kinion, 28:45; 105. Phil Cioni, 28:45; 106. Ross Hempstead, 28:50; 107. Floyd Pace, 28:51; 108. Gene Hoffman, 28:52; 109. Valerie Sloan, 28:54; 110. Bob Wagner, 28:57; 111. Bern Gugerty, 29:00; 112. Chuck Blair, 29:01; 113. Susan Vaughan, 29:01; 114. Pat Gugerty, 29:05; 115. Allen Dale, 29:05; 116. Lorenzo Plater, 29:05; 117. Dave Cooley, 29:05; 118. Chuck Chesnavage, 29:14; 119. Frank Kaminski, 29:19; 120. Joe Chamberlin, 29:27; 121. Warren Cooper, 29:31; 122. Norm Payne, 29:31; 123. Rick Portes, 29:39; 124. Margaret Boeckman, 29:43; 125. Joe Schaefer,

Statuettes and special plates were presented to each of the following at the club party in January for their 1978 performances. Runners-up are in alphabetical order.

Male Runner of the Year

1st - Steve Yeagle: 2:22 at the Boston Marathon - the fastest ever by a Baltimorean; won the Schlitz Light Marathon in DC and the BRRC Great Subway Race (8 miles - 41:33)

Runners-Up

Bill Caldwell: won a number of club races (Montebello 8 miler, Wendys 10 miler, Loch Raven 4 miler); 6th, Nat'l. RRCA 20K Championship (66:32); 3rd, Ocean City Sun Run 10 Miler (51:45)
Mark Johnson: Won Loch Raven 20 miler (2:01:28); Won Denson 10 (53:24); 10th, Constellation (31:43); 13th, RRCA Nat'l 20K Championship (68:34); 2nd Great Subway Race

Scott Luftrey - ran an enormous number of club races and worked many of them. 1st, Columbia Half Marathon Challenge (72:37); 1st, Druid Hill 6 (32:30); 4th, Club 20 Mile Championship (2:00:26); 3rd, Tetrathon; 2nd, Meet of Miles; 29th, Constellation, 22nd, Maryland Marathon (2:31:20 - 2nd BRRC finisher)

Charlie Koester: won Layne Half Marathon (70:43), meet of Miles (4:32), Times Metc Marathon, Evening Sun Tough 10; 10th, Nat'l. RRCA 20K Championship (67:20); 10th, Maryland Marathon (2:27:12 - 1st BRRC finisher)

Female Runner of the Year

1st - Marge Rosasco: Won women's division in virtually every club and area race; 1st, Diet Pepsi Regional 10K, Phila. (35:58); 2nd, Diet Pepsi National 10K Championship (34:54 - P.R.); 1st, Queen Bee 10K, Phila (35:11); 1st woman, Ocean City 10 (57:46 - P.R.); 4th woman, Cherry Blossom 10 (59:02); 2nd, Bonne Bell 10K in D.C. (35:48 2000 women entrants); 13th (1st over 30), L'Eggs 10K (35:49-4300 women entrants); 2nd - and race director - Lady Equitable 10K; 1st woman, Constellation 10K (35:13)

Runners-Up

Marilyn Bevans: 1st woman, Caesar Rodney Half Marathon (82:46 - course record); 9th, Avon Women's Interna-

tional Marathon (2:58:26); 3rd, Bonne Bell 10K in D.C. (37:14); 2nd woman, Constellation 10K (36:31); 24th, L'Eggs 10K (37:29 - 4300 women entrants)
Kathy Smith Heckman - 2:57:45, Boston Marathon; 1st woman, Maryland Marathon and Connecticut Mutual 10.

Special Honorees: Women

Kathy Smith Heckman - Most improved woman runner, with sparkling sub - 3:00 performances at Boston and Maryland.

Miriam Pratt - Best over 50 woman runner: 1st over 50, Lady Equitable 10K (51:15), Red Rose 5 and Constellation 10K (51:23); improved her Maryland Marathon time 40 minutes, to 4:13:30.

Special Honorees: Men

1st: John Elder - Most improved male runner: 1st Balto. resident, Maryland Marathon (2:34:35); 23rd, Gunpowder Neck 10 (57:40); 2nd, Bike/Run; 7th Subway 8 (43:17); 4th, Connecticut Mutual 10; well-placed in other club races

Mel Walton - Runner-up, most improved male runner: 2:45 Philadelphia Marathon; 2:41 Maryland Marathon; 6:00 average in Times Metric Marathon (previous marathon best, 2:58)

Don Marvel - Special distance award: 5:48 Fifty Miler; 6th, Boonsboro 50.2 miler, after 2 mile wrong turn; 2:39 Maryland marathon; 56:41 10 miler; one 210 mile training week!

Park Barner - Special distance award: American record for 24 hour run (157 miles); numerous 50 and 100 mile races; feature story in **Sports Illustrated**; **Runners World** ultra distance runner of the year.

Mike Hill - Special accomplishment award: Ran more club races well (over two dozen) than anyone else; 1st, one hour track run; high finishes and fast times throughout the year.

Special Contribution Awards

Phil Jackman, sportswriter, **Evening Sun** for providing advice on training, equipment, injuries and races and for publicizing roadrunning in his column, and for preparing and publishing the results of dozens of races for thousands of finishers.

Mary Roemer - Club worker of the year, for working 40 hours a week unpaid, on membership rosters, renewals, results, race administration and phone calls from runners.

Carol Wandres - Runner-up, club workers, for working dozens of races throughout the year.

Eddy Rayford - Runner-up, club worker, for preparing race results and handling race finish lines.

Masters Runners of the Year

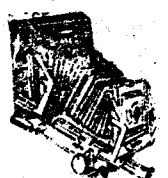
1st: John Butterfield - won masters division in numerous area and national races; 13th overall, Gunpowder 10 (56:14); 13th overall, Ocean City 10 (54:32); 31st overall, Maryland Marathon (2:32:30); 2nd, Schlitz Light Marathon.

Runners-up

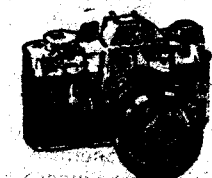
Clinton Brooks - 2nd master, Subway 8 (45:56); 2:48 Maryland Marathon; highly placed in numerous races.

Chuck Johnson - consistently near the top in club races; and club masters championship (36:05 10K); 1st Masters Subway 8 (45:00); 1st Master, club 20 mile championship, 57:03 Ocean City 10

pictures needed



We'd like to have more photographs for our newsletter. If you've got black and white photos of races, workouts, courses or anything else of interest to runners, please send them to John or Mary Roemer, 17236 Evna Rd., Parkton, Md. 21120.



RESULTS

Continued from Page 16

January 21 - Western Maryland College Frostbite 5K and 15K. Abominable weather - heavy rain on top of country roads that were solid ice from start to finish. A fine time had by all, however (except for Bailey St. Clair, whose car was wrecked by a car load of nuns). T-shirts, lots of medals, hot showers, an all-you-can-eat-and-drink breakfast, accurate splits, good traffic control. Race administered by a college physical education class.

RESULTS 15K

| | NAME | AGE | TIME |
|-----|-------------------|-----|-------|
| 1. | Mark Stevenson | 21 | 51:42 |
| 2. | Charles Koester | 33 | 53:42 |
| 3. | Jack Tuttle | 41 | 55:54 |
| 4. | Steve Vaughan | 24 | 56:01 |
| 5. | Lee McConnell | 24 | 56:12 |
| 6. | Mark Johnson | 26 | 56:18 |
| 7. | John M. Walsh | 27 | 56:59 |
| 8. | Warren Ohlrich | 39 | 57:13 |
| 9. | Jeff Lears | 28 | 57:19 |
| 10. | Scott Brown | 23 | 58:29 |
| 11. | Pat Good | 22 | 59:09 |
| 12. | Jim Eckhardt | 24 | 59:15 |
| 13. | Scott Paris | 18 | 59:41 |
| 14. | John Kebler | 19 | 60:19 |
| 15. | Mike Ferguson | 17 | 60:50 |
| 16. | Bill Daugherty | 27 | 60:50 |
| 17. | Sam Stephens | 15 | 61:06 |
| 18. | Bailey St. Clair | 40 | 61:15 |
| 19. | Joseph Adams | 41 | 61:36 |
| 20. | John Roemer, III | 40 | 62:00 |
| 21. | Andrew Oken | 17 | 62:24 |
| 22. | Scott Rosenzweig | 15 | 62:35 |
| 23. | John Roemer, IV | 18 | 63:15 |
| 24. | Dave Walatka | 16 | 63:23 |
| 25. | John Powell | 21 | 63:44 |
| 26. | Myron Campbell | 25 | 64:02 |
| 27. | Marilyn Bevans | 29 | 64:12 |
| 28. | Bob Powell | 23 | 64:23 |
| 29. | R. Bauerschmidt | 30 | 64:38 |
| 30. | W. Humphreys | 37 | 64:45 |
| 31. | Dave Flood | 28 | 65:25 |
| 32. | Art Webster | 34 | 65:39 |
| 33. | L. Dondero, Jr. | | 66:10 |
| 34. | Herman Sykes, Jr. | 38 | 66:23 |
| 35. | Don Englar | 53 | 66:24 |
| 36. | Craig Eickhoff | 17 | 66:42 |
| 37. | Guy Wilcomb | | 67:37 |
| 38. | Finn Mears | | 67:37 |
| 39. | John Fahir | 32 | 67:46 |
| 40. | John McKin | | 67:58 |
| 41. | Bill Mears | | 67:58 |
| 42. | Bill Mears | | 68:18 |

| | | | |
|------|------------------|----|--------|
| 83. | Bruce Cowan | | 76:48 |
| 84. | Sam Case | 37 | 76:48 |
| 85. | Joe Matosian | 20 | 77:12 |
| 86. | William Crowmer | 28 | 77:58 |
| 87. | William Kost | 24 | 78:14 |
| 88. | Judy Hassler | 41 | 78:16 |
| 89. | Ray Morgan | 30 | 78:30 |
| 90. | John Hassler | 41 | 79:17 |
| 91. | Laurie Lears | 23 | 80:11 |
| 92. | Lawrence Israel | 16 | 80:40 |
| 93. | Dave Sweetman | 16 | 81:17 |
| 94. | Jim Whalen | 37 | 81:25 |
| 95. | Nepher | 16 | 81:35 |
| 96. | Carl Riddlemoser | 15 | 81:45 |
| 97. | Jim Storey | 37 | 81:56 |
| 98. | Len Wrabel | 25 | 82:55 |
| 99. | Ruth Seaman | 21 | 83:12 |
| 100. | Carol Barthel | 32 | 84:21 |
| 101. | James Hively | 24 | 84:45 |
| 102. | Fred Fields | 23 | 84:51 |
| 103. | John Sloan | 26 | 85:25 |
| 104. | Marty Feehly | 27 | 86:06 |
| 105. | Herb Israel | 38 | 87:16 |
| 106. | Chris Mortenson | 11 | 87:39 |
| 107. | Champ Zumbrum | 29 | 88:02 |
| 108. | Sue Stevenson | 15 | 88:41 |
| 109. | Debbie Eckard | 15 | 90:24 |
| 110. | Dennis Gallagher | 31 | 90:24 |
| 111. | Ray Wilson | 37 | 92:36 |
| 112. | Barbara Kern | 16 | 93:13 |
| 113. | Sherwood Boxer | 28 | 94:44 |
| 114. | Dave Birnbaum | 30 | 96:30 |
| 115. | Patrick Norris | 29 | 100:34 |
| 116. | William Geisel | 36 | 107:23 |

RESULTS 5K

| | NAME | AGE | TIME |
|-----|-----------------|-----|-------|
| 1. | Steve Gilmore | 26 | 17:40 |
| 2. | John Elder | 23 | 17:44 |
| 3. | Don Boyer | 35 | 17:46 |
| 4. | Jim Greenwood | 21 | 18:54 |
| 5. | Brooke Waldt | | 19:22 |
| 6. | Frank Schaeffer | 27 | 19:45 |
| 7. | Jon Isaacs | 21 | 20:03 |
| 8. | Tom Vaughan | 17 | 20:09 |
| 9. | Charles Der | 20 | 20:23 |
| 10. | Eddy Rayford | 36 | 21:32 |
| 11. | Carter Sinclair | 24 | 21:58 |
| 12. | Fred Smythe | 20 | 22:01 |
| 13. | Bert Karwacki | 31 | 22:24 |
| 14. | Mark Miller | 20 | 22:31 |
| 15. | Dan Monthley | 19 | 22:41 |
| 16. | Jack Osmond | 35 | 23:17 |
| 17. | Floyd Miller | 18 | 23:19 |
| 18. | Bruce Langford | 21 | 23:25 |
| 19. | Brigette Heath | 28 | 23:32 |

| | | | |
|-----|-------------|----|-------|
| 66. | Gwen Tiller | 23 | 34:52 |
| 67. | Carla Fuchs | 22 | 35:41 |

RESULTS

5K Finalists

Winners

1. Steve Gilmore (26) time-17:40
2. John Elder (23) time-17:44
3. Don Boyer (35) time-17:46

TOP 3 WOMEN

1. Brigitte Heath (28) time-23:45
2. Ann Hardebeck (18) time-23:49
3. Emily Bomely (34) time-26:36

JUNIOR-17 under

- Tom Vaughan (17) time-20:09

SUBMASTER- 30-39

- Eddy Rayford (36) time-21:32

MASTER-40 and above

- Dale Vogel (48) time-28:34

YOUNGEST

- John Mortenson (7) time-34:14-5K

OLDEST

- Joe Holland (57) time-70:07-15K

15K Finalists

TOP 3 FINISHERS

1. Mark Stevenson (21) time-51:42

- Charles Koester (33) time-53:42

3. Lt. Col. Jack Tuttle (41) time-55:54

TOP 3 WOMEN

1. Marilyn Bevans (29) time-64:23
2. Joann Forcey (18) time-72:58
3. Sue Powell time-74:40

SUB JUNIOR-15 and under

1. Sam Stephens (15) 16th place time-61:06
2. Scott Rosenzweig (15) 21st place time-62:35
3. Andrew Livingston (10) 60th place time-71:48

JUNIOR-16 and 17 years

- Mike Ferguson (17) time-60:58 15th place
Andrew Oken (17) time-62:24 20th place
Dave Walatka (16) time-63:23 23rd place

OPEN- 18-29

- Steve Vaughn (24) time-56:01
Lee McConnell (24) time-56:12
Mark Johnson (26) time-56:18

SUBMASTER- 30-39

- Warren Ohlrich (39) time-57:13
Rob Bauerschmidt (30) time-64:38
Wayne Hampshire (37) time-64:55

MASTER- 40-49

- Bailey St. Clair (40) time-61:15
Joseph Adams (41) time-61:36
John Roemer, III (40) time 62:00

VETERAN - 50 and up

- Don Englar (53) time-66:24
Joe Holland (57) time-70:07

Other Races Other Places

by Don Heimiller

7-29-78 Exeter, Pa. Gerry Kramer tried his 1st 'ultra' and ran 91.7 miles in the 24 hour race there. He also ran in the June 10th God's Country Marathon & took 1st masters with a 2:56. He was 1st master in the Johnstown Marathon with a

12-09-78 Livermore, Calif Mar, Gerry Kramer very consistant with a 2:57.

12-10-78 Manassas, Va Athletic Attic 12 miler; Jim Mortenson 255 in 84:05.

12-17-78 Gerry Kramer with a 2:59 in

| | | |
|-----------------------|-------|-------|
| 23. Dave Walatka | 16 | 63:23 |
| 24. John Powell | 21 | 63:44 |
| 25. Myron Campbell | 25 | 64:02 |
| 26. Marilyn Bevans | 29 | 64:12 |
| 27. Bob Powell | 23 | 64:23 |
| 28. R. Bauerschmidt | 30 | 64:38 |
| 29. W. Humphreys | 37 | 64:45 |
| 30. Dave Flood | 28 | 65:25 |
| 31. Art Webster | 34 | 65:39 |
| 32. L. Dondero, Jr. | | 66:10 |
| 33. Herman Sykes, Jr. | 38 | 66:23 |
| 34. Don Englar | 53 | 66:24 |
| 35. Craig Eickhoff | 17 | 66:42 |
| 36. Guy Wilcomb | | 67:37 |
| 36. Finn Mears | | 67:37 |
| 37. John Fahir | 32 | 67:46 |
| 38. John McKin | | 67:58 |
| 38. Bill Mears | | 67:58 |
| 39. Gary Honneman | | 68:18 |
| 40. David Evans | 36 | 68:31 |
| 41. Don Myers | 41 | 68:40 |
| 41. Terry Birkel | 32 | 68:40 |
| 42. Henry Janowitz | 32 | 69:05 |
| 43. Don Wright | 41 | 69:22 |
| 43. Phil Iddings | 33 | 69:22 |
| 44. Chris Neibauer | 28 | 69:31 |
| 45. Dave Herlocker | 38 | 69:32 |
| 46. Jim McLaughlin | 34 | 69:49 |
| 47. Joe Holland | 57 | 70:07 |
| 47. Tom Cherigo | 34 | 70:07 |
| 48. William McKenna | 40 | 70:08 |
| 49. William White | 33 | 70:10 |
| 50. Tony Sager | 23 | 70:14 |
| 51. Alan Brokos | 22 | 70:26 |
| 52. Bob Dust | 30 | 70:31 |
| 53. Paul Buckley | 36 | 70:33 |
| 54. John Stiver | 16 | 70:39 |
| 55. L. Gigante | 17 | 70:51 |
| 56. James Mortenson | 39 | 71:14 |
| 57. M. A. Grossnickle | 25 | 71:25 |
| 58. Alex Medina | 35 | 71:40 |
| 59. Gary Johnson | 34 | 71:47 |
| 60. A. Livingston | 10 | 71:48 |
| 61. G. Livingston | 40 | 71:50 |
| 62. Greg Allen | 31 | 71:58 |
| 63. Jim Murphy | 30 | 71:59 |
| 64. George Nash | 15 | 72:07 |
| 65. Dave Bare | 34 | 72:12 |
| 66. Tim Miles | 15 | 72:28 |
| 67. Sam Alspach | 38 | 72:43 |
| 68. JoAnn Forcey | 18 | 72:58 |
| 68. James Myers | | 72:58 |
| 69. Marty Decker | 24 | 73:44 |
| 70. Spedden Hause | 34 | 73:54 |
| 71. Mark Arnold | 26 | 74:01 |
| 72. Vine DeBlase | 34 | 74:15 |
| 73. Bob Sapora | 34 | 74:26 |
| 74. Robert Harquis | 34 | 74:34 |
| 75. Sue Powell | 28 | 74:40 |
| 76. Robert Lister | 35 | 75:14 |
| 77. William Rogers | 75:27 | |
| 78. Robert Robson | 32 | 75:32 |
| 79. Terry Burke | | 75:46 |
| 80. John Woodward | 23 | 75:51 |
| 81. John Sherman | | 76:00 |
| 82. Bruce Kinney | 32 | 76:13 |
| 2. John Elder | 23 | 63:44 |
| 3. Don Boyer | 35 | 17:46 |
| 4. Jim Greenwood | 21 | 18:54 |
| 5. Brooke Waldt | | 19:22 |
| 6. Frank Schaeffer | 27 | 19:45 |
| 7. Jon Isaacs | 21 | 20:03 |
| 8. Tom Vaughan | 17 | 20:09 |
| 9. Charles Der | 20 | 20:23 |
| 10. Eddy Rayford | 36 | 21:32 |
| 11. Carter Sinclair | 24 | 21:58 |
| 12. Fred Smythe | 20 | 22:01 |
| 13. Bert Karwacki | 31 | 22:24 |
| 14. Mark Miller | 20 | 22:31 |
| 15. Dan Monthley | 19 | 22:41 |
| 16. Jack Osmond | 35 | 23:17 |
| 17. Floyd Miller | 18 | 23:19 |
| 18. Bruce Langford | 21 | 23:25 |
| 19. Brigitte Heath | 28 | 23:32 |
| 20. Wayne Belt | 31 | 23:44 |
| 21. Chris Vaughan | 15 | 23:45 |
| 22. Jon Kelley | 15 | 23:46 |
| 23. Jerry Mikulski | 27 | 23:47 |
| 24. Ann Hardebeck | 18 | 23:49 |
| 25. Gary Watson | 30 | 23:50 |
| 26. Dennis Burke | 27 | 24:13 |
| 27. J. L. Cordue | 36 | 24:23 |
| 28. John Hutchinson | 38 | 24:30 |
| 29. Harry Noyle | 32 | 24:42 |
| 30. Clay Shaw | 27 | 24:52 |
| 31. M. Fuchs | 49 | 25:17 |
| 32. Thomas Juc | 37 | 25:30 |
| 33. Dale Vogel | 48 | 25:34 |
| 34. Vincent Cierno | 37 | 25:49 |
| 35. Leroy Abernathy | 35 | 25:52 |
| 36. Harvey Muller | 28 | 26:08 |
| 37. John Fulte | 34 | 26:35 |
| 38. Emily Bomely | 34 | 26:36 |
| 39. Matthew Boners | 23 | 26:38 |
| 40. W. Bomely | 36 | 26:40 |
| 41. Rusty Hess | 23 | 27:22 |
| 41. Beverly Kelly | 22 | 27:22 |
| 42. Monte Boyer | 10 | 27:24 |
| 43. Louise Freeman | 11 | 27:51 |
| 44. Lauren Case | 11 | 28:35 |
| 45. Mark Zeigler | 17 | 28:44 |
| 46. Joan Hargis | 40 | 28:45 |
| 47. J. Hutchinson | 10 | 28:49 |
| 48. Steve Maged | | 28:57 |
| 49. Peter Alspach | 8 | 29:11 |
| 50. Ellen Sinclair | 25 | 29:38 |
| 51. Gordon Filbey | 44 | 29:43 |
| 52. Betsy Wallace | 30 | 29:48 |
| 53. Carol Vogel | 46 | 30:25 |
| 54. Phil Monthley | 19 | 30:27 |
| 55. Ira Zepp | 49 | 30:41 |
| 56. Kathy Bare | 32 | 31:12 |
| 57. Beth Lengyel | 21 | 31:24 |
| 58. Susan Walatka | 23 | 31:37 |
| 59. Paula Kinney | 25 | 31:45 |
| 60. Chris Hall | 18 | 31:52 |
| 61. Lasa Wade | 16 | 32:53 |
| 62. Mitchell | 16 | 33:44 |
| 63. Betsy Cook | 33 | 34:00 |
| 64. John Mortenson | 7 | 34:14 |
| 65. Elaine Storey | 35 | 34:51 |

Other Races Other Places

by Don Heimiller

- 7-29-78 Exeter, Pa. Gerry Kramer tried his 1st 'ultra' and ran 91.7 miles in the 24 hour race there. He also ran in the June 10th God's Country Marathon & took 1st masters with a 2:56. He was 1st master in the Johnstown Marathon with a 2:53.
- 10-08-78 Richmond, Va. Marathon. John Butterfield was the first master in this great race (see last issue) with a 2:38 & 4th over-all.
- 10-15-78 Gerry Kramer, running a race every week, many of them marathons, ran a 2:53
- 11-05-78 John again, but this time running with blind runner, Harry Cordellos, did 3:07 in the Marine Marathon. Meanwhile, up in Harrisburg, Gerry was doing 2:54 in their marathon. Lee Rinhart ran a PR of 3:08 in the Marine Mar. and was 601st of approximately 5833 starters. Lee said it was well organized with plenty of help & ample water stations.
- 11-11-78 Gerry went west and did a 2:58 in the Fresno, Calif. Marathon.
- 11-18-78 With great 'pit-crewing' by my daughter, we ran 6 minutes under goal of 7:58 in the JFK 50 good for 19th. Last year, Shari got lost in Va., W. Va., & Wash Co. for 3 hours. Jim Mortenson ran, to him, a disappointing time of 8:25 only good for 29th (out of 400? starters). And the newest, local member of the 'ultra' runners, Bob McCoven did 8:33. Bob was 34th and said he thought 3 members of BOC who are also Balt. RR'ers were in the race?

12-09-78 Livermore, Calif Mar, Gerry Kramer very consistant with a 2:57.

12-10-78 Manassas, Va Athletic Attic 12 mifer; Jim Mortenson 255 in 84:05.

12-17-78 Gerry Kramer with a 2:59 in the Penn St Marathon. And John Butterfield 1st master and 4th over-all in the Schlitz-Lite finals in Tampa with a fine 2:37 in a very nice day — for spectators, 80° and sunny, hot. A great yr for John. Congratulations. Incidentally, his wife, Priscilla has run 12 marathons with a 3:35 PR. The kids run too to make it unanimous. Altho a member of BRRC, if you see him, John will probably be wearing Navy or BAA colors.

03-03-79 Bob McCoven was 3rd with a new jr. record of 2:44 in the last train to Boston mar. There were about 160 starters, about 150 finishers. Congratulations, Bob.

From Joe Holland:
Mardi Gras Marathon—RRC National Championship—New Orleans, La., Feb. 18, 1979. The race directors, forced to junk the scenic French Quarter route because of the Police Strike, made an 11th hour decision to take 1,000 runners over Lake Pontchartrain—39°—tailwinds—
1st John Dimick 2:11:54
Brattleboro, Vt.
2nd John Gregorio 2:15:29
3rd Ron Hill 2:15:46
190th Les Kinion 2:58:30
473rd Joe Holland 3:30:36

Kinion spent the night before on Bourbon Street, had trouble finding Motel at 4:00 am. Still broke 3 hours.

RESULTS

Continued from Page 17

January 28, Hillside Road 10K - 4 inches of snow and still 93 starters! Our first race on this lovely country lane.

| | | | | | | | |
|------------------------|-------|----------------------|-------|-----------------------|---------|------------------|-------|
| 1. Bill Caldwell | 34:16 | 35. David Heizer | 43:50 | 72. Jim Bourke | 50:32 | Don Forgione | 38:20 |
| 2. Mark Johnson | 35:16 | 36. Robin Stryker | 44:07 | 73. Bob Ray 50:35 | | Lou Rojas | 38:29 |
| 3. Lee McConnell | 35:44 | 37. Floyd Peters | 44:07 | 74. Muir Stewart | 50:49 | Jay Bright | 39:59 |
| 4. Earl Swartzendruber | 36:42 | 38. T. M. Himelfarb | 44:44 | 75. Michael Gnarnieri | 50:52 | Mike Keelty | 40:40 |
| 5. John Elder | 36:42 | 39. Chris Rynne | 44:50 | 76. Michael Calhoon | 50:59 | 30-34 | |
| 6. Robert McCubbin | 37:04 | 40. Steven Morrison | 44:54 | 77. David Cooley | 51:10 | John Elder | 36:42 |
| 7. John McAuliffe | 37:12 | 41. D. O'Hara | 44:56 | 78. Kathy Pratt | 52:36 | John Poole | 37:56 |
| 8. Delroy Matthews | 37:18 | 42. David Colborne | 45:02 | 79. Pat Peterson | 52:41 | Jack Burdell | 39:50 |
| 9. Chuck Brumley | 37:36 | 43. Mike Haire | 45:07 | 80. Pat Gugerty | 53:01 | John Eidleman | 42:11 |
| 10. Jim Harrison | 37:49 | 44. Jim Mortenson | 45:19 | 81. C. Costello | 53:02 | Mike Milleman | 43:24 |
| 11. John Poole | 37:56 | 45. Miles Murphy | 45:37 | 82. Lee Huston | 53:13 | Mike Haire | 45:07 |
| 12. Don Forgione | 38:20 | 46. Alfred Daniels | 45:42 | 83. Aaron Fortier | 53:07 | 35-39 | |
| 13. No Name | 38:25 | 47. Mathew Pawek | 46:03 | 84. Cliff Haley | 53:27 | Delroy Matthews | 37:18 |
| 14. Lou Rojas | 38:29 | 48. Carter Sinclair | 46:03 | 85. Joe Duncan | 53:42 | Chuck Brumley | 37:36 |
| 15. Al Filar | 38:56 | 49. Brigitte Heath | 46:11 | 86. Buzz Kerr | 54:23 | Jim Harrison | 37:49 |
| 16. Dick Nair | 39:13 | 50. Peter Sciukas | 46:13 | 87. Dwight Fortier | 54:37 | Dick Nair | 39:13 |
| 17. John Roemer | 39:32 | 51. Fred Palmer | 46:21 | 88. Joe Ryan | 55:04 | Nick Greco | 40:17 |
| 18. Andrew Oken | 39:49 | 52. Allan Dale | 46:30 | 89. Janet Vann | 55:04 | Bill Jordan | 41:05 |
| 19. Jack Burdell | 39:50 | 53. John Maas | 46:36 | 90. Ron Seff | 55:12 | 40-44 | |
| 20. Jay Bright | 39:59 | 54. Ed Patey | 46:37 | 91. Chris Mortenson | 59:32 | John Roemer | 39:32 |
| 21. Nick Greco | 40:17 | 55. Bevern Matthews | 46:42 | 92. Jean Mortenson | 70:28 | Jim Black | 42:31 |
| 22. Mark Yerkes | 40:24 | 56. John Cusson | 46:47 | 93. Nicolé Fortier | 1:12.32 | Steve Morrison | 44:54 |
| 23. Mike Keelty | 40:40 | 57. Paul Marquis | 46:57 | Open | | John Hasler | 47:37 |
| 24. Steve Skeen | 40:51 | 58. Raymond Morgan | 47:30 | Robert McCubbin | 37:04 | Bob Ray | 50:35 |
| 25. Jim Skeen | 40:51 | 59. John Hasler | 47:37 | Andrew Oken | 39:49 | 45-49 | |
| 26. Bill Jordan | 41:05 | 60. Carroll Sudbrook | 47:41 | David Colborne | 45:02 | Al Filar | 38:56 |
| 27. Milt Taylor | 41:22 | 61. Peggy Swain | 47:49 | Miles Murphy | 45:37 | Milt Taylor | 41:22 |
| 28. Daniel Fleisher | 41:22 | 62. Gene Hoffmann | 48:22 | Bevern Matthews | 46:42 | Carroll Sudbrook | 47:41 |
| 29. Alan Roogow | 41:36 | 63. Bern Gugerty | 48:32 | Mike Lurie | 49:56 | Bern Gugerty | 48:32 |
| 30. Ted Chernak | 42:03 | 64. Jim Marshall | 48:34 | 20-24 | | David Cooley | 51:10 |
| 31. John Eidleman | 42:11 | 65. Mike Vann | 48:45 | Bill Caldwell | 34:16 | 50 and over | |
| 32. Eddy Rayford | 42:18 | 66. Jack Osman | 48:52 | Lee McConnell | 35:44 | Clif Haley | 53:27 |
| 33. Jim Black | 42:31 | 67. John Hutchinson | 49:13 | John McAuliffe | 37:12 | Women | |
| 34. Mike Milleman | 43:24 | 68. Carol Heffner | 49:17 | Mark Yerkes | 40:24 | Robin Stryker | 44:07 |
| | | 69. Patty Baker | 49:47 | Carter Sinclair | 46:03 | Brigitte Heath | 46:11 |
| | | 70. Mike Lurie | 49:56 | 25-29 | | Peggy Swain | 47:49 |
| | | 71. Phil Cioni | 50:19 | Mark Johnson | 35:16 | Carol Heffner | 49:17 |
| | | | | Earl Swartzendruber | 36:42 | Patty Baker | 49:47 |

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 re-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.

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.

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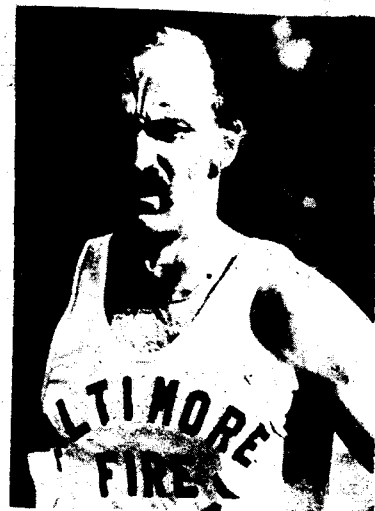
**Les Kinion's
RUNNING FEAT
"THE STORE THAT
COMES TO YOU!"**

**RUNNERS WORLD
BOOKS & MAGAZINES
RUNNING TIMES
DOLFIN SPORTSWEAR
SPORTS INTERNAT'L
SUB-4 SHORTS
SHOE GOO
E.R.G.**

**JOG-A-LITE
ROSOLEING SERVICE
B.R.R.C. JACKETS
RUNNING SOX
LARGE SELECTION OF
T-SHIRTS
and more.**

CALL ME!

668-3766



T-SHIRTS

WE PRINT ALMOST

ANYTHING!

**FAST SERVICE
QUALITY WORKMANSHIP
CUSTOM DESIGNED
SILK SCREEN**

**OR
HEAT TRANSFERS
SHIRTS FOR CLUBS AND RACES
10 Dozen Quantity Price as
Low as \$1.50 per Shirt
Minimum Order, 1 Dozen
*Samples on Request to
Clubs and Race Directors**

**See Les at all the
Baltimore Road Runners Club Events**



Serving The Runner's Every Need

SHOES * ALL MAJOR BRANDS *

| | | |
|--------------------------|---------------|------------------|
| WARMUP SUITS | SOCKS | WATCHES |
| SHORTS & TOPS | BAGS | BOOKS |
| RAIN GEAR | E.R.G. | MAGAZINES |

**Owned And Operated By
Experienced Runners**

992-5800

**Wilde Lake Village Green
Columbia, Md.**

ONE MILE WEST OF COLUMBIA MALL

RESULTS

Continued from Page 18

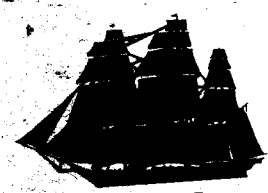


1000 4: 8 mile challenge race: RASAC vs. HRRRC, Carroll Manor, Colon, 32°, partly cloudy. BRRRC won, 100 to 257 (low score wins). Most of the competitors were from BRRRC.

| | | |
|----|------------------------|-------|
| 1 | Charlie-Koester (R) | 43:05 |
| 2 | Bill-Caldwell (B) | 44:54 |
| 3 | David-Starnes (R) | 45:12 |
| 4 | Scott-Luttrely (B) | 45:38 |
| 5 | Mark-Johnson (B) | 45:42 |
| 6 | Harry-Piotrowski (R) | 46:34 |
| 7 | John-McAuliffe (B) | 47:31 |
| 8 | Jim-Harrison (B) | 48:01 |
| 9 | Mel-Walton (B) | 48:10 |
| 10 | John-Poole (B) | 48:19 |
| 11 | Chuck-Brumley (R) | 48:29 |
| 12 | Marge-Rosasco (B) | 48:34 |
| 13 | Dick-Nair (B) | 49:33 |
| 14 | Bailey-St. Clair (B) | 49:36 |
| 15 | Bill-Gaa (R) | 50:07 |
| 16 | Joe-Herget (R) | 50:16 |
| 17 | Low-Rojas (B) | 50:18 |
| 18 | Don-Forgione (B) | 50:23 |
| 19 | Al-Filar (B) | 50:28 |
| 20 | Jay-Bright (B) | 51:26 |
| 21 | Jerry-Lynch (B) | 51:45 |
| 22 | Danny-Boyle (R) | 51:46 |
| 23 | Andrew-Oken (B) | 52:10 |
| 24 | Nick-Delaney (B) | 52:22 |
| 25 | John-Roemer (B) | 52:27 |
| 26 | Bill-Jordan (B) | 52:30 |
| 27 | Dave-Pabst (B) | 52:34 |
| 28 | Ed-Hewitt (B) | 53:10 |
| 29 | Robert-McCubbin (B) | 53:32 |
| 30 | Milton-Taylor (B) | 53:38 |
| 31 | John-Eidleman (B) | 53:47 |
| 32 | Herman-Sykes Jr. (B) | 53:59 |
| 33 | Les-Kinion (B) | 54:13 |
| 34 | Gary-Powers (R) | 54:45 |
| 35 | Charles-Zeiler (B) | 54:51 |
| 36 | George-Stewart (R) | 55:30 |
| 37 | Jim-Black (B) | 55:57 |
| 38 | Jim-McLaughlin (B) | 56:12 |
| 39 | Reed-Pyeritz (B) | 56:34 |
| 40 | Stan-Bailey (R) | 56:45 |
| 41 | Wayne-Burgemeister (B) | 57:01 |
| 42 | T.M. Himelfarb (B) | 57:10 |
| 43 | Terry-Kreitz (B) | 57:12 |
| 44 | Jim-Vadas (R) | 57:16 |
| 45 | Sam-Spicer (R) | 57:23 |
| 46 | Bizad-Roberts (R) | 57:26 |
| 47 | Alan-Brokos (B) | 57:35 |
| 48 | Gary-Johnson (B) | 57:36 |
| 49 | Jim-Mortenson (B) | 58:22 |
| 50 | Steven-Morrison (B) | 58:29 |
| 51 | George-Stankis (B) | 58:38 |
| 52 | Miles-Murphy (B) | 59:23 |
| 53 | Richard-Brooks (B) | 59:25 |

| | | |
|----|------------------------|-------|
| 72 | F. Barronn (B) | 62:06 |
| 73 | Herman-Blinchikoff (B) | 62:43 |
| 74 | Gil Tracey (B) | 62:43 |
| 75 | Sherry-Kendall (B) | 63:08 |
| 76 | John-Hasler (B) | 63:25 |
| 77 | Bill-Kearins (B) | 63:47 |
| 78 | Martin-O'Neill (B) | 64:06 |
| 79 | Tom-Zibron (B) | 64:12 |
| 80 | Rob-Ray (B) | 64:21 |
| 81 | Jean-Claude-Kiehl (B) | 64:26 |
| 82 | Henry-Rosendale (L) | 64:26 |
| 83 | Leonard-Brokos (B) | 64:53 |
| 84 | Sonny-Martin-Dale (L) | 65:05 |
| 85 | Spencer-Strong (B) | 65:14 |

| | | |
|----|--------------------|-------|
| 86 | Joe-Mayhugh (B) | 65:30 |
| 87 | Karen-McMath (B) | 66:28 |
| 88 | Nancy-Riley (B) | 66:28 |
| 89 | James-Smolon (L) | 66:40 |
| 90 | Raymond-Morgan (B) | 66:40 |
| 91 | Jean-Edwards (B) | 67:57 |
| 92 | Unknown | 68:23 |
| 93 | Bobbie-Brumley (B) | 68:39 |
| 94 | Barry-Bowen (B) | 69:29 |
| 95 | Pat-Gugerty (B) | 71:46 |
| 96 | Jane-Tumpson (B) | 73:12 |
| 97 | Ron-Seff (B) | 73:29 |
| 98 | Kristine-Brill (B) | 75:25 |
| 99 | Bern-Gugerty (B) | 75:26 |

| SCORE | BRRC |
|-------|------|
| RASAC | |
| 1 | 2 |
| 3 | 4 |
| 6 | 5 |
| 11 | 7 |
| 15 | 8 |
| 22 | 9 |
| 34 | 10 |
| 36 | 12 |
| 40 | 13 |
| 44 | 14 |
| 45 | 16 |
| 257 | 100 |

THE V-8 BALTIMORE CONSTELLATION RACE

10,000 METERS (6.2 MILES) MEMORIAL DAY WEEKEND

Sponsored by "V8" Cocktail Vegetable Juice and the Baltimore Road Runners Club

Runners: Open to runners of all ages and experience (over 950 entrants last year).

Date: Sunday, May 27, 1979

Place: Inner Harbor, Baltimore, Maryland

Starting Time: 9:00 a.m.

Course: This flat, fast 10,000 meter course starts at the U. S. Frigate Constellation Dock in Baltimore's Inner Harbor, winds on city streets through South-Baltimore, circles along seawall at historic Fort McHenry and returns to the Inner Harbor.

Entry Registration: Completed Official Entry Form and check for entry fee must be received by Monday, May 21, 1979.

| | | |
|----|------------------------|-------|
| 36 | George-Stewart (R) | 55:30 |
| 37 | Jim-Black (B) | 55:57 |
| 38 | Jim McLaughlin (B) | 56:12 |
| 39 | Reed Pyeritz (B) | 56:34 |
| 40 | Stan Halley (R) | 56:45 |
| 41 | Wayne Burgemeister (B) | 57:01 |
| 42 | T.M. Himelfarb (B) | 57:10 |
| 43 | Terry Kreitz (B) | 57:12 |
| 44 | Jim Vadas (R) | 57:16 |
| 45 | Sam Spicer (R) | 57:23 |
| 46 | Bizad Roberts (R) | 57:26 |
| 47 | Alan Brokos (B) | 57:35 |
| 48 | Gary Johnson (B) | 57:36 |
| 49 | Jim Mortenson (B) | 58:22 |
| 50 | Steven Morrison (B) | 58:29 |
| 51 | George Stankis (B) | 58:38 |
| 52 | Miles Murphy (B) | 59:23 |
| 53 | Richard Brooks (B) | 59:25 |
| 54 | John Cusson (B) | 59:45 |
| 55 | Mike Keelty (B) | 59:50 |
| 56 | Don Jacobs (B) | 59:54 |
| 57 | Ron Reich (B) | 60:14 |
| 58 | Gary Zimmerman (B) | 60:33 |
| 59 | Jack Holmes (B) | 60:35 |
| 60 | Unknown (B) | |
| 61 | Bob Ryan (B) | 60:36 |
| 62 | Jamey Hruska (B) | 60:40 |
| 63 | Marty Marne (R) | 60:45 |
| 64 | Tom Bateman (B) | 60:50 |
| 65 | Joe Schaefer (B) | 60:56 |
| 66 | Judy Hasler (B) | 61:10 |
| 67 | John Hutchinson (B) | 61:27 |
| 68 | Ken Hammann (B) | 61:37 |
| 69 | Jim Bourke (B) | 61:42 |
| 70 | John Servelle (B) | 61:49 |
| 71 | Mike Braswell (B) | 61:52 |



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Entry Registration: Completed Official Entry Form and check for entry fee *must* be received by **Monday, May 21, 1979.**

Awards: Awards will be presented to the first three finishers in the Male and Female Open divisions and to the first three finishers in the Master's (40 and over) and 20-39 Years Old divisions (Open division winners are *not* eligible for age group awards).

Special Awards: Commemorative T-shirt to first 2000 registrants

Awards Ceremony: City and "V-B" representatives to officiate at Awards Ceremony at Constellation Dock immediately following race.

Final Race Results: Will be published by Baltimore Road Runners Club.

OFFICIAL ENTRY FORM 1979 V8 Baltimore Constellation Race

For Official
Use Only

\$3.00 Entry Fee—Make check payable to Baltimore Road Runners Club
Mail To: Baltimore Road Runners Club, 17236 Evna Road, Parkton, MD 21120
Deadline: Monday, May 21, 1979

Please Print:

Runner's Name _____
Last Name, First Name & Initial

Address _____
Number & Street (or P.O. Box) City, State, Zip Code

Telephone () _____ Age _____
Area Code (as of May 27, 1979)

SHIRT SIZE (Circle One)

S M L XL

CATEGORY (Check One)

Male Open 20 Years-39 Years 40 Years & Older
Female Open 20 Years-39 Years 40 Years & Older

Release

In consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees, do hereby release and discharge the Road Runners Clubs of America and other sponsors for all claims of damages, demands, actions whatsoever in any manner arising or growing out of my participating in said athletic event. I attest and verify that, I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

Signature _____

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

Baltimore Road Runners Club Events

RESULTS

Continued from Page 19

Feb. 11 — Hunt Valley 10 Miler - extremely cold (10°). Although much of the course was snow covered, Mark Stevenson ran an excellent time (27:15 out, 26:43 back) on the Western Run Road hills.

- (1) Mark Stevenson (21) 53:58
- (2) Brian Harris (24) 56:22
- (3) Don Miller (23) 57:06
- (4) Mark Johnson (26) 57:58
- (5) Jeff Lears (28) 58:12
- (6) Steve Yeagle (30) 59:23
- (7) Harry Piotrowski (39) 59:23
- (8) Frank Russo (17) 60:08
- (9) Robert McCubbin (19) 60:14
- (10) John McCauliffe (20) 60:18
- (11) Frank Pflaging (46) 60:32
- (12) John Poole (31) 61:09
- (13) Scott Lutrey (25) 61:55
- (14) Garry Bolan (26) 62:03
- (15) Dick Nair (39) 63:09
- (16) Bob Harford (37) 63:18
- (17) Charles Brumley (39) 63:50
- (18) Tom Bolan (30) 63:50
- (19) Delroy Matthews (36) 64:45
- (20) Boyce Greer (23) 65:32
- (21) Dave Pabst (26) 65:37
- (22) Tom Edwards (15) 65:55
- (23) Mike Favrey (24) 66:10

- (24) John D. Burke (26) 66:10
- (25) Alan Roogow (35) 66:19
- (26) Nick Delambo (37) 66:41
- (27) Greg Bacinski (18) 66:46
- (28) Andrew C. Oken (17) 66:49
- (29) David Luber (32) 67:00
- (30) Scott Paris (18) 67:10
- (31) Mel Walton (37) 67:22
- (32) Bailey St. Claire (40) 67:32
- (33) Milton Taylor (45) 67:41
- (34) Bill Jordan (39) 68:15
- (35) Ed Hewitt (35) 68:23
- (36) Ron Franklin (17) 68:27
- (37) Terry Miller (20) 69:26
- (38) Brooke Waldt (17) 69:39
- (39) Johnny Foster (22) 69:58
- (40) Dennis Anderson (37) 69:59
- (41) Don Fischer (35) 70:40
- (42) Terry Kreitz (32) 71:24
- (43) John Roemer (40) 71:33
- (44) Al Scanlan (28) 71:33
- (45) Alan Brokos (22) 71:46
- (46) Herman Sykes, Jr. (38) 72:00
- (47) Chris Neibauer (28) 72:30
- (48) Steve Morrison (41) 72:40
- (49) Jim McLaughlin (34) 73:17
- (50) No Name 73:30
- (51) T. M. Himelfarb (38) 74:23
- (52) Jeff Mislser (31) 74:24

- (53) Tom Bateman (32) 74:25
- (54) Gary Tenszar (26) 74:26
- (55) Jim Rogan (25) 74:44
- (56) Chris Rynne (25) 74:58
- (57) Ron Reich (36) 75:02
- (58) Bill Foley (54) 75:07
- (59) Thomas A. Mumaw (34) 75:10
- (60) Fred Palmer (32) 75:13
- (61) David O'Hara (33) 75:30
- (62) Francisco Diaz (30) 75:33
- (63) Don Jacobs (41) 77:02
- (64) Robert Greenwell (34) 77:10
- (65) Gerry Kramer (46) 77:17
- (66) George Stankin (34) 77:32
- (67) David Herlocker (38) 77:36
- (68) Marty Marne (44) 78:26
- (69) John Savelle (23) 78:33
- (70) Terry Burk (32) 78:53
- (71) David Bare (34) 79:00
- (72) Martin O'Neill (41) 79:10
- (73) Mike Lurie (15) 79:27
- (74) Allan Dale III (37) 79:35
- (75) Richard Robinstein (30) 79:47
- (76) Bill Kearns 80:00
- (77) Leonard Broker (24) 80:02
- (78) Joseph Jensen (33) 80:05
- (79) John Hutchinson (38) 80:30
- (80) Sherry Kendall (42) 80:36
- (81) John Mancini (28) 80:50

- (82) Bob Ray (41) 81:04
- (83) Rodney Travis (35) 81:24
- (84) Dwight Hood (29) 81:27
- (85) Jim Mortenson (39) 81:29
- (86) Mike Vann (26) 81:30
- (87) Doug Grinnell (24) 81:56
- (88) Gene Hoffman (27) 82:32
- (89) David Leggett (27) 82:32
- (90) Laurie Lears (23) 82:38
- (91) Herman Blinichikoff (44) 82:39
- (92) Ed Slunt (41) 82:44
- (93) Sandy Cohen (30) 82:50
- (94) Tim Welsh (32) 83:45
- (95) Karen McMath (34) 83:46
- (96) Donald Faulcon (33) 84:00
- (97) Bill Spencer-Strong (37) 84:30
- (98) Cindy McManus (33) 85:22
- (99) Tom Naab (26) 85:35
- (100) Ray Morgan (30) 86:44
- (101) Nancy Riley (23) 86:35
- (102) H.A. Raker (59) 86:42
- (103) Norm Payne (47) 86:55
- (104) Randy Brinton (32) 87:38
- (105) Gerard Busnuk (32) 88:00
- (106) Nancy A. Miller (46) 88:30
- (107) Bobbie Brumley (34) 90:00
- (108) Rudolph Mannarino (54) 90:36
- (109) Janet A. Vann (25) 92:34
- (110) Patricia Payne (36) 97:14

Dear BRRC:

As a follow-up to the Maryland Marathon, I want to take the opportunity to thank all of the members of the Baltimore Road Runners Club (BRRC) and other non-club volunteers who helped make Maryland Marathon No. VI the success that it was for all of those who participated. From all I have read and heard, the Maryland Marathon has gained national recognition for its organization, its challenging course, and the general high quality of the total operation. A reputation such as this does not just happen, but I can see from my involvement in running and my contact with members of the BRRC who are responsible for the production of the

This was my first marathon and despite the fact that I've never run one elsewhere, it is hard for me to conceive of one being better organized and staffed. I never felt "abandoned" during the entire race (with over 2,000 runners, one could hardly feel lonely because there was always the comforting thought that

we were not just turned loose at the start with "good luck", but that the people in charge (BRRC members and volunteers) were concerned about the runner's welfare and progress during the entire race. Perhaps some of this "euphoria" stems from the fact that I personally had a very pleasant and successful run for a novice. But

from such people as Les Kinion, Baily St. Clair, Marge and Steve Rosasco, Jim Harrison, John and Mary Roemer, to name a few, was of great value in that it permitted us to tap a great wealth of experience and practical knowledge as we planned our weekly training and race day strategy.

It is about this time of the year that many occasional joggers begin to run more regularly and go longer distances... and begin to feel the first flush of marathon fever. For those who have been so affected and are thinking about taking this major step in running, I can only say "do it"...but, by all means, avail yourself of the expertise that is represented among

and progressively ambitious personal weekly running program will lead you almost naturally to marathon fitness. The training sessions sponsored by the BRRC beginning in mid-August will provide you with the guidance by knowledgeable people that is a vital ingredient in any successful marathon training program for the novice.

It does take training and work and a sense of dedication, but the personal rewards are more than worth it. I had always been a jogger with a strong belief in the physiological and psychological benefits of running. Although the step up to road racing and marathoning did not come until age 48, it was worth the wait. I'm hooked!

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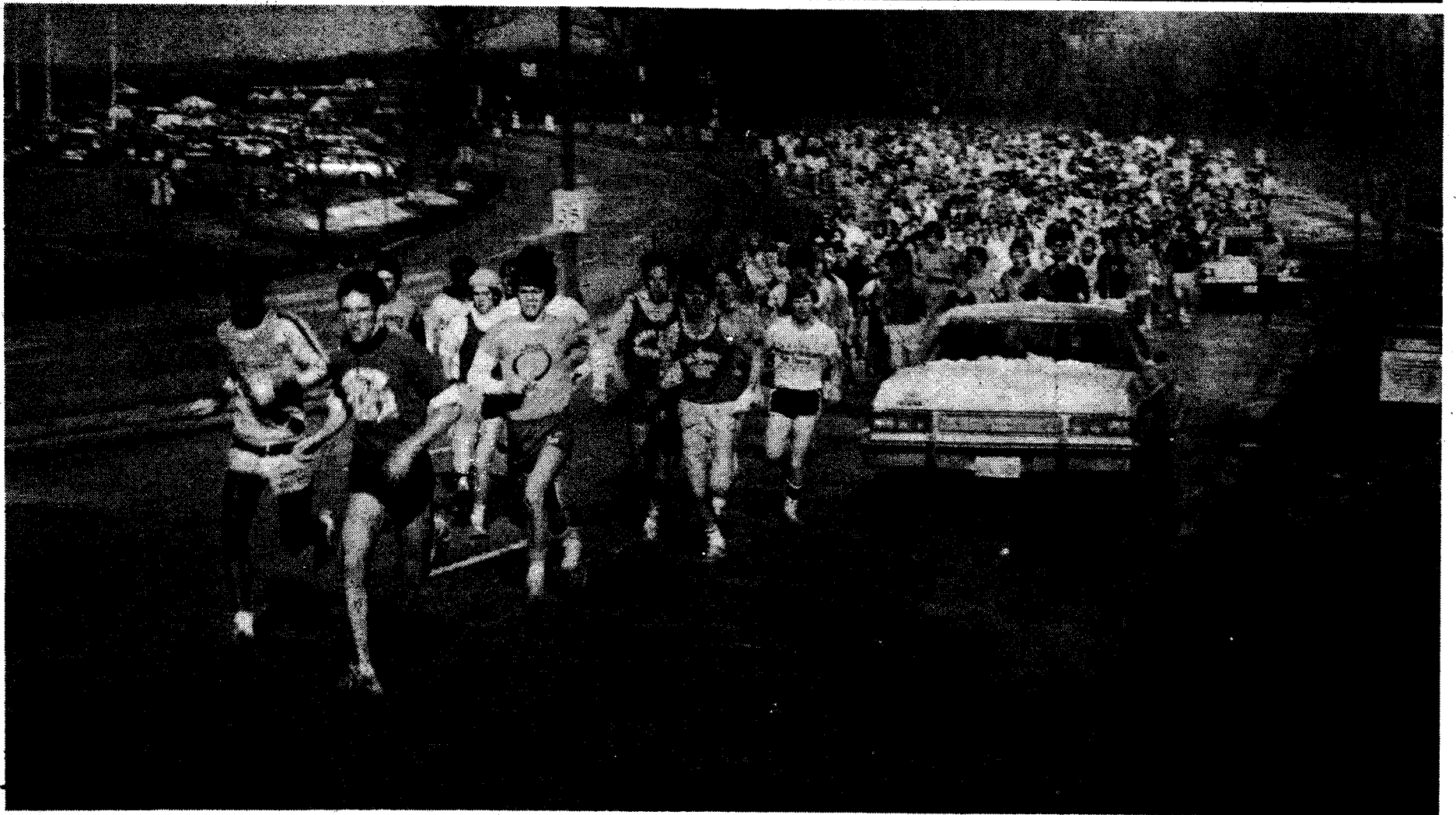
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Sincerely
G. Wayne Burgemeister



RESULTS

Continued from Page 20

Feb 25 - Patterson Park 10 Miller - largest tastest field ever; also deepest puddles and potholes in the history of the race.

| | | | | | | | |
|--------------------------|---------------|-------------------------|---------------|--------------------------|---------------|---------------------------|----------------|
| 1. Stan Fletcher, 25 | 52.11 | 69. Don Heimiller, 47 | 72.12 | 83. Ken Muhvich, 30 | 77.12 | 97. Jim MacNamara, 34 | 83.47 |
| 2. Mark Donahue, 19 | 52.47 | 70. Larry Dragan, 29 | 72.18 | 84. Gorge Kuznetzoff, 35 | 77.24 | 98. Pat Peterson, 45 | 83.57 (10th F) |
| 3. Mike Loman, 20 | 54.27 | 71. Frank Morgan, 36 | 72.26 | 85. Mary Gormley, 21 | 77.25 (6th F) | 99. Chris Mortenson, 11 | 84.39 |
| 4. Pat Good, 22 | 54.49 | 72. Susan Larson, 26 | 72.45 (3d F) | 86. M. Vafn, 26 | 77.35 | 100. Wayne Henkel | 85.38 |
| 5. Jack Kavanagh | 54.50 | 73. Tom Hyatt, 33 | 73.09 | 87. Bern Gugerty, 47 | 79.11 | 101. Marg'rt Olmedo, 17 | 85.39 |
| 6. John Elder, 30 | 56.30 | 74. Herb Magin, 39 | 73.59 | 88. Antonio Olmedo, 47 | 79.12 | 102. Jane Tumpson, 31 | 86.04 |
| 7. Robt McCubbin, 19 | 56.31 | 75. Joe Holland, 57 | 74.18 | 89. Sherry Kendall, 42 | 79.24 (7th F) | 103. Lesley Van Engel, 24 | 86.43 |
| 8. Cal'n Richardson, 18 | 57.32 | 76. Scott Fridley, 16 | 74.53 | 90. Sandy Cohen, 30 | 79.29 (8th F) | 104. Joe Seibert, 64 | 87.02 |
| 9. Lou Rojas, 28 | 57.32 | 77. Gary Johnson, 34 | 74.58 | 91. Norman Payne, 47 | 79.39 | 105. Janet Vann, 26 | 89.35 |
| 10. Dave Goucher, 22 | 58.14 | 78. Joe Jensen, 33 | 75.13 | 92. John Strandberg, 39 | 80.53 | 106. Pam Poole, 26 | 90.40 |
| 11. Steve Yeagle, 31 | 59.21 | 79. Mich'l Thompson, 23 | 76.10 | 93. Robert W. Wolff, 27 | 80.59 | 107. Mary Tysor, 27 | 90.40 |
| 12. Scott Paris, 18 | 59.35 | 80. John Mancini, 28 | 76.30 | 94. Cathy Gaddy, 22 | 82.00 (9th F) | 108. Patricia Payne, 36 | 90.40 |
| 13. Harry Piotrowski, 39 | 59.49 | 81. Brigitte Heath, 29 | 76.38 (4th F) | 95. Bob Ray, 41 | 82.36 | 109. Gwen Skeens, 37 | 93.23 |
| 14. George Miller, 34 | 60.47 | 82. Diane Godack, 19 | 77.05 (5th F) | 96. Ed Patey, 38 | 82.36 | 110. Charles Lutz, 57 | 95.16 |
| 15. Mark Yevkes, 23 | 60.50 | | | | | | |
| 16. Don Miller, 23 | 61.34 | | | | | | |
| 17. Bill Legert, 39 | 61.45 | | | | | | |
| 18. Jay Bright, 26 | 61.49 | | | | | | |
| 19. Jack Hoopes, 27 | 62.41 | | | | | | |
| 20. Larry Pickett, 17 | 62.43 | | | | | | |
| 21. Wayne Hawley, 31 | 63.10 | | | | | | |
| 22. Bruce Richardson, 19 | 63.24 | | | | | | |
| 23. O.T. Williamson, 42 | 63.37 | | | | | | |
| 24. Ed Sharp, 38 | 63.39 | | | | | | |
| 25. Dick Nair, 39 | 63.45 | | | | | | |
| 26. Lloyd Peters, 26 | 63.56 | | | | | | |
| 27. Bill Caldwell, 23 | 64.04 | | | | | | |
| 28. Al Filar, 48 | 64.12 | | | | | | |
| 29. John Fehir, 32 | 64.16 | | | | | | |
| 30. Robert Hotchkiss, 25 | 64.23 | | | | | | |
| 31. Nick Delambo, 37 | 64.26 | | | | | | |
| 32. Charles Zeiler, 28 | 64.27 | | | | | | |
| 33. Andrew C. Oken, 17 | 64.33 | | | | | | |
| 34. Dave Evans, 36 | 64.39 | | | | | | |
| 35. Don Fischer, 35 | 64.51 | | | | | | |
| 36. Robert Barnes, 17 | 64.53 | | | | | | |
| 37. Bill Fornoff, 35 | 65.23 | | | | | | |
| 38. Larry Noll, 34 | 65.27 | | | | | | |
| 39. Charlie Koester, 17 | 65.29 | | | | | | |
| 40. Bill Reeder, 33 | 65.44 | | | | | | |
| 41. John Kilian, 20 | 66.09 | | | | | | |
| 42. Mike Hill, 28 | 66.18 | | | | | | |
| 43. John Roemer, 40 | 66.20* | | | | | | |
| 44. Kathy Heckman, 23 | 66.24 (1st F) | | | | | | |
| 45. Jim Black, 41 | 67.03 | | | | | | |
| 46. Jerry Lynch, 34 | 68.05 | | | | | | |
| 47. Carter Sinclair, 24 | 68.21 | | | | | | |
| 48. Terry Kreltz, 32 | 68.32 | | | | | | |
| 49. Nathaniel Powell, 33 | 68.34 | | | | | | |
| 50. Kevin Herbert, 16 | 68.45 | | | | | | |
| 51. Chris Rynne, 25 | 69.04 | | | | | | |
| 52. Ted Chernak, 45 | 69.08 | | | | | | |
| 53. Reed Pveritz, 31 | 69.45 | | | | | | |



4th ANNUAL ANNAPOLIS 10 MILE RUN

SUNDAY, AUGUST 26, 1979-7:30 a.m.

SPONSORED BY: ANNAPOLIS RACQUET CLUB
 & Loan Association of Annapolis

PRESENTED BY: SEVERNA PARK FUNRUNNERS-ANNAPOLIS STRIDERS
 FOR THE BENEFIT OF: THE AMERICAN HEART ASSOCIATION
 ALL PROCEEDS TO BENEFIT ANNE ARUNDEL CO.

PLACE: Severna Park High School-Evergreen and Robinson Roads, Severna Park, Maryland

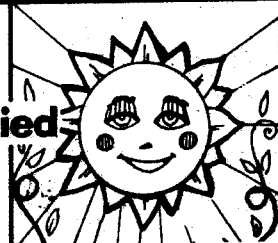
DIRECTIONS: South from the Washington area take route #3 to Benfield Blvd., east 4 miles to high school. North from Baltimore area take route #2 to Robinson Road, south 1 mile to high school.

TIME: Race Packer Pickup 6:30 to 7:15 a.m.
 Race starts 7:30 a.m.
 Refreshments and ceremony Finish of race

AAU. Certified Course

| | | |
|-----|----------------------|---------------|
| 39. | Charlie Koster, 17 | 65.29 |
| 40. | Bill Reeder, 33 | 65.44 |
| 41. | John Kilian, 20 | 66.09 |
| 42. | Mike Hill, 28 | 66.18 |
| 43. | John Roemer, 40 | 66.20 |
| 44. | Kathy Heckman, 23 | 66.24 (1st F) |
| 45. | Jim Black, 41 | 67.03 |
| 46. | Jerry Lynch, 34 | 68.05 |
| 47. | Carter Sinclair, 24 | 68.21 |
| 48. | Terry Kreitz, 32 | 68.32 |
| 49. | Nathaniel Powell, 33 | 68.34 |
| 50. | Kevin Herbert, 16 | 68.45 |
| 51. | Chris Rynne, 25 | 69.04 |
| 52. | Ted Chernak, 45 | 69.08 |
| 53. | Reed Pyeritz, 31 | 69.45 |
| 54. | Jeff Stegel, 23 | 69.54 |
| 55. | Bernie Noeller, 34 | 70.17 |
| 56. | Bernard Webber, 41 | 70.28 |
| 57. | Gerry Kramer, 46 | 70.28 |
| 58. | Tom Edwards, 15 | 70.38 |
| 59. | Stan Bailey, 41 | 70.51 |
| 60. | Jim Heckman, 25 | 70.59 |
| 61. | Richard Heuser, 25 | 71.04 |
| 62. | Robert Greenwell, 34 | 71.06 |
| 63. | Pat Sokoloski, 33 | 71.10 |
| 64. | John Cusson, 30 | 71.26 |
| 65. | Dave O'Hara, 34 | 71.33 |
| 66. | Jim Mortenson, 39 | 71.40 |
| 67. | Bill Foley, 54 | 71.57 |
| 68. | Robin Stryker, 24 | 72.07 (2d F) |

Classified



We'll advertise used shoes and equipment free of charge in this section. Just send a note containing size, condition, price and contact person to John Roemer, Running Center, 736 Fairmount Ave., Towson, 21204. John Roemer, Running Center, 17236 Evna Rd., Parkton, Md. 21120.

New Balance 320 - size 9 1/2; like new. Eddy Rayford, 255-2108.

Adidas Country - Size 9; less than 50 miles. Chuck, 296-3603.

Etonic Street Fighter - size 10, worn once, \$25. 377-6226.

2 pairs NIKE LDV's, brand new, never run in - no insoles (perfect for orthotics) - Size 12 - \$25 each.

1 pair Etonic Stabilizer's worn once for 2 miles, complete with insole - size 12 - \$25. Alan Silverberg 833-8585.

PLACE: Severna Park High School-Evergreen and Robinson Roads, Severna Park, Maryland

DIRECTIONS: South from the Washington area take route #3 to Benfield Blvd., east 4 miles to high school. North from Baltimore area take route #2 to Robinson Road, south 1 mile to high school.

TIME: Race Packet Pickup 6:30 to 7:15 a.m.
Race starts 7:30 a.m.
Refreshments and ceremony Finish of race

ENTRY: \$6.00 INDIVIDUAL FEE POSTMARKED BY MIDNIGHT AUG. 5th CUT OFF 2000 NO REFUNDS—NO UNOFFICIAL RUNNERS NO TEAM ENTRIES—NO RACE DAY ENTRIES ALL ENTRANTS WILL RECEIVE CONFIRMATION BY AUGUST 12th

AWARDS: T-SHIRTS TO ALL FINISHERS—10 DIVISIONS

COURSE: 10 mile scenic rolling hills starting at Severna Park High School and finishing at the Navy, Marine Stadium.

RECORD: DAN RINCON 50:25 MARGE ROSASCO 62:59

AAU. Certified Course

Sanctioned By



Transportation provided back to high school at finish of race if needed.

MAKE CHECKS PAYABLE TO: ANNAPOLIS 10 MILE RUN
SEND APPLICATION TO: P.O. BOX 699 SEVERNA PARK, MD. 21146

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

DIVISION OFFICIAL USE ONLY

Signature of Runner _____ Date _____

SEX M F
AGE AS OF AUGUST 26, 1979

Signature of Parent (if under 18) _____ Date _____

LAST

FIRST MI

STREET

CITY STATE ZIP

T-SHIRT SIZE
S M L XL

RESULTS

From Larry Noel:

The 18th Annual Washington's Birthday Marathon, Beltsville, Md. 18 February, 1979

Chris Mason, of Ardmore, Pa., won the 18th running of the Washington's Birthday Marathon in Beltsville, Md. on the National Agricultural Farm, ordinarily a great place to run, safe, scenic and little traffic. He won easily in 2 hours 26 minutes and 41 seconds over 6 and 1/2 minutes ahead over the second finisher. Mason was 4:27 over the record set last year by Bobbie Doyle of Central Falls, Rhode Island.

Today's marathon was decidedly not safe particularly for the inexperienced, under trained or inadequately clothed runner. At the start the temperature was 70 degrees F. and although many races have been run in colder temperatures in other parts of the North most runners in this area were not prepared for this weather. Over a 100 runners did not show up for the start, another 130 did not finish the 3 loop course, although 242 did. The race officials departed from a long respected tradition of only giving T-Shirts to finishers by announcing before the start that everyone would receive a T-Shirt and that all were encouraged to stop on either of the first two loops or before and enjoy the roaring fire in the Log Lodge and the free meal.

Unfortunately these announcements fell not only on deaf ears but soon to be frozen ears. Cases of frost bite could be observed on unfeeling runners. Fortunately the Red Cross was at the half way point of the 3 loop course and at the finish line in the lodge with blankets and cots and some running doctors helped. Still it was a touchy situation as a few or several cases of hypothermia occurred to runners who made it into the lodge. Probably the only other bad weather conditions on this course occurred in

New York State, West Virginia, New York City, Boston, Philadelphia, New Jersey, Minnesota, Tennessee and, of course, from Virginia, District of Columbia and Maryland. Although a difficult course, runners like to use this

to qualify for the Boston marathon. Forty eight were under 3 hours and an additional 14, 40 years and over runners, qualified by beating 3:30.

The Greenbelt JAYCEES sponsored this race again and gave excellent

sentry protection as did the nearby Glen Dale Civic Association and the Park, County and Agricultural Farm police. The course was cleared of ice and snow which had been on the

Continued to Page 23

| | | | | | | |
|-----|---------------------|-----------------------|----|-------|---------|---------|
| 1. | Chris Mason | Ardmore, Pa. | 30 | 47:00 | 1:36:12 | 2:26:41 |
| 2. | Fred Steir | Philadelphia, Pa. | 31 | 50:23 | 1:40:24 | 2:33:12 |
| 3. | Mike Sabino | Baltimore, Md. | 39 | 50:23 | 1:42:16 | 2:33:42 |
| 4. | Robert Stack | Rockville, Md. | 22 | | 1:41:52 | 2:34:58 |
| 5. | Henry Danver | Galthersburg, Md. | 31 | 50:23 | 1:42:18 | 2:36:14 |
| 6. | Steven Podgany | Allison Park, Pa. | 28 | | 1:42:48 | 2:39:08 |
| 7. | Seth Bergmann | Philadelphia, Pa. | 29 | 52:16 | 1:45:30 | 2:39:56 |
| 8. | Dave Faherty | Pompton Plains, N.J. | 33 | 53:06 | 1:45:50 | 2:40:03 |
| 9. | Danny Kyle | Troutville, Va. | 31 | | 1:43:53 | 2:40:42 |
| 10. | Ludovít Cap | Washington, D.C. | 33 | 52:48 | 1:45:57 | 2:40:56 |
| 11. | Tim Loftus | Andrews AFB, Md. | 27 | 51:46 | 1:46:15 | 2:41:49 |
| 12. | Bill Koehler | Andrews AFB, Md. | 34 | 51:33 | 1:46:41 | 2:42:21 |
| 13. | David Rosso | Philadelphia, Pa. | 34 | 51:43 | 1:45:03 | 2:42:31 |
| 14. | Joe Romano | Lynchburg, Va. | 29 | 52:16 | 1:46:28 | 2:42:44 |
| 15. | Frank Russo, Jr. | Timonium, Md. | 17 | 52:49 | 1:46:57 | 2:42:54 |
| 16. | Delroy Matthews | Severna Park, Md. | 36 | | | 2:43:30 |
| 17. | Phil Bishop | Lexington, Va. | 28 | 52:13 | 1:46:28 | 2:43:00 |
| 18. | Michael Spinner | Bristol, Tenn. | 20 | 54:48 | 1:50:15 | 2:44:58 |
| 19. | Don Marvel | Easton, Md. | 36 | 54:03 | 1:50:15 | 2:48:58 |
| 20. | Jay Romasco | Washington, D.C. | 29 | | 1:53:19 | 2:47:00 |
| 21. | Warren Ohlrich | Columbia, Md. | 40 | 53:28 | 1:49:17 | 2:47:37 |
| 22. | Herbert Chisholm | Alex., Va. | 50 | 53:28 | 1:49:20 | 2:47:44 |
| 23. | Guido Adelfio | NYC, N.Y. | 23 | 56:32 | 1:55:11 | 2:47:46 |
| 24. | David Ciccarelli | Annapolis, Md. | 20 | 53:49 | 1:50:43 | 2:48:00 |
| 25. | Mark Kelly | Annapolis, Md. | 19 | 59:00 | 1:53:12 | 2:48:32 |
| 26. | Wm. Lawder | Hopewell, N.J. | 31 | 55:37 | 1:51:54 | 2:49:43 |
| 27. | Jeff Lears | Glen Rock, Pa. | 28 | 54:19 | | 2:49:53 |
| 28. | James Dewey | Newark, Del. | 19 | | 1:52:45 | 2:50:35 |
| 29. | Jack Rickley | Wash., D.C. | 33 | 56:30 | 1:53:37 | 2:50:35 |
| 30. | Jeremy Clark | Alex., Va. | | 56:28 | 1:53:37 | 2:51:09 |
| 31. | Michael Wart | Elkridge, Md. | 24 | 53:52 | 1:45:50 | 2:51:13 |
| 32. | James Reaner | Silver Spring, Md. | 32 | | 1:52:33 | 2:52:03 |
| 33. | Bailey St. Clair | Lutherville, Md. | 40 | 57:30 | 1:54:28 | 2:52:08 |
| 34. | Jim Gordon | Balto., Md. | 29 | 55:24 | 1:53:27 | 2:54:30 |
| 35. | Mark Miller | NYC, N.Y. | 42 | 56:53 | 1:54:19 | 2:55:27 |
| 36. | Paul Bonham III | Vienna, Va. | 16 | 55:29 | 1:54:20 | 2:55:29 |
| 37. | Chuck Hall | Lancaster, Pa. | 24 | 51:25 | 1:57:55 | 2:56:27 |
| 38. | Chas. Witse | Baldwinsville, N.Y. | 36 | 57:36 | 1:55:32 | 2:56:55 |
| 39. | Timothy Noonan | Springfield, Mass. | 22 | 58:58 | 1:59:04 | 2:58:05 |
| 40. | Robt Kaplan | Suffern, N.Y. | 36 | | 1:58:21 | 2:58:14 |
| 41. | Otis Williamson | Arlington, Va. | 42 | 59:40 | 1:56:28 | 2:58:17 |
| 42. | John Brady | Annapolis, Md. | 19 | 59:02 | 1:56:53 | 2:58:30 |
| 43. | Courtland Howard | Windsor, Pa. | 24 | 54:38 | | 2:58:42 |
| 44. | Alexandar Barnes | Greenbelt, Md. | 41 | 59:30 | 1:57:44 | 2:58:56 |
| 45. | R. McFall Lamm | Alex., Va. | 27 | 55:07 | 1:54:25 | 2:59:37 |
| 46. | Dave Pettibone | Sterling Hgts., Mich. | 16 | | | 2:59:41 |
| 47. | Thomas Henderson | Wash., D.C. | 37 | 58:33 | 1:59:19 | 2:59:52 |
| 48. | Michael Rawls | Mt. Top, Pa. | 20 | 54:28 | 1:52:36 | 2:59:59 |
| 49. | John Mildner | Balto., Md. | 42 | 56:54 | 1:54:55 | 3:00:47 |
| 50. | Keith Levien | Cleveland Ohio | 30 | 57:10 | 1:58:16 | 3:00:38 |
| 51. | Thomas Chiarj | Matawn, N.J. | 28 | 54:18 | 1:51:42 | 3:00:44 |
| 52. | David Kaiser | Laurel, Md. | 24 | 59:05 | 2:00:16 | 3:01:18 |
| 53. | Edw. Sharp | Oxon Hill, Md. | 26 | 56:27 | 1:54:53 | 3:01:39 |
| 54. | Tom Bebee | Syracuse, N.Y. | 26 | 56:37 | 1:55:36 | 3:01:52 |
| 55. | Mike VanBeuren | Annapolis, Md. | 26 | | 1:57:16 | 3:03:19 |
| 56. | Geo. Imes | Silver Spring, Md. | 47 | 59:15 | 2:00:20 | 3:04:21 |
| 57. | Dan Gowen | College Park, Md. | 32 | 57:34 | 1:58:31 | 3:04:21 |
| 58. | Kieter Dauberman | Lykens, Pa. | 23 | 59:41 | 2:04:26 | 3:04:41 |
| 59. | Lou Cuppens | Langhorne, Pa. | 36 | | 1:45:50 | 3:04:43 |
| 60. | Bob Vanlonghenhoven | Sterling Hgts., Mich. | 16 | 58:20 | 1:48:39 | |
| 61. | Chris... | | | | | |

roaring fire in the Log Lodge and the free meal.

Unfortunately these announcements fell not only on deaf ears but soon to be frozen ears. Cases of frost bite could be observed on unfeeling runners. Fortunately the Red Cross was at the half way point of the 2 loop course and at the finish line in the lodge with blankets and cots and some running doctors helped. Still it was a touchy situation as a few or a few cases of hypothermia occurred to runners who made it into the lodge. Probably the only other bad weather conditions on this course occurred in 1972, the first on this course but the 11th running of this race. Then the temperatures were not quite so low but a strong wind sent the wind chill factor below today's race.

A number of runners were happy about their times, the course and the weather saying that they had no difficulty. They were the experienced marathoners, well conditioned and well clothed. The last runners, three were still out on the course when the Blizzard of '79 struck, were only about 10 minutes away from the finish and insisted on finishing. The very last runner was forcibly picked up and brought back to the lodge. He would never have finished, particularly with the Blizzard starting and six miles to go.

It was the first experience of the course director in giving out water to the runners to have the water freeze in the cups, and if spilled to immediately turn to ice. Nevertheless the runners still asked for water. Icicles were the order of the day, with two inch ones hanging from the runners ear lobes or beards, often unknown to the runner. The last runner finished in 5:09:23 in 242nd place, refusing all rides and apparently in good condition.

Many organizations cooperated with the D.C. Road Runners in putting on this traditional race which is held the Sunday of the holiday for George Washington's Birthday so that runners may stay over for the holiday instead of returning great distances. Runners came from Michigan, Illinois, Upper

| | | | | | | |
|------|---------------------|----------------------|----|---------|---------|---------|
| 39. | Thompson Noonan | Springfield, Mass. | 22 | 58:58 | 1:59:04 | 2:58:05 |
| 40. | Robt Kaplan | Suffern, N.Y. | 36 | | 1:56:21 | 2:56:14 |
| 41. | Otis Williamson | Arlington, Va. | 42 | 59:40 | 1:56:28 | 2:56:17 |
| 42. | John Brady | Annapolis, Md. | 19 | 59:02 | 1:56:53 | 2:56:30 |
| 43. | Courtland Howard | Windsor, Pa. | 24 | 54:38 | | 2:58:42 |
| 44. | Alexandar Barnes | Greenbelt, Md. | 41 | 59:30 | 1:57:44 | 2:58:36 |
| 45. | R. McAll Lamm | Alex., Va. | 27 | 55:07 | 1:54:25 | 2:59:37 |
| 46. | Dave Pettibone | Sterling Hgts, Mich. | 16 | | | 2:59:41 |
| 47. | Thomas Henderson | Wash., D.C. | 37 | 56:33 | 1:59:19 | 2:59:52 |
| 48. | Michael Kavis | Nit. Top, Pa. | 28 | 54:28 | 1:52:36 | 2:59:58 |
| 49. | John McKiner | Railo. Hgts. | 22 | 56:54 | 1:54:55 | 3:00:07 |
| 50. | Kelth Levis | Cleveland Ohio | 30 | 57:10 | 1:58:16 | 3:00:30 |
| 51. | Thomas Chiari | Metawn, N.J. | 28 | 54:18 | 1:51:42 | 3:00:44 |
| 52. | David Katsler | Lansat, Md. | 24 | 58:05 | 2:00:16 | 3:01:18 |
| 53. | Edw. Sharp | Ozon Hill, Md. | 27 | | 1:59:49 | 3:01:29 |
| 54. | Tom Bebee | Syracuse, N.Y. | 26 | 56:37 | 1:55:36 | 3:03:12 |
| 55. | Mike VanBuren | Annapolis, Md. | 26 | | 1:57:16 | 3:03:19 |
| 56. | Geo. Imes | Silver Spring, Md. | 42 | 59:15 | 2:00:20 | 3:04:21 |
| 57. | Dan Gowen | College Park, Md. | 32 | 57:34 | 1:58:31 | 3:04:21 |
| 58. | Kieter Dauberman | Lykens, Pa. | 23 | 59:41 | 2:04:26 | 3:04:41 |
| 59. | Lou Cuppens | Langhorne, Pa. | 36 | | 1:45:50 | 3:04:43 |
| 60. | Bob Vanlonghenhoven | Sterling Hgts, Mich. | 16 | 58:20 | 1:58:29 | 3:04:48 |
| 61. | Chris Winters | Wash., D.C. | 39 | 56:03 | 1:53:09 | 3:04:49 |
| 62. | | | | | | 3:05:00 |
| 63. | Gary Knipling | Woodbridge, Va. | 35 | 57:43 | | 3:05:12 |
| 64. | Phillip Fenty | Wash., D.C. | 38 | 58:17 | 1:59:22 | 3:05:27 |
| 65. | Lamont Anderson | Phila., Pa. | 38 | 1:00:53 | 2:01:52 | 3:05:35 |
| 66. | Tom Sheahan | Derwood, Md. | 37 | 56:40 | 1:56:00 | 3:05:48 |
| 67. | Jerry Jacobs | Wynnewood, Pa. | 20 | 1:00:08 | 2:00:30 | 3:06:01 |
| 68. | Stephen Paushter | Sayre, Pa. | 27 | 1:00:32 | 2:01:35 | 3:06:06 |
| 69. | Richard Sitter, Jr. | Erie, Pa. | 39 | 58:57 | 2:00:27 | 3:06:06 |
| 70. | John Shimonsky | Andrews AFB, Md. | 20 | 58:35 | 1:59:19 | 3:06:55 |
| 71. | Kent Ashcraft | Beltsville, Md. | 28 | 1:01:28 | 2:03:44 | 3:07:02 |
| 72. | Jon Peterson | Fairfax City, Va. | 32 | 58:15 | | 3:07:05 |
| 73. | A.W. Dower | Carleville, Md. | 35 | 1:00:19 | 2:02:34 | 3:07:11 |
| 74. | Gary Hojell | Spring Valley, N.Y. | 27 | 58:27 | 2:00:49 | 3:07:16 |
| 75. | John Machado | Landover Hills, Md. | 31 | 58:58 | 2:57:40 | 3:07:24 |
| 76. | Paul Anderson | Interlachen, Mich. | 19 | 1:02:12 | 2:04:29 | 3:07:49 |
| 77. | Bert Meyer | Wingdale, N.Y. | 33 | 59:13 | 2:01:10 | 3:07:58 |
| 78. | Scott McElroy | Reston, Va. | 30 | 59:39 | 2:00:02 | 3:08:52 |
| 79. | Brad Roth | Lancaster, Pa. | 19 | 57:42 | 1:58:00 | 3:09:26 |
| 80. | Sabin Snow | Stockton, N.J. | 36 | 1:00:08 | 2:01:56 | 3:09:26 |
| 81. | Val Hardin | Woodbridge, Va. | 17 | 1:01:38 | 2:04:45 | 3:09:39 |
| 82. | Alan Landay | Rockville, Md. | 31 | 2:04:50 | 3:09:40 | |
| 83. | Harold Knapp | Germantown, Md. | 54 | 58:29 | 2:01:40 | 3:09:57 |
| 84. | Geo. Holland | Wash., D.C. | 24 | 57:22 | 1:56:08 | 3:10:03 |
| 85. | Warren Miller | Madison, Conn. | 34 | 1:00:08 | 2:02:00 | 3:10:38 |
| 86. | Majorie Tennyson | Middletown, Pa. | 25 | 2:02:03 | 3:10:50 | |
| 87. | E. W. Lareau | Columbia, Md. | 31 | 1:00:40 | 2:05:36 | 3:13:36 |
| 88. | Peter Adams | Laurel, Md. | 35 | 1:02:37 | 2:06:36 | 3:14:09 |
| 89. | Bryan Clark | Laurel, Md. | 16 | 1:01:10 | | 3:15:22 |
| 90. | Richard Straffella | Lanham, Md. | 36 | 1:00:25 | 2:04:45 | 3:15:24 |
| 91. | Howard Pope | Andrews AFB, Md. | 33 | 1:02:18 | 2:07:06 | 3:15:58 |
| 92. | Peter LaGoy | Wash., D.C. | 19 | 1:01:19 | 2:07:46 | 3:15:58 |
| 93. | Wm. Shiffer | Alex., Va. | 37 | 1:02:18 | 2:08:38 | 3:16:58 |
| 94. | Aloysius Krackauer | Reston, Va. | 36 | | 2:01:42 | 3:16:24 |
| 95. | Patric Hendrick | Allentown, Pa. | 27 | 1:02:37 | 2:08:43 | 3:16:25 |
| 96. | Raoul Hurwitz | Scarsdale, N.Y. | 36 | | 2:05:36 | 3:16:27 |
| 97. | Robt. Riennan | Quantico, Va. | 24 | 1:05:52 | 2:12:07 | 3:16:59 |
| 98. | Mark Zimmerman | Wash., D.C. | 27 | | 2:09:31 | 3:17:08 |
| 99. | Eldon Pitcher | Warrenton, Va. | 22 | | 1:57:12 | 3:17:09 |
| 100. | Dennis Anderson | Annapolis, Md. | 37 | 1:02:18 | 2:05:33 | 3:17:24 |
| 101. | Alexander Rives | Wash., D.C. | 30 | 1:04:06 | 2:10:02 | 3:17:28 |
| 102. | Joe Duffy | Bowie, Md. | 37 | 1:04:09 | 2:09:31 | 3:17:28 |
| 103. | Richard Jones | Falls Church, Va. | 35 | 1:03:34 | 2:07:06 | 3:17:35 |
| 104. | Robt. Driscoe | Rockville, Md. | 34 | 56:52 | 1:58:12 | 3:18:45 |
| 105. | Hugh Ferry | Lanham, Md. | | | | 3:19:05 |
| 106. | Fred Escobar | Silver Spring, Md. | 41 | 1:00:51 | 2:06:03 | 3:19:10 |
| 107. | Brian Mayell | Arlington, Va. | 24 | 1:00:25 | 2:02:24 | 3:19:46 |
| 108. | Gerry Sullivan | Lima, N.Y. | 35 | 1:02:58 | 2:05:04 | 3:20:02 |
| 109. | Buten Proctor | Rockville, Md. | 34 | | 2:08:30 | 3:20:10 |
| 110. | Melvin Schultz | Pittsford, N.Y. | 46 | 1:04:20 | 2:09:34 | 3:20:14 |
| 111. | Tommy Farragher | Fairfax, Va. | 43 | | | 3:20:35 |
| 112. | Susan Barton | Woodbridge, Va. | 37 | 1:06:05 | 2:14:45 | 3:21:14 |
| 113. | Frank Cieary | Kensington, Md. | 39 | 1:08:51 | | 3:22:27 |
| 114. | Chas. Corcoran | Wash., D.C. | 21 | 1:02:18 | 2:07:06 | 3:21:42 |
| 115. | Eugene Hilty | Derwood, Md. | 42 | 1:29:00 | | 3:21:48 |
| 116. | David Dodge | Grand Rapids, Mich. | 32 | 1:07:24 | 2:14:18 | 3:22:01 |
| 117. | Edwin Demoney | Arlington, Va. | 45 | 1:05:16 | 2:13:49 | 3:22:25 |
| 118. | Harry Cahfetz | Poughkeepsie, N.Y. | 49 | | 2:15:40 | 3:22:32 |
| 119. | James Smith | Pouchkeepsie, N.Y. | 42 | 1:05:58 | 2:17:05 | 3:22:32 |
| 120. | J. Jacob Wind | Arlington, Va. | 28 | 56:31 | | 3:23:21 |

RESULTS

Continued from Page 22

Continued from Page 22
 course, or parts of it, all week. The Greenbelt Recreation Department again offered hot showers to out-of-town runners. Mike Horsey of the Phidippides Running Center was race

director replacing Bob Rothenberg who has been race director for many years. Larry Noel

-Ninth Running on this Certified Course
 -Entries: 349 Men, 23 Women
 -Finishers: 242; one under 2:30; 48 under 3:00; 139 under :30

-Weather: 12°, overcast, no wind
 Under (5)
 Frank Russo (15th overall), Timonium, Md. (17) 2:42:54
 2. (36th) Paul Bonham, Vienna, Va. (16) 2:55:29
 3. (46th) Dave Pettibone, Sterling, Hgts. Mich. (16) 2:59:41
 4. (60th) Bob Vanlongenhoves, Sterling H., Mich. (16) 3:04:48
 5. (89th) Bryan Clark, Laurel, Md. (16) 3:15:22

Men 40-44 (5)
 1. (21st) Warren Oblich, Columbia, Md. (40) 2:47:37
 2. (30th) Jeremy Clark, Alexandria, Va. (42) 2:51:09
 3. (33rd) Bailey St. Clair, Lutherville, Md. (40) 2:52:08
 4. (35th) Mark Miller, New York, N.Y. (42) 2:55:27
 5. (41st) Otis Williamson, Arlington, Va. (42) 2:58:17

Men 45-49 (4)
 1. (56th) George Imes, Silver Spring, Md. (47) 3:04:21
 2. (105th) Hugh Ferry, Lanham, Md. (47) 3:09:10
 3. (110th) Melvin Schultz, Pittsford, N.Y. (46) 3:20:14
 4. (117th) Edwin Demoney, Arlington, Va. (45) 3:22:25

Men 50-54 (3)
 1. (22nd) Herb Chisholm, Alexandria, Va. (5) 2:47:44
 2. (83rd) Harold Knapp, Germantown, Md. (54) 3:09:57
 3. (144th) Edwin Whitman, Erie, Pa. (53) 3:30:41

Men 55-59 (3)
 1. (131st) John McIntyre, Springfield, Va. (58) 3:26:24
 2. (221st) Frank Luff, Wheaton, Md. (56) 4:15:15
 3. (233rd) John Kirt, Bowie, Md. (55) 4:26:38

Men 60 & Over (2)
 1. (199th) William Shrader, Albany, N.Y. (63) 3:58:51
 2. (214th) Nat Hefner, Parkersburg, W. Va. (68) 4:1:01

Women Finishers
 1. (81st) Val Hardin, Woodbridge, Va. (17) 3:09:39
 2. (86th) Marjorie Tennyson, Middletown, Pa. (25) 3:10:50

3. (112th) Sue Barton, Woodbridge, Va. (17) 3:21:14
 4. (211th) Ritva Evars, Bethesda, Md. (47) 3:37:11
 5. (216th) Mary Gormley, College Pk., Md. (21) 4:11:50
 6. (219th) Judith Weber, College Pk., Md. (35) 4:15:19
 7. (225th) Dorothy Coon, Waterford, Pa. (39) 4:16:41
 8. (229th) Debby Gebhardt, Adelphi, Md. (31) 4:21:52
 9. (232nd) Susan Anderson, King of Prussia, Pa. (34) 4:24:08

10. (236th) Nancy Smith, Camp Springs, Pa. (32) 4:38:45

-Winning Team: Baltimore Olympic Club (Mike Sabino (3), Robert Stack (4), Don Marvel (19))
 -Second Place Team: Baltimore Road Runners
 -Race Walker: One competitor, Paul Robertson (39), Oxon Hill, Md., finished his 60th marathon, (most marathons he ran) race-walking it in a time of 4:41:24.

| | | | | | | |
|------|--------------------------|---------------------|----|---------|---------|---------|
| 121. | Geo. Thoms | Sterling, Va. | 40 | 1:07:56 | 2:15:08 | 3:23:46 |
| 122. | Chas. Fetzler | Wash., D.C. | 41 | 1:02:58 | 2:07:06 | 3:23:46 |
| 123. | Geo. Everett | Herndon, Va. | 43 | 1:00:40 | 2:07:06 | 3:24:23 |
| 124. | Martin Greenabum | Largo, Md. | 33 | 1:04:24 | 2:14:29 | 3:24:48 |
| 125. | Glen McWright | Springfield, Va. | 20 | 1:05:57 | 2:14:25 | 3:25:00 |
| 126. | Thomas Curtis | Silver Spring, Md. | 29 | 59:10 | 2:00:14 | 3:25:13 |
| 127. | Mike Short | Tantallon, Md. | 34 | 1:03:57 | 2:10:34 | 3:25:24 |
| 128. | Wm. Gaaney | Raleigh, N.C. | 36 | 1:03:47 | | 3:26:13 |
| 129. | Edw. Woodhouse | Radford, Va. | 25 | 1:05:00 | 2:13:27 | 3:26:22 |
| 130. | Bob Rother | Poughkeepsie, N.Y. | 46 | 1:05:57 | 2:17:09 | 3:26:23 |
| 131. | John McIntyre | Springfield, Va. | 20 | 1:03:07 | 2:10:02 | 3:26:24 |
| 132. | Al Kubelius | Bowie, Md. | 36 | 1:03:44 | 2:12:53 | 3:12:51 |
| 133. | Peter Hruskorp | Alexandria, Va. | 23 | 1:07:45 | 2:15:34 | 3:27:30 |
| 134. | Robert Epstein | Rochester, N.Y. | 39 | 1:07:57 | 2:13:27 | 3:27:40 |
| 135. | Gary Glaser | California, Md. | 32 | 1:05:05 | 2:12:42 | 3:28:29 |
| 136. | Derald Wentzien | Creamridge, N.Y. | 20 | | 2:00:00 | 3:28:41 |
| 137. | Jim Turner | Germantown, Md. | 43 | 1:02:50 | 2:10:13 | 3:28:42 |
| 138. | Joseph Moch | E. Grand Rapids | 32 | 1:07:17 | 2:14:20 | 3:29:24 |
| 139. | David Moylan | St. Davids, Pa. | 27 | 1:03:37 | 2:09:21 | 3:29:58 |
| 140. | Jon Carlos Pino | Annapolis, Md. | 20 | 1:07:33 | 2:14:27 | 3:30:01 |
| 141. | Tom Hart | Falls Church, Va. | 34 | 2:17 | 2:17:02 | 3:30:18 |
| 142. | Marty Mundy | Rockville, Md. | 28 | | 2:30:37 | 3:30:19 |
| 143. | Dennis Warner | Camp Hill, Pa. | 41 | 1:05:40 | 2:15:37 | 3:30:27 |
| 144. | Edwin Whitman | Erie, Pa. | 53 | 1:08:15 | 2:23:36 | 3:30:41 |
| 145. | Tom Fitzmorris | Bayville, N.J. | 34 | 1:06:49 | 2:01:19 | 3:30:43 |
| 146. | Jack Shawyer | Dickerson, Md. | 42 | 1:01:53 | 2:07:28 | 3:31:03 |
| 147. | Al Williams | Schuylkill Haven | 46 | 1:09:48 | 2:21:48 | 3:31:37 |
| 148. | Boyce Richardson | Voyce, Va. | 48 | 1:03:46 | 2:13:53 | 3:31:57 |
| 149. | Gary Dulin | Oxford, Md. | 34 | 1:04:29 | 2:17:41 | 3:31:55 |
| 150. | Wallace Narlesky | Bethlehem, Pa. | | 1:09:08 | 2:20:31 | 3:32:45 |
| 151. | Jim Hackler | Skillman, N.J. | 19 | | 2:08:17 | 3:32:47 |
| 152. | Spencer Lynch | Jacobus, Pa. | | 1:02:48 | 1:50:13 | 3:32:58 |
| 153. | Robert Dorsey | Washington, D.C. | 30 | 1:01:41 | 2:10:44 | 3:33:21 |
| 154. | John Bond | St. Paul, Minn. | 38 | 1:09:17 | 2:18:40 | 3:30:21 |
| 155. | Patrick Morlarty | Chicago, Ill. | 30 | 1:08:23 | 2:21:56 | 3:33:24 |
| 156. | Bob Burns | Columbia, Md. | 26 | 1:07:08 | 2:18:14 | 3:34:33 |
| 157. | John Barker | Upper Nyack, N.Y. | 42 | 1:14:40 | 2:23:58 | 3:35:19 |
| 158. | Edward Harris | Wheaton, Md. | 39 | | 2:18:28 | 3:35:55 |
| 159. | Ronald Pace | Walkersville, Md. | 29 | | 2:07:06 | 3:36:33 |
| 160. | James Husk | Waldwick, N.J. | 21 | 1:07:58 | 2:18:08 | 3:37:52 |
| 161. | Abdel Colin | Phila., Pa. | 48 | 58:32 | 2:11:02 | 3:37:55 |
| 162. | Capt. F.H. Stoodley, USN | Fairfax, Va. | 43 | 1:09:43 | 2:21:53 | 3:38:14 |
| 163. | Mahael Vail | New York, N.Y. | 43 | 1:11:15 | 2:23:22 | 3:38:18 |
| 164. | Gary Ramage | Springfield, Va. | 40 | 1:11:33 | 2:23:51 | 3:38:27 |
| 165. | Paul Schilling | Annapolis, Md. | 17 | 1:08:59 | 2:18:58 | 3:40:26 |
| 166. | Stanley Benjamin | Bethesda, Md. | 30 | 1:09:57 | 2:24:17 | 3:41:59 |
| 167. | Robert Baderschmidt | Mt. Airy, Md. | 30 | 1:04:50 | 2:10:02 | 3:41:59 |
| 168. | Christopher Saleh | Washington, D.C. | 23 | 1:00:19 | 2:11:02 | 3:42:43 |
| 169. | Laurence Cooke | Washington, D.C. | 35 | 1:04:35 | 2:13:27 | 3:44:19 |
| 170. | place | | | | | 3:44:09 |
| 171. | Bill Kehoe | Rochester, N.Y. | 38 | 1:06:40 | 2:21:32 | 3:44:11 |
| 172. | place | | | | | 3:44:19 |
| 173. | place | | | | | 3:44:19 |
| 174. | Jack Weaver | Annapolis, Md. | 36 | 1:05:22 | 2:18:48 | 3:45:10 |
| 175. | Paul Fresher | Lancaster, Pa. | 41 | 1:17:00 | 2:32:19 | 3:45:10 |
| 176. | Nickolas Coak | Silver Springs, Md. | 49 | 1:07:47 | 2:24:03 | 3:45:48 |
| 177. | Joe Lacy | Baltimore, Md. | 23 | | 2:17:16 | 3:46:38 |
| 178. | Elvio Levis | Washington, D.C. | 44 | 1:01:10 | 2:10:34 | 3:46:44 |
| 179. | David Junk | Springfield, Va. | 44 | | 2:24:08 | 3:47:18 |
| 180. | Jl. A. Lenocho | Springfield, Va. | 47 | 2:26:47 | | 3:47:31 |
| 181. | Cliff Labanone | Annapolis, Md. | 35 | 1:06:06 | 2:20:30 | 3:48:31 |



APPLICATION FOR MEMBERSHIP IN THE BALTIMORE ROAD RUNNERS CLUB

Last Name _____ First Name _____ Sex: Male _____
 Female _____
 Address _____ City _____ State _____ Zip _____
 Age _____ School or College (if student) _____ Occupation _____
 Date of Birth _____ Tele. No. _____ Signature _____

Renewal _____ New Member _____

REGULAR MEMBERSHIP _____ \$5.00 _____ \$ _____
 FULL TIME STUDENT _____ \$3.00 _____ \$ _____
 "ANGEL" MEMBERSHIP _____ \$25.00 _____ \$ _____
 CLUB TEE SHIRTS _____ \$5.00* _____ \$ _____

Tan with brown logo. New top quality shirt

SIZE S _____ M _____ L _____

WOMEN GREEN ON GREEN

SIZE S _____ M _____ L _____

B.R.R.C. PATCHES

New! With club logo _____ \$1.00 _____ \$ _____

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

*includes postage & packing



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 410-821-6478

BALTIMORE ROAD RUNNERS CLUB

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ADDRESS CORRECTION REQUESTED