



**FREE**

**Jan. - April, 1980**

**NEWSLETTER**

- Schedule of Winter Races and other events
- Results of Fall Races
- Plus: Final standings of our first championship series, rules for the 1980 Series, stories, shoes, places to run and more



1979 Maryland Marathon start (Sunpapers Photo)

# Baltimore Road Runners Club

VICE - PRESIDENT: STEVE ROSASCO  
877-7074

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

TREASURER: DICK NAIR 665-7340  
SECRETARY: MARY ROEMER 343-0206

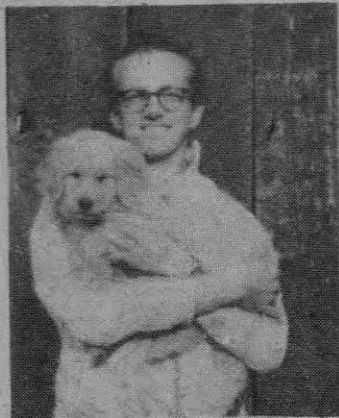
The ROAD RUNNERS CLUB (RRC) OF AMERICA is a non-profit organization founded in 1957 to promote running as a sport and healthy exercise. The Baltimore chapter sponsors weekly running events for novices, joggers and experienced runners. These weekly events offer everyone a chance to run, regardless of 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 full schedules, results, articles about running and announcements of special events. A membership application appears in this schedule.

For further information come to the next scheduled race or call John or Mary Roemer at 821-6473.

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.



John Roemer (in glasses)

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

*From the  
President's Desk*

## TRIATHLON

(2 mile swim, 20 mile run, 50 mile bike ride)

Rescheduled to September or October. Needed: a 25 meter swimming pool, club membership, and a Sunday in the fall.

## Electronic Timing Equipment

The club purchased a large digital display timer. Look for it at finish lines — it will display your time in large, bright numerals. The display is two-sided, so you'll be able to see it before and after you cross the finish line.

## RULES FOR 1980 CLUB CHAMPIONSHIP SERIES

**You MUST be a Club Member as of January 31st to receive ANY awards.**

The series this year will have 6 races for men and 5 races for women. The men will run 5 miles, 10K, 10 miles, half-marathon, 15 miles and 20 miles. The women will run 3 miles by themselves, with the men in the 5 miles, 10K, 10 miles and half-marathon, dropping the 15 & 20 miles from the series. We have changed the rules this year to help make the races more competitive. You will accumulate points for the entire series. Your points will not be your overall finish, but your finish in your age group. For example, if you run the 5 miles and you come in 28th overall and you were the 4th finisher in your age group, your points for this race will be 4, not 28. This way you are only in competition against your age group.

This year to be eligible for the yearly awards the men will have to run 4 of the 6 races, women 4 of the 5 races. Once a man misses 3 races and a woman 2 races we will drop them from the competition. If you miss a race, you will be given last place in your age group. For example, if you miss the 10K and 30 ran in your age group, you will be given 31 points for that race. If your age group does not have many running, like the men's 40-44, 45-49, 50 & over or all the women's age groups, your last place finish may be 100 points. Points are given no shows at least 25 points. If your age group

John Roemer (in glasses)

# TRIATHLON

(2 mile swim, 20 mile run, 50 mile bike ride)

Rescheduled to September or October. Needed: a 25 meter swimming pool, available 14 hours on a Sunday in the fall. Needed: certified lifeguards to watch the pool during the event.

If you have a pool or can be a lifeguard, contact John Roemer, 821-6473.

## Volunteers Needed

For Lady Equitable. We'll train you for the jobs, all of which are simple. Return the form below to Mike Hill, 4008 Roland Ave., Balto., Md. 21211.

### CHECK WHEREVER YOU CAN HELP

- \_\_\_\_\_ Race day registration-hand out packets, etc. (8:00 am-10:15 am)
- \_\_\_\_\_ Aid stations-give out beverages on course or at finish (10:00 am-11:00 am)
- \_\_\_\_\_ Compile results (10:30 am-12:00)
- \_\_\_\_\_ Chute-help at finish line (10:30 am-12:00)
- \_\_\_\_\_ Course marshall-monitor turns (10:00 am-11:30 am.)

Name \_\_\_\_\_

Phone \_\_\_\_\_

## Electronic Timing Equipment

The club purchased a large digital display timer. Look for it at finish lines — it will display your time in large, bright numerals. The display is two-sided, so you'll be able to see it before and after you cross the finish line.

We also have automatic equipment to record each person's time and place as he or she crosses the finish line. The finish operator presses a button, and times and places are automatically printed on a tape.

Both pieces of equipment are available for rent.

## Runners of the Year

At the beginning of each year we honor the top male, female, masters and most improved runners of the preceeding year. If you have any nominees for these awards or would like to nominate yourself, contact John Roemer (821-6473).

## CHANGE IN DUES DATE:

All memberships expire in January. Anyone who joined before June 1, 1979 should send in \$5.00 now. Anyone who joined after June 1, 1979 can send in dues at the end of 1980.

The series this year will have 6 races for men and 5 races for women. The men will run 5 miles, 10K, 10 miles, half-marathon, 15 miles and 20 miles. The women will run 3 miles by themselves, with the men in the 5 miles, 10K, 10 miles and half-marathon, dropping the 15 & 20 miles from the series. We have changed the rules this year to help make the races more competitive. You will accumulate points for the entire series. Your points will not be your overall finish, but your finish in your age group. For example, if you run the 5 miles and you come in 28th overall and you were the 4th finisher in your age group, your points for this race will be 4, not 28. This way you are only in competition against your age group.

This year to be eligible for the yearly awards the men will have to run 4 of the 6 races, women 4 of the 5 races. Once a man misses 3 races and a woman 2 races we will drop them from the competition. If you miss a race, you will be given last place in your age group. For example, if you miss the 10K and 30 ran in your age group, you will be given 31 points for that race. If your age group does not have many runners, like the men's 40-44, 45-49, 50 & over or all the women's age groups, your last place finish may not total many points, so we are giving no-shows at least 25 points. If your age group only has 10 running a race and you don't show, you will be given 25 points, not 11.

There will be special awards given to persons running all 5 or 6 races. Last year we had 358 run at least one race, but only 18 people ran all 5 races.

Your age this year will be based on January 1, 1980. What your age is on January 1 will be the age group you will run in the entire year. The age groups for the yearly awards are: Men: Open-29, 30-34, 35-39, 40-44, 45-49, 50 & over. Women: Open-29, 30-39, 40 & over. The awards given out at each race have nothing to do with the yearly awards. The break down is different for the individual races: Open-29, 30-39; 40 & over, Women.

We will run the 5 mile & half-marathon in the Winter series, the 10K and 10 miler in the Summer series, the 3 miles, 15 miles & 20 miles in the Fall series.

Remember you can throw out your worst score (race). For example, if a runner placed as follows: 5 miles (8), 10K (6), 10 miles (10), 15 miles (3), and a no show in 20 miles (35), his total score would be 62 points. Throw out his worst score (35) and 27 will be his yearly total. But remember, if he had missed 2 races his total would had been at least 20 to 30 points higher for the year. So you can see how important it is to run all the races. You don't have to be a winner to place high in your age group. For example, one of last year's winners never came any closer than third in his age group, but still won the overall award. Also the second finisher in that group came no closer than third in any race. Both runners ran all 5 races. The men who won the weekly races in that age group came no closer than 13th for the series because they ran only 1 or 2 races; and the no-shows killed them.

There will be a club party sometime early next year to give out the awards. Remember: place-not time-counts in the series. NO MATTER WHAT YOUR TALENT IS—COME OUT AND GIVE IT A TRY! YOU'LL ENJOY IT!

# ADS STILL WANTED !!!

Ad prices are as follows:  
camera ready

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

Anyone interested in placing an ad — call John Roemer 821-6473 or Mel Walton 821-8337.

**BRR 10 Mile Club Championship  
Loch Raven  
9 September**

Phil Jackman speculated that a half mile of the course was missing, so quick were the times here. A host of personal records fell in this third race of the club championship series. The course was found to be 10 miles on the dot. This was a very cool morning, after weeks of hot days, and everybody felt like running for once.

**RACE RESULTS — BRRC 10 MILE CLUB CHAMPIONSHIP SERIES**

Place	Name	Age	Time
1	Brian Harris	24	52:00
2	Dave Cornwell	22	52:25
3	Charlie Koester	34	53:23
4	John Elder	30	53:31
5	Mike Hill	28	53:40
6	Jeff Lears	29	54:23
7	John McAuliff	21	54:47
8	Frank Pflaging	46	54:59
9	Gary Bolan	26	55:11
10	Bill Orlando	24	55:41
11	Earl Swartzendruber	28	55:59
12	Don Miller	24	55:59
13	Steve Reid	23	56:09
14	Scott Lutrey	25	56:26
15	Walt Conrad		57:16
16	Don Wann	36	57:16
17	Joe Herget	17	57:21
18	Allan Brecher	23	57:22
19	Donn Layne	40	57:30
20	Harry Piatrowski	40	57:38
21	Mel Walton	37	58:22
22	Jay Bowden	32	58:26
23	Tom Pinter	36	59:05
24	Marty Nyman	28	59:13
25	Delroy Matthews	36	59:17
26	Dwight Hood	29	59:18
27	Robert McCubbin	19	59:36
28	Mark Dear	29	59:41
29	David Hirschfeld	22	59:47
30	Carl Muller	24	59:55
31	Baily St. Clair	40	59:59
32			60:02
33	Locke Thomsen	31	60:02
34	Mark Yerkes	24	60:10
35	Dave Pabst	27	60:12
36	Joe Adams	42	60:18
46	D. Shobrys	25	62:49
47	Al Filar	48	63:15
48	Lee Rinehart	45	63:33
49	Frank Nowosielski	30	63:38
50	Gordon Livingston	41	63:52
51	Eddy Rayford	37	63:58
52	Bill Schwartz	41	64:20
53	Nick Delambo	37	64:35
54	Lance Woodward		64:44
55	Daniel Fleisher	29	64:52
56	John Eidleman	34	65:05
57	Robert Trescott	29	65:12
58	Tony Trantas	30	65:14
59	Jim Otte	16	65:49
60	Scott Meredith	15	65:56
61	Milton Taylor	46	65:57
62	Kathy Heckman	23	66:01
63	Bill Kearns	28	66:09
64	Tom Bateman	33	66:10
65	Henry Janowitz	32	66:14
66	Robert Hotchkiss	25	66:37
67			66:37
68	Gus Jacobs	42	66:44
69	Tom Milleson	32	66:45
70	Walt Sherwin	40	66:51
71	Jamey Hruska	42	66:51
72	Jeff Misler	31	67:00
73	Reed Pyeritz	31	67:00
74	Terry Kreitz	33	67:04
75	Bernie Noeller	34	67:13
76	Carter Sinclair	24	67:18
77	David Lemon	33	67:21
78	Jack Barry	36	67:24
79	Patrick Murphy	42	67:33
80	Frank Cox	34	67:35
81	Mike Buchanan	26	67:40
82	Jim McCabe	30	67:41
83	Jerry Martin	36	68:09
84	Jim Heckman	26	68:21
85	Bill Keller	19	68:22
86	Daniel Chapman	17	68:38
87	Les Kinion	43	68:43
88	Bill Reidy	31	69:00
89	Marty Saunders	23	69:23
90	Frank Morgan	36	69:23
91	Harry McCambridge	39	69:27
92	Philip Kirby	23	69:30
93	Jerry Mion	44	69:35
94	Bob Ray	42	69:41

104	Walt Langford	57	72:04
105			72:29
106	Ed Patey	39	72:30
107	Floyd Pace	39	72:33
108	Jim Mortenson	40	72:35
109	Allan Dale III	37	72:44
110	Ken Hammann	32	72:59
111	Rick Baker	27	73:04
112	Andrew Graham	36	73:10
113	martin O'Neill	43	73:12
114	Myron Kellner	35	73:25
115	Sue Jacobs	32	73:26
116	Cathy Kleeman	31	73:41
117	Joe Spencer	51	73:42
118	Jerry Mikulski	28	73:57
119	Gene Hoffman	?	73:58
120			74:00?
121	Thomas B. Davis	39	74:51
122	David Cooley	46	75:09
123	Joe Jensen	34	75:11
124	Joe Chamberlin	32	75:14
125	Jeanne Foreman	34	75:15
126	Joan Parr	29	75:21
127	ken Walker	30	75:31
128	Joe Shapulski	32	75:50
129	Cindy McManus	34	75:51
130	Gene Wright	41	75:55
131	Allan Field	31	76:17
132	John Hassler	41	76:49
133	Jim Middleton	31	77:27
134	Kevin Szymanik	17	77:27
135	John Sherman	31	77:46
136	Ron Roessler	40	78:21
137	Judy Hassler	41	78:36
138	Fred Craig	42	79:01
139	Donald Butler	49	81:27
140	Phillip Goldstein	44	81:52
141	Al Peyton	41	82:25
142	Gerard Busnuk	33	83:17
143	Jim Spevock	41	83:25
144	Lynwood Williams	38	83:30
145	Jane Tumpson	32	83:44
146	Rachael Nielson	48	84:12
147	nancy Miller	46	84:12
148	Arline Ford	40	84:12
149	Anderson Ward	31	85:10
150	Ernie Silversmith	48	85:16
151	Jim Szymanik	23	86:15
152	Joseph Orlando	39	87:16
153	Jim Hevey	48	91:46



17	Joe Herget	17	57:21	75	Bernie Nobile	34	67:13
18	Allan Brecher	23	57:22	76	Carter Sinclair	24	67:18
19	Donn Layne	40	57:30	77	David Lemon	33	67:21
20	Harry Piatrowski	40	57:38	78	Jack Barry	36	67:24
21	Mel Walton	37	58:22	79	Patrick Murphy	42	67:33
22	Jay Bowden	32	58:26	80	Frank Cox	34	67:35
23	Tom Pinter	36	59:05	81	Mike Buchanan	26	67:40
24	Marty Nyman	28	59:13	82	Jim McCabe	30	67:41
25	Delroy Matthews	36	59:17	83	Jerry Martin	36	68:09
26	Dwight Hood	29	59:18	84	Jim Heckman	26	68:21
27	Robert McCubbin	19	59:36	85	Bill Keller	19	68:22
28	Mark Dear	29	59:41	86	Daniel Chapman	17	68:38
29	David Hirschfeld	22	59:47	87	Les Kinion	43	68:43
30	Carl Muller	24	59:55	88	Bill Reidy	31	69:00
31	Baily St. Clair	40	59:59	89	Marty Saunders	23	69:23
32			60:02	90	Frank Morgan	36	69:23
33	Locke Thomsen	31	60:02	91	Harry McCambridge	39	69:27
34	Mark Yerkes	24	60:10	92	Philip Kirby	23	69:30
35	Dave Pabst	27	60:12	93	Jerry Mion	44	69:35
36	Joe Adams	42	60:18	94	Bob Ray	42	69:41
37	Mark Snyderman	22	60:47	95	John Dockstader	37	69:41
38	Roge Foreman	35	60:47	96	Jerry Groeninger	43	69:48
39	Steve Vaughn	25	61:03	97	Sam Spicer	44	69:49
40	Dick Nair	40	61:25	98	Lonnice McKenziey	32	70:29
41	Chauncey Wilson	28	61:34	99	Eugene O'Sullivan	30	70:30
42	Karry Olszewski	36	61:42	100	Terry Miller	20	70:51
43	Myron Campbell	26	62:07	101	Dave Wells	29	71:01
44	Rodeny Travis	36	62:10	102	Charles Nolte	39	71:08
45	Dave Chalmers	26	62:34	103	Walt Cole	40	71:26



Dick Nair and Bailey St. Clair, Loch Raven.

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 turnaround point. (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.
- 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:

Scott Lutrey  
8954 River Island Dr.  
Savage, Md. 20863  
792-7861

## Jan. — Apr. BRRC Schedule

### Wallet Sized for quick reference

Sun., Jan. 6th, 9:00 a.m. 2-6-12 Fun Run — Hunt Valley.  
Sun., Jan. 13th, 9 a.m., 4 man Medley Relay — Lake Montebello.  
Sun., Jan. 20th, 9:00 a.m. 10 K Masters — Sub-Masters — Lake Montebello.  
Sun., Jan. 27th, 9:00 a.m. 10 mile Deep-Freeze Run — Hunt Valley.  
Wed., Jan. 30th, 7:00 p.m. Club Meeting — Towson Library.  
Sun., Feb. 3rd, 9:00 a.m. 5 mile BRRC Championship Series #1 — Hillside course.  
Sun., Feb. 10th, 9:00 a.m. 4 person 10 mile Team Run — Loch Raven.  
Sun., Feb 17th, 1:00 p.m. Annual Cherry Pie Race (10) Patterson Park.  
Sun., Feb. 24th, 9:00 a.m. 6 & 12 miler — Loch Raven.  
Thurs., Feb. 28th, 7:00 p.m. Club Banquet — Overlea Hall.

Sun., March 2nd, 9:00 a.m. Layne 1/2 marathon & BRRC Championship Series #2 — Lake Montebello.  
Sun., March 9th, 10:00 a.m. BRRC/DCRRC Challenge — Columbia.  
Sun., March 16th, 9:00 a.m. BRRC 20 mile Championship — Loch Raven.  
Sat., March 22nd, 9:00 a.m. One Hour Track Run — Towson State Track.  
Sun., March 23rd, 10:30 a.m. Lady Equitable IV — Inner Harbor.  
Sat., March 29th, 9:00 a.m. 10 K — Towson State Track.  
Sun., March 30th, 9:00 a.m. Towson Twosome — Towson YMCA.  
Sat., April 5th, 8:00 a.m. Ride/Run Relay — Prettyboy Dam.  
Sun., April 13th, 9:00 a.m. Fun Run — Hunt Valley.  
Sun., April 20th, 9:00 a.m. — 4 miles — Druid Hill Park.  
Mon., April 21st, Noon 84th Boston Marathon.  
Sun., April 27th, 9 a.m. Fire Trail Fun Run — Loch Raven.

# SCHEDULE JAN.-APR. 1980

## Pre-Entries

February 28 Club Banquet — must sign up by Feb. 21.

March 23 Lady Equitable IV — must enter by March 12.

May 18 Iron Man 78 Mile Run/Bike — must enter by May 11.

### Sunday, January 6th

9 a.m.

#### 2-6-12 mile Fun Runs — Hunt Valley

No entry fees, no results, no prizes. Times will be called out at finish. Come on and just enjoy yourself with club members. I-83 North from Beltway to Shawan Rd. east a half mile to parking lot past Hunt Valley Inn, in front of tall gray office buildings just before traffic light.

Bailey St Clair 252-5903, Don Layne

### Sunday, January 13th

9 a.m.

**4 man Medley Relay (1 small loop 1.35 miles-1 large loop 2.9 miles-1 small loop 1.35 miles-1 large loop 2.9 miles) Lake Montebello.** Medals to first six teams, first masters' team, first women's team. \$2.00 entry fee per team. Beltway Exit 30 (Perring Pkwy) south to Hillen Rd. (same rd.) to 33rd Street, hand a sharp left into lake area — ¼ mile to pump house, Les Kinion 668-3766.

### Sunday, January 20th

9 a.m.

**10 K Masters (40 & over) Sub-Master (30-39) — Lake Montebello** — Open only to men & women 30 & over. Medals to top ten men, 30-34; 35-39; top six men, 40-44; 45-49; top 4 men, 50-59; top 2 men 60 & over. Top six women 30-39; top 4 women, 40-49; top woman, 50 & over. Entry fee 50¢ Club member, \$1.00 non-member. Directions are same as January 13th. Mike Hill 467-2242.

### Sunday, January 27th

9 a.m.

**Hunt Valley 10 mile Deep Freeze Run — T Shirts and Wendy's Hamburger Certificates to top 250 finishers.** \$2.00 entry fee. Directions same as January 6th. Mel Walton 821-8337.

### Wednesday, January 30th

7 p.m.

**Club business meeting & election of officers** (President — Vice President — Secretary — Treasurer). Meeting will be held at the Towson Library on York Rd. in the heart of Towson. Parking is available in the rear of the library. Meeting room will be listed under Maryland Marathon. John Roemer 821-6473.

### Sunday, February 3rd

9 a.m.

**5 mile Baltimore Road Runners Club Championship — Series #1** Falls Rd. & Joppa Rd. (Hillside Road course — rolling, scenic). No entry fee. RRCA Championship Medallions to top 3, Open-29; 30-39; 40 & over, Women. **PLEASE** read the rules printed in this issue. There have been some changes made for this year's series. Race starts on Falls Rd. where Jones Falls Exwy. ends near western end of Joppa Rd. Park at State Police lot on Joppa Rd., **NOT** on Falls Rd. near start (Police will ticket cars on Falls Rd.). Don Wann 882-9590; Earl Swartzendruber; Judy Hasler.

### Sunday, February 10th

masters (40 & over) (\$100-50-25); first woman Open (\$100); first woman master (over 40) (\$100). To be eligible for prizes, winners **must** be club members and also qualified for Boston (2:50 open, 3:10 masters, 3:20 women). Any winner who does not go to Boston, because of injury or whatever, must pass prize on to next eligible finisher. **No** ties will be allowed. Must be club member as of January 1st. \$2.00 entry fee. Directions same as February 10th. Bob Ray 254-6263, Carol Wanders, John Hasler.

### Saturday, March 22nd

9 a.m.

**One Hour Track Run — Towson State Track.** Very fast, soft track. Run for one hour, to see how many miles you can go. Each participant must bring someone to count his or her laps. Trophies to first 10 finishers, first 3, 40 — over, first 3 women. 50¢ entry fee for members — \$1.00 non-members. From Charles St. — 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 near track, Spikes, if used, can be no longer than ¼". Scott Lutrey 792-7861.

### Sunday, March 23rd

10:30 a.m.

**Lady Equitable 10 K (6.21 miles) — Women only.** One of the country's premier women's events — 1,000 starters last year. Flat, fast course from Inner Harbor through Fort McHenry and back; includes beautiful one-mile loop along seawall in fort. No male "pacers" permitted in race. Co-sponsored by EQUITABLE TRUST BANK. Sanctioned as 1980 Road Runners Club of America Women's Eastern Regional Championship. T-shirts to all finishers; special awards to top one hundred: Engraved silver bowl to winner; engraved silver trays to next nine, engraved silver bowls to top three in 12 and under, 13-19, 20-29, 30-39, 40-49, 50 and over. Engraved pewter cups to oldest and youngest finishers. **NO** race day entries, must pre-enter by **MARCH 12.** Entry fee: \$2.00 (all entry fees donated by Equitable to the Baltimore Road Runners Club) Race Director: Michael Hill. For entry forms, write Equitable Trust Bank, Public Relations Dept., P.O. Box 1556, Balto., Md. 21203. (See ad this issue).

### Saturday, March 29th

9 a.m.

**10 K — Towson State Track** — This race will be the first race to kick off the Towson State Invitational. \$1.00 entry fee with medals to top 10 finishers, first 3 masters, first 3 women. Jack MacDonald — Towson State Track Director would like to have help with the track meet after the 10 K race. Anyone interested in helping should call Jack ahead of time at work — 321-3172 or home 821-9598. Our club has been helped by Jack and his staff many times; now it's our time to help them. We hope you will be able to stay around and give them a hand. Directions same as March 22nd. Don Heimiller 256-6280.

### Sunday, March 30th

9 a.m.

**Towson Twosome — Towson YMCA.** Man and woman relay, four alternate miles. Woman runs first and third miles; man runs second and fourth miles. T-shirts to all finishers; trophies to top six open teams; top four husband/wife teams. Both husband/wife and open male/female teams are allowed. \$4.00 per team entry fee. Course is one mile loop on streets around the Y. Start and finish at Towson YMCA, 600 W. Chesapeake Ave., 3 blocks west of Towson courthouse. Eddy Rayford 255-2108, Tom Zibron, Tony Trantas.

### Saturday, April 5th

8 a.m.

**Road Runners Ride/Run Reservoir Relay — Prettyboy Reservoir.** T-shirts to all finishers, plaques to top six teams, first two masters teams, first women's team, Two-person teams. Entry fee \$4.00 per team. No other responsibility. Team

**Sunday, January 27th**

**9 a.m.**  
**Hunt Valley 10 mile Deep Freeze Run** — T Shirts and Wendy's Hamburger Certificates to top 250 finishers. \$2.00 entry fee. Directions same as January 6th. Mel Walton 821-8337.

**Wednesday, January 30th**

**7 p.m.**  
**Club business meeting & election of officers** (President — Vice President — Secretary — Treasurer). Meeting will be held at the Towson Library on York Rd. in the heart of Towson. Parking is available in the rear of the library. Meeting room will be listed under Maryland Marathon. John Roemer 821-6473.

**Sunday, February 3rd**

**9 a.m.**  
**5 mile Baltimore Road Runners Club Championship — Series #1** Falls Rd. & Joppa Rd. (Hillside Road course — rolling, scenic). No entry fee. RRCA Championship Medallions to top 3, Open-29; 30-39; 40 & over, Women. **PLEASE** read the rules printed in this issue. There have been some changes made for this year's series. Race starts on Falls Rd. where Jones Falls Exwy. ends near western end of Joppa Rd. Park at State Police lot on Joppa Rd., **NOT** on Falls Rd. near start (Police will ticket cars on Falls Rd.). Don Wann 882-9590; Earl Swartzendruber; Judy Hasler.

**Sunday, February 10th**

**9 a.m.**  
**4 person 10 mile Team Race — Loch Raven Dam.** Each team **must** have **one** runner in each of the following age groups: under 29, 30-39; 40 & over; woman. This will be a regular 10 mile race but scored on a team basis, as in cross-country (total places per 4-person team). Lowest 6 scoring teams will win medals. Entry fees — 50¢ club members, \$1 non-members. Beltway Exit 29 (Cromwell Bridge Rd.) east to Loch Raven Rd., about 3 miles. Left on Loch Raven Rd. and go ¼ mile to lower dam parking lot. Cathy Kleeman 321-9438, Colleen Pierre, Mike Pierre.

**Sunday, February 17th**

**1 p.m. (note afternoon start)**  
**Annual Washington's Cherry Pie 10 miler — Patterson Park.** Cherry Pies to top 50 finishers, top 10 women. 50¢ club members; \$1 non-members. Meet near bathhouse on Linwood Ave. side of Patterson Park in east Baltimore. 5 loop course on roads in park. Ed Hewitt 661-6013.

**Sunday, February 24th**

**9 a.m.**  
**6 & 12 miler — Loch Raven Dam.** No entry fee — no prizes — no results, times will be called at finish. Directions same as February 10th. Bill Diegel 337-0746.

**Sunday, March 2nd**

**9 a.m.**  
**9th Annual Layne Half-marathon (club's oldest race) Baltimore Road Runners Club Championship — Series #2 — Lake Montebello.** 9¾ loops around the lake. Sponsored by Layne & Co. Realtors. \$2.00 entry fee. T-shirts to top 200 finishers. Special mug to first three Open, Masters, women, first 50 & over. Case of beer to winner, two six packs to second, one six pack to third. RRCA Championship Medallions to first 3; Open — 29, 30-39, 40 & over, women. Remember to review the rules for the championship series. Directions same as January 13th. John Elder 323-9678, Bill Foley, Don Miller, Harry Piotrowski.

**Sunday, March 9th**

**10 a.m.**  
**10 mile Baltimore/D.C. Road Runners Challenge — Columbia** — Same start, **new course** off main roads. Entry fee 50¢ club members, \$1 non-members. All finishers count toward club team score Trophy to winning club. This is our 5th Annual meeting, with Baltimore up 3 to 1. Let's make it 4 in a row. Rt. 29 to Columbia's north entrance, then west on Little Patuxent Pkwy. Go ½ mile and bear right to Gov. Warfield Pkwy.; go one block past first light and turn right on Twin Rivers Rd. Turn right at next light into Faulkner Ridge Circle, then make immediate left into parking lot of Faulkner Ridge Neighborhood Center, Dick Hipp 992-5800.

**Sunday, March 16th**

**9 a.m.**  
**20 mile Baltimore Road Runners Club Winter Championship — Loch Raven Dam.** (Not a series race). Boston Marathon expense money to top 6 finishers (\$100-50-25-25-25-25); top 3

invitational. \$1.00 entry fee with medals to top 10 finishers, first 3 masters, first 3 women. Jack MacDonald — Towson State Track Director would like to have help with the track meet after the 10 K race. Anyone interested in helping should call Jack ahead of time at work — 321-3172 or home 821-9598. Our club has been helped by Jack and his staff many times; now it's our time to help them. We hope you will be able to stay around and give them a hand. Directions same as March 22nd. Don Heimiller 256-6280.

**Sunday, March 30th**

**9 a.m.**  
**Towson Twosome — Towson YMCA.** Man and woman relay, four alternate miles. Woman runs first and third miles; man runs second and fourth miles. T-shirts to all finishers; trophies to top six open teams, top four husband/wife teams. Both husband/wife and open male/female teams are allowed. \$4.00 per team entry fee. Course is one mile loop on streets around the Y. Start and finish at Towson YMCA, 600 W. Chesapeake Ave., 3 blocks west of Towson courthouse. Eddy Rayford 255-2108, Tom Zibron, Tony Trantas.

**Saturday, April 5th**

**8 a.m.**  
**Road Runners Ride/Run Reservoir Relay — Prettyboy Reservoir.** T-shirts to all finishers, plaques to top six teams, first two masters teams, first women's team. Two-person teams. Entry fee \$5.00 per team. Race director will fire the gun and have **NO** other responsibility. Teams **MUST** supply own directions, refreshments, support crews, split times, traffic safety, first aid. **Extremely** hilly course on narrow, winding country roads. **Participate at your risk.** Bike helmets recommended. (Race is one same course as May 18, 78 mile Run/Bike.) Teams start together, one man on bike, one running. Every five miles (approximately) teammates will switch-rider will jump off bike at designated point and begin running; runner will get on bike and continue to next handoff point, start running, etc. Bikes will of course get ahead of runners, but very difficult course may equalize things a bit. Total running distance for each man: approx. 15 miles; total biking distance for each man: approx. 15 miles; Maps will be given out before race. Meet at John Roemer's farm, Evna Road. Take Rt. 83 north from beltway about 13 miles, to Mt. Carmel Rd. (Hereford exit). Go left on Mt. Carmel Rd. about 2 miles, to Evna Rd. (just past small gas station). Turn right off Mt. Carmel Rd. and go about 7/10's mile to Roemers' (white fenced farm on left). Latecomers will get **NO** special time allowance. John Roemer 821-6473.

**Sunday, April 13th**

**9 a.m.**  
**20 K (12.42 miles) Fun Run — Hunt Valley** — No entry fee, prizes or results. Hilly scenic road course. Directions same as January 6th. Dick Nair 665-7340.

**Sunday, April 20th**

**9 a.m.**  
**Druid Hill Park — 4 miler** — One large loop around the park. Very hilly, scenic course. Start and finish at Druid Lake. Prizes to top 20 finishers, first 10 women, first 10 master, first 3 50 & over. Entry fee 50¢ members — \$1.00 non-members. Jones Falls Exwy. or 28th St. to Druid Park Lake Drive, then first right into Druid Hill Park, around lake to tennis courts. Park can also be entered from north on Greenspring Ave. or from east across Cedar Ave. bridge. Roger Burrow 367-2219, Lloyd Richardson, Zion Bowser.

**Monday, April 21st**

**Noon**  
**84th Boston Marathon** — fast, generally downhill point-to-point course through small towns into downtown Boston. At least 7,000 official starters with another 5,000 unofficial and over a million spectators. **No** discernable splits, mile markers, refreshment stations or prizes, but still the Mecca of distance runners. If you're male and under 40, must qualify by running 2:50 marathon in the year preceding the race; 40 & over - 3:10; women — 3:20. Course Record: 2:09:27 (Bill Rodgers, 1979); 2:35:18 (Joan Benoit); fastest Baltimore finishers; Steve Yeagle, 2:22 (1978), Marilyn Bevans (second in 1977-2:51). For entry forms, send an S.A.S.E. to Will Cloney, Box 233, Prudential Station, Boston, Mass. 02199. Amateur Athletic Union number required for all entrants. To get A.A.U. number write or call the South Atlantic A.A.V. 300 Regency Circle, North Linthicum, Md. 21090 (636-5141). The BRRC will sponsor a bus/hotel arrangement again this year. (See ad this issue). For any additional information contact Les Kinion — 1363 Halstead Rd., Baltimore, Maryland 21234 (668-3766). A couple of BRRC



members (Les, John, Chuck) are going to run it twice — out and back. Anyone else interested?  
**Sunday, April 27th**  
 9 a.m.

**Loch Raven Fire Trail Fun Run** — Starting at the Lower dam we will run to Providence Rd. and pick up the fire trails, which will take us over to Dulaney Valley Rd., and then return the same way. This is just a fun run. No entry fee, prizes or results. Bill Schwartz, 661-6586.

## Coming Events

**May 3** — Sports Medicine Clinic, Catonsville Community College.

**May 4** — Podiatry Association 10 K, Hunt Valley

**May 11** — to be announced.

**May 18** — Iron/man 78 Mile Bike-Run (see instructions this issue).

**May 25** — Constellation 10 K (our biggest race).

# IRON MAN 78 MILE RUN/BIKE

**WHEN: Sunday May 18, 7:00 a.m. sharp. MUST PRE-ENTER BY MAY 11. NO post entries.**

**WHERE: Roemers' Farm, near Prettyboy Reservoir. Course is extremely hilly, on narrow, winding roads around Prettybody Dam — perhaps the toughest marathon course after Pikes Peak, Potter County and Grandfather Mountain.**

*(Same course as April 5 Ride/Run Relay — See Schedule)*

**PRIZES: T-shirts and plaques to all finishers.**

**ENTRY FEE: \$5.00. Must be 16 years of age or older to enter.**

**INSTRUCTIONS: 1. Participants must finish in thirteen hours.**

Race director will start race and have *no* other responsibility. Participants *must* provide own support crews, refreshments, split and finish times, course directions, traffic safety, first aid. *Participate at your own risk.* Course is very difficult. Bike helmets recommended.

Course is a 26 mile 385 yard loop, done once on foot, then twice on a bike. (Run is first.)

Beer, soda, fruit, hot dogs, salad, cake available at end of race in Roemers' barn.

Course maps available from John Roemer (821-6473).

## Other Events

Not BBRC sponsored — we do not vouch for times, organization, safety).

**Jan. 13** — Westminster Frostbite 5K and 15K (t-shirts) Dave Herlock 848-8332.

**Feb. 2** — Union Memorial Hospital Sports Medicine Clinic (see ad)

**Feb. 23 & 24** — Women's Sport Seminar, Catonsville Community College 242-7066.

**Mar. 1** — Last Train to Boston Marathon — Edgewood (T-shirts) Joe and Jan Lacetera (877-0718).

**Mar. 16** — Glen Ten (10 K) — Glen Burnie

Mall (t-shirts) 766-5284

**Apr. 26** — Heart Association Run For Life Day, Lake Montebello (t-shirts) 685-7074.

**Apr. 27** — Towson State 5 Miler (t-shirts) 828-7921.

## On Chickening Out

By: Charles Brumley

The plan fell neatly into place: I would finance part of my trip to the Hawaii Triathlon with a hard-hitting newspaper article, and the lead would read, "The 129th mile was the hardest. I already had behind me 112 miles of arduous bicycling, and my eyes still stung from salt spray in the ocean swim . . ."

Readers would inch to the front of their chairs, hanging on every vicarious word.

I went upstairs to my son's room and rooted through the debris in his closet for WXYZ of the encyclopedia, and the flat how-do-we-know-it's-true picture of the WORLD. It looked as far from California to Hawaii as from home to California. My gosh. For a guy whose comfortable radii are Gatchellville, Fawn Grove, and Bruce, this was not just too much, it was inconceivable. According to the map, if you miss the runway in Honolulu, you hit JAPAN!

But what about the event, the excitement, the challenge, the sheer insanity of it? The wahines, the beer, the palm trees?

6000 miles. Each way. Is that Super Bowl weekend? My dog. My pillow. My wood stove.

The Chicken Man Triathlon fell neatly into place. Ten-yard swim, quarter-mile run. Too cold for the bicycle. Skip it.

Bock! Bock!

Post Script

In the last episode we saw an unfortunate moribund runner — I won't mention his name because it might serve to perpetuate this ridiculous tale even further — gasp his last short of the finish line and sum up the way we'd secretly like to go.

And in spite of the fact this tale was the baldest and most transparent sort of fiction, it somehow took hold and grew roots and achieved a little life of its own. Cause-

PRIZES: T-shirts and prizes to all finishers.  
ENTRY FEE: \$5.00. Must be 16 years of age or older to enter.

INSTRUCTIONS: 1. Participants *must* finish in thirteen hours.

Race director will start race and have *no* other responsibility. Participants *must* provide own support crews, refreshments, split and finish times, course directions, traffic safety, first aid. *Participate at your own risk.* Course is very difficult. Bike helmets recommended.

Course is a 26 mile 385 yard loop, done once on foot, then twice on a bike. (Run is first.)

Beer, soda, fruit, hot dogs, salad, cake available at end of race in Roemers' barn.

Course maps available from John Roemer (821-6473).

Directions to start: Take Route 83 about 13 miles north from the Baltimore Beltway to Mt. Carmel Rd. (Hereford exit). Go left about 2 miles on Mt. Carmel Rd. to Evna Rd. (just past small gas station). Turn right on Evna Rd. and go about 7/10's mile to Roemer farm (white fence on left).

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### IRON MAN 78 MILE RUN/BIKE.

When: Sunday, May 18, 7:00 A.M.

Entry Fee: \$5 (checks payable to BRRRC)

Must enter by May 11. No post entries.

Must be at least 16 years of age to enter.

NAME (PRINT) \_\_\_\_\_

ADDRESS (INC. ZIP CODE) \_\_\_\_\_

PHONE (INC. AREA CODE) \_\_\_\_\_

I attest and verify that I have full knowledge that this course is extremely difficult and that it has dangerous hills and curves. I realize that I must provide my own support crew, refreshments, traffic safety, first aid and course directions and that the race director undertakes no obligations for any of these or any other race preparations. In consideration of the acceptance of my entry, I for myself, my heirs and assigns waive all claims and damages, demands, actions whatsoever in any manner arising out of my participation in this event against the Baltimore Road Runners Club and race officials.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent if under 18. (Must be 16 to enter.) \_\_\_\_\_

Mall with \$5.00 to John Roemer, 17236 Evna Rd., Parkton, Md. 21120.

But what about the event, the excitement, the challenge, the sheer insanity of it? The wahines, the beer, the palm trees?

6000 miles. Each way. Is that Super Bowl weekend? My dog. My pillow. My wood stove.

The Chicken Man Triathlon fell neatly into place. Ten-yard swim, quarter-mile run. Too cold for the bicycle. Skip it.

Bock! Bock!

#### Post Script

In the last episode we saw an unfortunate moribund runner — I won't mention his name because it might serve to perpetuate this ridiculous tale even further — gasp his last short of the finish line and sum up the way we'd secretly like to go.

And in spite of the fact this tale was the baldest and most transparent sort of fiction, it somehow took hold and grew roots and achieved a little life of its own, causing big-eyed believers to ask, "Did it happen?"

Of course not. I do have, however, Tom's last letter. "Dear Chuck — I don't have much longer now, and . . ."

## BALTIMORE ROAD RUNNERS CLUB

6-12 miles

Loch Raven Dam

Sunday, September 30th, 1979

9 a.m.

Weather — Cloudy, Warm, Very Humid  
096 miles

1. Joe Schneider	33.49
2. Scott Lutrey	34.19
3. Don Miller	35.17
4. John Poole	35.27
5. Joe Herget	35.35
6. Rob March	36.02
7. Jack Langford	37.05
8. Tony Trantas	38.58
9. Dan Howell	40.05

12 miles

1. Jeff Lears	68.28
2. Bob McCubbin	71.44
3. Bernie Robier	74.20
4. Pete Gartman	75.08
5. Roger Foreman	75.37
6. Ed Hewitt	75.42
7. Delroy Matthews	75.49
8. Sam Brainerd	78.39
9. Mike Keelty	80.53
10. Jeff Dorsey	80.57

## Training Tips

By: John Roemer

No running shoe is perfect for everyone. Each model has strengths and weaknesses and each fits differently. Manufacturers often change features in shoes without notice either to retailers or customers. (For example, the interior construction of the Adidas TRX Competition was altered significantly when production was moved from Europe to Taiwan, and the latest Nike Waffle Trainer I fits much larger than its seemingly identical predecessors of only a few months ago.) Below are some special characteristics of various models.

Very wide shoes: Saucony Trainer 1980; Tiger LA 84; Nike LDV (without removable innersole); Autry Concorde

Narrow shoes: New Balance 620; Brooks Vantage; Adidas Orion and most older Adidas training flats; Etonic Streetfighter; Nike Bermuda

Deep shoes (accept orthotics easily): Osaga KT-26; Nike Daybreak and Nike

LDV (only with new, removable inner sole out of shoes); New Balance 620 (but has shallow toe area)

Highly flexible shoes: Wilson Force Five; Saucony Trainer 1980

High arched shoes: Brooks (especially Vantage, Vantage Supreme, Hugger GT); Adidas and Tiger (most models); Nike LDV and Daybreak with new inner sole Autry Concorde

Lightest Training shoes: New Balance 620; Autry Concorde; Saucony Trainer

1980; Etonic Streetfighter

Most shock absorbent shoes: Considerable dispute here, but Nike Tailwinds and Brooks Vantage, Vantage Supreme and Hugger GT — and the as-yet-unavailable Brooks Airshoe — are unquestionably near the top; also Autry Concorde

Most stable shoes: Even less agreement than on shock absorbency: Tiger Montreal III certainly lands flat and does not "break" either to the inside or outside for most people.

Fit: Many people — especially women — wear shoes that are too small. Most running shoes are cut smaller than the same size street shoes and, paradoxically, they need to be larger to lessen the chance of black toenails and sore toes. Most people need to wear most running shoes at least a half size larger than their street shoes. Exceptions: New Balance 620's fit many people close to street shoe size; Saucony shoes and Nike Tailwinds may need to be at least a full size larger than street shoes.

## Making Tracks

By John Roemer

There are at least two broad, wooded dirt trails with fairly decent footing in the city's reservoir system. The beginning of the first should be familiar to many club members, since it starts at the corner of Providence Road and Loch Raven Drive, a stone's throw from the water. As you come up to Providence Road from Loch Raven Dam, the trail is visible on your left, on the west side of Providence. It's about four miles one way to the end of the trail at the corner of Dulaney Valley Road and Seminary Avenue. (The trail can also be entered from the Seminary Ave. end. It's just east of Dulaney Valley Road, behind the small electric power station on the corner.) Do not be discouraged by the first hill; it's the only really difficult one on the course. The trail is tractor-width and relatively smooth.



NIKE TAILWIND



NIKE DAYBREAK



NEW BALANCE 620

## THE RUNNING CENTER ALL STARS!

*The top six running shoes in shock absorbency, stability and comfort. We've analyzed the shoe surveys — but more importantly, these are the shoes we run in everyday.*

*Nike Tailwind: Tubes of compressed air in the midsole make the Tailwind the most shock absorbent shoe ever designed. An extra-long heel counter provides a snug fit and outstanding stability. Springy and efficient for top performance in long workouts and races.*

*Nike Daybreak: An improved version of Nike's LDV, with a more durable nylon upper, greater shock absorbency and superior flexibility. A new, washable inner sole conforms to the foot and offers excellent arch support.*

*New Balance 620: The lightest training flat ever made — shock absorbent enough for the longest training runs, light enough for the shortest races. Wide-flared heel and extended heel cup for snug fit and substantial rearfoot control. Only running shoe in B, D, and EE widths.*

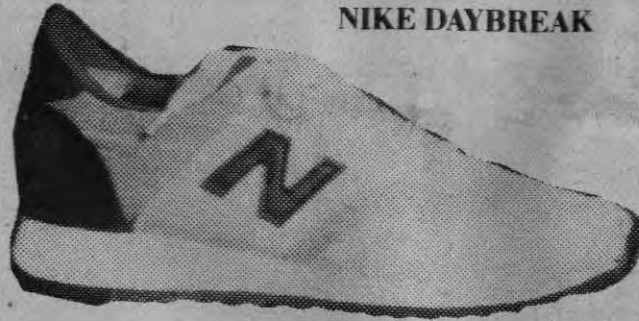
There are at least two broad, wooded dirt trails with fairly decent footing in the city's reservoir system. The beginning of the first should be familiar to many club members, since it starts at the corner of Providence Road and Loch Raven Drive, a stone's throw from the water. As you come up to Providence Road from Loch Raven Dam, the trail is visible on you left, on the west side of Providence. It's about four miles one way to the end of the trail at the corner of Dulaney Valley Road and Seminary Avenue. (The trail can also be entered from the Seminary Ave. end. It's just east of Dulaney Valley Road, behind the small electric power station on the corner.) Do not be discouraged by the first hill; it's the only really difficult one on the course. The trail is tractor-width and relatively smooth. Only a few places are rocky, and the three or four streams which intersect it can be easily jumped. A number of interesting side trails is only two miles from the heart of Towson, traffic is inaudible most of the way and you'll feel like you're in an Eliot Porter wilderness folio. (See schedule for April 27 fun run on this trail).

A second delightful reservoir trail is located in the Prettyboy Reservoir area in Northern Baltimore County, off Beckleysville Road. It's a broad, relatively rock-free, generally level 2½ mile wooded path down to more (and excellent) illegal swimming. The trail is straight and no one could get lost on it. To find the trail: Take Route 83 about thirteen miles north from the Beltway to Mt. Carmel Road. Go west on Mt. Carmel Rd. about six miles to Foreston Road. Turn right on Foreston Road and go about 4½ miles to Beckleysville Rd. Turn right on Beckleysville. Go about 7/10's of a mile and look for a broad dirt trail on your right. There's plenty of room to park. Incidentally, on the left side of the road, about ¼ mile before you get to the trail, there's another hillier, mile-long trail that makes a broad U-shaped curve and comes back to Beckleysville Rd. For the hill-climbers, this is an even better trail and, of course, you can put the two together for a gorgeous seven mile run.

On the way back to Mt. Carmel Road, try the Friendly Farms restaurant on the right side of Foreston Rd. It serves four of five country-style American meal of enormous and inexpensive portions.



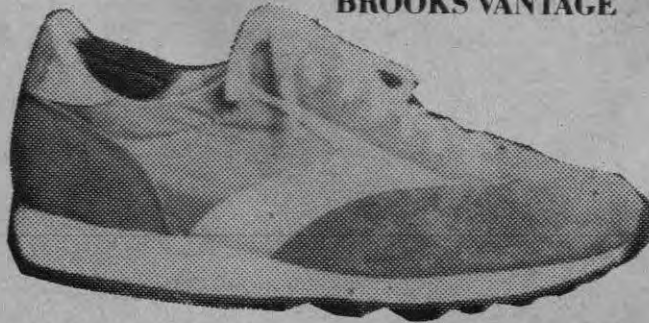
**NIKE DAYBREAK**



**NEW BALANCE 620**



**BROOKS VANTAGE**



**VANTAGE SUPREME**



**HUGGER GT**

provides a snug fit and outstanding stability. Springy and efficient for top performance in long workouts and races.

*Nike Daybreak: An improved version of Nike's LDV, with a more durable nylon upper, greater shock absorbency and superior flexibility. A new, washable inner sole conforms to the foot and offers excellent arch support.*

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*Brooks Vantage, Vantage Supreme and Hugger GT: All three shoes offer superior shock absorbency, but with reduced weight. Soft support inner sole molds to each individual's foot, provides the highest arch support and the most cushiony "feel" of any running shoe. Varus wedge prevents foot and leg problems by keeping the foot from rolling inward. Vantage features mesh upper and speed lacing; Vantage Supreme has spacious leather forefoot area; Hugger GT is made of cool, waterproof Gore-Tex and offers a heel stabilizer lacing systems.*

**COMING SOON:**

Two new 5 Star shoes from Adidas:  
The TRX Trainer and  
the Marathon Trainer

**the running center**  
by *Hess*

**Towson Plaza Shopping Center, Half Mile South of Beltway Exit 27.  
For further information, call John Roemer at 821-6473.**

**Sunday — November 11, 1979**  
**9 AM 3 miles**  
**Women's — Goucher College**

- 1. Teresa Buescher (21) 18:00  
Johns Hopkins
- 2. Eleanor Simonsick (21) 18:47
- 3. Cindy Gaver (17) 18:48
- 4. Kathy Caruso (21) 18:55
- 5. Cathy Kleeman (31) 19:38

- 6. Anne Gloth (22) 19:47
- 7. Janine Paciarelli (31) 19:53
- 8. Sue Jacobs (32) 20:01
- 9. Sue Dockstader (15) 20:21
- 10. Cindy Lewis (15) 20:23
- 11. Christine Gellert (27) 20:31
- 12. Leslie Weger (28) 20:36
- 13. Joanne Harwood (26) 20:48
- 14. Beverly Harvey (28) 20:54
- 15. Susan Thomas (24) 20:58
- 16. Mary Parsons (20) 21:00
- 17. Paula Boggs (20) 21:16

- 18. Carol Heffner (38) 21:27
- 19. Kathy Hurley (17) 21:31
- 20. Anne Perry (17) 21:40
- 21. Jane Tumpson (32) 21:42
- 22. Margie Early (31) 21:44
- 23. Linda Roof (31) 21:46
- 24. Kim Colfer (19) 21:52
- 25. Bettie Thomas (33) 21:56
- 26. Sylvia Fine (38) 21:59
- 27. Rene Crombie (20) 22:05
- 28. Teri Lears (32) 22:06
- 29. Susan Freeland (30) 22:07

- 30. Sue Hooper (19) 22:15
- 31. Kristin Ranum (19) 22:17
- 32. Susan Yim (21) 22:20
- 33. Donna Ruginski (23) 22:27
- 34. Karen Soisson (32) 22:34
- 35. Margaret Olmedo (17) 22:49
- 36. Eileen Galdgeier (16) 22:50
- 37. Bonnie Thomas (32) 22:53
- 38. Jill Huppert (19) 22:54
- 39. JoAnn Schmitt (18) 22:59
- 40. Jennifer Stephens (35) 23:03
- 41. Cathy Mallon (46) 23:05
- 42. Kerry O'Brien (29) 23:06
- 43. Heather Trimmer (15) 23:08
- 44. Terri Garland (18) 23:12
- 45. Terri Saunders (28) 23:13
- 46. Sharon Majchrzak (16) 23:15
- 47. Susan Dean (35) 23:17
- 48. Barbara Grier (31) 23:17
- 49. Barbara Garner (40) 23:18
- 50. Nancy Miller (47) 23:23
- 51. Duffy Laws (26) 23:24
- 52. Jill Thomas (24) 23:28
- 53. Mary Plumer (35) 23:29
- 54. Janine Borofra (18) 23:33
- 55. Sharon Koury (33) 23:34
- 56. Theresa Garrett (34) 23:37
- 57. Patricia Payne (37) 23:38
- 58. Joanne Smith (26) 23:39
- 59. Anne Thomson (34) 23:43
- 60. Terry Fox (19) 23:47
- 61. Janet Overton (29) 23:49
- 62. Jeannine Stelmach (14) 23:50
- 63. Linda Maguire (26) 23:57
- 64. Audrey Cooley (35) 23:59
- 65. Bobbi Jenson (29) 24:01
- 66. Susan Hasler (14) 24:15
- 67. Ann Whitlou (35) 24:19
- 68. Joyce Cunningham (37) 24:20
- 69. Michele Linck (28) 24:23
- 70. Micki Sellman (40) 24:26
- 71. Kathi May (20) 24:28
- 72. Katherine Rock (42) 24:36
- 73. Liz Wise (40) 24:37
- 74. Sue Hanson (28) 24:47
- 75. Clare Rossman (39) 24:50
- 76. Janice Stelmach (38) 24:58
- 77. Lisa Reddy (15) 25:15
- 78. Peggy Engroff (33) 25:17
- 79. Tina Bensley (35) 25:20
- 80. Mary Bohanan (22) 25:20
- 81. Shirley Deimer (49) 25:27
- 82. Mahsee Klein (55) 25:31
- 83. K. Bowser (19) 25:35
- 84. Karen Schroeder (35) 25:56
- 85. Mary Sattier (25) 26:03

**America's No. 1 pollen**  
**Bee Pollen**  
**from England**

**... how it is working for me**

My first contact with bee pollen was September '77. Within weeks I could feel stronger. Running 15 marathons in 4 years with only having 3 run under 3 hours—2:58:30 being my best, I set my goal for a 2:50. Running some warm-up races to get my pace down for the fall marathons, I started running times I never thought of ever reaching. Articles I've read about bee pollen said it would take about a year to really see a difference in times, and were they right. October '78 I ran a 10 miler in 58 minutes flat, (best being 62 flat). Two weeks later in the Philadelphia Marathon I finished 33rd of 800 in 2:47:15. Over 11 minutes better



• Bee Pollen is a food not a drug • Sports Superstars are seizing upon bee pollen to improve their endurance • Steve Riddick—U.S. Gold Medalist sprinter felt an upsurge . . . as if his body shifted into a more powerful gear, after taking bee pollen for about 2 months • Tom McNab—British national track coach said, "Bee Pollen is the most effective vitalizing food available to athletes today." • Bee Pollen from England is 200% more vitality than other bee pollen • has 200mg of pollen per pill • comes from Spain—France—England (countries using NO pesticides) • 3 to 5 times more effective than regular vitamin supplements • run longer, harder and recover quicker.



My first contact with bee pollen was Sept-ember '77. Within weeks I could feel stronger. Running 15 marathons in 4 years with only having 3 run under 3 hours—2:58:30 being my best, I set my goal for a 2:50. Running some warm-up races to get my pace down for the fall marathons, I started running times I never thought of ever reaching. Articles I've read about bee pollen said it would take about a year to really see a difference in times, and were they right. October '78 I ran a 10 miler in 58 minutes flat, (best being 62 flat). Two weeks later in the Philadelphia Marathon I finished 33rd of 800 in 2:47:15. Over 11 minutes better than my best marathon. 3 weeks later I ran a metric marathon (16.3 miles) over a very tough course in heat and finished 15 of 400 in a time of 1:38:00. This race was suppose to be just a warm-up race for the Maryland Marathon in 4 weeks. I beat people I never beat before. My confidence for Maryland was really high and I was really out to run a great race. I finished 89 of 2400 in 2:41:09, 22 minutes better than any 6 tries in Maryland. Unbelievable! Working the entire winter I prepared myself for Boston. Losing only 11 seconds on the start and maybe an additional 30 seconds in the first mile, I ran a very strong race finishing 757 of 7,877 with a time of 2:40:24. Within this race I set personal records. 10 mile split was 59 flat, 1 minute off my best. 13.1 (half-marathon) was 77 flat, over 1½ minutes better than my best. 1:29 split for 15, over a minute better. I hope this shows you the success I have had with bee pollen plus hard work. I still hope to improve even better as I reach out in the future.

*Mel Walton*

pollen • has 200mg of pollen per pill • comes from Spain—France—England (countries using NO pesticides) • 3 to 5 times more effective than regular vitamin supplements • run longer, harder and recover quicker.



**Recommended daily amount:**

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

**Prices:**

- Normal 30 day box.....\$ 4.90
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- Discount Athlete Pack — 200 pods..\$15.00
- Discount Athlete Pack — 400 pods  
or more — \$6.00 per 100 pods

Mail orders — Add \$1.00 for every 200 ordered

**MEL WALTON**  
943 Starbit Road  
Towson, Maryland 21204  
(301) 821-8337

MEMBER OF THE BALTIMORE ROAD RUNNERS CLUB

**Suddenly everyone is "eating like a bee"**

- |                              |       |
|------------------------------|-------|
| 66. Susan Hasler (14)        | 24:13 |
| 67. Ann Whitlou (35)         | 24:19 |
| 68. Joyce Cunningham (37)    | 24:20 |
| 69. Michele Linck (28)       | 24:23 |
| 70. Micki Sellman (40)       | 24:26 |
| 71. Kathi May (20)           | 24:28 |
| 72. Katherine Rock (42)      | 24:36 |
| 73. Liz Wise (40)            | 24:37 |
| 74. Sue Hanson (28)          | 24:47 |
| 75. Clare Rossman (39)       | 24:50 |
| 76. Janice Stelmach (38)     | 24:58 |
| 77. Lisa Reddy (15)          | 25:15 |
| 78. Peggy Engroff (33)       | 25:17 |
| 79. Tina Bensley (35)        | 25:20 |
| 80. Mary Bohanan (22)        | 25:20 |
| 81. Shirley Deimer (49)      | 25:27 |
| 82. Mahsee Klein (55)        | 25:31 |
| 83. K. Bowser (19)           | 25:35 |
| 84. Karen Schroeder (35)     | 25:56 |
| 85. Mary Sattier (25)        | 26:03 |
| 86. Linda Barry (33)         | 26:03 |
| 87. Betsy Rock (15)          | 26:04 |
| 88. Liz Hausner (21)         | 26:04 |
| 89. Mary Dunevant (27)       | 26:09 |
| 90. Jeanne Smith (31)        | 26:29 |
| 91. Carol Reeves (31)        | 26:38 |
| 92. SAndy Sheffler (25)      | 26:38 |
| 93. Marline Brull (37)       | 26:51 |
| 94. Amy Salawith (20)        | 26:55 |
| 95. No Name                  | 27:24 |
| 96. Debbie Emerick (30)      | 27:35 |
| 97. Barbi Phillips (35)      | 27:36 |
| 98. Cilestine Lee (19)       | 27:38 |
| 99. Cawood (39)              | 27:41 |
| 100. Barbara Bass (33)       | 27:56 |
| 101. Chris McDonnell (39)    | 27:56 |
| 102. Cathe Foelber (27)      | 28:03 |
| 103. Genny Leeb (43)         | 28:07 |
| 104. Mary Ratigan (30)       | 28:10 |
| 105. Pat Peyton (33)         | 28:20 |
| 106. Gwen Wheatley (32)      | 28:33 |
| 107. Sharon Wood (27)        | 28:35 |
| 108. Martha Trimmer (50)     | 28:42 |
| 109. Marilyn Nicholas (42)   | 29:18 |
| 110. June Rhoda (45)         | 29:25 |
| 111. Judy Chernak (43)       | 29:30 |
| 112. Ricky Fine (34)         | 29:39 |
| 113. Gloria Galperin (45)    | 30:03 |
| 114. Susan Spath (30)        | 30:18 |
| 115. Nola Cramer (29)        | 30:19 |
| 116. Sally Roessler (40)     | 30:36 |
| 117. Martha Juhle (35)       | 30:39 |
| 118. Bonnie Travieso (35)    | 30:43 |
| 119. Costello (25)           | 31:04 |
| 120. Myra Goldgeier (41)     | 31:08 |
| 121. Shirley Andoniades (55) | 31:13 |
| 122. Sue Lohn (42)           | 31:51 |
| 123. Xiomain Fundora (31)    | 33:34 |
| 124. Carol Pace (32)         | 34:22 |

# Baltimore Road Runners Club Championship Series — 1979

## Men's Open — 29

1. Scott Lutry (4-4-71-3-4)	15
2. Don Miller (3-7-9-4-5)	19
3. Earl Swartzendruber (37-9-8-16-6)	39
4. Joe Herget (7-13-13-10-39)	43
5. Bob McCubbin (5-6-17-28-17)	45
6. Carl Muller (9-14-20-7-39)	50
7. Garry Bolan (37-10-6-28-7)	51
8. Mark Yerkes (12-18-21-13-9)	52
Dwight Hood (13-15-16-8-39)	52
Mark Derr (15-46-18-11-8)	52
11. Harry Goodman (37-8-47-5-3)	53
12. David Chalmers (11-19-27-14-13)	57
13. Brian Harris (37-46-1-28-1)	66
14. Dave Cornwell (37-1-2-28-39)	68
15. Jeff Lears (2-46-4-28-39)	73
16. Dave Goucher (37-5-47-28-10)	80
17. Mike Hill (37-46-3-2-39)	81
18. John McAuliffe (29-46-5-28-23)	85
20. Don Shobrys (14-7-28-28-39)	87
21. Bill Caldwell (37-46-47-17-2)	102
22. Bill Keller (17-21-38-28-399)	104
23. Myron Campbell (37-46-26-28-14)	105
24. Jack Kavanaugh (37-2-47-28-39)	106
25. Steve Ciccarelli (37-3-47-28-39)	107
26. Carter Sinclair (21-24-35-28-39)	108
27. Bill Orlando (37-46-7-28-39)	111
28. Scott Litch (1-46-47-28-39)	114
29. John Maas (31-29-47-25-30)	115
Walt Conrad (37-46-12-28-39)	116
31. Walt Conrad (37-46-12-28-39)	116
Dave Ciccarelli (37-12-47-28-39)	116
33. Steve Reid (37-46-10-28-39)	118
Allan Brecher (37-46-14-28-39)	118
Phil Kirby (37-46-41-21-19)	118
36. Lou Rojeas (6-46-47-28-39)	119
Marty Nyman (37-46-15-28-39)	119
38. Dan Fleisher (37-46-29-28-26)	120
Andrew Oken (37-16-47-28-39)	120
40. Scott Paris (8-46-47-28-39)	121
41. Mike Buchanan (19-46-36-28-39)	122
42. Scott Fridley (25-31-47-28-39)	123
Mark Johnson (37-46-47-1-39)	123
Richard Schmidt (10-46-47-28-39)	123
Dave Hirschfeld (37-46-19-28-39)	123
Nate Spenser (37-46-47-28-12)	123
47. Salvatore Jordan (30-28-47-28-39)	125
48. Mike Sellman (37-22-47-28-39)	126
Dan Eddy (37-46-47-28-15)	126
50. Tom Garrett (37-23-47-28-39)	127
Mark Snyderman (37-46-23-28-39)	127
Steve Wilkinson (37-27-47-28-35)	127

92. Roy Rolig Jr. (28-46-47-28-39)	141
Jim Heckman (37-46-37-28-39)	141
Mark Miller (37-37-47-28-39)	141
Jeff Dorsey (37-46-47-19-39)	141
96. Bill Mears (37-46-47-28-31)	142
Mike Smith (37-38-47-28-39)	142
98. Chris Mortenson (37-39-47-28-39)	143
Dan Capman (37-46-39-28-39)	143
100. John Mancini Jr. (37-46-47-28-33)	144
Phil Thomas (37-40-47-28-30)	144
Michael Ruhm (37-46-47-22-39)	144
103. Bryan Cream (37-46-47-28-34)	145
Vernon Turner Jr. (37-41-47-28-39)	145
Leonard Brokos, Jr. (37-46-47-26-36)	145
106. Mike Vann (33-46-47-28-39)	146
John Tsigounis (37-42-47-28-39)	146
Rob Stafford (37-46-47-24-39)	146
109. Joe D'Adamo (37-43-47-28-39)	147
John Servelle (34-46-47-28-39)	147
Rick Baker (37-46-43-28-39)	147
Terry Fox (37-44-47-28-38)	147
113. Jerry Mikulski (37-46-44-28-39)	148
Mike Conrey (35-46-47-28-39)	148
Rick Price (37-46-47-28-37)	148
116. Ken McWilliams (36-46-47-28-39)	149
Kevin Szymanik (37-46-45-28-39)	149
Stewart DeSoto (37-45-47-28-39)	149
Marvin Recnt (37-46-47-27-39)	149

\* Ran all 5 races  
*Italic* Subtract worst score  
 Amount of Open-29 in each event  
 36-5 miles  
 45-10 K  
 46-10 miles  
 27-15 miles  
 38-20 miles  
 418 in this age group  
 120 ran at least one race 29%

\* Ran in at least 5 races  
*Italic* Subtract worst score  
 Amount of 30-34 in each event  
 35-5 miles  
 26-10 K  
 31-10 miles  
 33-15 miles  
 32-20 miles  
 284 in this age group  
 78 ran at least one race 29%

## Men's 30-34

1. John Elder (3-2-2-1)	6
2. Frank Nowosielski (36-4-5-7-3)	19
3. Tony Trantas (23-13-8-8-5)	34
4. Jay Bowden (36-27-3-6-4)	40
5. Walter Morawski (12-19-32-9-6)	45
6. John Eidelman (16-7-7-17-33)	47
7. Henry Janowitz (21-15-10-13-10)	48
8. Jeff Misler (36-9-12-18-17)	56
9. Charles Koester (1-27-1-34-33)	60
10. Reed Pyertiz (18-16-13-20-16)	63
Tom Milleson (36-27-11-14-11)	63
12. Lance Woodward (7-27-6-34-24)	64
John Poole (36-27-32-3-2)	64
14. Tom Bateman (20-8-9-34-33)	70
Terrence Kreitz (36-27-14-16-13)	70
16. Greg Allen (14-11-32-15-33)	72
Jim McGill (36-3-32-34-33)	72
18. Bernard Noeller (13-10-15-34-33)	74
19. Locke Thomsen (36-27-4-34-14)	79
20. Jerry Lynch (36-6-32-11-33)	82
21. Joe Jensen (36-27-23-21-12)	83
22. Jim McCabe (24-12-18-34-33)	87
23. Ed McFarland (36-27-32-34-18)	89
24. Dave Lemon (15-27-16-34-33)	91
Bill Reidy (36-27-19-12-33)	91
26. Paul Mikulski (22-18-32-34-21)	93
27. David Starnes (2-27-32-34-33)	94
Bob Thomas (36-27-32-2-33)	94
29. Tom Bolan (4-27-32-34-33)	96
Dan Tracey (36-27-32-4-33)	96
Tom Zibron (17-14-32-34-33)	96
32. Jim Harrison (5-27-32-34-33)	97
Sid Schneider (36-27-32-5-33)	97
34. Dennis Suski (6-27-32-34-33)	98
35. Luther Whitting (8-27-32-34-33)	100
Ken Walker (26-27-25-28-22)	100
Steve Mahieu (36-1-32-34-33)	100
Marc Diggs (36-27-32-34-7)	100
39. Dennis Snyder (36-27-32-34-8)	101
Dick Bolan (9-27-32-34-33)	101
Steve Goldberg (36-27-32-22-20)	101
42. Erich Sengebusch (36-27-32-10-3)	102
Robert Robideau (10-27-32-34-33)	102
Richard Rombro (36-27-32-24-19)	102
John DiCamillo (36-27-32-34-9)	102
46. John Fehir (11-27-32-34-33)	103
47. Allan Field (25-27-27-30-25)	104
47. Ken Hamann (28-27-2234-27)	104
Larry Noll (36-5-32-34-33)	104
50. Gene O'Sullivan (36-27-21-34-23)	105
51. Jim Becker (36-27-32-34-15)	108
52. Frank Cox (36-27-17-34-33)	111
Ken Muhrich (36-27-32-19-33)	111

Pete Sciukas (19-27-32-34-33)	111
55. Joe Chamberlin (36-22-24-34-33)	113
Joe Shopulski (36-27-26-34-33)	113
Bob Wagner (27-21-32-34-33)	113
58. Lonnie McKenzie (36-27-20-34-33)	114
59. Mike Braswell (30-27-32-34-26)	115
David Skeen (36-27-32-23-33)	115
61. Dan Howell (36-17-32-34-33)	116
Jim Pierce (36-27-32-29-28)	116
63. Jim Middleton (29-27-28-34-33)	117
Dale Garbutt (36-27-32-25-33)	117
65. Larry Fask (36-27-32-26-33)	118
66. Carl Miceli (36-20-32-34-33)	119
Mike Magin (36-23-32-3-33)	119
68. Ron Seff (32-23-32-32-33)	120
John Sherman (31-27-29-34-33)	120
70. Gerard Busnuk (36-25-30-34-32)	121
71. Charles Middlewofn (36-27-32-34-29)	121
72. Bob Juskus (36-27-32-34-30)	123
73. Neil Scheffler (33-26-32-34-33)	124
Charles Blair (36-27-32-34-31)	124
75. Anderson Ward (36-27-31-34-33)	125
David Jenkins (36-27-32-33-33)	125
77. Keith Perkins (35-27-32-34-33)	126
Dennis Weiss (34-27-32-34-33)	126

\* Ran in all 5 races  
*Italic* Subtract worst score  
 Amount of 34-39 in each event  
 25-5 miles  
 20-10 K  
 26-10 miles  
 24-15 miles  
 24-20 miles  
 210 in this age group  
 56 ran at least one race 27%

## Men's 35-39

1. Don Wann (2-1-1-2-25)	6
2. Mel Walton (1-2-3-25-1)	7
3. Rodney Travis (7-4-8-25-8)	27
4. Nicholas Delambo (6-5-10-10-9)	30
Delroy Matthews (26-21-5-1-3)	30
6. Eddy Rayford (8-6-9-9-25)	32
7. Donn Layne (4-3-2-25-25)	34
8. Tom Pinter (3-21-4-8-25)	36
9. Roger Foreman (5-21-6-5-25)	37
10. Jack Barry (17-7-11-25-4)	39
11. Frank Morgan (11-8-13-14-14)	45
12. Charles Owens (10-10-27-13-25)	58
13. Alex Medina (26-21-27-11-2)	60
14. Charles Nolte (13-21-16-25-12)	62
15. Jim Mortenson (12-18-19-23-14)	63
16. Allan Dale III (20-13-20-16-25)	69
17. Bob Tegmeier (14-21-27-25-10)	70

33. Steve Reid (37-46-10-28-39)	118
Allan Brecher (37-46-14-28-39)	118
Phil Kirby (37-46-41-21-19)	118
36. Lou Rojeas (6-46-47-28-39)	119
Marty Nyman (37-46-15-28-39)	119
38. Dan Fleisher (37-46-29-28-26)	120
Andrew Oken (37-16-47-28-39)	120
40. Scott Paris (8-46-47-28-39)	121
41. Mike Buchanan (19-46-36-28-39)	122
42. Scott Fridley (25-31-47-28-39)	123
Mark Johnson (37-46-47-1-39)	123
Richard Schmidt (10-46-47-28-39)	123
Dave Hirschfeld (37-46-19-28-39)	123
Nate Spenser (37-46-47-28-12)	123
47. Salvatore Jordan (30-28-47-28-39)	125
48. Mike Sellman (37-22-47-28-39)	126
Dan Eddy (37-46-47-28-15)	126
50. Tom Garrett (37-23-47-28-39)	127
Mark Snyderman (37-46-23-28-39)	127
Steve Wilkinson (37-27-47-28-35)	127
Tim Turner (37-46-47-28-35)	127
54. Steve Vaughan (37-46-24-28-39)	128
Peter Clardy (37-46-47-6-39)	128
56. Brad Roberts (37-46-47-28-18)	129
Dave Wells, Jr. (32-46-42-23-32)	129
Mark Behrens (16-46-47-28-39)	129
Brian Lee (37-25-47-28-39)	129
60. Ken Davis Jr. (37-26-47-28-39)	130
Chauncey Wilson — 37-20-25-28-39)	130
62. Turk Carter (18-46-47-28-39)	131
Jim Skeen (37-46-47-28-20)	131
Dexter Green (37-46-47-9-39)	131
65. Steve Skeen (37-46-47-28-21)	132
66. Jerry Bridge (20-46-47-28-39)	133
Ron Talbert (37-46-47-28-22)	133
68. Bob Trescott (37-46-30-28-39)	134
Frank Petrik (37-30-47-28-39)	134
Peter Winder (37-46-47-12-39)	134
71. Greg Cocco (22-46-47-28-39)	135
Jim Otte (37-46-31-28-39)	135
Russell Wolfe (37-46-47-28-24)	135
74. Mike Keelty (37-46-47-28-25)	136
Allen Krum (23-46-47-28-39)	136
Scott Meredith (37-46-32-28-39)	136
Marty Saunder (37-46-40-20-39)	136
Rob Turner (37-32-47-28-39)	136
79. Bill Kearns (37-46-33-28-39)	137
Tom Richards (24-46-47-28-39)	137
Charles Mick (37-33-47-28-39)	137
82. Bob Hotchkiss (37-46-34-28-39)	138
Greg Muth (37-34-47-28-39)	138
Mike Figus (37-46-47-28-27)	138
85. Ricky Rice (26-46-47-28-39)	139
Bill Ferrone (37-35-47-28-39)	139
Dan Tracey (37-46-47-28-39)	139
88. Bob Ohler (37-36-47-28-39)	140
Rich Nair (27-46-47-28-39)	140
Mark Meess (37-46-47-18-39)	140
Greg Bacinski (37-46-47-28-29)	140

45-10 K  
46-10 miles  
27-15 miles  
38-20 miles  
418 in this age group  
120 ran at least one race 29%

\* Ran in at least 5 races  
*Italic* Subtract worst score  
Amount of 30-34 in each event  
35-5 miles  
26-10 K  
31-10 miles  
33-15 miles  
32-20 miles  
284 in this age group  
78 ran at least one race 29%

Steve Mahieu (36-1-32-34-33)	100
Marc Diggs (36-27-32-34-7)	100
39. Dennis Snyder (36-27-32-34-8)	101
Dick Bolan (9-27-32-34-33)	101
Steve Goldberg (36-27-32-22-20)	101
42. Erich Sengebusch (36-27-32-10-3)	102
Robert Robideau (10-27-32-34-33)	102
Richard Rombro (36-27-32-24-19)	102
John DiCamillo (36-27-32-34-9)	102
46. John Fehir (11-27-32-34-33)	103
47. Allan Field (25-27-27-30-25)	104
47. Ken Hamann (28-27-2234-27)	104
Larry Noll (36-5-32-34-33)	104
50. Gene O'Sullivan (36-27-21-34-23)	105
51. Jim Becker (36-27-32-34-15)	108
52. Frank Cox (36-27-17-34-33)	111
Ken Muhrich (36-27-32-19-33)	111

1. Don Wann (2-1-1-2-25)	6
2. Mel Walton (1-2-3-25-1)	7
3. Rodney Travis (7-4-8-25-8)	27
4. icholas Delambo (6-5-10-10-9)	30
Delroy Matthews (26-21-5-1-3)	30
6. Eddy Rayford (8-6-9-9-25)	32
7. Donn Layne (4-3-2-25-25)	34
8. Tom Pinter (3-21-4-8-25)	36
9. Roger Foreman (5-21-6-5-25)	37
10. Jack Barry (17-7-11-25-4)	39
11. Frank Morgan (11-8-13-14-14)	45
12. Charles Owens (10-10-27-13-25)	58
13. Alex Medina (26-21-27-11-2)	60
14. Charles Nolte (13-21-16-25-12)	62
15. Jim Mortenson (12-18-19-23-14)	63
16. Allan Dale III (20-13-20-16-25)	69
17. Bob Tegmeier (14-21-27-25-10)	70

# CLUB PARTY AND AWARDS MEETING

**WHEN:** Thursday February 28, 7:00 p.m.

**WHERE:** Overlea Hall, 6809 Belair Rd., north of Northern Parkway, south of Taylor Ave.

Meeting to honor BRRC Runners of the Year.  
No business meeting — just food and festivities.

Admission: \$3.00 per person. Includes buffet of hot roast beef, fried chicken, shrimp creole, baked ham, corned beef, cheese, potato salad, rolls, coffee, cake.

**MUST sign up by Feb. 21. Send form below with check payable to BRRC to:**  
Dick Nair, 2504 Lakewood Court, Balto., md. 21234.

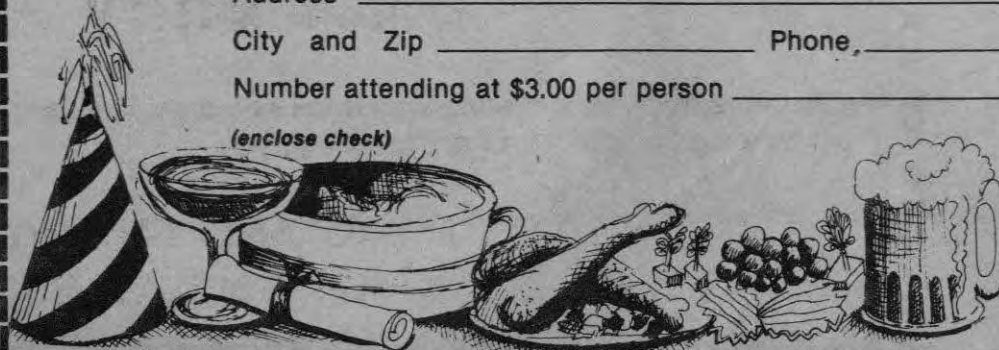
NAME \_\_\_\_\_

Address \_\_\_\_\_

City and Zip \_\_\_\_\_ Phone \_\_\_\_\_

Number attending at \$3.00 per person \_\_\_\_\_

(enclose check)





18. Harry McCambridge (26-21-14-12-25)	75
19. Bernie Robier (26-21-27-3-25)	75
20. Myron Kellner (19-12-22-25-23)	76
Alan Roogow (26-21-27-4-25)	76
22. Rick Sullivan (26-21-27-25-5)	77
23. Tom Davis (18-19-23-18-25)	78
Ed Hewitt (26-21-27-6-25)	78
Don Fischer (26-21-27-25-6)	78
26. Larry Dorr (26-21-27-25-7)	79
Fred Sullivan (26-21-27-7-25)	79
28. Andy Graham (26-21-21-20-18)	80
Terran Himelfarb (15-21-27-25-19)	80
Turney McKnight (9-21-27-25-25)	80
Ed Patey (26-21-17-17-25)	80
Larry Olszewski (26-21-9-25-25)	80
33. Jay Stanley (16-5-2725-25)	81
34. Bill Diegel (26-21-27-25-11)	83
Jerry Martin (26-21-12-25-25)	83
Tom Bradford (26-21-27-19-17)	83
37. Richard Brooks (26-9-27-25-25)	85
Floyd Pace (26-17-18-25-25)	85
39. John Dockstader (26-21-15-25-25)	86
40. Lou Rimbach (26-21-27-25-15)	87
Freeman Greene (26-11-27-25-25)	87
Tom Caskey (26-21-27-15-25)	87
43. Bob Fischer (26-21-27-25-16)	88
B.A. Savage (26-21-27-21-20)	88
45. James Cordie (26-14-27-25-25)	90
46. Sid Pilo (26-21-27-22-22)	91
47. Ron LeClair (21-21-27-25-25)	92
Ron Roessler (22-21-24-25-25)	92
F. Barron (26-16-27-25-25)	92
50. Bob Nease (26-21-27-25-21)	93
51. Doug Whitehouse (24-21-27-25-25)	95
52. Barry Dubinsky (25-21-27-25-25)	96
Lynwood Williams (26-21-25-25-25)	96
Joe Orlando (26-21-26-24-25)	96
Dan McConochie (26-20-27-25-25)	96
Richard Ayers (26-21-27-25-24)	96

\* Ran in all 5 races  
*Italic* Subtract worst score  
 Amount of 45-49 in each event  
 12-5 miles  
 8-10 K  
 8-10 miles  
 4-15 miles  
 6-20 miles  
 74 in this age group  
 17 ran at least one race 25%

**Men's 45-49**

1. Frank Pflaging (1-9-1-1-1)	4
2. Al Filar (2-1-2-2-2)	7
3. Lee Rinehart (4-2-3-5-3)	12
4. Antonio Olmedo (13-3-9-5-7)	17
Milton Taylor (6-9-4-3-4)	17
6. Don Butler (13-4-6-5-7)	22

8-5 miles  
 6-10 K  
 3-10 miles  
 3-15 miles  
 7-20 miles  
 146 in this age group  
 18 ran at least one race 11%

**Women's Open-29**

1. Kathy Heckman (9-7-1-4-1)	13
Sue Larson (4-1-4-4-8)	13
3. Terry Miller (2-7-2-4-8)	15
Joan Parr (6-7-3-1-5)	15
Laurie Blinichikoff (5-2-4-4-8)	15
6. Pat Walker (1-7-4-4-8)	16
7. Jean Edwards (9-4-4-3-6)	17
Kathy Caruso (9-7-4-4-2)	17
9. Jeanne Peltz (3-7-4-4-8)	18
Gin Mears (9-7-4-4-3)	18
11. Rita Folan (9-7-4-4-4)	19
Joanne Smith (9-3-4-4-8)	19
13. Patti Demaro (9-5-4-4-8)	21
Jeanne Betz (9-7-4-2-8)	21
15. Terri Saunders (9-6-4-4-8)	22
Margaret Sewell (9-7-4-4-7)	22
Janet Vann (7-7-4-4-8)	22
18. Susan Hasler (8-7-4-4-8)	23

\* Ran in all 5 races  
*Italic* Subtract worst score  
 Amount of 30-39 in each event  
 10-5 miles  
 3-10 K  
 4-10 miles  
 4-15 miles  
 3-20 miles  
 110 in this age group  
 15 ran at least one race 12%

**Women's 30-39**

1. Jeanne Foreman (2-4-2-2-1)	7
2. Jane Tumpson (5-2-4-3-2)	11
3. Cathy Kleeman (3-4-1-5-4)	12
4. Marge Rosasco (1-4-5-5-4)	14
Marilyn Bevans (4-4-5-1-4)	14
6. Dennie Weiss (11-1-5-5-4)	15
7. Cindy McManus (11-4-3-5-4)	16
8. Bonnie Thomas (8-3-5-5-4)	17
Jean Nair (4-4-5-5-4)	17
Maggie Sewell (11-4-5-4-4)	17
Jerianne Pugh (11-4-5-5-3)	17
12. Chris Bensley (10-4-5-5-4)	18
Jeanne Mortenson (9-4-5-5-4)	18
Maria Perkins (6-4-5-5-4)	18
Nannette Blinichikoff (7-4-5-5-4)	18

**ROAD RUNNER 1145111 Disk 2 Men's 40-44**

84-1 race	16-2 races
-----------	------------

\*Ran all 5 races  
*Italic* Subtract worst score  
 Amount of 40-44 in each event  
 14 - 5 miles  
 14 - 10K  
 22 - 10 miles  
 10 - 15 miles  
 12 - 20 miles  
 131 in this age group  
 35 ran at least one race - 26%

**Men's 40-44**

1. Harry Piotrowski (1-1-1-11-1)	4
2. Bailey St. Clair (15-2-2-1-2)	7
3. Joe Adams (2-3-3-11-4)	12
4. Bill Schwartz (3-4-6-11-5)	18
*5. Bob Ray (9-7-12-7-7)	30
6. Walt Sherwin (15-15-7-4-6)	32
7. John Roemer (15-15-23-2-3)	35
8. Gordon Livingston (15-15-5-3-13)	36
Walter Cole (6-6-15-11-13)	36
10. Steve Morrison (7-15-23-6-9)	37
11. Les Kinion (4-15-10-11-13)	38
Patrick Murphy (5-15-0-11-13)	38
13. Phil Jackman (8-9-23-11-13)	41
Martin Oneill (10-10-16-8-13)	41
Jamey Heuska (15-15-8-5-13)	41
*16. John Hasler (13-8-18-10-12)	43
Dick Nair (15-15-4-11-13)	43
18. Don Wright (15-5-23-11-13)	44
19. Herman Blinichikoff (12-11-23-11-13)	50
20. Ernie Imhoff (15-15-23-11-8)	50
Jerry Mion (15-15-11-13)	50
23. Jacob Saulsbury (15-13-23-11-13)	51
Monroe Miller (15-12-23-11-13)	51
Carl Wright (15-15-23-11-10)	51
26. Jerry Groeninger (15-15-13-11-13)	52
Joe Mayhugh (15-15-23-11-11)	52
Chuck Kropp (15-15-23-9-13)	52
29. Sam Spicer (15-15-14-11-13)	53
Ron Schwarz (15-14-23-11-13)	53
31. Jim Spevock (15-15-22-11-13)	54
Gene Wright (15-15-17-11-13)	54
Fred CRAig (15-15-19-11-13)	54
Phil Goldstein (15-15-20-11-13)	54
Al Peyton (15-15-21-11-13)	54

**ROAD RUNNER 1145t12 Disk 2 Men's Open-29**

**Men's Open-29**  
 8-4 races  
 4-5 races

8-3 races  
 37-1 race  
 18-2 races  
 13-3 races

**Men's 30-34**

6-4 race  
 4-5 races

**Men's 35-39**

26-1 race  
 12-2 races  
 7-3 races

8-4 races  
 3-5 races

**Men's 40-44**

17-1 race  
 8-2 races  
 3-3 races

5-4 races  
 2-5 races

**Men's 45-49**

9-1 race  
 1-2 races  
 2-3 races

4-4 races  
 1-5 races

**Men's 50 & Over**

5-1 race  
 1-2 races  
 4-3 races

1-4 races  
 0-5 races

**Women Open-29**

12-1 race  
 4-2 races  
 1-3 races

1-4 races  
 0-5 races

**Women 30-39**

11-1 race  
 2-2 races  
 0-3 races

1-4 races  
 1-5 races

**Women 40 & Over**

1-1 race  
 4-2 races  
 0-3 races

0-4 races  
 3-5 races

\*Ran all 5 races  
*Italic* Subtract worst score  
 Amount of 40 & over in each event  
 5-5 miles  
 4-10K  
 4-10 miles  
 5-15 miles  
 6-20 miles  
 33 in this age group  
 8 ran at least one race - 28%

**Women's 40 & Over**

*1. Judy Hasler (1-1-1-2-6)	5
*2. Ricki Nielsen (2-2-2-4-3)	9
3. Sherry Kendall (6-5-5-1-1)	12
*4. Arline Ford (3-3-4-5-5)	15
Jean Baker (6-5-5-3-2)	15
6. Nancy Miller (6-5-3-6-4)	18
7. Marilyn Nicholas (5-4-5-6-7)	20
Miriam Pratt (4-5-5-6-7)	20





# Two Or Three Good Jobs

by Charles Brumley

For Ollie Saturday dawned as one of those days he knew he wouldn't be able to let go. The writer John Steinbeck called the first hour of such a day the hour of the pearl.

Ollie saw the ferocious clarity of the sky and the brilliance of the sunrise, and thought both were a providential peace-making after Hurricane Frederick.

He'd read the bosses in Norway were going to let workers take sunny days off because the summer had been rainy, and winter was almost here.

Attack days, Ollie called them. "Boss, I've had an attack of the epizooti, I can't come to work." Unspoken, it was boss, Pete Seeger said it best, it's a crime against nature to stay in on a day like today. Maybe tomorrow.

The boss was lucky today was a Saturday. Ollie threw his gear in the car and headed for Catocin Park. President Carter and some Olympic runners were to be in the race.

Ollie warmed up among old running acquaintances, the craft exhibits, and the brisk mountain air. President Carter knows what he's doing coming to Camp David near here, he thought. He should put up a fierce handmade No Trespassing sign with the s's and the e's made backwards — the crazies could understand that.

These are mountains. This is bluegrass country. Woodstove weather. "You split your own wood? What do you burn mostly?" "Axe handles."

The race went well for Ollie even though he ran out of the money; he was pleased with his time. President Carter dropped out from exhaustion, and Ollie had never really seen him, but he'd run in the same race just the same. I don't want to be President like Carter anymore, he thought — the

he knew. That one chord is what they call an accidental, he thought. That's what makes the song so compelling, the accident.

That's why I'm here, Ollie thought. Most people can take a day like today in stride, even go work in a windowless building if they have to, maybe not like it, but do it.

But I'm an accident, he thought, something snaps, I've got to be out, it's cost me two or three good jobs.

Lightning snapped near Ollie and the air froze still and he thought it had him, and a tree exploded into flame and Ollie went to it to get warm. He was naked except for his shoes and running shorts, and shivering.

Everybody else who was here today is home warm in bed, he thought. President Carter, all the runners, Bill Emerson. Even if Emerson had to leave on a road trip to Timbuktu he's more comfortable than this.

Ollie slid to his knees at the base of the flaming tree and began to cry. The crime against nature, he said to himself, is being too damn stupid to know what to do with a crystal day, when to turn it loose.

In the morning sun Ollie left the smoldering tree and found his way back to Catocin.

His car had been ticketed, but the Navy Band had spent the night nearby and was to play a concert for a Boy Scout Jamboree in the afternoon.

Ollie bought some coffee and ate a banana he pulled from a stalk of three. He looked at the other two. There are no two of anything, Ollie thought.

He stretched out on the grass. The day was bright and diamond blue.

## 9 miler Lake Montebello 21 October

On an unseasonably hot day the race director neglected to bring either water or prizes. A field of 78 hustled around the three loops before heading off to watch the live telecast of the New York marathon.

1	Brian Harris	24	49:21	35	Jim Becker	34	1:05:43
2	Stee Reid	24	51:20	36	Dvid Webster	16	1:06:27
3	Harry Goodman	25	52:27	37	Tom Andreoue	30	1:07:16
4	Michael Bruce	20	53:00	38	Joe Spencer	51	1:07:18
5	Gary Bolan	26	53:23	39	Ed Patey	39	1:08:12
6	Jonathan Abel	18	56:03	40	Tim Perry	25	1:08:18
7	Dave Goucher	23	57:12	41	Walt Langford	57	1:08:21
8	Steve Vaughan	25	57:22	42	Ray Soroka	33	1:08:27
9	Steve Richards	23	57:24	43	Steven Morrison	42	1:09:23
10	John Spies	22	57:40	44	Harold Dett		1:11:30
11	Brian Lee	24	59:50	45	Phil Moss	50	1:11:39
12	Myron Campbell	25	59:54	46	Frank Kaminski	58	1:11:52
13	Larry Lynd	29	59:52	47	Jim Smolen	35	1:13:01
14	Jerry Lynch	34	59:53	48	Frank Farnam	54	1:13:13
15	Gordon Livingston	41	1:00:02	49	Lee Manger	46	1:14:02
17	Bob Letherman	27	1:01:18	50	Allan Lee	24	1:14:53
18	Nick Delambo		1:01:46	51	Glenn Crabill	37	1:14:56
19	George League	29	1:01:46	52	Christine Gellert	27	1:15:08
20	Jerry Dresner	25	1:02:20	53	Gerard Busnuk	30	1:15:39
21	Ernest Matthews	21	1:02:22	54	Mort Orman	31	1:16:26
22	John Dockstader	37	1:02:34	55	Trina Nagele	35	1:16:53
23	John Fehir	33	1:02:34	56	Ernie Silversmith	49	1:17:23
24	Mike Droulette	26	1:02:54	57	Leroy Wangenheim	25	1:17:54
25	Marc Miller	21	1:03:07	58	Chuck Blair	33	1:17:59
26	Rn Talbert	18	1:03:22	59	Tom Davis	39	1:18:37
27	David Luber	32	1:03:33	60	Rachel Nelson	49	1:19:27
28	Mike Ryan	15	1:03:38	61	Terry Fox	19	1:21:07
29	Don Daut	25	1:03:47	62	Charlie Reynolds	48	1:21:06
30	Dennis Snyder	33	1:04:07	63	Tom Malooly	57	1:21:55
31	Rodney Travis	36	1:04:36	64	James Tanner	33	1:22:43
32	Don Heimiller	48	1:04:41	65	Jacob Saulsbury	44	1:27:05
33	Bob Browning	36	1:05:16	66	Nate Engle	34	1:27:05
34	B.A. Savage	39	1:05:19	67	Val-Del Hubbard	18	1:27:30
				68	Terri Chayt-Sannders	28	1:27:48
				69	Donald Allen	47	1:29:34
				70	Mike Wilsman	29	1:29:34
				71	Jennifer O'Hearn	32	1:30:41
				72	Charles Lutz	58	1:33:26
				73	Jim Hester	41	1:41:56

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The race went well for Ollie even though he ran out of the money; he was pleased with his time. President Carter dropped out from exhaustion, and Ollie had never really seen him, but he'd run in the same race just the same. I don't want to be President like Carter anymore, he thought — the job doesn't give the poor man enough time to train.

Ollie saw four or five golden retrievers and thought how he'd wanted the whole litter Martha was in — ten. He'd told everyone he could start a dog sled team with them.

What do I like about all this, Ollie asked himself, looking around. Just ask me. Free beer, food, a challenging race; the United States Navy Band featuring country music and Bill Emerson on banjo was about to play.

Ollie lay in the grass on one elbow and thought if this is what tax money goes for, I'm for it.

The band played across the musical spectrum, tight and professional, and Ollie loved it.

Soon they quit and people began leaving. Ollie retied his shoes and ran, headed away from the main entrance. He was giddy with the excitement, the music, and the beer. For a moment he thought he could understand how the hateful "dancing bears" at festivals felt, and he wanted to whoop but didn't.

The Appalachian Trail must be near here, Ollie thought, and he headed west along a rocky trail.

Ollie ran until the sun went down and the clouds came in and he was lost. He drank from streams and walked a good deal and saw no trail markers.

When the rain and thunder and lightning started Ollie stopped in the darkness and began to lose body heat. He began singing "I Just Saw the Rock of Ages," what words

crystal day, when to turn it loose. In the morning sun Ollie left the smouldering tree and found his way back to Catocin.

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21	Ernest Matthews	21	1:02:22	60	Rachel Nelson	49	1:19:27
22	John Dockstader	37	1:02:34	61	Terry Fox	19	1:21:07
23	John Fehir	33	1:02:34	62	Charlie Reynolds	48	1:21:06
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33	Bob Browning	36	1:05:16	72	Charles Lutz	58	1:33:26
34	B.A. Savage	39	1:05:19	73	Jim Hester	41	1:41:56

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## BRR WOMEN ON THE RUN

**April 1 — Ceasar Rodney Half-Marathon, Wilmington, Delaware** — Local tennis ace Lynn Brooks captured the women's division of this hilly 13.1-miler. Her 87:07 was 43 seconds faster than 17-year-old track standout Monique Purcell of New Jersey.

**April 1 — Cherry Blossom 10 Mile, Washinton, D.C.** — Unusually humid conditions didn't slow down Aileen O'Connor as she set an American record in a swift 56:02. Local finishers include: Marge

Marge Rosasco 2419 Reckord Road Fallston, Md. 21047 877-7074

Rosasco (4th) 60:53 and Susan Larson (24th) 70:52.

**April 8 — Avon Newark 10-Miler, Newark, Delaware** — Lots of PR's were set in this extremely well-run race. Kris Bankes of Readin, Pennsylvania, was the winner in 58:42. Local Baltimore Olympic Club captured the team title with the strong perfor-

mances of Kathy Heckman (6th - 61:25), Louise Lears (8th - 62:37) and Lynn Brooks (12th - 63:45). Miriam Pratt continued her winning ways by capturing the 50 & Over category in 90:14. Other area finishers included: Marge Rosasco (2nd - 59:22), Susan Larson (33rd - 69:48), Peggy Swain (34th - 69:50), Sue Jacobs (38th - 71:19), Brigitte Heath (53rd - 73:39), Sara Woodfield (74th - 75:51), Sherry Kendall (81st - 76:26),

Karen McMath (84th - 77:01), Rita Folan (98th - 78:38), Joan Park (101st - 79:12), Janet Overton (116th - 81:32), Jane Tumpson (119th - 82:21), Jean Edwards (121st - 82:49), Margaret Sewell (148th - 87:21), Kim Colfer 149th - 87:31), Helene Murtha (159th - 88:28), Arline Ford (161st - 88:45), Allison Hewitt (176th - 90:22), Jane Wright (177th - 90:27), Mary Plumer (205th - 96:06), Jennifer Powell (232nd - 107:10), Barbara Purkey (233rd - 107:34) and Lisa Skumatz (234th - 107:35).

**April 16 — Bostom Marathon** — Good marathon weather conditions produced many PR's with three BRR women placing in the top 30. Marilyn Bevans achieved her goal of breaking 2:50 with a 2:49:56 clockin which placed her 15th of the over 500 official women entrants. Kathy Heckman (23rd) and Marge Rosasco (27th) also recored personal bests of 2:54:52 and 2:56:29 respectively. Cathy Kleeman made her first trip to Boston and, not counting the four minutes it took to cross the starting line, recorded a 3:33 effort. Four weeks later Cathy won her first major race title in winning the women's division of the Gunpowder Neck 10-Miler in a big PR of 69:25.

**April 22 — New Orleans, Louisiana 5 Kilometer** — People in Maryland don't know how fortunate they are — runners living in flat New Orleans say they have to travel 200 miles to find some hills to train on! First Women - Marge Rosasco — 17:23.

**May 19 — Bonne Bell 10,000 Meters, Washington, D.C.** — Marilyn Bevans repeated her 1978 third place finish with time of 37:52. Gillian File of New Zealand was the first women across the finish line in 34:59. The race drew over 2,000 women. Other area women competing included: In the age groups, Pat Butterfield (45:00) and Sherry Kendall (45:31) ran 2-3 in the 40-49 division. Karen McMath (47:40), Nancy Riley (48:28), Arline Ford (51:25), Nancy Edwards (52:45), Margie Sewell (53:12),

A 10,000 meter race for women of all ages and abilities Sunday, March 23, 1980.

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LADY

# CLUB PROUDLY ANNOUNCE



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division. Karen McMath (47:40), Nancy  
Edwards & 52:45), Margie Sewell (54:24),  
Kay Lutz (68:00), Bernice Sushinsky  
(68:00), Terri Willey (71:00) and Karen  
Krysiak (73:00).

---

May 19 — Midland Run 20 Kilometers,  
Bedminster, New Jersey — Marty Cooksey  
of California set an American record of  
71:24 on this beautiful rolling course.  
Marge Rosasco placed 6th overall and first  
in the 30-39 Age Group in 76:55.

---

June 2 — Mini-Marathon, New York —  
Grete Waitz of Norway set a world record  
for the roads for 10,000 Meters in a blister-  
ing 31:15. The "Mini", which is run on a  
rolling course through Central Park, is  
generally recognized as the most  
prestigious race in the world for women  
and drew a record 4600 participants. Maria  
Perkins made her first trip to the "Mini",  
and although not sure of her final time,  
thought the trip was definitely worthwhile.  
Marge Rosasco placed 15th in 35:53 and  
Marilyn Bevans was 44th in 37:32.

---

July 8 — Cape May, New Jersey Five Mile  
— Fifty-seven-year-old Miriam Pratt cap-  
tured the 50 & Over division with a time of  
39:45. The 85° heat made her victory more  
difficult but she reports she was pleased  
with her effort. She not only beat the third  
place woman in the 40-49 division but was  
running neck and neck with the second  
place 40-49 woman for most of the race!

# Memories of a 24-Hour Relay

by Roberta G. Lilley

I have decided that there are varying degrees of insanity for runners:

To a non-runner, all runners are insane.

To those who jog occasionally, anyone who races is insane.

To those who participate in 10K races, distance runners are insane.

As for distance runners, anyone who would enter a 24-hour relay race is completely berserk.

What is the 24-hour relay? It is a race, sponsored by *Runner's World* magazine, where teams of 10 members compete to run the longest distance in 24 hours. Each team member runs one mile, then passes the baton to the next person who runs a mile. The relay continues like this for 24 hours. Camps are set up around the track for team members to rest while not running.

At Ft. Meade, Maryland, in August, the site of the country's longest 24-hour relay, the Howard County Striders competed with two full teams. Most were poor unsuspecting fools who luckily did not know what to expect. However, there were some of us who should have learned from last year. For some reason, we had forgotten about the agony of "defeat."

What possesses anyone to run 21 miles in 24 hours? Why would anyone:

Give up a free weekend at Hilton Head resort?

Get up at 6 A.M. on Saturdays to train? (and that's after Friday night, remember.)

Ignore all advice not to run during the hottest time of August? (Noon Saturday to noon Sunday.)

For that matter, how can anyone want to stay up for 24 hours? Believe me, it wasn't any New Year's Eve!

Oh, the coordination of it all. "I think you should get ready to stretch since Tim's running now, Cliff's on deck and you're after Cliff."

"Where's Jim's baton?"

"He's wearing it in his engineer's cap, of course."

"Oh, God, already? Let me stay with my pillow for awhile, please?"

As strange as we looked, there were some that were father out in space. "Here comes the guy with the skylab helmet."

"Now he's wearing mirrored sunglasses."

"There goes another Marine. At least with that haircut he's aerodynamically sound."

With the best shoes, orthotic supports, two pairs of socks, and bandaids, my feet were still killing me. Then someone noticed one rather odd runner on the track. "Who's the character racing with no shoes?" Suddenly I felt better.

We all woke up during the night when Jim, while doing his mile, yelled for the next runner, "Where's Dan?" Dan was covered, head included, by his blanket and had fallen asleep.

"Dan, you're up! we all shrieked.

He leaped up, threw on his shoes, and raced to the starting line, just as Jim got there to pass the baton. Whew!

The ultramarathoners were most amazing. Picture four other races going on at the same time:

a 50 mile race-walk

a 50 mile run

a 100 mile race-walk

and, a 100 mile run.

"Go Kathy! Go Joe!" (Two 50-milers pass.)

"Here comes the walker again. Is he really putting ice cubes in his shorts? That's gotta hurt."

We constantly tried to cheer these other racers as they plodded by our camp as many as 400 times. After one runner completed 90 miles, I could see that he might not finish to 100. I made a point of talking to him on each lap.

"Looking good!" (He looked awful.)

"Keep up the good work!" (He had just collapsed.)

"Only 10 miles to go!" (Only 10, after



Two days before the Boston Marathon, April, 1970 — (left to right) Joe Holland, Les Kinnion, Vern Sevier, Ferd Driver, and Egon Kafka.

Oct. 28

Monumental Relay

(62 miles — alternate 10 mile legs)

Beautiful Fall Day On Falls Road

**The Dirty Dozen — 6:58:10**

Locke Thomsen

Jim Harrison

Jay Bowden

Frank Morgan

Mike Buchanan

Bob Ray

**Loyola College — 7:10:50**

Phil Jackman

John McAuliffe

Dennis Sullivan

Tim Turner

Greg Bacinski

Doc Barry

**Rocky Crew II — 7:30:55**

Tom Bateman

Tony Trantas

Tom Zibron

Henry Janowitz

Joe Spencer

**Pagans — 7:48:16**

Tom Caskey

Ward Coe

Andy Graham

Richard Ayres

Jim Skeen

Dave Skeen

**Road Apples — 7:56:25**

(2-man team)

Chuck Brumley

John Roemer

**ERA (Eliminate Road Apples) — 8:30:56**

Pat Wilkerson

Debbie Eads

Kathy Carusp

Amy Salawitch

Susan Larson

about the agony of defeat.  
What possesses anyone to run 21 miles in 24 hours? Why would anyone:

Give up a free weekend at Hilton Head resort?

Get up at 6 A.M. on Saturdays to train? (and that's after Friday night, remember.)

Ignore all advice not to run during the hottest time of August? (Noon Saturday to noon Sunday.)

For that matter, how can anyone want to stay up for 24 hours? Believe me, it wasn't any New Year's Eve!

Oh, the coordination of it all. "I think you should get ready to stretch since Tim's running now, Cliff's on deck and you're after Cliff."

"Where's Jim's baton?"

"He's wearing it in his engineer's cap, of course."

"Looks like a space cadet."

Practically all of us started out too fast. The excitement of the race caused us to run the initial 10 miles at our fastest pace.

"I did my first mile in 6:15, the next in 6:22, and my last in 6:40. I've got to keep my pace steady. . . ooh, Cliff, put your watch on the girl in black shorts. She really looks fast."

Later, this pace meant everyone's bones and muscles were cramping up amid loud groans of, "I QUIT."

To the untrained eye, a casual observer could easily mistake our team tents for MASH 4077. It was quite a site:

Bodies draped over lounge chairs, coolers filled with various energy restorers, and bandages adorning injured extremities.

Serious discussions about maintaining times and keeping awake took on the proportions of doctors diagnosing beri-beri.

The atmosphere certainly helped. Gordon, the psychiatrist kept getting requests for "office" visits. (We all knew we had a problem of some sort by 4 A.M.) Everytime Jim ran his lap he had a comment, "Is this track getting longer?" "Are my legs getting shorter?"

When Arlene ran her laps we'd yell, "Come-on, Mom," in unison with her kids.

Many times I felt as though I was falling asleep while running. The same guy would come puffing up behind me saying, "You're looking good from behind, sweetheart." He doesn't realize how well he kept me awake.

More exhaustion. "Arlene, there goes Kay."

a 50 mile race-walk  
a 50 mile run  
a 100 mile race-walk  
and, a 100 mile run.

"Go Kathy! Go Joe!" (Two 50-milers pass.)

"Here comes the walker again. Is he really putting ice cubes in his shorts? That's gotta hurt."

We constantly tried to cheer these other racers as they plodded by our camp as many as 400 times. After one runner completed 90 miles, I could see that he might not finish to 100. I made a point of talking to him on each lap.

"Looking good!" (He looked awful.)

"Keep up the good work!" (He had just collapsed.)

"Only 10 miles to go!" (Only 10, after 90?)

The comment that worked best was, "C'mom give me a big smile." (He did and thanked me for being able to finish.)

Thank God for our visitors. Friends and relatives filtered in at all hours of the night. Bob Brown looked like a tourist with four cameras draped around his neck. What a doll Warren was! At the end when we thought surely we couldn't push another step, he ran around the track with us, urging each one to finish. There I was, walking several miles, and he says cheerfully, "Well, you knocked three seconds off that lap!"

In addition, other volunteers took shifts around the clock to record our times and number of miles. Imagine playing the numbers game at 3 A.M.!

Finally, sunlight and ultimate finish.

"It's 11 A.M., Cliff."

"I've gotta do this mile in under 8 minutes or I'll kill myself."

"Look at the runner with the Heineken in his hand. Very chic."

"I have to pick up my husband at the airport at 3 P.M."

"Tell him to call a cab."

What was the most exciting feeling of all? The fact that not one of us gave up. It was an endurance test that even beginning runners like Arlene and Jean were able to pass. I can still see Tim actually kicking Jim in to the finish line! Although we all said, "Never again," I have the feeling that the camaraderie of our group may bring us together another time.

Anyone up for a 50 mile run?

The Dirty Dozen — 6:58:10  
Locke Thomsen  
Jim Harrison  
Jay Bowden  
Frank Morgan  
Mike Buchannan  
Bob Ray

Loyola College — 7:10:50

Phil Jackman  
John McAuliffe  
Dennis Sullivan  
Tim Turner  
Greg Bacinski  
Doc Barry

Rocky Crew II — 7:30:55

Tom Bateman  
Tony Trantas  
Tom Zibron  
Henry Janowitz  
Joe Spencer  
John Kilian

Pagans — 7:48:16  
Tom Caskey  
Ward Coe  
Andy Graham  
Richard Ayres  
Jim Skeen  
Dave Skeen

Road Apples — 7:56:25

(2-man team)  
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John Roemer

ERA (Eliminate Road Apples) — 8:30:56

Pat Wilkerson  
Debbie Eads  
Kathy Carusp  
Amy Salawitch  
Susan Larson  
Lennie Magida

## NATIONAL RUN FOR LIFE DAY

April 26, 1980

RUN  
FOR  
LIFE  
Connecticut  
Mutual Life



AMERICAN  
HEART  
ASSOCIATION

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Thousands of men, women, and children from coast to coast will be running, jogging, or walking to raise funds to fight heart disease, the number one killer in the United States today.

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Baltimore, Maryland 21203, (301) 685-7074



# Questions and Answer Corner

Podiatrist, Arbutus, Md  
247-5333

## HALLUX ABDUCTO VALGUS

It starts out slowly. At first, it is barely noticeable, this migration of the great toe (hallux), no longer straight, but now pointing slightly toward the other four toes (abductus) and may be rotated as well (valgus). This deformity could have been prevented but now it's too late. Now time will take its toll and more rapid progression is almost inevitable. The toe moves over more and more. The bump behind the toe on the inside of the foot, which earlier was either not there or was insignificant, is now larger and may be deforming the shoe. Pain, if not present yet, is lying in wait since, as so many people can attest, bunions do hurt.

Some bunions are inherited and are noticeable in childhood. These are not preventable since choosing one's parents has always been extremely difficult. If not present at an early age and pronation is present with a history of this problem in the family, the family podiatrist, following his examination, should recommend stabilization of the foot (via orthotics) to prevent bunions and other related problems. Prevention is only possible if children are seen for routine foot check-ups, but that's another story. Stabilization of the foot with orthotics allows proper alignment of tendons (especially the peroneus longus which holds down the 1st metatarsal bone). Otherwise, these tendons pull at angles that do not permit good function and become deforming forces upon the skeletal structure.

As a bunion progresses, the great toe moves into a position that leads to degeneration of the cartilage in the joint. This degenerative arthritis is one source of pain. Another source is pressure from shoes against the bump of bones. This pressure leads to inflammation, pain, and possible bursitis.

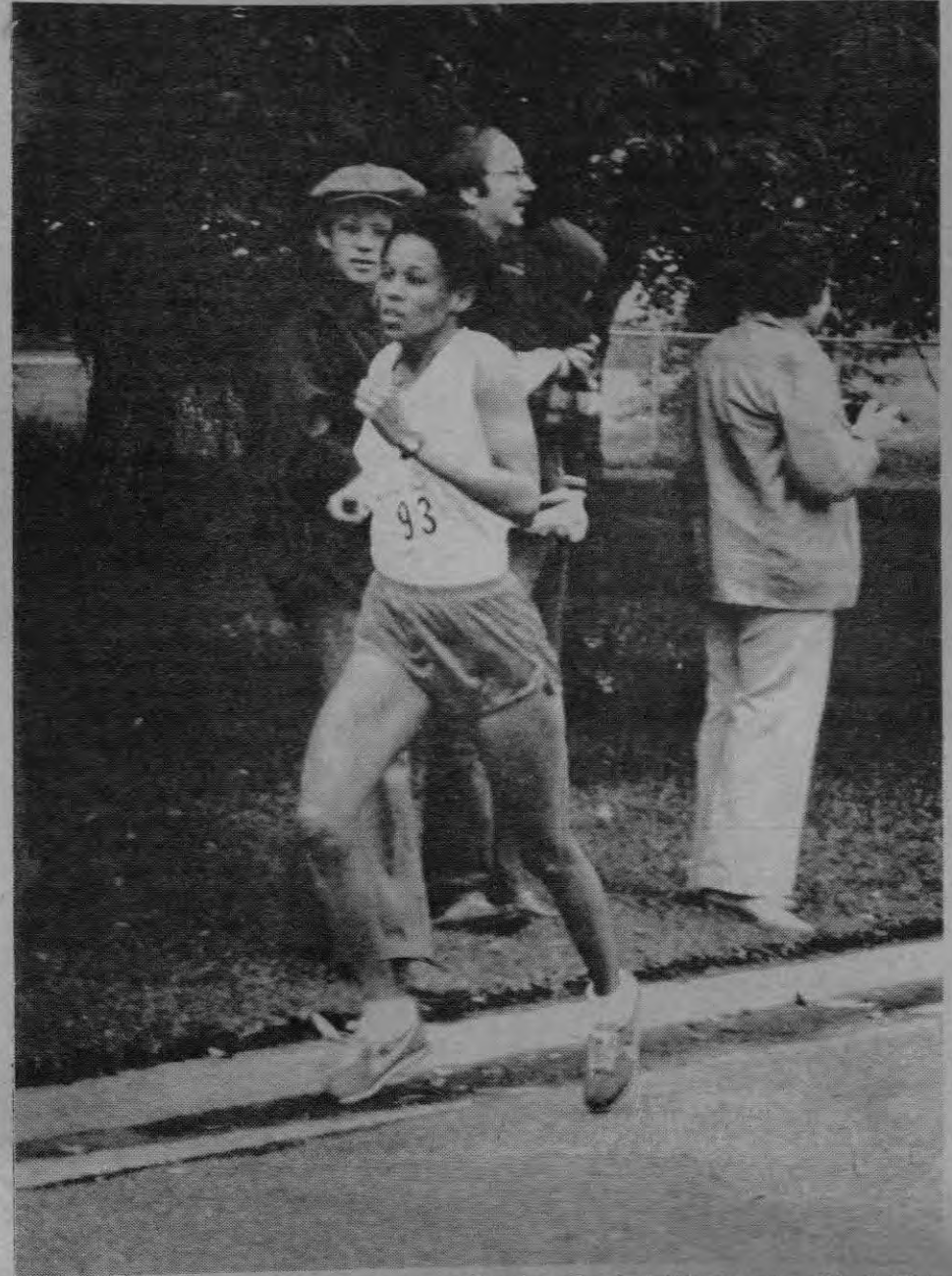
Symptomatic treatment for runners should include the use of pads or shields to

prevent shoe pressure. These shields can be made by a laboratory from a mold taken by a podiatrist. Shoe pressure should be avoided by fitting shoes properly. Although shoes will not cause a bunion, they can increase pain by pressing on the area in which a bunion is already present.

If a bursitis (inflamed fluid sac) is present, anti-inflammatory medications may be necessary. With time, however, deformity and pain may necessitate surgical intervention. There are dozens of types of bunionectomies designed to remove the bump of bone, balance the tendons, adjust joint angles, shorten or lengthen bones, and replace eroded joint surfaces. A good foot surgeon will carefully choose the correct procedure for the individual patient. This may be a mini-surgery in which a small dental-type drill is used to smooth out the bump with no disability to the patient (in fact, the patient is never without shoes post-operatively). On the other end of the scale, the surgery may necessitate a joint replacement prosthesis which we have utilized with excellent results.

A sports podiatrist, dealing with an athlete, must choose treatment techniques carefully for this special patient. The extra stresses placed upon the bones and joint surfaces are considerable in the runner. In most cases, conservative care should be tried prior to surgery. Wider shoes with specialized pads, medications, orthotics, and physical therapy may all, if used properly, obviate the need for surgery. In the cases where surgery is necessary, however it may be performed safely for the athlete. Even joint replacement implants have been used successfully in athletes, including runners.

For the athletes reading this who have bunions, prevention is too late. Early evaluation and treatment are, nevertheless, necessary to prevent progression with joint deterioration and associated problems.



Marilyn Bevans at the halfway point of Moving Comfort Womens ten kilo held in Washington, DC, September 23. Marilyn finished second in 37:18 behind Pia Palladino (36:41) of George University. The race was sponsored by Moving Comfort Inc., which manufactures running clothes for women.

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**GALLON PACKS**  
ONE PACK \$1.25  
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TEN PACKS \$11.00

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



- |                             |                           |                                |                              |
|-----------------------------|---------------------------|--------------------------------|------------------------------|
| 33. Mark Dziwulski, 17:08   | 84. Fin Mears, 18:38      | 127. Joe Holland, 19:55        | 177. Dick Shimmick, 20:42    |
| 34. Larry Blumenauer, 17:10 | 85. Kevin Barber, 18:40   | 128. Tim Martin, 19:53         | 178. Lee Smith, 20:43        |
| 35. Harry Piotrowski, 17:12 | 86. Bruce Carter, 18:43   | 129. Richard Baker, 19:53      | 179. Gene O'Sullivan, 20:44  |
| 36. Tom Henry, 17:15        | 87. Bill Reeder, 18:45    | 130. Wayne Burgemeister, 19:54 | 180. A. Barron, 20:45        |
| 37. Steve Richards, 17:17   | 88. Don Wright, 18:45     | 131. Michael Young, 19:54      | 181. John Maas, 20:46        |
| 38. Mel Walton, 17:20       | 89. Art St. Martin, 18:47 | 132. Bill Gillians, 19:54      | 182. Carl Tamini, 20:48      |
| 39. Mark Norton, 17:21      | 90. Ray Barkley, 18:50    | 133. Tom Bonomo, 19:55         | 183. Dave Elder, 20:51       |
| 40. Dave Goucher, 17:23     | 91. Lee Rinehart, 18:52   | 134. Joe Fleischmann, 19:56    | 184. Myron Kellner, 20:52    |
| 41. Pat Eacho, 17:25        | 92. Pete Gartman, 18:55   | 135. Richie Nair, 19:57        | 185. Dave McNainee, 20:53    |
| 42. Everett Rice, 17:30     | 93. Larry Leonard, 18:59  | 136. Alan Culiner, 19:59       | 186. Darrell Wiles, 20:53    |
| 43. Dave Chambers, 17:33    | 94. Bev Klass, 19:01      | 137. Dave Reuwer, 20:00        | 187. Mike Braswell, 20:54    |
| 44. Mike Acks, 17:34        | 95. Don Sheppard, 19:05   | 138. Marc Miller, 20:01        | 188. Lloyd Richardson, 20:55 |
| 45. John Barnes, 17:35      | 96. Jose Albornoz, 19:05  | 139. Kermit Kennedy, 20:02     | 189. Ken Hamann, 20:56       |
| 46. Jeff Ware, 17:36        | 97. no name, 19:06        | 140. Janine Paciarelli, 20:03  | 190. Lou Maresca, 20:57      |
| 47. Marge Rosasco, 17:38    | 98. Dick Chiarelli, 19:06 | 141. Rich Stein, 20:04         | 191. Shawn Hain, 20:58       |
| 48. Mark Yerkes, 17:41      | 99. Dave Bresford, 19:08  | 142. Brian Rowland, 20:05      | 192. Larry Rosenblatt, 20:59 |
| 49. Dan Madden, 17:42       | 100. Louise Lears, 19:10  | 143. R. L. Smith, 20:05        | 193. Stephen Cooper, 20:59   |
| 50. Luther Whiting, 17:43   |                           | 144. Miles Murphy, 20:06       | 194. Keith Perkins, 21:00    |

## Union memorial Sports Medicine Center

201 E. University Parkway, Baltimore, Md. 21218

# "BALTIMORE RUNNING WILD"

**Date:** SATURDAY, FEBRUARY 2, 1989  
**Time:** 8:15 A.M. - 1:00 P.M.  
**Place:** UNION MEMORIAL NURSES' AUDITORIUM  
 (Calvert Street, north of 33 Street)  
**Fee:** \$2.00 per person - payable at the door (or send name, address and \$2.00 to the above address)

**SCHEDULE:**

8:15	Registration, coffee and donuts	10:30	Coffee Break
8:45	Welcome, Introductions	10:45	"Negative Addiction in Runners - Fact or Fiction?"
9:00	"The Real Word on Footwear" Mr. John Roemer, President, Baltimore Roadrunners Union Memorial Sports Medicine Center Advisory Committee	11:15	"100 Miles a Week . . . Too much?" William H. B. Howard, M.D., Director, Union Memorial Sports Medicine Center
9:30	"Effects of Long Distance Running on the Cardiovascular System" and "Sudden Death In Jogging" Michael Kelemen, M.D., Chief of Cardiology and Advisory, Union Memorial Sports Medicine Center	11:45	"Tendinitis, Bursitis, Synovitis: Causes, Treatment" Roger Michael, M.D., Chief of Orthopaedic Surgery Union Memorial Sports Medicine Advisory Committee
10:00	"Nuclear Medicine Bone Scan for Early Detection of Stress Fractures" Joseph Martire, M.D., Assistant Chief of Radiology, Director of Education, Union Memorial Sports Medicine Center	12:15	Question Period

Registration Limited to 250 Participants

- 230. Carl Esche, 21:44
- 231. Reed Haynie, 21:44
- 232. Carl Wright, 21:45
- 233. Ed Slunt, 21:46
- 234. Leslie Weger, 21:48
- 235. Cindy McManus, 21:50
- 236. Jean-Claude Keihl, 21:51
- 237. Phil Shulka, 21:52
- 238. Ken Walton, 21:54
- 239. Emily Sadler, 21:55
- 240. Wayne Benser, 21:56
- 241. Artie Paul, 21:57
- 242. Bev Kelly, 21:58
- 243. Renny DiPentian, 22:00
- 244. Rod Corbin, 22:03
- 245. Jim Smolev, 22:04
- 246. John Worley, 22:05
- 247. Bill Ferrone, 22:06
- 248. Alan Jones, 22:07
- 249. Charles Woodbury, 22:08
- 250. Bev Harvey, 22:09
- 251. Chris Gellert, 22:10
- 252. Doug Davies, 22:11
- 253. Cathy Gaddy, 22:12
- 254. J. Battye, 22:13
- 255. Les Cohen, 22:13
- 256. No Name, 22:14
- 257. Dave Cooley, 22:15
- 258. Julia Kaliszak, 22:16
- 259. Bob Milrop, 22:16
- 260. Jack Osman, 22:17
- 261. Pam Doster, 22:17
- 262. Ron Seff, 22:18
- 263. Dan Betsher, 22:20
- 264. Tom Himmelheber, 22:21
- 265. Glenn Trimmer, 22:21
- 266. Dave Brune, 22:22
- 267. Bobby Cwalina, 22:23
- 268. Marv Fuchs, 22:23
- 269. Stephanie Manning, 22:24
- 270. Patty Albornoz, 22:24
- 271. John Friedman, 22:25
- 272. Don Hennings, 22:26
- 273. Howard Strassler, 22:27
- 274. Jim Shaw, 22:27
- 275. Arnold Forman, 22:29
- 276. Andre Smith, 22:29
- 277. Terry Johnston, 22:30
- 278. Anne Daugherty, 22:33
- 279. Frank Williams, 22:34
- 280. Vern Davies, 22:35
- 281. Rick Roberts, 22:37
- 282. Lynn Mansfield, 22:38
- 283. Ricky Nelsen, 22:40
- 284. Harry Rake, 22:43
- 285. C. Brune, 22:45
- 286. Mike Jenkins, 22:49

287. Chris Jackovitz, 22:50  
 288. Patty Michel, 22:53  
 289. Bob Hepner, 22:56  
 290. I. Drazin, 22:58  
 291. Mike Rommal, 23:00  
 292. D. Sheitel, 23:02  
 293. Cari Blinchikoff, 23:04  
 294. Herm Blinchikoff, 23:04  
 295. Karen McMath, 23:06  
 296. Evan Farmer, 23:10  
 297. Steve Smith, 23:12  
 298. Judith Weger, 23:14  
 299. Robin Zee, 23:15  
 300. Ron Parker, 23:16  
 301. Bernie Dieter, 23:16  
 302. Bob DeAngelis, 23:17  
 303. Bruce Biggs, 23:18  
 304. Margaret Olmedo, 23:18  
 305. Jean Nair, 23:20  
 306. Bob Garrett, 23:21  
 307. Mike Loftus, 23:22  
 308. Mike Davidson, 23:23  
 309. Jane Thompson, 23:24  
 310. Jim Bartolomeo, 23:25  
 311. Mike Norin, 23:30  
 312. John Taylor, 23:37  
 313. Jim Dorsey, 23:38  
 314. Denise Spence, 23:39  
 315. Janet Palmer, 23:39  
 316. Carol Prochazka, 23:40  
 317. Mike Conrey, 23:41  
 318. Doug Strong, 23:42  
 319. Arlene Ford, 23:43  
 320. Mark Lyons, 23:44  
 321. Chris Smitt, 23:45  
 322. Shelley Seff, 23:46  
 323. Joe Duncan, 23:46  
 324. Tim Wise, 23:47  
 325. Bob Solomon, 23:48  
 326. Susan Freeland, 23:49  
 327. Janet Vann, 23:50  
 328. Ron Brown, 23:51  
 329. Sandy Thompson, 23:52  
 330. Ray Wilson, 23:53  
 331. Kai Martensen, 23:53  
 332. Earl Gregory, 23:54  
 333. Laurel Sommers, 23:55  
 334. Marvin Ferguson, 23:56  
 335. Bob DiMarino, 23:56  
 336. Mark Riesner, 23:57  
 337. Susan Hasler, 23:57  
 338. Jim Rehrey, 23:58  
 339. Jean Edwards, 23:58  
 340. Eileen Goldgeier, 23:59  
 341. Barry Brown, 24:01  
 342. Jim Dorsey, 24:02  
 343. Margie Sewell, 24:03  
 344. Steve Maged, 24:04  
 345. Vern Turner, 24:05  
 346. Marian Pratt, 24:09  
 347. Mark Shields, 24:10  
 348. Laurie Lears, 24:10  
 349. Walt Leuschner, 24:11  
 350. Harry Strothers, 24:12  
 351. No Name, 24:15  
 352. Ed Taylor, 24:15  
 353. Phil Pucher, 24:15  
 354. Kathy Moran, 24:16  
 355. No Name, 24:18  
 356. Dan Smith, 24:18  
 357. Sylvia Rehrey, 24:20  
 358. Denise McDonough, 24:22  
 359. Chris Reticrick, 24:25  
 360. Walt Mayfield, 24:38  
 361. Kath DeWitt, 24:30  
 362. Mike Mayfield, 24:32  
 363. Ray Hyza, 24:33  
 364. Ron Shaffer, 24:35  
 365. Darrell Edwards, 24:37  
 366. Jay Dieter, 24:40  
 367. John Jean, 24:42  
 368. Sarah Wood, 24:45  
 369. Judy Taylor, 24:46  
 370. Bernie Dieter, 24:47  
 371. Anne London, 24:48  
 372. Larry Orans, 24:50  
 373. Ernie Silversmith, 24:52  
 374. Theresa Garrett, 24:54  
 375. Peter Mack, 24:55  
 376. G. J. Stelmach, 24:57  
 377. Audrey Cooley, 25:00  
 378. Kris Radebaugh, 25:00  
 379. Joanne Ruckert, 25:02  
 380. Janice Stelmach, 25:02  
 381. Tom Ross, 25:03  
 382. No Name, 25:03  
 383. Robert Rayme, 25:04  
 384. Jim Keller, 25:05  
 385. Sharon Koury, 25:12  
 386. Maxine Arigo, 25:12  
 387. Patti DeMarco, 25:13  
 388. Joan D'Adamo, 25:13  
 389. Rusty Duncan, 25:14  
 390. S. Farbman, 25:15  
 391. Bobbie Weidman, 25:16  
 392. Giri Milets, 25:17  
 393. Janet Hall, 25:19  
 394. Steve Clark, 25:20  
 395. Bob Weidman, 25:22  
 396. Mary Hain, 25:23  
 397. Alva Hunt, 25:25  
 398. Sheldon Goldgeier, 25:30  
 399. Phil Perrine, 25:35  
 400. Jack McNamara, 25:35  
 401. John Bartolomec, 25:40  
 402. Michael Harvey, 25:42  
 403. Chris Dorsey, 25:43  
 404. Andy Silver, 25:45  
 405. John Reuwer, 25:47  
 406. Frances Ghingher, 25:49  
 407. Maria Perkins, 25:50  
 408. Steve Drazin, 25:51  
 409. Mark Patey, 25:52  
 410. Mark Amuedo, 25:53  
 411. Kip McManus, 25:54  
 412. Walt McManus, 25:55  
 413. Kerri Waest, 25:56  
 414. Julie Gorman, 25:56  
 415. Bill MacCormack, 25:58  
 416. Jim Doyle, 25:58  
 417. Diane Stahl, 25:58  
 418. Toni Leizear, 26:00  
 419. Carole Tamini, 26:02  
 420. Mary Stein, 26:03  
 421. Bonnie Thomas, 26:05  
 422. John Mortenson, 26:10  
 423. Lisa Blank, 26:11  
 424. Jenny Anderson, 26:12  
 425. Carin Coblentz, 26:12  
 426. Nancy Daniecki, 26:13  
 427. Terry Fox, 26:15  
 428. Richard Merkle, 26:16  
 429. Cathy Vickers, 26:17  
 430. Maggus Shulka, 26:19  
 431. Lisa Hubbard, 26:20  
 432. Jay Hubbard, 26:22  
 433. Karen Cotelego, 26:25  
 434. Barbara Robinson, 26:27  
 435. Micki Sellman, 26:29  
 436. Susan Townsend, 26:30  
 437. Liz Wise, 26:32  
 438. Barbara Nagelrod, 26:33  
 439. Chris Barlow, 26:34  
 440. Linda Trapp, 26:35  
 441. Alan Dean, 26:37  
 442. Susan Dean, 26:39  
 443. Marlene McClain, 26:42  
 444. Dave Ford, 26:43  
 445. Herm Rossman, 26:44  
 446. Linda Grande, 26:45  
 447. Jay Farmer, 26:46  
 448. John Mack, 26:47  
 449. Richard Mack, 26:48  
 450. Jerry Davis, 26:50  
 451. Dick Smith, 26:52  
 452. Raymnd Lohr, 26:55  
 453. Kay Fors, 26:57  
 454. Jean Mortenson, 27:00  
 455. R. A. Monaco, 27:01  
 456. Mendel Friedman, 27:02  
 457. Elaine Hertzberg, 27:03  
 458. Diane Ridgway, 27:04  
 459. Melvin Smith, 27:05  
 460. Katherine Rock, 27:06  
 461. Shirley Robinson, 27:07  
 462. Claire Rossman, 27:10  
 463. Bill Curren, 27:12  
 464. Leslie Keffer, 27:15  
 465. Dave White, 27:17  
 466. Joanne Shecter, 27:19  
 467. Odell Brown, 27:20  
 468. Jhn Keene, 27:22  
 469. M. Pintzuk, 27:25  
 470. Ann Worley, 27:26  
 471. Debbi Salkov, 27:26  
 472. Bob Blank, 27:27  
 473. Sandra Stanley, 27:27  
 474. Betty Cooper, 27:28  
 475. Dave Murphy, 27:28  
 476. Grace Brune, 27:30  
 477. Kathy Connor, 27:35  
 478. Jack Hubberman, 27:40  
 479. Kathleen O'Donnell, 27:45  
 480. Nancy MacFetrich, 27:50  
 481. Albert Miller, 28:13  
 482. Debbi Novak, 28:14  
 483. Frank Rock, 28:14  
 484. Linda Barry, 28:15  
 485. Karen Schroeder, 28:15  
 486. Marlene Brull, 28:15  
 487. Wendy Ginsburg, 28:18  
 488. Allan Levy, 28:19  
 489. Karen Maged, 28:20  
 490. Jeanie Frazee, 28:22  
 491. George Michel, 28:25  
 492. Lori Pittenger, 28:26  
 493. Ginny Kleintank, 28:27  
 494. Elaine Mentzer, 28:30  
 495. Lisa Klotz, 28:35  
 496. Chris Bensley, 28:40  
 497. Terri Warner, 28:42  
 498. Jeanne Smith, 28:45  
 499. Patti Schindler, 28:48  
 500. Peter Sullivan, 28:51  
 501. Vivian Gardiner, 28:57  
 502. Mary Blann, 28:58  
 503. Cathy Hammann, 28:59  
 504. Claudinia Burgemeister, 29:00  
 505. Lynn Jean, 29:02  
 506. Lynn Yankellow, 29:08  
 507. Sandra Dell, 29:12  
 508. Lawrence Outlaw, 29:13  
 509. Elaine Raymer, 29:21  
 510. Jean Esposito, 29:24  
 511. Phil Guglielmi, 29:35  
 512. Blair Fetzer, 29:40  
 513. Babr Sanborn, 29:45  
 514. Marilyn Kincaid, 29:54  
 515. Beth Dean, 30:07  
 516. Mamie Ford, 30:14  
 517. Steve Dieter, 30:26  
 518. Barbara St. Martin, 30:32  
 519. Marilyn Nicholas, 30:34  
 520. Eleanor Sanford, 30:42  
 521. May Holmes, 30:49  
 522. Merle Fetzer, 30:58  
 523. Wayne Simpson, 31:06  
 524. Frances Martin, 31:18  
 525. Darcy Mileto, 31:25  
 526. Vern Carson, 31:30  
 527. Joyce Matoska, 31:36  
 528. Theresa Gladfelter, 31:55  
 529. Julie Coblentz, 31:57  
 530. C. A. Merkle, 31:58  
 531. Claire Leonard, 32:00  
 532. Frank Novak, 32:05  
 533. Jane Strong, 32:35  
 534. Cindy Dell, 32:45  
 535. Anna Fuchs, 32:55  
 536. Joan Hoffman, 32:56  
 537. Debbi Chmar, 33:07  
 538. Freddie DeRose, 33:10  
 539. Suzanne Swiss, 33:12  
 540. Fran Pilarski, 33:14  
 541. No Name, 33:15  
 542. Robbin Levis, 33:16  
 543. No Name, 33:30  
 544. No Name, 33:35  
 545. June Offe, 34:00  
 546. Darren Bates, 34:15  
 547. Bette Bates, 34:30  
 548. Valerie Carter, 34:40  
 549. Sandy Amuedo, 35:20  
 550. No Name, 35:30

323. Joe Duncan, 23:46  
 324. Tim Wise, 23:47  
 325. Bob Solomon, 23:48  
 326. Susan Freeland, 23:49  
 327. Janet Vann, 23:50  
 328. Ron Brown, 23:51  
 329. Sandy Thompson, 23:52  
 330. Ray Wilson, 23:53  
 331. Kai Martensen, 23:53  
 332. Earl Gregory, 23:54  
 333. Laurel Sommers, 23:55  
 334. Marvin Ferguson, 23:56  
 335. Bob DiMarino, 23:56  
 336. Mark Riesner, 23:57  
 337. Susan Hasler, 23:57  
 338. Jim Rehrey, 23:58

375. Peter Mack, 24:55  
 376. G. J. Stelmach, 24:57  
 377. Audrey Cooley, 25:00  
 378. Kris Radebaugh, 25:00  
 379. Joanne Ruckert, 25:02  
 380. Janice Stelmach, 25:02  
 381. Tom Ross, 25:03  
 382. No Name, 25:03  
 383. Robert Rayme, 25:04  
 384. Jim Keller, 25:05  
 385. Sharon Koury, 25:12  
 386. Maxine Arigo, 25:12  
 387. Patti DeMarco, 25:13  
 388. Joan D'Adamo, 25:13  
 389. Rusty Duncan, 25:14  
 390. S. Farbman, 25:15

427. Terry Fox, 26:15  
 428. Richard Merkle, 26:16  
 429. Cathy Vickers, 26:17  
 430. Maggug Shulka, 26:19  
 431. Lisa Hubbard, 26:20  
 432. Jay Hubbard, 26:22  
 433. Karen Cotelego, 26:25  
 434. Barbara Robinson, 26:27  
 435. Micki Sellman, 26:29  
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 437. Liz Wise, 26:32  
 438. Barbara Nagelrod, 26:33  
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 441. Alan Dean, 26:37  
 442. Susan Dean, 26:39

478. Jack Hubberman, 27:40  
 479. Kathleen O'Donnell, 27:45  
 480. Nancy MacFetrich, 27:50  
 481. Albert Miller, 28:13  
 482. Debbie Novak, 28:14  
 483. Frank Rock, 28:14  
 484. Linda Barry, 28:15  
 485. Karen Schroeder, 28:15  
 486. Marlene Brull, 28:15  
 487. Wendy Ginsburg, 28:18  
 488. Allan Levy, 28:19  
 489. Karen Maged, 28:20  
 490. Jeanie Frazee, 28:22  
 491. George Michel, 28:25  
 492. Lori Pittenger, 28:26  
 493. Ginny Kleintank, 28:27  
 494. Elaine Mentzer, 28:30

530. C. A. Merkle, 31:58  
 531. Claire Leonard, 32:00  
 532. Frank Novak, 32:05  
 533. Jane Strong, 32:35  
 534. Cindy Dell, 32:45  
 535. Anna Fuchs, 32:55  
 536. Joan Hoffman, 32:56  
 537. Debbi Chmar, 33:07  
 538. Freddie DeRose, 33:10  
 539. Suzanne Swiss, 33:12  
 540. Fran Pilarski, 33:14  
 541. No Name, 33:15  
 542. Robbin Levis, 33:16  
 543. No Name, 33:30  
 544. No Name, 33:35  
 545. June Offe, 34:00  
 546. Darren Bates, 34:15  
 547. Bette Bates, 34:30  
 548. Valerie Carter, 34:40  
 549. Sandy Amuedo, 35:20  
 550. No Name, 35:30  
 551. Doris May, 35:41  
 552. Joan Czarski, 35:42  
 553. Nanci Baker, 35:58  
 554. John ANdoniades, 35:58  
 555. Laurel Sangalang, 36:18  
 556. Jerry Dybt, 36:19  
 557. Donna Smith, 36:55  
 558. Octavio Kennedy, 37:15  
 559. Robin Adams, 37:30  
 560. Cindy Betscher, 37:55  
 561. Nancy McDermott, 37:55  
 562. Kristin Sommers, 38:24



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29. Don Wann	36	43:09	124. Chas. C. Owens	37	48:58	179. Bill Foley	55	50:44	233. Roy Rolig	26	52:31
30. Delroy Matthews	40	43:16	125. Bernie Noeller	34	48:58	180. Tom Hyatt	33	50:44	234. Marty Saunders	23	52:31
31. Harry Piotrowski	37	43:17	126. Christopher Aland	23	48:59	181. Matthew Pawul	33	50:46	235. Allan Wood	26	52:31
32. Mel Walton	20	43:21	127. Marilyn Bevans	29	49:01	182. Luke Porter	18	50:50	236. Roderick Burns	30	52:31
33. Michael Bruce	18	43:34	128. Keith Silverman	21	49:04	183. Gale Clemson	30	50:52	237. Don Heimiller	48	52:31
34. Joe Herget	23	43:36	129. Joe Marhuny	41	49:08	184. Jeff Dorsey	22	50:57	238. Jack Wantz	32	52:35
35. Richard Kolodrubetz	26	43:55	130. Mike Donohoo	31	49:11	185. Scott Kelb	27	50:58	239. Lawrence Lewis	20	52:36
36. Ronald Shaw	33	43:56	131. Garry Goodwin	23	49:12	186. Bill Reidy	31	51:01	240. Floyd Pace	39	52:37
37. Jay Bowden	19	44:01	132. James Skeen	29	49:13	187. Jim Becker	34	51:01	241. David South	16	52:38
38. John Roemer IV	40	44:14	133. David Leman	33	49:13	188. Paul Bierman	17	51:01	242. Dave Wells	29	52:38
39. Donn Layne	40	44:30	134. Ezekiel Benjamin	33	49:16	189. Thomas Hane	17	51:03	243. Allan Lee	24	52:41
40. Dick Nair	36	44:32	135. John Pollard	14	49:16	190. William Eggleston	17	51:05	244. Ray Vaughn	32	52:42
41. Roger Foreman	35	44:35	136. Alex Medina	35	49:20	191. Danny Zorn	15	51:05	245. Myron Keller	35	52:42
42. Bernard Robier	18	44:39	137. Phil Iddings	33	49:22	192. Terrañ Himelfarb	39	51:18	246. Lorenzo Platen	46	52:47
43. Larry Pickett	24	44:39	138. Turney McKnight	36	49:26	193. Bob Hemler	24	51:20	247. Felix Greene	32	52:48
44. Carl Muller	40	44:42	139. Gene Hoffman	28	49:31	194. Donald Smith	27	51:20	248. John Maas	26	52:50
45. Bailey St. Clair	30	44:47						249. George Eikenberg	52	52:54	
46. Jim McGill	28	44:56									
47. Don Forgione	36	45:04									
48. Marc Diggs	26	45:22									
49. Lynn Anderson	24	45:26									
50. John Barnes	27	45:29									
51. Brad Roberts	16	45:30									
52. Tyrone McCormick	36	45:37									
53. Alan Roogaw	23	45:52									
54. Brian Lee	32	45:55									
55. John Poole	43	46:02									
56. Chris Jeffrey	31	46:08									
57. Locke Thomsen	23	46:17									
58. Chris Jennings	24	46:20									
59. Mark Yerkes	17	46:25									
60. Ashley Johnson	17	46:27									
61. David Albanez	27	46:28									
62. Mike Keelty	63	46:35									
63. Johnnie Lommon	41	46:37									
64. Gordon Livingston	29	46:39									
65. Chauncey Wilson	19	46:47									
66. James Anderson	37	46:48									
67. Raymond Berkley	31	46:50									
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69. Rodney Travis	28	47:02									
70. Stanley Frieman	23	47:06									
71. Jon Cohn	25	47:06									
72. Jeffrey Grier	25	47:18									
73. Kevin Halstea	48	47:18									
74. Al Filar	17	47:19									
75. Nathaniel Whitworth	23	47:20									
76. Steve Richards	41	47:24									
77. David Callard	16	47:25									
78. Stephen Wettelberger	33	47:26									
79. Marty Flynn	46	47:38									
80. Saul Miller	27	47:39									
81. Dave Pabst	27	47:40									
82. William Simkins	28	47:40									
83. Charles Zeiler	16	47:41									
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251. Bill Keeler	20	53:02	345. John Cusson	30	56:16	440. Louis Johnson	37	59:10	537. Bob Rayme	41	1:04:23
252. Allan Dale III	38	53:03	346. David Armstrong	23	56:17	441. Paul Wilkes	38	59:11	538. Audrey Cooley	34	1:04:28
253. Martin O'Neill	43	53:04	347. Jim Cordie	36	56:19	442. Ann Hartley	28	59:12	539. Joe Orlando	39	1:04:29
254. Charles Frazer	20	53:04	348. Ernie Imhoff	42	56:19	443. C. Brown-Bey	32	59:31	540. Allen Cripp	26	1:04:31
255. A. Drabkowski	52	53:05	349. Bill Ferrone	29	56:20	444. Kathy Pratt	19	59:32	541. Neil Sheffler	32	1:04:34
256. Walt Langford	57	53:07	350. Steve Goldberg	32	56:21	445. Pat Peterson	46	59:37	542. Lance Dorsey	26	1:04:35
257. Paul O'Carroll	25	53:09	351. Nathaniel Dockery	33	56:24	446. Norm Payne	48	59:47	543. Rick Price	25	1:04:40
258. Brian Gotz	13	53:09	352. Clyde Thomson	33	56:25	447. Don Larkin	35	59:49	544. Linda Roof	31	1:04:42
259. Marc Miller	21	53:09	353. Phil O'Donnell	30	56:26	448. Lawson Cooper	16	59:49	545. Leon Sheer	42	1:04:43
260. John Miller	17	53:09	354. John Hutchinson	39	56:25	449. Mary Emerson	35	59:50	546. Darren Jecelin	16	1:04:44
261. Bud Tegtmeir	39	53:11	355. Sherry Kendall	43	56:31	450. John Lehr	41	59:50	547. Susan Freeland	30	1:04:48
262. Gene O'Sullivan	30	53:11	356. Mark Sampson	39	56:33	451. William Gross	32	59:55	548. Margie Sewell	23	1:04:48
263. Michael Gowner	28	53:13	357. David Whitman	28	56:43	452. Lisa Siegel	24	59:56	549. Al Hajji Hansan		
264. Warren Ware	36	53:16	358. Pat Wilkerson	20	56:37	453. Howard Strassler	29	59:56	Aldulloh	40	1:04:49
265. Larry Fask	33	53:16	359. Philip Cioni	38	56:38	454. Harold Delt	38	59:58	550. Willim Tonkins	32	1:04:49
266. Roger Walters	40	53:16	360. Deborah Eads	21	56:39	455. Paul Goldstein	44	59:58	552. Roland Wheelbarger	31	1:04:52
267. Pat Sokoroski	34	53:16	361. R. Postier	29	56:43	456. Charles Harris	37	1:00:00	553. Bob Bieschke	25	1:04:56
268. Steve Parker	23	53:19	362. Dave Martin	28	56:43	457. Donald Butler	49	1:00:12	555. Cindy Knoits	25	1:05:00
269. Clifton Gross	30	53:19	363. Chris Claypoole	28	56:48	458. Henry Evans	51	1:00:14	1556. Arleen Kvech	36	1:05:06
270. Warren Cooper	26	53:24	364. Richard Eliasberg	47	56:51	459. Antonio Olmede	48	1:00:15	557. Frank Boches	45	1:05:08
271. David Scott	19	53:25	1365. Robert Poole	19	56:51	460. Jan Baker	46	1:00:16	558. Daniel Marcus	50	1:05:08
272. Joseph Jensen	34	53:30	366. Eugene Truett	33	56:58	461. Jeffrey Morray	30	1:00:17	559. Byron Samuels	58	1:05:10
273. George Stankis	35	53:30	367. Edward Hurley	39	57:00	462. Anderson Ward	32	1:00:23	560. Sol Goldstein	56	1:05:10
274. Steven Morrison	42	53:31	368. Steuart Thomson	25	57:06	463. Gary Wheeler	40	1:00:24	561. S. Farbman	43	1:05:12
275. Ward Cole	34	53:31	369. Tom Davis	39	57:07	464. Thomas Fannavali	17	1:00:25	562. Fred Judd	55	1:05:20
276. David Skeen	32	53:35	370. Richard Rombro	30	57:07	465. Al Peyton	41	1:00:25	563. Lee Goon	23	1:05:21
277. Ed Patey	39	53:35	371. Herman Gross	33	57:07	466. Ted Ground	33	1:00:27	564. Allison Hewitt	36	1:05:22
278. Norman Rice	32	53:35	372. Ken Reiley	36	57:07	467. Wayne Jacobs	35	1:00:28	565. Neal Cierler	32	1:05:28
279. Larry Rosenblatt	16	53:35	373. T. J. Faulkner	32	57:07	468. Stratford May	33	1:00:29	566. Maria Perkins	32	1:05:29
280. John Lowenthal	23	53:37	374. Phil Storch	26	57:07	469. Kevin Dachtile	23	1:00:31	568. Jeff Radowich	34	1:05:30
281. George Manning	29	53:37	375. Harden	25	57:08	470. Damian Jones	18	1:00:32	569. Kenton McWilliams	10	1:05:32
282. Tom Caskey	35	53:38	376. James McNamara	34	57:12	471. W. Mayfield	62	1:00:34	570. Arnold Forman	33	1:05:32
283. Ronald Cohn	30	53:44	377. Randolph Brinton	33	54:13	472. Mike Spence	40	1:00:42	571. Sandra Mason	35	1:05:35
284. Brigitte Michal-Reah	29	53:46	378. Lewyn Garrett	23	57:18	473. Liz Levin	26	1:00:42	572. Christine Ulrich	34	1:05:37
285. Phil Kelly	29	53:52	379. Andrew Livingston	11	57:22	474. Alva Hunt	26	1:00:42	573. Jerry Silverman	44	1:05:39
286. Tom Jackson	16	53:55	380. Mike Lurie	16	57:24	475. Mincael Dolphin	37	1:00:42	574. Gary Aiken	25	1:05:40
287. Elmer Hall	51	53:57	381. Leon Cook	28	57:28	476. Barry Dubinsky	37	1:00:42	576. George Austin	22	1:05:42
288. Robert Nease	37	54:00	382. Rander Ligons	33	57:28	477. Glenn Copeland	48	1:00:54	577. Jim Aumiller	36	1:05:42
289. Jerry Coughlan	35	54:01	383. Rochelle Young Sr.	37	57:30	478. James Jenkins	67	1:01:00	578. Earl Henderson	42	1:05:43
290. Sue Jacobs	32	54:03	384. William Heawe	19	57:32	479. Clif Haley	51	1:01:00	579. John Dieter, Jr.	44	1:05:43
291. Andrew Graham	36	54:04	385. Allan Brull	40	57:35	480. Ronald Roof	35	1:01:04	580. Terri Chayt-Saunders	27	1:05:48
292. Bruce Smith	22	54:05	386. Chris Guerra	23	57:35	481. Roger Weims	36	1:01:04	581. Kathy Bare	33	1:05:49
293. Mike Droulette	25	54:06	387. Ralph Rothwell	30	57:36	482. Patty Albornoz	19	1:01:04	582. Cecelia Robinson	43	1:05:49
294. Bob DuPont	36	54:07	388. Bernie Dieter	36	57:42	483. Tim Villa	29	1:01:09	583. William Rowland	36	1:05:50
295. Ken Walton	28	54:08	389. Steven Hunt	27	57:42	484. Mark Goetz	28	1:01:09	584. Larry O'Neill	32	1:06:16
296. Robert Kershaw	27	54:09	390. Clarence Barnes	27	57:43	485. Lydia Iddings	32	1:01:19	585. Iodi Jensen	21	1:06:02
297. Phil Jackman	42	54:17	391. Ted Naperkoski	23	57:46	486. Ernie Silversmith	48	1:01:20	586. Barbara Jensen	29	1:06:02
298. Wayne McWilliams	43	54:18	392. Mel Monk	36	57:48	487. Judy Taylor	27	1:01:21	588. Shirley Deiner	48	1:06:16
299. Jeanne Foreman	34	54:20	393. B.A. Savage	39	57:49	488. Chuck Blair	33	1:01:22	589. Ernest Demby	39	1:06:22
300. Kevin Anderson	24	54:29	394. Robert Greenspun	31	57:50	489. Stuart Besser	21	1:01:28	590. Jennifer Stephens	35	1:06:22
301. Richard Burr	35	54:29	395. M. Braswell	31	57:51	490. Raymond Hyza	35	1:01:38	591. Bruce Swartzen- druber	26	1:06:23
302. Dale Vogel	49	54:30	396. Phillip Bass	25	57:51	491. Michael Conrey	10	1:01:44	592. Dick Hall	48	1:06:24
303. Stephen Meleody	15	54:33	397. Rachel Nielson	48	57:52	492. Hav Resnick	49	1:01:40	593. Beverly Harvey	27	1:06:25
304. Carl Miceli	34	54:35	398. R. Fillmore	32	57:55	494. Jeff Leveque	35	1:01:42	594. Herb Hane	44	1:06:35
305. Dale Gabbett	33	54:35	399. ...	32	57:55	495. ...	32	1:01:57			

286. Tom Jackson	51	53:57	381. Leon Cook	28	57:28	476. Barry Dubinsky	37	1:00:42	574. Gary Aiken	23	1:05:42
287. Elmer Hall	37	54:00	382. Rander Ligons	33	57:28	477. Glenn Copeland	48	1:00:54	576. George Austin	22	1:05:42
288. Robert Nease	35	34:01	383. Rochelle Young Sr.	37	57:30	478. James Jenkins	67	1:01:00	577. Jim Aumiller	36	1:05:42
289. Jerry Coughlan	32	54:03	384. William Heawe	19	57:32	479. Clif Haley	51	1:01:00	578. Earl Henderson	42	1:05:43
290. Sue Jacobs	36	54:04	385. Allan Brull	40	57:35	480. Ronald Roof	35	1:01:04	579. John Dieter, Jr.	44	1:05:43
291. Andrew Graham	22	54:05	386. Chris Guerra	23	57:35	481. Roger Weims	36	1:01:04	580. Terri Chayt-Saunders	27	1:05:48
292. Bruce Smith	25	54:06	387. Ralph Rothwell	30	57:36	482. Patty Albornoz	19	1:01:04	581. Kathy Bare	33	1:05:49
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294. Bob DuPont	27	54:08	389. Steven Hunt	27	57:42	484. Mark Goetz	28	1:01:09	583. William Rowland	36	1:05:50
295. Ken Walton	27	54:09	390. Clarence Barnes	27	57:43	485. Lydia Iddings	32	1:01:19	584. Larry O'Neill	32	1:06:16
296. Robert Kershaw	42	54:17	391. Ted Naperkoski	23	57:46	486. Ernie Silversmith	48	1:01:20	585. Iodi Jensen	21	1:06:02
297. Phil Jackman	43	54:18	392. Mel Monk	36	57:48	487. Judy Taylor	27	1:01:21	586. Barbara Jensen	29	1:06:02
298. Wayne McWilliams	34	54:20	393. B.A. Savage	39	57:49	488. Chuck Blair	33	1:01:22	588. Shirley Deiner	48	1:06:16
299. Jeanne Foreman	24	54:29	394. Robert Greenspun	31	57:50	489. Stuart Besser	21	1:01:28	589. Ernest Demby	39	1:06:22
300. Kevin Anderson	49	54:30	395. M. Braswell	31	57:51	490. Raymond Hyza	35	1:01:38	590. Jennifer Stephens	35	1:06:22
301. Richard Burr	15	54:33	396. Phillip Bass	25	57:51	491. Michael Conrey	10	1:01:44	591. Bruce Swartzendruber	26	1:06:23
302. Dale Vogel	48	54:33	397. Rachel Nielson	48	57:52	492. Hav Resnick	49	1:01:40	592. Dick Hall	48	1:06:24
303. Stephen Meleody	34	54:35	398. R. Fillmore	32	57:55	494. Jeff Leveque	35	1:01:42	593. Beverly Harvey	27	1:06:25
304. Carl Miceli	32	54:35	399. Manuel Burrell	27	57:55	495. Anna Fidel	29	1:01:53	594. Herb Hane	44	1:06:35
305. Dale Garbutt	52	54:35	400. Glenn Trimmer	47	58:01	496. Gerard Busnuk	33	1:01:53	595. Linda Lamontagne	30	1:06:47
306. Mary Norin	34	54:37	401. Howard Altstein	42	58:03	497. Clinton Smoke Jr.	40	1:01:57	596. G. Farlow Blakeslee	30	1:06:51
307. Stephen Alsop	32	54:37	402. L. Brokos Jr.	25	58:04	498. Jim King	30	1:02:09	597. Bob Pollack	31	1:06:57
308. Michael Johnson	31	54:37	403. Richard Moure	31	58:04	499. Marvin Ferguson	31	1:02:14	598. Calvin Pittner		1:07:04
309. James Lowery	27	54:37	404. Carol Lybert	21	58:05	500. Robert Lee-Wood	41	1:02:15	599. J. Callahan	32	1:07:04
310. Rick-Trosch	26	54:47	405. Thomas Mumaw	35	58:05	501. James Husband II	32	1:02:18	600. David Black	20	1:07:08
311. Rita Folen	28	54:49	406. Sue Williams	40	58:09	502.			602. Annabelle Sher	36	1:07:18
312. Sara Smith	33	54:50	407. Andre Smith	25	58:14	503. Douglas Sands	45	1:02:25	603. R. Shapiro	36	1:07:19
313. Terry Burk	36	54:50							604. Larry Oibson	37	1:07:20
314. Bob Browning	42	54:53	409. David Cooley	k46	58:15	504. Connie Elsey	28	1:02:30	606. Virginia Murphy	28	1:07:21
315. Dave Joynes	27	54:54	410. Valerie Cutko	a5	58:18	505. Tom Pettis	30	1:02:31	607. Steve Goldman	35	1:07:22
316. Bruce Kaup	36	54:55	411. Tony Douglass	20	58:20	506. Mary Tysor	27	1:02:34	608. Leonard Sandler	52	1:07:23
317. Sid Pilo	37	54:58	412. Ernest Jones	31	58:21	507. Jean Nair	36	1:02:34	609. Walter Morawski Sr.	60	1:07:45
318. Clifton Johnson	31	54:58	413. Elfrid Will	31	58:22	508. Donald Brooks Sr.	47	1:02:39	610. Tyrone Godwin	31	1:07:58
319. Dan Betsler	44	55:01	414. Ralph Jensen	25	58:22	509. Bob Juskus	32	1:02:46	611. Ken Szepmeuik	\$7	1:07:59
320. Gilbert Goodman	23	55:02	415. Lester Cohen	43	58:23	510. Walter Savage Jr.	31	1:02:47	612. C. E. Shores	52	1:07:59
321. Anthony Coates	23	55:07	416. Jerry Kearns	45	58:24	511. Jim Skolka	20	1:02:50	613. Bonnie Thomas	32	1:08:05
322. Tom Fauohnan	30	55:09	417. Linda Coons	26	58:26	512. Clint DeSoto	48	1:02:52	614. Jim Miller	51	1:08:06
323. Tom Andreone	26	55:10	418. Tom Ward	15	58:35	513. Miguel Wilkens	11	1:02:56	615. Ron Porter	36	1:08:10
324. Michael Buscemi	28	55:10	419. Sonny Melrose	29	58:38	514. Ronald Parker	26	1:02:57	616. Michael Bernstein		1:08:25
325. Mike Coons	22	55:43	420. Joe Ryan	31	58:38	515. Edmund Adami	26	1:03:01	617. Charles Lutz	57	1:08:29
326. Willie Wilson	48	55:18	421. Doug Whitehouse	39	58:39	516. Jacob Saulsbury	44	1:03:04	618. Don Pommer	28	1:08:32
327. Howie Price	39	55:18	422. Lee Manger	46	58:40	517. Nancy Miller	46	1:03:18	619. Margaret Olmedo	17	1:08:37
328. John Bickford	31	55:23	423. John Frazee	34	58:42	518. David Madow	24	1:03:21	620. Stan Levin	32	1:08:41
329. Dave McFadden	18	55:25	424. Stephen Levin	37	58:43	519. Lynwood Williams	38	1:03:21	621. Rachel Carnell	16	1:08:41
330. Michael	41	58:45	425. Pat Culen	41	58:45	520. Kerry O'Brien	29	1:03:26	622. Linda Galiano	20	1:08:42
Mildenberger	50	58:46	426. Leonard Peshkin	50	58:46	522. Larry Waskow	27	1:03:26	623. Theodore Hirsh	45	1:08:50
331. John Sherman	55	58:46	427. E. Nagel	55	58:46	523. Michael Rossback	15	1:03:23	624. Gary Stuart	32	1:09:10
332. John West III	30	58:46	428. Bill Scriven	30	58:46	524. Jeanne Peltz	18	1:03:23	625. Jerry Cooperman	22	1:09:16
333. Henry Rosendale	24	58:47	429. Jack Holmes	24	58:47	525. Paul Sheitzer	34	1:03:34	626. Mark Riesner	25	1:09:18
334. Steve Cooper	32	58:48	430. Ron Seff	32	58:48	526. Stan Wilkens	38	1:03:34	627. William Brown	39	1:09:27
335. Ken Walker	31	58:50	431. Sara Woodfield	31	58:50	527. William Garrett	42	1:03:47	628. Patricia Payne	37	1:09:29
336. Rob Byrd	12	58:51	432. Tim Kvech	12	58:51	528. Mark Amuedo	42	1:03:52	629. Micki Sellman	40	1:09:31
337. Mark Conner	31	58:51	433. Al Kreipl	31	58:51	529. John Schmidt Sr.	39	1:03:57	630. Duffy Laws	26	1:09:34
338. John Trucker	35	58:52	434. Darrell Wiles	35	58:52	530. Alexander Coy	29	1:04:02	631. Bob Lamontagne	31	1:09:39
339. Bill Fiege	20	58:56	435. Mark Pettis	20	58:56	531. James Douglas	28	1:04:06	633. Phil Friedel	62	1:09:43
340. Micael	32	59:04	436. Michael Magin	32	59:04	532. Jean Edwards	27	1:04:06	634. Bonnie McDonald	47	1:09:55
341. Doug Cooper	27	59:05	437. Christine Gellert	27	59:05	533. Bill Farrell	58	1:04:07	537. Josee Robenblatt	36	1:09:56
342. Richard Boxe	34	59:05	438. Richard Ayers	34	59:05	534. Charles Alexander	38	1:04:10			
343. Samuel Moulten	57	1:04:21				535. Tom Malooly	57	1:04:21			

(Continued on page 18)



Mike Sabino — Top Masters, Subway Race



Brian Harris — Winner, Subway Race

### Subway Race

(Continued from page 17)

638. Jerv Bayne	38	1:09:57
639. John McGucken	34	1:09:58
640. Claire Rossman	39	1:10:38
641. Annette Thomson	34	1:10:53
642. Rosalind Dieter	28	1:11:15
643. Edward Levy	28	1:11:15
644. Sylvia Fine	39	1:11:19
645. Maksee Klein	55	1:11:19
646. Jim Keller	13	1:11:26
647. Joy Hayes	22	1:11:37
648. Rose Marx	22	1:12:19
649. Terri Spevock	45	
1 : 1	2 : 2	2
650. Jim Spevock	41	1:12:23
651. Charles Harris III	15	1:12:35
652. Mary B...		

### 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 up-coming races around the state. Every runner ought to applaud The Evening Sun — and Phil — for giving significant cover age to our sport.

### pictures needed

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**Subway Race**

(Continued from page 17)

638. Jerv Bavne	38	1:09:57
639. John McGucken	34	1:09:58
640. Claire Rossman	39	1:10:38
641. Annette Thomson	34	1:10:53
642. Rosalind Dieter	28	1:11:15
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646. Jim Keller	13	1:11:26
647. Joy Hayes	22	1:11:37
648. Rose Marx	22	1:12:19
649. Terri Spevock	45	
1 : 1	2 : 2	2
650. Jim Spevock	41	1:12:23
651. Charles Harris III	15	1:12:35
652. Harry Bass	49	1:12:40
653. Bonnie Schulman	32	1:12:42
654. Earle Eagen	30	1:30:07
655. Jim Schwartz	39	1:14:13
656. Pat Schwartz	37	1:14:15
657. Orville Dietz	26	1:14:16
658. John Audoniades	56	1:14:38
659. John Thompson	48	1:15:18
660. Linda Edune	28	1:16:32
661. Raymond Green	25	1:16:32
662. David Loudon	35	1:17:21
663. Arlene Peterson	44	1:17:25
664. John Cook	45	1:17:26
665. Ruth Sellnar	24	1:17:28
666. Darlene McMullen	40	1:17:32
667. James Szymanik	23	1:18:12
668. Claire Kovacevich	21	1:18:21
669. Ray Treacy Jr.	17	1:18:27
670. John Caffrey	38	1:18:27
672. Linda Weinhouse	35	1:18:44
673. Joe Urbansky	26	1:18:56
674. Marilyn Nicholas	42	1:19:21
675. Alvin Jenkins	49	1:20:00
676. Bob Dean	54	1:21:41
677. Richard Kirby, Jr.	31	1:21:41
678. Marty Disney	21	1:21:47
679. Sidney White Jr.	39	1:21:52
680. Shelly Seff	29	1:21:53
681. Peggy McCoy	41	1:23:00
682. James Hester	40	1:23:17
683. Carol Madow	23	1:23:17
684. Sandy Amuedo	25	1:23:53
686. Arthur Freeman	33	1:26:47
687. Craig Singhaus	23	1:27:26
688. Kathee Smith	25	1:27:26
689. Carl Arnold	38	1:28:58
690. Nanci Baker	31	1:29:00
691. Shirley Andoniades	55	1:29:00
693. Jean Norton	34	1:30:00

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**February 23, 24, 1980 8 am. - 6 pm.**

**Admission: \$5.00**

**Further information contact: Dr. Vito N. Giardina - Program Consultant 242-7066.**

- |                         |                            |
|-------------------------|----------------------------|
| 1. Jack Kavanagh, 3040  | 29. Don Forgione, 2250     |
| 2. Bill Miller, 3000    | 30. Ron Talbert, 2240      |
| 3. Rick Gildard, 2870   | 31. Nubon Ealey, 2240      |
| 4. Mike Monahan, 2860   | 32. Lou Etgan, 2180        |
| 5. Steve Ruckert, 2840  | 33. Frank Schaeffer, 2180  |
| 6. Mike Merritt         | 34. Will Dirks, 2150       |
| Mark Johnson, 2820      | 35. Mike Heffler, 2110     |
| 8. Scott Lutrey, 2800   | 36. Pete Gartman, 2080     |
| 9. Brad Gordon, 2760    | 37. Jim Nimmo, 1980        |
| 10. Dave Starnes, 2720  | 38. Tom Edwards, 1960      |
| 11. Bob Hall, 2700      | 39. Debbie Pavik, 1980     |
| 12. Gus Loukas, 2690    | 40. John McKim, 1920       |
| 13. Jeff Atkinson, 2620 | 41. Lee Rinehart, 1910     |
| 14. Walt Conrad, 2580   | 42. Nick DeLambo, 1900     |
| 15. Don Miller, 2570    | 43. Rich Stein, 1790       |
| 16. Tom Bolan, 2520     | 44. Ron Fisher, 1780       |
| 17. John Mullins, 2490  | 45. Terry Miller, 1770     |
| 18. Steve Reid          | 46. Jerry Lynch, 1760      |
| 19. Bob McCubbin        | 47. Scott Fridley, 1740    |
| 20. Joe Herget          | 48. Pat Murphy, 1720       |
| Dan Madden, 2450        | 49. Tom Bateman, 1680      |
| 21. Mark Denice, 2430   | 50. Phil Iddings, 1670     |
| 23. Dave Goucher, 2390  | 51. Tom Stringer, 1630     |
| 24. Tom Henry, 2350     | 52. Jerry Kearnes, 1630    |
| 25. Mike Keelty, 2290   | 53. Dick Baker, 1630       |
| 26. Warren Haynie, 2290 | 54. Henry Janowitz, 1590   |
| 27. Mark Norton, 2280   | 55. Rod Travis, 1580       |
| 28. Brooke Waldt, 2270  | 56. Jerry Groeninger, 1550 |

### Tetrathon (440, 880, mile, 2 mile) Towson State 8 July

This odd event did not pull a great number of runners, but a lot of quick ones showed. It is scored by points like a decathlon so that the 440 carries just as much weight as the 2 mile and by the time that the 2 mile comes around no one cares. But still, 7 runners broke 10 minutes in that final trial.

- |                             |                     |
|-----------------------------|---------------------|
| 57. Richard Brooks, 1510    | 5. Gildard, 2:05.8  |
| 58. John Maas, 1460         | 6. Merritt, 2:06.1  |
| 59. Sharon Keller, 1450     | 7. Loukas, 2:06.3   |
| 60. Herm Blinichikoff, 1440 | 8. Monaghan, 2:06.5 |
| 61. Ricky Rice, 1380        | 9. Hall, 2:06.5     |
| 62. Frank Farnan, 1370      | 10. Ruckert, 2:07.0 |
| 63. Jim Patton, 1300        |                     |
| 64. Elmer Hall, 1260        | <b>mile</b>         |
| 65. Ed Slunt, 1180          | 1. Kavanagh, 4:25   |
| 66. Stu Fors, 1170          | 2. Miller, 4:27     |
| 67. Bob Ray, 1150           | 3. Gildard, 4:30    |
| 68. Rachel Melsch, 1000     | 4. Monaghan, 4:32   |
| <b>440</b>                  | 5. Merritt, 4:33    |
| 1. Merritt, 51.3            | 6. Loukas, 4:34     |
| 2. Kavanagh, 53.0           | 7. Starnes, 4:34.5  |
| 3. Miller, 53.8             | 8. Lutrey, 4:35     |
| 4. Atkinson, 53.9           | 9. Ruckert, 4:35.5  |
| 5. Conrad, 54.4             | 10. Hall, 4:37      |
| 6. Gildard, 55.0            | <b>2 mile</b>       |
| 7. Madden, 55.0             | 1. Monaghan, 9:38   |
| 8. Gordon, 55.2             | 2. Johnson, 9:43    |
| 9. Etan, 55.3               | 3. Ruckert, 9:43.5  |
| 10. Herget, 55.6            | 4. Kavanagh, 9:51   |
| <b>880</b>                  | 5. Miller, 9:53     |
| 1. Miller, 2:00.6           | 6. Gildard, 9:53    |
| 2. Kavanagh, 2:01.9         | 7. Lutrey, 9:59     |
| 3. Johnson, 2:02.2          | 8. Starnes, 10:00   |
| 4. Gordon, 2:04.4           | 9. Hall, 10:07      |
|                             | 10. Haynie, 10:19   |

### BRRC 8.6 mile Club Challenge Gunpowder State Park 2 September

A hot day and a hilly course; most club members had enough sense to pass this one up. Nice day or a picnic afterwards, though.

- Marc Sengebusch, 49:04
- Mike Hill, 51:33
- Jake Wind, 51:58
- Jeff Lears, 52:40
- Scott Lutrey, 54:10
- John Roemer, IV, 54:10
- Delroy Matthews, 55:32
- Chuck Brumley, 57:26

## Indispensible For the serious road runner...



● **Calendar:** the only comprehensive national calendar of running events published. Over 500 events per month.

● **The Running Body:** News from leading researchers in the fields of exercise physiology and sports medicine... to help you run faster, longer, and more injury-free. Compiled by Jim Ferstle, former editor of the *Physician and Sportsmedicine* magazine.

● **Don Kardong's diary:** an exclusive feature for the Olympic year. Don Kardong missed the bronze medal in the Montreal Olympic Marathon by *two seconds*, yet is still considered an underdog for 1980! It's a long, hard road to Moscow... and in

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2. Mike Hill, 51:33
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5. Scott Lutrey, 54:10
6. John Roemer, IV, 54:10
7. Delroy Matthews, 55:32
8. Chuck Brumley, 57:26
9. Dave Pabst, 57:27
10. Jim Harrison, 57:54
11. Dave Landers, 58:20
12. Ernie Sengebusch, 58:42
13. Lance Woodward, 59:02
14. Tom Bolan, 59:24
15. Garry Bolan, 59:24
16. Erich Sengebusch, 1:00:37
17. Milt Taylor, 1:02:22
18. Chick Ownes, 1:02:58
19. Dan Flusher, 1:03:00
20. Richard Brooks, 1:03:58
21. Bernie Noeller, 1:04:23
22. Walt Morawski, 1:06:35
23. Turney McKnight, 1:06:59
24. Ellen Wessel, 1:07:18
25. Carl Miceli, 1:07:35
26. Mike Bladdon, 1:07:57
27. Pete Nelson, 1:08:19
28. Marie Bauman, 1:08:26
29. John Sherman, 1:08:29
30. Jim Heffner, 1:08:30
31. Dave Herlocker, 1:08:31
32. Roy Rowe, 1:09:17
33. Bill Reidy, 1:11:14
34. Mike Pierre, 1:12:26
35. Dave Hinkle, 1:12:30
36. Ed Slunt, 1:12:54
37. Andrea Nelson, 1:13:39
38. Sherry Kendall, 1:13:59
39. Bob Ray, 1:13:59
40. Joe DeRose, 1:14:59
41. Jay MacCracken, 1:17:07
42. Jim Spevock, 1:17:45
43. Anna Fidel, 1:18:01
44. Bob Frierson, 1:18:47
45. Bobbie Brumley, 1:20:00
46. Cathy Kleeman, 1:20:38
47. Colleen Pierre, 1:20:55
48. Ann O'Brien, 1:40:57
49. Norm O'Brien, 1:40:57

# For the serious road runner...



• *The Washington Star* recently wrote: "Running Times is steadily becoming the best-read, most-respected running magazine in the United States." We hope you'll pick up a copy and see why.

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Age \_\_\_\_\_ School or College (if student) \_\_\_\_\_ Occupation \_\_\_\_\_

Date of Birth \_\_\_\_\_ Tele. No. \_\_\_\_\_ Signature \_\_\_\_\_

Renewal \_\_\_\_\_ New Member \_\_\_\_\_

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SIZE S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_

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